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Sing

Religious hinduism and hebrews MANTRAS to find your healthy way.

"Method 1 Sophie Nature by Sophie Juramy February 11th 2011"

New life and new display on the website Sophie Nature.

Within 20 years of readings, observing nature, travelling round the world and various thoughts I've decided to transmit widely my research in French and English languages.

Let us go with this master messengers carryor through the universe towards individuals to find your healthy way and feel better.

Now, you can read and look at Sophie Nature 's Methods on line.

I'm often inspiring myself from Indian Medecine and his mystics basis transcribed in Vedas (holly texts meaning revealed knowledge, B.C 1800-1500) .

In India nothing is separated . Visible and unvisible work together . Everything and everyones are linked.

By the way everyone talks about China, China... Okay but never forget that the very source of chinese medicine is in India. Feng Shui ancestor is Vastu shastra (cf article on Sophie Nature website section Natural Subject) idem for accupressing, foot reflexology etc...before Bouddhisme, Hinduism was already existing !

Claude Lanzmann, director of the film "SHOAH", in substance says "Do you know why wars are existing? Because the world is on a separeted consciousness" .

Please do notice that Claude Lanzmann is atheist .I do not want to involve him in my thinkings without his will.

Annick de Souzenelle is using the Bible (cf. "Le symbolisme du corps Humain") and hebrew semantic to understand human bodies . She

explains us the physical connections between symbolism and our boddies.
I'm refering to others to make you understand that my approach has a sense, a root, told and written by well known others.

I have chosen to simplify and synthetise in order to transmit easily what could be shown as secret or mysterious.

In practice , I've written methods in order to make you feel well.

You can read subjets on healthyness and well beeings for free on Sophie Nature website or buy videos, more complete in French or English.

We also provide free advices to guide you on our website. Please do fullfill a form on line that wil be returned at your email address within a week.

Now please come into the practical side of thinking as if we took the information from our head down to the feet in order to make it concrete.

My postulate is that all of us answer and dialog with a source code which moves through energy and becomes solid into substance and vice versa.

Herewith 3 songs exercises to repeat 3 times each per day and let it go.

Suddenly you 'll feel having 3 pairs of glasses on the nose !

Tell right from wrong easier .Understand clearly what is going on round yourself.

Everyone being unique, the speed and ease to achieve your balance will remain upon yourself. I'm just giving you a few thousand years keys !

Let's start by singing !

See you !

Sophie Juramy

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METHOD N°1 SOPHIE NATURE-Sophie Juramy-02-11-2011

In hinduism and cabbala (judaism) to circulate the energies through the main 7 chakras(energetical wheels) and the 10 energetical centre from the arbor vitae (sephirot), we're suggested to recite :

Hinduism :

OM = Unity= the WHOLE.

To remove a complete cycle and to circulate all of the energies, starting from the earth, from the YIN through the YANG, from the mother towards the father , from the front to the back , from the feet to the head, run up the scale from "C" (music):

YU O O Ah M="Yuhhhhhh Ohhhhhh AhhhM Yuhhhhhh Ohhhhhh AhhhM "

Judaïsm, cabbala :

MAHYIM = The WATERS

To link high and low waters and purify the organism energetically, start from the primary information from the source code, from heaven, from YANG to YIN , from the father to the mother, from back to front, from the head to the feet, run down the scale from "B" (music):

MAHYIM="MeuhAhh IM MeuhAhh IM MeuhAhh IM"

AMEN = ADONAI MELEKH NAÏMAN =

Dedicated to the Lord Faithfull King .

To wake up energies , run up the scale from "F" (music):

Ahhhhhhh Mehhhhh Nhhhhh

Oustanding isn't it ? To sing in churches and temples and in holly places in general seems totally accurate. But on the other hand to realise that songs helps us to be balanced and feel healthy is alot less obvious !

Sophie Juramy 02-11-2011