

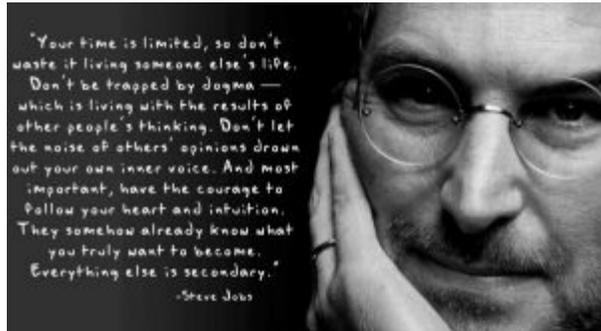
Older: [How to get things done, even if you don't quite know what you need to do?](#)

Newer:



Why should you believe me? Why should you learn from me?

by [Sophie Benshitta Maven](#) — Category: [Healing](#), [Raise your vibration](#) — June 9, 2016 [edit](#) [Click to comment](#)



I have been a spiritual, raise-your-vibration teacher for a while... and when someone asked what qualified me to teach, I could say that the fact that I did it myself, and went from a vibration of 185 to 930, consciously and with my eyes open.

Now, having done that is fine and dandy... but can I teach it? Good question.

But let's look at another area: health.

At some point I got really clear that unless you have energy to do the work, unless you have coherence to do the work, unless you are well enough... I can't help you much.

But I had a problem, an integrity issue: I myself wasn't well enough to prove to you that I know what I am talking about when it comes to becoming healthy.

Unless it is your own experience, everything that comes out of your mouth is [Tree of Knowledge](#): hearsay.

So I set out to get myself well.

Why I hadn't done it earlier?

In the low well-being state my will to live was very low. I was looking at the results I produced with people to validate that I make a difference.

I was in a Catch 22 situation: you weren't well enough for me to teach you, and I wasn't well enough to see that I am looking at the wrong place to find my value, the justification for being alive.

But at some point I smartened up and asked Source if I should live. And the answer was "yes".

WTF? I said. I took an inventory and I was fat, I had pain inside and out. My eyes were failing. And I was semi-depressed.

Nice, I said. A nice challenge.

So I set out to get to wellness. Why? Because if I am going to live, I want to live well. Suffering isn't conducive to wanting to live... duh.

This, actually, wasn't a long time ago. April 19, to be exact, when I "launched" this campaign of getting well. Seven and a half weeks ago. Here is the article from that same week...

<http://www.yourvibration.com/23500/savanna-principle/>

I have gone gradually. At first I was removing what I considered harmful... It took quite a long time, because most everything I ate or drank were harmful.

Then I started to add what was missing... the list was surprisingly long. Minerals, vitamins, amino acids, essential fatty acids, probiotic, enzymes, co-enzymes.

I am yet to add movement...

In hindsight, On April 19 my health number was 7%. Today it is 52%.

The level of pain was 4, the level of pain, today, is .5. Meaning: very occasional.

So, today, if you ask what qualifies me to advise you, I can say: I've done it, and I've done it consciously. What I say is Tree of Life... and it works.

And it works fast.

I have a handful of reports, that I can provide upon request... I have no permission to publish some of them, they have personal details.

So I am going to say what I see:

1. after years of whining, confusion, low energy, and indecisiveness, one student, after changing her diet and taking the supplements I found were missing, got off her butt and got herself a job. Her [attitude](#) in the job is starting to approach what is the attitude of a person who is in control of their life, do things for the right reason...
2. after decades of deep depression, suffering, drinking a gallon of water a day, this student redesigned and changed her and her daughter's diet. She is out of depression. When something emotionally traumatic happens, she recovers within the hour, instead of spending months deep in the devastation, like before.

She is down to almost normal with her water. Her daughter is better too. And circumstances start to align with her higher vibration... no kidding.

3. He is a medical student in a foreign country. He needs his brain to function in top condition. His health was an overall 10%... after just two weeks and some simple adjustments, his health is 70%. I guess being a medical student is hard, no matter how well you are, but it is much easier when your body and brain fires on all cylinders, wouldn't you think so?

Now, I need to address some questions that you probably ask in your head...

How do I know what I know? Very good question.

As you probably know, I am in a deep, intimate relationship with Source, the All-Knowledge, The Field, whatever you want to call it. It's an IT. Not a she, not a he, not a person... and yet deep, two way relationship is possible.

I connect to it through my [consciousness](#). Not through thinking, not through emotions, not through breathing... No. I stand in MY consciousness, and then Consciousness connects to it.

So if you haven't been able to connect to Source yourself... this is your answer. You are trying to do it through your mind. No way.

As a sidenote: this is why people invented an imaginary it, and angels, and gods, and spirits, because all of those don't exist, but in [the mind](#), and therefore the mind can connect to them easily... Don't kill the messenger.

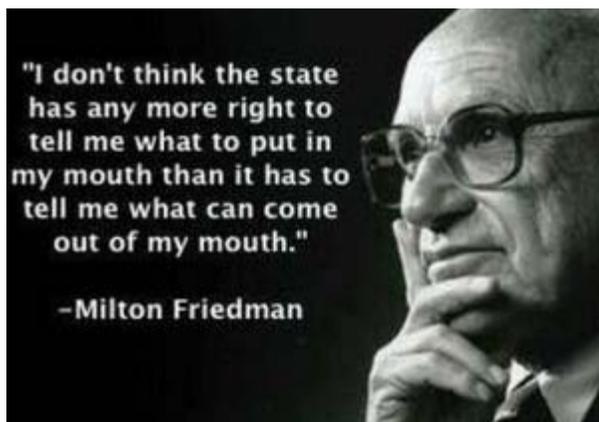
OK, so whenever I hear something, or contemplate something, I consult with Source. When I get a yes answer, or a no answer... good. When I get a weak yes or a weak no, there is more research is to be done.

In April I had 80% of the knowledge verified already, but knowing and doing, doing what you know is right is a whole other thing, than knowing. I wasn't doing...

I am now doing 70% of what I know. Why only 70%? Often you don't know what you know... including myself. I know more than I know that I know.

- One mistake I am still making is eating turkey... turkey is not good for me. And American GMO peppers: ditto.

Starting next week, I'll stop eating turkey, and the peppers.



- GMO produce is a big problem, I have no access to non-GMO much, because I don't have a car.

I am thinking of growing my own vegetables... seems like a big undertaking. Especially in the snowbelt where I live. This what I have found... I have a hunch that this may work for me, especially because it does not involve dirt.

Easy aquaponics... which uses fish and plants... a cycle... Check it out. [Easy aquaponics](#). The video is fantastic. I loved it.

I checked and almost every vegetable is GMO in my grocery store.

GMO means: all vegetables are alien food, that your body can't deal with.

This is probably why my health number is not higher... yet.

Anyway, if you want to [find out just your health number](#), now you can. And if you are smart, find out six different indicators... the combo.

Ask for your evaluation measurements. I'll muscle test them for you:

your vibration
your overall IQ including your intelligence
the number of spiritual capacities you have

your [soul correction](#) (your machine)
do you have [attachments](#)?
the level of your health

If you bought these tests separately, you'd pay \$30... but buying them all at once, I knock off \$15.

Click on the paypal button to send me a donation to get your starting point measurements. I'll let you know in my email response, if you could ask for a comprehensive health evaluation, OK?



After you pay, please wait to be forwarded to a website to register. If you are a member of my freebies subscribers' site, please log in through the "already a member" link on the registration page... If you mess up, I'll do it manually for you.

There is a whole dimension to life that you have not experienced, or that you have lost...

Related Posts:

- [Call me blunt, call me judgmental... I don't care.](#)
- [Just because someone's vibration is low today...](#)
- [Get well first. I can't take people to spiritual growth unless they are well](#)
- [Can I connect directly to your Consciousness to get you well?](#)
- [The magic wand of instant change... aka manifestation](#)

Tags: [control](#), [Confusion](#), [Emotions](#), [reason](#), [growing](#)

Tags: [Healing](#) · [Raise your vibration](#)