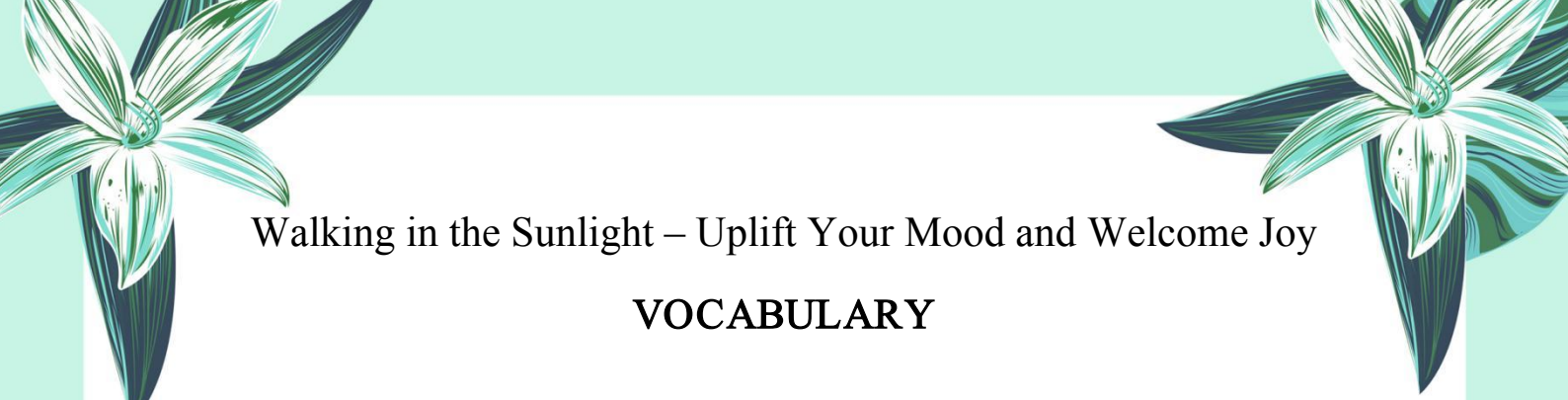




Walking in the Sunlight – Uplift Your Mood and Welcome Joy

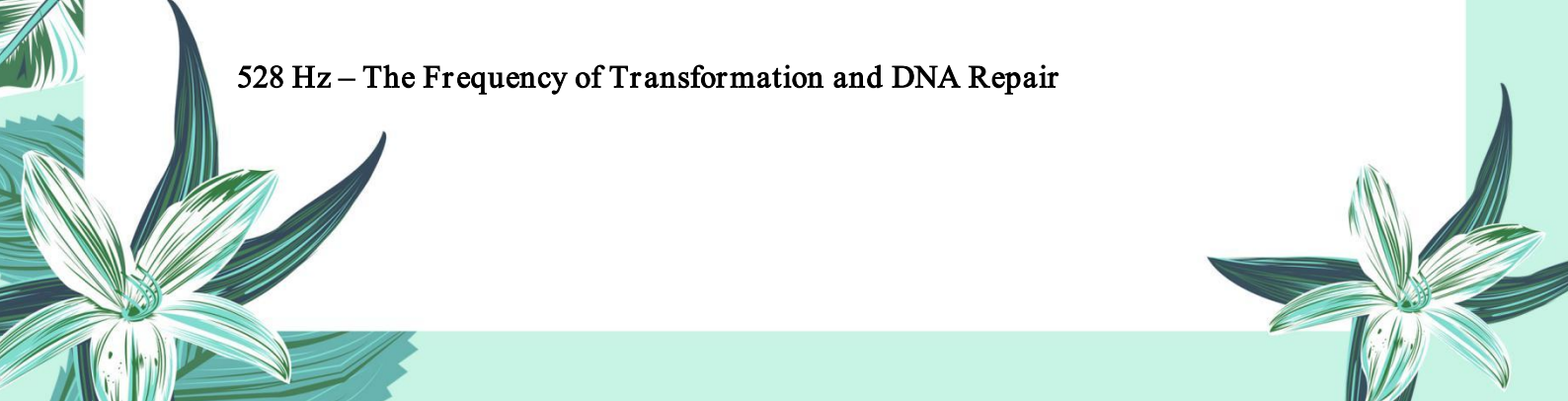
VOCABULARY

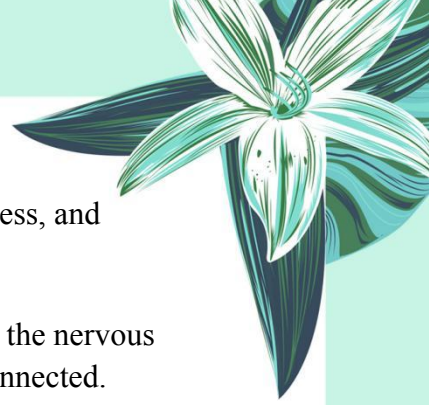


English Word	French Translation	Example Sentence
Barefoot	Pieds nus	I am walking barefoot on the soft sand.
Horizon	Horizon	The sun rises near the horizon.
Shimmer	Scintiller	The sea shimmers in the light.
Gentle	Doux	I feel a gentle breeze on my skin.
Surface	Surface	The light shines on the surface of the water.
Breeze	Brise	A cool breeze touches my face.
Freshness	Fraîcheur	I breathe in the morning freshness.
Release	Relâcher	I release what I no longer need.
Alive	En vie	I feel alive and full of energy.
Anchor	Ancrage	This mudra is a memory anchor.
Warmth	Chaleur	I feel the warmth of the sunlight.
Calm	Calme	My breath helps me feel calm.
Clarity	Clarté	I breathe in light and clarity.
Energy	Énergie	The morning brings new energy.
Peaceful	Paisible	The water makes me feel peaceful.
Balance	Équilibre	This practice brings balance to my mind.
Grounded	Ancré	I feel grounded and strong.
Flow	Flux	My breath moves in a gentle flow.
Renewal	Renouveau	The sea gives me a sense of renewal.
Lightness	Légèreté	I walk with lightness and ease.

SOLFEGGIO FREQUENCIES

528 Hz – The Frequency of Transformation and DNA Repair





Known as the *Love Frequency*, 528 Hz helps restore balance, reduce stress, and promote emotional healing.

Research suggests that sound vibrations at this frequency can help calm the nervous system and elevate mood, helping you feel refreshed, optimistic, and connected.

THANK YOU FOR BEING HERE!

If you have any questions, feel free to email me at
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