



Healing-Israel

A Home for The Jewish Healing Community

Coping With Stress Special by Esther Avinoam

Healing-Israel's Newsletter...

Issue 3, March 2008

Dear readers,

It is my pleasure to personally introduce you to Healing-Israel's newsletter. Hopefully this newsletter will be delivered straight to your inbox once every two weeks.

I would like to personally thank those of you who've greatly encouraged me, I really appreciated your feedback.

Please pay attention to the slight changes I have made to the newsletter's structure... **Our brand new bulletin board is HERE!!!**

In each issue, one topic will be discussed, you will occasionally be introduced to new therapies and always get special EFT tapping phrases for you to work with...

Every third issue, will be devoted exclusively to STRESS RELIEF

You are more than welcome to have a look at the [Healing-Israel website](#) and read the many articles posted there. Enjoy the Reading!



CALM DOWN

In this Issue

The Benefits of Meditation

Special MP3 Bonus!!!

Tapping with Esther:
I have a relaxed body...

Healing-Israel Bulletin Board

Giving a workshop? Know of a health related event? Want to promote a book or a product? That's what we're here for. [Email me](#) for more info.

Want to participate in this newsletter too? [Send me](#) your articles, free resources, links of interest, this newsletter is becoming interactive!

I am currently looking for serious partners interested in integrating a joint venture for a successful health related business... [email me](#) for more info.

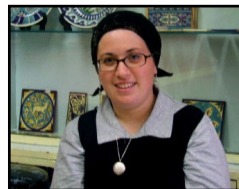
Enjoyed what you read in Healing-Israel? Share the healing with your friends and get them to [join](#) Healing-Israel's growing network!!!

The Benefits of Meditation

Sitting still in a quiet place, soft music playing in the background. The shades are down and a small scented candle casts a gentle soothing light, filling the air with a subtle fragrance. Every breath refreshes every single cell of your body, cleansing all signs of stress and strain at the end of yet another hard day...

We live in stress filled world, where our bodies remain in a state of constant alert ready to fight or flight no matter what happens and wasting huge amounts of much needed energy for nothing. Meditation SLOWS THE BODY DOWN... which means:

- **Better breathing**: with full deep breaths.



Questions?
Comments?
Insights?
Ideas?
[Please email me](#)



means:

- **Better breathing:** with full deep breaths.
- **Lower heart rate and blood pressure:** for better blood circulation
- **Better immune system:** Natural killer cells become more efficient in removing sickly and CANCEROUS cells
- **Speedier physical, emotional and mental healing**
- Tense muscles' **Relaxation**
- **Premenstrual and general pain relief**
- **Better sense of self:** through resolving fears
- **Increased intuition and creativity**
- **Better memory and brain functionality**
- **Increased inner strength:** and improved ability to cope with daily life's stress.

Dr Benson, who used to work at Harvard medical school has found that meditation has the power to counteract the fight or flight response generated by stress in our lives. While life is what it is and not much can be done to change its course, meditation is the key to a healthier and more balanced routine...

By [signing up here](#), you will access your bonus MP3.

EFT Session: I have a relaxed body

As a response to those who have been asking about the precise tapping spots for the EFT protocol, here they are... right here beside the EFT links on the side column.

That said, EFT is amazing for achieving just about any state of mind or body you choose to have. You are welcome to read what I wrote about EFT and what it can do for you by clicking [here](#) and if you still don't have a clue, use the link on the side column. EFT really is a wonderful tool and it is never too late to start using it.

In this newsletter, we shall tap to reach a state of physical relaxation.

This exercise is made of a few rounds, each time you will tap your points saying a specific phrase. Ready?

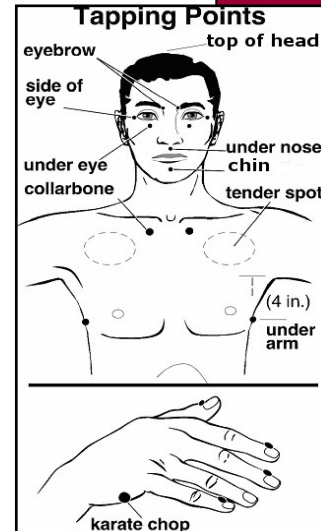
1. Sit on a comfortable chair, feet touching the ground, back straight, legs uncrossed and watch off. Draw three long and deep breaths. If breathing is difficult, do the [collarbone breathing exercise](#).
2. Start your first EFT round with saying **Even though my body is tense, I deeply and completely love and accept myself** three times while tapping your Karate chop point or rubbing your sore spot. Then tap the remaining points while saying **this tension in my body**.
3. Step 2 can be done with specific body areas as well **e.g: even though my jaws are tense, even though my chest is tight, even though my neck and shoulders are tense...** remember in EFT the more specific you are the more efficient your work.
4. Now tap through all your points and say: **"My head is relaxed, my face is relaxed, my eyes are relaxed, my jaws are relaxed, my neck is relaxed, my shoulders are relaxed... go through every part of your body including all internal organs you can think of e.g: My heart is relaxed, my liver is relaxed, my lungs are relaxed, my kidneys are relaxed...**
5. Keep on doing rounds until you are done **relaxing your ENTIRE body**. Then, place a palm on the top of your head, close your eyes and breath as deeply as you can. This will help complete the healing work you have started.
6. Make this tapping protocol a daily routine, it takes less than ten minutes and really works its wonders for your health!



[EFT Home Page](#)

[Free EFT Package](#)

[DVD Library](#)



To subscribe, unsubscribe or receive this newsletter at a different address, [email me](#).

All the information provided in these newsletters are based on extensive research, yet they DO NOT replace in any way professional advice...

Ah! And one more item: I will not share or sell your email address to anyone, you can breath!

Am: And one more item: I will not share or sell your email address to anyone, you can breath.