



Habits... (by Esther Avinoam)

Dear readers,

It is my pleasure to personally welcome you to Healing-Israel's newsletter and community.

Healing-Israel's website now has a whole new look, a wealth of new services to better suit your needs and a new About us and Testimonials page you can check out... Missed any past issue of the newsletter? feel free to browse the website's newsletter archives section.

A special warm welcome to our new members... It is a pleasure to have you on board, feel free to participate!

As always, you are more than welcome to visit us at www.healing-israel.com, read the many articles posted there and get the freshest updates on upcoming events under the events section of the website.

Wishing you a pleasant Healing Journey,

Esther H. Avinoam

In this Issue

I am so used to... That's who I am...

Tapping with Esther: Kicking thinking habits

"It is obvious to me that you do everything with a strong intent to actually help, going out of your way and making me feel how much you really care"

- S.H.A, Israel

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That's who I am... by Esther Avinoam

When we choose to change something in our lives and get serious about it, we go through a whole range of conflicting feelings and emotions. It doesn't matter whether we want a big change or a small one, the fact is that as soon as we start playing with an "identity factor" things can get hairy and pretty tough.

What's an identity factor?

As kids, we used to download life experiences and store them in the subconscious and conscious layers of our minds. Those childhood experiences are roughly divided into two parts called: The positive experiences and The negative experiences. Sometimes, things which are negative for our health get stored in the positive experiences part of the brain and vice versa. **That's how we pick up bad habits, which, in time become part of who we are.** For instance, when smoking, which is bad for your health, gets hooked to the positive experience part of your brain, you find it very hard to quit. But quitting becomes even harder when smoking has become a part of your identity. It's become who you are. **It's become what people are used to seeing you as: a smoker. You've built friendships and a whole lot of other things around smoking... and now it is much more than just a "bad" habit.**

Change always challenges who we are, that's the reason why people who really want to change will take so long to actually act upon it no matter how miserable they feel right now. **Change requires a new identity and will impact every layer of our existence. It will change our image in the eyes of others and may even bring about conflicts within our entourage.** That's why we are so scared to take the step even though we really want to lose weight, or get into a positive relationship or stop smoking...



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Tapping Points

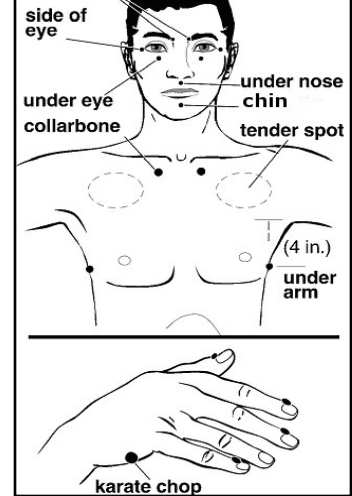


within our encouragement. That's why we are so scared to take the step even though we really want to lose weight, or get into a positive relationship or stop smoking...

Thinking habits come from our perception of who we are. If I am a smoker, I think like a smoker, I act like a smoker, I have a whole lot of "autopilot" behaviors that define me as a smoker. That's who I am, I am used to it, and even though my mind knows this is not good for me, I feel comfortable in that place because "I am used to it".

The biggest blocks to actual positive changes are thinking habits. They are the little guys that get you stuck at an 8 (on a 0 to 10 positive scale) and won't let you go any further. **They are the little guys who are so used to you being unwell, unhappy, unfulfilled, unhealthy,** that they won't let you ACCEPT or even BELIEVE that you are doing better and that things can positively change.

Luckily enough, working on those habits is possible with EFT, want to give a go?



Kicking thinking habits...

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

This is the link to the EFT video on the website, feel free to watch and tap along: <http://www.healing-israel.com/apps/videos/>

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](#).

Tips for this exercise: 1- Define for yourself a problem you would like to work on. If the problem isn't clear for you, do a round of tapping for that using the following setup: "Even though, I don't even know exactly what I am trying to solve, I deeply and completely love and accept myself"

2- Then, make a list of all the thinking habits you may have around that issue "I am so used to..." "I have been unsuccessful..."

2. Rubbing your sore spot or tapping on your karate chop point repeat the following three times: "Even though I am so used to being/ feeling... (insert negative feeling or state), I deeply and completely Love and Accept myself". Even though I am so used to other people seeing me as... Even though I am used to thinking that (limiting belief)... I forgive myself for having such a negative opinion of myself.

3. Insert the "thinking habits titles" you got from the first step in your negative round. "I am a smoker" "I am unhealthy" "I am so used to being overweight, nothing will change that" "I am just the depressed type" "I am afraid of conflicts" "I have been unsuccessful for so long there is no way I can..."

4. Then, do a round of positive choices and say: "I now choose to let go of the thinking habits that won't let me achieve what I want" "I choose to feel safe even though I am leaving my comfort zone" "I allow that positive change to be smooth and easy" "It feels so good to finally be able to reach a goal that is truly positive for me" .

5. Work through your list, until you feel that all negative thinking habits are gone and you no longer feel afraid of reaching a 10 out 10 on the positive scale.

6. After each round, With your palm on top of your head, draw a deep breath and fill your body with light and gratitude.

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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!

