



Journaling and Personal Growth (by Esther Avinoam)

Dear readers,

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

After a whole month away, attempting to take a real break, our favorite newsletter is back. If you missed any past issues feel free to browse the [website's newsletter archives section](#).

This newsletter is dedicated to the blessed memory of my dear departed grandmother who passed away Erev Rosh Hodesh Ellul.

Have you read the MP3 Recording Tutorial I have sent out last month? You can still take part in this huge mitzvah by sending us your scripts and submissions.

As always, you are more than welcome to have a look at the www.healing-israel.com and read the many articles posted there. Enjoy the Reading!

Need help with Chronic Fatigue? Emotional Issues? Allergies? Personal Growth? Improving existing skills? Need Guidance and advice to find the right kind of therapy? [Contact me](#) for a phone or one on one consultation at my clinic: 08 9790705 or 0545314505.

In this Issue

Unlock your inner powers through Journaling

Tapping with Esther: Tapping for forgiveness

"Thank you Esther for helping me get back on my feet and reconnect with my true goals"
- E.G, Israel

Want to be the star Of our next newsletter???

[Email me for more info.](#)

[Download Healing-Israel SECOND MP FREE Staircase Exercise and send it to all your friends!](#)

Get in the [Healing-Israel Directory](#) now for FREE!

Healing Israel
Healing your Reality

Questions?
Comments?
Insights?
Ideas?

[Please email me!](#)

[EFT Home Page](#)

[Free EFT Package](#)

[DVD Library](#)

Unlock Your Inner Powers Through Journaling by Esther Avinoam

Another year is about to end and now is the time to retrospect and learn from our past. Elul is a time for Teshuva. It is a time for forgiving, healing and discovering inner strengths we did not know we had so far. It is a time of introspection and a wonderful opportunity to get rid of all unnecessary emotional baggage we've been carrying along throughout the past year or even throughout our entire lives.

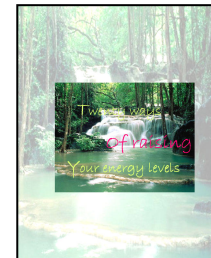
Healing and self discovery is a complex and delicate process. If done right, it requires us to have the courage to dive below the surface of our conscious minds and look for the roots of the changes we wish to make in our lives.

Journaling will help you keep tabs on the progress you are making and help you feel the small shifts you have made to achieve your big transformation.

Here are a few journaling techniques I wish to share with you. You may pick the one that best works for you or have fun combining a few depending on your goals.

Dream Journaling: Dreams help us heal, wish and vent out unnecessary emotional or mental burdens. Keeping a dream journal will help you get in touch with your subconscious mind, enable you to pick up the core of your problems and considerably increase your intuition. Keep a notebook near your bed and write down whatever you remember from your dreams as soon as you wake up in the morning. Capture the overall feeling you woke up with. A dream journal is great working material for in depth healing and personal development.

Emotional Journaling: Rather than write down dry facts about your day,



[Twenty Ways of Raising Your Energy Levels](#)

NLP, EFT, Nutrition, Aromatherapy, Guided Imagery and more...

20 tips to help you overcome chronic fatigue and low energy levels.

In English or in Hebrew, as an ebook or as a paperback, ideal as a gift.

[Email me](#) to place your order now.

Tapping Points

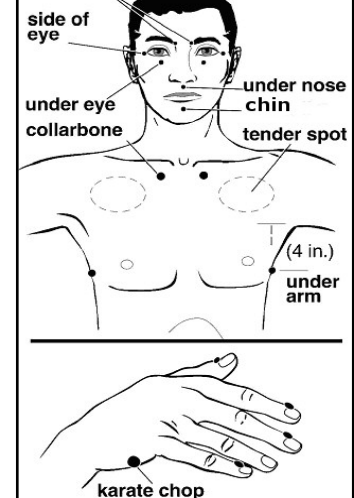


Emotional Journaling: Rather than write down dry facts about your day, concentrate on your feelings. This will help you notice any recurring problem and actually watch yourself grow as you work on your emotions.

Goal Setting Journaling: Keep a list of your goals. Describe what you want to be or achieve in great details. You don't need to stress yourself with a deadline. Simply write down what you want. It will keep you focused and determined. It will make your goals seem more real, more achievable as well as enable your creative mind to work on them even when you are busy doing your own things.

Non Dominant Hand Writing: Your non dominant hand is a direct channel to your inner child and subconscious mind. Write your questions with your dominant hand and let the answer come to you as you hold your pen and write with you non dominant hand.

[\(Here is a link to a more detailed article on non dominant handwriting\)](#)



Tapping for Forgiveness

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 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](#).

Tip for this exercise: Use your journal to help you formulate your feelings accurately. If you have pictures of the people you can't seem to forgive, use them to do the tapping and keep tabs on the progress you are making. Pay attention to the shifts and address them individually.

2. Rubbing your sore spot or tapping on your karate chop point repeat the following three times: "Even though I am so angry at _____ for doing _____ to me, I deeply and completely Love and Accept myself". Even though I am so hurt... or Even though I cannot forgive _____ for being so _____ ... or Even though I cannot forgive myself for _____...

3. If you feel the need to retell yourself the story about how so and so hurt your feelings, please do so while tapping the points. If you feel guilty about something and you cannot forgive YOURSELF, do the same thing, use the "telling the story" technique and get it all out with your own words. Use your journal! Pay attention to the different aspects: E.g: the first round maybe about "I am so angry" then switch to "I feel so hurt" then become "this overwhelming sadness". Relationship issues are multi layered, make sure you allow yourself to address each of the layers to peel them away.

4. Then, do a round of positive choices and say: "I now choose to let go of that emotional pain" "I choose to recover my lost energies" "I choose to forgive myself and others" "It feels so good to be able to let go and start anew" "I enjoy forgiving myself and others...". Use your creativity and tap along your positive lines, get inspired and do it with emphasis. You will feel a great surge of energy following this exercise...

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

Coming Soon: A Healing-Israel EFT Video Stay Tuned!!!

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!