



# Healing-Israel

A Home for The Jewish Healing Community

## Sefirat Ha'Omer: A time to Grow by Esther Avinoam

### Healing-Israel's Newsletter...

Issue 7, April 2008

Dear readers,

It is my pleasure to personally introduce you to Healing-Israel's newsletter. Pesach is over and Healing-Israel is going WEEKLY!!!

I would like to personally thank those of you who've greatly encouraged me, there is no way we could have gone this far and grown without all of you and I am absolutely thrilled to bring new features into our now weekly newsletter!

A few important changes will be taking place from now on. The newsletter will introduce you to different styles of alternative therapies, discuss emotional as well as physical aspects of wellbeing.

There will be series and more cool stuff as more and more of you join the network and actually write articles for this newsletter...

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



The Dead Never Change

### In this Issue

The path to change is filled with Challenge...

Tapping with Esther: I am ready to embrace change

### Healing-Israel Bulletin Board

1- Join Healing-Israel in a very special CHESED CAMPAIGN. MPFree: The Sound of Healing. ALL healing practitioners are invited to take part in this Special Journey and spread Healing to those who need it most but cannot access it by recording relaxation and guided imagery audios to be spread on the Internet, in several languages, totally FREE, for the benefit of Terror and Abuse victims in Israel and Worldwide. I will send you all the info and guidelines later this week. STAY TUNED!!!

2- Now is the time to secure your spot on Healing-Israel's practitioners' directory. Special conditions for the first ten applicants, for more info please [email me](#).

3- You can sponsor this newsletter and [dedicate it to a close one](#).

4- Make yourself known through this newsletter and help us spread the word, [you can participate and advertise on HI's bulletin board, newsletter AND website](#)

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

### The Path to Change is filled with Challenge

Pesach, the festival of infinite Freedom, the time which has forever marked us as a People... is behind.

This "post-Pesach- pre-Shavuot" time of the year is more than plain days on our calendars. It is a Time for Change, for Personal Growth and Transformation so at the end of that period we shall be fit to receive the Torah, AGAIN, this year.



Questions?  
Comments?

Personal Transformation so at the end of that period we shall be fit to receive the Torah, AGAIN, this year.

Deep inside, we all know the things we wish to change. Our surroundings don't always let us become who we really want to be... Now is the Time to give yourself some thought and decide who you really want to be. In this article, I will give you a few practical steps which, I hope will come to you as great helpers at this Time of the year.

**It doesn't have to be big:** In fact, it could be so small that only you could feel it.

**It shouldn't be against your nature:** Being unrealistic is bound to fail, discourage you and get you nowhere.

**Take time to meditate over the changes you want to make:**

Share your troubles with Hashem, tell Him how you feel.

**Hitbodedut** is a great start for a new beginning.

**Don't be afraid to fail:** As a toddler, you must have fallen many times before you learned to walk...

**And if you failed, don't be afraid to give yourself another try:** You chose to change the first time... keep choosing it!

**Be HAPPY and STAY that way!** Happiness is the only way to have enough strength and courage to fully change.

**Don't let people discourage you:** Even if they are extremely dear to you.

**Keep a Journal:** That way, you'll be able to physically measure how far along you've really gone.

**Stay open and flexible:** Adjust your goals as you go on Slow... but Sure. What seemed right for you at first may become irrelevant later.

**See if you have any "yes but's" standing on your way and clear them:** We had an issue devoted to Psychological Reversal with [special Tapping Phrases](#)... Use them!

**Allow yourself to heal and don't react out of your past experiences:** Don't turn your past into an excuse to be weak and act like a victim... it's no use!

**Change is an everyday business:** Enjoy the journey a use the tapping... Remember, in an ECG, a straight line means death!

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



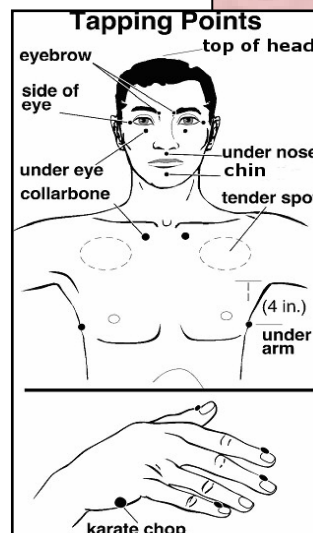
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## **EFT Session: I am ready to embrace change... At Last!**

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.

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. Grab a pen and a piece of paper and make a list of things you would like to change E.g: I would like to be more organized, more patient, more calm etc... **BE SPECIFIC!**
3. for each item on your list, write what **PREVENTS** you from being what you want. E.g: If I change, I will lose... People around me will... I will never be able to... again, I am afraid of... I failed when...
4. Start your EFT routine with the "tail enders" and clear all blocks to change. Everyday, pick a block and clear it. Repeat the rounds until you feel clear, e.g **Even though I am afraid to lose... by changing..., I deeply and completely love and accept myself** while tapping your Karate Chop point or rubbing your sore spot. As you tap, memories, images, aspects and thoughts will emerge, work on them as you go. Keep tapping on the spot where they came up until you are cleared.

5. Once you've cleared all your blocks choose to concentrate on one aspect of change for a week. Experience with it, sharpen it, develop it and keep tapping and write everything in your journal

change for a week. Experience with it, sharpen it, develop it and keep tapping and write everything in your journal.

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

8. Make sure you realize that, rather than being a one time thing, change is a process. Pay attention to your progress and show 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!

