



# Healing-Israel

A Home for The Jewish Healing Community

## Peaceful Pesach Cleaning

by Esther Avinoam

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

Issue 6, April 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. Thank you Leah for the funny pictures, here is one right here on display :)



**Our brand new bulletin board is HERE and this week we have lots of really exciting announcements!**

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!

And the key is:  
**DO NOT OVERDO IT!**

### In this Issue

Peaceful Pesach Cleaning  
Dealing w. disruptions :)

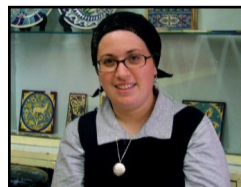
Tapping with Esther: This  
huge Pesach pressure...

### Healing-Israel Bulletin Board

- 1- Mazal Tov to Hannah Sommer for the birth of her son!!! Healing-Israel wishes to send her the heartiest blessings for this happy event.
- 2- Healing-Israel is going WEEKLY!!! Hopefully this will happen right after Pesach.
- 3- 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](#).
- 4- You can sponsor this newsletter and [dedicate it to a close one](#).
- 5- Make yourself known through this newsletter and help us spread the word, [you can participate and advertise on HI's bulletin board 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!!!
7. Stay tuned for Healing-Israel's upcoming SPECIAL CHESSED CAMPAIGN, starting right after Pesach!!!  
**Pesach Kosher V'Sameach!!!**

### Pesach Cleaning: Keeping Cool...

I have personally heard of the weirdest before- Pesach cleaning practices and this year, instead of watching everyone go crazy from the side, I have decided to take action and react! The fact is that while it is absolutely true that Pesach is the ideal time of the year for thorough cleaning, it is NOT supposed to be a stressful experience



Questions?  
Comments?

that Pesach is the ideal time of the year for thorough cleaning, it is NOT supposed to be a stressful experience where kids need to eat their food in the park while mom is going overboard and shouting at the dust... No, no, no, no... Yet, how can you turn this deadline into a pleasurable and peaceful experience, rather than make it to the finish line on all four?

Here are a few tips, which, I hope will help you cope and actually enjoy your cleaning.

- 1- **Have a plan:** When you have a plan, you have structure and you know what to do next.
- 2- **Do not compare with your friends and neighbors:** We are all DIFFERENT! don't let this kind of pressure bother you!
- 3- **Make sure you have an order of priorities:** Decide what's Halacha and what's not! And do all mandatory chores first.
- 4- **If you don't really enjoy doing it, make it pleasant and convenient:** Play some music, do not strain yourself if you don't need to, have everything you need handy and close.
- 5- **Motivate yourself and have treat after each achievement**
- 6- **Turn impediments to your advantage:** Have the kids do stuff for you too, they love to help!
- 7- **Keep communicating with your family:** So you don't have to fight for your sanity!
- 8- **Take breaks:** That will give you all the strength you need.
- 9- **When you feel really upset, give a blessing rather than an angry word:** That way lots of people benefit from your cleaning :)
- 10- **Make it as simple as possible.** Perfect is what you make of it, there is no need to get all complicated and fussed up.
- 11- **Remember to take a deep breath,** it doesn't cost a thing.
- 12- **Use gentle cleaning detergent and protect your skin:** You do not have to sacrifice yourself for no one's sake!
- 13- **Make sure you smile to your family at least once a day.**
- 14- **Pessach is about redemption:** tap into the energy of Freedom and do what you have to do in Peace and Joy!
- 15- **Have a go at the EFT below:** Whatever comes up is worth the tapping+ there is a wealth of articles on the EFT site about "de-cluttering with EFT" by Figen Genco... ENJOY!

## **EFT Session: This huge Pesach Pressure...**

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 the reasons why you are stressed about Pesach Cleaning. E.g: I am afraid I won't make it, What if I forget something really important, I am stressed because it HAS TO BE just so... etc... **BE SPECIFIC!**
3. for each item on your list, write what feeling you would like to have instead e.g: for "I am afraid I won't make it" you can pick: **"I choose to feel peaceful and relaxed and have everything done right on time"**
4. Start your first EFT round with the first item on your list **Even though I am afraid I will never make it on time, I deeply and completely love and accept myself while tapping your Karate Chop point or rubbing your sore spot. Go Heartily! Say it with great Emphasis!** Then tap the remaining points while saying **Never going to make it on time...**
5. After you feel at ease with the negative side, do a round of positive choice. Then move on to the next item and do the same... until you've covered every

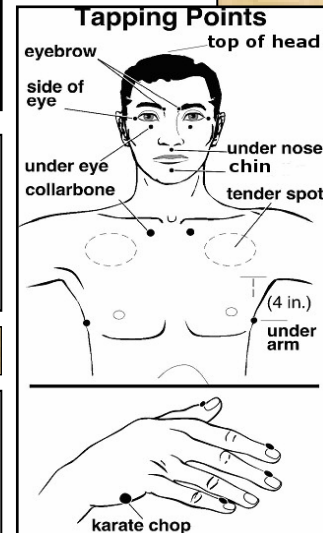
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Insights?  
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**Featured**

[Nine phases of organizing with EFT](#)



6. After you feel at ease with the negative side, do a round of positive choice. Then move on to the next item and do the same... until you've covered every item on your list.

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

8. Pick up your gears and get to work! **What are you waiting for???**

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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!

