



Healing-Israel

A Home for The Jewish Healing Community

Free to Choose, by Ruth Adams (Esther Avinoam)

Healing-Israel's Newsletter...

Issue 9, May 2008

Dear readers,

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

I would like to apologize about last week's issue which hasn't gone out as promised. Going weekly is a bit of a change and I am doing my very best to keep it all up. So forgive me if it is taking me a little while to adjust...

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!



Inner Peace is about Choice

In this Issue

Breaking Out Of Our Inner Jails by Ruth Adams.

Tapping with Esther: I Choose to have the Choice

Healing-Israel Bulletin Board

MPFree: Healing Israel, Healing the World.

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. All you need is a microphone and a recording software, Simply email me for more info.

2- Did you know that Healing-Israel gives you plenty of valuable FREE RESOURCES??? PDFs, Audios, Charts, Newsletters and more...

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.

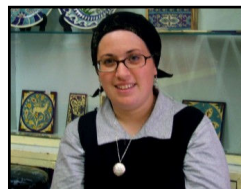
Breaking out of our "inner jails"

by Ruth Adams

Have you ever felt as if you needed to get somewhere urgently, but were bound and gagged with your hands tied behind your back; being taken, against your will, in the opposite direction?

You might go round and round in circles, blaming yourself or somebody else; getting more and more agitated; feeling abandoned, helpless and doomed. Not a nice feeling.

Here are three techniques to help you free yourself from



Questions?
Comments?

abandoned, helpless and doomed. Not a nice feeling.

Here are three techniques to help you free yourself from the cognitive prison that we all experience. They are ways to help your spirit penetrate your life, causing it to flow more positively.

The first technique is: Write to G-d. Tell Him how you feel. Ask for His help and guidance. As you write to Him you'll peel off layers of repression of yourself. Simultaneously, you'll lose the guilt and self blame that accompany repression. You'll reach a higher level of awareness as your thinking processes are validated from Above. As this happens you'll find yourself writing things that support you, even answering some of your questions (or screams for help).

The second technique involves writing yourself urgent notes like newsflashes. When something is "in writing" it conveys authority and gets internalized. So write yourself all the things you want and need to see "in writing".

For example, you may be worried about your ability to pull something off; or get through to somebody; or you may be eating yourself up with anxiety about your child or someone else. Even though you know that anxiety hurts the cause, you just can't seem to shake it off.

So write something like: "(your name)! This is something you need to know urgently and immediately! I CAN'T BELIEVE HOW WELL YOU'RE DOING! (what ever you're worried about) is going BETTER than you could have IMAGINED! I'm SO proud of you (your name)! Everyone likes you and co-operates with you. (the child or other person) is doing excellently! All the solutions are incredibly clear to you. You know how to act. Well done (your name)! I'm really happy for you (your name)!" etc.

It's imperative to write only positive things for this exercise. Lay it on thick like an advertisement and use your name several times. Then read what you've written.

The third technique is: Dance. Try dancing regularly for at least 20 minutes every time; once a week or even every day. Dancing is good for your bones and your general physical health. It causes a release of endorphin, creating a feeling of well being. Dance to music you love and want to identify with. You'll stop putting energy into what you dislike and you'll celebrate life. This causes life to celebrate you! Ruth Adams (M.Ed) remedial teacher and practitioner of Mind-body healing, sees clients privately and runs self-empowerment workshops.

<http://www.reachingfurther.com>

Grab your **FREE bonus Article** with special EFT phrases right Now!!!

EFT Session: I choose to have the Choice

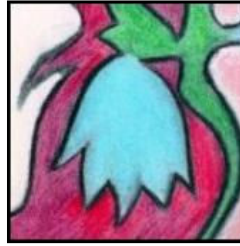
Mistakes we have made may lead us to desperate spots. Often we feel stuck with unwanted realities to which we react with self punishment. What we see as an act of responsibility is just a negative vicious circle we cannot seem to snap out of. The key here is to remember that no matter what it is we have done wrong, we always have the choice...

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](#).

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



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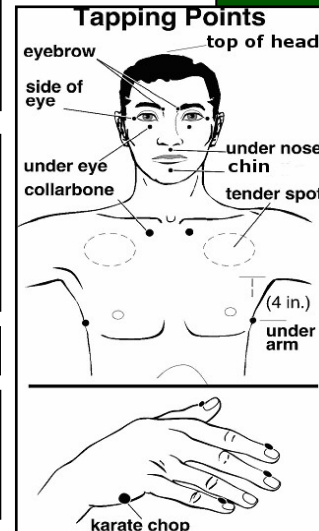
Featured

[EFT: The Personal Peace Procedure](#)



For more information about this life changing book, [email Ruth](#) or visit [her website](#)

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collarbone breathing exercise.

2. Start with a round saying how you feel: **Even though I cannot forgive myself for making this mistake, Even though I am a complete idiot, Even though I feel like I DESERVE to be punished and I really feel like I am stuck... I DEEPLY and COMPLETELY love and ACCEPT myself.**

3. Let out all the steam and emphasize how you feel about not having any choices but to keep on rolling down that path of misery.

4. Now, do a round of CONSCIOUS positive choices. E.g: **I now choose to have a Choice again, I choose to improve what I can, I choose to get rid of my ties and allow myself to move on, I choose to realize that I am not a bad person and that even though my choice was wrong, I can take it from there and make better choices...I choose to choose the Right thing rather than punish myself for my past mistakes...**

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

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!