



# Healing-Israel

A Home for The Jewish Healing Community

## Healing- Israel's First Newsletter by Esther Avinoam

### [A slight change in the game plan...](#)

Issue 1, February 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.

Up to now, we have been sending you the Jewish Health e-zine, a newsletter written by Hannah, Dr. Amitai and I. Unfortunately, personal events (happy ones!) have slightly changed the course of action so here I am, on my own, attempting to offer you the best I can. Hope you'll enjoy!

The Healing-Israel newsletter will slightly differ from what you are used to. In each issue, one topic will be discussed, you will occasionally be introduced to new therapies and you will always get special EFT tapping phrases for you to work with...

You are more than welcome to have a look at the [Healing-Israel website](#) and read the many articles posted there. Articles I have recently posted on the site appear in the "Featured Links" box below. Enjoy the Reading!



Even in the heart of winter, a little bird could be found to give us hope...

### In this Issue

**The Secret: Shaping a new Reality (with movie link!)**

**Therapy Highlight: EmoTrance: The Even Flow**

**Tapping with Esther: Ability to see Abundance**

### [The Secret - Shaping a new Reality](#)



Centuries ago, Rabbi Nachman had told us something about the power of our thoughts. The more you focus on the positive sides of your personality and existence, the bigger they become. Focused thought equals focused energy... Focused energy creates reality. Today, in our day and age, those words of wisdom resurface. Those words have transformed many lives for the better and have brought about incredible healing. This Thought-Reality relationship

Has been brought to the world through the discovery of "The Secret". The Secret has taught many worldwide about the way thoughts shape reality. It is today a book and a documentary which have inspired many... and maybe now is your turn to taste the change. Simply click on the picture displayed above, and you will access a link which will enable you to watch "the Secret" with HEBREW subtitles (how lucky, usually streaming versions are with Chinese subs...). While I do not necessarily agree with every idea mentioned in the movie I hope you'll take some time to watch, I believe it contain many invaluable tools and ideas which- I am certain- will radically change the way you've been handling your life until now. Just as a side note, the "Law of Attraction" isn't about just "positive thinking" it goes well beyond that... I surely hope this movie will inspire you.

### [EmoTrance: Restore the Even Flow...](#)

### Featured Links



EmoTrance is an energy therapy which seeks to "restore the even flow". Often, due to shields we've put up or negative emotions and thoughts, energy is unable to properly flow throughout our bodies.

[Seen OUR Blog?](#)

[Common Dieting Mistakes](#)

[Exploring Mental](#)



emotions and thoughts, energy is unable to properly flow throughout our bodies. EmoTrance is a simple, gentle and intuitive therapy which seeks to locate

And remove energy blocks to restore better health and allow you to experience a higher energy state. Innovated by Dr. Silvia Hartman, this therapy has helped many heal from various body pains and emotional hurts. EmoTrance is about softening hard and stuck energies and release them through their appropriate channels. Although the concept as I phrased it may sound a bit complicated all it is really is about asking the right questions and allowing ourselves to feel subtle energy movements. Here is an example for you to try: 1) Recall an insulting sentence a friend once told you. 2) Ask yourself where, in your body you can feel it. Some will describe it as a “punch in the gut” others will feel it as “a sharp pain in the heart”... and there is not right or wrong here. 3) Place your hands on the “affected area” and ask yourself where this stuck energy would want to go. You will be amazed by how easily all the answers will be coming to you. Once you know the way out, all you need to do is direct the stuck energy on its way out through the channel you have chosen as best and mentally repeat the words “Soften and flow”. I have worked through physical and emotional pain with EmoTrance and often felt the sensation of ease and joy after the hardened energies have been allowed to soften up.

The above mentioned exercise is but the tip of a very profound healing modality which positively affects every layer of our being, leaving us balanced and energized. You will be able to learn all about EmoTrance in a book called [“Oceans of Energy- The Patterns and Techniques of EmoTrance Vol.1”](#), a practical book I highly recommend.

### *EFT Session: “I can’t see abundance...”*

To attract abundance it is crucial to “already have some”... We are often so busy focusing on what is missing that we end up attracting more lack and scarcity. The first step toward a better life is to switch the gears towards a more grateful attitude.

You may have health, you may have wealth, you may have the right relationship, the house of your dreams, as much as you want of everything you’ve ever wanted and NOT FEEL THE ABUNDANCE!!!!

Abundance is more a mind set than an actual, physical reality, and if you’ve watched the “Secret”, you’d know much more about that little phrase. So this time, make note of all the abundance you have, turn to an area where you cannot see abundance and work on it!

Tap three time on your Karate Chop Point and say:

“Even though I can’t see abundance in (The area of your life you are focusing on) I deeply and completely love myself and my life for what it is right now”

“Even though I haven’t reached the ideal point (In that area you picked) I choose to be open to positive changes to come and still accept my life for all the good it has”

“Even though I feel that (the area you are working on) is incomplete, I choose to look at what I already have and make it better”

Then do the following tapping protocol and complete with your own words:

#### Round One

**Eyebrow:** I don’t have enough of ...

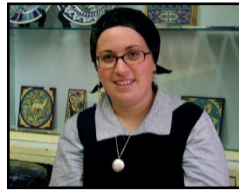
**Side of eye:** I feel no abundance in ...

#### Round Two

I choose to see what I do have!

I choose to open up to the flow

### Exploring Mental EFT



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



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<b>Side of eye:</b> I feel no abundance in ...	I choose to open up to the flow
<b>Under eye:</b> I feel such a lack of ...	I choose to trust it will come
<b>Nose:</b> My efforts in improving ... don't work	I choose to let go and relax...
<b>Chin:</b> I never had enough ... since ...	I am ready for a positive change
<b>Collarbone:</b> I can't see abundance in ...	There is plenty for everyone
<b>Underarm:</b> This is not working	I am getting better and closer
<b>Wrists:</b> I feel frustrated about not having ...	I choose to release all the blocks
<b>Top of head:</b> I miss ...	It feels great to be open to receive

If you are still unfamiliar to EFT, see side column.  
Enjoy your tapping!!!

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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!