

# Ze'ev Kolman

## Bio-Energetic Healing of the Life Force



December 2011—  
January, 2012  
Newsletter

### Happy Holidays to Everyone!

It is that time of year once again when the doors of autumn have turned to winter, and thoughts of the holiday season are already on our minds. We perhaps had a taste of family and friends during Thanksgiving. Now we reunite with our loved ones around the table with gratitude for the month of December and its many holidays to give us more time together. I hope that this season and the last month of this year brings with it a circle of positive energy with love, freedom and peace to our beautiful world and especially to you.

I will enjoy meeting you and your friends at upcoming events at my **new Bio-Energetic Healing location**. You will receive more information about specific events here and in Miami Beach in the future via E-mail. My new location:

**2109 Broadway, Suite 892**

(Between 73<sup>rd</sup> and 74th Streets)

**New York, NY 10023**

E-mail—[zeevkolman@gmail.com](mailto:zeevkolman@gmail.com)

Web site—<http://www.zeevkolman.net>

TEL: 212-245-1715 - FAX:212-265-8839

Included in this newsletter is a very interesting and helpful article: "*How to release Stress*" — a topic we all know well as we live in a time of fear and tension worldwide. You will find this article to be quite useful to help you cope with stress.

In Health and Healing,  
Prof. Zeev Kolman

#### Holiday Gifts

Send my book "*The Secret of Healing*" as a holiday gift to your friends and family, plus a DVD about my Bio-energetic Healing for only \$20 (including shipping). Details inside!

#### Miami in December

I will be in Miami in December to lead a workshop for *Self Bio-Energetic Healing*, *Group Healing*, and for *Private Sessions*.

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#### PRIVATE APPOINTMENTS

Held from Monday through Friday—9am to 5pm

Call 212-245-1715; Fax 212-265-8839

E-mail: [zeevkolman@gmail.com](mailto:zeevkolman@gmail.com)

<http://www.zeevkolman.com>

## ANNOUNCEMENTS

### The Individual's Aura— or Template

Sometimes a healer creates his or her primary healing effect by supplying particular frequencies of etheric (higher) bio-energies to a client's etheric body. Mr. Kolman refers to this as the aura.

The aura is a holographic bio-energetic template surrounding the individual—a type of spatial wave guide that assists the molecular/cellular systems of the body to achieve proper organization, orchestration and energetic balance.

If the template is healthy, the body resides in a state of health. When the etheric body is distorted and its organized patterns become disrupted by a wide variety of influences, the physical body slowly follows suit by manifesting illness.

The organization of the aura controls the orderly cellular behavior of the body's systems. It is the aura of the etheric body to which Mr. Kolman actually directs his healing bio-energy. When the influence of the etheric body has totally ceased, as in death, component molecular parts return to the chaotic disorder of inorganic matter.

The individual aura is the wave guide that controls the flow of life energy into the body. Patterns of illness occur at energetic levels before they become manifest at cellular levels. Dysfunctional subtle energetic changes in the etheric body may precede physical/cellular changes of an overt illness by weeks to months. Mr. Kolman can see that effect among some of his clients, and is able to predict upcoming symptoms of sub-clinical illness by reading one's aura.

### For Private Sessions

To schedule a private session, contact the New York office for details: 212-245-1715.

### Special Monthly Prevention Package

We offer a **Special Prevention Package**. Life is stressful. You work hard and deal with daily responsibilities. All the systems of your electromagnetic field need regular balancing and healing. Your aura needs cleansing of the debris and toxicity that accumulate. The infusion of energy from your chakras and meridians needs to be balanced to promote good circulation. Regular monthly maintenance is the best way to restore a healthy mind, body and spirit. Let Ze'ev help you.

Purchase 6 Monthly Healing Sessions and receive the 7<sup>th</sup> month FREE! Call now to reserve your regular monthly appointment at the same time every month. It's easy to remember and you will reap the benefits of continuing care. From the heart, Ze'ev sends a monthly spiritual blessing.

On the same day and time of each month, a spiritual blessing is offered to people on their birthday. If you need a blessing or know someone who does, please e-mail their name and location. If you celebrate your birthday in December or January, remember to meditate at Midnight (EST) on your birthday by focusing both on your physical intention and on the healer, Ze'ev Kolman. His healing energy will be sent to you.

### Distance Healing

Distance healing is performed while you sleep or rest. When your body is resting, your chakras—your energy centers—open up. This is when Ze'ev can easily transmit electromagnetic energy from his mind into your energy field for the purpose of healing. You only need to know the time for your body to be "tuned into" the same wavelength during the distance healing session.

Ze'ev recommends distance healing for clients who are too far

away or are unable to come to the office because of a busy schedule or illness. Distance healing is also very effective. It is just as powerful as a private session. In fact, it can even be stronger because the body is very open to receiving energy while resting.

Some clients also experience tingling sensation during distance healing, or a wave of heat, while others experience no physical presence. The effects are the same. Sometimes a client will awaken during the time of the healing. If this happens to you, stay in bed in a relaxed state.

Distance healing works for many, but not for everyone. It depends on how long you have had the condition, how open you are to healing, and also how well your body receives the energy for healing.

Here are the requirements for Distance Healing to be really successful:

### Distance Healing Requirements

1. Photograph
2. Complete address
3. Telephone numbers
4. Date of birth
5. Direction of your head while sleeping. Is it facing north, south, east or west?
6. A list of the conditions you want to focus on.

Our thoughts are like radio waves that can be sent and transmitted beyond our physical location and received at the other end—provided there is a receiver tuned into the right wavelength. This energy is transmitted through the force of my thoughts to the client who *opens* his or her channels to the proper wavelength and *absorbs* the energy regardless of the physical distance between us.

## ANNOUNCEMENTS & ARTICLES

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**To receive a distance healing with Ze'ev Kolman, please call: 212-245-1715 or my Cell: 917-558-5458**

### How to Release Stress

Excessive stress harms your health. However, some stress is necessary to add interest to life. Without stress, many people would just go through life being inactive and idle. The problem is excessive stress, which hurts the physical and mental planes. When a person has severe stress, it is almost certain that it will result in a chronic or destructive disease, such as cancer, arthritis, heart disease and many of the other familiar list of diseases.

Stressful people try to escape from their troubles. Many choose illegal drugs as a solution, others use medications recognized by the medical community—which are no better than illegal drugs. There are many ways to get rid of stress that are natural, simple and easy. Each person must find the way that is the most suitable for their unique situation. There are many positive choices.

Stress is expressed in a multitude of ways for each person. Some experience physical effects in their body, while others feel it in their mind. People, who are physically healthy but constantly anxious, could *clear their head* by watching TV or a movie, or even playing a game of Chess. A person with a calm mind, who feels the stress in their body, could find a way to relax by engaging in physical activity. Aerobic exercise—,

walking, running, dancing, swimming, yoga and stretching—are some great options. It is not possible to relieve physical stress without *movement*.

People who suffer from low-level stress can learn meditation. There are many meditation techniques. Based on extensive research, the most benefit can be derived by the use of a mantra or a meaningful word that is part of one's belief system. Mundane repetition of a meaningless word may bring only a superficial relaxation of the body and the soul, but it would not be able to penetrate deeply enough and create a significant change in the body or the soul. Occasionally, such a benign word could become an irritant instead of a tranquilizer.

Breathing plays a major role in regulating the body condition. Correct breathing can bring a person to one of three situations regarding the body's ability to recruit its physical and spiritual resources. Breathing can relax, balance or stimulate. In relaxed breathing, you exhale twice as long as you inhale. Assuming you inhale and count to four in your head, you will exhale to the count of eight. This breath cleanses the lungs deeply, reaching their depth. It also increases the CO2 level in the body, which results in the instant awakening of a deep, spontaneous breathing.

This type of breathing can bring the pulse rate down by 6 to 10 heartbeats, sometimes within a minute or two, as I have personally witnessed with many people.

### The Secret of Healing

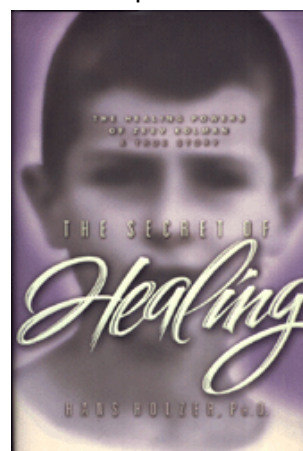
By Ze'ev Kolman—available for only \$15 (regular \$21.95). Do you have a copy of this book? Family and friends feel blessed when they receive this book for their birthday, as an anniversary gift, or with a get-well card! Unlike flowers and candy, which disappear, a book is everlasting.

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To order, call:  
**212-245-1715**

### Telephone Healing

Ze'ev can even transmit the Bio-Energetic



Healing over the telephone while you are in the comfort and convenience of your own home. Appointments may be scheduled weekdays from 9am to 5pm (EST). Most credit cards are accepted.

**Call: 212-245-1715**

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## Group Healing Sessions/Lectures

Group healings take place every 2 weeks in the New York office. Ze'ev leads the group into a healing meditation so that he can transmit his electromagnetic energy into each person's body for the purpose of healing.

**NOTE:** Please refrain from using fragrance, cologne, perfume, etc., to group healings. Be punctual!

Punctuality is part of becoming spiritually evolved. Respect others and arrive at least 10 minutes before healing groups are scheduled to begin. Thank you! To get updated information in between our Newsletters, go to:

[www.zeevkolmanhealer.net](http://www.zeevkolmanhealer.net)

Feel free to forward this newsletter to family and friends! Submit their email address and we will send them our monthly Newsletter. Thank you! [zeevkolman@gmail.com](mailto:zeevkolman@gmail.com)

## How To Release Stress

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The second breathing method is inhaling and exhaling to the count 4-4. This is a balanced breathing that can bring a person to a state of concentration, stimulation and peace, all concurrently. Stimulating breathing is done to the count of 2-2, a similar breathing we spontaneously breathe when we run.

This type of breathing awakens the pulse and raises the Adrenaline level in the body; which brings it to state of "ready and raring to go."

An observant Jew can repeat "Shma Yisrael" as their mantra, while a secular person can select "accomplishments" as their suitable mantra. A more advanced stage is an active meditation—*Visualization*—where you visualize yourself according to your aspirations, where you can see yourself having already attained your goals.

A very effective way of reducing stress is to sigh. As strange as it might sound, this method works to reduce any kind of stress. There is a soft-sound sigh, a sigh of relief, when a person hears that a dangerous or hazardous situation was resolved peacefully. There are the deep sighs, which man sounds during the duration of a problem or a stressful situation, such as excruciating physical pain or a very deep sorrow. One should never stifle or repress these sighs. As unpleasant as they might sound, they are a very great relief to the person who heaves them. A wounded person, for instance, can release a major portion of his stress due to his pain, thus helping him cope, until the ambulance brings him to the hospital for treatment. The best way to release stress, using sighs, is to lie down on your back and sigh for about 10 to 20 minutes, sometimes even longer, if the stress is too much to bear.

You can turn on the radio and listen to music at the highest volume, so that the sound of your sighs will not disturb the neighbors. You should explain the situation to the people around you, in your home or environment, so that they would not rush to the assistance of the sighing person, and out of concern for his well being, would cover his mouth.

When you drive home in your car after a long day's work, close the windows and sigh, without disturbing anyone. A sigh generates a long breathing and an internal vibration, which massages the internal organs. A deep spontaneous breathing follows; lowering the stress and tension. A similar breathing method is the "stretching exhale"—sounding "AUM" or "AMEN" as long as it takes to completely empty out the lungs. Sometimes, only a few of these breathings are sufficient to put to sleep a person who suffers from stress, resulting in insomnia.

These are not the only ways to reduce stress. Trips and rests in nature are most beneficial. So are bathing in the sea and lounging on the beach, as long as the place is quiet and the air is clear. Albeit, those activities are usually the ones that promote socializing, people love company even when they go out to relax in nature. A parking lot in the middle of nature could have a lot of smoke coming from the barbeque, which is more polluted than the city smoke, coming from the cars. The Indians used to hug a large tree trunk to absorb its energy and get rid of their stress.

And there are more methods to reduce stress: Osteopathy, Chiropractic, Reflexology, Shiatsu, Deikurs, Sunshine. Each one of these could be used to repair the body's energetic status, to stabilize it, stimulate its limbs and organs and lower stress.

Fresh foods, juices, vegetables, fruit, vitamins, minerals and the right amino-acids are all helpful and have a place in the treatment of stress reduction, but this is a whole different topic.

