

# Ze'ev Kolman

## Bio-Energetic Healer

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### THIS MONTH'S MESSAGE FROM ZE'EV

Hopefully, the summer sun has invigorated everyone, and you have enjoyed the opportunity to eat fresh fruits and vegetables between meals—instead of junk food. A diet based on too much junk food is a common cause of depression. According to Dr. Phyllis A. Balch, the author of *Prescription for Nutritional Healing*, “the body is a complex organism that has the ability to heal itself,” and “the chemicals that carry information from one nerve cell to another are called neurotransmitters,” which also regulate our behavior and are closely linked to moods. Food is a major player in this scenario.

Another cause of depression is the approaching change of season. Many people suffer from Seasonal Affective Disorder (SAD)—a form of depression that has a lot to do with one's quality of life. It is important to realize that our diet and a regular exercise program also affect our health. The ability to change is within us. Exercise outdoors while the sun is above the horizon.

Become empowered through information that helps you to consciously make a difference in your own life by changing your habits. This is how we can have a higher-quality existence while here on earth. For more information about nutrition, check out <http://www.mercola.com>.

Being in balance emotionally, spiritually, physically, mentally, and socially brings harmony into one's life. We can feel it when it happens. It's like *going with the flow*, with the current, feeling it in our gut, having peace within our minds. This feeling affects our body all the way to the cellular level where  
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## Calendar

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### NEW YORK

#### Wednesday Evening Lectures—6pm to 8:30pm

**Topic: Healing, Spirituality, Past-Life Incarnation (Healing Meditation)**  
September 8, October 18

#### Upcoming Sunday Bio-Energetic Workshops—10am to 3pm

**Topic: Bio-Energetic Self-Healing**  
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September 20, October 11

### SOUTH FLORIDA

Information about upcoming Lectures and Workshops in South Florida will be emailed directly to subscribers when the schedule is finalized. Thank you!

### PRIVATE APPOINTMENTS

Call **212-245-1715**

Fax **212-265-8839**

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



**August—  
September 2006  
Newsletter**

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hormone secretions take place. Neurotransmitters are directed by the brain's chemical electrical impulses when the body is at rest, without stress.

When the body is properly nourished and most biological processes are operating optimally, I try to enhance that by adding bio-energy to the aura and aesthetic body. When the energy is added to the appropriate places, it balances the body's energy system.

Remember: Our bodies are much more than what we can see. There is an electrical force within us. An EKG measures those electrical forces and can tell us about our heart. But we also have a spiritual component within us, and that needs to be integrated into our positive health habits.

The truth is: one does not heal unless one wants to! Perhaps it sounds odd, but we must consciously choose to be healthy. It does not happen by just watching the river flow. You need a new perspective and to engage in actively doing this for yourself to produce the healthiest results. In the same way that we work to make a living, we also need to focus and work for our health—especially as we age. If we don't, we invite negative things to happen to us.

The old cliché "one ounce of prevention is worth a ton of cure," is still a great affirmation for 2006!

So, make a resolution for the change of season as it approaches! "I will eat healthy and exercise every day." You will see a difference in your everyday life and your moods. You won't be depressed if you get out of that chair and start to feel your body in motion, the way it was meant to be

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### 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 smartest 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 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. Ze'ev also extends a special *BirthDay Discount* for a private session.

If you celebrate your birthday in August or September, 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 the tingling sensation during distance healing. Others feel 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 people, but not for everyone. It depends on how long you have had the condition, how open you are to the healing and how well your body receives the energy for healing. There are certain requirements for Distance Healing to be successful.

### Distance Healing Requirements

- ◆ Photograph
- ◆ Complete address
- ◆ Telephone numbers
- ◆ Date of birth
- ◆ Direction of your head while sleeping. Is it facing north, south, east or west?
- ◆ 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—

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## ANNOUNCEMENTS

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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 channels to the proper wavelength and absorbs the energy regardless of the physical distance between us.

To receive distance healing, please 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. Here are two examples of telephone healing:

The MRI report indicated three herniated discs as well as structural damage to my spine. All day, in anticipation of receiving Ze'ev's healing energy at a distance, I sipped herbal tea, listened to calming music, meditated and filled my mind with uplifting thoughts and visions.

A few minutes before 11 p.m., I lied down in bed, covered myself with warm covers, and called for my spirit guides to watch over me during this transference of healing energy. And then I *felt* it!

The healing vibrations entered my chest. My body filled with gentle, yet very alive, vibrations of healing energy that went into my head, into my shoulders and arms, out to my fingertips and down into my toes.

Beneath the warm blanket, my body shivered and vibrated while Ze'ev's healing energy was absorbed into every cell. I felt myself smiling joyously. 'You are healing, thoroughly healed,' I whispered to myself and fell asleep.

## TESTIMONIALS

My little grandson reaffirms my healing. I scoop him up and we dance around the room. I sing and we laugh together. —FIVE.

\* \* \*

I Thought you would be interested in the results of my friend's two distant healing sessions with Ze'ev Kolman yesterday. The first session started with a telephone conversation, and then, according to C. (the appt. manager whom I spoke with later), Ze'ev went into a deep trance.

My friend, Ray, reported that he felt tingling in his body during the healing and thereafter felt that he was breathing better and had more energy. This was clearly observed, because Ray was much more alert and energetic the rest of the day. He didn't sleep at all, and he usually spends most of his days napping and quite fatigued.

The second session was scheduled to begin at midnight (EST) while Ze'ev meditated. Ray was lying in bed at the same time, and after the healing session he excitedly reported how surprised he was by what happened. First he got the sense that I was either blue, or had a blue covering or veil over me. Then he experienced a "blinding bright, white light" that started at his head and made its way through his body, lighting up certain areas as it moved.

He could see an outline of his body, his rib cage, and certain internal organs lit up like a fluoroscope as the light continued to move. It was "like seeing a cross section of my lung with dark spots, which I assumed were the tumors," then the white light went through and turned them into light. These phenomena "came and went 2-3 times."

The light would disappear and Ray thought the healing was over, but it returned and kept moving through him. This went on for approximately 20 minutes.

To test if this were just his imagination, Ray attempted to repeat the experience through visualization, but nothing happened again. He was very energized and awake all night, which is extremely unusual for him. Because of this experience, he is convinced that the distant energy healing took place. —W.H

Appointments may be scheduled weekdays from 9am—5pm (EST). Most credit cards are accepted.



**The Secret of Healing** by Ze'ev Kolman is now 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 enduring.

Order 3 books and receive a 20% discount. Buy one now with the very special *Healing Hand Imprint* with mud from the Dead Sea. We can send you autographed copies with a personalized gift card. Most credit cards accepted. *To order, call 212-245-1715.*

*If you want to change the world,  
change your frequency...*

## ANNOUNCEMENTS

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### "GURU TO THE STARS"



#### ZE'EV KOLMAN

**SPECIALTY** Bioenergetic healer.

**CELEBRITY DEVOTEES** Martin Sheen; Carly Simon; Raquel Welch.

Kolman passes his hands above clients' bodies to heal the body and spirit (he has treated ailments from autism to strokes). Oddly, it is also something he can do over the phone. For information, call 212-245-1715.

from BAZAAR magazine, October 2001, pg. 243

### Testimonials Welcome!

If you have experienced the healing hands of Ze'ev Kolman, and would like to share your experience with the subscribers of this newsletter (now 20,000!), please let us know.

Your testimonial will only be edited for grammar and spelling.

We hope to hear from you soon!

Send your testimonial to: [zeevkolman@aol.com](mailto:zeevkolman@aol.com)

### Q&A

If you have any questions that you would like answered in a future newsletter, please send them to:

[zeevkolman@aol.com](mailto:zeevkolman@aol.com)

For more information about Lectures, Group Healing Meditations, Private Sessions, and Workshops, please call Shelly in the New York office: 212-245-1715

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*You are cordially invited to a very special Evening at the Friar's Club!*

**Thursday, September 7, 2006  
6:30 p.m. at the Friar's Club  
57 E. 55th St., New York City**

**TOPIC:** Osteoporosis "Facts, Treatments and Fun"

**GUEST SPEAKERS:**

- **Dr. Benny Chayen**, Chairman of OB/GYN of Maaynel Hayeshua Medical Center in Brei Brak, Israel, reveals findings from new study on osteoporosis.
- **Professor Ze'ev Kolman** shares the best treatment for osteoporosis.
- **Laura Slutsky** concludes the evening with a special humorous performance.

Cocktails, Hors D'oeuvres  
Raffles  
Silent Auction  
\$100 per person (tax-deductible)

All proceeds will be donated to Maaynel Hayeshua Medical Center in Israel for a new incubator.

**RSVP to Michelle by September 4th!  
Call 561-289-2995**

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