

Mia Sherwood Landau Testimonial
for Chana Bracha's Series of EmunaHealing Courses



In 2012, I was searching the internet for Jewish healing information without finding much to learn, because I didn't want to go down the wrong road and get distracted from my Torah study.

Just when I needed it, Chana Bracha Siegelbaum came along with a perfect solution when she offered me the opportunity to join her first online Emuna Self-Healing Course. Even though I didn't really know what it was it seems my soul knew. A deep, inner sense of excitement bubbled up inside me at the thought of meeting with other women to learn about Torah healing together. I couldn't wait!

Emunah is the Hebrew word for faith, or more accurately, faithfulness. And if there's one thing I dearly love it's Emunah, especially faithfulness to Hashem and Torah. So, Chana Bracha's online course was instantly interesting to me, and so far, I've taken all her courses to date, some of them more than once.

EmunaHealing is a Torah-based system of spiritual healing that helps me access Hashem's healing light within myself. Of course, I'm not alone in my desire for self-healing tools and techniques. Many of us are overwhelmed with too many obligations and too much information now, and we're looking for a way to heal and to cope with life. So, several women who know Chana Bracha in person, or from her newsletter, her school and her workshops joined her EmunaHealing course along with me, as the classes are offered only to women.

We met on a web platform that allows us to see and hear each other, just as though we're in the same room together. Women in Israel, France, Canada and the United States shared a virtual space for a couple hours each Sunday afternoon/evening for 5 weeks. If we had to miss a class in person there was a recording to watch at our convenience, so we could keep up with the group.

Being able to ask questions during class is what gives Chana Bracha's students a fun advantage over merely reading books or visiting websites. Live interaction with her and with each other brings Torah healing to life for us in a tangible, personal way. Each group is unique because it's composed of different women who bring their own customs, perspectives and experiences to class, so we learn from each other as well as from the study material.

Deep Torah knowledge and practical tools to apply it, that's what I got from Chana Bracha's classes. And since I've participated in the whole series so far, I'll share a few of my favorite examples.

Here's one of the deep Torah topics I learned, giving me an advantage in many aspects of personal self-healing:

EmunaHealing - Energy Flows Like Electricity

Energy flows through my body like electricity flows through wires. Whenever there's a kink in the wiring and the electrical current is blocked, bad things can happen. Digital devices or home appliances can slow down, short out, catch fire and cause major destruction and loss.

When there's a kink in the flow of energy through my body, sometimes bad things happen, too. My physical, mental and emotional health may stagnate or blow up, causing major destruction and loss in my life, and often the lives of others.

I've found it's not enough to simply want to be healed, or to go to doctors and other practitioners of physical healing. For me, the prayer and the meditative energy work of EmunaHealing is a way to call in the healing light of Hashem, the ultimate and only healer. Hebrew prayers, along with their English translations are my favorite tools for unblocking my wiring so Hashem's light flows freely through me again.

I can say the prayer for myself, with a focus on my own issues, or I can choose to pray for others who need healing. Basically, EmunaHealing is energy healing consistent with Torah in every way.

Energy cannot flow when it's blocked. Unblocking the flow of my own energy is my own responsibility, with the help and the healing light of Hashem - That's just one main point I learned from Chana Bracha's courses. And it's a good example of the depth and practicality of her self-healing teaching, but it's certainly not the only one!

Here's another one of the deep Torah topics I learned in Chana Bracha's Kabbalah and Self-Healing courses:

EmunaHealing - Three Upper Endocrine Glands

My body is a physical representation of the Sefirot of the Tree of Life, a basic principle in Kabbalah. Three major endocrine glands in my upper body connect me in unique ways:

- My pituitary gland corresponds to the Sefira of Keter, influencing my ability to live and breathe into the present moment. It regulates all the other glands, secretes hormones, and connects to my central nervous system. It's physically located behind my eyes, in the middle of my head, beneath the brain. That's where my Emuna begins, at the very top of me.
- My pineal gland corresponds to the Sefirot of Chochmah and Binah on the Tree of Life. Chochmah influences my ability to trust my soul, the very essence of my being, and Binah influences me to rejoice and return to my eternal Divine path. It produces hormones that affect and regulate my healthy sleep patterns and seasonal functioning. It's physically located near the center of my brain, in a groove between the two hemispheres.
- My thyroid gland corresponds to the Sefira of Da'at, influencing my ability to surrender my personal will to the Divine will of Hashem. It's physically located just below the Adam's Apple at the front of my neck. It produces thyroid hormones for growth and maturation, and regulates my metabolism and the functioning of other systems in my body.

Learning about the endocrine glands was very useful to me. Seeing how my own physical body relates to the Tree of Life helps me "own" Torah truth in a tangible way, in my daily life. Now the Sefirot of the Tree of Life are not just concepts or pictures and descriptions on the page. They are a genuine part of me.

This Torah learning helps me remember that my physicality and my spirituality are not separate, they are deeply connected inside of me. Knowing and remembering the truth about my endocrine glands is healing because it connects me directly to Torah through the Tree of Life within me.

All the ladies in our Kabbalah class had time to reflect on what we learned when we worked on our homework between sessions. We could ask questions by email, bring them up at the next class or schedule a personal EmunaHealing session with Chana Bracha privately. And we could also meet with other students to continue exploring self-healing, during and after the course schedule.

Finally, it's well-known that one of the most common kinks in our wiring as human beings is unforgiveness. It blocks our energy flow in ways we may not recognize as unforgiveness, until we learn the tools and techniques Chana Bracha offers us in EmunaHealing.

EmunaHealing – Releasing Unforgiveness

Thousands of scientific studies show that unforgiveness leads to stress, emotional eating, weight gain and illness. I am certainly a person who tends to overeat when I'm stressed, which of course causes me to gain weight.

Through EmunaHealing, I've made huge progress in the process of forgiving myself and others, including people who haven't been in my life for many years. By having real-life Emunah in the Torah truth that Hashem accepts me with unconditional love, I can feel myself relax and breathe much easier again. Old fears, grudges, angers and resentments begin to float away because I've finally let them go in the healing flow of light from Hashem. They are no longer mine; I don't want them or need them anymore.

Freedom from unforgiveness is a great gift I've received from specific topics in EmunaHealing courses, such as Transforming and Channeling Resentment, Anger and Negativity, and The Healing Power of Shema Israel. Knowing how to release what I don't want is the first part of self-healing, and then

welcoming what I do want is the next important step. It's what seals the deal and makes me whole again. That's genuine self-healing, and it's available to Chana Bracha's students.

Here are her courses I've taken since 2012:

EmunaHealing Course 1 part 1

EmunaHealing Course 1 part 2

Kabbalah and Spiritual Self-Healing Course 1 The Ten *Sefirot* of Healing Part

Kabbalah and Spiritual Self-Healing Course 2 Spiritual Protections from Negative Energy and Ayin Hara

Kabbalah and Spiritual Self-Healing Course 3 Healing with Light and Colors

Won't you consider opening your own heart of healing to the wonderful blessings available through Chana Bracha Siegelbaum's EmunaHealing courses this year? Feel free to contact me personally if you'd like to ask me any questions.

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