



## Alternative paths

For some people, spiritual treatment has become as necessary as a regular visit to their general practitioner. The body and soul are intertwined and can mutually influence one's sense of well-being. There is a variety of alternative treatments today -- here are two examples

Wallpaper at Mitpaptim

By Tali Herdevall

### he's got your number

An unusual but intriguing alternative treatment is numerology. The theory is that each number has its own energy and, accordingly, a person's name and date of birth are of the utmost importance. Numbers can reveal a person's personality, his needs and abilities, and they can be used to help guide and advise him.

Egypt and Babylonia are among the ancient sources of numerology, so the system has age-old ethnic foundations. It is important to note that numerology does not forecast the future but emphasizes the options that are already available through one's name and date of birth.

Anat Gad is a numerologist who has been practicing her craft for 18 years. My visit with her revealed a great deal, considering her optimistic approach to life.

Gad sees our potential in our date of birth and the way it connects to our first names. Indeed, there is an environmental influence

between the two, and between them lies our karma. Gad's system combines colors with numerology and refers the personal essence to the potential and surroundings.

With Gad, clients can relax and receive advice when they are in a confusing period and can receive inspiration from their inner voice.

For more information: Anat Gad,

Tel: 052-240-0720,

E-mail: anat\_gad@walla.com

### The horse whisperer

"Do not involve yourself with the mistakes of others or of the deeds of others done or undone. You must focus on deeds you have done or not done," Dhammapada 50, Buddha.

Amit Amodaei is a unique personal trainer: he uses horses as an integral part of his treatment system. He came to use this system after many years of searching and going down different paths, which helped him to crystallize the faith and insights by which he lives today.

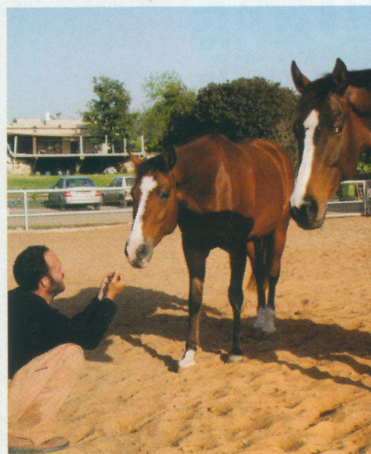
jumping. As an adult, he was certified as a trainer in sport and therapeutic riding at the Wingate Institute for Physical Education and Sports.

Amodaei spent many years at a Buddhist monastery in Thailand and returned with a strengthened humanity, which favored patience, giving, and compassion. At the Emotion training school, he was an ontological trainer.

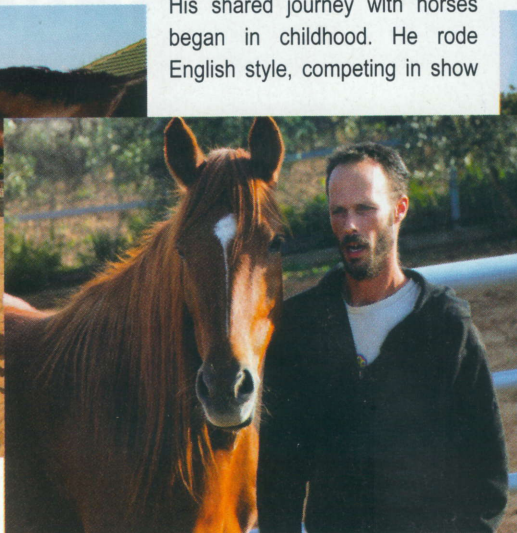
Today he trains people in this method, which emphasizes being. During the training process, Amodaei tries to be a good listener and provide insights that will help better understand human nature, thought patterns, courses of action, to identify the opportunities that arise on the way to fulfilling the vision, and the goals that the clients have set for themselves.

The sessions include three levels on the path toward self-actualization, personal training conversations, and horseback riding in the scenic Sharon region.

For more details: [www.amitaiamodaei.com](http://www.amitaiamodaei.com) ■



Amit Amodaei



His shared journey with horses began in childhood. He rode English style, competing in show

