

Highlight Insights

Inspiring poems and work of art



Avigail Berg-Panitz - Poems, Tomer Tal Design - Work of Art

I say: "I", "I", "I"
Who am i
really?....
Body..
Bodymind
Bodymindspirit

?



Explore & write a new version of the operating system of your being

What am I doing here?

Every few hours ask you this question.

Do it when your body is calm, yet your senses are sharp.

Ask this question aloud and feel the vibrations of your voice echoing to the universe.

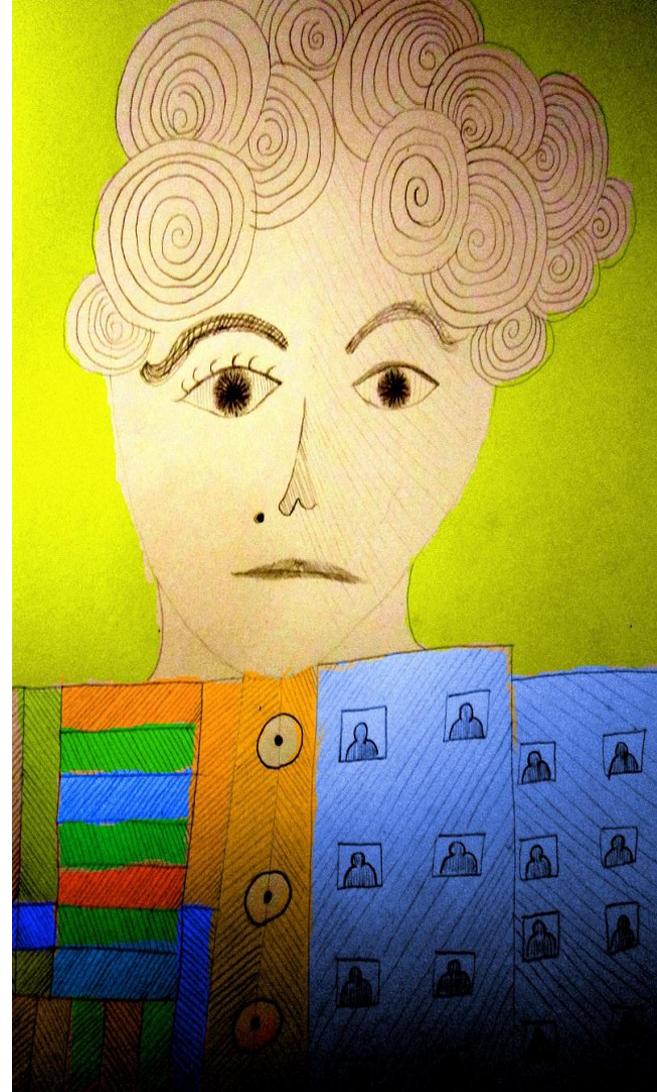
You may not get the right answer, yet, you will observe the possibilities:

-You are a particle of dust, flying in the wind.

-You are a particle of dust, blown with intention & direction.

-You are a particle of sand blown with intention & direction by a Creator.

-You are a cell of the Creator, and its D.N.A is within you.



The other day I saw a bird.

The other day I saw a bird.

I looked into her eyes,

She looked at mine.

There was an energy connecting between us.

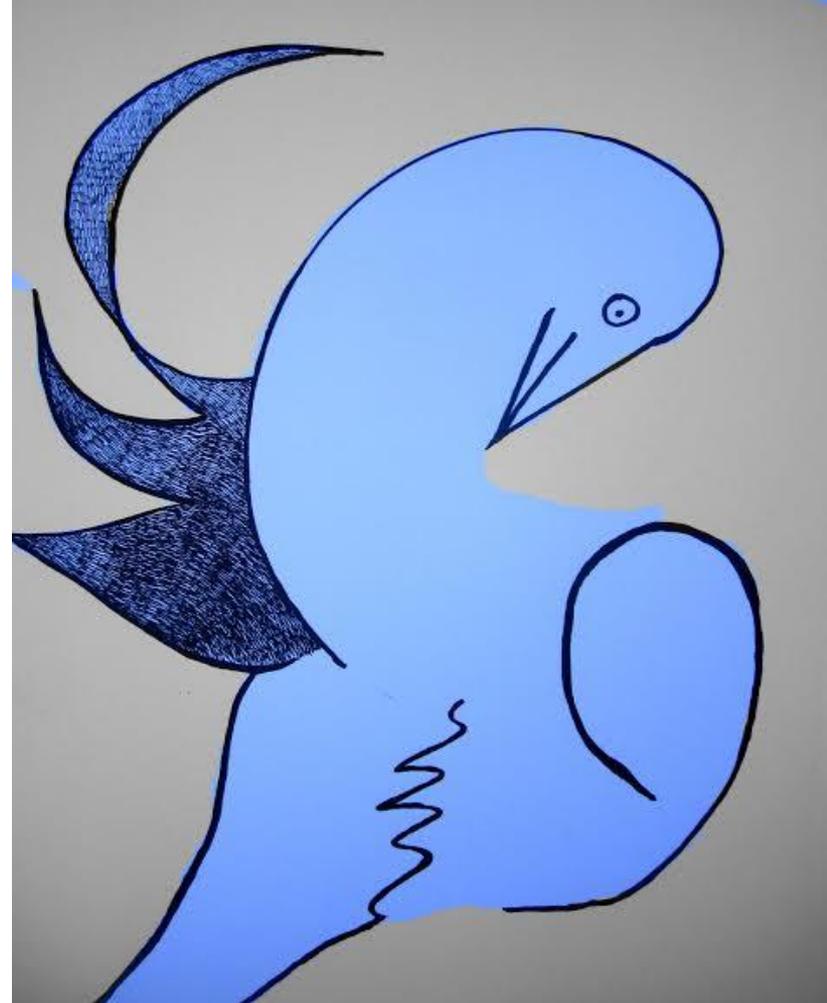
As we knew we share the beauty of nature.

We are equal participants in life experience.

And neither of us is in mode of indifference.

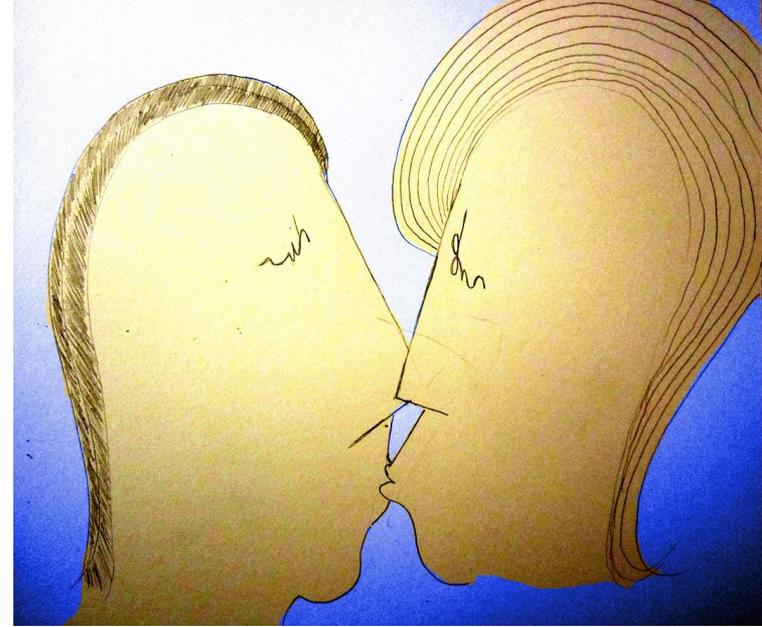
There was unspoken yet significant understanding bond.

Of two temporary creatures that explore the now and beyond.



love is...

Love is the process,
in which,
you give space in your
bodymindspirit
for the other,
to grow, be joyful and be
who s/he is.
And this, makes you happy.



Prettify your space and home and in
workplace. Special gift to special
people in special events

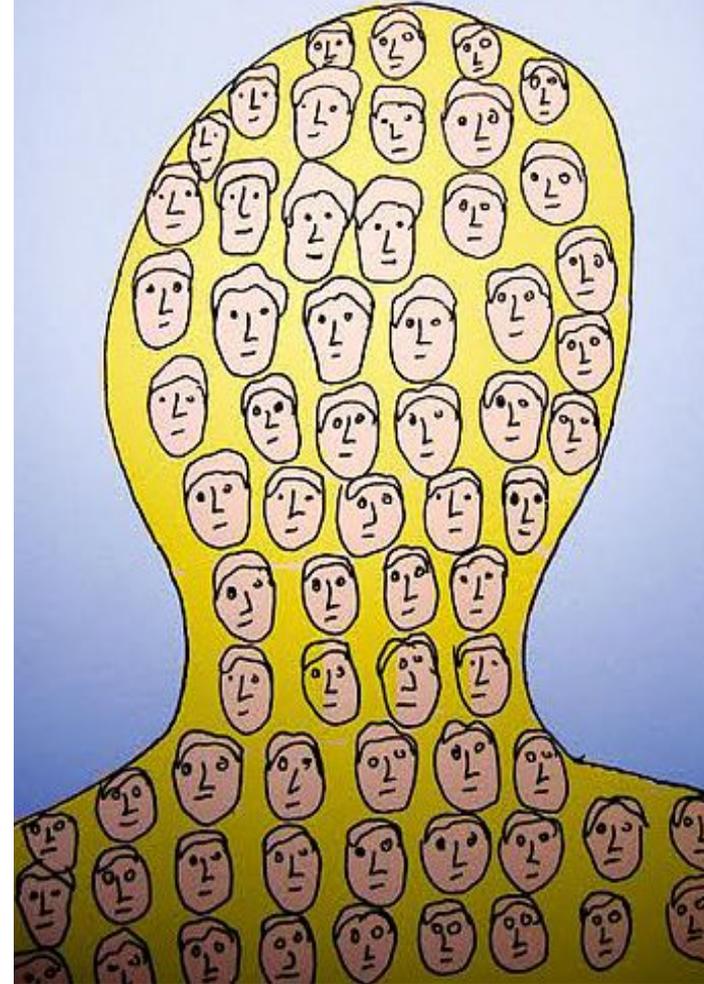
<http://www.upliftingatmosphere.com/poems-on-pictures>

How are your mind clouds today?

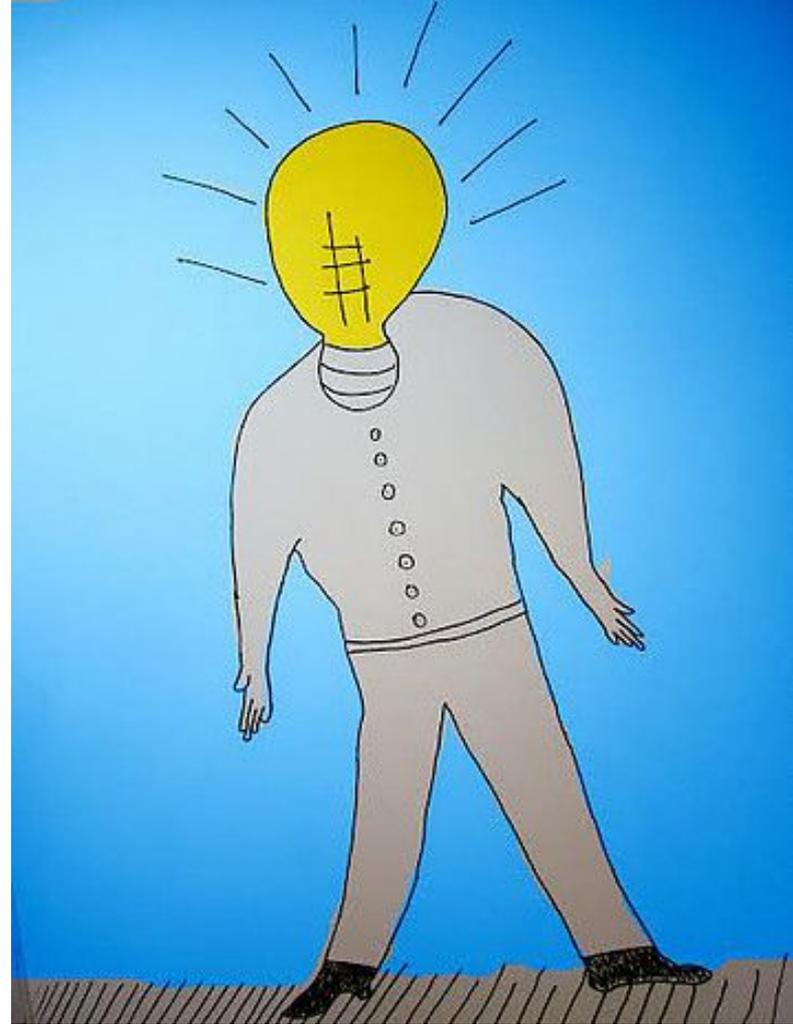
You know -thoughts, emotions, sensations,
memories, imagination, dreams and beliefs that
stream in your mind non stop.

Mind clouds, cloud your perception.

Can you manage them, so that they don't enslave
you?



Awareness is the non stop process,
of calibrating perception,
in real time,
with no judgement.
Just observation and realization.



Wellness on Demand, Demand Wellness

*Wherever you go wherever you are,
Be proactive in setting wellness standard:*

*Healthy food to nourish your cells
Sleeping well in your personal dwell,*

*Exercise and move your body daily,
Gym is not a must, adopt walking and dancing
mainly,*

Make sure the air is clean and eco friendly.

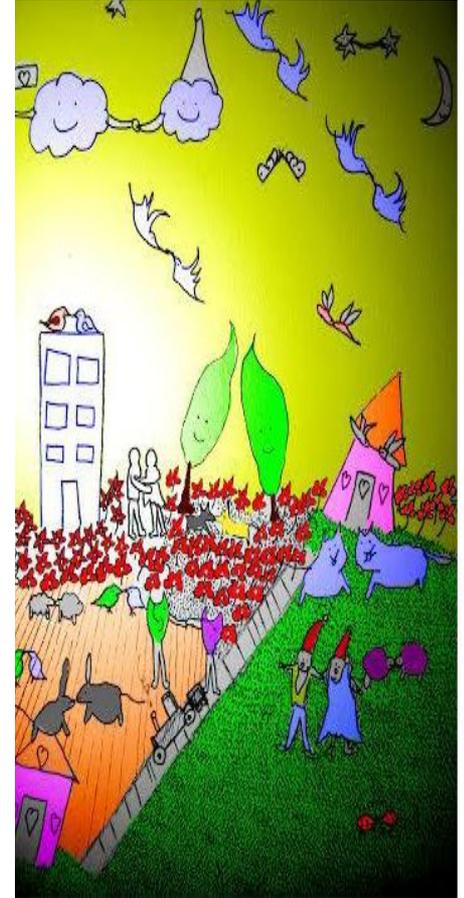
*Reduce physical, emotional and mental stress
Otherwise It will make your health – much less.*

*Discover and manifest your talents and creativity
It will empower your being and recharge
sensitivity.*

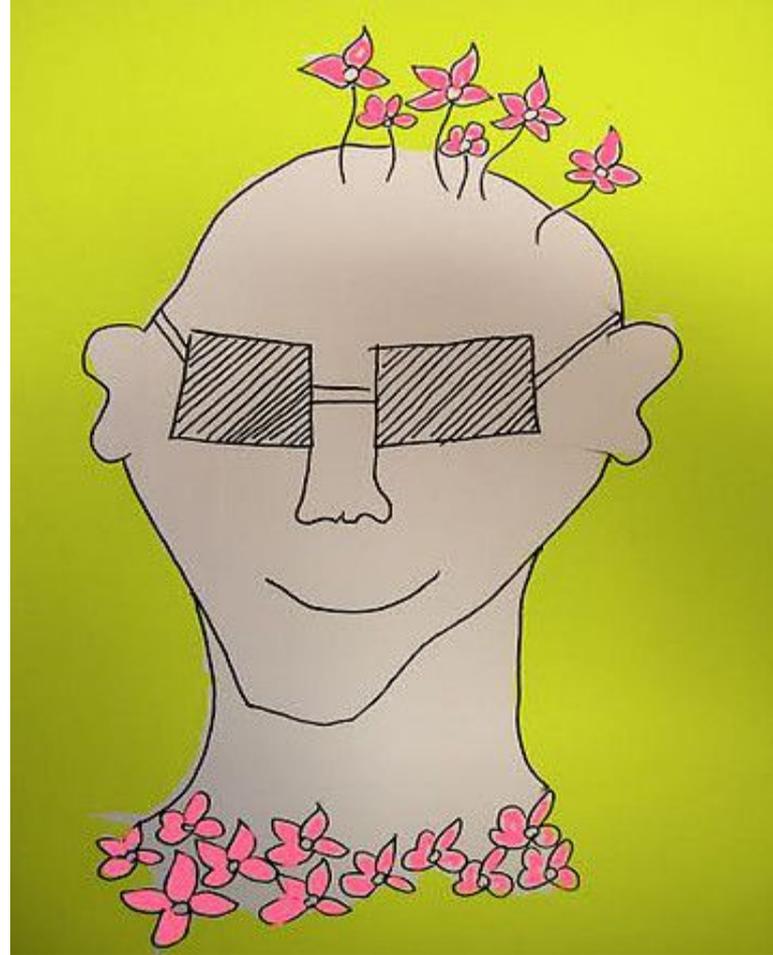
*Even in atmosphere which is not
optimal
Giving up wellness is not optional.*

*At home, at work, on the go, and in
community,
For leaders that look away, there is
no excuse or impunity.*

***Pave your path, drive life and enjoy
the journey.
Adopt & apply this approach soon
and early.***



It's not enough to be **Mindful**.
It's important to be **Heart-full** as well.
It's not enough to be **authentic**.
It's important to be **conscious,**
coherent, creative, compassionate
and with **integrity** as well.



He was saying- “it’s not right”

I was thinking: "who gave him
the right to say what is right?"

I told him: “you don’t have the
truth in your pocket”

He was thinking for a moment
and said: “you are right.”



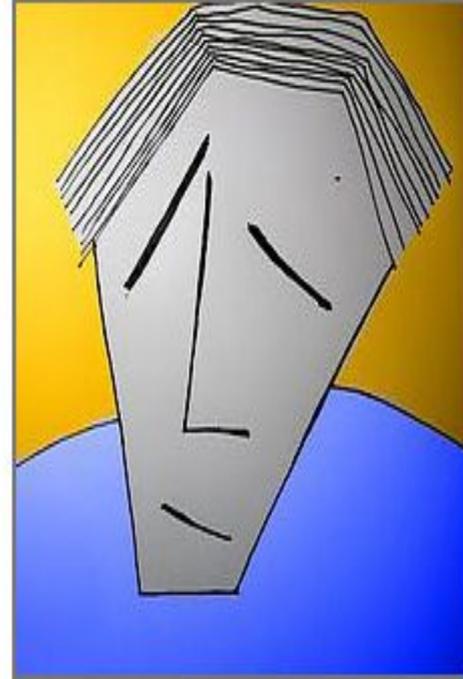
Asymmetric

She said:"i love you"

He said:"yes"

She said:"i want to live with you
the rest of my life"

He said:"aha"



YOU BUILD UP WALLS IN YOUR MIND
AND THEN,
YOU SAY:
I HAVE NO SPACE...I CAN'T BREATHE.

LET GO OF THINGS THAT DON'T SERVE YOU.
LOOK INTO YOUR GARAGE
LOOK INTO YOUR CLOSET
LOOK INTO YOUR COMPUTER

LET GO OF THINGS THAT TAKE SPACE
AND DON'T SERVE YOU

REINVENT YOURSELF



GAZING

I am lying on the grass watching the blue sky,
Drowning into the blue from above, hypnotized by the
endless space.

Blue sky and white clouds covers me like a blanket.

White clouds come and go... come and go...

Spirits shape faces in them.

Peace and stillness in the air for few moments.

Then, my attention turns to my thoughts that flow in my
mind non stop.

They, like clouds, come and go.... come and go...

I wish I could be in the state of the space between them,

Like the endless blue sky.



Self Confidence

Don't compare yourself to anybody.

Each one has his/her own journey.

Just be happy with who you are.

Nobody else shall set for you a limiting bar.

Orchestrate an environment to be creative.

Generate an atmosphere to be inventive.

Collaborate with a team to be innovative.

The end goals are important.

Yet happy process will not make you extorted.

Be beautiful to yourself.

Then share love and compassion with
somebody else.



Angels are passing by in the sky,
They paint their figures in the clouds.

Be attentive- look up.

You can see angels' pets as well,

This is a secret I allow you to tell.

If you imagination can connect the dots,

You will realize for sure the spots.

Angels are passing in the sky,

And I know why.

Because when body sinks into the ground

spirits, go up high.



While eating potato chips and drinking three bottles of beer, writing a blog about replacing bad habits with better habits.

Awareness:

When you are aware that there is no coherence in the upper case

Integrity:

You realize it's not coherent & you will not send your recommendation to your readers until you replace the bad habit with a better one.

Such as drinking seltzer with lemon and pepper and eating flat bread with thin layer of light cream cheese.

Authenticity:

When you say: "hell with it! this is what I want to eat/drink right now and i enjoy them"

Coherence / non coherence read the above.



How can someone in the box, think out of it?

How can someone in the box, think out of the box?

With imagination? No, With emotions? No, With beliefs? No

With empty space ? – Yes!

When you minimize thoughts, emotions, beliefs, memories, and
imagination,

you enable wisdom of insights from outer space, penetrate your
perception place.

You are insider to the outer.

There is no Pandora, there is no box

The door is wide open. No separation, or a place - on to, knock.

You participate in the insights flow.

A particle or a wave in Creation multimedia non stop show.



Insights

Like a thunder in the sky, out of the blue,
Insights manifest and make a breakthrough.

Where do they come from, God only knows,
Perception gets wider like a balloon that was blown.

Be minded to ideas that come to your head.

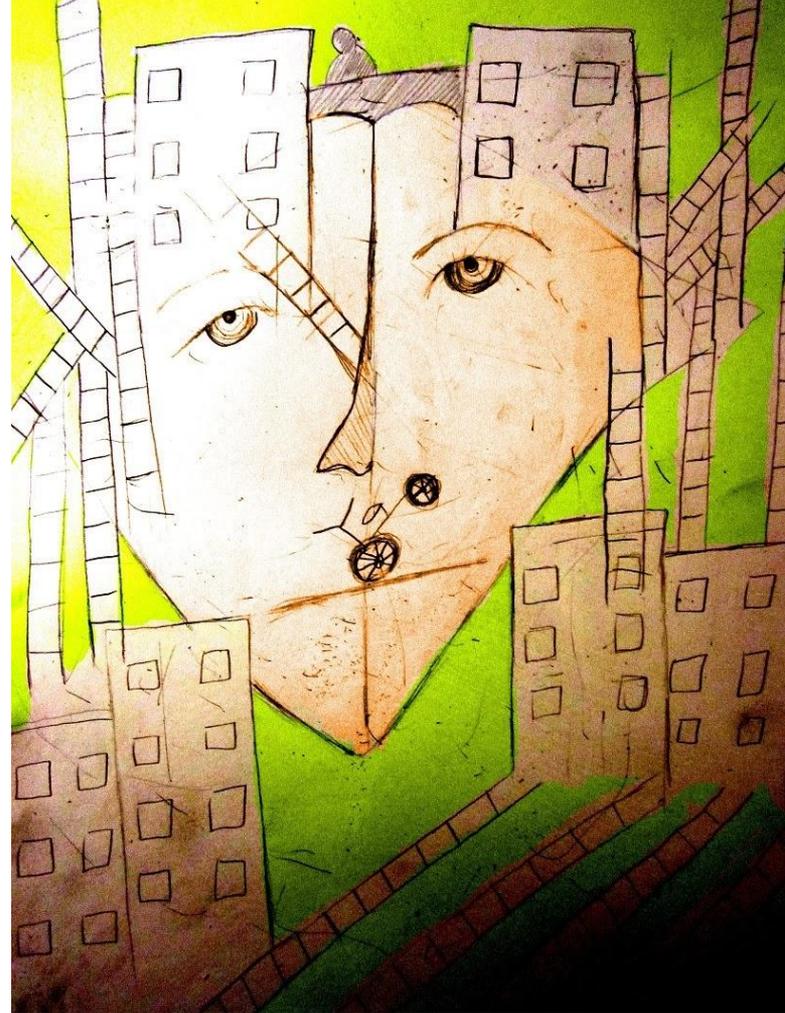
Genius moments in an elevator or in your bed.

Have a little notebook or a phone to record these sparks.

Magic, non-tangible ideas , like heaven's rainbow arcs.

Prepare your mind to be sharp and clear

Otherwise insights will just pass by and disappear.



Friendship

Friendship is trust.

Friendship is compassion.

Friendship is giving a hand, time and attention.

Optimal friendship – is being there for them, ...
ahead of the game, sensitive to their needs.

Because you care and know what's going on,
as an open book read.



Be minded

Be minded to your body maintenance,

Mind content management, and wakefulness.

Be attentive to your home infrastructure repair,

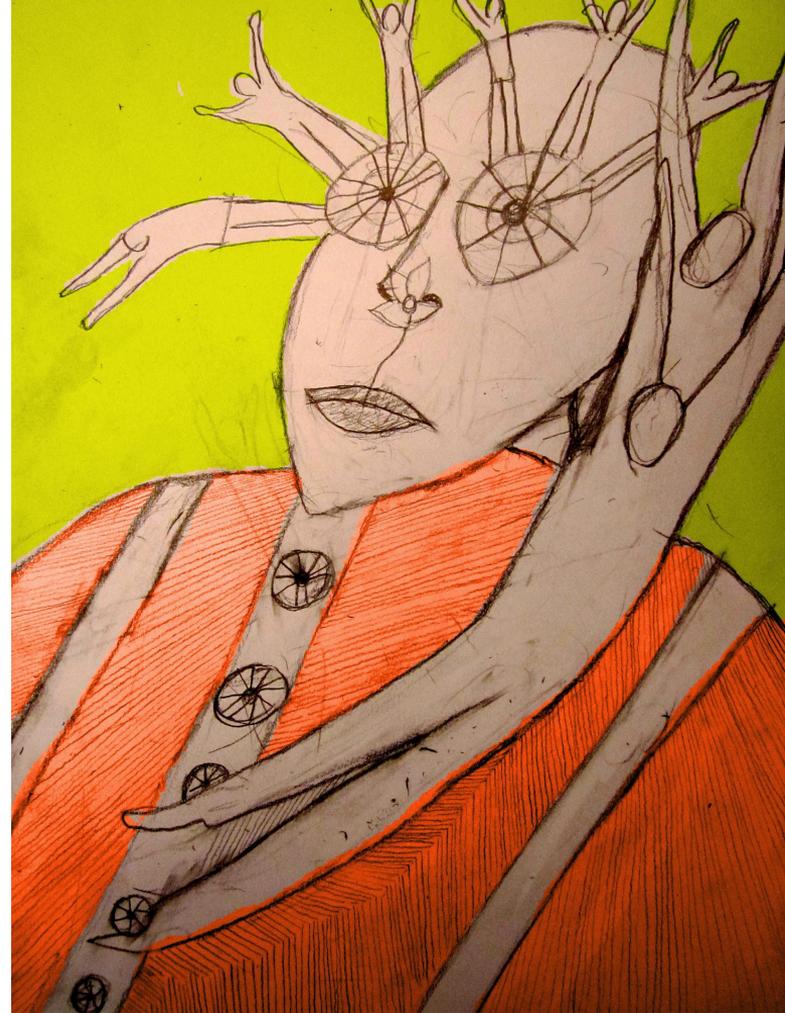
Pay attention to love and relationship care.

Respect and satisfy emotional needs,

Make sure you nurture planted seeds.

Be sensitive to rhythm and timing significant others
have,

Calibrate harmonically to walk in the same path you
pave





Happy New Year
2017

May the seeds of your
dreams, get the best
conditions,
to manifest and implement
their full potential
Of love, creativity, good
health, peace and wealth

Amen



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Happy Spring
2017

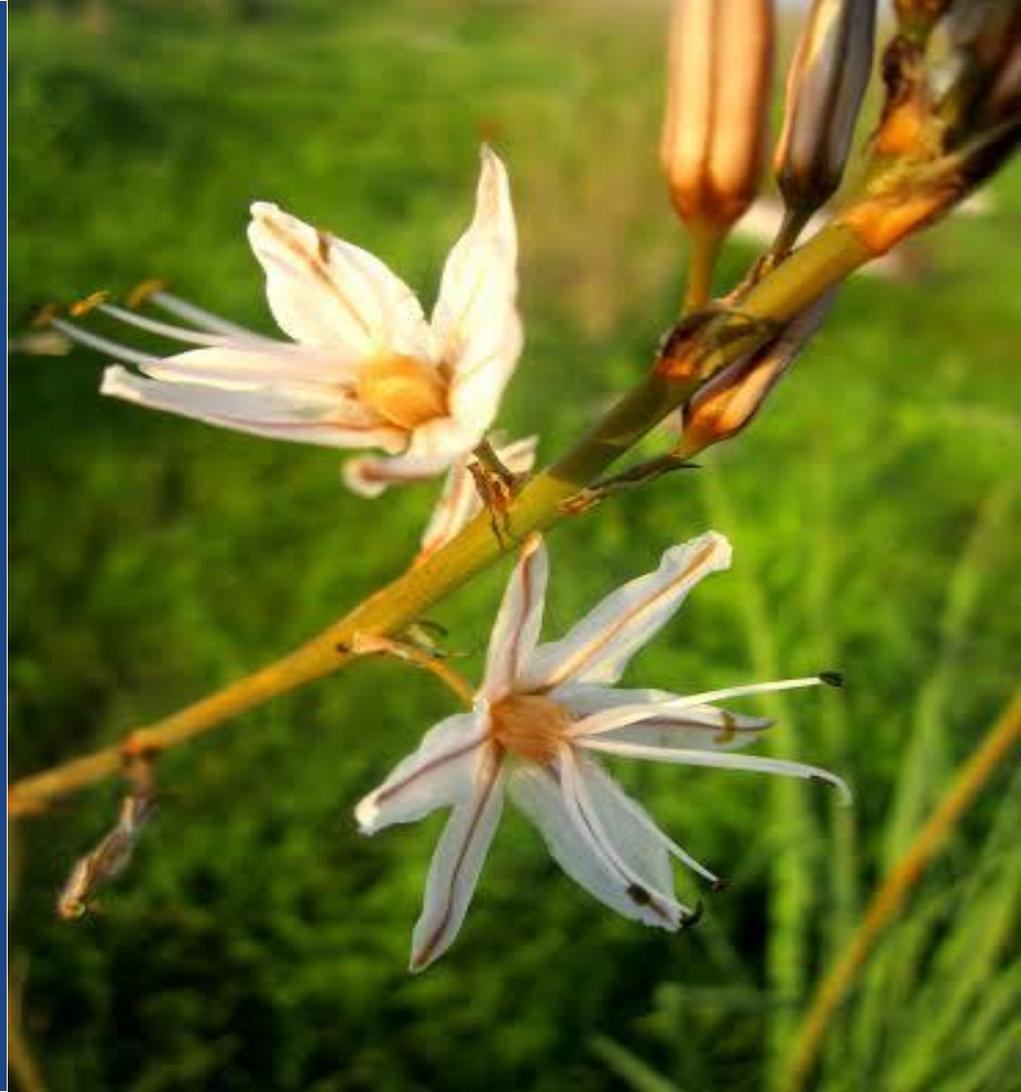
May this year be
The Year of
love, creativity, good health,
peace and wealth

Amen!

Happy Spring
2017

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peace and wealth

Amen



**Happy Spring
2017**

May this year be
The Year of
Harmony, love, creativity,
good health, peace and
wealth

Amen



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This Thanksgiving and all year long -
Be A SUN not a MOON

Don't turn off if atmosphere is chilly and cold.
Project your inner core energy, shine even more.

Implement mantra CAGAK:
Compassion, Appreciation, Gratitude, Attention and Kindness

A smile and light from within are love weapons , time-
endless.

Be a sun not a moon

Positive change to you and others, will arrive very soon.
Once you locate your inner energy engine,
It will never be the same, as you will need no one for your
ascension.

You will make the difference in all Eco friendly
dimensions.

Be a sun, not a moon.



Salad that will keep you healthy

No matter what you eat, no matter what you do,
This salad will keep you healthy and out of the flu.
Turmeric, garlic, pinch of baking soda, and olive oil,
Apple vinegar, and lettuce right from the soil.

Celery, apple, onion, and black pepper,
This will certainly, daily, keep you healthy and
feeling much better.

This is a natural proven remedy to fight
inflammation.

Even if you had junk food, and later feel heavy
frustration.

You can add more ingredients to make it interesting,
Pass the secret to people you cherish, make sure
they are listening.



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I am a
social
entrepreneur,
a wellness
expert,
a writer,
holistic &
integrative
therapist, and
a energy
healer.

I also have an
MA in Holistic
Health.



Let's talk - I am a space holder facilitator.
I provide a ladder to look at the maze from
above.

Together with you, in a dialogue, we will observe
life approach; thoughts, emotions, memories,
imagination, beliefs, goals and resources.

We will remove mind clouds that cloud clear
perception, sabotage your happiness and block -
playing life.

Life is the game of awareness.

My theme:

Drive life... Enjoy The Journey,
Your way.

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