

## Stress Free (Course in Four Lessons)

---

### MEET THE TEACHER

Rebbetzin Gavriela Frye is the Rebbetzin and wife of Rabbi Harel Frye with whom she serves Yeshua at the Messianic Congregation of Beit Shalom, Pozzuoli, (Naples Italy, where she taught and inspired members and students of the Messianic Congregation of Beit Shalom in the past 5 years with her husband Harel (Clint). She is a pioneer of the Hebrew Messianic approach of “Living in the moment” and has developed an effective alternative to Awareness based on the teachings of the Lubavitcher Rebbe and developed on the scriptural basis of the Torah and Brit Chadashah (New Covenant) for the Restoration of the People of Israel through Salvation in Yeshua (The Messiah of Israel). His course now also online has gained wide acceptance and use among students online and in the classroom.

### ON THE COURSE

Fatigue. Anxiety. Distraction. These are all diseases of the 21st century life. What if I could be stronger than these? For centuries, the Hasidic teachings contained in the Torah have somehow come close to the answer that only through Yeshua (The Messiah) can be conquered: simple meditations on Biblical scriptures, easy to remember, designed to make you fully live the moment in which we live, combining these Biblical teachings with the revelation of who the Messiah of Israel is in the scriptures and therefore of the Brit Chadasha (New Covenant / New Testament). In this series of four lessons, you will learn the basics of Messianic Jewish Awareness. Each course contains a short guided image meditation, followed by instructions on how to use them in everyday life. **Are you ready to start?**

### COURSE PROGRAM

#### AS YOU ARE

##### **Stress-free meditations, lesson 1 (Monday 30th March 2020)**

What exactly is Jewish Messianic Awareness, and most importantly, how can it be used to improve your life? In this first four-part series, we will introduce you to the basics of Messianic Jewish awareness and begin a meditation designed to help you tap into your deepest self, based on the Biblical scriptures of the Torah / Old Covenant and Brit Chadasha / New Covenant.

#### EVERY MOMENT IS A CALL TO AWAKENING

##### **Stress-free meditations, lesson 2 (Monday 6th April 2020)**

You wake up in the morning and for a moment, before the weight of daily life settles on you, you are free. Without worries, without stress or distractions. You are completely present, in peace and live that precise moment. But how do you hold that feeling for the rest of the day? Tune in to this week's lesson and find out.

#### ONE ACT AT A TIME

##### **Stress-free meditations, lesson 3 (Monday 13th April 2020)**

What is the use of living in the moment if you have a deadline to meet? It is not enough to be at peace when you are on vacation, you have to make it work even when you return to your desk or maybe while you are in the middle of your day. In this week's lesson, we cover our third guided image meditation, designed to help you stay anchored in Yeshua in the confusion around you and everyday life.

#### TOMORROW WILL BE A GOOD DAY

##### **Lesson of Minor Stress 4 (Monday 20th April 2020)**

How can we know what the future holds? Will it bring joy or pain tomorrow? And how can we maintain serenity in a world of uncertainty? In this fourth and final lesson, you will be accompanied by a guided image meditation that will help you use life in the moment we live in Yeshua, to create a worry-free future. Like? Join us and find out!

**Rebbetzin Gavriela Frye**  
**For Beit Shalom Messianic Congregation, Pozzuoli, Italy**