

Bios for Rivka Levy

2-line bio:

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Short Bio:

Rivka Levy is a writer and journalist of 20 year's standing, author of five books about spirituality and holistic health, and the founder of the Jewish Emotional Health Institute (JEMI), promoting God-based holistic health. Her latest book is: 'The How, What and Why of Talking to God.' Find out more at: www.talktogod.today

Medium Bio:

Rivka Levy is a writer and journalist of 20 year's standing and has authored five books about spirituality and holistic health. She's also the founder of the Jewish Emotional Health Institute (JEMI), which teaches how to use God-based holistic health techniques to transform mind, body and soul. Her latest book is: 'The How, What and Why of Talking to God.'

Rivka lives with her husband and two children in Jerusalem, Israel. When she's not writing or blogging, she likes to keep herself busy by knitting, painting, and finding inspiration in the small, beautiful things in life. Find out more at: www.talktogod.today

Long Bio:

Rivka Levy is a prolific writer of 20 year's standing and has authored five books about spirituality and holistic health, including 'The Happy Workshop' and 'Causes and Cures of Depression'. She's also the founder of the Jewish Emotional Health Institute (JEMI), which teaches how to use God-based holistic health techniques to transform mind, body and soul.

Before changing track to God-based holistic health, Rivka owned her own PR firm in London, UK, and was a top ghostwriter for some of the biggest names in the British Government. She burned out at the age of 35, moved to Israel, and started looking for some real, spiritual answers to many of the health and personal issues she was facing in her own life.

After studying aromatherapy, energy medicine, Su Jok (a Korean form of acupuncture) and a few other things besides, Rivka finally started to piece together a much bigger, holistic health paradigm that explains how happiness, holiness and health really fit together.

Now, she's on a mission to transform the way people relate to their own health and happiness by helping them make the connections between their own physical health, their feelings, and their spiritual dimension - in a non-weird way that doesn't creep anyone out.

Her next big project is the annual 'One Day Talk to God Challenge', which she's launching on November 15, 2015.

"The aim is to get a million people talking to God, so they can see for themselves that this stuff actually works," she says. "I know God's had a lot of bad press the last few centuries, but I think it's time He made a comeback. There's nothing like getting your first, bona fide miracle to convince you that, just maybe, there might be something to all this 'talking to God' stuff, after all."

Rivka, an orthodox Jew, is keen to stress that talking to God is not a religious thing. "I tell people all the time that talking to God is for everyone, regardless of background or belief. You can be an atheist or agnostic, and still talk to God. Just because you don't understand the spiritual mechanisms involved, or believe in them, doesn't mean you have to miss out. Look at it this way: talking to God can save you a fortune in therapy bills, help you to get to know yourself, and keep the crazies away from you on the New York subway. For those reasons alone, it's worth trying it out."

Her latest book is: 'The How, What and Why of Talking to God', a practical pocket guide to how to talk to God, and see real results in your life. "This book is a short-cut to powering-up your spiritual dimension," she says. "By the time you're done reading it, you'll know as much as any guru does, about how to connect to God.

Rivka lives with her husband and two children in Jerusalem, Israel. When she's not writing, blogging or working on achieving world peace, she likes to keep herself busy by knitting, painting, and finding inspiration in the small, beautiful things in life. Find out more at: www.talktogod.today

5 Fun Facts You Didn't Know About Me:

1. I have three passports.
2. I can make a chocolate smoothie with broccoli in it that tastes de-li-cious.
3. I can show you how to make your headache disappear just by massaging your thumb.
4. I broke my finger playing cricket when I was 11.
5. I can tell you what the welsh word: '*ysgob*' means.