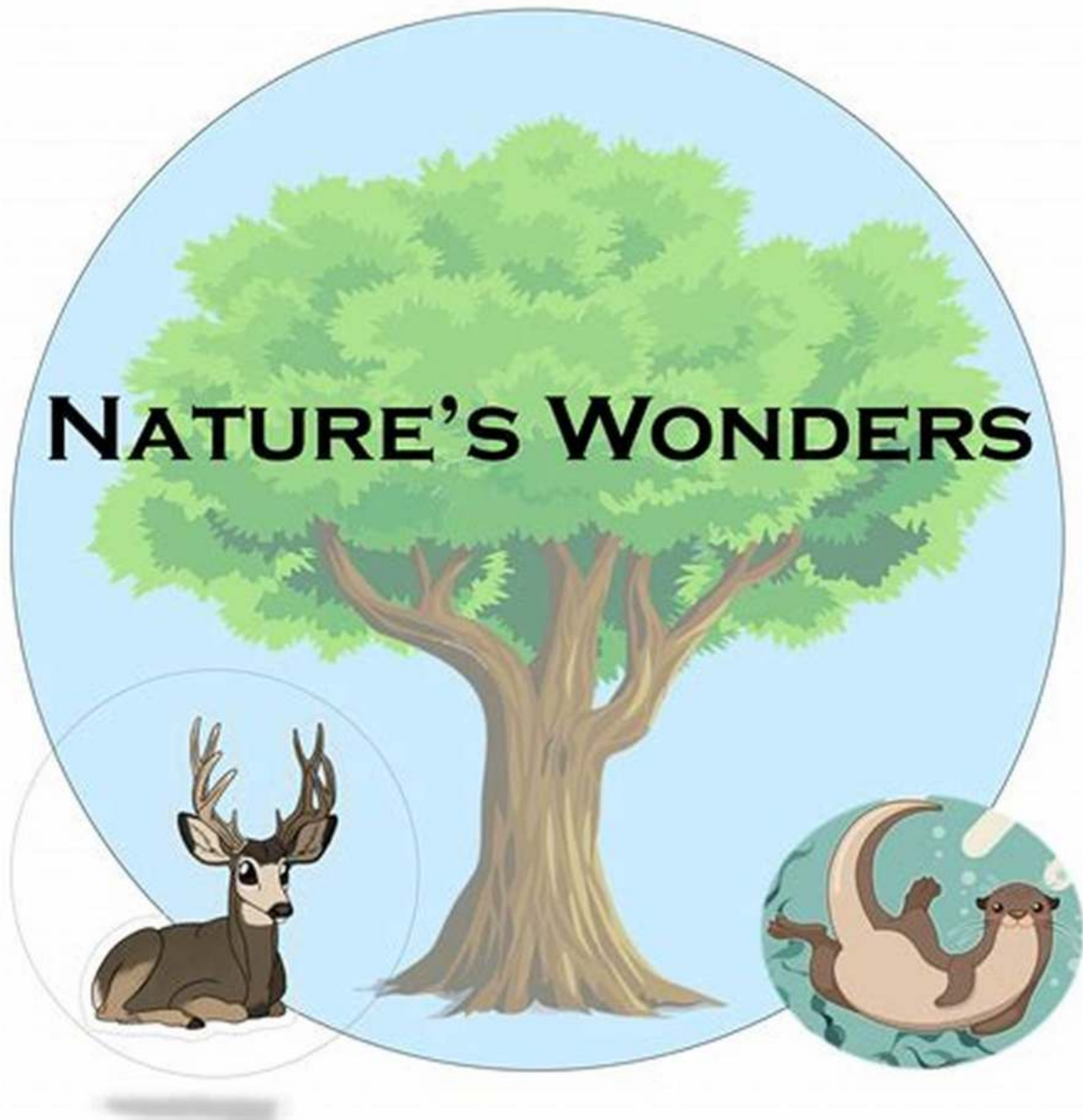


Discover These 18 Inspiring Lessons Learned While Hiking the Israel Trail - Angels Tahina

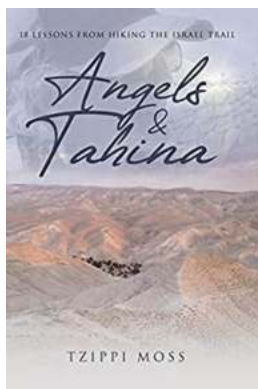


Lesson 1: Embrace the Beauty of Simplicity

Hiking the Israel Trail, also known as the Shvil Yisrael, offers a unique opportunity to detach from the complexities of everyday life. The trail leads you through serene landscapes, allowing you to appreciate the beauty of simplicity and find joy in the small wonders nature has to offer.

Lesson 2: Perseverance Leads to Unimaginable Heights

The Israel Trail is no easy feat. As you face challenging terrains and endure physical exhaustion, you quickly realize that pushing forward with determination and perseverance can lead you to achieve unimaginable heights in your personal growth and self-discovery.



Angels & Tahina: 18 Lessons From Hiking the Israel Trail by Tzippi Moss (Kindle Edition)

★★★★☆ 4.7 out of 5

Language	: English
File size	: 17107 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 233 pages
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Screen Reader	: Supported
Paperback	: 474 pages
Item Weight	: 2.95 pounds
Dimensions	: 8.5 x 1.12 x 11 inches



Lesson 3: Connect with Nature on a Deeper Level

Walking along the Israel Trail allows you to connect with nature in a profound manner. The stunning landscapes, diverse flora and fauna, and the ever-changing

colors of the sky awaken a deep appreciation for the wonders of the natural world, fostering a sense of unity and belonging.

Lesson 4: Embrace Unknown Paths and Embrace Change

Hiking the Israel Trail presents countless opportunities to embrace the unknown. As you navigate through uncharted paths and face unexpected challenges, you learn to adapt, embrace change, and trust in your own resilience. Life, like the trail, is full of surprises, and being open to new experiences can lead to profound personal growth.

Lesson 5: Encounter the Spirit of Hospitality

Along the Israel Trail, you will encounter the warm and welcoming spirit of the Israeli people. From friendly locals offering assistance to fellow hikers sharing stories and meals, the sense of camaraderie and hospitality is truly humbling. These encounters remind us of the beauty of human connection and the importance of kindness.

Lesson 6: Embrace Solitude and Discover Inner Strength

The Israel Trail offers moments of solitude where you can reflect, recharge, and find your inner strength. Away from the noise and distractions of the modern world, you have the opportunity to delve into your thoughts, confront your fears, and emerge with a newfound sense of resilience and self-awareness.

Lesson 7: The Power of Community

Throughout the Israel Trail, you'll witness the power of community. Whether it's joining forces with fellow hikers to overcome challenges or witnessing the support of local communities along the trail, you'll come to understand the strength that can be found in uniting with others towards a common goal.

Lesson 8: Lessons from History

Hiking the Israel Trail takes you through historical sites that carry profound stories of the past. As you walk in the footsteps of ancient civilizations and learn about the rich history of the land, you gain a deeper understanding of the world and the lessons it holds for the present and the future.

Lesson 9: Pushing Beyond Limits

Walking the Israel Trail challenges you to push beyond your perceived limits. The physical demand, mental fortitude, and emotional resilience required to complete the journey are immense. By pushing yourself beyond what you thought possible, you realize that true growth and transformation occur when you step outside of your comfort zone.

Lesson 10: Gratitude for the Simple Pleasures

The Israel Trail teaches you to appreciate the simple pleasures in life. From a sip of cool water on a scorching day to a satisfying meal shared with newfound friends, these moments of gratitude remind us to cherish the small joys that can easily be overlooked in our fast-paced lives.

Lesson 11: Overcoming Obstacles

Hiking the Israel Trail presents various obstacles, both physical and mental. From rugged terrains to intense weather conditions, each obstacle teaches you resilience, problem-solving, and adaptability. Every hurdle you overcome becomes a testament to your strength and determination.

Lesson 12: Discovering Personal Freedom

The Israel Trail offers a sense of personal freedom that comes from detaching from material possessions and societal pressures. With each step, you become

freer, prioritizing what truly matters and finding contentment in the simplicity of nature and the journey itself.

Lesson 13: Trusting in One's Instincts

Navigating the Israel Trail requires keen navigation skills and trusting in your instincts. From deciphering trail markers to making crucial decisions, you learn to rely on your intuition. Trusting yourself and your choices becomes an essential lesson that permeates beyond the trail.

Lesson 14: Appreciating Cultural Diversity

Along the Israel Trail, you encounter diverse cultures and communities. Each encounter offers an opportunity to learn about different perspectives and broaden your understanding of the world. Embracing cultural diversity fosters empathy, compassion, and an appreciation for the richness that comes from our differences.

Lesson 15: The Magic of Sunrises and Sunsets

Witnessing the awe-inspiring beauty of sunrises and sunsets while hiking the Israel Trail fills your heart with wonder. Each day brings a new spectacle, an ethereal display of colors that reminds you of the beauty and transience of life.

Lesson 16: Finding Inner Peace

The peacefulness of the Israel Trail allows you to find a profound sense of inner peace. The solitude and serenity of the trail awaken your mind, body, and soul, providing an ideal environment for introspection, mindfulness, and self-healing.

Lesson 17: Letting Go of Expectations

Hiking the Israel Trail teaches you to let go of expectations and embrace the present moment. Plans may change, setbacks may occur, but by surrendering to

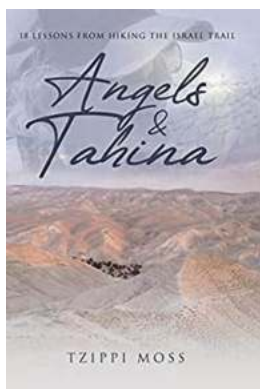
the journey and letting go of rigid expectations, you open yourself up to unexpected joys and valuable life lessons.

Lesson 18: Connecting with Your Spiritual Side

The Israel Trail is not just a physical journey; it's also a spiritual one. As you immerse yourself in the breathtaking landscapes and ancient sites, you can't help but feel a connection to something greater than yourself. The trail becomes a sacred path where you can explore your spirituality, whatever form it may take.

In

Hiking the Israel Trail is an adventure that will transform your perspective on life. It offers invaluable lessons in resilience, gratitude, community, and self-discovery. Embrace the beauty of simplicity, trust in your instincts, and open your heart to the wonders that await you on this remarkable journey.



Angels & Tahina: 18 Lessons From Hiking the

Israel Trail by Tzippi Moss (Kindle Edition)

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Tzippi Moss backpacked the 1000-kilometer Israel Trail with her husband and 18-year-old son over a two-month period. From pine-covered hills to saw-toothed desert, she battled flooded rivers, scorching heat, and soul-sucking mud, unsure if the journey would make or break the family. The goal was to raise funds to find a cure for the neurological killer ALS, the disease that took the life of her beloved mother-in-law. The people and landscapes taught her core life lessons for both the body and soul. *Angels & Tahina* is a testament to the power of family and impossible dreams, as well as a love letter to a country forged by faith and courage.

Tzippi Moss is a life coach and psychotherapist with over 35 years of experience. She has assisted hundreds of people to clarify their goals, overcome small and large challenges, and realize their dreams, creativity, and hidden strengths. A Jerusalemite since 1979, she has explored Israel both on and off the beaten track, together with her tour guide husband, Allan Rabinowitz.

“Tzippi is a wonderful guide. The next best thing to hiking the trail.”

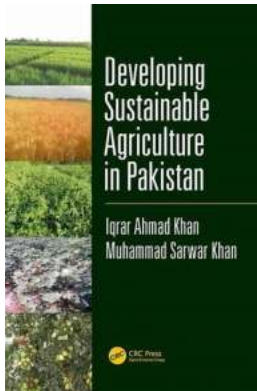
—Sherri Mandell, author of *The Blessing of a Broken Heart*

“This beautifully written book is a love song to the land of Israel and the people of Israel. It will make you want to leave the confinement of your routine and journey into the land, and into yourself.”—Yossi Klein Halevi, author of *Letters to My Palestinian Neighbor*

“Tzippi Moss invites readers on an epic journey along the Israel Trail and through the varied geographic and historical terrain of the land. She weaves together biblical stories and modern encounters with insight, wit, and wisdom.”

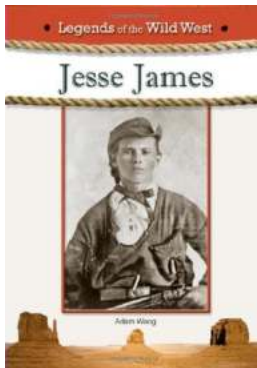
—David Landis, co-author of *Walking the Jesus Trail*

“Angels and Tahina describes the physical, but more important, the spiritual journey of hiking the Israel Trail and encourages the readers to go and look for their own life changing experiences. Highly recommended!”—Efrat Carmi, CEO of IsrALS



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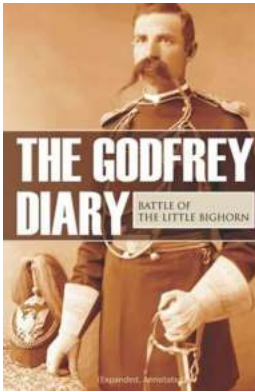
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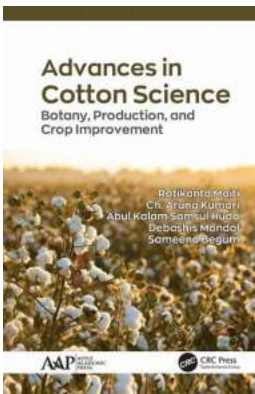
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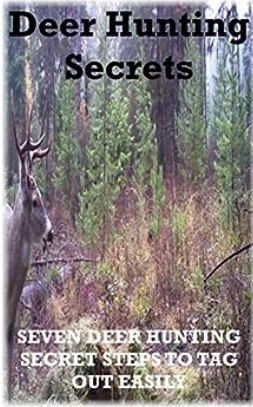
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