

Julia's seven tips to find happiness

★ **THERE is no vaccine to protect our mental health – and studies show that the emotional toll of the coronavirus pandemic is worsening as times goes on.**

And **Julia Hollenberg** believes that what helps people cope better is to stay in the moment.

“Feel your feet on the ground, your bottom on the chair and enjoy that biscuit,” the expert on the power of happiness, joy and relationships told the *Jewish Telegraph*.

“Of course, Jewish culture is very good at enjoyment — we have humour, food and a warm care for each other.”

The Londoner's new book, *The Healing Power of Pleasure — Seven Medicines for Rediscovering the Innate Joy of Being* (Findhorn Press, £14.55), is for anyone feeling battered by life, looking to reset their emotional compass, and find joy and pleasure in the messy day-to-day reality.

Packed with insights and learning from Julia's life and career, it takes readers through the seven ‘medicines’ of slowing down, embodying, deepening, relating, pleasure, power and potential.

Through practical somatic and breathing exercises, prompting questions and meditations, Julia teaches readers how to develop body awareness, manage emotions stored in the body and understand different kinds of love, relationships, sexuality, passionate intimacy and pleasure as a source of nourishment and healing.

“It is a book for anyone wanting to move beyond their daily challenges, ease their stressed mind and body and rediscover the magic, mystery, sensuality, and joy that is possible in everyday life,” Julia said.

“Pleasure is a healthy balance to pain, guilt, fear and frustration.”

The 53-year-old followed in her



STAYING IN THE MOMENT: Julia Hollenberg

mum Susan's footsteps by becoming a therapist.

A former member of Habonim Dror and a London fieldworker for the Union of Jewish Students, Julia emigrated to Israel when she was in her early-20s.

She spent almost eight years in Tel Aviv working for high-tech companies and learning and practising the Grinberg Method of Bodywork.

Pioneered by Israeli **Avi Grinberg**, it encourages individuals to learn to be attentive to themselves and their surroundings.

On her return to the UK, Julia worked as a therapist, while also working for Jewish charities.

She also studied biodynamic craniosacral therapy and family constellations.

“As a little girl, I knew that I would write a book one day,” Julia explained.

“I was in my mid-20s when I wrote the first raw and emotional draft knowing that, when I would be healed and evolved, I would write the second part.

“That is exactly what hap-

pened, a few years ago the words began pouring out of me.

“My aim is to help people, so they know they are not alone when going through a difficult time. And that they too can heal and thrive.

“We live in incredibly stressful, overstimulating and uncertain times and, among all that confusion, we try to work things out with our heads.

“Dropping out of thoughts and into grounded contact with the body can really help you to feel calmer.

“It can also help you to access your wise intuition and your instinctual intelligence so that you can make better decisions and take the right steps forward.”

Julia recommends foundational grounding techniques, doing something physical, like cooking, gardening, going for a walk or run, or putting on a song and dancing.

“Reach out to others for help, too,” she implored. “We are all human and we are not having an easy time.

“Everybody is equally affected by the uncertainty of the pandemic.”

Although it is not a “Jewish book”, it does reference God, the Garden of Eden, Judaism, Kabbalah, Talmud and Yahweh, as well as including quotes from **Victor Frankl**, **Martin Buber** and others. It also references many spiritual traditions.

Julia added that it is okay to be anxious and confused.

“Embrace how you are in the moment, and things can shift and change,” she said. “You can have both fear and pleasure.

“Everybody is triggered in different ways and can feel overwhelmed.

“Choose kindness to yourself and remember to come back to feeling your own physical body.

“Your body is a helpful resource.”

■ Universeofdeliciousness.com



TRIBUTE: The plaque dedicated to Frieda Salvendy

Detective work leads to plaque for Jewish artist

★ **A PLAQUE has been installed on the wall of a care home where a prominent Austrian Jewish artist died.**

FRIEDA SALVENDY moved to Malvern, Worcestershire, sometime after the end of the Second World War, and passed away at the Court House Care Home in 1965.

Earlier this year, a request for information about her was sent to some groups, including Malvern Museum, by **AJEX** archivist **MARTIN SUGARMAN**.

He came across her name and believed she should be recognised for her great contribution to 20th century art, especially in the light of the obscurity which followed her escape from Europe.

Mr Sugarman collaborated with **JERRY KLINGER**, of the Jewish American Society for Historic Preservation, on some of his projects and he was keen to support Mr Sugarman's latest project by sponsoring a plaque in Frieda's memory.

Salvendy was born in Vienna in 1887, the only child of Jewish parents who encouraged her artistic talents. She studied art in the Austrian capital from 1902 and some of her early artworks date from 1914.

Like so many other Austrian Jews, Salvendy fled the country in 1938 when she was 51. The 1939 register for Mousehole, in Cornwall, recorded her living with the Adams family.

But her trail between 1939 and her death in 1965 became more elusive, with a suggestion that she may have been interned on the Isle of Man as an “enemy alien”.

But it could not have been for long, as Salvendy was holding exhibitions of her work in Bradford as early as May, 1940. Exhibitions were also held in Newcastle, Middlesbrough, Leicester and Reading.

No evidence surfaced for where she was living and, when she died, she left her estate to her solicitor **ANNA GRACE ADAMS**. Her address in Alexandra Road is given and the fact that she died at Court House Nursing Home, Malvern.

Local researchers **FAITH RINGER** and **CORA WEAVER** discovered Salvendy's grave in Malvern Wells cemetery.

There has been a renewed interest in Salvendy and her contribution to the art world. Last year, the Ben Uri Research Unit in London published *Czech Routes to Britain* in which she was given prominence.

Some of her work also featured in the Jewish Museum Vienna in 2017 as part of a celebration entitled ‘The Better Half – Jewish Women Artists Before 1938’.

Salvendy's work is also part of the Sainsbury collection in Norwich, the New Plymouth (New Zealand) Govett-Brewster art gallery and in Austria.

★ **CHAT: More than £110,000 was raised for Magen David Adom UK during an evening with Virgin Atlantic chief executive SHAI WEISS.**

The Israeli was in conversation with *About Time* magazine editor-in-chief **ANGELINA MALIN**.

He discussed what it is like working with Virgin boss **SIR RICHARD BRANSON**, and what he sees as the future for the aviation industry, as well as revealing he sent cabin crew to a “cultural experience” of Golders Green before launching the Virgin route to Tel Aviv.

Mr Weiss added: “MDA treats everyone equally. It doesn't care who you are, only if you need lifesaving medical attention.”

It was the first communal event to be hosted at MDA's new ‘Sorting Office’ in Temple Fortune, north London.

The room was decorated with replicas of mezzuzot that will adorn MDA's new National Blood & Logistics Centre in Ramle, which will open next year.

■ Details.Mdauk.org/mezuzah



Map complements existing resources

★ **A NEW digital resource to enrich teaching and learning about the Holocaust has been launched.**

Set up by the Association of Jewish Refugees and the Department for Levelling Up, Housing and Communities, UK Holocaust map helps communities across the country learn about their local connections to the Holocaust, Jewish refugees and British responses to Nazism.

AJR is eager to add to the 400 pinned

locations already on the map.

Chief executive **MICHAEL NEWMAN** said: “The map will complement – rather than seek to replace – existing educational resources and programmes.”

The Department for Levelling Up, Housing and Communities is responsible for the delivery of the new Holocaust Memorial and Learning Centre next to the Houses of Parliament in Westminster.

■ UKHolocaustmap.org.uk

HAVA LAUGH

★ **A DOCTOR was addressing a large audience in Manchester.**

“What we put into our stomachs is enough to have killed most of us sitting here, years ago,” he said.

“Red meat is awful. Fizzy drinks corrode your stomach lining. Some foods are loaded with MSG. High fat diets can be disastrous, and none of us realises the long-term harm caused by the germs in our drinking water.

“But there is one thing that is the most dangerous of all, and we all have eaten or will eat it. Would anyone care to guess what food causes the most grief and suffering for years after eating it?”

After several seconds of quiet, a small 75-year-old Jewish man in the front row, raised his hand and says: “Vedding cake?”