



LIFESTREAM

NAEH Newsletter

Volume III Issue 1

January 2013



Happy New Year - 2013!



This is a year for growth and vision for the NAEH! We now have our own office in the IBS building — and a new administrator!

We want to welcome Annemarie Loria, who will be available to answer your questions. Annemarie has taken all of the Esoteric Healing classes and is a member of the NAEH. We are so glad to have her!

The 2013 NAEH Conference will be *Circle of Life: Before Birth through Death and Beyond*, April 26-28. This will be an exciting conference!

In *Fran's Facts*, Fran Oppenheimer focuses on heart disease, a condition that we likely have, or will have, experience with in treatments.

Scottie Putman provided a wonderful winter pancake recipe —comfort food that is healthy and delicious!

Auntie Karana is here to answer your Esoteric HealingSM questions! This month she answers a question about keeping focused during treatments.

Kelly Yoakam

At the General Membership meeting at the 2013 Conference, 2 members will be elected to the Steering Committee. If you, or someone you know, would like to serve on the Steering Committee, please volunteer or nominate someone by February 24th, 2013.

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Fran's Facts - Focus on Heart Disease

by Fran Oppenheimer RN, LMT, CPEH

As Esoteric Healing facilitators we will inevitably come in contact with people who have various disease processes or conditions. Although we do not treat or diagnose these conditions, it is in the best interest of both the client and ourselves to be familiar with some of these ailments. In this column I will be taking a look at some of the more common conditions that we may see in our practices and exploring them from both a physical and metaphysical perspective.

Coronary Artery Disease –

In the United States heart disease is the number one killer of both men and women accounting for 1 out of every 4 deaths and claiming 600,000 people per year. Of the total deaths from heart disease 64% are due to a condition called Coronary Artery Disease (CAD). Coronary Artery Disease (CAD) is also known as Coronary Heart Disease (CHD), Atherosclerosis of the heart, and hardening or narrowing of the coronary arteries.

In our practice of Esoteric Healing it is easy to see that we will come into contact with people that are suffering from CAD so it is important to know what it is, how it affects the heart, what types of medical or surgical treatments the client may have received.

The heart is a strong muscular pump that works tirelessly. It beats approximately 100,000 times per day as it moves about 3,000 gallons of blood throughout the body in 24 hours. The coronary arteries are blood vessels that run along the surface of the heart and supply oxygen and nutrients directly to the heart muscle. Because the heart muscle is continuously working (as opposed to other muscles of the body, which are often at rest), it has a very high requirement for oxygenated blood. The coronary arteries are vitally important for supplying that blood, and allowing the heart to work normally.

Coronary artery disease (CAD) is the narrowing or blockage of the [coronary arteries](#), usually caused by atherosclerosis. Atherosclerosis (sometimes called “hardening” or “clogging” of the arteries) is the buildup of cholesterol and fatty deposits (called plaques) on the inner walls of the arteries. These plaques can restrict blood flow to the heart muscle by physically clogging the artery or by causing abnormal artery tone and function.

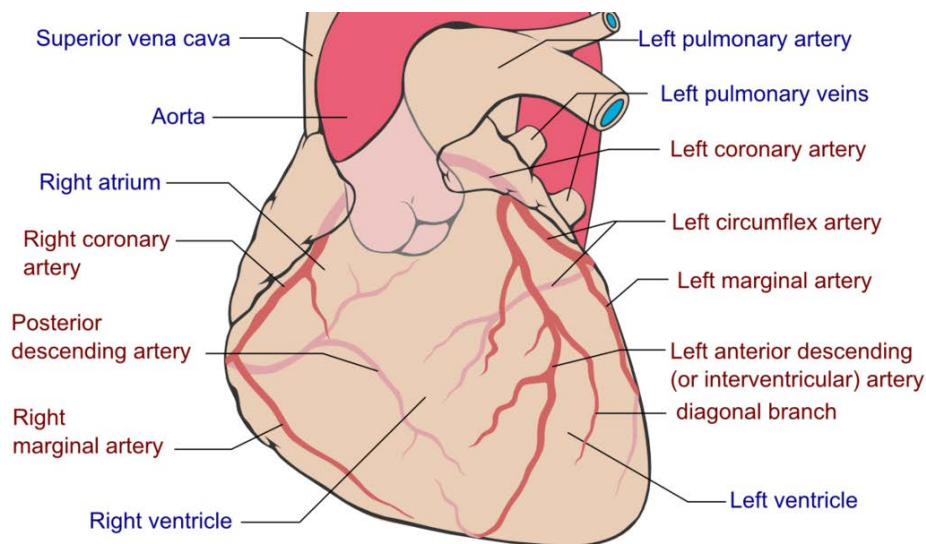


Figure 1. Normal Coronary Artery Circulation.

The coronary arteries are identified in red text and other heart structures are in blue text.

Without an adequate blood supply, the heart becomes starved of oxygen and the vital nutrients it needs to work properly. This can cause chest pain called angina. If blood supply to a portion of the heart muscle is cut off entirely, or if the energy demands of the heart become much greater than its blood supply, a [heart attack](#), also called a

myocardial infarction or MI, may occur. When a heart attack occurs a portion of the heart muscle is injured or dies from lack of blood supply and oxygen.

Medical treatment for Coronary Artery Disease –

The most common medical treatments for opening up narrowed areas or blockages of the coronary arteries are balloon angioplasty, stent placements, and coronary artery bypass surgery (CABG).

In balloon angioplasty a special catheter or tube is threaded through a large artery in the body and then into the narrowed area of the coronary artery. A small balloon that is on the tip of the catheter is then inflated to enlarge the inner diameter of the artery and press open the offending plaque (fatty deposit). The balloon is inflated and deflated several times and then the catheter is taken out.

If this treatment is successful coronary circulation is improved but if the artery in question is still too narrow, a small expandable tube, or stent, is inserted into the narrowed area. The stent is placed in the restricted area and then expanded using the catheter balloon. The stent then holds the artery open once the catheter is removed.

In the Figure 2 you can see the mesh of the stent around the tip of the catheter, then the balloon expanding the stent once it is in the correct position, and the stent that is left in place inside the artery once the catheter is taken out.

When there are multiple areas of restriction more than one stent may be placed.

If angioplasty and/or stent placement is does not result in sufficient blood flow through the coronary arteries, or if stent placement is not possible, then coronary artery bypass graft surgery (CABG) is necessary. This surgical procedure requires the opening of the chest cavity to expose the heart. In this operation a vein or artery is taken out from another location in the body and then used to create bridges (grafts) around the blocked areas in the arteries. A section of the donor vessel is sewed into place on one side of the blocked coronary artery and is then reattached on the other side of the blockage so that the blood flow can bypass the clogged area.

When clients come to you for treatment and tell you that they have had a heart “cath” and ballooning they are referring to angioplasty and possibly stent placement. Clients may refer to stents as “stints” and it is important to know what they are talking about.

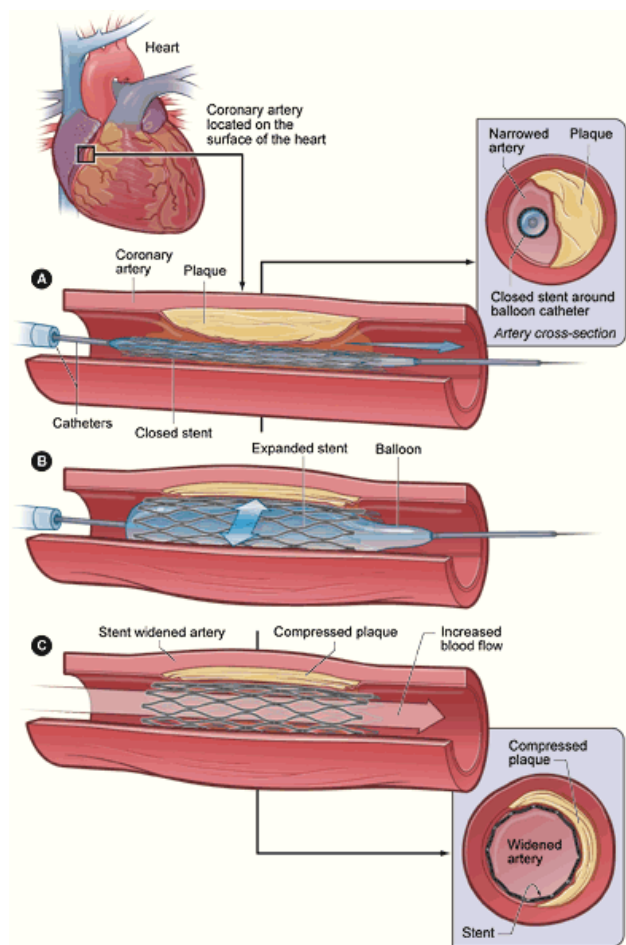


Figure 2. Balloon Angioplasty Procedure

You may also speak to a client who tells you that they have had a “bypass” or a “cabbage” operation. This refers to coronary artery bypass graft surgery or CABG and means that area(s) in their coronary arteries were bridged or bypassed surgically. It is possible to bypass up to 5 areas of blockage using coronary artery bypass grafts.

Risk factors for developing coronary artery disease include obesity, diabetes, lack of physical exercise, and a diet high in fat and processed foods.

Metaphysical possibilities –

Louise Hay, in her book, *Heal your Body* page 39, correlates heart disease with long standing emotional problems, lack of joy, hardening of the heart (emotionally), and a belief system that the strain and stress of one’s life is unavoidable. She also relates that heart attack, or myocardial infarction, may be the result of squeezing all of the joy out of the heart in favor of money or position.

Dr. Christine Page, in her book *Frontiers of Health* pages 174-177, reports that researchers in the mid 1970’s discovered that many heart attacks occurred between 8 and 9 o’clock on Monday morning. The people that were interviewed for the study expressed that they were deeply unfulfilled in their work and that their heart “sunk” at the idea of returning to work Monday morning. These people felt limited, powerless and out of touch with their dreams. Another factor that was noted in heart disease was loneliness, a lack of joy and the need to feel connected to others that was in direct opposition to the demands of their jobs. The rigidity of the arteries in the heart can be seen as a physical manifestation of leading a life that feels restricted, stressful, or unavoidably lonely or powerless.

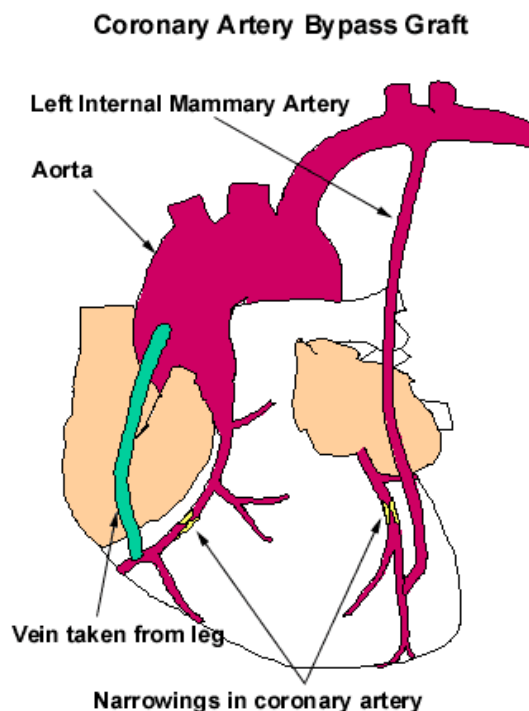
Esoteric Healing considerations –

When treating the client using Esoteric Healing special attention should be paid to the Heart center (chakra), the heart organ, and heart organ circulation using all triangles that are appropriate for these areas. Remember to check the minor below the heart center as this can feel deficient when heart disease is present.

When addressing the heart organ circulation specifically it can be helpful to have a picture or diagram of the coronary arteries for reference as energy follows thought.

You may sense the stents (if they are present) in the arteries keeping in mind that even though these structures are there to hold the artery open they may also accumulate unwanted material on their surfaces. A good sweeping, especially at the emotional level, can help to keep the circulation free and flowing. The addition of Ray 2 to the treatment will add an additional level of depth.

If the client has had open heart surgery it is important to know that the sternum (breast bone) has been cut open vertically to access the chest cavity and then rejoined using special surgical wires to hold it together. This bone and all other bones of the chest cavity, including ribs, clavicles (collar bones), and even the vertebrae of the spine in the chest area will need special attention.



When the coronary artery blood flow is insufficient this results in a heart that is 'hungry' for nourishment and can have repercussions on the emotional as well as physical body. As in all Esoteric Healing treatments, the entire body and all centers/chakras are assessed for areas of imbalance or restriction.

Heart disease is a condition that many of our Esoteric Healing clients will have and a working knowledge of basic heart anatomy and common disorders will be of great benefit to the practitioner. Healthy lifestyle choices, exercise, good diet and ongoing medical support are also important aspects of the client's total treatment plan.

Fran Oppenheimer is a certified practitioner of Esoteric Healing and has been actively practicing the healing arts for almost twenty years. She is also a Registered Nurse and Licensed Massage Therapist and delights in exploring the physical and metaphysical connections to dis-ease in the body. Fran has an active practice in Gainesville, Florida.

National Association for Esoteric Healing NEWS

* **NEW WEB ADDRESS:** Our new web address is: www.NAEHOnline.org. The previous address--www.nafeh.net--will still be active for 2 more years and will continue to direct those interested to the website.

* **2013 ELECTION** At the General Membership meeting at the 2013 Conference, 2 members will be elected to the Steering Committee. If you, or someone you know, would like to serve on the Steering Committee, please volunteer or nominate someone by February 24th, 2013.

***CERTIFICATION:** The certification candidates have completed the first part of the process - case studies, original paper and treatment log! The committee is very proud of the work they have done, and wish them the best during the rest of the process. This second group certified practitioners of Esoteric Healing (CPEH) will be introduced at the 2013 Conference. Blessings to each candidate for their endeavor!

If you are considering the certification process for next year, it's not too early to begin logging your treatment hours and considering a topic for an Esoteric Healing related paper!

* **TEACHERS:** are teaching classes in several states. Wallace Smith is now teaching in the Detroit Area. Kelly Yoakam is teaching in Arkansas. Coral Thorsen is teaching in North Carolina and Florida. Barbara Briner is teaching in Michigan and Florida. See the website at www.NAEHOnline.org for more details on class schedules.

***TEACHER TRAINEES:** There are five teacher trainees: Caroline Padgett—NC, Bonnie Dysinger—MI, Fran Oppenheimer, Maria Hubbuch, Katie Mulligan—FL.

National Foundation for Esoteric Healing NEWS

* The NFEH is interested in developing research grants to study energy medicine. If you are interested in participating or if you would like to develop prospective grants to support our organization through fundraising, please let us hear from you! Contact us at info@NAEHOnline.org.

NAEH Conference 2013

Circle of Life: Before Birth, Through Death, and Beyond

April 26-28

Okemos Conference Center



If aspects of Esoteric Healing have you stumped - ask Auntie!

Dear Auntie,

For two years, off and on, I have been doing Esoteric Healing. I have gone as far as Part 3 and have seen great results with the work. But I am so busy and have little time to practice. When I do, I love it but I have such a difficult time staying present! Can you give me some suggestions on how to keep a steady focus?

Thank you,
Wandering Mind

Dear Wandering Mind:

When practicing Esoteric Healing and you find yourself thinking about lunch or the laundry, refresh your posture, put both feet on the ground and renew your connection to the earth. Then align and attune again to reconnect to your soul and the source. If you are still in conflict between wandering and focusing, come back to your breath. Inhale the quiet calm, and exhale useless thought. Do this a couple of times, then go back to the Source and begin the work.

No matter how busy you are, or think you are, daily meditation is essential. Try for the same time every day. Morning is good because it colors your entire day. Like anything worthwhile, it takes practice and gets lost when you don't keep up the commitment, take the time, and, well, practice.

In many locations around the globe, there are Esoteric Healing groups that meet once or twice a month and work together discussing specific subjects, seasonal protocols, some read Alice Bailey as a group, discuss the Rays, create new protocols. With a group, you are energetically supported to perform the work. Find one; join it, or create your own and then invest in it.

You might ask another practitioner to trade sessions with you. Set up a regular time if possible, and stick to the schedule. If that isn't available, do a daily protocol on yourself. The more often you do it, the easier it is to be present.

You can find a neighbor who is in a medical process, a friend in need, an organization, an institution, an animal, and our ailing planet. Volunteer your skills and help when you can.

Keeping Esoteric Healing reading material in sight and reachable for when you have a quiet break adds to your commitment. Seek out those moments and enjoy them by sacrificing the busy-ness, connecting to spirit and developing the knowledge.

And finally, add the INTENTION that Esoteric Healing is a frequent part of your life to which you are totally available. Be grateful. Act as if you are already where you want to be in the work. Then practice, practice, practice.

Auntie Karana

Please send your questions to Auntie Karana at info@NAEHOnline.org

Q&A written by Stephanie Urdang

Visioning for the NAEH:

On December 2, several members of the various committees met for a visioning meeting based on the article Dr. Briner provided at the *Dare to Dream* conference (2011). There will be a follow-up meeting to begin plans to bring the vision into manifestation. Before focusing on the vision, the members were asked to share their lists of "prouds." Since the visioning was an outgrowth of these "prouds," the committee would like to share the collated list with you:

- Support of Esoteric Healing
- Website - useful
- Certification people / look up to / leaders / teachers
- Growth of organization; to be part of its growth
 - Recognition of member to member
- Money in the bank; financials
- "Energy" through conference experience is growing and being recognized in more forms: music, thought, light, water, even chocolate; and member personalities are coming out to participate
- Seen more energy and freedom in last year to be confident in space each member has found ??? in!
- I got through level 8!!!
- 2 fabulous conferences & 3rd one best of all; outstanding conferences
- Journal
- Newsletter
- 45 certified practitioners by 2013; 20 – 2013 Certification candidates
- Official office
- New administrator - Annemarie
- Fabulous certification papers
- Great talent within membership; inspiring people
- Size of membership; wonderful excited membership; 137 members; varied membership abilities
- Facebook as a source of communication for members to share and support each other
- We continue to learn; educate each; share what we have learned & discovered
- Dynamic website
- Enthusiasm of Steering Committee
- Number of committees: Bylaws, PR, Development, Conference, Membership, Certification, Teacher, etc.
- Certification committee and the work they've done
- Dedication of committee members
- Effort and time people are willingly giving
- Speakers at conference
- Professional level of conference, newsletter, journal & website – Bonnie's indepth articles on different chakras
- Fun we have together on committees
- How well everyone works together
- Creativity of committees and members
- Quality of EH classes, esp. 5-8
- Quality of teachers
- Passion of members for EH & service to world
- Generosity of members
- NFEH formation & non-profit status & focus on research
- Varied membership
- Dr. Briner; Barb's leadership
- Energy involved; recognition of how energy & it is involved in many disciplines
- Change in medicine – healing arts; desire to affect Δ in field of medicine and healing arts
- Election process formalized; our first elections!
- Visioning group and process
- Responsive to new thoughts and ideas
- Commit to healing and growth; how this work helps others
- Insight into positive outcome of EH
- Organization is an entity – exists – "life of its own"
- Always ask for guidance of Spirit; align and attune at meetings when we are together
- Base work on Spirit
- How much we love one another
- Passion of membership for healing
- We have been able to work through conflicts; how we work together; how we help each other
- We are here to help humanity

Recipes: Solar Plexus Savory

Scottie Putman

Scottie and Terrill's Oat - Cottage Cheese or Tofu Pancakes

We can't remember where this recipe originated....It's been passed along friend to friend.

This recipe is good for folks who can't or don't eat sugar.

It's also one of our favorites because it's just good! Don't expect traditional pancakes, though. These are much

smaller, denser, and full of good things to munch on. When we decided to stop eating dairy, we tried tofu instead of cottage cheese. So far, soft works better than silken, but it's a little moist. Experiment!!



3 eggs

1 cup cottage cheese

1 TBSP oil (I use olive oil or rice bran oil. Original recipe called for 2 T but I cut it back.)

½ cup oat flour (buy or make with oats in a blender)

¼ tsp salt

fresh, frozen, or dried blueberries

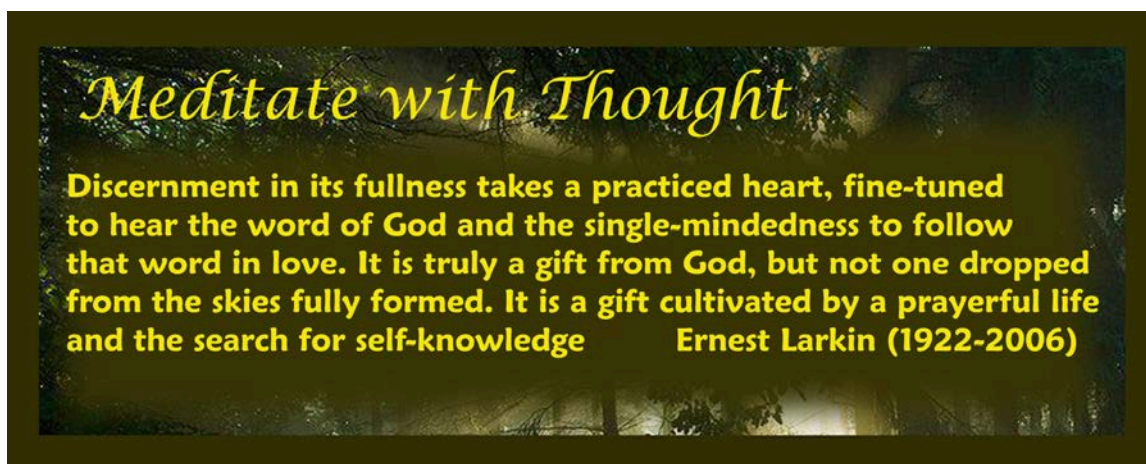
apple sliced thin and then each slice cut in half

walnuts (or any nut you like)

Beat eggs and cottage cheese together. Add the remaining ingredients one at a time. Use more or less flour depending on the humidity and your sense of how thick the batter should be so as not to run, but to make a nice circle. Cook by spoonfuls on a hot griddle until brown on both sides. Don't undercook or they will be too moist. It takes quite a few minutes on each side.

*NOTE: We usually make a double batch and freeze them with waxed paper between, then you can just pop them in the toaster oven in the morning. A single batch doesn't go far but is a good idea to experiment with.

SERVE WITH: no sugar syrup, or vanilla yogurt and no sugar jam, or any other topping you might enjoy. My favorite is goat vanilla yogurt no sugar jam, Terry's favorite is no sugar maple syrup. Of course, you can use the full sugar versions if you wish. Recently we had no goat yogurt and so discovered a new treat on them: mix syrup and fruit jam or preserves together! Yum. I like blueberry. You can sprinkle blueberries on top, too. Experiment!



Happenings

- **Membership:** This year the Membership year will be October 1 through September 30, 2013. Our membership is growing! By now you will have received the Fall Journal and Supplemental Journal that contains papers written by the 2012 Certification candidates during the certification process. The papers cover a wide range of topics.
- **NAEH Conference for 2013:** *Circle of Life: Before Birth, Through Death, and Beyond* is the theme of next year's conference. It will be held on April 26- 28, 2013 at the Okemos Conference Center. Mark your calendars!
- **BECOME A CERTIFIED PRACTITIONER**
You can start your certification process NOW. The deadline to apply for certification in 2013 has passed, but it's not too late to begin thinking and working toward certification in 2014. Find out all you need to know [HERE](#).
- **To increase the visibility of our NAEH:** Please search NAEH or Esoteric Healing in your Google search engine. Each time you search, you increase the probability of NAEH showing up first for a new visitor...please do this as often as you can to help spread the word.
- **Say Our Stories:** The NAEH Publications committee is looking for interesting articles you might be interested in writing to publish in LIFESTREAM – JOURNAL or in the LIFESTREAM NEWSLETTER. If you have an idea you'd like to share in which you use Esoteric HealingSM, please e-mail it to: info@NAEHOnline.org.
- **Tell us about you!** Do you have a unique skill set that you would like to share with the organization? Have you written a book that you would like to be reviewed in one of the publications? Please contact us at info@NAEHOnline.org.
- **Facebook:** If you are a Facebook user, join us by typing in the search box "National Association for Esoteric Healing" and send us your request to join. You will be connected with other NAEH members who may help provide healing solutions to some tough issues, share new ideas, see what others are doing in the field of Esoteric Healing.
- **Esoteric Healing Practitioners in the Detroit area:** There is a practice group meeting in Royal Oak. Please contact Julie Lieberknecht or Ruth Perry if you are interested in joining. Info will be e-mailed to those interested. julie_lieberknecht@yahoo.com 313-333-9240, ruthperry@mac.com.
- **Esoteric Healing Practice Group in Okemos:** Meets on the first Tuesday of the month at the Institute for Bioenergy Studies, 5:30-7:00pm. For more information or if you'd like to join the mailing list, contact Bonnie Dysinger bkdysinger@aol.com

Send us informative websites or clips regarding Esoteric Healing, Meditation, and Metaphysical Studies. Contact: info@NAEHOnline.org

**Tell us your stories! How has Esoteric Healing impacted your life?
Do you have any yummy recipes you can share with us?**

Wanted: Pictures for the 2013 *Lifestream* Journal covers

NAEH Members – send us your photos for consideration to use on the Spring/Fall 2013 *Lifestream* Journal cover. If the photo you submitted is selected, we will send you a \$25 Visa gift card and the photographer will be credited for the cover illustration on the Table of Contents page of the Journal.

Requirements:

- * Photo must be submitted by an NAEH member (although the photo does not need to be taken by an NAEH member).
- * Photographer of the picture must be willing to sign a release allowing the NAEH to use the photograph on the NAEH Journal cover and/or NAEH website. Signed release must be received back to the NAEH office within 7 calendar days.
- * Photo must be have PORTRAIT orientation.
- * Photo must maintain picture quality when expanded to size 8½ x 11.
- * No people are to be in the picture.
- * Photo is to be active and descriptive of life force, for example - light, wind, water, etc.
- * Deadline for submission is February 1, 2013.
- * Submit the photo by e-mail to info@NAEHOnline.org. In the subject line type – Journal cover entry.

The NAEH Publications committee will select two pictures to use for the 2013 Journal covers. Submitters of the chosen photos will be notified by e-mail along with an attached release. Once the signed release is received back at the NAEH office, we will mail your \$25 Visa gift card.

Lifestream Newsletter Links January 2013

1) Global Coherence Initiative

<http://www.glcoherence.org/resources/gci-project-videos.html>

2) Benefits of Esoteric Healing and Energy Medicine

Related Articles:

<http://www.yogawiz.com/massage-therapy/esoteric-healing.html>

<http://www.jonathanparker.org/jonathans-blog/healing/esoteric-healing-relevant-today>

<http://www.youtube.com/watch?v=NJqgBxMh3rg> Eric Pearl

3) Gregg Braden hits Hollywood: Sacred Journey of the Heart

[**Sacred Journey of the Heart - Official Trailer - YouTube**](#)

www.youtube.com/watch?v=2VXbj4eoIso

4) Visioning: Step Into the Future

<http://www.inc.com/ss/8-steps-to-creating-a-great-vision>

<http://www.inc.com/magazine/20110201/creating-a-company-vision.html>

