



# Lifestream

NAEH Newsletter

January 2014

Volume IV Issue 1

**HAPPY NEW YEAR 2014**

**Expand Your Mind**

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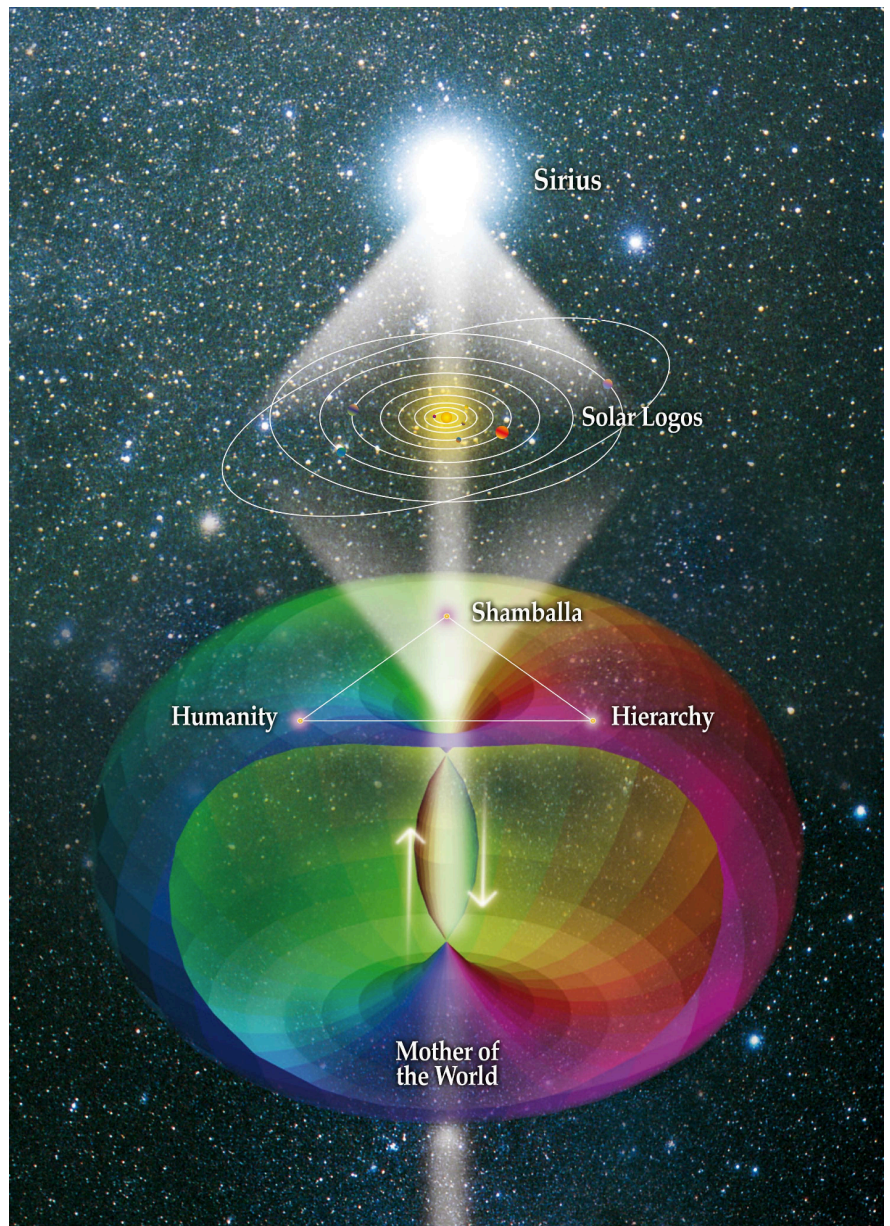
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*The TORUS...The most balanced, coherent,  
self-generating and  
self-sustaining form of dynamic flow.*



## *NAEH Requests Your Service*

Please...Can you...or Will you???

Write a couple of short 100-word abstracts of NAEH journal articles for our new online library.

Help us create an audio library about esoteric healing, starting with audio from Dr. Briner. We need people to listen online and suggest where to break it up into short segments.

Be our designer and writer for a new NAEH brochure/postcard for recruiting new members to join the NAEH.

If you can or will, please email [info@naehonline.org](mailto:info@naehonline.org) to let us know how you would like to help. Gracias! Merci! Danke! Grazie! Thank You!

## *Say Our Stories*

Head Injury: Recovery with Esoteric Healing

By Anonymous

The explosive impact of the truck rear-ending my stopped car at such a high-speed amazed witnesses when I finally emerged physically unscathed! What others did not "see" was the devastating effects of that explosive impact on my brain...

After recognizing the insidious effects mainly through the eyes of others the first call made was to my esoteric healing practitioner. Immediately my practitioner started treatment remotely and also referred me to someone in the area. It was amazing how rapidly changes took place while working on me remotely. It was at that point that I realized how much damage had been done, and how much work lies ahead. However, I came to realize how fortunate I was, and how sad it is for so many people to go through life suffering with a traumatic brain injury when it doesn't have to be that way!

Interestingly, a physician summed it up quite succinctly. He said, at this point in time we can run a lot of tests and we can do a lot of diagnosis, but we still do not know how to fix it. The neurologist that I was seeing, summed it up the same way but used different verbiage.

It is a living hell, as you knew who you were, and now - how limited you are. In the beginning stages, I could not connect the dots, I could not find words to express my thoughts, and I didn't

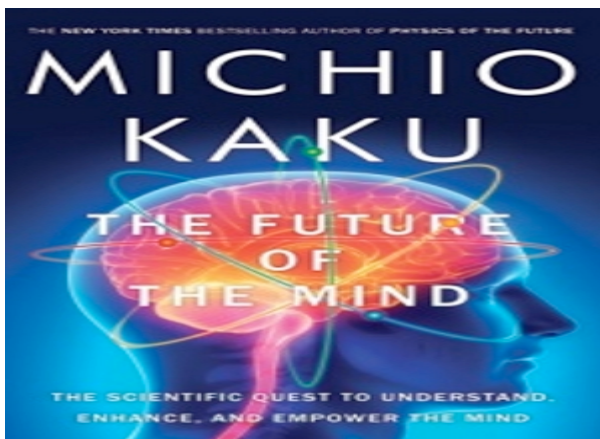
have short-term memory. It changed my personality and my emotional body. These are just some of the effects from the traumatic brain injury.

So many people stay in that space. They do not realize they have an option of esoteric healing. Today, after three years of esoteric healing treatments I am in such a better space. The first to improve was my short-term memory. I am beginning to find my words easier and am starting to see that connecting the dots is not as hard as it used to be. The power of esoteric healing is totally miraculous!

## *Links*

Inspirational news from around the planet:

- 1) In this link, Dr. Michio Kaku discusses his research on brain-technology with discussions of telepathy, telekinesis, memory implants, memory recording, potential mental illness cures, brain enhancement, and mind reading. His analysis includes work on consciousness reverse engineering of the brain.  
<http://bigthink.com/dr-kakus-universe/can-we-have-brain-to-brain-communication>



- 2) Dr. Robert Lanza discusses how consciousness creates the material universe, intelligence existed prior to matter. Biocentrism teaches that life and consciousness are fundamental to the universe. It is consciousness that creates the material universe, not the other way around. - See more at: <http://truthseekerdaily.com/2014/01/scientists-claim-that-quantum-theory-proves-consciousness-moves-to-another-universe-at-death/#sthash.hfm0iMLU.dpuf>

# *Fran's Facts: Ligaments and Tendons*

*by Fran Oppenheimer RN, LMT, CPEH*

## **Fran's Facts**

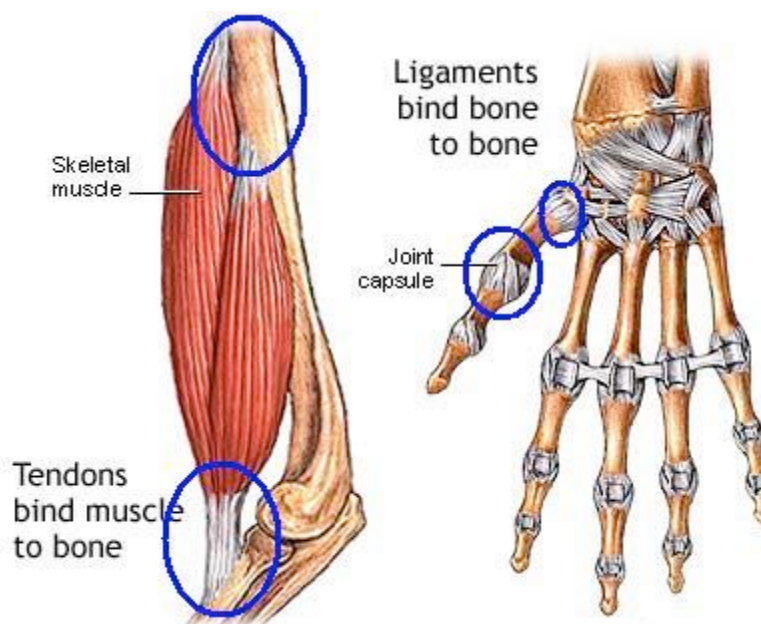
**by Fran Oppenheimer RN, LMT, CPEH**

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.

### **Ligaments and Tendons: Holding it all together –**

Ligaments and Tendons are tough yet flexible bands of fibrous tissue called connective tissue that provides us with the ability to move our bodies in a stable and intentional way. Tendons attach skeletal muscles to the bones that they move and ligaments connect bone to bone providing stability to the joints that they surround.

While muscles are the power producers behind our movements they can only move us in space if they pull on and move the bones of our skeletons. When we climb a stairway or walk up a hill the muscles of our legs and buttocks are working hard by contracting or shortening and pulling on the bones of our legs and feet to propel us upward and forward. Without the tendons to connect the muscles to the bones we would not go anywhere and without the ligaments to hold our knee joints tightly in place our legs would be unstable.



When ligaments and tendons are over-strained they can become damaged and even tear or snap. This type of injury is particularly common in athletes because of the intensity of their movements. Both ligaments and tendons have almost no direct blood supply and this makes the healing process very slow and in some instances impossible. Surgical intervention is often needed with torn, ruptured or snapped ligaments and tendons.

Some of the more common sites of injury occur in the shoulder (rotator cuff), knee (Anterior Cruciate Ligament or ACL), and ankle (Achilles tendon). Sprained ankles are also a very common form of tendon injury.

Tendonitis, or inflammation of the tendons, is a condition that can result in swelling, pain and stiffness of the tendon or joint. This can occur anywhere in the body where there has been over-straining through sports or other intense physical activity but is commonly seen in the elbow (tennis or golfer's elbow), shoulder, wrist, knee and ankle.

Metaphysically we could say that tendon and ligament injuries or inflammation are related to inflexibility, mental rigidity and an inability to stretch beyond our comfort zone. The side of the injury is also important to note as right sided complaints generally concerned with issues related to others and left sided issues are more concerned with the self. This may be about standing up for oneself, putting one's foot down, mental flexibility or rigidity, as well as tension or tightness in relating to self or others. Inflammation may indicate issues of anger or some other emotionally based cause.

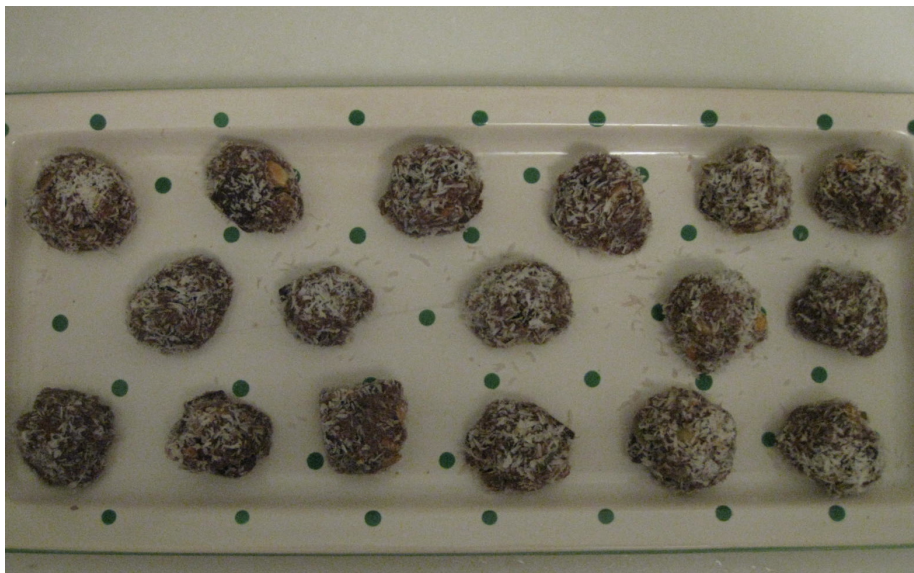
In Esoteric Healing treatment of tendon or ligament issues we can hold the Throat Center + the affected tendon or ligament + Ray 3. It is also helpful to treat the lymphatic system when swelling or stiffness is present in the affected area.

*Fran Oppenheimer is a Certified Practitioner of Esoteric Healing<sup>SM</sup> 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.*



## *Recipes: Stephanie Urdang*

### **Quick No-bake Healthy Sweet Treats**



This recipe is perfect for Holiday time and can be altered according to how many people show up without warning, and what's in the cupboard. The only measured ingredients are the first three of the following recipe which makes 35 to 40 pieces in less than five minutes. Use non-hydrogenated nut butters and avoid chemicals and additives in the other ingredients for a nutritious and delicious candy.

1/2 cup nut butter: sunflower, peanut, almond, cashew, or tahini

1/2 cup honey

2 teaspoons of vanilla extract

(You can cut these in half for a smaller group.)

Cream these three ingredients together with a rubber spatula until well mixed and glossy. To make it richer, you can add 2 tablespoons of melted butter but it's really not necessary.

Add a mixture of enough granola, or wheat germ or oat flakes, unsweetened shredded coconut, raw or toasted sunflower or pumpkin seeds, nuts, raisins or currants or other dried fruits, and/or chocolate chips. I often just use nuts or seeds and dried fruit without oats or granola. Every time I make these, it's a different result depending on what I choose from the above list. Add a little of the dried ingredients at a time, about 2 to 2 1/2 cups in combined total, which will make a substance stiff enough to form into teaspoon bite sized balls. They can be rolled in coconut to keep them from giving your guests sticky fingers, or if there's time to put them in the refrigerator, that firms them up too. But no one will care either way and they won't sit around for very long. These delicious morsels are enjoyed by people of all ages, are a good snack, dessert, and a last minute treat any time of the day or night.

## *Ask Auntie Karana*

Don't ask Auntie Karana...she took the month off to heal a broken wing. Love and Blessings to you Auntie.

Submit your questions to Auntie Karana at [info@naehonline.org](mailto:info@naehonline.org) and watch for your answer in the newsletter.

Answers written by Stephanie Urdang.



## *Remembering those in our Esoteric Healing family*

Laurie Akkeros - long time Esoteric Healing student and INEH teacher - January 2014  
Blessings to you on your journey home.

Please let us know when you are aware of a recently passed Esoteric Healer.

## *Esoteric Healing Study/Practice Groups*

### **Naples, Florida 34103**

Esoteric Healing practice group meets the 1<sup>st</sup> & 3<sup>rd</sup> Monday of each month, 7 – 8:30 PM  
Contact Maria Hubbuch, CPEH at [Mutu@aol.com](mailto:Mutu@aol.com)

### **Lansing, Michigan 48917**

Esoteric Healing study group meets the first Tuesday of each month 5:30 – 7:00 PM  
Contact Bonnie Dysinger, CPEH at [bkdysinger@aol.com](mailto:bkdysinger@aol.com)

Are you having one in your area? Send us your information and we'll list it in the newsletter.

# *National Association for Esoteric Healing<sup>sm</sup> NEWS*

## **2014 NAEH Esoteric Healing Conference**

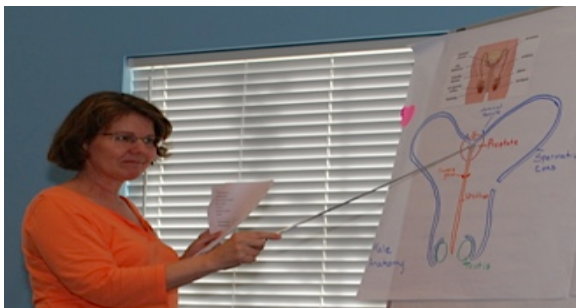
**Theme:** Shining Light on the Brain  
*It's All in Your Head*

**Dates:** April 11, 12 & 13, 2014  
Okemos Conference Center --- Okemos, MI

Watch for emails and conference brochures to be sent in February.

- ▲ Esoteric Healing class schedules for various teachers are on the website at [www.naehonline.org](http://www.naehonline.org).
- ▲ Here is a link for the Free NAEH brochure members can download and print off [www.naehonline.org/brochure/](http://www.naehonline.org/brochure/)
- ▲ Special Edition Supplement Journals available for purchase. \$20 for the 88 page journal containing the first year certification papers; \$5.60 for postage. Email us at [info@naehonline.org](mailto:info@naehonline.org) with your order!

## ***Four Teacher Trainees on the Path to Teaching Esoteric Healing...***



Top left: *Bonnie Dysinger, Michigan, Part 1*  
Top right: *Fran Oppenheimer, Florida, Part 3*  
Lower left and right: *Co-Teachers Maria Hubbuch/Katie Mulligan, Florida, Part 1*

**OM \* PEACE \* BLISS \* AMEN**