



LIFESTREAM

NAEH Newsletter

Volume II Issue 3

July 2012

Summer is here!

I know that for many of us, rather than feeling a sense of slowing down, it feels like life's *on* switch has been set to high! We are riding the waves and holding on tightly!

Knowing that we are held by the Divine strengthens the tools we have to keep our lives and those around us in balance.

We hope this newsletter helps to bring a sense of peace as we remember our connection in this thriving and supportive community. We are truly blessed!

In this issue, Mary Anne provides highlights from the conference in April. It was a huge success and we thank everyone who participated by their presence or by their blessings! We can't wait until next year!

Congratulations go to those newly certified practitioners! And to those designated NAEH accredited teachers! This organization is firmly grounding itself in this culture!

In *Fran's Facts*, Fran Oppenheimer will be providing us with practical information about anatomy and pathology to aid us in our work. This month, the focus is on diabetes.

Stephanie Urdang provided us with two recipes that are easy, healthy and delicious! (I know, because I tried them!)

So, take a few minutes to reflect and have a blessed summer!
Kelly Yoakam



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Contributors:

Bobbi Byrd
Fran Oppenheimer
Stephanie Urdang

Publications Committee:

Editors: Kelly Yoakam
Mary Anne Walker
Barbara Briner
Dylan Dillon-Merrill
Bonnie Dysinger
Joni Larson
Stephanie Urdang
Anshu Varma: NAEH Director

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Photo by Joan Stansbury

2012 NAEH Conference Highlights—April 20-22

by Mary Anne Walker

Dr. Barb Briner: What is Harmony? Why the Heart Center?

We must go through conflict to get to harmony. Harmony is the fitting together of parts; in harmony we create beauty. (Personality of humanity is Ray 5, Soul Ray of Humanity is Ray 4; Humanity is moving forward from Ray 5 to Ray 4). Disharmony is often our best teacher. Development of intuition of higher knowing; pathway to the higher heart; everything comes to cosmic Ray 2—cohesion. Journey from our darkness into light. Darkness is our forgetfulness. Mind has us follow the path. In the center is the spark of the Divine.

The good, the beautiful and the true, it is inherent in our divinity. Saradarian

Tools:

Meditation

“We are a radiant inner light. We meditate on the radiance of Divine Light. May the Divine Light lead us to the realization of truth.” Gayatri Mantra translated from Sanskrit

Gratitude

The ability to appreciate the gifts life has given to you. Gratitude opens the petals of the heart.

Blessing

To consecrate by prayer; to invoke Divine favor.



Bonnie Dysinger: Learning About Devas

Devas are facilitators of form. Think about how we perceive things, imagine a deva holding the etheric form for humans to co-create in the material. See Certification Paper: Learning About Devas.

Phyllis Janik: Harmonic Labyrinth

What is at the center of a labyrinth? A labyrinth as a path, has only a single, non-branching path, which leads to the center. A labyrinth has a route to the center and back and is not designed to be difficult to navigate. It originated too as a dance, it also serves as a mirror reflecting back to us; past and future and we are in the middle. Each day we experience multiple labyrinths as we walk our path. At the finish, we find we are back at the beginning: Alpha & Omega; As above, So below; Beginning and the End; Infinity.

Mary Connolly: NAEH and 2012

New trend, new moon, will better serve our organization for stability and success. To creatively self-actualize, transformation and new beginnings coupled with soul's purpose, we manifested an organization and this year we can make it grow. Approach with an open attitude. How can we refine our current structure so it serves us better? Open our options, no limited beliefs, be GREAT, Tools for the betterment of the world. Define energies. We are given opportunities to assess and fine-tune the structure and greatly expand in all areas. We can be a model to other organizations. Our power lies within the Membership of the organization; the NAEH gives us a platform for us to use our tools, talents and abilities. Deep introspection allows us to review options and develop a course of transformative action.

Scottie Putman: Harmony Within

In harmony, we create a safe space for learning. In teaching, learning circles are created. We can assess flow and balance and give blessings to a body of learners providing a sacred space to honor everyone's own truth and contributions that are valued and help others on the path.

Deborah Goro, Brad Lackie, and Wallace Smith: Harmony through Chakra-lot

This session provided insight on all of the connections and hormonal functions that are essential to our physical being.

Wallace Smith: Esoteric Listening and Utilizing the Rays

People remember 50% of what we tell them and 95% of communication is non-verbal. Noise infiltrates messages. Listening is a spiritual process. Wallace analyzed the Chinese symbol for listening, breaking it down into its character components:



Photo by Joan Stansbury



Eyes (Ray 1)
Heart (Ray 2)
Undivided Attention (Ray 6)
Human Beings (Ray 4)
King (Ray 1)
Ears (Rays 3 & 5)
Synthesis (Ray 7) Perpetuates Harmony



Kelly Yoakam: Sound and Music - Pathway to Etheric Harmony

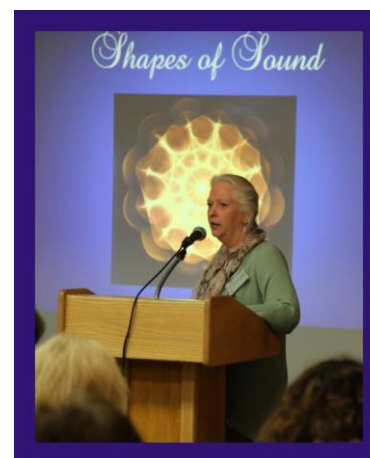
Frequency vibrations create form.

Before light, everything was formless. Sound + Intention = Healing or Creation

As energy and frequency increase, patterns become finer and more complex. Esoteric healing creates a fine form through vibration working through us. We were given pictures that showed us the shapes that each sound makes when utilizing tools to demonstrate how vibration and sound move into form.

Sound forms beautiful three dimensional patterns in water. Think about how much of our body is made of water. Sound + Intention makes our physical form.

Sound affects the body. Music affects our emotions. Our bodies absorb vibration; we vibrate with the universe. Harmonics go out into infinity.



Brenna Chamberlain: Promoting Good C’hi

Feng shui means wind and water = how things flow. It is a philosophy (3500 BC) that began in China where people honored their ancestors and looked for places to bury their loved ones. It is an honoring of our past and bringing consciousness into our living space and environment.

Trinity luck/ Heaven luck/Earth luck

YIN: feminine, cool/cold, dark, black, soft, curved, earth, moon, low, small, wide, horizontal, floral

YANG: Masculine, warm/hot, light, hard, straight, sky, sun, high, large, narrow, vertical geometric, white

BALANCE: Wood, fire, earth, metal, water in our environment

Kevena Vaughan: Harmony - A Broader Perspective

Contained within a single cell is a platonic solid, the building block of life. Platonic solids are the essence of sacred geometry. Cell division is an extraordinary example of sacred geometry in action.

Joni Larson: Catching up with Science:

Implications of Science on Perspectives and Balance

The ajna is represented by the infinity symbol. The point where the two lobes cross is the point of stillness. It is at that point that we are all in harmony and can be connected one to another.

Karen Foder: The Essence of Esoteric Healing

In the healing process, no other energy or force is as powerful or effective as the energy of love. Love is the core of what human beings are made of. All we need is love!



A few of the newly Certified Practitioners of Esoteric Healing

NAEH Conference 2013

The Conference Committee is excited to announce the theme for the 2013 Conference:

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

Because we have so many talented members, the committee is calling for submissions to present at next year's conference. If you, or another member you know, resonate with this topic and would like to present at the conference, develop a topic and look for more details about submission in the fall newsletter, or contact us at info@nafeh.net .

NAEH NEWS

* **ELECTION RESULTS!** At the Annual Business Meeting, members elected **Kelly Yoakam** to be president elect of NAEH. Members elected **Fran Oppenheimer** and **Debra Duxbury** to the NAEH Steering Committee. We appreciate all of the candidates who are contributing to the success of this organization.

***CERTIFICATION MILESTONE!**

24 members of the NAEH were granted their certificates for Practitioner and are entitled to use the initials CPEH (Certified Practitioner of Esoteric Healing).

This marks the beginning of grounding this work in the mainstream medical community.

It was a lot of work, but the growing process was rewarding and educational for all involved!

***MINUTES from Membership Meeting** were e-mailed to the members.

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

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

* We continue to move forward as an organization!

Fran's Facts - Focus on Diabetes

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.

Diabetes –

Diabetes has become an epidemic disease in our society. In 2010 it was estimated that 25.8 million, or 8.3% of, people in the United States have diabetes. Of this number it is estimated that of all people aged 20 years or older, 11.3% have diabetes and this number jumps to 26.9% of all people aged 65 years or older. When you take this into consideration it is easy to see that, as practitioners, we need to have some familiarity with this disease.

Diabetes, or hyperglycemia, is actually a group of diseases marked by high levels of sugar, specifically glucose, in the blood. Let's take a look at the two most common types of diabetes and then look at the effects that too much blood glucose can have on the body.

Type I Diabetes – in this type of diabetes, the pancreas gland has lost the ability to produce the hormone insulin. Insulin is necessary for our cells to receive glucose from the bloodstream that is needed to nourish the body. This condition is caused by an autoimmune process where the body attacks and destroys the specific cells in the pancreas that produce insulin. Type I diabetes is seen more commonly in children and young adults and had previously been called juvenile onset diabetes. People with Type I diabetes must have insulin injections to survive.

Type II Diabetes – this type of diabetes accounts for 90 - 95% of all diagnosed cases of diabetes in this country. It is characterized by insulin resistance, which is a disorder where the pancreas gland is making enough insulin but the cells of the body become resistant to insulin are not able to take in enough insulin, and therefore glucose, into the cell. People with this condition need increasingly high levels of insulin which leads

to great stress on the pancreas and the pancreas eventually becomes exhausted losing its ability to produce insulin. Type II diabetes is often associated with obesity, older age, inactivity, and several ethnicities of people. This condition can often be managed with a medication in pills but many eventually need insulin injections.

Having high levels of glucose in the blood actually acts like an irritant to the insides of the blood vessels, especially the arteries, and this leads to organ and multi-system damage over time.

As Esoteric Healing practitioners we can immediately see that the Solar Plexus center and the pancreas gland are involved and but what many people do not realize is that diabetes also affects almost all of the other systems and areas of the body.

Some of the major effects of diabetes are:

- Heart disease; the coronary arteries that feed the muscle of the heart can be damaged and irritated leading to narrowing and blockages .
- Stroke; irritated blood vessels can lead to narrowing and clots which can lead to strokes.
- Kidney disease; kidney function depends on thousands of tiny blood vessels and these can be damaged by diabetes leading eventually to kidney failure.
- High blood pressure; the kidneys play a major role in blood pressure and kidney damage or failure can lead to dangerously high blood pressure. High blood pressure is also a major risk factor for heart disease and stroke.
- Eye problems and blindness; the retina of the eye contains tiny blood vessels that become damaged by diabetes and this leads to vision issues and blindness.
- Nervous system disease; diabetics often have decreased sensation pain in their feet and hands. This lack of sensation is a major risk factor for injury to the feet leading to infection.
- Circulatory problems, especially in the legs; amputations of toes, feet and even legs can result from loss of circulation, nerve damage and infection.
- Impaired healing; poor circulation leads to poor wound healing and high levels of blood glucose can lead to serious infections.

It is easy to see that in addition to treating the Solar Plexus center and the pancreas gland we need to be aware that many other areas of the body may be affected by diabetes, in particular the circulatory system, heart, kidneys, and nervous system. The immune system is also impacted by diabetes and people with this disease have a much harder time with wound healing and fighting off bacterial and viral infections.

Metaphysically diabetes brings up issues around accepting the sweetness of life and allowing ourselves to be nurtured and nourished. Imagine that you are a cell that is surrounded by life giving glucose but you are unable to open up and accept that love and support. Louise L. Hay, in her book 'Heal Your Body' page 28, sees diabetes as "longing for what might have been; a great need to control; deep sorrow; no sweetness left." Dr. Christine Page, in 'Frontiers of Health' page 156, feels that diabetes is associated with low self-esteem, feelings of being unlovable, and the inability to nurture the self. Alice Bailey calls diabetes 'starvation in the midst of plenty' and sees it as the result of wrong inner desires.

Diabetes is a disease that is more prevalent than ever before. It is important for us to be aware of the effects that diabetes has on the body as well as some of the metaphysical possibilities as we strive to bring excellence into our practice of Esoteric Healing.

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.

Recipes: Solar Plexus Savory

Stephanie Urdang

(Foolproof) Honey Mustard Salmon

This is a GO-TO dish when I want something quick and delicious to serve family and friends, and easy enough to make for just myself. Once shared, you will be sharing the recipe too.

Buy filet pieces cut into approximately half pound slices, one for each person. They will be 2 to 3" wide and 6" to 8" long. The most eco-friendly salmon for both fish and people is wild Alaskan salmon. Salmon caught wild from Washington State, Oregon and California are eco-ok. But farmed and Atlantic salmon are the least healthy you can buy and eat. Because of the growing conditions, they are full of bacteria, fungus, and dyes.

Preheat oven to 400 degrees.

Line a baking sheet with foil or parchment paper.

Wash and pat dry salmon pieces, and place with skin side down on the sheet. Leave a little space around each. Slather a thin coat of Honeycrisp brand Honey Mustard on top and sides. Coat evenly with fine breadcrumbs like Panko or Italian seasoned. No extra seasoning is necessary.

Bake for 20 minutes and serve immediately with a vegetable of your choice and a simple salad. There is no reason to test if the fish is done if you follow this recipe.

Chunky Applesauce from the South of France

A perfect pairing for the tangy fish, this can also be served with other main courses like baked chicken or a frittata, and it's delicious with rice and beans. It makes a lovely dessert or breakfast with a dollop of yoghurt. It's most flavorful served within a few hours after cooking, very light and delicate in favor, so making a lot is not recommended. If you are serving with the fish, begin by preparing the apples.

Here's what you'll need for four portions as a side dish:

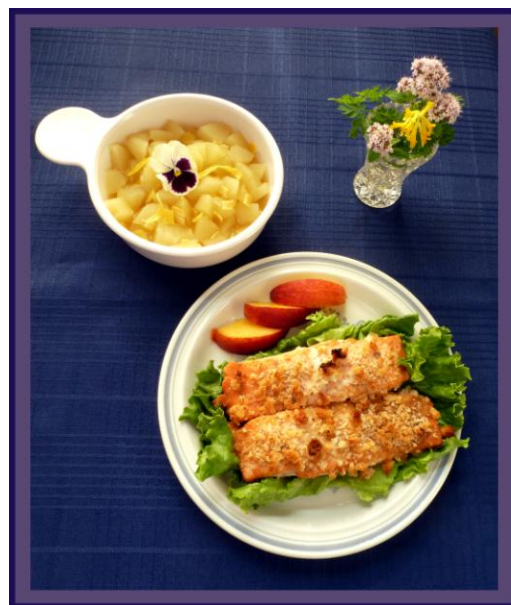
Two large or three medium organic Fuji apples

Peel from a partial lemon

A taste of honey

Peel and core apples. Slice and cube them into small chunks, place in a saucepan and add water about half way to the top of the apples. Cover and as they start to steam, peel a 2x2 inch piece of lemon, leaving off the bitter white part. Slice into matchsticks and then chop them into very small squares. Add to cooking apples.

Make sure the apples don't run out of water. Cook until they are tender and add no more than a tablespoon of honey at the very end. The finished product will be soft and unlike traditional applesauce the apples will retain their chunky form. Serve at room temperature.



Meditate With Thought



My Nature

Bobbi Byrd

My nature is much more than eyes can see
and goes beyond what touch can ever know.
The body physical is a dance so slow
yet, in higher, subtler ranges, it soars with Love.
I am made of the very stuff of God.
As eternal, I'm not bound by linear thought.
Layered symbols are mere perceptions of ego mind
which lead one, ever further, from the Truth.
So, I enter through the chamber of my heart
and, deeper still, ascend in silence to One Mind
where the nature of my being is grasped, once more
as I surrender and see through Spirit's healing Eye.
Repeatedly, I choose this Broader Sight
until the well-worn path becomes the way
that leads me back to rejoin my Divine Source.
Oneness dawns, at last, the only Self.

Photo of 22° halo, by Kelly Yoakam, June 23, 2012, taken at the Institute during the Part 8 Esoteric HealingSM class.

Happenings

- **Membership Dues:** NAEH Membership year is EXTENDED from May 31, 2012 to September 30, 2012, adding 3 months to the yearly membership. After this year, the NEW Membership year will be October 1, 2012 through September 30, 2013.
- **NAEH Conference for 2013:** *Cycles of Life: Before Birth, Through Death, and Beyond* is the theme of next year's conference. It will be held on April 26, 27 & 28, 2013 at the Okemos Conference Center.
- **BECOME A CERTIFIED PRACTITIONER**
You can start your certification process NOW. The deadline to apply for certification in 2013 is September 1, 2012. 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@nafeh.net.

- **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@nafeh.net.
- **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 of clips regarding Esoteric Healing, Meditation, and Metaphysical Studies. Contact: info@nafeh.net

Wanted: Pictures for the 2012 Lifestream Journal covers

NAEH Members – send us your photos for consideration to use on the Fall 2012 Lifestream Journal covers. 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.
- * Deadline for submission is August 31, 2012.
- * Submit the photo by e-mail to info@nafeh.net. In the subject line type – Journal cover entry.

The NAEH Publications committee will select two pictures to use for the 2012 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 July 2012

Science and the Divine: Looking at how belief systems affect our being

http://www.slate.com/articles/health_and_science/new_scientist/2012/04/e_o_wilson_on_altruism_and_the_new_enlightenment.html

Scale of the Universe Model (Complements Kavena's Presentation from the NAEH 2012 Conference)

<http://scaleofuniverse.com/>

The World Mapper: the world as you've never seen it before

<http://www.worldmapper.org/>

How are your chakras affecting your life?

http://spiritualdove.com/how_are_your_chakras_affecting_your_life__.htm

Thrive: Documentary on Oneness, Sacred Geometry

thrivethemovement.com

Self-empowerment, spiritual, personal growth and transformational information

MiraclesandInspiration.com

Inspirational Stories

<http://www.guideposts.org/inspirational-stories>

