



Lifestream

NAEH Newsletter

Volume IV Issue 3
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Alaskan Glacier

New Group of World Servers

During the current times when there appears to be much chaos in the world this is a timely reminder that there is a Plan for humanity and that this Plan has always existed. It has worked out through the evolutionary developments of the past ages and also through that special impetus which has been given it from time to time by the great intuitives and teachers of humanity. Today there are a sufficient number of men and women in the world, adequately developed, so that they can contact it and work in connection with it.

In addition, there is upon our planet a group of men and women belonging to every nation, who are definitely upon the Path of Discipleship and because of their status they are all definitely serving humanity.

They are subjectively welded together into a body that we have called the New Group of World Servers. It is encouraging to know that the New Group of World Servers have vitally increased in numbers during the past few years and there is a much closer inner welding than in the past.

The New Group of World Servers is already a functioning active group. Every man and woman in every country in both hemispheres who is working to heal the breach between people, to evoke the sense of brotherhood, to foster the sense of mutual interrelation, and who sees no racial, national or religious barriers, is a member of the New Group of World Servers, even if he or she has never heard of it in these terms.

We ask that you include this group in your daily alignment to help strengthen its presence and purpose in the Plan for humanity.

<From the School for Esoteric Studies lesson material>

National Association for Esoteric HealingSM NEWS

Brochure & Forms On-Line!

We now have various treatment forms and client intake consent forms available for your use on the website under the "Brochure & Forms" tab. These forms have been shared by other Esoteric Healers and range from very simple to complex.

Depending on your level of Esoteric Healing you may or may not understand or care to include all of the details on some of the forms.

You may download any or all of these forms and use them yourself - or let them inspire you to create your own unique form!

If you have a form you would like make available on the website to share with other Esoteric Healers, please forward your form by email to the NAEH office at info@naehonline.org.

There is now a schedule of upcoming Esoteric Healing classes listed on the website. The schedule provides the dates, class level, location, instructor name and contact information, as well as if NCBTMB CEs are available. This list will be updated as additional classes are offered so check back often!

Submitted by NAEH Education Committee:

Renew Your Membership On-Line!

Renewal date is October 1st.

New memberships are also able to sign up online so be sure to let all your Esoteric Healing friends know! Here is the link:

<http://www.naehonline.org/member-benefits/>

Conference

2015 Conference April 24, 25 and 26, 2015
at the Naples Beach Hotel
Naples, Florida

For flights you'll want to fly into the Fort Myers – RSW, Florida airport.

Theme: Shining Light on the Senses: Vision, Hearing, and Balance

Conference open to those who have taken Esoteric Healing Part 1 or beyond.

[Conference Refund Policy](#)

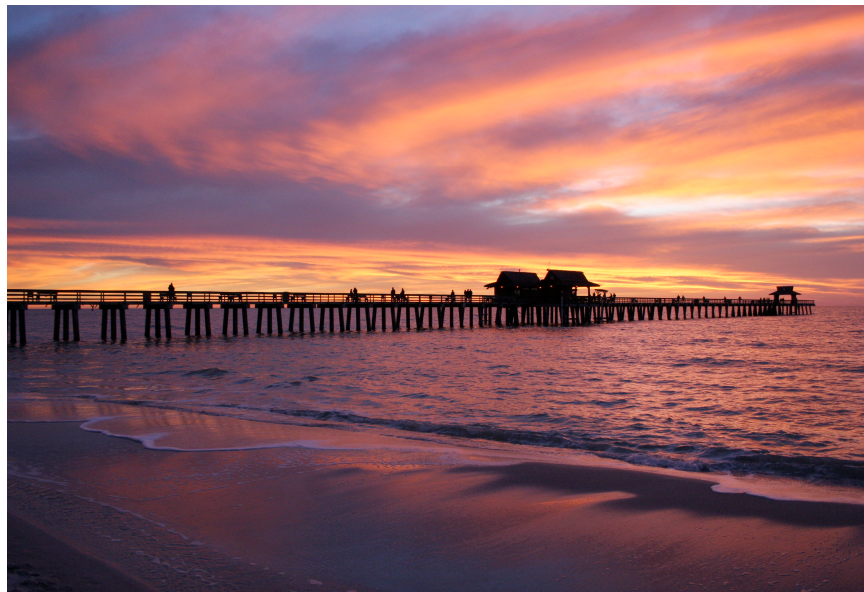
[SEE PHOTOS FROM THE 2013 CONFERENCE](#)

Shining Light on the Senses: Vision, Hearing, and Balance

[NAEH 2015 Conference Accommodations](#)

[Naples Beach Hotel – Map](#)

For more information go to the NAEH Website at www.naehonline.org/
For hotel reservations go to
www.naplesbeachhotel.com/reservations



Naples Pier at Sunset

Fran's Facts: Glaucoma

Gastroesophageal Reflux 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.

Glaucoma -

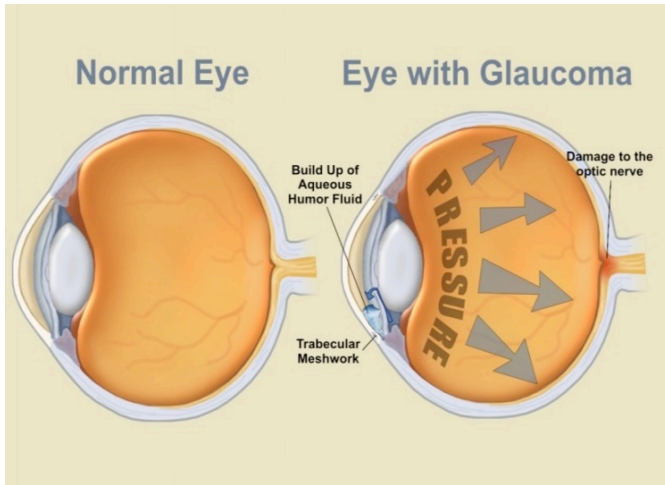
Glaucoma is a condition usually caused by high pressure within the eye that causes damage to the optic nerve of the eye. This is a progressive condition and gets worse over time. The optic nerve is connected to the retina, a layer of light-sensitive tissue lining the back of the eye that is made up of a fine layer of nerve fibers. It is the optic nerve that sends signals from the retina to the brain, where these signals are interpreted as the images that you see. Glaucoma tends to be inherited and may not show up until later in life.

In the healthy eye, a clear fluid called aqueous (pronounced AY-kwee-us) humor circulates inside the front portion of the eye. To maintain a constant healthy eye pressure, the eye continually produces a small amount of aqueous humor while an equal amount of this fluid flows out of the eye. In glaucoma, the aqueous humor does not flow out of the eye properly. Fluid pressure in the eye builds up and, over time, causes damage to the optic nerve fibers. Without treatment, glaucoma can cause total permanent blindness within a few years.

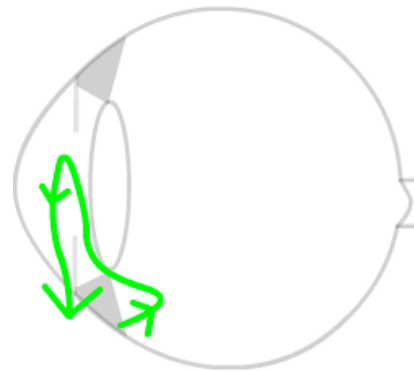
Only about half of the estimated three million Americans who have glaucoma are even aware that they have the condition. It is recommended that all people over the age of 40 have a complete eye exam every one to two years to screen for glaucoma. People with risk factors such as a family history of glaucoma, diabetes, or other eye diseases should have their eyes checked more frequently. Fortunately, early detection and treatment (with glaucoma eye drops, glaucoma surgery or both) can help preserve vision.

There are two main types of glaucoma:

1. **Open-angle glaucoma.** Also called wide-angle glaucoma, this is the most common type of glaucoma. The structures of the eye appear normal, but fluid in the eye does not flow properly through the drain of the eye, called the trabecular meshwork.
2. **Angle-closure glaucoma.** Also called acute or chronic angle-closure or narrow-angle glaucoma, this type of glaucoma is less common but can cause a sudden buildup of pressure in the eye. Drainage may be poor because the angle between the iris (the colored part of the eye) and the cornea (where a drainage channel for the eye is located) is too narrow.



Effects of Glaucoma within the eye



Flow of aqueous humor within the eye

Medical treatment:

Medications in the form of pills or eye drops are the most common early treatment for glaucoma. In more advanced cases either laser or conventional surgery is used to create alternate channels for fluid to drain within the eye.

Metaphysical possibilities:

Louise Hay in her book "Heal Your Body" says that glaucoma may be related to stony unforgiveness, pressure from longstanding hurts, and a feeling of being overwhelmed by it all. Christine Page in her book "Frontiers of Health" suggests that glaucoma may be related to a need to control one's surroundings due to basic insecurity causing one to appear dogmatic, critical and narrow-minded. Glaucoma has also been related to an unwillingness to see one's life clearly and honestly.

Esoteric Healing considerations:

- Using an anatomical picture, either from an anatomy book or the internet, hold the Ajna and gently sweep and explore, sweep and balance the structures of the eye particularly the iris, cornea, and trabecular meshwork which is the drainage channel for the eye.
- Sense the flow of the Aqueous humor as it moves through the front part of the eye.
- Hold areas of restriction or blockage with the Ajna (+ ray 4) and then also with the Throat center (+ ray 3) and allow balance.
- For nerve problems hold the Crown center + Optic nerves, L/R (or Optic nerve minors) + ray 1.
- With your Ajna on the client's Ajna center you may also try a gentle sweeping through the trabecular meshwork particularly in open angle glaucoma. Repeat holding the Throat center.
- It is essential that people suffering from glaucoma be under the care of a doctor.
- Esoteric Healing can be a wonderful adjunct to medical care.

Fran Oppenheimer is a Certified Practitioner of Esoteric HealingSM 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

Butternut Squash and Black Bean Chili (vegan)



This delicious vegan chili is the perfect meal for a cool, fall day.

Minutes to Prepare: **15**

Minutes to Cook: **30**

Number of Servings: **6**

Ingredients

- 2 medium onions, diced
- 2 cups bell peppers, diced
- 2 cloves garlic, minced
- 1 butternut squash, cubed
- 2 cans black beans, drained and rinsed
- 1 can diced tomatoes
- 2 tbsp. chili powder
- 2 tsp. cumin
- 2 tsp. smoked paprika
- 4 cups vegetable broth
- salt and pepper to taste

Directions

Start by sautéing the diced onions, garlic, butternut squash, and bell peppers until browned and soft. After about ten minutes or so, add all of the rest of the ingredients, and bring up to a simmer for 15 minutes. Let simmer on low heat until ready to serve! This can also be served in mini pumpkins or acorn squash for a fun, fall main course.

Ask Auntie Karana

Dear Auntie Karana:

Q: What should I tell a client when they are continuously depleted in the basic chakra?

A: Begin by describing the elements that make up the basic chakra: adrenals, the kidneys, bladder, the urinary system, and the spine. Then explain what the basic chakra represents: survival, fight or flight reaction, family/tribal issues, fears, courage, one's most basic needs.

Does your client ingest a lot of caffeine on a daily basis? If so, describe the profound spiking effect on the adrenals and suggest cutting down the number of cups a day. Are they addicted to adrenaline? To help them find a calmer way of functioning, squared breathing is very helpful, and so is a practice of daily meditation. Both will create equality in the chakras, as opposed to being driven by the basic center. Depending on their level of dedication to the Esoteric Healing process, explain the concept of integration between the physical, emotional, mental, personality, soul, and the spirit. Finally, recommend related reading material on chakras and/or meditation.

Q: My client cried for three days after her Esoteric Healing session. How can I explain this to her, especially in a way that helps her be more comfortable with her process?

A: It's possible to be depleted in any chakra and during an Esoteric Healing session, if the energy moves through a center that has been blocked, there will be many feelings, thoughts, sensations as the energy fills the void. If it is the heart center that's involved, they may begin to feel unexpressed grief, or the 'we' over the 'I'. By accepting whatever a session brings up as part of the healing, their experience of crying and clearing stuck emotions will make room for new life.

Submit your questions to Auntie Karana at stephanie-anne@verizon.net and watch for your answer in the newsletter.

Answers written by Stephanie Urdang.



Self - Love and the Deep Heart"

.... a very special *International Esoteric Healing Deepening (Advanced) Seminar*
October 24-27, 2014

Spirit of the Mountains Retreat invites all Esoteric Healing advancing practitioners to a very special international opportunity. Angelika Werkstetter, special guest instructor and Esoteric Healing teacher / teacher trainer from Munich, Germany is bringing Germany's renown Self-Love deepening (advancing) work to the USA October 24-27. All EH practitioners who have completed part 4 are invited to join this very special 3 1/2 day seminar on the mountaintop of Spirit of the Mountains Retreat, NC. Tuition is \$440.

You will be amazed at the transformative depth of this incredible work and delighted with the refreshing German instructional style, inclusive of music and dance. For more info or registration, contact Coral Thorsen: coral@coralthorsen.com 828.885.8353 or 941.266.8860 c.

Esoteric Healing Study/Practice Group

Naples, Florida 34103

Esoteric Healing practice group meets the 1st & 3rd Monday of each month, 7 – 8:30 PM
Contact Maria Hubbuch, CPEH at Mutu@aol.com

Part 8 Study Group - IBS and SKYPE

A newly formed Part 8 study group is available the second Monday of each month 7- 8:30 PM
Contact Anshu at 517-775-7220

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

Remembering those in our Esoteric Healing family

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

National Foundation for Esoteric HealingSM NFEH

We at the NFEH are collecting data from anyone who has an area of special interest. Last spring during the conference we held a meeting, discussing some of the ideas that might be used for our research projects. We have determined the best place to begin is to collect data and build a file of treatment reports that may lead to larger research projects.

We can only do this with your help, therefore we are eager to hear from you, particularly in the areas of practice where you find esoteric healing most effective. We are hoping that the information we gather from you will help form research projects that help anchor esoteric healing as part of the integrative healing network in the country and around the world. The first step is sharing our work and organizing projects around the data that is revealed.

We are also looking for those of you who are interested in supporting the foundation with a financial donation. Remember, we are tax-deductible and are very grateful for any amount that you wish to contribute towards our goals which are in reality, your goals for the future of esoteric healing in the community. Together we can make this happen one step at a time. Below is a form that we'd like to have you complete and return. Please take a moment and respond; together we can make a difference. You can send your response to any of our addresses shown on the bottom of the form and above.

YOUR NAME AND CONTACT INFORMATION _____

TOPIC(S) OF INTEREST _____

AREAS IN WHICH YOU ARE USING ESOTERIC HEALING _____

ARE YOU WILLING TO SHARE TREATMENT REPORTS _____

OTHER WAYS YOU ARE INTERESTED IN PARTICIPATING _____

Thank you for your support
Members of the board
Susan Zimmerman
Barb Briner
Mary Anne Walker,
Linda Stewart
Ruth Perry

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Waterfalls/Rain Forest, Argentina

OM PEACE BLISS AMEN