



Lifestream

NAEH Newsletter

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Contents:

Say our Stories
Recipes: Fresh Salsa
Hirschman Shines
Fran's Facts
Ask Auntie Karana

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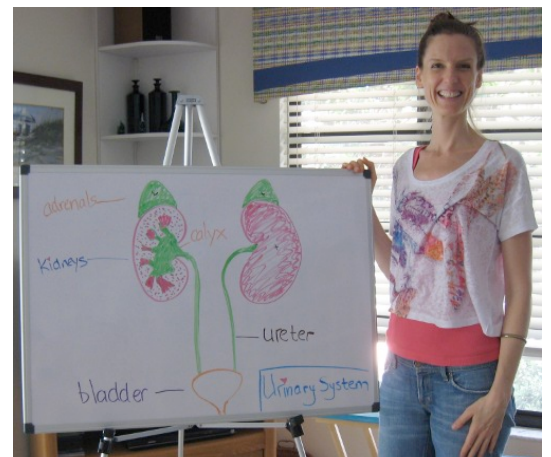


Fran Oppenheimer and Maria Hubbuch

First Ever NAEH Teacher Training Weekend!

Over the weekend of August 10-11 three NAEH teacher trainees met together in St. Petersburg, Florida to spend time learning, sharing, practice teaching and getting to know each other better. Maria Hubbuch and Katie Mulligan came from Naples, FL and Fran Oppenheimer came from Gainesville, FL.

It was a wonderful, fun, working weekend that was of immense benefit to all involved. We plan to do it again in the future and hope to make it a regular feature of the teacher training process.



Katie Mulligan

Say Our Stories by *Scottie Putman, Ph.D., CPEH*

Several months before my husband Terrill and I began the process for 2013 EH certification, my mother died. Her leaving put me, as one friend said, “in the front pew.” That knowledge made the connections with my extended family all the more meaningful and precious. It opened up a conversation with one of my cousins with whom I had not had much significant contact or conversation for many years.

Pam and I began talking on the phone and through email and it was very comforting to be forging this tentative and new relationship with a cousin I hadn’t really been close to since we were kids. My perception of her in recent years had been that her closely held beliefs might not be very similar to mine, so I steered clear in order not to rock any boats. I think we both did.

As time went on and I went deeper into the certification process, I kind of wanted to share that with her, too, especially since she has horses and one of my case studies was about a horse. When I was told they’d like to publish the case study in the EH Journal, I thought that gave me the perfect opportunity to bring it up. Surely the fact that it would be published in the Journal would give me a little more “cred” and she was less likely to think I was nuts. I did *not* want to break this gentle bond that was forming.

One night on the phone I got up the nerve to mention to her that I was studying a form of energy healing. Much to my delight, she reacted positively and with a savvy understanding. I mentioned that my horse case study was going to be published in the Journal and she said, “Oh, I would love to read it!” Bingo; just what I had hoped for.

I said I would send it to her and wait to hear back about what she thought. I sent. I waited. And waited. And waited. Silence. You can be sure I was worried. Finally I got the nerve to call her and ask her what she thought. She sighed deeply, almost mournfully, and said, “Scottie, I think you and I are on two different planes of thinking. I didn’t understand a word of it and I never saw *anything* about a horse!”

My heart sank. So many things were going on.... a tiny threat to my bond with her, my fragile ego about something I had written, my desire to connect even more strongly with her. But wait! How could she not see anything about a horse? “Go and read it again,” I encouraged her, “and read it slowly and you will find stuff about a horse. Then let me know.” Meanwhile, I went back and read my case study again, just to be sure. The *very first line* was, “This case study is about a horse.”

Silence; I had to call her again. She said, “I still don’t get it. It’s all foreign language to me, and there’s nothing about a horse in there!” I could tell she was frustrated and I began to get suspicious. “Let me go look at what I sent you.”

It took me quite awhile to find that sent email, but when I found it and opened the attachment, I discovered I had sent her the INSTRUCTIONS for writing a case study! I read over the instructions and began laughing. Rumor has it that the instructions to the case study can strike fear into the heart of even the most dedicated or experienced EH Practitioner. Imagine what they could do to a layperson! That laugh was such a laugh of release; it released my fears about the writing, my fears about her understanding, and (temporarily) the stress built up over the certification process. I laughed and laughed, and called her laughing. We both laughed.

Finally I got the correct document to her, and she loved it. In fact, she had an insight that even I didn’t have when I was working on it. She said, “You felt like the horse held your hands on her heart to heal her grief (empathy for her owner). I think she held your hands on her heart to heal *your* grief.” And she was right. Bond forged. Not the end of the story, though. I work on her horses, which I consider the ultimate compliment. Some say the shortest distance between two people is laughter; I say it’s love.

Recipes: Michelle Kazenko

Fresh Salsa Recipe *(makes 1 gallon)*

24 Medium Roma Tomato
18 Seeded Jalapeno Pepper
4 Medium Sweet Bell Pepper-Red, Green, Yellow
2 Medium or 1 Large Onion
8 Garlic Cloves or 4 Tsp Minced or Crushed
2 Tbsp Dried Cilantro
2 Tbsp Salt
1 Tbsp Coarse Black Pepper
1 Soup Size can of Tomato Paste



In a food processor, mince sweet bell pepper and transfer to a strainer or colander. Mince onion and after pepper has drained replace with onion. If you don't strain these two vegetables there will be too much moisture in your salsa. Cut and seed the jalapeno peppers. **Handle carefully and or wear rubber gloves when working with jalapeno peppers.** (no seeds makes a mild to medium heat, leave whole pepper for medium to hot). Mince and transfer all to large mixing bowl. Take 5 or 6 Roma tomato and place in processor. Add garlic, cilantro, salt and black pepper. Puree to make a real nasty looking and smelly health drink. Add puree to vegetables and continue to mince the remaining tomato. Mix completely and sample for desired taste. Add tomato paste to thicken and refrigerate over night for best taste.

Will keep in refrigerator for a good week or so. I've had OK results freezing some in bags or containers for about 6 months. After that it seems to start picking up the freezer taste. You may also have to add a little more tomato paste since freezing breaks the vegetables down and will make it runny.

Hirschman Shines at Grey's Anatomy

Born to Shine, Destined to Sparkle
Women of Excellence 2013

On June 15, 2013, NAEH member Lynne Hirschman MS, PT, CPEH spoke about craniosacral techniques and included Esoteric Healing in her presentation. There were 2,000 – 2,500 people registered at this conference. Lynne spoke at the Grey's Anatomy Health Fair portion of the conference along side two MDs (one OBGYN; one Kidney) and a DDS. Lynne tells us that the OBGYN who spoke before and after her presentation indicated an understanding of her topics and not dis-interest. About 15 women attended Lynne's talk; there were only a few more attending the MDs talks. Lynne says there were some good questions asked. A pharmacy professor has also asked Lynne to speak at another conference.



Lynne Hirschman, MS, PT, CPEH

Let us know if you are giving a presentation on or including Esoteric Healing somewhere. Send us the information and a picture and we'll put your information in the next Lifestream Newsletter!

Fran's Facts: Gallstones

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.

Gallstones –

Many people today have had trouble with gallstones and have had their gallbladders removed. Gallstones are small, pebble-like substances that develop in the gallbladder. The gallbladder is a small, pear-shaped sac located below your liver in the right upper abdomen. Gallstones form when liquid stored in the gallbladder hardens into pieces of stone-like material. The liquid—called bile—helps the body digest fats. Bile is made in the liver and then stored in the gallbladder until the body needs it. The gallbladder contracts and pushes the bile into a tube—called the common bile duct—that carries it to the small intestine, where it helps with digestion.

Bile contains water, cholesterol, fats, bile salts, proteins, and bilirubin—a waste product. Bile salts break up fat, and bilirubin gives bile and stool a yellowish-brown color. If the liquid bile contains too much cholesterol, bile salts, or bilirubin, it can harden into gallstones.

Gallstones can block the normal flow of bile if they move from the gallbladder and lodge in any of the ducts that carry bile from the liver to the small intestine. These include:

- hepatic ducts, which carry bile out of the liver
- cystic duct, which takes bile to and from the gallbladder
- common bile duct, which takes bile from the cystic and hepatic ducts to the small intestine

Bile trapped in these ducts can cause inflammation in the gallbladder, the ducts, or in rare cases, the liver. Sometimes gallstones passing through the common bile duct provoke inflammation in the pancreas—called gallstone pancreatitis—an extremely painful and potentially dangerous condition. If any of the bile ducts remain blocked for a significant period of time, severe damage or infection can occur in the gallbladder, liver, or pancreas. Left untreated, the condition can be fatal.

The most common symptoms of gallstone problems are a sudden pain in the right upper abdomen, between the shoulder blades, or under the right shoulder lasting from 30 minutes to several hours and often following a fatty meal. Warning signs of a serious problem are fever, jaundice, and persistent pain.

The Gallbladder is removed when gallstones cause pain or block any of the ducts. After removal of the gallbladder bile is still produced by the liver and available for digestion but the person may be more sensitive to eating high fat foods.

Some factors that contribute to the formation of gallstones include:

Family history, being female (women are twice as likely as men), overweight/obesity, high fat diets, rapid weight loss, age over 60 years, cholesterol-lowering drugs, and diabetes.

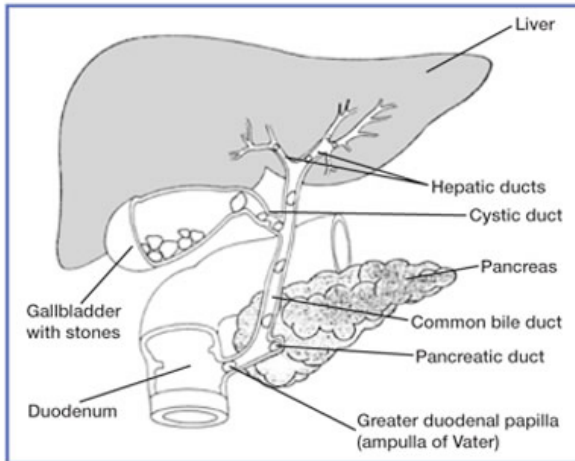
Metaphysical possibilities –

Metaphysically we are taught that the gallbladder is energetically related to issues of bitterness, pride, and resentment. Gallstones have been also described as “balls of anger” by Dr. Christine Page in the book *Frontier of Health*.

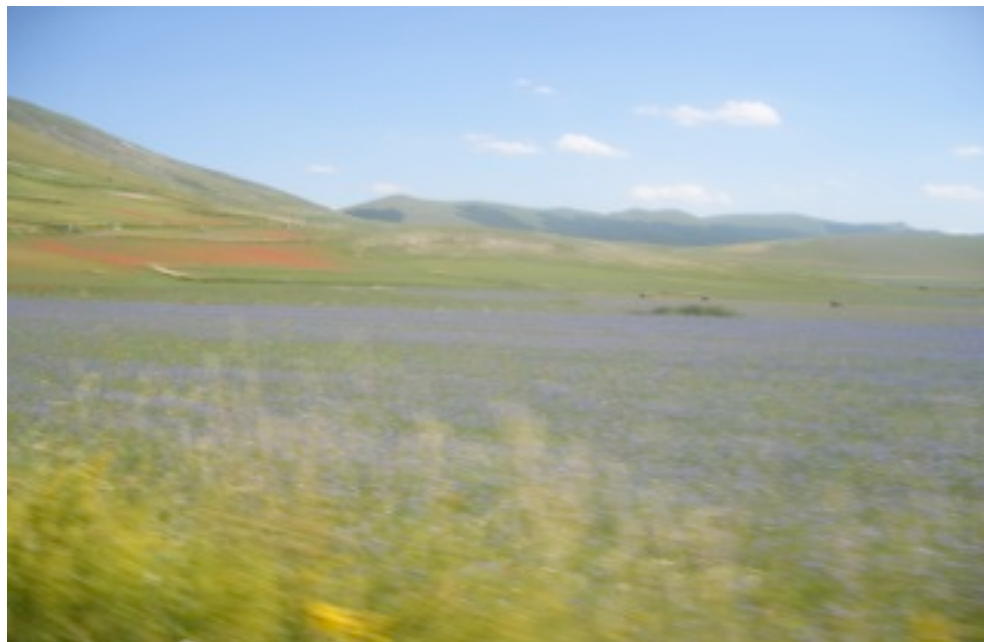
Esoteric Healing considerations –

When treating clients with a history of gallstones and gallbladder removal it is important to remember that these structures still exist in the Etheric field and need to be treated energetically. Suggestions for treatment include but are not limited to:

- All triangles of the Solar Plexus center, especially Liver, Gallbladder, and Pancreas
- Sweep the digestive system at the physical/etheric and emotional levels with special attention to the small intestine, pancreas, liver and gallbladder
- Emotional and Mental body treatments
- Any areas that are diminished, restricted or blocked need special attention whether or not they seem to relate to the gallbladder. Let your intuition and the client’s Soul be the guide for all treatment.



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.



Heavenly lentil fields in Castelluccio di Norcia in Umbria, Italy

Ask Auntie Karana

Dear Auntie Karana:

When I work on someone, is it possible to pick up that energy to my detriment? Can I get attachments or illness from a sick client?
Signed, Worried

Dear Worried:

First off, worrying is like praying for what you don't want. Put your energy on positive intentions as a healer. But more importantly, believing that the healer/facilitator is going to get attachments or sickness from working with clients that have imbalances is what Alice Bailey refers to in Esoteric Healing as 'the glamours.'



Many healers have a strong Ray 2 personality or soul. The love and wisdom aspect of that ray, when awry, can slide into martyrdom. Fearing that you might pick up something is a personality based belief system. Aligning and attuning at the beginning of each treatment assures that you are working from source, through your soul, and according to the will of the client's soul, and that you are well grounded.

To each treatment, there is a beginning: an opening and AAWOS, a middle: the protocols, and an end: balance the pairs, seal up the energy field and bless them. Then let it go, including an outcome to the session, as it is up to their soul. This work is coming through you, not from you and your work will be healing to you as well when you treat others if you meditate, align and attune according to the will of the soul, and keep your intentions on a positive outcome for all concerned.

A.K.

Dear Auntie:

I have always been comfortable treating people through Esoteric Healing protocols. At the same time, I know there is a way to work even more deeply, to receive more information for my clients. How can I increase my intuitive awareness?

Signed: Bee

Dear Bee:

The best tool we have as Esoteric Healers is a serious practice of meditation. Raising our vibration through meditation supports spiritual and intuitive clarity. It opens the spiritual eye, giving us the ability to 'see' for the client's highest benefit.

A.K.

Submit your questions to Auntie Karana at info@naehonline.org and watch for your answer in the newsletter. Answers written by Stephanie Urdang.

Links

Inspirational news from around the planet

<http://www.dailygood.org/2009/05/20/you-are-brilliant-and-the-earth-is-hiring/>

Our dreams are born of the seeds of life we are currently living

<http://spiritualityhealth.com/blog/will-donnely/grass-greener-where-you-water-it#sthash.tWAD1nDY.dpuf>

<http://spiritualityhealth.com/blog/will-donnely/grass-greener-where-you-water-it>

To eliminate/avoid the most common reasons for surgery, it is important to know the thoughts/beliefs, which creates body malfunctions and healthy thoughts/beliefs to prevent or heal it

<http://ezinearticles.com/?Mind,-Body,-Spirit-Healing--Putting-It-into-Practice&id=191884>

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/>

National Association for Esoteric HealingSM NEWS

- ▲ Fall journals are printed based on our NAEH membership numbers in October. Please be sure to renew promptly to guarantee you receive your journal!
- ▲ Save the Date! 2014 NAEH Conference dates are April 11, 12 & 13 at the Okemos Conference Center, Okemos, MI. We will be learning more about the brain along with protocols for balancing the brain around various diagnoses. Watch for further details.
- ▲ Esoteric Healing class schedules for various teachers are on the website at www.naehonline.org.
- ▲ 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 with your order!
- ▲ Good Luck to the 5 candidates who are going through the certification process this year!

The Gandhi Prayer

I offer you peace.
I offer you friendship.
I offer you love.
I hear your needs.
I see your beauty.
I acknowledge your feelings.
Our wisdom comes
from a higher source.
I acknowledge that source in you.
Let us work together.