



Lifestream

NAEH Newsletter

Volume V Issue 2
April 2015

Contents:

NAEH 2015 Conference
Fran's Facts
Recipe
Links
Ask Auntie Karana
NAEH – News
NFEH – Research

Contributors:

Catherine Finigan
Fran Oppenheimer
Sandra Rogers
Mary Anne Walker
Stephanie Urdang
NFEH Board

Publications

Committee:

Dr. Barbara Briner
Susan Bertrand
Catherine Finigan
Stephanie Urdang
Mary Anne Walker



"The Voice of The Silence"

"Before the soul can see, the harmony within must be attained, and fleshly eyes be rendered blind to all illusion. Before the soul can hear, the image (man) has to become as deaf to roarings as to whispers, to cries of bellowing elephants as to the silvery buzzing of the golden fire-fly. Before the soul can comprehend and may remember, she must unto the silent speaker be united, just as the form to which the clay is modelled is first united with the potter's mind. For then the soul will hear, and will remember. And then to the inner ear will speak the voice of the silence."

*The Voice of The Silence
by H.P. Blavatsky*

NAEH Conference

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

Theme: Shining Light on the Senses:



Vision, Hearing, and Balance
Inner and Outer Perception

Register on-line at www.naehonline.org

Members \$160 / Non-Members \$185

Naples Beach Hotel and Golf Club



For Hotel Accommodations, Home Sharing Arrangements, and Rideshare from Fort Myers Airport (RSW) to Naples Beach Hotel

contact Barbara Williams email: bwilliams239@msn.com

Silent Auction items or questions contact:
Maria Hubbuch at mariahubbuch@aol.com or
Joan Stansberry at joan.e@att.net



*Dress colorfully, casually and comfortably for a pleasant tropical experience.
Include a shawl or sweater for indoor air-conditioned areas.
Don't forget your bathing suit and sunscreen!*



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.

Otitis Media: middle ear infection:

Ear infections are a common problem particularly in infants and children. They can cause ear pain, fever and can lead to scarring of the middle ear and impaired hearing. The most common type of ear infection is called Otitis Media which is an infection in the middle ear.

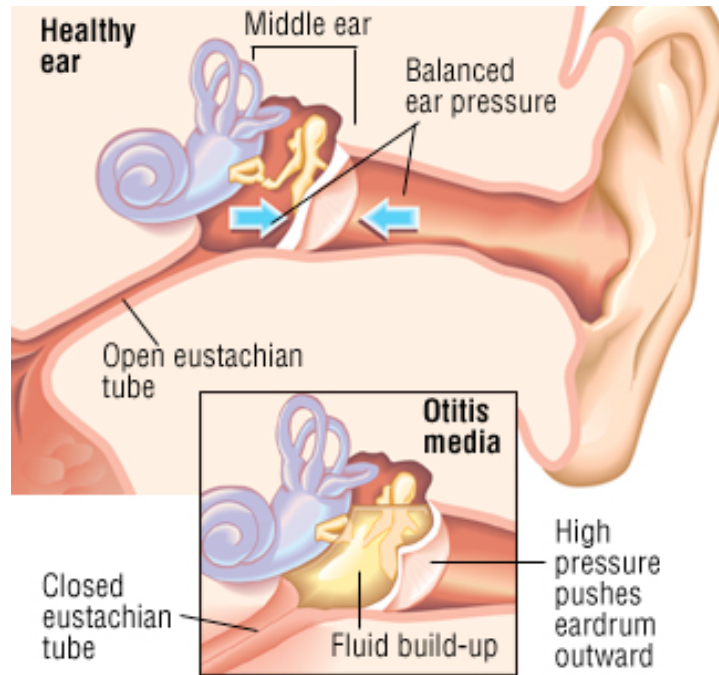
The middle ear is a small space behind the ear drum that is supposed to be well ventilated by air that normally passes up from behind the nose, through the Eustachian tube, keeping the middle ear clean and dry. The Eustachian tube is a tiny channel that connects the middle ear to the upper respiratory tract. When there is not enough fresh air ventilating the middle ear, such as when the Eustachian tube is clogged or blocked, the area becomes damp or fluid filled, stagnant, and warm, a perfect breeding ground for germs. This leads to infection within the middle ear.

In children and infants, the Eustachian tube is often too soft or immature and has a harder time staying open. Allergies, post nasal drainage, sinus infections, common cold viruses and adenoid problems can all interfere with the Eustachian tube's ability to let air pass into the middle ear.

Today, almost half of all antibiotic prescriptions written for children are for ear infections, and the cost of treating middle ear infections in the U.S. has been estimated at more than \$2 billion a year. Untreated, ear infections can lead to more serious complications, including mastoiditis (a rare inflammation of a bone adjacent to the ear), hearing loss, perforation of the eardrum, meningitis, facial nerve paralysis, and possibly -- in adults -- Meniere's disease.

Metaphysical possibilities:

Louise Hay in her book "Heal Your Body" says that ear infections are related to anger, not wanting to hear, too much turmoil, and parents arguing. The website my-holistic-healing.com suggests that ear infections are from stagnating as the result of not being open to new information or ideas.



Esoteric Healing considerations:

Using an anatomical picture for reference treat one ear and then the other; you may add Ray 3 to this treatment.

- Ajna + Ear minor + Ear; check at each level of the energy field for balance and flow
- Ajna + Ear minor + Ear canal
- Ajna + Ear minor + Middle ear (checking for fluid)
- Ajna + Ear minor + Middle ear bones (hammer, anvil and stirrup)
- Ajna + Ear minor + Eustachian tube (middle ear portion going through temporal bone)
- Ajna + Throat center + Eustachian tube (portion going through soft tissue to throat)
- Throat center + sweeping down the length of the Eustachian tube

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.

Recipe

Chocolate Avocado Pudding for Non-Avocado and Avocado Lovers



Ingredients

1 avocado, soft and ripe
1 teaspoon vanilla
1/4 cup cocoa powder
1/4 cup grade b maple syrup
6 tablespoons milk (coconut, cow or any type of milk you prefer)

Instructions

1. Cut avocado in half and remove pit. Scoop out flesh and put in in the blender along with remaining ingredients.
2. Process until smooth, occasionally scraping down sides. Serve immediately or refrigerate until you're ready to serve.

Links

Retraining Your Eyes: The Bates Method Techniques

<http://www.seeing.org/techniques>

Light Beings and Spirit Energy: How You Created the Universe

<http://www.gaiamtv.com/article/light-beings-and-spirit-energy-how-you-created-universe>

Diving Deep into the Miracle of Life

<http://www.gratefulness.org>

The Esoteric Meaning of the Senses

<http://www.esonet.com/News-file-article-sid-625.html>

Ask Auntie Karana

Q: I feel challenged when treating the spine. It's very vague for me to feel the details and the various levels. Any suggestions on how to improve this?

A: Even though the spine is bone, it is a fluid part of the body and very illustrative when it gets out of whack. So in treating it, look for fluidity in the client's spine as well as your own hand when you run the energy. All will be revealed from there.

Try the four part spinal treatment, and look for dark places, coldness, detours, density, etc. if these are performed with a soft focus on each one, the energy and blocks will be clear to the practitioner, and from there, logical steps are available in investigating the levels.



- (1) the practitioner holds the basic chakra and runs the other hand up the spine: for alignment
- (2) she holds the spleen and runs the other hand up the spine: to check the lubrication,
- (3) then the throat, running the other hand up the spine: to check for rigidity
- (4) hold the alta, and run the other hand up the spine: this reflects the nervous system

For instance, if the energy doesn't flow with ease in the basic chakra for alignment, it can be on the physical level or it might be fear. So check both physical and emotional levels. If the throat/rigidity reveals glitches in the flow, check the mental body, etc.

After you become more sensitive in detecting fluidity, you may find yourself more informed and confident in performing the protocol for sensing each and every vertebrae, one by one. It's a case of a soft approach and practice.

Q: One of my clients has broken bones in both legs and is completely bedridden because of non weight bearing activity only for several weeks. What advice and comfort can I give with so many challenges in front of her?

A: Let her know that there really is a deeper meaning, a bigger purpose in this event. Have her allow time for the shock and pain to diminish, and for the initial signs of healing to take place, before she explores the reason. Best first to focus on healing, getting prayers and Esoteric Healing sessions as often as possible.

Any way you can help her deal with the grace and patience in the day to day management of being bedridden will allow this to be a case of pain being inevitable, and suffering, a choice. Give her the image of seeing herself walking freely, and when her friends want to know what to do, have them visualize the same in their prayers.

When she is ready, encourage her to gather as much information as possible, to seek counsel from an Esoteric Astrologer, and include all the details of time, place, and location in points to consider. The answers may come in increments, they may come in meditation, or it may be one big realization. But answers there will be.

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

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

NAEH Publications Committee Needs YOU!!

If you are looking for a worthwhile place to utilize your creativity and talent, please reach out to Dr. Briner or any member of the Publications Committee listed on the first page. It won't take much of your time and the rewards are well worth it.

National Foundation for Esoteric HealingSM NFEH

We have started constructing a website for the NFEH. It should be completed in the near future. We will send out an announcement when it is up and ready to go. In the meantime we have put together a brief outline for those of you that would like to think about doing research in an area of interest. It goes as follows:

THE SCIENTIFIC METHOD -- ESOTERIC HEALING RESEARCH

- State a question/topic/issue. e.g. Alzheimer's
- Find and set protocol for treatment
- Decide if multiple treaters
- Identify a person to treat (subject)
- Identify control group/person (not treated or a different treatment)
- Take thorough notes during and after each treatment
- Gather observed/experienced results from subject after each treatment
- Record and study data
- Draw conclusions

We are also looking for esoteric healers who are interested in supporting the Foundation in either a leadership role or a person(s) with a talent to share that would contribute in some other area; i.e. fundraising or planning special events that spotlight the foundations goals of research and education. Of course, any data that you wish to share with the foundation concerning special areas of interest would be greatly welcomed. Again, we are trying to collect a database that can be used as the basis to formulate future research projects.

For those of you who are interested in becoming part of a research project, we are

establishing a list of healers that would volunteer to be treaters in upcoming research projects. Please submit your name and potential area of interest to:

National Foundation for Esoteric Healing
P. O. Box 1504
East Lansing, MI 48826
877-361-1202 researchnfeh.com

Thank you for your support

Members of the Board:

Susan Zimmerman, Barb Briner, Lynn McKelvey, Mary Anne Walker, Ruth Perry

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 mariahubbuch@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.



OM PEACE BLISS AMEN