



Lifestream

NAEH Newsletter

Volume V Issue 1
January 2015

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The *Angel* of the Presence

Every human being is, in reality, like a miniature whirlpool in that great ocean of Being in which he lives and moves-----ceaselessly in motion until such time as the soul "breathes upon the waters" or (forces) and the Angel of the Presence descends into the whirlpool. Then all becomes still. The waters stirred by the rhythm of life, and later stirred violently by the descent of the Angel, respond to the Angel's healing power and are changed into a quiet pool into which the little ones can enter and find the healing which they need. (17-140)

THE SOUL,
The Quality of Life

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.

Links

Dr. Bruce Lipton - Love and Evolution are Connected

<http://biologyofbelief.wordpress.com/2014/09/18/how-is-love-and-evolution-interconnected/>

Esoteric Healing and Global Connections - The World is Waking up to EH Energy Medicine <https://www.universalmedicine.com.au/services/healing-therapies/esoteric-healing>

Dr. Norm Shealy on the Secret Code of Health and Wellbeing

<https://normshealy.com/medical-renaissance-the-secret-code/>

<https://normshealy.com/the-sacred-rings/>

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 Early and Save!
Register on-line at www.naehonline.org

By March 13, 2015 NAEH Members \$130 / Non-Members \$160

After March 13, 2015 Members \$160 / Non-Members \$185

Conference Schedule

Friday registration 8 am, conference 9:00 – 6:15 pm, reception (light snacks, coffee, tea) 6:15 pm – 7:45 pm

Saturday 9:00 am – 6:00 pm, Crystal Bowl Meditation 7:30 pm – 8:30 pm

Sunday 9:00 am – 1:00 pm, Post Conference Certification discussion (optional) 2:30 pm – 3:30 pm

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

NAEH 2015 Conference Accommodations

For hotel room reservations:
call 800.237.7600 (weekdays 8-8, weekends 9-6) or
online: <http://www.naplesbeachhotel.com/node/1905>

*Our special group rates are valid until **March 23rd**, or until the block is full, whichever occurs first. When the block is full or the cut-off date for reservations has passed the Hotel will quote rates based on availability.*

For current rates or offsite hotel options go to the NAEH Website at www.naehonline.org

Naples Beach Hotel and Golf Club



You will want to fly into the Fort Myers – RSW, Florida airport.

***Rideshare from Fort Myers Airport (RSW) to Naples Beach Hotel
or Home Sharing Arrangements***

contact Barbara Williams email: bwilliams239@msn.com

We are open to receive items for the Silent Auction if you have something you would like to donate. Additionally, we are looking for someone to organize the Silent Auction for the conference.

Please contact Catherine Finigan at dearkaz@comcast.net

For more information go to the NAEH Website at www.naehonline.org/

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.

Vertigo –

Vertigo is a sense of rotation, rocking, or the world spinning, experienced even when someone is perfectly still. When vertigo occurs spontaneously or as a result of an injury it tends to last for many hours or even days before resolving. The symptoms of vertigo include a sense of spinning or moving. These symptoms can be present even when someone is perfectly still. Movement of the head or body, like rolling over in bed, can escalate or worsen the symptoms. The symptoms are different from lightheadedness or a sense of [fainting](#). Many people experience associated [nausea](#) or [vomiting](#).

Vertigo is the result of a malfunction in a part of the inner ear called the semicircular canals. These 3 fluid filled canals are positioned at right angles to each other, and are lined with sensitive cells to act like a gyroscope for the body. This distinctive arrangement, in combination with the sensitivity of the hair cells within the canals, provides instantaneous feedback regarding our position in space.

There are a number of different causes of vertigo. The inner ear can become inflamed because of illness, or small crystals or stones found normally within the inner ear can become displaced and cause irritation to the small hair cells within the semicircular canals, leading to vertigo. Vertigo can also be the result of head injuries, strokes, and some disease processes.

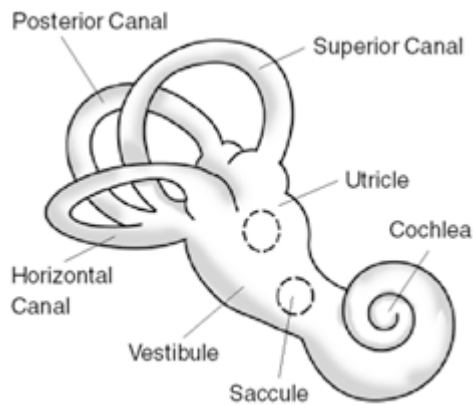
Metaphysical possibilities –

According to Lise Bourbeau, author of several books on the energetic causes of illness, "Vertigo indicates that you perceive a loss in your psychological balance. You feel you've lost your footing or your grasp on what you thought was a balanced life, even though it wasn't meeting your true needs. You may feel anguished about making a decision regarding a new direction and, as a result, your dreams remain unfulfilled. It's possible that you have just experienced a dramatic change in some area of your life that appears not quite balanced and causes you either to feel a temporary imbalance or to have others judge you as unbalanced. You have a difficult time dealing with judgment of others, even if you

refuse to acknowledge it." Louise Hay in her book, *You Can Heal Your Life*, says that vertigo is the result of feeling completely outside of things. Not belonging. Not one of the group.

Esoteric Healing considerations –

In addition to assessing the entire system for areas of restriction and blockage the focus of treatment would include all throat center triangles and the inner ear in particular. Hold the throat center and the semicircular canal minors plus either ray 1 (for nerves) or ray 3 (the ray of the throat center and related structures). You can also carefully sweep each canal feeling for areas of restriction while adding ray 3. In some cases where the little crystals within the semicircular canals have become displaced, a physical therapist, chiropractor or osteopathic physician can work with and instruct the patient in specific exercises that will help to move the crystals out of the areas that are causing the problems.



The Inner Ear and semicircular canals

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 LASAGNA

Makes 6 servings
Start to Finish: 2 hours

Ingredients

- 1 large butternut squash, peeled, halved and seeded
- 4 tablespoons extra-virgin olive oil
- 1 small sweet onion, thinly sliced
- 3 garlic cloves, thinly sliced
- 4 cups spinach
- One 15-ounce container part-skim ricotta
- 2 tablespoons fresh sage, chopped
- ¼ teaspoon nutmeg
- Kosher salt
- Freshly ground black pepper
- ⅓ cup grated part-skim mozzarella cheese

Directions

1. Preheat the oven to 350°. Lightly grease a large casserole dish with nonstick spray.
2. Prepare the squash noodles: Cut off the lower third of the squash (the part where the seeds have been removed) and reserve for another use (see Finishing Touches, below). Slice the neck of the squash into long strips that resemble wide lasagna noodles, about ⅛ inch thick. It is helpful to use a mandoline, but a long

slicing knife will also work.

3. Bring a large pot of salted water to a boil. Cook the squash noodles until they're slightly tender, 4 to 5 minutes, then gently remove the noodles with a slotted spoon.

4. Prepare the spinach: Heat 1 tablespoon of the olive oil in a large sauté pan. Add the onions and cook until translucent, 4 to 5 minutes. Add the garlic and cook until fragrant, 1 minute more. Add the spinach in batches, allowing it to cook down before adding more. Cook until all the spinach is wilted, 5 to 6 minutes.

5. In a medium bowl, mix the ricotta with the nutmeg and sage. Cover the bottom of the prepared casserole dish with a layer of squash noodles. Top with a third of the ricotta mixture and gently spread it evenly. Drizzle with 1 tablespoon of the olive oil and sprinkle with salt and pepper. Top with half of the spinach mixture. Continue layering, and finish with a layer of squash, ricotta and a final drizzle of oil. Top with the mozzarella cheese.

6. Bake until the filling is bubbly and the mozzarella is golden brown, 35 to 40 minutes. Let cool 15 to 20 minutes before serving.

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

Ask Auntie Karana

Q: Many of my clients love having Esoteric healing treatments and feel great and rejuvenated after a session but say it only lasts a few days. What is the best answer to explain this.

A: Because everyone is different, it's inexact to comment on a client's response to Esoteric Healing, how and when it affects them and how long it lasts. Many things change energy in a person: stress, illness, lack of sleep, poor diet, even severe weather. If results of a session only last a couple of days, they may be in a period of stress, too many parties, or they are generally depleted and in need of more frequent maintenance to build on stable and optimum energy..



By recommending meditation to all clients, along with EH sessions, as a way of supporting energy balance, you invite your client's participation and accountability for the condition of their energy bodies, giving them awareness and power in their daily lives.

Q: I heard animals respond instantly to the energies during an esoteric healing treatment. When treating an animal should the session be shorter than treating a person?

For this question, I wrote Scottie Putman because she and Terrill treat animals. Her answer was so succinct, I am quoting it. For more information on what they do, here is a link to their website: o-sowelu.com

A: "If the practitioner has not worked on animals before, my suggestions is to begin slowly and with great sensitivity. The animal is always in charge. They decide how long the session lasts and whether you touch or not (depending on the method you are using). One has to be very sensitive to the animal, because they sense and receive energy so much more fully than people. Sometimes they will move around while you are working, stretch, yawn, lay down (good signs). Sometimes they clearly let you know that they've had enough. They take exactly what they need and then they will let you know. Start out with short sessions and work your way to longer ones. Consider it a partnership and listen to your partner. Be open, also, to what you will receive from your partner. They almost always reciprocate the healing in one way or another. It's a most wonderful feeling."

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 Foundation for Esoteric HealingSM NFEH

Hi everyone! Hope your holidays were wonderful, full of love and good company, and great expectations for the coming new year. We have some exciting news to share. 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 www.nfehonline.org

Thank you for your support and blessings for the New Year.

Members of the Board:

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

Remembering those in our Esoteric Healing family

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



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