



# *Lifestream*

*NAEH Newsletter*

Volume VI Issue 1  
January 2016

## **Contents:**

President's Message  
Save the Date  
NAEH News  
Fran's Facts  
Links  
Feature Story  
Yummy Recipe  
Auntie Karana

## **Contributors:**

Bonnie Dysinger  
Catherine Finigan  
Christine Geith  
Kelly Headle  
Fran Oppenheimer  
Sandra Rogers  
Mary Anne Walker  
Stephanie Urdang



## THE EMERGENCE OF THE PLANETARY HEART

Eight Fundamental Principles of the Ageless Wisdom:

1. That the Spiritual Hierarchy of our Planet can and will be materialized on Earth.
2. That there has been a continuity of revelation down the ages and that from cycle to cycle God has revealed himself to Humanity.
3. That God Transcendent in the Universe is equally God imminent in man and that through human beings the three divine aspects, knowledge, love and will, can be expressed.
4. That there is only one divine life expressing itself through all the kingdoms of nature.
5. That within each human being there is a point of light, a spark of the one flame, this is the soul the second aspect of divinity.
6. That a relative perfection is possible for the individual aspirant and for humanity as a whole through the action of the evolutionary process.
7. That there are certain immutable laws governing the universe. Man becomes progressively aware of these as he evolves. These laws are the expression of the will of God.
8. That the basic law of our universe is to be seen in the manifestation of God as Love."

***Upon these 8 principles all the esoteric teaching rests.***

by Alan N Hopking

## *Message From The President*



Ready or not, the New Year is upon us. It's a busy time with many of us planning for the year ahead. But at its heart, the beginning of the New Year is a time for reflection and celebration of milestones with family, friends and colleagues. I enjoyed the holidays with my daughters age 18 and 20 here in Okemos, Michigan and then with my sister and her family in North Carolina.

We are entering our busiest time as an organization. Our conference committee is shifting into high gear for our annual April event – in Okemos, Michigan. We are moving quickly into preparing for elections to NAEH leadership positions on the Steering Committee. Carolyn Frost, who has been serving as president elect for her 2-year term, will become our president. We will also elect a new president elect at our business meeting.

At the same time we will continue to make improvements and engage our members. Our committees are working on a range of professional development opportunities, new teachers are being trained and practitioners are preparing to complete their certifications. The publications committee continues to strengthen our professional journal and the newsletter. The scholarship committee is helping enable new people to take esoteric healing classes. Our sister organization, the Foundation for Esoteric Healing, is developing a base of research for our practice. NAEH will continue to push forward in 2016 because of the dedication of our membership and its many talented volunteers.

On behalf of the NAEH officers and steering committee, we wish you a happy and creative new year!

- **Christine Geith, Ph.D., NAEH President**

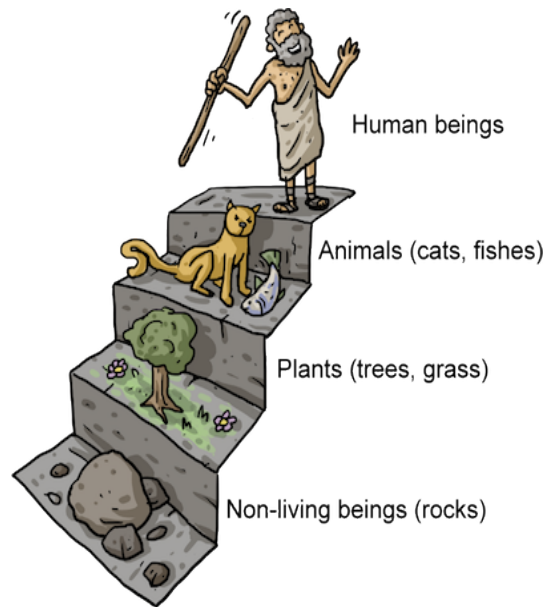
# 2016 NAEH Conference

## SAVE THE DATE

2016 NAEH Conference  
Okemos, MI  
April 15, 16, 17

*5 Facets of One  
Interplay of the Kingdoms*

*Angelic, Human, Animal, Plant, Mineral*



Back by popular demand there will be a **Blanket Raffle** and a **Silent Auction**.

Submissions for the **SILENT AUCTION** are accepted now through April 15.

Items are gratefully accepted by the NAEH Scholarship Fund:

Email information to Anshu Varma ([varma\\_anshu@yahoo.com](mailto:varma_anshu@yahoo.com)), or call/txt 517.775.7220 or simply bring item to the Conference.

## *NAEH News*

Education committee - We are working on a handbook related to starting an Esoteric Healing practice and business. Once this is finished it will be available for free on the NAEH website. We are also exploring possibilities for offering online classes in the future and identifying what topics and content would be appropriate for this type of learning.

Teacher committee - We are putting together a new website for the teachers which will help teachers to have ready access to teaching materials and the most recent syllabi for classes. Our next meeting is in January and our intention is to build and nurture a strong, cohesive and creative group of NAEH teachers. At this time we have 7 accredited teachers and 3 teacher trainees with more waiting in the wings.

Certification committee - This year we have 12 candidates for certification and all are doing very well in the process. The committee meets every 2 weeks and is currently working hard on writing, updating and putting together the exams for this certification cycle.

Conference committee - The topic for the 2016 NAEH conference is: 5 Facets of One: Interplay of the Kingdoms. We will be exploring our collaborative relationship with the kingdoms of nature (mineral, plant, animal, and human) as well as the angelic kingdom and how this relationship can enhance and impact esoteric healing treatments. The agenda for the conference is being finalized and brochures will come out soon.



***Fran's Facts:***  
***by Fran Oppenheimer RN, LMT, CPEH***

## **All About Arthritis**

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.

### **Arthritis -**

You have probably heard the word "arthritis" before and the chances are that you will see someone in your Esoteric Healing practice that has this condition. By definition, arthritis means "joint inflammation," and it's used to describe more than 100 different diseases and conditions that affect joints, the tissues that surround joints, and other connective tissue.

Arthritis can affect people differently. It's common in adults 65 and older, but it can affect people of all ages, races, and ethnic groups. In fact, about 1 out of every 5 adults in the United States — around 50 million people — has reported being diagnosed by their doctor with some form of arthritis.

### **Two of the most common forms of arthritis are osteoarthritis and rheumatoid arthritis.**

**Osteoarthritis:** Often called "wear and tear" arthritis, osteoarthritis (OA) is the most common form of arthritis in the U.S. In most cases, over time, cartilage in joints breaks down, and painful symptoms begin to occur. OA is most commonly found in the knees, hips, hands and fingers and spine. Typically, OA comes on slowly. For many, the first signs are joints that ache after physical work or exercise. As the disease progresses, other most common symptoms include: painful joints, stiffness after periods of inactivity, and swelling or tenderness in one or more joints.

While the exact cause of OA is unknown, joint damage can be due to repetitive movement (also known as "wear and tear"). It can also begin as the result of an injury. Either way, with OA there's erosion of the cartilage, the part of the joint that covers the ends of the bones. Some factors that may increase the risk of developing OA are age, gender, obesity, joint misalignment, and heredity.

**Rheumatoid arthritis (RA)** also causes painful joints but it is actually an autoimmune disease where the body's immune system attacks normal joint tissues, causing inflammation of the joint lining.

This inflammation of the joint lining can cause pain, stiffness, swelling, warmth, and redness of the affected joint. The affected joint(s) may also lose its shape, resulting in joint deformity and loss of normal movement. If left untreated, RA can worsen and destroy ligaments and joints.

RA is an ongoing disease, with active periods of pain and inflammation, known as flares or flare ups, alternating with periods of remission, when pain and inflammation disappear.

The exact causes of RA are unknown. But research has shown that several factors may contribute to the development of RA such as genetics, infection, and environmental factors.

### **Metaphysical possibilities -**

Authors Louise L. Hay (Heal Your Body), Dr. Douglas Baker (Esoteric Healing, part 2, Stress Disorders), and Dr. Christine Page (Frontiers of Health) all suggest that rigidity of thought, inability to adapt to change, resentment, being in a rut, and feeling victimized and powerless can be related to the development of arthritis. Dr. Douglas Baker also adds that self-repression, self-denial, and self-martyrdom can also be seen in many people who suffer from arthritis. Caroline Myss, in her book The Creation of Health, notes that in a study at Harvard Medical School individuals who had trouble coping were likely to have raised levels of rheumatoid factor in their blood which is closely associated with the development or presence of rheumatoid arthritis.

### **Nutritional considerations -**

Many people have found that vegetables in the nightshade family such as potatoes, tomatoes, eggplant and peppers can aggravate arthritis. This can also be said for processed foods, especially sugar. A diet high in whole foods and low in sugar can be very helpful for people suffering from arthritis.

### **Esoteric Healing considerations -**

In addition to assessing the entire energy system for areas of restriction and imbalance and treating accordingly, the focus of treatment would also include the Basic, Heart and Throat centers.

The Basic center relates to bones and is a core treatment for the spine. The Throat center relates to expression (both verbal and creative), listening and being heard, lymphatic system (important with any areas of swelling) and the connective tissues of the body including tendons, ligaments and cartilage. The Throat center is also resonant with Ray 3 which is so important in allowing the person to move into adaptability and releasing rigidity of thought. The Heart center is important in the treatment of all autoimmune diseases such as rheumatoid arthritis.

Some suggestions for treatment include:

- Balancing affected centers at all levels, especially emotional and mental
- Spine treatment; with Basic, Alta major and Throat centers; adding Ray 3 for Alta and Throat
- Throat center + affected joint + Ray 3
- Lymphatic system + Ray 3
- Voice and ear triangles, at all levels + Ray 3
- Expression (service) triangles + Ray 3
- Thymus triangle and Immune system treatment



*Fran Oppenheimer is a Certified Practitioner of Esoteric Healing<sup>SM</sup> 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.*

## *Links*

### Esoteric Healing and Arthritis

1) <http://www.light-weaver.com/healing/heal1112.html>

### 2) Energy Medicine to heal Arthritis

[http://energy-treatments.com/holistic\\_healing/holistic\\_treatment\\_of\\_bone\\_muscle\\_ligament/holistic\\_rheumatoid\\_arthritis\\_treatment.html](http://energy-treatments.com/holistic_healing/holistic_treatment_of_bone_muscle_ligament/holistic_rheumatoid_arthritis_treatment.html)

### 3) Arthritis: Inflammation from Gut Toxins

<http://www.quantumenergyhealingtherapy.com/blog/Energy+Healing+for+Arthritis.aspx>

## *Feature Story*

### **Exciting News for Esoteric Healing!**

by Bonnie K. Dysinger, M.Sc., CPEH

Esoteric Healing classes, Parts 1 through 4, have been approved to be taught at John F. Kennedy University in Pleasant Hill, California. Each class will provide 28 continuing education credits to fulfill licensing and professional development needs for Registered Nurses, Marriage and Family Therapists, and Licensed Clinical Social Workers.

JFK University Continuing Education (CE) for Esoteric Healing is approved by:

- The California Board of Registered Nursing (BRN) to provide continuing education for registered nurses (provider #02354).
- The California Board of Behavioral Sciences (BBS) to provide continuing education for MFTs and LCSWs (provider #PCE 3555).

The Esoteric Healing classes will be offered as stand-alone CE courses and are open to the general public.

At this time the following classes will be offered in JFKU's 2016 Spring/Summer schedule:

- An Introduction to Esoteric Healing – Part 1; April 21-24, 2016.
- Integration – Part 2; August 11-14, 2016.

JFKU's 2016 Spring/Summer schedule will be available online soon! Register for classes at [www.jfku.edu](http://www.jfku.edu).

While working with JFKU's Program Development Specialist, she expressed they had never had a proposal like Esoteric Healing submitted before; it is truly unique!

A special Thank You with heartfelt gratitude for their assistance and support goes out to:

- Mark Hulbert MA, LLP, CPEH, and Sheila Salama MD, CPEH, for enthusiastically providing their relevant certification case studies at a moment's notice!
- Sheila Salama MD, CPEH, for reminding me about her "Say Our Stories" article in the January 2012 NAEH Newsletter where she shared clinical vignettes of her experiences with Esoteric Healing!
- Constance McCloy EdD, PT, CPEH, for her relevant research and certification paper entitled "Using Esoteric Healing to Treat the Limbic System in People and Animals with History of PTSD or Anxiety" published in the Spring 2014 *LIFESTREAM: Journal of the NAEH*.
- Barbara Briner DO, CPEH, and Christine Geith PhD, CPEH, for their letters of recommendation, again, at a moment's notice!

All of these documents were submitted and supported the course content of our Esoteric Healing classes. They also satisfied the Course Proposal Guidelines requirement for citations in journals and publications.

So what was it that JFKU was looking for in our Esoteric Healing classes that these particular documents supported? Check out this list of what the course content must provide:



- Allow mental health professionals to maintain, develop and increase conceptual and applied competencies that are relevant to clinical practice and improve their services to the public.
- Build on well-established psychological principles and/or extend current theory, method, or practice.
- Be taught at a post-doctoral level (APA) or post-graduate level (BBS).
- Enable clinicians to provide better psychological care to clients.
- Be evidence-based and clearly supported by substantiated research within the field of psychology.
- Describe the accuracy and utility of the information presented, the basis of such statements, the limitations of the content being taught, and the severe and most common risks.
- Experiential components must expand upon the theories covered and allow participants to practice or apply the techniques presented.

I believe it is because of our NAEH that this opportunity to offer Esoteric Healing classes at JFK University was able to happen. Through the NAEH:

- We are provided with opportunities for our own continued education:
  - Through Publications we are able to write and publish articles that pertain to Esoteric Healing and share them in our journals and newsletters.
  - Our Certification process requires case studies. Case studies are used in academic and professional settings as a research method and are considered an educational opportunity to evaluate treatment methods and outcomes and share what you have learned with others.
  - The Certification process also requires an original paper that somehow relates to Esoteric Healing.
    - We wouldn't have had relevant cases studies or a published research paper without Certification and Publications.
  - Our annual conferences support our commitment to provide continued education for all Esoteric Healing practitioners.
  - We provide scholarships because we want people to learn and use Esoteric Healing to help themselves and to help others.
  - Teachers share their knowledge and skills to teach students the philosophy, techniques, and art of Esoteric Healing.
  - And lastly, we are provided an opportunity to learn how to come together as a group and be part of the New Group of World Servers. Esoteric Healing as a group provides us with a way to serve and support humanity.

The members and committees of the NAEH all contribute in some way to the continued teachings and expansion of our knowledge and of our spiritual growth through our shared practice of Esoteric Healing.



## Recipe

### Gingered Carrots & Lemon Rice

Healthy beginnings start here

Gingered Carrots  
Serves 2

- 2 cups julienned carrots
- 2 tablespoons freshly-grated ginger root
- 2 tablespoons brown sugar
- 1 tablespoon ghee
- ½ teaspoon Organic Vata Churna
- Salt to taste



1. Parboil carrots in water with Organic Vata Churna for about 3 minutes. Remove from heat and set aside.
2. In a separate frying pan, heat ghee and add ginger and brown sugar. Sauté for about 3 minutes.
3. Add carrots and continue cooking for another five minutes.

Lemon Rice  
Serves 2

- ¾ cup basmati rice
- 1½ cups water
- ½ cup fresh lemon juice
- ¼ teaspoon salt
- ¼ teaspoon turmeric
- 1 teaspoon black mustard seeds
- 2 teaspoons ghee



1. Rinse rice and add to boiling water. Cover and simmer for 20 minutes.
2. In a separate pan, heat the mustard seeds in ghee until they start popping. Then remove from heat.
3. Let mustard seeds cool, then add lemon juice, salt, and turmeric. When rice is finished cooking, add the spice mixture and mix well.

#HealthyBeginnings

vpk<sup>®</sup> by Maharishi  
Ayurveda 

## *Ask Auntie Karana*

Q: My business partner is making decisions that negatively affect both of us and I want to try and help her find clarity through Esoteric Healing. In the past, I have done treatments on her for headaches. The idea of energy work started out as a very foreign concept for her, but the sessions really helped. Since then, she's a believer in what EH can do for the body. But I know if I ask now if she'd like a treatment with nothing physical happening, she will think it's kooky. If you have worked on someone before, do you need to have permission to do it again?

A: The answer to this is always, 'Yes, you need permission.' Esoteric Healing is only done on a patient/client when specified by them. There are two exceptions to this: when a parent asks you to work on a child who is under sixteen, still forming on a soul level, you do not need the child's permission. And if a patient is unable to speak, you can tune in and ask for permission to work on them, but only do one thing: balance the chakras according to the will of their soul.

In the case of a business partner who is making negatively influential decisions, a discussion is much more in order than a treatment. Through a heartfelt exchange, she could even ask for healing, but do not conduct the conversation with that as a goal. Let her come to it on her own, or not.

Q: My husband and I are separated. At this point, we are not speaking and I would like to send him good energy. In the course of our history, I have done many sessions of Esoteric Healing on him and I want to know if it's okay to continue remotely.

A: Again, you need permission with every session. The work is always performed according to the will of the client's soul, and by not asking, you would be violating his will and self determination.

What you could do instead is, whenever you start thinking you can help him through EH, stop yourself and pray for the best for all concerned, without imposing a specific outcome. That is as energetically clean as you can get in this situation. Practice patience and trust and seek healing for yourself for support through this difficult time.



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

## *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](mailto:mariahubbuch@aol.com)

### ***Members of the Publications Committee***

*Dr. Barbara Briner, Susan Bertrand, Christine Dawson, Catherine Finigan, Stephanie Urdang  
and Mary Anne Walker*



**OM      PEACE      BLISS      AMEN**