



Lifestream

NAEH Newsletter

Volume VII Issue 3
June 2017

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Sandra Rogers
Diane Rolka
Anshu Varma
Mary Anne Walker
Stephanie Urdang



The heart of man is like a globe over the light of the soul. When the globe is dusty, naturally the light is dim. When it is cleaned, the light increases. In fact, the light is always the same. It is the fault of the globe when it is not clear. When this radiance shines out, it shows itself not only through the countenance and expression of a man, but even in the man's atmosphere.

Bowl of Saki, June 15, by Hazrat Inayat Khan

Message From The President



Carolyn Rose Frost
NAEH President 2016-2018

Looking back over the last year, the NAEH Steering Committee held 11 monthly meetings, saw growth and new policies on sub-committees, hired a part-time Administrator, Conference Event Planner, and a Conference Support person. Membership has increased with regular communication through our quarterly newsletters and bi-annual journals. Members have been contributing their case studies to the NFEH and facilitating EH research. We stepped into the world of technology, recording committee meetings and we videotaped our conference. It has indeed been a year of creativity and energy guiding us into the future. What an energizing and informative 2017 Conference on The 7 Rays! A big “thank you” goes out to all committee members and volunteers who made this a successful event. It was wonderful to renew friendships and interact with our EH Community. Your participation in the Silent Action and Blanket Raffle made it possible to present the Scholarship Committee with \$1,492.60.

At this time the Steering Committee welcomes back Constance McCloy (California) and Bonnie Dysinger (California). Both ladies currently join our meetings at 7am PT, what dedication! We wish farewell and a thank you to past Steering Committee member, Kevena Vaughan.

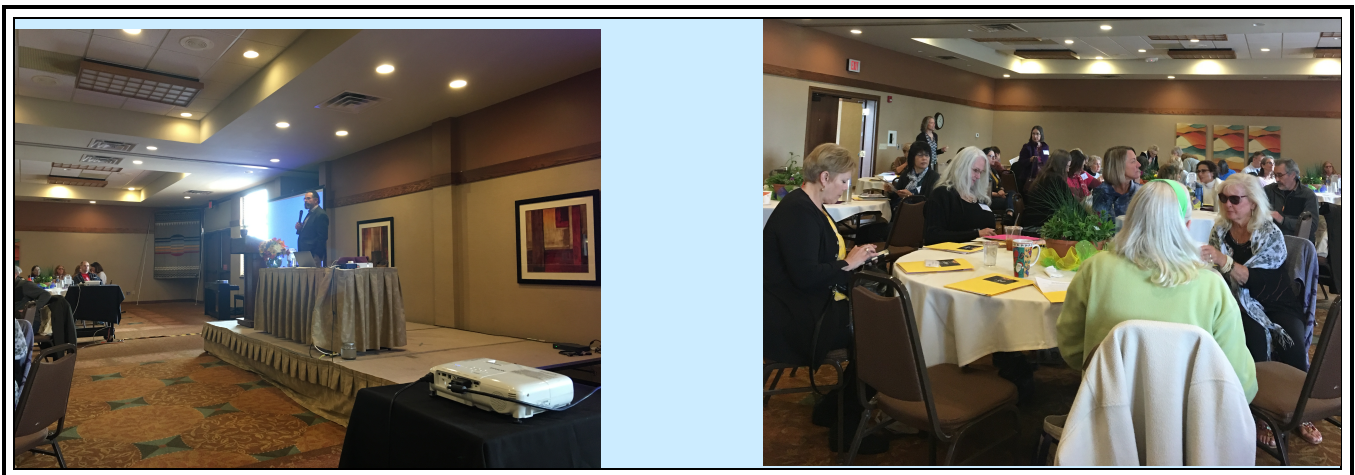
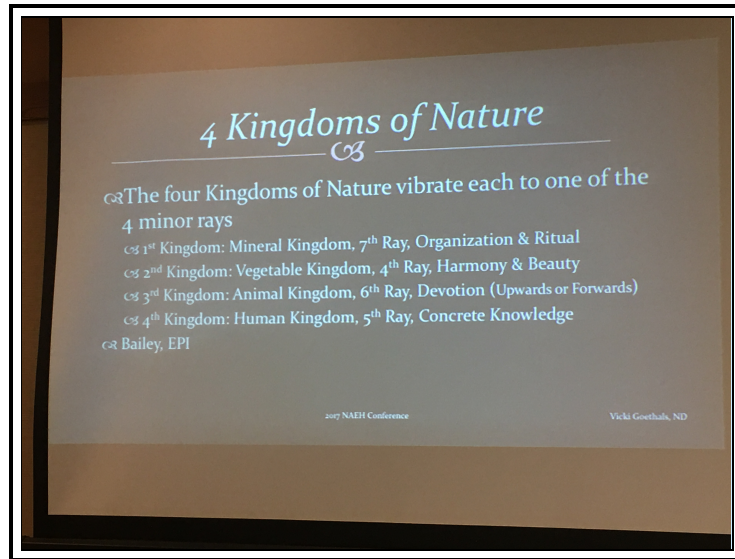
The NAEH Committees continue to work through the summer. Thanks to all members for their dedication and commitment. I would like to give some recognition to our Newsletter editor, Catherine Finigan and Journal editor, Susan Bertrand, along with their Publications Committee, for the outstanding work, and contribution. It is always a delight to see and read the informative articles. If you have suggestions or ideas to share, or would like to contribute material, please contact the Publications Committee at dearkaz@comcast.net. Input from our membership is important.

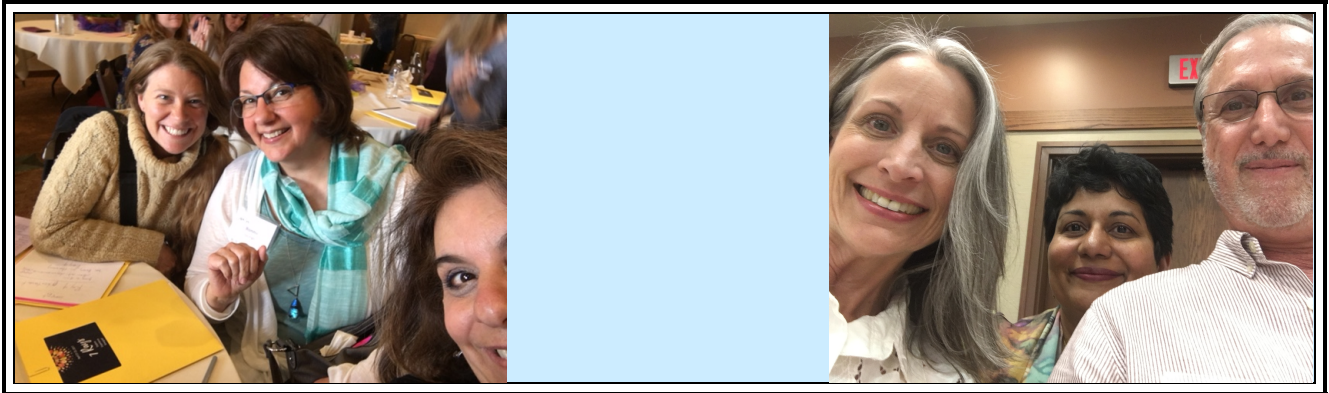
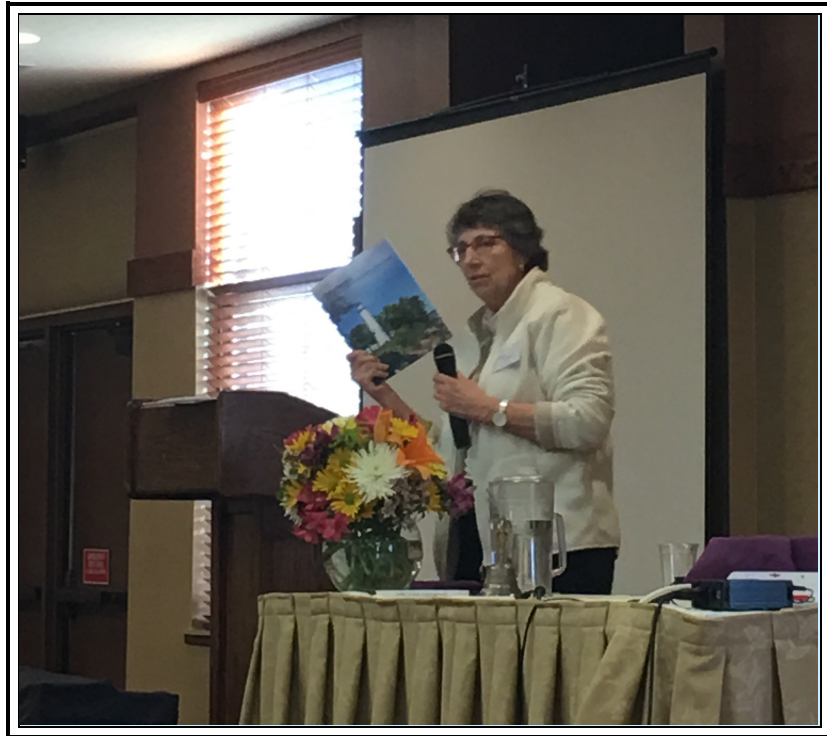
My blessings to you all as you enjoy your summer activities.

Namasté

Carolyn Rose Frost
NAEH President 2016-2018

NAEH Conference





Survey of NAEH Certified Practitioners

By Constance McCloy

During the past 6 years the NAEH Certification Committee has had the honor of supporting many Esoteric Healers through the process of certification. Currently the NAEH has 58 Certified Practitioners of Esoteric Healing (CPEH). If you've ever seen the faces of these individuals when they received their certificates in front of the audience at the NAEH conferences, you'll have noticed there was both "relief" that they'd passed their tests, but also a gentle (or wide!) smile of happiness within themselves for having "walked this walk."

Over the years, the Certification Committee has observed that certification is a process of growth that often yields the unexpected, is generally "more than was bargained for," and seems almost universally positive. However, we also wanted to know more about the impact of certification on the lives of CPEHs. So, we decided to do a survey and ask them a series of questions that get at the issue of: "why get certified?" Eleven out of 54 CPEHs (at that time) responded to the survey. This article provides a summary of their responses.*

We first asked participants about their "original" reasons for becoming certified. We found that some practitioners wanted to further strengthen and ground their knowledge of Esoteric Healing, and they thought the certification process would support that. Many said that certification was a natural "next step" after completing their classes; working on the certification tasks and having communication with their advisors helped them stay connected to the work and continue to grow in it. Others said that they just "knew" that they were to pursue certification. One stated: *"Like a match being struck, this is something I must do!"* For some, working on certification was a re-dedication to the work of Esoteric Healing; it got them back on track. Some participants originally were motivated to achieve certification so that they would have a useful and recognizable credential (i.e., for clients and agencies). When CPEHs were asked whether the certification process had "met" their original expectations, the majority of participants responded "yes" and two stated it exceeded their expectations; no one said it did not meet their expectations.

We next asked the CPEHs to describe any "unexpected gifts" they'd received by completing the certification process. Nearly all respondents reported that the certification process increased their confidence in themselves and in their practice. Many said that while the certification tasks and tests were challenging, they also were validating. For example, one CPEH stated: *"It gave me more confidence... certification is like one giant string of tests. You THINK you know. But certification forces you to get your ducks in a row, and then across the street. Then you KNOW you know."* Another CPEH had a different view of how certification impacted their self-confidence: *"My self-confidence in what I am led to do, whether as a practitioner or in other areas of my life, has increased. Letting go of always having observable outcomes, knowing that Spirit is present and working in ways we may not currently understand or see, has been invaluable."* Another respondent said: *"Certification was a process where I looked within and found at my age, I could still learn and put my knowledge to good use. It showed me that we are still all learning and gave me a clearer understanding of why we bring dis-ease to ourselves. It gave me an understanding of others, family and friends and I could look at all sides of the picture to see how I could best help."*

One respondent noticed both "positive" impacts of the certification process as well as a "challenging" one: *So many gifts we take for granted or don't think of as a gift because we accept this as a new norm. I would suggest that with each and every day of gratitude for this knowledge and learning, I am gifted with higher intuition, greater abilities to serve as a tool for*

Spirit. It's also been a difficult journey in that I have grown in directions that have taken me away from old friends and college pals...our value systems have taken us on different pathways. It can be lonely at times."

For some CPEHs, becoming certified brought the gifts of a clearer understanding of Esoteric Healing, continued growth of self and others, and trusts in Spirit. Other respondents noticed that the certification process gave them more ease with explaining Esoteric Healing and recommending it to family and clients. Some survey participants reported that as soon as they became certified, more clients contacted them for treatment (without marketing).

Nearly all of the CPEHs talked about the joy of making new friends in the Esoteric Healing world via their certification "study groups" and "study buddies." Some said they've continued contact with these friends and some groups are still meeting years after certification.

We next asked the CPEHs to identify the "challenges" they experienced when going through the certification process and how they were able to overcome these challenges. One to three respondents reported at least one of these challenges: 1) having enough time to complete certification tasks; 2) writing the paper; 3) treating enough clients to complete the work log; and 4) finding certification was a lot of work. Ways the CPEHs overcame these challenges were through using persistence, studying in groups or with a partner, learning to prioritize their time, studying hard, and conversing with their advisor. The majority of CPEHs also emphasized they'd received many gifts from these challenges.

The next item on the survey acknowledged that the NAEH certification program is an evolving one, and asked CPEHs for suggestions that would support this evolution. Suggestions included: 1) share the survey results with Esoteric Healing practitioners; 2) explore certification tasks geared to a variety of learners; 3) align with EH practitioner groups worldwide; 4) re-examine the certification renewal fee; 5) encourage future certification candidates to find a "study buddy" or join a study group. Three participants said they would not change anything or they couldn't think of anything that might need to be changed.

Finally, we asked the CPEHs whether they would recommend the NAEH certification process to others. Eight out of the 11 answered an unequivocal "yes," and 3 said "yes" if that person has felt a call to do so and feels ready to pursue certification. No respondents said they would not recommend certification.

While the number of respondents for this survey was small (sample was 20% of total), the feedback these CPEHs provided was valuable. The Certification Committee has reviewed this feedback and used it in its efforts to attend to the quality and integrity of the certification process.

The Certification Committee had another reason for conducting this survey. It was our hope that by sharing this feedback from CPEHs, other Esoteric Healing practitioners might see certification's gifts and challenges, be encouraged to look within and "ponder" whether it is time for them to also take this journey. As one CPEH so eloquently said, *"If you feel a call, this is a wonderful process. It strengthens your inner and outer self, allowing you to discover new aspects, relationships, connections and perceptions. Your relationship with Spirit is strengthened. Some benefits are immediately observable, but most, in my experience, are subtle, filtering through for years to come."*

*A copy of the survey results handout provided at the NAEH conference can be found at www.naehonline.org under the "Certification" tab

Certification News



Congratulations to our newest Certified Practitioners of Esoteric Healing! Pictured from left to right: Mary Haering from Lansing, Michigan; Steve Kramer from Leyden, Massachusetts; and Nathalie Rawat from Miami, Florida. Mary, Steve, and Nathalie were presented with their CPEH Certificates during the annual 2017 NAEH conference.



We had a total of 20 CPEH from across the United States in attendance for our CPEH Celebratory Dinner at Dusty's Cellar on Thursday, April 20, 2017. We had 2 CPEH from California; 1 from Colorado; 4 from Florida; 2 from Indiana; 1 from Massachusetts; 7 from Michigan; 1 from North Carolina; 1 from Texas; and 1 from Wisconsin.





The members of the Certification Committee are the Advisors for the Certification Process (ACPs). The ACPs are all Certified Practitioners of Esoteric Healing and help guide candidates through the certification process and answer questions they may have. Our Committee members since 2011 are Fran Oppenheimer, Barbara Briner, and Bonnie Dysinger. Our Committee members since 2013 are Constance McCloy and Alisa Petruzzi.

NEW for Certification!

New to the certification process in 2017 is an earlier application due date of June 1 that gives candidates 3 additional months to complete the first phase of their certification requirements. Also to help candidates stay on task and reduce their stress by not having everything due at the same time we have staggered the due dates for their general treatment format, 3 case studies, paper, and treatment log. We envision this to be a smoother flow for the certification process.

Visit our Certification Tab on the NAEH website at: <http://www.naehonline.org/certification/> where you'll find the following information:

- Certification Application
- Certification Program Handbook
- Videos for the completing the application and a review of the Program Handbook
- Sample documents
- Timelines

If you have any questions about our NAEH Certification process, please contact Bonnie Dysinger, CPEH at bkdysinger@aol.com or call 517-281-1706 (PST).

NFEH News

The National Foundation for Esoteric Healing is seeking practitioners to lead research projects, and/or gauging interest of our membership to serve as treaters in projects that others are leading. We are also interested in learning more about esoteric healing treatments that you are documenting.

Please also rate us to raise the profile of the organization:
<http://greatnonprofits.org/org/national-foundation-for-esoteric-healing>



National Foundation
for Esoteric Healing

P.O. Box 1504
East Lansing, MI 48826
researchnfeh.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 us 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.

Focus on Joint Replacement Surgery:

One of the more life changing surgical options available today is joint replacement surgery. In the past, when hips and knees wore out or were badly injured, people would have increasing loss of mobility to the point that they became wheel chair dependent. Today, with new technology and newly developed materials, joints can be replaced and mobility restored. The most commonly replaced joints are hips and knees with approximately 7 million Americans living with at least one replaced hip or knee. In addition, it is possible to replace shoulder, ankle, elbow and wrist joints. The most common reasons for joint replacement are arthritis, either osteo or rheumatoid, obesity, bone fracture (break), and diseases or medical treatments that damage joints or bones. Ultimately it is an increasing level of pain and decreasing level of mobility that lead most people to seek joint replacement surgery. In addition, joints may need to be replaced as the result of an accident or trauma that results in severe damage to the joint or bone(s). While joint replacement surgery is commonly performed it is still major surgery with a painful recovery. Post-surgical medical treatment will include pain control, physical and occupational therapy and exercises. Most people have good outcomes from this type of surgery and will get 10-20 years of function from an artificial hip or knee joint.

As Esoteric Healing facilitators we can offer treatment before, during and after surgery and as the recovery or rehabilitation process proceeds. It can take up to 3 months to return to most activities and 6 months to a year to fully recover to maximal strength and endurance following hip or knee replacement.

Metaphysical considerations:

In her book "Heal Your Body", Louise Hay suggests that hip problems may be related to fear of moving forward in major decisions or a feeling that there is nothing to move forward to. In the case of knee problems Hay suggests that they may be related to a stubborn ego and pride, an inability to bend or yield, inflexibility and a refusal to give in. Author Christine Page in her book "Frontiers of Health" suggests that hip issues may represent a fear of change, insecurity and a need to control one's environment. She also states that problems in the knee may be related to inflexibility and pride, which is covering underlying feelings of inadequacy and low self-esteem.

Esoteric Healing considerations:

In addition to assessing the entire energy system for areas of restriction and imbalance and treating accordingly some more specific treatment related to joint replacement surgery would be:

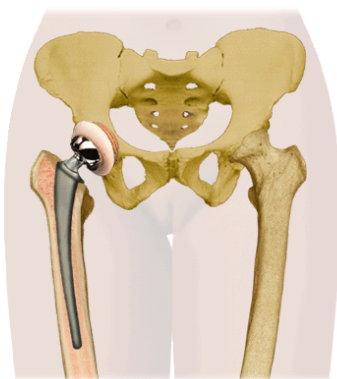
- Circulatory system: Heart center + arteries (sweep away from heart) and then veins (sweep toward heart) + joint replacement site + Ray 2
- Lymphatic system: Throat center + lymph drain points; then do lymphatic system protocol + Ray 3
- Basic center + Joint replacement site
- Sacral center + Joint replacement site
- Throat center + Joint replacement site

- HC + Vagus point + Ray 2
- Vagus triangle: Ajna + Alta + Vagus point
- Autonomic nervous system treatment
- Fear and courage triangles
- Shock triangle
- Lower extremity/ grounding triangles
- Immune system triangle
- To increase red blood cells if person has had large blood loss during surgery: Bone marrow + Spleen + HC + Ray 2

In addition, please refer to the Fran's facts article on pre- and post-surgical considerations published in a previous newsletter and available on the NAEH website: naehonline.org

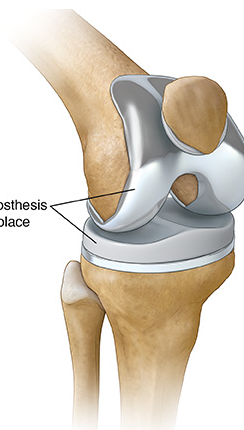
Hip replacement

Example of an Artificial Hip



Knee replacement

Prosthesis in place



"Hold on -- I'll remember what the knee bone is connected to if I start at the beginning of the song ..."

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.

Ethics

By Shauna Edmonds

Ethics – A Perspective for The Practice of Esoteric Healing

There are differences of opinions in the world about what is right and wrong on almost any issue. With Esoteric Healing, the use of ethics is important not only when working with the energetics of another person but in creating our part in right human relationships. This is the reason we are creating a series of short articles focusing on points of ethics that truly need to be acknowledged and discussed.

The subject of ethics is vast. Each group whether it be energetic healing groups, social workers, as well as our physicians of various modalities, each has its own ethics and for the most part I believe they are quite similar. Ethics is a moral code used to guide more than control; rules of behavior based on ideas about what is morally good and bad. We all have that innate quality of goodness. However, we also have our own ideas of what is right and wrong. We have our own set of values.

Ethics and values are essentially two different entities. A code of ethics is guidance that is given for us to follow while values are the criteria by which we make our choices. According to the dictionary, values are a person's principles or standard of behavior; one's judgment of what is important in life. Ethics and values don't have to match. We can uphold an ethical code for fear of punishment, not because we hold that code to have value. For instance, my ethics have not changed much over the years while my values continue to evolve.

We all want a clear line of divide between right and wrong but life is not so simple and can be confusing making it difficult to elicit sound ethical decisions. Within our everyday life we face choices of should or shouldn't. I personally like using the "Mother Rule" - what would mom say if she knew? Or grandma? What does my soul tell me?

We will be delving into various statements that have been given out with the desire for thought and discussion. For example, this list was presented to me in my first EH class in 2004.

As An Energy Practitioner, I Agree to the Following Code and Standards:

1. I will at all times use the energy of love as a basis for my solicitude.
2. I will not interfere with the will of another person.
3. I will maintain myself and my intentions in integrity, being complete and undivided when participating and facilitating.
4. I will at all times practice knowing, intuitiveness, and empathy and continually engage in the quest thereof.
5. My intention shall always be directed for the good of the participant and I will never use my emotions or my desires to guide my intentions concerning the participant.
6. I will continue to learn and seek self-knowledge and the knowledge of others in order to benefit those who seek my assistance.
7. I will always believe in or know my ability to facilitate healing energy.
8. I will not promote or accept sexual advances.
9. I will not profess to have been chosen by divinity, a creator, or a higher intelligence to heal others.
10. If healing occurs, I will never profess to have been solely responsible.

We will be addressing the above list and also the ethics of a NAEH member and a NAEH CPEH in future articles with more specific focus. The NAEH lists may be viewed on the NAEH website Alice Bailey writes in "From Bethlehem to Calvary", page 279, quoting Dr. Schweitzer: "Civilization originates when men become inspired by a strong and clear determination to attain progress, and consecrate themselves, as a result of this determination, to the service of life and of the world. It is only in ethics that we can find the driving force for such action, transcending as it does, the limits of our own existence."

Ask Auntie Karana

Q: One of my Esoteric Healing goals is to create new protocols. I know that most people do this through meditation. But I haven't had much luck getting there. In fact, there has been no inspiration at all. Maybe I'm thinking too generally but coming up with something that has relevance has totally evaded me. Do you have any suggestions?

A: There are plenty of Esoteric Healing protocols in existence. When you learn most or all of them, your knowledge will be vast. New ways of looking at an issue can only show up in a thorough understanding of anatomy, the connections and functions of each organ, gland and system, the Rays, and your ability to receive through meditation. With all those pieces in place, and in listening to your client's particular issues, inventive associations are available to you.



The other approach is to think of a treatment design that doesn't yet exist. Find out everything there is in EH to cover all the required points. Approach it through the physical, emotional, mental and spiritual levels. In any case, creating new protocols is a natural extension of knowledge, service, and meditation. That's when the Mother of invention reveals her knowing face.

Q: I feel like I'm losing steam in my practice as an Esoteric Healer. Several close people are ill or getting older, and it's difficult to show up for them and my clients too. What can I do to get to the inspiration I felt when I first discovered this practice?

A: Caregivers must make time for renewal. Until you find your own balance, begin by limiting how many clients you see. And know that when you do work, if you are properly aligned and attuned in meditation and connection to the source, and if focus and intentions are clear, what goes around comes around. Energy work is restorative to the giver as well as the receiver.

Whenever you can, take the opportunity to connect to the earth. Go on walks, breathe deeply, do the nervous system protocol on yourself, or get in a bath with cleansing salts. If you spend a few minutes a day meditating and doing at least one of these things, you will be feeding your body, your emotional and mental needs, your soul. And only then will you be able to do your best work on loved ones, clients, yourself.

Esoteric Healing Study/Practice Group

Naples, Florida

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

Benicia, California

Esoteric Healing practice group meets the 4th Tuesday of each month with Bonnie Dysinger.
For details email bonnie@gtheal.com or call 517-281-1706.

Ann Arbor, Michigan

Diane Rolka and Mei-Ying Moy have been gathering on an irregular basis for a Study/Practice Group in the Ann Arbor area for over a year. Our intention is to have a more regular commitment with dates set through the end of 2017. In the past we've met at each other's home on Saturdays from 2-4p. We take time to meditate, review an aspect of Esoteric Healing and practice on each other and share our experiences. We are open to evolving in our service.

Dates for this year are as follows:

7/15, 8/26, 9/16, 10/7, 11/18, 12/9

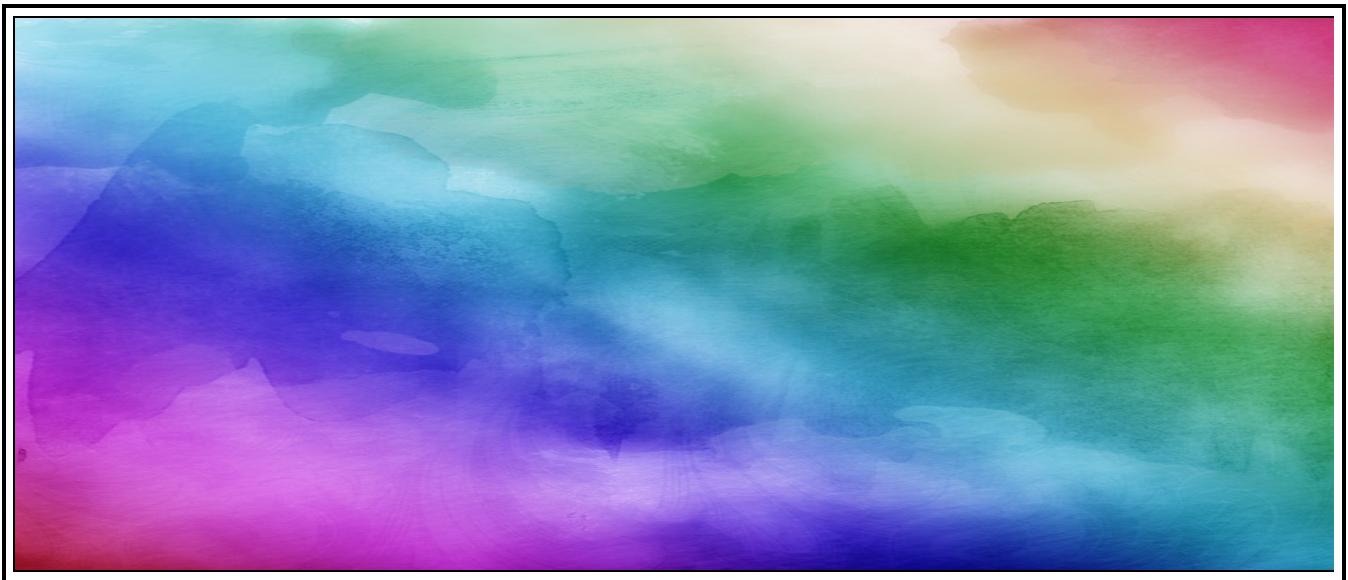
Kindly call ahead for location determination.

Diane Rolka

517-881-7789

Members of the Publications Committee

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



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