



# Lifestream

NAEH Newsletter

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*Blue Moon - Second Full Moon in June*

## FESTIVAL OF GOODWILL

"The establishing of certain major festivals in relation to the moon, and in a lesser degree to the zodiac, will bring a strengthening of the spirit of invocation and the resultant inflow of responsive influences. The truth lying behind all invocation is based upon the power of thought, particularly in its telepathic nature, rapport and aspect. The unified invocative thought of the masses and the focused directed thought of the New Group of World Servers constitute an outgoing stream of energy."

The Externalisation of the Hierarchy

[http://www.lucistrust.org/books/alice\\_bailey\\_books/paperback/the\\_externalisation\\_of\\_the\\_hierarchy](http://www.lucistrust.org/books/alice_bailey_books/paperback/the_externalisation_of_the_hierarchy)

## *Message From The President*



Congratulations and a big thank you to all involved with the NAEH 2016 Conference in Okemos, MI. The conference was amazing and for me, it was an extraordinary conference. Friday, I was interviewed and accepted by our Teacher Training Committee and on Saturday it became my honor to serve as your new President. Conference Evaluations sheets were very positive and your suggestions were noted for upcoming conferences. I enjoyed meeting members and listening to their EH stories.

My thanks go to Past President Christine Geith for her continued support and guidance. At this time we welcome our new Steering Committee members: Shauna Edmonds CPEH (Texas), Diane Rolka CPEH (Michigan) and returning member Dr. Barbara Briner, CPEH (Michigan). We wish farewell and a thank you to past steering committee members, Terrill Putman and Angie Hoogterp.

One of our NAEH's objectives is, "Sponsoring conferences to help support practitioners of this work and to bring awareness of the field of Esoteric Healing into mainstream society." Helping us with this objective is the National Foundation for Esoteric Healing which was established "to integrate knowledge of energy medicine within the greater scientific community of health and healing practitioners." We can assist the NFEH with their research by sending in our case studies, or signing up to participate in a research project. I urge you to consider one, or both, of these options. We need to make "Esoteric Healing" a household word. You can mail a copy of each case study to: National Foundation for Esoteric Healing, PO Box 1504, E. Lansing, MI 48826, or send them electronically to: [info@researchnfeh.org](mailto:info@researchnfeh.org). You could even use your phone to take a picture of your notes and email the images. If you go to the Foundation's website at [researchnfeh.org](http://researchnfeh.org), there is a spot in the upper right that says "Submit Forms" & a "Contact Us" spot below.

My Blessings go to you all on this first day of summer.  
Namasté

Carolyn Rose Frost  
NAEH President 2016-2018



Certification committee –

**Certification Applications are due by September 1, 2016.**

The Certification Committee is preparing for our next round of applications for those of you interested in becoming a Certified Practitioner of Esoteric Healing.

We have prepared a helpful video to walk you through the application process. You may view this on the NAEH website under the Certification tab. Or Click Here

<https://www.youtube.com/watch?v=J5w1bqOD4rk>

We have made a few updates in the Certification Handbook. We also plan to create a helpful video to walk you through the handbook as well. When the video is ready you'll be able to view that on the NAEH website under the Certification tab. In the meantime, we encourage you to read the handbook before you submit your application so you know what is expected of you as you journey through the certification process.

New this year! Certification candidates will have the option of creating a PowerPoint presentation in lieu of writing an Original Paper. The criteria for creating a PowerPoint presentation is in the handbook.

If you are wanting to apply for certification but still have questions about the application or handbook, you may contact Bonnie Dysinger, CPEH by email at [bonnie@gteal.com](mailto:bonnie@gteal.com) or by phone at 517-281-1706 PST.

Certification Committee Members are all Certified Practitioners of Esoteric Healing: Barbara Briner, Bonnie Dysinger, Constance McCloy, Fran Oppenheimer, and Alisa Petruzzi.

We look forward to receiving your application!

## *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.

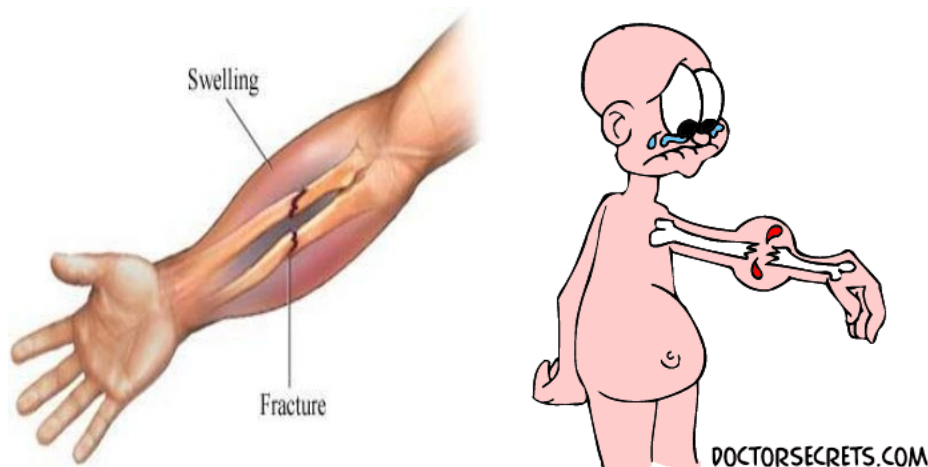
### **Focus on Bone Fractures -**

Bone fractures, commonly referred to as broken bones, is a medical condition in which there is damage to the continuity of a bone or bones. Bone fractures can be the result of a forceful trauma, as in a car accident, fall or sports injury. They can also result from seemingly minimal trauma where certain medical conditions exist that weaken the bones such as osteoporosis, repetitive stress/use or bone cancer.

Fractures of the bone can be incomplete which means there is a crack but the bone is still partially joined or it can be a complete fracture where the bone fragments separate completely. Complete fractures can result in a bone broken into two pieces or they can be more complicated with several breaks and fragments.

In all cases of bone fracture there is pain, swelling and bleeding from the bone and surrounding tissues. This can range from minor bruising to serious bleeding depending on the bone or bones involved and the severity of the fracture. There can also be muscle spasms as muscles attempt to hold the bone fragments in place.

All bone fractures require medical attention and will be diagnosed by Xray, CAT scan or MRI. Treatment will vary depending on the type, severity and location of the fracture. Sometimes a simple splint can be applied but more often the bone will need to be realigned (set) and placed in a cast to keep it immobile while it heals. In cases where the bone(s) cannot be realigned easily, surgery will be required and rods, pins, plates, or screws will be used to bring the bone fragments into position where healing can occur. Once the bones are in the realigned position they have the ability to regrow across the fracture site(s) and even to remember and recreate their correct shape as they heal. Most bone healing will be complete in 6 to 8 weeks.



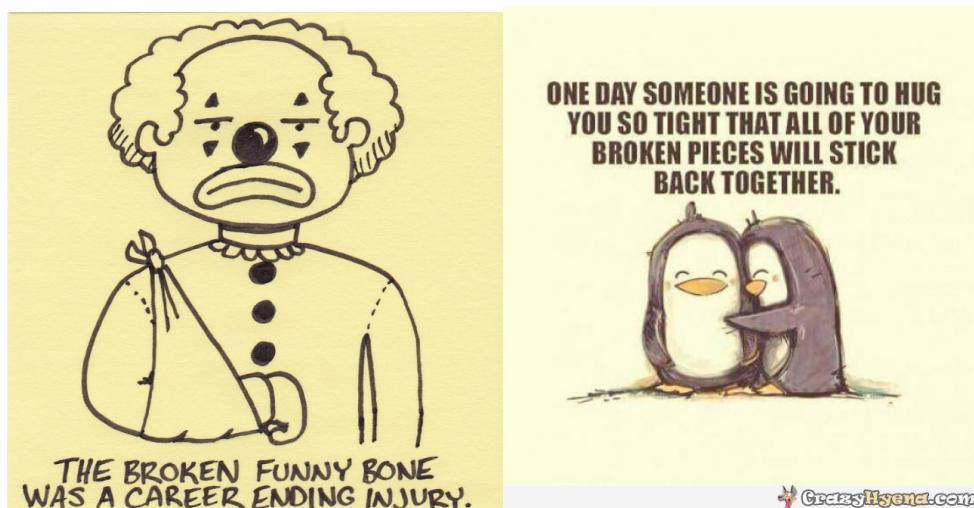
## **Metaphysical possibilities -**

Authors Louise L. Hay (Heal Your Body) and Dr. Christine Page (Frontiers of Health) both relate issues with bones to the basic structure of our lives through which we feel the lack of support. There can sometimes be clues to an underlying issue when considering the location and side of the injury. For example, fractured bones in the feet or legs may be related to feeling unsafe, ungrounded or fearful of moving forward. Injuries on the left side may relate to issues of feeling safe standing up for self and injuries on the right side may relate to fear of moving forward in one's life or how we relate to others. Pelvic or Lumbar spine injuries could be related to discomfort or dysfunction in relationship; to self, to others, or to being on the Earth. These are only suggestions but if we pay attention to the pattern of injury and note the energy patterns in a person's auric field clues may emerge that can assist in the healing process on a holistic level.

## **Esoteric Healing considerations -**

In addition to assessing the entire energy system for areas of restriction and imbalance and treating accordingly some specific treatment related to the fracture(s) would be appropriate. Bearing in mind that all bone fractures will result in bleeding from the fractured bone, swelling of surrounding tissue, pain, and emotional shock/trauma the following are recommended:

- Circulatory system: Heart center + arteries (sweep away from heart) and then veins (sweep toward heart) + fracture site
- Lymphatic system: Throat center + lymph drain points; then do lymph system protocol
- Basic center + fracture
- Sacral center + fracture
- Throat center + fracture
- Fear triangle
- Courage triangle
- Vagus triangle
- Shock triangle
- Immune system triangle
- Grounding triangles



*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*

- 1) Energy Medicine in Healing Fractured Bones  
<http://www.selfgrowth.com/articles/energy-healing-for-broken-bones-techniques-you-can-use>
- 2) SOAP "Plan" to aid in healing bones  
<http://www.betterbones.com/bonefracture/speedhealing.pdf>
- 3) Doreen Virtue <http://www.healyourlife.com/are-you-a-lightworker>

## *Recipe*

### **Golden Milk**



Turmeric, or haridra in Sanskrit, is bitter, astringent and pungent in taste. In ayurveda, each taste has a relationship with the balance of the doshas. Turmeric contains balancing qualities for all three doshas: its “hotness” balances Vata and Kapha; its dryness and its pungent and bitter tastes balance Kapha; and its bitter taste also balances Pitta; making it tri-doshic!

Turmeric has many positive benefits: it supports detoxification for the liver; promotes a healthy response to allergens and a healthy immune response; assists digestion; helps purify the blood; and promotes health of the lungs, circulation and nervous system. Turmeric contains curcumin, a flavonoid which supports a healthy inflammatory response, thereby promoting general well-being.

This recipe is especially good for lung health!

### **Ingredients**

1 cup of whole organic milk

1 teaspoon turmeric powder

A sprinkle of black pepper, A dab of ghee, Honey or organic sugar to taste

### **Directions**

1. Place milk in a saucepan over low/medium heat.
2. Bring to low boil.
3. Let the milk simmer for a few minutes, stirring occasionally.
4. Turn off heat, and allow the mixture to cool to a warm drinkable temperature.
5. When the mixture has cooled, add honey or sugar to taste.
6. Serve warm.

It is important that the honey not be added to the hot milk, as heated honey is considered toxic (very hard to digest and changes form) in ayurveda.

## *Ask Auntie Karana*

**Q:** My client is a 31 year old female in a new relationship. As a child, she was abandoned by both her father and her stepfather, and then raped at the age of 18 by her employer. Due to her insecurities with her boyfriend and her distrust of men, she began EH treatments with me. How can I best treat her to release these deep seated issues?

**A:** Even though Esoteric Healing may be all your client ends up doing, in deeply emotional issues, it is good practice for a practitioner to inform the client that EH is not the same or a replacement for the therapeutic process. The choice to add therapy is hers and you will have let her know you are working with energy and spirit, as opposed to emotional issues and her history. From that basis you can proceed.



After aligning, attuning and assessing, to connect and root spiritual energy down to her basic chakra, do her higher centers. A general balance and tuneup of all centers may help her release deep seated fears. Explain about the solar plexus and heart chakras as 'love and wisdom' to help her understand healthy love and what happens when it goes awry. Do the petals of the heart and trace the four quadrants. Always balance the nervous system, the shock triangles, the courage protocol, the emotional and mental bodies. Encourage her to practice daily squared breathing to calm her systems and reactions.

**Q:** My client is in advanced stage of Alzheimer's, but still lives at home and is physically active. Mentally, he is very confused, unable to identify items by their names, and his ability to do his daily grooming and dressing activities have deteriorated. His consciousness thread is no longer attached. What can I do to improve his awareness?

**A:** Over all tuneups, including the nervous system, all head protocols, will encourage connections and function. Doing the spokes and rows daily helps with awareness. Balance the sheaths of the Manasic, the Buddhic and the Atmic centers, and especially the Manasic, the 9th center which has to do with the frontal lobes, new ideas and memory, and the Atmic, the 11th center, which deals with memory and focus.

Behind the temples is where language is processed, especially nouns, called the eloquence cortex. Google for its exact position and balance with the ajna.

*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**

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)

### **Benicia, California**

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

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

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



**OM PEACE BLISS AMEN**