



Lifestream

NAEH Newsletter

Volume VIII Issue 7
June 2018

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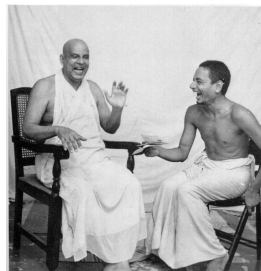
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The Path



***"No one saves us but ourselves.
No one can and no one may.
We ourselves must walk the path."
-- Gautama Buddha, Sayings of Buddha***



***"The Simple Path
Silence is Prayer
Prayer is Faith
Faith is Love
Love is Service
The Fruit of Service is Peace"
-- Mother Teresa***



Let each man take the path according to his capacity, understanding and temperament. His true guru will meet him along that path."

Message from the President



As I begin my two year term as President of the NAEH, I am filled with excitement and enthusiasm. The NAEH has moved into the next phase of its existence and is now a Michigan non-profit corporation. In the not too distant future our vision is to become a federal non-profit corporation or 501c3 which will give us tax exempt status. Our Board of Directors is working hard, with the assistance of Board member Gabrielle Frampton, attorney at law, to make this a reality.

We now have eight active committees, 148 members, 54 certified practitioners and 3 new Board members. There are many ways to get involved!

The recent NAEH annual conference in Michigan was a resounding success and was well attended by 107 people who took pleasure in the joys of gathering in community while learning new approaches to Esoteric Healing and the Solar Plexus. For those of you who attended I think you will agree that this year's conference was smooth and professional due to the hard work of conference coordinator Anshu Varma, a dedicated conference committee and small army of volunteers.

Our NAEH website has undergone an overhaul, thanks to Chris Geith. Bonnie Dysinger and the education committee, and is now more user-friendly and filled with interesting and useful information. Keep an eye on the 'Members Only' area as more content is still being added. One current project is to add a link to the minutes of our various committee meetings for those of you who would like a better idea of what makes your organization tick. Who knows, you may feel called to join a committee and share your time and talents.

If you have any questions or comments please contact the NAEH office at info@naehonline.org or call/text our new telephone number (517) 898-0271. We are here to support and listen.

I am grateful for the opportunity to be a part of this group energy that we call the NAEH and look forward to an exciting and growth filled year ahead.

Many blessings,
Fran Oppenheimer
NAEH President 2018-2020

NAEH 2018 CONFERENCE

The NAEH Conference was a great success! It was enjoyed by over 100 attendees. Enjoy the photos taken by Joan Stansberry - THANK YOU JOAN!!!



***New NAEH President Fran Oppenheimer
Founding President Barbara Briner***



***Newly Certified
EH Teachers
Katie Mulligan
Alisa Petruzzi***



***Pendelton Blanket Winner
Chris Geith***



***Mediterranean
Dinner Friday***



***Chuck Pisa
(Video Production Volunteer)***



***Journeying led by
Chris Geith
with her Bear Drum***



**Anshu Varma
Joe Cordes**



**Mei-Ying Moy
Martha Bristor
Irene Savoyat
Sheila Salama**



**Alice Kitson
Kelly Headle**



**Kathy Pavelka
Lee Ossenheimer
Shannon Wirth**



**Bonnie Dysinger
Deb Goro**



**Karen Brown
Patsy Hubert
Debra Shaffer**



**Steve Kramer (Opening Presenter of 2018 Conference)
Wallace Smith**



**Joy Bolton
Barbara Mitchell**



**Angie Hoogterp
Susan Zimmerman**



**Mary Johnson
Natalie Gonzales-Vance**



**Diane Rolka
Kathy Black**



**Carolyn Heins
Alisa Petruzza**

NAEH Certification News



Congratulations to our newest Certified Practitioners of Esoteric Healing! On the left is Osiris Cornejo and on the right is Patricia Hubert. Both Osiris and Patricia are from Michigan. Osiris and Patricia were presented with their CPEH Certificates during the annual 2018 NAEH conference.

The NAEH has 54 Certified Practitioners of Esoteric Healing – and we're growing! Are you the next to apply to help anchor our practice of Esoteric Healing in our world today?

We enjoyed a group of 24 CPEH from across the United States for our CPEH Celebratory Dinner at Gilbert and Blake's on Thursday, April 19, 2018. We represented 8 states: 2 CPEH from California; 2 from Colorado; 4 from Florida; 2 from Indiana; 10 from Michigan; 1 from North Carolina; 1 from Texas; and 2 from Wisconsin.





There were 32 CPEH from 10 states (adding New York and Massachusetts) attending the 2018 NAEH Conference.



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 shown below from left to right are: Constance McCloy – CA, Barbara Briner – MI, Alisa Petruzzi – IN, Bonnie Dysinger – CA, and Fran Oppenheimer – FL.

NEW for Certification!

New to the certification process in 2018 is you are now able to submit your application online versus through the mail. Applications are due by June 1st to Alisa Petruzzi at shaktisamp@gmail.com. Or mailing by USPS is still an option if you prefer. Mailing information is noted on the checklist in the application.

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 Alisa Petruzzi, CPEH and Chairperson at shaktisamp@gmail.com or call 317-650-0045 (EST).

NAEH Education



Our current Education Committee Members pictured from left to right are: Fran Oppenheimer, Constance McCloy, Shauna Edmonds, and Bonnie Dysinger

The Education Committee has been busy updating our new NAEH website. Check it out if you haven't already!

1. We have recently updated our Members Only page. This page includes the Membership Directory, a downloadable and printable brochure for "What is Esoteric Healing?"; a guide of Useful Suggestions for Starting Your Own Energy Healing Business; sample Consent and Session Forms; a Likert Scale; S.O.A.P. Notes; and an insurance discount through ABMP for being an NAEH Member!
This Members Only page is password protected. If you don't know the password, please contact our NAEH Administrator, Anshu Varma, at info@naehonline.org or call her on our NAEH phone at 517-898-0271.
2. We have added descriptions for the Esoteric Healing classes. These are listed under the Classes tab.
3. Also under the Classes tab listed are the Teachers of Esoteric Healing with their contact information. Many of our teachers are willing to travel to teach Esoteric Healing classes. If you or someone you know is interested in having a class in your area, please reach out to one of our Accredited Esoteric Healing teachers to inquire about the possibilities.
4. Pretty soon there will be an online form that will be easy for you to complete and submit to
Join a Committee!
5. Please watch the short videos we created that share how Esoteric Healing differs from other energy healing modalities. Share these short videos with your clients and potential students; or if you have a website feel free to create a url link to the NAEH website videos page. These videos are listed under the Classes tab, then under Videos. Here is the link: <https://www.naehonline.org/videos>
6. Shauna continues to educate us through her Ethics Articles that provide us with *A Perspective for The Practice of Esoteric Healing*. These articles are printed in the NAEH Newsletters but also listed all together on the NAEH website under the Links & Resources tab. Here is the link: <https://www.naehonline.org/ethics>
7. Constance and Fran are starting to look at Active Listening. Stay tuned!

Our committee stays busy and has fun at the same time! Contact any one of our committee members if you are interested in joining our Education Committee.

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 Benign prostatic hyperplasia (BPH):

Benign prostatic hyperplasia (BPH), also called prostate gland enlargement, is one of the most common conditions affecting men as they get older. The prevalence of BPH increases after age 40 and will affect up to 60% of men by age 90. In the US there are over 3 million cases of BPH each year.

An enlarged prostate gland can cause uncomfortable urinary symptoms, such as blocking the flow of urine out of the bladder. It can also cause bladder, urinary tract or kidney problems.

There are several effective treatments for prostate gland enlargement, including medications, minimally invasive therapies and surgery.

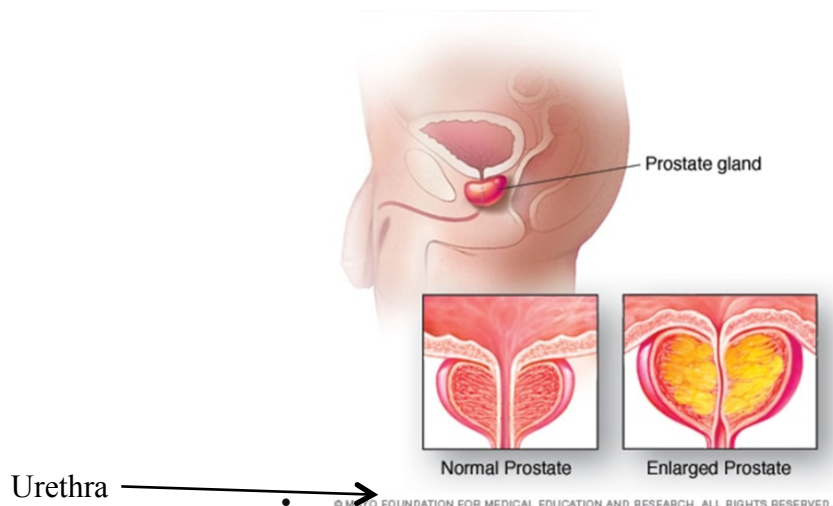
Symptoms:

The severity of symptoms in people who have prostate gland enlargement varies, but symptoms tend to gradually worsen over time. Common signs and symptoms of BPH include:

- Frequent or urgent need to urinate
- Increased frequency of urination at night (nocturia)
- Difficulty starting urination
- Weak urine stream or a stream that stops and starts
- Dribbling at the end of urination
- Inability to completely empty the bladder

Less common signs and symptoms include:

- Urinary tract infection
- Inability to urinate
- Blood in the urine



Causes:

The prostate gland is located beneath the bladder. The tube that transports urine from the bladder out of the penis (urethra) passes through the center of the prostate. When the prostate enlarges, it begins to block urine flow. It isn't entirely clear what causes the prostate to enlarge. However, it might be due to changes in the balance of sex hormones as men grow older.

Risk factors for prostate gland enlargement include:

- **Aging.** Prostate gland enlargement rarely causes signs and symptoms in men younger than age 40. About one-third of men experience moderate to severe symptoms by age 60, and about half do so by age 80.
- **Family history.** Having a blood relative, such as a father or a brother, with prostate problems means you're more likely to have problems.
- **Diabetes and heart disease.** Studies show that diabetes, as well as heart disease and use of beta blockers, might increase the risk of BPH.
- **Lifestyle.** Obesity increases the risk of BPH, while exercise can lower the risk.

Complications of an enlarged prostate can include:

- **Sudden inability to urinate (urinary retention).**
- **Urinary tract infections (UTIs).** Usually due to the inability to completely empty the bladder.
- **Bladder stones.** These are generally caused by an inability to completely empty the bladder. Bladder stones can cause infection, bladder irritation, blood in the urine and obstruction of urine flow.
- **Bladder damage.** A bladder that hasn't emptied completely can stretch and weaken over time. As a result, the muscular wall of the bladder no longer contracts properly, making it harder to fully empty the bladder.
- **Kidney damage.** Pressure in the bladder from urinary retention can directly damage the kidneys or allow bladder infections to reach the kidneys.

Having an enlarged prostate is not believed to increase the risk of developing prostate cancer.

Metaphysical possibilities:

Dr. Christine Page in her book, *Frontiers of Health*, equates the role of the prostate with the role of the uterus as it provides the nourishment for the sperm. This brings to mind the impact of not feeling nurtured and loved. She also goes on to say that blocked energetic flow from the groin to the heart during intercourse and orgasm in men, due to past hurt or rejection, can result in an unnatural buildup of energy in the groin. This inhibited flow of energy may have a negative impact on the prostate gland.

Louise Hay in her book, *Heal Your Body*, suggests that prostate problems may be related to mental fears that threaten masculinity resulting in feelings of giving up, sexual pressure and guilt. The ideas of both authors correlate with what we are taught in Esoteric Healing that both the prostate gland and uterus are foci of emotional energy in the Sacral Center. Men with BPH should be under the care of a doctor but may also benefit from complimentary therapies such as Esoteric Healing.

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 BPH might be:

- Sacral triangle, at all levels, especially emotional + Ray 5
- Prostate triangle, at all levels, especially emotional + Ray 5
- Urinary system treatment, at all levels + Ray 7
- Sweep prostate and urethra + Ray 5 or 7
- Bladder triangle

- Kidney triangle
- Fear and courage triangles
- Lower extremity (grounding) triangles
- Throat center triangles
- Heart center triangles
- Emotional body treatment
- Mental body treatment



"I swear I'll give up smoking, drinking, gluttony, even my fat-back bacon if only you will let me pee."

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, CPEH

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.

I will continue to learn and seek self-knowledge and the knowledge of others in order to benefit those who seek my assistance – and – acknowledge acceptance of the sacred privilege of being allowed to help another person and therefore agree to honor the boundaries of an Esoteric Healing practitioner's scope of abilities.

I am combining two of the NAEH Codes of Ethics because they truly compliment each other. The knowledge of self and others with honoring our boundaries combine in any Esoteric Healing session. Our boundaries are all around us in every aspect of our lives – if we look. Where are yours?

I have a client who came to me with a rare disease called FMD. Fibromuscular Dysplasia. In honoring the first code listed, I sat down with my client and started asking questions gaining as much knowledge as possible about her symptoms and what she understood about this condition. Then the internet. After pulling together all the information gathered, I was ready to start. Honoring the second code, I made sure she knew there were no promises or guaranteed outcomes as I am a healing facilitator - not a doctor. We cannot let our ego get in the way and make promises of cures. If we have questions – ask! Do your research. Ask the soul. Work at becoming sensitive enough to hear the guidance of the soul. Also, another Esoteric Healing practitioner with more experience or study / knowledge may be able to give direction for where to look or what to include in the session.

Being allowed to link soul to soul and work with and through that soul is a sacred privilege which must be kept in mind and honor the boundaries of your client as well as your own. Anger and resentment can come from crossing your boundaries and that can translate into your session with your client. Remember always – Healing is according to the will of the soul.

I have been working with her for just over a year now and the good news is she is stable. 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.”

Esoteric Stories

By Catherine Marie Finigan

The Power of Prayer

Enjoy the letter written to Dr. Briner and her Esoteric Healing class after asking for prayers during Hurricane Irma in September 2017.....

I stayed in my house for the hurricane with minimal damage☐. My house is 1.7 miles from the beach. Thank God for inner guidance. I did not heed the mandatory evac as I knew I would be ok without major flooding issue. I had family and friends calling, crying, texting, begging me to leave my house. I asked them to just pray for the state of Florida.

However, during the 143 mph gusts and 120 mph sustained winds and watching the water surround my house during the storm it did run thru my mind - oh dear what if my guidance is wrong. Ugh! That creeping little voice of doubt. I squashed it ...but in the meantime we did make our alternate plan for an attic escape with tools to bust out of the roof if needed along with food and water.

Barb Williams was here along with my son that managed all the leaks in the house during the storm with those intense winds. Of course I had the guidance of Barb Williams as a back up!!! That's a big back up. My son was here too and he was working the 3rd dimension issues of roof leaks in attic as they occurred. Barb and I worked in the 5th dimension best we could and helped Jeff as well. The smallest leak with intense winds behind it can bring more water than you can imagine!

My house is awesome and strong to take the winds with storm shutters. (Built in 1972) We escaped the storm surge thanks to all the prayers and grids set up in Naples. So many Lightworkers here and around the world that were sending love and light.

If you noticed on the news the storm compressed and diffused once it hit the Naples grid and changed to Cat 2 and moved so strategically inland after arriving in Marco Island to eliminate the 10-15ft storm surge predicted for Naples. If it would have continued a little more west as it had been, the huge storm surge would have remained in the picture!!

After the eye went over us which is such a beautiful, peaceful experience which allows you to have a break from the ear shattering sounds of the wind and rain pounding relentlessly on your house, the second half of the storm which brings the winds in the opposite direction simply diffused to minimal winds and rain. We were in disbelief and finally realized what happened after we heard about the shift on the radio. We did walk outside during the eye of the storm and assessed our situation. We were surrounded by water and the streets were badly flooded. Yards were filled with debris and downed trees and a large oak tree across the street cracked and fell over like a toothpick. My backyard with a small pond on the golf course turned into a lake.

Lori, our Esoteric healing friend nearby in LeHigh acres received guidance on a way to compress the storm system using a triangle approach rather than send the storm elsewhere to harm others. She shared it with us and others so we all applied the protocol.

I have never trusted and prayed and aligned so much in my life. I really do believe this was such a joint effort of love and prayers. Miracles were in this storm for certain!

In the meantime we meditated together - used our Tibetan bowls and Christ consciousness bowl to keep the vibration levels up! We used Esoteric healing to tune our chakras for energy and clarity - courage and calming the nervous system (and Amygdala)
We knew we could not slide into fear.

I have a full house generator so that is quite helpful at this point and another reason I wanted to stay in my house. Thousands of homes and businesses without power!!!!

Lots of work to do to restore and rebuild Naples and the entire state as well as the islands that took the Cat 5 hit and were demolished.

Thank you and your class for the prayers...they truly did make miracles.

Never underestimate the power of prayer and the assistance of God, the Masters, Angels, Archangels... Ask ask ask and they will always be there for us. Amen!

Sincerely,
Catherine "Marie" Finigan

Ask Auntie Karana

Q: I have a new client who made an appointment for next month when she is in town and I am doing some research in preparation. Twelve years ago, during a break-up, she came down with Rubella. The biggest remaining symptom is her left eye. It's constantly inflamed, and the lid is half shut. She has tried many alternative treatments as well as constant traditional care, with no real change. Any suggestions?

A: In the vision protocol, Level 5 syllabus, pay particular attention to the trigeminal and ganglion minors, and 'Outer Vision.' Notice the eye minors at the back of the head. Those protocols will be very informative. For instance, if the issue has to do with nervous system, an imbalance in the alta may be detected. An immune issue will show up in the heart.
If the mental body has any influence on her condition, you may notice it in the throat. After you finish with the nervous and immune systems, take the vagus point to the left eye to connect it to calming energy.

The left eye is about how we see ourselves. (The right is how we see others.) Since disease is the sign of an inhibited soul life, without judgement, explore how she sees herself. Is it with clarity? That question may open up the emotional, mental, or spiritual aspects of this physical issue.

Q: I have a client in her sixties with long term intermittent breakouts of genital herpes. It happens in times of stress, especially when she has to fly for her work in a competitive field. She'd like to explore a relationship but isn't comfortable being intimate. Her goal is remission since a virus doesn't leave the body. What are the deeper levels of this issue and how can I help her think about healing it on every level?

A: If stress in these professional situations is triggering the outbreaks, explore the subject of shame. Its effect on her self esteem may be part of these breakouts. In addition to a tune up including her immune system, check the Petals of the Heart found in syllabus eight. This intuitive treatment for the emotional aspect of self and others, and the mental of the same, is a way to find which petals feel open and vibrant, and which feel tight or even dormant. This will illustrate her relationship to herself, and if she's really open to intimacy with another.

Herpes can and does go into remission. Ask her to give it time, practice patience, and approach it with absolute willingness to explore shame and conscious letting go. Encourage her to meditate, and visualize herself symptom free.



Answers written by Stephanie Urdang.

Esoteric Healing Study/Practice Group

Benicia, California

ZOOM (an online video communication system) Esoteric Healing practice group meets the 4th Tuesday of each month at 7:00 pm PST with Bonnie Dysinger, CPEH. All levels are welcome. Join us on Zoom from wherever you are in the world! Email Bonnie at bonnie@gtheal.com, or call 517-281-1706 (PST) and let her know you would like to be added to the Zoom invitation list. Esoteric Healing practice groups are a great way to meet and interact with other Esoteric Healing practitioners, ask questions, and practice your skills.

Members of the Publications Committee

Dr. Barbara Briner, Catherine Finigan, Fran Oppenheimer, Lori Settersten, Stephanie Urdang



OM PEACE BLISS AMEN