



Lifestream

NAEH Newsletter

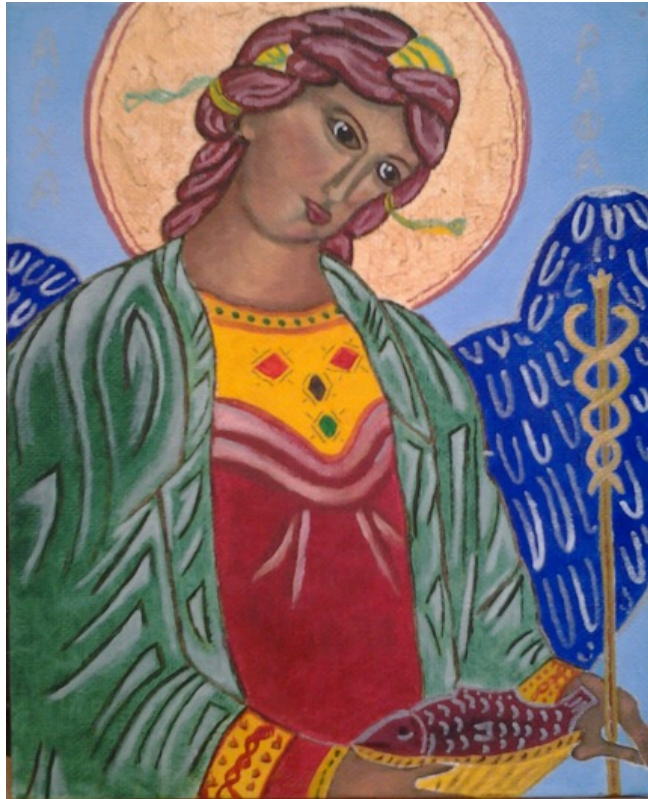
Volume VI Issue 2
March 2016

Contents:

President's Message
NAEH Conference
NFEH
Feature Story
Fran's Facts
Links
NAEH News
Recipe
Auntie Karana

Contributors:

ICON by Deacon
Mary Echols
Catherine Finigan
Christine Geith
Fran Oppenheimer
Sandra Rogers
Mary Anne Walker
Stephanie Urdang



The Reappearance of the Christ

A fourth essential truth and one which clarifies all the planned work of the Christ is tied in with spiritual revelation and the need of man for God and of God for man. Never has Deity left itself at any time without witness. Never has man demanded light that the light has not been forthcoming. Never has there been a time, cycle or world period when there was not the giving out of the teaching and spiritual help which human need demanded. Never did the hearts and minds of men go out towards God, but that divinity itself came nearer to man. The history of mankind is, in reality, the history of man's demand for light and for contact with God, and then the giving of light and the approach of God to man. Always the Savior, the Avatar or the World Teacher issued forth from the secret place of the Most High and brought to man fresh revelation, fresh hope and a fresh incentive towards fuller spiritual living.

Alice A. Bailey

Message From The President



It has been a fast two years serving as your president. We've grown to more than 160 members, nearly 50 Certified Practitioners and 7 Certified Teachers with 3 more in training. Our organization is nearly standing on its own as a non-profit organization, having been created and nurtured by Dr. Briner.

Now, it's time to welcome Carolyn Frost as our new president. Elected by members two years ago, Carolyn brings years of organization building to the NAEH - plus she's a CPEH and planning to be an NAEH teacher. Join us at the NAEH business meeting at the annual conference in Okemos and celebrate our progress as a community of Esoteric Healers.

Christine Geith, Ph.D., NAEH President

2016 NAEH Conference



Register *NOW* for

2016 NAEH Conference

Okemos, MI

April 15, 16, 17

*5 Facets of One Interplay of the Kingdoms
Angelic, Human, Animal, Plant, Mineral*

<http://www.naehonline.org/conference/>

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), or call/txt 517.775.7220
or simply bring item to the Conference.**



The National Foundation for Esoteric Healing is inviting poster presentations for the upcoming NAEH Conference. We welcome all submissions as we demonstrate contributions to health and wellness. Please let us know if you can contribute.

[P.O. Box 1504](#)
[East Lansing, MI 48826](#)
researchnfeh.org
[\(877\) 361-1202](tel:(877)361-1202)
info@researchnfeh.org

Mary Anne Walker
Lynn McKelvey
Dr. Barb Briner
Dr. Susan Linz
Kevena Vaughn

Feature Story

The Effect of Thought on the Lower Kingdoms of Nature

The rapid developments in light technology are a symbol of the soul light that is steadily waxing in human consciousness; energy follows thought and the more enlightened humanity's thinking, the more beautiful and refined will become the illumination of the physical plane. There is still a long way to go, of course, and the following remark made in the book *A Treatise on White Magic* over sixty years ago still has relevance today: "The tendencies of human desire and thought are not at this time of the highest order, and...the vast assembly of insects which now haunt our planet and cause increasing concern to the scientist, agriculturist, and all those dealing with the welfare of the human animal, are the direct result of thought precipitation."

This extraordinary statement reveals how direct the relationship is between human consciousness and the natural world. The subhuman kingdoms of nature are also in search of greater light, and the quality of human thinking either assists or hinders their cause. To understand how the spiritualization of man's thinking would end the insect pest and bring beauty and harmony to the planetary ecosystem, we can consider the iridescent splendor of a butterfly's wings.

According to Rudolph Steiner, the thread of substance that the caterpillar spins into a cocoon from its own body is fused with spiritual force patterns inherent in the sunbeam. Within this spiritual light imprisoned in the chrysalis, a new creature is formed that flies out as a sun-being. Always the effect of spiritual forces imprisoned in light is to produce colour and this is seen to great effect in the butterfly's wings. It is a lower correspondence of the way in which the soul colours its own body of expression on the mental plane. Here, the light of the spiritual sun is fused with the purified substance of the disciple's thought life. This process can only occur because the human being is individualized and has an aspect of the ego – which we refer to as "I" – residing within his physical plane consciousness which does the thinking. The inhabitants of the lower kingdoms of nature have no individualized ego and cannot think in this way. Therefore the group soul of each sub-human species works externally on each life-form in cooperation with sunlight – colouring and beautifying the form nature; and this, in turn, stimulates and refines the nascent point of consciousness within.

As the disciple purifies the "I" state of consciousness, it becomes as a spiritual sun radiating its light into the lower kingdoms of nature. Fused with natural sunlight, it accelerates the evolution of the group souls of all the myriads of species of fauna and flora who work upon refining their form nature. And so, through the transmutation of humanity's thought life will come the lifting of "Nature, red in tooth and claw" into a more harmonious state of consciousness – the butterfly's wings being a symbol of this process.

As we work towards that time, the knowledge that human consciousness either enlightens, beautifies and harmonizes the natural world – or darkens, spoils and increases conflict within it – serves as food for thought for every aspiring esotericist. It is the deeper meaning hidden in the quote that "the magical work, and the next twenty-five hundred years will bring about so much change and make possible the working of so many so-called 'miracles' that even the outer appearance of the world will be profoundly altered." (Esoteric Psychology I, p.83)

The bright and delicate butterfly fluttering in the air is a symbol of the world to be when mankind has achieved an enlightened state of mind and is subsequently transforming nature. And just as the caterpillar weaves the cocoon from which the butterfly emerges and takes to the air, so does the disciple weave in the light, coloring his egoic body and spinning the rainbow bridge across the mental plane into the air of the Buddhic realm. It is for this reason that meditation on the butterfly stimulates the mind aspect, and why the adept associated with the Alice Bailey teachings gave to one of his disciples the following "magical phrase" for the development of his mental body:

"Like a golden butterfly which flies in the face of the sun, I find myself poised upon the lotus petal of the earth. I hover; I stay a little moment and then I fly—into the golden pathway that leads unto the sun." ¹

Adapted from an Arcane School monthly letter.

¹ Discipleship in the New Age, Vol I, p. 460
Reprinted with permission from Lucis Trust



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 Asthma -

Asthma is a chronic lung disease that inflames and narrows the airways which are the tubes that carry air into and out of the lungs. Inflammation of the airways causes them to become swollen and very sensitive. This leads to tightening of the muscles in the walls of the airways which further restricts the flow of air. When the airways are swollen they also tend to make more mucus than usual which will then tend to build up in the restricted passageways.

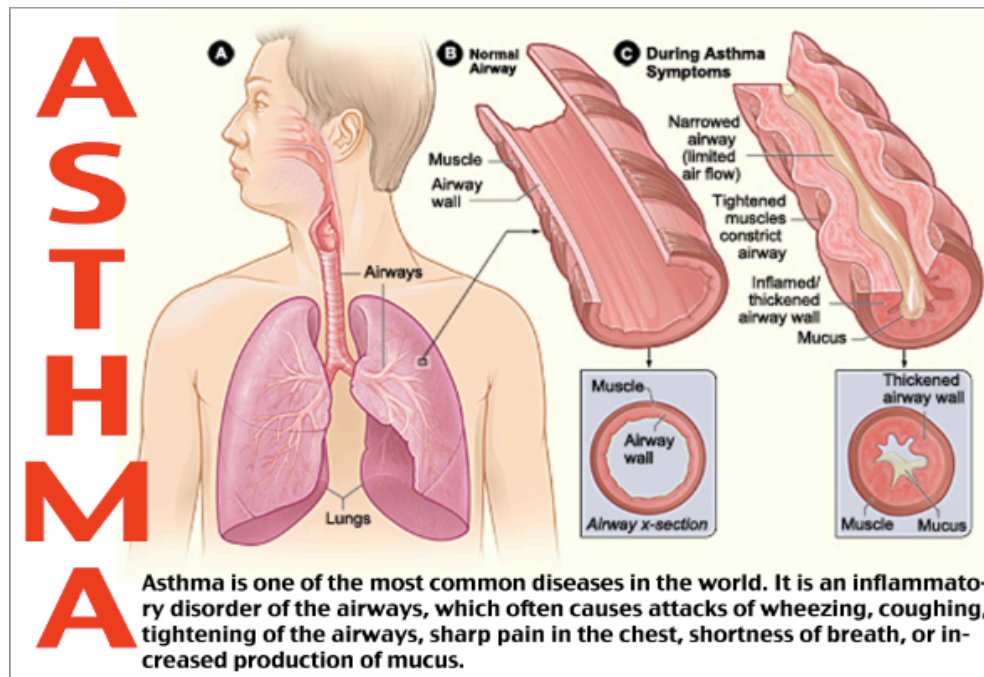
When a person is having an asthma attack it causes periods of wheezing, chest tightness, shortness of breath and coughing. Sometimes asthma symptoms are mild and go away on their own or after minimal treatment with asthma medications. Asthma symptoms can get worse very quickly so getting treatment when they are first noticed is very important. Severe asthma attacks may require emergency care and can even be fatal.

Exposure to various irritants and substances that trigger allergies (allergens) can trigger signs and symptoms of asthma. Asthma triggers are different from person to person and can include:

- Airborne allergens, such as pollen, animal dander, mold, cockroaches and dust mites
- Cigarette smoke
- Respiratory infections, such as the common cold
- Physical activity (exercise-induced asthma)
- Cold air
- Air pollutants and irritants, such as smoke
- Certain medications, including beta blockers, aspirin, ibuprofen (Advil, Motrin IB, others) and naproxen (Aleve)
- Strong emotions and stress
- Sulfites and preservatives added to some types of foods and beverages, including shrimp, dried fruit, processed potatoes, beer and wine
- Gastroesophageal reflux disease (GERD), a condition in which stomach acids back up into your throat

Asthma affects people of all ages, but it most often starts during childhood. In the United States, more than 25 million people are known to have asthma. About 7 million of these people are children.

Asthma has no cure. Even when someone feels fine, they still have the disease and it can flare up at any time. However, with today's knowledge and treatments, most people who have asthma are able to manage the disease and have few, if any, symptoms. They can live normal, active lives and sleep through the night without interruption from asthma.



Metaphysical possibilities -

Authors Louise L. Hay (Heal Your Body) and Dr. Christine Page (Frontiers of Health) both suggest that asthma is related to difficulty or inability in expressing emotions, fear of other people's reactions, the grief of loss, feeling stifled and oppressive smothering of creativity and expression. Many of these situations have their origin in the early years of childhood when the child is unable to cope with intense emotions or fearful situations and when they are unable to express their feelings by using words. There is suppressed crying, fear of life and a sense of not wanting to be here.

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 Solar plexus, Heart and Throat centers. Both the Heart and Throat centers are related to the lungs while the Solar plexus center plays a key role in our emotions.

Some suggestions for treatment include:

- Balancing the affected centers at all levels; especially the physical/etheric and emotional
- Throat center + upper lungs; triangle as well as sweeping in toward the trachea
- Heart center + lower lungs; triangle as well as sweeping in toward the trachea
- All respiratory system triangles
- Sweep entire respiratory system; trachea, bronchi, bronchioles, lung tissue
- Chest (breast) triangle; relates to grief
- Diaphragm triangles
- Vagus triangle
- Fear and courage triangles
- Expression (service) triangles; TC + shoulders/elbows/hands

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.

Links

Purified Breathing and Carbon Transformation: The breath literally and symbolically fans the spiritual fire of white magic on the physical plane.

https://www.lucistrust.org/the_electric_bridge/electric_masonry_building_the_carbon_temple/the_purified_breath_and_carbon_transformation_part_3

Spiritual Metaphysical Healing: Self Healing Affirmations from Louise Hay

<http://healingaffirmations.blogspot.com/2014/04/self-healing-through-affirmations-from.html>

ASTHMA: Unresolved guilt. Smother love. Inability to breathe for one's self. Feeling stifled. Suppressed crying.

Affirmation: *It is safe now for me to take charge of my own life. I choose to be free.*

NAEH News

Education Committee - The NAEH Education Committee has developed a document called *Suggestions for Starting an Energy Healing Business* located under the Resources tab on the NAEH website. This document serves as a guide from choosing a name for your business, registering your business with your State, insurance, advertising, appointments, client notes, to visualizing, and other things in-between. We hope you find this document helpful and if you have any suggestions that you feel should be included, please forward them to info@naehonline.org - Attn: Education Committee.

Education Committee Members: Bonnie Dysinger, Constance McCloy, Fran Oppenheimer

Teacher Committee - The teacher website is up and running! All teachers now have easy access to the most recent syllabi, our new NAEH logo, and other resources that will support Esoteric Healing classes. Our next meeting is in May and we will continue work on group communication, cohesion and creativity as we explore ideas for enrichment classes, the teacher training process, online offerings and many other topics.

Certification Committee - We have 7 candidates who will be taking their exams and completing their certification journey in Michigan this year prior to the conference. The committee continues to meet every 2 weeks and is working hard to finalize the written exam and other testing forms for this testing cycle.

Conference Committee - The agenda and presenters for the conference have been finalized and this information is now available on the website. Brochures have been mailed out and we are anticipating a unique and creative conference as we explore our collaborative relationship with the mineral, plant, animal, and angelic kingdoms.

Scholarship Committee - The committee meets every 2 months to review scholarship applications and make awards. This has already benefited many esoteric healing students!

Members of the Publications Committee

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



Recipe

Organic Rose Petal Cookies

Rose water has been used for centuries in India, China and the Middle East to flavor rice dishes, puddings and sweets. It is also a common ingredient in French glazes, pastries and puddings due to the Mideastern influence. Everyone will love these inspired Organic Rose Petal Spread cookies. Also enjoy our delicious Rose Petal Lassi recipe!

Ingredients

- ½ cup organic ghee
- 2 tablespoons sugar
- 1 teaspoon Maharishi Ayurveda Organic Rose Water
- 1 cup whole flour
- ¼ cup Maharishi Ayurveda Organic Rose Petal Spread

Directions

1. Cream the ghee and sugar together. Add the rose water and flour and mix.
2. Roll into balls the size of a walnut.
3. Place on the cookie sheet and flatten by making an indentation in the center of each ball with your thumb.
4. Add a half teaspoon of Organic Rose Petal Spread to each cookie to fill the indentation.
5. Bake at 350 °F for 12 to 15 minutes.
Allow to cool on rack before serving.



Ask Auntie Karana

Q: I give sessions to a woman for general issues. She feels better and has more energy after a treatment, but in the long run, it never lasts. There's nothing obviously wrong with her, but she seems depressed and defeated about her home and work life, and I'm beginning to wonder if I can really help her. If a client has a deep belief they cannot heal, will Esoteric healing ever make a lasting difference?

A: If a client chooses to come to you, help remains possible. But the practitioner cannot determine the outcome, or how long it will last. Simply ask if she believes she can heal her life. That may open up consciousness around positive change through accountability.

If her answer is a yes, she believes in EH's tools, there are reasons she's unable to hold the balance: depression, stress, possibly an undetected medical problem. Suggest she have a medical check-up to eliminate unknowns. If her answer is negative about her own healing, gently explain that you are willing to help but she will have to meet you halfway, in a healing place, to remain effective and build toward a more satisfying existence.

Q: My client's marriage is detrimental to her health, but she doesn't have the strength to leave. She has received EH treatments for several years, yet there has been no change. Is there a point we tell the client to seek other forms of healing and help, or continue to treat them until they shift?

A: Again, if a client continues to come to you, you may not understand your role, but that does not mean you aren't helping. Suggest that if she really wants to separate from her husband, she seek counseling, and continue with Esoteric Healing if she feels it will benefit her. In therapy, she may discover she doesn't really want to leave, or she might gain self knowledge and responsibility for her well being. Both will promote the consciousness of her choices.

Q: Another question regarding the client with marital issues: I have used the courage triangle, emotional and physical trauma protocols. I've treated the limbic system, as well as the general triangles for energy and balance. Are there any treatment protocols that target more specifically her needs?

A: Continue with the protocols you listed, and include the voice and hearing triangles, as well as the higher centers triangles to integrate the soul. Balance the petals and the four quadrants of the heart. Do the emotional and mental points in all the centers. Suggest a meditation practice.



When a person continues to complain about something that never changes, the Rays come in very handy. Determine which of the three primary rays she needs support with: Ray 2, for healthy love; Ray 3, for active intelligence, or Ray 1, to support the will. By using Rays for support where she presents weakness, they may boost her past her resistance. As you work, pray for the best for all concerned and remember, no matter how dire her situation is, her EH testament is done according to the will of her soul.

Submit your questions to Auntie Karana at 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



OM PEACE BLISS AMEN