



Lifestream

NAEH Newsletter

Volume VII Issue 2
March 2017

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Mount Shasta

Statement from the Master

Received by Gordon Asher Davidson

The citizens of the U.S. are currently demonstrating that a fearful, aggressive and defensive relationship to other nations is not what they hold as a vision for their nation. This is what will decide America's future.

Statements, pressures and influences from all sides are supporting a diverse, open, kindhearted and creative society. This vision strongly expresses the true heart of the American people and it cannot be denied nor ignored.

Thus dark, separative evil doing will be defeated because the consciousness of the majority of people do not support it, but instead have an inclusive, expanded understanding and are demanding that this be enacted in the political realm.

The heart of humanity is sound and true and the voice of the heart and the illuminating light flowing into and through humanity and the earth will ultimately triumph.

The focus of the Light Alliance today is in supporting this awakening empowerment of ordinary people to demand that their vision guide the future of the nation. This intention will be fully realized within the US, and eventually in all countries of the earth.

The Day of Revelation will represent a cosmic seal of agreement with the lighted hearts and minds of the people of our earth, signifying that their intention is aligned with Divine Will.

People will ultimately realize that their highest vision for life on earth is completely supported by Cosmic law. The energies flowing from the great Trinity of the Divine - light, love-wisdom and spiritual power to do the right and good and serve this highest evolution of all lives on, within and around our earth support this unstoppable process.

This outcome is unfolding and nothing in any dimension or level can stop its fulfillment to facilitate the joyous evolution and expression of all kingdoms and beings in every dimension.

Message From The President



Hopefully, it is time to put away my hat and gloves and welcome spring here in Michigan. The past week has seen rain, snow and warm sunny days...a great mixture for this time of year. I am ready for spring, as it awakens all my senses: I awake to the songs of birds, the warmth of the sun, the smells of the garden and the beauty of the spring bulbs. I even enjoy the energy after a rainfall and my heart overflows with the feeling of the thought of "How Great Thou Art!"

It is in the winter we usually rest and prepare for a new season, and then develop our ideas in the spring but I have to say, there has been no rest for the NAEH committees. I have watched as the 2017 Conference Committee has worked throughout the fall and winter to develop an incredible 7 Rays of Creation Conference. I am hoping you will be able to join us and attend our membership meeting, where all committee chairs will give a report. All committees have been working on projects they would like to share with you. The conference is always a great time to visit with our NAEH family and contribute ideas to the Association.

This is also the time when we invite members to serve on the NAEH Steering Committee and I would like to thank Diane Rolka for volunteering to be Nominating Committee Chairperson. We will have volunteer sheets at the conference if you would like to serve in some other capacity. My blessings to you as you develop and pursue your dreams.

Namasté

Carolyn Rose Frost
NAEH President 2016-2018

NAEH Conference



Please join us for the 2017 NAEH Annual Conference in Okemos, MI.

The dates for this year's conference are April 21st - April 23rd. Our theme this year is "7 Rays - Explore Experience Energize!" Learn more about the 7 Rays and how you can integrate them into your Esoteric Healing practice for yourself, or others. We will study what the Rays are, why they matter, and how to use them. Dr. Briner will be introducing a new Ray Balancing Technique that you don't want to miss!

Like past conferences, these 3 days will be spent learning, sharing, and getting to know one another through meditations, speakers, and practicals - as well as the fun events of a silent auction & blanket raffle. However, this year will also have some new additions to the conference such as a service project, a dinner/wine evening, and more!

Please visit www.naehonline.org for more information. If you have questions, please contact Anshu Varma at 517-515-2980 or email at info@naehonline.org

Sponsorship Opportunities for NAEH 2017 Conference:

The NAEH supports health, wellness, and spiritual growth. We each have so much to offer and many of us own our own businesses. To foster closer interpersonal relationships and promote business, we would like to offer the opportunity for our members to share what you love to do through a financial sponsorship! This year's Conference is filled with lots of extras and your financial support makes this a reality.

Benefits of Sponsorship: Each Conference attendee will receive a large, colorful bookmark at the Conference, which will also serve as a "Cheat Sheet to the Rays". On one side will be reminders about each of the 7 Rays and on the other side, an image of business cards of Ray 3 Sponsors - These are sponsors who donate at least \$250. Note: Due to size limitations on the bookmark, there are only four of these size donations available, and will be sold on a first-to-pay basis. See the picture for more details.

1. Ray 1 Sponsor: Free-will donation and/or anonymous donations. You may donate any amount. We will add your business card in the conference tote.

2. Ray 2 Sponsor - \$150: Allows you to place your business card & promotional item in our conference tote. This promotional item can be a sample of your product, a pen, highlighter, notebook, or other item with your logo. These are usually anything fun that you think attendees at conference might find useful, and help them remember to patronize your business if the need arises.

3. Ray 3 Sponsor - \$250+: Your business card will be printed on the back of our 7 Rays bookmark. In addition, you may also place your business card & a promotional item in our conference bags.

Please send promotional material and a check to:

NAEH - Sponsorship

4655 Dobie Road, Suite 240

Okemos, MI 48864

Questions: Anshu Varma [517.515.2980](tel:517.515.2980)

info@naehonline.org

NOTES:

1. As a result of your support, your business name WILL be mentioned throughout the conference, as we will thank our Ray 2 and Ray 3 sponsors by highlighting their business between speakers or before an event change.
2. As you are using your logo and business name as part of this donation, it is considered advertising, which is a 100% business write-off for tax purposes.
3. The deadline for contributing a sponsorship is March 31, 2017.
4. You will need to provide 150 business cards (and promotional materials if Ray 2 or Ray 3 sponsor) in advance of conference for us to fill the totes as we register attendees.
5. Some of the extras that your sponsorship will help to purchase are: the addition of our wine/sparkling juice night, funding for a new video camera that we hope to record parts of conference with, and additional resources to help us build more conference material.

As always, thank you so much to everyone that helps to make Conference a success in many different ways. We appreciate it! We look forward to learning more about each other's work.

NAEH News

Address Change

As a member, if you have moved or changed your phone number or email address, please email the Administrator at info@naehonline.org and provide their updated information

Certification Committee News!

- We are fast approaching our next round of certification testing for our current candidates. There are three candidates testing this year. They are studying hard for their next task, which is to successfully complete the written test, practical test, and interview process. This will all take place on Thursday, April 20, 2017.
- Calling all CPEH! Our annual CPEH dinner gathering and celebration to welcome our newest CPEHs will be on Thursday, April 20, 2017 beginning at 5:30pm at Dusty's Cellar in Okemos, Michigan. You should have received an email from Bonnie Dysinger with the details. Be sure to let Bonnie know if you plan to join us!
- Your applications for Certification are Due June 1st. This new and improved due date will give you more time to journey through the certification process. You may obtain a copy of the application and handbook on the NAEH website under the Certification tab. Here is a link: <http://www.naehonline.org/certification/>
- You may contact Bonnie Dysinger, CPEH with your questions regarding certification by email at bkdysinger@aol.com or by phone at 517-281-1706 (PST).

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

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.

In anticipation of the April NAEH conference, we'd like to hear from you as we pull together presentations that demonstrate the effectiveness and application of EH and its affect on wellness and healing.

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

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 Atrial Fibrillation:

Atrial fibrillation (also called AFib or AF) is a quivering or irregular heartbeat (arrhythmia) that can lead to blood clots, stroke, heart failure and other heart-related complications. Normally, the top part of the heart (the atria) squeezes first, then the bottom part (the ventricles). The regular, synchronized timing of these contractions is what moves blood throughout the body. But for more than 2.7 million Americans, the electrical signals that control this system are off-kilter. Instead of working together, the atria do their own thing beating chaotically and irregularly. This fast, fluttering heartbeat, what doctors call an arrhythmia, is Atrial Fibrillation, or AFib. Episodes of AFib can often come and go, but it can also develop into a chronic condition. More than annoying, it can be serious. Because the blood isn't moving through the heart and blood vessels well, it puts one at greater risk for heart failure. That is when the heart can't keep up with the needs of the body. In addition, since the blood is not flowing optimally through the heart it can pool inside the heart and form clots. If a clot travels out of the heart and gets stuck in the blood vessels of the brain, this can cause a stroke. About 15-20% of people who have strokes have AFib. Anyone can have AFib, but it is more common in people who are 60 or older.

Some of the risk factors, other than age, for developing AFib are:

- Heart disease involving the muscle or valves
- High blood pressure
- Congenital heart defect
- Past heart surgery
- Heart failure
- Lung disease such as COPD
- Overactive thyroid gland
- Sleep apnea

Sometimes AFib can be linked to:

- Heavy use of alcohol, caffeine, or drug use
- Infections
- Family history of AFib or heart disease

Although many people feel no symptoms of AFib one can feel:

- Heart racing or fluttering in the chest (palpitation)
- Fatigued or weak
- Dizzy or lightheaded
- Chest pain or pressure
- Short of breath

Medical treatment depends on the severity of symptoms but most people with AFib will be put on blood thinners to prevent clots and one or more medications to slow the rate of the heart and bring it back to a regular rhythm. If medications don't work, doctors can try electrical cardioversion to reset the heart's rhythm. In some severe cases a pacemaker may be surgically implanted to control the rate and rhythm of the heart.

Although this condition is quite common, about 33% of people with AFib do not think that it is a serious condition or that it can cause strokes or extreme stress on the heart. If you have a client with this condition it is very important to ask if they are also under the care of a doctor.

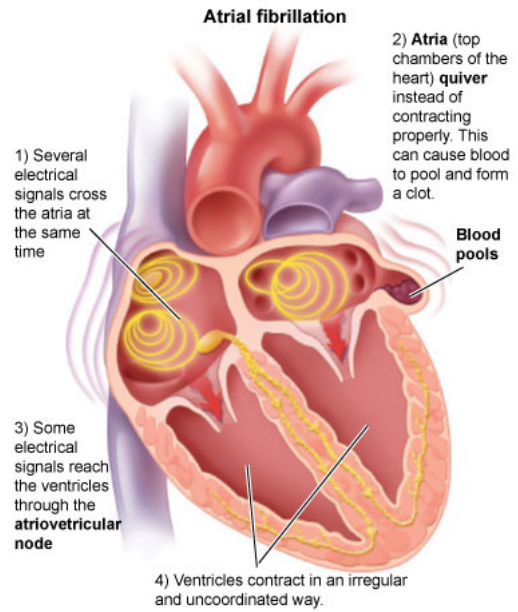
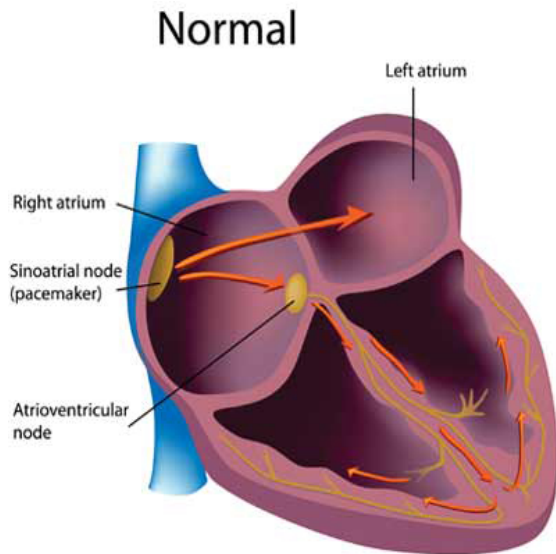
Metaphysical possibilities -

- Anxiety
- Lack of Joy
- Effects of grief or heartbreak
- Longstanding emotional problems
- Hardening of the heart
- A belief in strain and stress
- Putting yourself last; lack of nurturing self

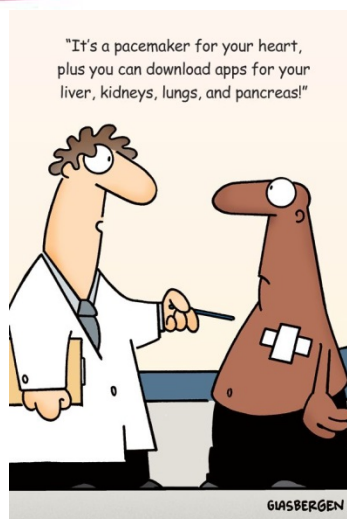
Esoteric Healing considerations -

In addition to assessing the entire energy system for areas of restriction and imbalance and treating accordingly some specific treatment related to atrial fibrillation would be:

- HC + Vagus point + Ray 2
- Assess SA node and AV node together; should be equal and vital
- Balance Vagus point + SA node + Ray 2
- Balance Vagus point + AV node + Ray 2
- Balance Vagus point + SA node + AV node + Ray 2
- Heart organ triangle #1: HC + Heart organ minor (SA node) + Heart organ + Ray 2
- Heart organ triangle #2: HC + Heart organ minor (SA node) + Vagus point + Ray 2
- Thymus triangle: HC + Thymus minor + Thymus gland + Ray 2
- HC + circulation + Ray 2
- Chest triangle: HC + Breast minors L/R + Ray 2
- Blood pressure triangles
- Fear and Courage triangles
- Shock triangle
- Balance HC in Crown (on the head) and treat triangles in Crown (on the head) as well + Ray 2
- Autonomic nervous system treatment
- Alta major + Heart organ minor (SA node)
- Buddhic and/or Atmic sheath treatment



When the rate of the electrical signals is very high, the atria quiver instead of contracting properly. They fail to pump all the blood out of the atria. The blood can pool and may form a clot. If a blood clot leaves the atria it can block an artery in the body, causing severe complications, such as [stroke](#).



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

1) Heart arrhythmia treated with esoteric healing combined with western medicine

<https://medicineandsergebenhayon.com/2015/07/26/healing-my-heart-arrhythmia-from-atrial-fibrillation-to-an-open-heart-with-conventional-medicine-and-universal-medicine/>

National Institutes of Health research: Complementary and Integrative Health

2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4321072/>

Solar Plexus Savories



Thai Coconut Soup

Prep 35 m
Cook 30 m
Ready in 1 h 5 m

Ingredients

1 tablespoon vegetable oil
2 tablespoons grated fresh ginger
1 stalk lemon grass, minced
2 teaspoons red curry paste
4 cups chicken broth

3 tablespoons fish sauce
1 tablespoon light brown sugar
3 (13.5 ounce) cans coconut milk
1/2 pound fresh shiitake mushrooms, sliced
1 pound medium shrimp - peeled and deveined
2 tablespoons fresh lime juice
Salt to taste
1/4 cup chopped fresh cilantro

Directions

Heat the oil in a large pot over medium heat. Cook and stir the ginger, lemongrass, and curry paste in the heated oil for 1 minute. Slowly pour the chicken broth over the mixture, stirring continually. Stir in the fish sauce and brown sugar; simmer for 15 minutes. Stir in the coconut milk and mushrooms; cook and stir until the mushrooms are soft, about 5 minutes. Add the shrimp; cook until no longer translucent about 5 minutes. Stir in the lime juice; season with salt; garnish with cilantro.



Please send in your typed, favorite recipes and we will create an NAEH recipe book. Yummy!

Esoteric Stories



It's a miracle! My mom said when I called her after I finished her Esoteric Healing session. My mom, age 87 and an avid jigsaw puzzler, decided to continue working on her 1,000-piece puzzle of a peacock during her Esoteric Healing session. She has been working on this puzzle for over a month now and spends close to 2 hours each day working on her puzzle. On a good day she can match up 2 or 3 pieces in the two hours. After I completed her Esoteric Healing session and called her to share my findings, "It's a miracle" is how she answered the phone! In the 30 minutes that I was balancing her energy she had put 3 pieces together! She was elated to say the least. Sometimes our Esoteric Healing sessions provide unintended miracles along the way.

Bonnie Dysinger

Ask Auntie Karana

Q: My client is plagued with allergies. While Esoteric Healing has a positive effect, her symptoms are almost constant. She has resisted a traditional route of treatment because she heard it I can be months of shots. But I read that new approaches are as simple as a single pill. By continuing to treat her with EH, am I delaying her wellness, or should I suggest she seek medical help from a doctor of conventional medicine?

A: As Esoteric Healers, we understand and accept energy medicine's importance and place. Giving your client options will assist her in making informed choices, in finding the best possible approach to a chronic problem. Because EH provides relief and supports overall resistance and resilience, if she seeks traditional treatment, there is nothing to prevent her from sessions with you as part of her maintenance and recovery.



Q: I have a client who has been through an extraordinary number of losses. In describing EH as an integration of the physical, emotional, mental, personality, and spiritual, she was willing to accept that information, but when I present concepts in the realm of spirit, because her emotional and mental bodies can't hear me otherwise, I have to alter my language. The mention of a soul infused life sent her over the edge.

Working with her this past year has been a challenge, and sometimes it feels futile. Recently however, I am beginning to notice a softening in her approach to life, to her relationships. There is even a little joy peeking through her bitterness. My question is, does she benefit from EH without Spirit as part of the session.

A: If a client chooses to come to you, trust they are benefiting. The one exception would be if you feel you are expected to indulge in her negativity. But as a practitioner connected to Spirit, the work will gently and naturally support her on her journey of recovery and growth. You're witnessing a shift, so accept her timing according to the will of her soul, not yours.

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.

Members of the Publications Committee

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

OM PEACE BLISS AMEN



Mount Shasta