



# *Lifestream*

*NAEH Newsletter*

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## *KNOW THYSELF*

Three times the cry goes out to all the Pilgrims upon the Path of Life: "Know Thyself" is the first great injunction and long is the process of attaining that knowledge. "Know the Self" comes next and when that is achieved, disciples know not only themselves but all selves; the Soul of the universe is to them no longer the sealed book of life but one with the seven seals broken. Then when they stand adept, the cry goes forth "Know the One" and the words ring in the adept's ears: "Search for that which is the responsible Cause, and having known the Soul, and Its expression, form, search for THAT which the Soul reveals."

A TREATISE ON COSMIC FIRE

## *National Foundation for Esoteric Healing<sup>SM</sup> NEWS*

The National Foundation for Esoteric Healing is receiving case studies for the Retrospective Study. Thank you to all who have contributed and please continue sending in your case study write-ups!

At our October 2015 Board Meeting, elections were held: Mary Anne Walker agreed to serve as Co President with Ruth Perry. Lynne McKelvey will serve as the Treasurer. We welcome Dr. Susan Linz as a member of the Board. Dr. Barb Briner, our Founder, will also remain on the Board. We thank Susan Zimmerman for her 2 years of service as President while the Foundation was getting off the ground.

The goals of the foundation are to integrate knowledge of energy medicine within the greater scientific community of health and healing practitioners.

We are working with the community of Esoteric Healing practitioners to:

- Advance research on mind and body interventions, practices, and disciplines.
- Increase understanding of "real world" patterns and outcomes of use of complementary and integrative interventions and their inclusion in health care and health promotion.
- Improve the capacity of the field to carry out rigorous research.
- Develop and disseminate objective, evidence-based information.

Members of the Board:

Dr. Barb Briner, Dr. Susan Linz, Lynn McKelvey, Ruth Perry, Mary Anne Walker

## *Certification News*

The Certification Committee is working with 13 candidates who are participating in the 2015-2016 Esoteric Healing certification process.

## *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.

### **Kidney stones -**

Kidney stones (renal lithiasis, nephrolithiasis) are small, hard mineral deposits that form inside the kidneys. The stones are made of mineral and acid salts and they can be as small as grains of sand or as large as golf balls. Kidney stones may stay in the [kidneys](#) or travel out of the body through the [urinary tract](#).

Kidney stones form when a change occurs in the normal balance of water, salts, minerals, and other things found in urine and can affect any part of the urinary tract — from the kidneys to the bladder. Often, stones form when the urine becomes concentrated, allowing minerals to crystallize and stick together. The most common cause of kidney stones is not drinking enough water.

Passing kidney stones can be quite painful, but the stones usually cause no permanent damage. Signs and symptoms of kidney stones can range from mild discomfort to severe pain, nausea, vomiting, fever, chills and blood in the urine. Sometimes the stones will pass on their own and a person may need nothing more than to take pain medication and drink lots of water to increase urine production and flow. When stones are too large to pass from the kidney or urinary system shock wave therapy, called Lithotripsy, can also be used to break the kidney stones up into smaller bits that can then be passed in the urine. In other instances, for example, if stones become lodged in the urinary tract or cause complications, surgery may be needed. While Esoteric Healing can be an effective complementary treatment it is extremely important to refer clients to a medical professional for evaluation and treatment.

### **Metaphysical possibilities -**

As in all issues related to the kidneys the emotion of fear is often present. In the book, *Frontiers of Health* by Dr. Christine Page, it is suggested that kidney stones occur more often in someone who hides their fears behind a facade of calmness or coping. Dr Page suggests that fear is something that needs to be expressed but that many therapists are uncomfortable with fear and therefore distract or redirect their client's attention away from facing their fears. In her book, *Heal Your Body*, Lousie Hay suggests that kidney stones are "lumps of undissolved anger", unresolved grief or solidified emotions.

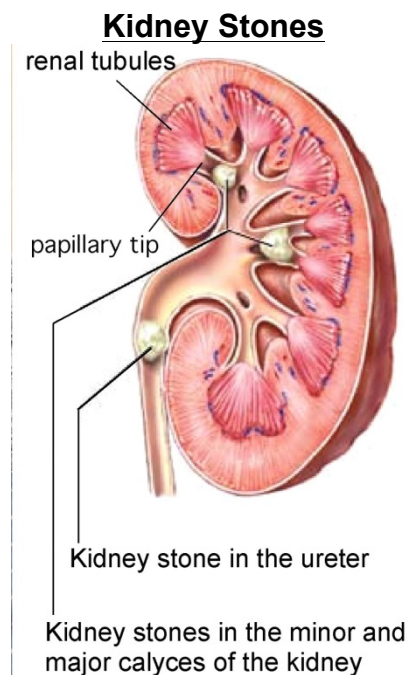
In addition, as the kidneys are paired structures it is helpful to note which side is affected remembering that the left side relates to self and the right side relates to others.

## 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 Basic Center as this is the center that is related to the kidneys and urinary system.

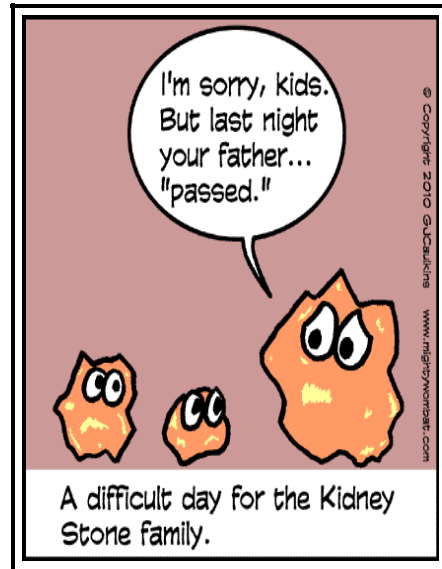
Some suggestions for treatment include:

- Basic center balance, at all levels, especially emotional
- Scanning and treating the urinary system, at all levels, and adding Ray 7
- Kidney triangle
- Bladder triangle
- Adrenal triangle
- Grounding triangles





"Your kidney stone test came back.  
You didn't pass."



*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*

### \* The Metaphysical Functionality of the Kidneys

<http://humanityhealing.net/2011/10/the-metaphysical-functionality-of-the-kidneys-i/>

### \* Energy Medicine: Overview

Overview from the NIH National Center for Complementary and Alternative Medicine  
With evidenced based research from other practices of subtle energy medicine

[http://www.brainline.org/content/2009/06/energy-medicine-an-overview\\_pageall.html](http://www.brainline.org/content/2009/06/energy-medicine-an-overview_pageall.html)

### \* The Holistic Chamber of Commerce

<http://cm.holisticchamberofcommerce.com/list/>

## Recipe

### Summer Fruit Salad

Healthy beginnings start here

Ingredients:

- 1 mango
- 2 pears
- ½ pound strawberries
- ¼ cup raisins
- ¼ cup chopped walnuts
- 1 tablespoon ground almonds
- 2 teaspoons organic sugar
- Pinch of cardamom



Peel and cube mango and pears. Quarter strawberries. Gently mix all the ingredients, then let it stand for 10 minutes.

This light and sweet salad can be eaten as a dessert, afternoon snack or pancake topping. Use fresh, ripe fruits.

#HealthyBeginnings

vpk<sup>®</sup> by Maharishi  
Ayurveda 

SummerTime Recipes – Fruit Salad

Read More: <http://www.mapi.com/ayurvedic-recipes/soup-and-salad/summer-fruit-salad.html#gsc.tab=0>

Visit Us: [www.mapi.com](http://www.mapi.com)

Call Us: 800-255-8332

Email Us: [CustomerService@mapi.com](mailto:CustomerService@mapi.com)

## Ask Auntie Karana

**Q:** I have a client who comes in regularly and has offhandedly complained of verbal abuse from her husband. She claims to have a lot of energy, but that's not what I find in the sessions. Her emotional body is usually dramatically depleted, and her sacral and throat chakras often have no flow at all. What treatments would you suggest to help her?

**A:** The role of an Esoteric Healer is to assist with balance and integration of the physical, emotional, mental, personality, and spiritual bodies. Avoid counseling or suggesting that her marriage is what's influencing her energy. Its up to her to make that discovery or decision.



Aligning and attuning according to the will of her soul connects her to her higher self and integration of all aspects. Be sure to check her adrenals as overactivity could be why she feels a lot of energy. Always work on the emotional and mental body points, the nervous system, shock triangles, and the fear/courage protocol. With the sacral and throat chakras consistently low, explain their attributes and how the seat of the mental body and 'active intelligence' relate to those centers.

Through treatment and healthy practices, over time, she may make changes in behaviors or situations she presently accepts as normal. Explain what you find in plain language and whether or not she immediately understands or makes desired changes is up to her. Suggest to her squared breathing and a daily meditation practice. Both will support growth.

**Q:** I keep getting outside thoughts while performing Esoteric Healing. Will they have a negative effect on the treatment? Should I ignore them and just continue working, or should I start over?

**A:** By creating a healing environment, practicing Esoteric Healing with the intention to stay focused, and a daily meditation, it will eventually get easier to stay present.

Before a client arrives or calls for a phone consultation, shut off all distractions: computers, anything that beeps. Give yourself a little time to get in a healing mode. Straighten your space, take a few deep breaths, light a candle, or perform any ritual that designates healing intentions. It's much easier to prepare yourself than it is to switch gears on the spot.

When aligning and attuning according to the will of your client's soul, really feel the points and connection to the source. During the protocols, if you find your mind wandering, take another deep breath and reconnect by thinking *source*. Do this every time you notice your mind somewhere other than on the work, and return to the logical step before you realized you were distracted.

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.

# *National Association for Esoteric Healing News*

## *\$\$\$ NAEH ANNUAL DUES \$\$\$*

*Just a friendly reminder that your NAEH Membership Dues are ready for renewal effective October 1st. Please check your email for your renewal notice sent on August 30. Thank you for your timely renewal which includes your name in the Membership Directory and on the mailing list for the Fall Journal. Your Membership is greatly appreciated!*

## *First Annual Teacher Retreat*

On August 7 - 9, 2015 NAEH teachers and teacher trainees met for the first ever NAEH teacher retreat in Brevard, North Carolina. We were hosted by teacher Coral Thorsen at her beautiful Spirit of the Mountains retreat center. Attending were: Coral Thorsen, Bonnie Dysinger, Caroline Padgett, Fran Oppenheimer, Maria Hubbuch and Shauna Edmonds. Dr. Barbara Briner, Wallace Smith, Alisa Petruzzi and Katie Mulligan joined us on the energetic planes. For three days we explored our teaching materials, brain stormed new approaches, entertained new ways to reach out with Esoteric Healing classes and generally had a wonderful time bonding as a group and feeling into the energy of teaching Esoteric Healing in this day and age. Every morning, afternoon and evening we connected in meditation and linked with those teachers and trainees who were unable to join us physically. A synopsis was also sent of each day's discussions and explorations so they could offer suggestions and be an active part of the group energy.

Many great ideas were born over that weekend and our intention is to look toward the future with a teacher website that will support all NAEH teachers with teaching materials, articles, links and ideas. Other future possibilities include a more comprehensive use of technology in the classroom and online, curriculum and syllabus review and development, and classes for teachers and trainees to learn more about the art of teaching. Our commitment is to continue to meet by conference call or Skype during the year and to gather at a retreat once each year. We worked hard, played hard and bonded in a way that supports a stronger foundation as we move forward in bringing these teachings to the world. Namaste.

## *Publications Committee Welcomes Christine Dawson*

I am pleased to be a new contributing member of the Publication Committee. The commitment on my part is due to a willingness to become a more active member of the Esoteric Healing community and that I have the time to dedicate to that commitment. I retired in July, 2015 from a 40 year career in public education. Many have questioned as to what that means to me.



It's actually very simple. I now have complete ownership of my time and schedule. As a born "night owl", I am able to indulge in staying up late if I choose....or not. There is much that I learned and much that I have taught during my career of working with children and families. And now, quite a lot that I want to say without any obligation to censor any opinion or teachings which previously might conflict with a system that demanded a certain framework of conformity. In other words, I feel fabulously free to be myself and in service to healing and humanity. I am currently reorganizing my priorities and tidying my environment and life. And I am working on new paths of communication. Healing is an art and a blessing bestowed upon me. As I align and attune to the songs of the universe, I pray for peace, abundance, joy, wisdom, and love.

Members of the Publications Committee:

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



**#88 reporting for position of “Transformation”**

***Esoteric Healing Study/Practice Group***

### **Naples, Florida 34103**

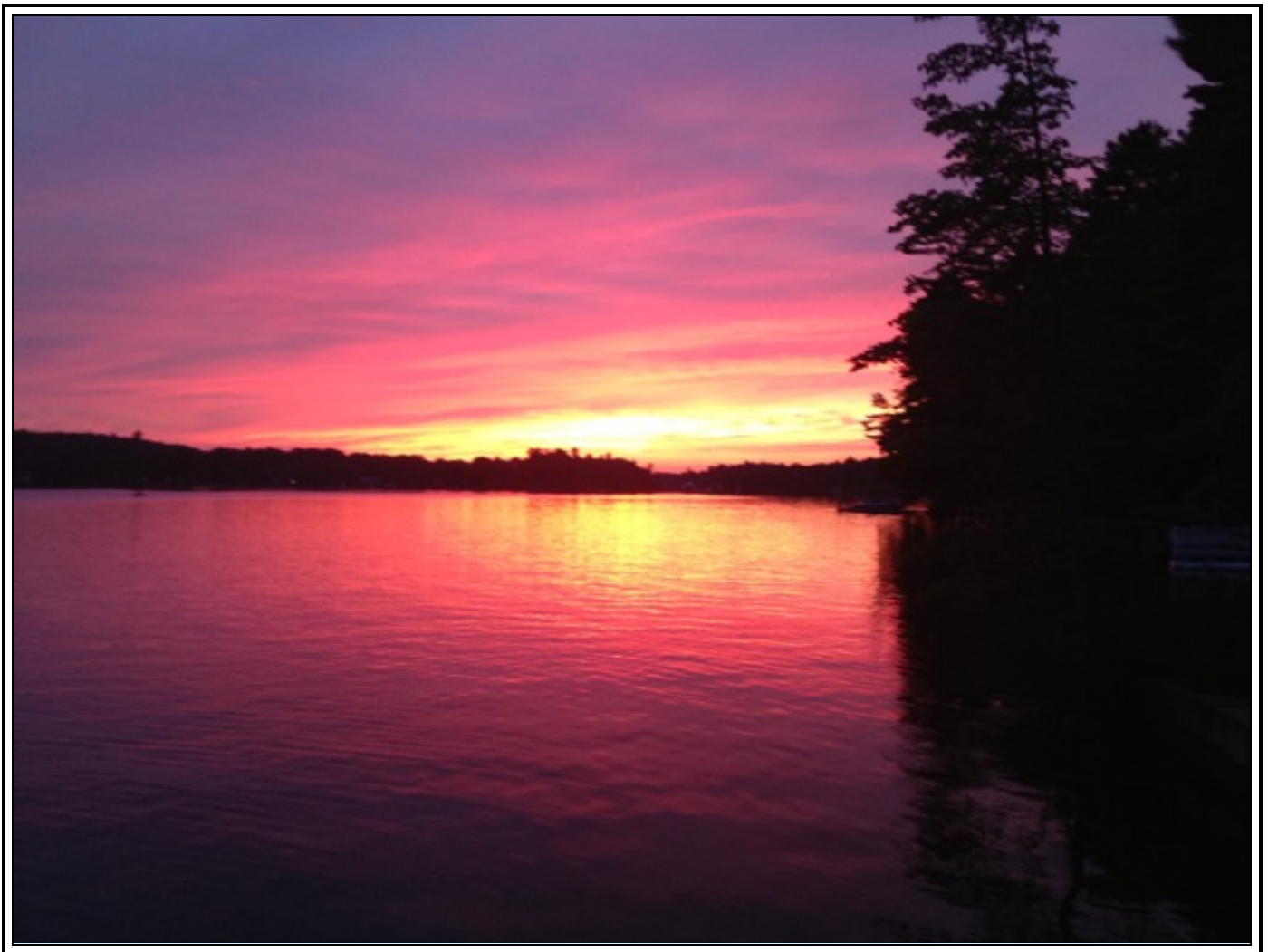
Esoteric Healing practice group meets the 1st & 3rd Monday of each month, 7 – 8:30 PM  
Contact Maria Hubbuch, CPEH at [mariahubbuch@aol.com](mailto:mariahubbuch@aol.com)

### **Part 8 Study Group - IBS and SKYPE**

A newly formed Part 8 study group is available the second Monday of each month 7- 8:30 PM  
Contact Anshu at 517-775-7220  
Are you having one in your area? Send us your information and we'll list it in the newsletter.

*Remembering those in our Esoteric Healing family*

Please let us know when you are aware of a recently passed Esoteric Healer.



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