

Volume VIII Issue 8  
September 2018

## Contents:

President's Message  
NAEH News  
NAEH Education  
Fran's Facts  
Ethics  
Esoteric Stories  
Auntie Karana  
EH Practice Groups

## Contributors:

Shauna Edmonds  
Catherine Finigan  
Kathleen Hautala  
Fran Oppenheimer  
Sandra Rogers  
Stephanie Urdang



Photo by Remi Yuan

## THE LAW OF SACRIFICE

This law of sacrifice is the easiest for man to understand, because he is already governed by it and therefore is aware of it. It came to its first major expression during the Piscean age.

The theme of all the world religions has been divine sacrifice, the immolation of the cosmic Deity, through the process of universal creation, and of the world Saviors, by Their death and sacrifice as a means of salvation and eventual release and liberation. Such is the blindness and such is the contaminating influence of the lower separative man, that this divine law of sacrifice is wielded with the selfish intent of individual salvation. But the travestied truth remains the unsullied truth on its own plane and the dominant world law governs the appearing and the disappearing of universes, of solar systems, of races and of nations, of world leaders and of incarnating human beings and of revealing Sons of God.

Let us see if we can interpret or define the true significance of this law, which is in reality the expression of a divine impulse, leading to a defined activity, with its consequent and subsequent results and effects. It was this aspect of sacrifice which led to the creation of the worlds and to the manifestation of the divine Creator.

SEVEN RAY METHODS OF APPROPRIATION  
Pythagoras Teachings Excerpt 9 - Pages 76-88

## *Message from the President*



As author Stephen Covey once remarked, “Every human has four endowments - self-awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom... The power to choose, to respond, to change.” Change is a natural part of life that brings us the opportunity for learning, expansion and growth. In the past 3 months the NAEH has also embraced change that has come through the creative efforts of its members.

The Board of Directors has just approved the formation of a Teacher Training committee. This dedicated group has been working hard to develop a new process of training teachers aimed at allowing more people to become NAEH accredited teachers while maintaining our high standard of quality. Trainees will be able to train in a cohort group and Teacher Mentors will work together as a group to guide this process. At present we have 4 interested in pursuing this new process as well as 2 other teacher trainees who are working toward completing their training.

The Education committee continues to work on refinements to the NAEH website to make it more organized and useful for members and the public at large. Please take look at the website to see the new changes. An index to the Fran’s Facts articles has been added to the Newsletter page, all of the Ethics articles are available on the Links and Resources page, and the minutes from all 2018 Board of Directors meetings as well as the minutes of the General Membership meeting are under the Members Only tab to name a few. Read on for more information about a new booklist project in this edition of the newsletter,

The Certification committee is now mentoring 9 candidates for certification and the Legal committee continues to work on our Bylaws as we inch our way toward 501c3 Federal non-profit status.

There have also been some changes at the organizational level as Anshu Varma is not continuing as the NAEH Administrator. We thank Anshu for the past 2 years of dedicated service in that capacity. Calls to the NAEH phone number at 517-898-0271, emails sent to the NAEH office at [info@naehonline.org](mailto:info@naehonline.org), and all other needs will continue to be attended to promptly in the interim. We look forward to hearing from you!

Many blessings,  
Fran Oppenheimer  
NAEH President 2018-2020

## *NAEH News*

**It's time to renew your NAEH membership - a gentle reminder!**

**Please take a few moments to renew :)**

You are the reason we exist - please renew and allow us to continue to serve YOU!

- **To easily renew, go to [www.naehonline.org](http://www.naehonline.org) and complete the online form and pay online using your credit card via PayPal.**

**OR**

- **If your name, address, email, phone, latest class level, membership level, communication preferences, signed ethics agreement and logo usage license (for professional members) are on file, just list any updates and put your check for your membership level in the mail and send it to:**

**NAEH 4655 Dobie Road, Suite 240 Okemos, MI 48864**

**NOTE: Your membership renewal has to be received by Oct. 1, 2017 in order to guarantee a FALL JOURNAL for you and inclusion in the membership directory. Questions? Please do call Anshu at the NAEH office at (517) 898-0271 - yes this is our new phone number. Thank you for your timely renewal!**

From your Membership Committee: Barbara Briner, Chairperson Carolyn Rose Frost, President Fran Oppenheimer, President Elect Anshu Varma, Administrator

## *NAEH Certification*

If you have any questions about our NAEH Certification process, please contact Alisa Petruzzi, CPEH and Chairperson at [shaktisamp@gmail.com](mailto:shaktisamp@gmail.com) or call 317-650-0045 (EST).

## *NAEH Education*

One of the greatest pleasures as a community of esoteric healers is to be able to share books or stories with each other that have inspired us in our studies, work, or personal growth.

The Education Committee is now collecting titles for approval to post on our website!

Please limit book titles or authors to the categories of self-help/personal growth, spirituality, anatomy, physiology, psychology or health book you've found to be a great reference book and that helped you on your spiritual journey or in your Esoteric Healing practice or study. The titles of the books will be reviewed by the Education Committee for approval of posting on the website.

Please submit your titles to [kathleenhautala@gmail.com](mailto:kathleenhautala@gmail.com) by November 1, 2018 so we can prepare the list for posting on the website.

Our current Education Committee Members are: Fran Oppenheimer, Constance McCloy, Shauna Edmonds, Bonnie Dysinger and Kathleen Hautala.

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***

## **AnXIETy**

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 Anxiety:**

Let's face it, most of us deal with some degree of anxiety, it is a natural part of life and our reaction to stressors of all kinds. The American Psychological Association defines anxiety as "an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure." This can be experienced as nervousness, unease, persistent worried thoughts, and hyper-vigilance.

Some degree of anxiety is not only normal but is necessary for survival. Ever since the earliest days of humanity, the approach of predators and incoming danger has set off alarms in the body and allowed an individual to take evasive action. These alarms, or the 'fight-or-flight reaction', become noticeable in the form of a raised heartbeat, sweating, and increased sensitivity to surroundings. For most modern individuals anxieties now revolve around work, money, family life, health, and other crucial issues that demand a person's attention without necessarily requiring the 'fight-or-flight' reaction.

That nervous feeling before an important life event or during a difficult situation is a natural echo of the original 'fight-or-flight' reaction. It can still be essential to survival. Anxiety about being hit by a car when crossing the street, for example, means that a person will instinctively look both ways to avoid danger.

As with any emotion the key to health is balance and the duration or severity of anxiety can sometimes be out of proportion to the original trigger, or stressor. Modalities such as yoga, tai-chi, guided visualization, meditation and energy work like Esoteric Healing can be very helpful in restoring balance. In some situations anxiety can be excessive and require treatment from a therapist, physician or health care provider.

### **Some symptoms of Anxiety:**

- Nervousness, restlessness, feeling tense
- Feelings of danger, panic, or dread
- Rapid heart rate and breathing; hyperventilation
- Headache; migraine
- Increased or heavy sweating
- Trembling , muscle twitching

- Difficulty focusing or thinking clearly about anything other than the thing you're worried about
- Insomnia
- Upset stomach
- A strong desire to avoid things that trigger anxiety

### **Metaphysical possibilities:**

Amanda Gatlin on her webpage, Discover Your Energy, suggests that the amount of discomfort from anxiety is directly related to how hard we have worked to ignore, deny, repress, resist, suppress or silence our truth. Anxiety might be trying to tell us something. This something may be related to spiritual evolution and expansion that challenges us to let go and move into new and unknown territory.

In the books of Alice Bailey there are multiple references to 'cleavage' or the breaking away from a previous norm and all of the angst and anxiety that goes along with it. Eventually cleavage opens the path for change and a new way of perceiving and processing our 'truth' but the path may be filled with anxiety and upheaval.

Richard Zinbarg, PhD in the December 2010 issue of Psychology Today wrote: Sacred Anxiety: Anxiety as an Emblem of Spirituality, in which he explored the uniquely human aspect of being aware of mortality and the worry that people experience about fulfilling their purpose and passion before they die. He sees this type of anxiety as a catalyst for expansion than can help motivate us to keep our priorities in order and inspire us to live in accordance with our highest values. He also acknowledges that if one hides from sacred anxiety it will still be with us but outside of consciousness and that it may leak out as emotional anxiety, physical symptoms and depression.

### **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 Anxiety might be:

- Head Triangles, Inner and Outer
- CC + cerebral hemisphere outflow points
- CC + Ajna (Soul + personality)
- Pineal gland Triangle
- Illusion and Glamour Triangles
- AM + Vagus nerve nuclei, trace Vagus nerves down to Vagus point + HC, SP + SPm
- HC Triangles
- Diaphragm Triangles
- Fear and Courage Triangles
- Shock Triangle
- Triangles of Being, Becoming, Integration and Fusion
- Autonomic Nervous System treatment
- Limbic system protocol
- Emotional and Mental body treatments
- Grounding Triangles



Reprinted from Funny Times / PO Box 18530 / Cleveland Hts. OH 44118  
phone: 216.371.8600 / email: ft@funnytimes.com



*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.*



# *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 maintain myself and my intentions in integrity, being complete and undivided when participating and facilitating.”

Looking at this one I had to chuckle a bit at myself. I believe we have all done this to some extent or another. Staying focused and undivided during an Esoteric Healing session, especially when tired, can be difficult. Our mind wanders to dinner, a TV show, a project, or just getting into bed for much needed sleep.

I once found myself thinking about dinner and needing to finish the tomato in a salad. When I realized what I was doing, I went back to the client and rechecked the triangles I was holding at the time and – lo and behold! - they were not balanced – but my tomato was!

Energy follows thought. This statement bears repeating because when we are tired, hungry or in some personal crisis, whatever it may be, that is where our mind and energy tends to go. This is not fair to the client and we are not in integrity either. We then need to re-center, re-align and attune to continue with the healing session.

When we have an appointment scheduled and our personal situation is not allowing the complete and undivided attention we normally give, the ethical thing to do is reschedule. I have done this and my client was as appreciative as I would have been. Holding their space and your distraction at the same time can and may permeate their energy field with your issues, fear or anger. Keep clear, focused and in a space of love and healing every time you facilitate or participate in a healing session. The Angel of Focus\* states “We always choose our thoughts – every moment. Our thoughts always have an effect, and there are no neutral thoughts. One-half second before you hold a thought, you *decide* to hold it. So, with practice, you can learn to monitor and alter your thoughts”. The practice – Meditation!

Also, check your schedule and do not overbook yourself. This can become tricky at times. However, the more we honor the client and the work, we honor ourselves and this leads to healing for ourselves as well, if we let it.

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.”

\*Healing with The Angels Oracle Cards, Doreen Virtue

# *Esoteric Stories*

*By Fran Oppenheimer*

## Baby S.O.S

About a year ago I was contacted by an old friend who was extremely concerned about her infant granddaughter. The baby at 3 weeks was not feeding well, sleeping all the time and losing weight. There was even some concern that she would need to be hospitalized if things did not turn around in the next week. The baby's birth had been fairly routine but her mother had suffered from extreme anxiety and panic attacks during the pregnancy. I asked for a photograph of the baby and saw a small, pale, sleeping baby who gave me the impression of being very withdrawn into her inner world.

When I first started to treat the baby I immediately noticed that she had very little energy in all of her centers but that the centers on the head and the higher centers were a little more open. This little one had not yet come into her body and was not sure that the physical body was where she wanted to be.

I gently treated her by starting with the centers in the head and the petals of the Soul/Causal Body and then moving down to the centers on the body as they began to show some flow. I balanced the centers on the body and treated all of the endocrine gland triangles, as well as the fear and courage triangles, shock triangle, Vagus triangle, spine and grounding triangles. This initial treatment lasted about 15 minutes and then I felt that she had had enough. I treated her once more in the morning and at that time her centers felt more open and I could actually feel a little flow all the way to her feet for the first time.

Later that day I received a text from her grandmother that said, "What did you do?!!!" She included another photo of the baby and this time I saw the same small underweight baby but this time she was wide awake and actually making eye contact with a little smile on her face. Subsequent photos showed that the baby was now interacting with her environment and making eye contact with her loved ones.

This baby still needed a minor medical intervention to help her with feeding and also received craniosacral therapy from an Osteopathic physician who was very experienced with infants. To date she is healthy, feeding well and thriving!





## *Ask Auntie Karana*

**Q:** I have a number of new clients seeking esoteric help for various kinds of inflammation. Is there a particular protocol for this condition?

**A:** Inflammation is a symptom of irritation, infection, or trauma/injury. Many foods are inflammatory and sugar is one of the worst culprits.

When left unaddressed, it can damage organs, joints, systems. Some scientists say it is the first symptom of more advanced conditions and diseases, including those of the heart.

As far as general treatment, there is not just one protocol. It's important to consider where the inflammation is, and if there is an auto-immune condition. In any case, always treat the immune, lymphatic, and circulatory systems. Balance the liver, the kidneys, the stomach triangles. Apply the vagus point to the area of inflammation.

Where there are emotional or mental issues, especially when unexplored, suggest therapy. Pay attention to the language they use regarding self-criticism over self-love. If there is a negative trend in how they view their health, or any other aspect of their place in life, gently call attention to the power of language, the words they choose.

Do the protocol for circulating trust. Check the emotional and mental points in each center, in every protocol, and do the petals of the heart. Connect the inflamed symptoms to the heart center to bring love and compassion to the area.

**Q:** My client has problems with a restricted esophagus, and food can get lodged, causing terrible discomfort and emergency situations. Four years ago, she had surgery to stretch the esophagus. The issue was alleviated until she recently had another three hour, very painful episode. She was on the way to the hospital when the food moved into the stomach.

How can I help her when she is experiencing this problem and what can I do to prevent another surgery?

**A:** During an episode, the nervous system protocol is a good place to begin. Then apply the vagus point to the digestive system. Balance the upper and lower valves to and from the stomach with the solar plexus. Next, hold the throat and trace down the esophagus through the top valve. Do this downward sweeping several times to encourage the food to move into the next step of the digestive system.

As far as prevention of surgery, Auntie suggests she keep a journal with a record of what she ate right before an episode, how hot or cold it was, her mood while eating, how fast the meal went down, how well it was chewed, and the time of day the symptoms occurred. She may discover a pattern, possibly stress's influence, or particular foods that cause constriction.

If she doesn't have anatomical issues other than occasional constriction, (check out Mayo Clinic's information on foods, medical histories, and diseases of the esophagus) squared breathing and meditation on digestive ease may help.



*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@gttheal.com](mailto:bonnie@gttheal.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*



*Photo by Angelo Brathot*

**OM PEACE BLISS AMEN**