



Lifestream

NAEH Newsletter

Volume VII Issue 4
September 2017

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Stephanie Urdang



The combination of life and death exists when you choose to live as a separate being, focusing on the difference that separates you from the Universe around you. When you follow "The Way" and rise in wisdom, you will realize that all is One Consciousness, so that you and the Universe are linked into the Greater Oneness of a vast Web of Energy and Being. And Then you will become the conqueror of death and the slayer of every human limitation, and you will take your place as an Immortal and Loving Child of the Light. And when enough human beings have gone through this great change, men will walk with angels, and a time of peace and joy will come to the earth.

Then every man will be your friend, every day will be a new song, and all will work Together in Harmony for the greater good."

Mary Magdalene

"The Magdalene Version"

Message from the President



Carolyn Rose Frost
NAEH President 2016-2018

At this time of many world disasters, it is important for us to keep our focus on the healing of our planet. We may not understand the reasons why things happen, but we should always remember to ask for the outcome to be of the highest good for all kingdoms. I have been following the news from our member states and remembering our NAEH members in my meditations.

I was informed of the passing of our member Sherie Wells; she will be greatly missed at our conferences.

A big thanks to Susan Bertrand who has served the NAEH as our Journal Editor but has had to step down. We are searching for a new editor, if you are interested, or know of someone, please contact the NAEH. Getting involved is a great support to our organization, and a wonderful way to be of service.

Once again our Membership Drive is taking place and we ask all of you to renew and join with us as our organization is growing and needs your support. We should have a 2018 budget prepared in November to enable all the NAEH committees to move forward in their work. Renew by October 1st to guarantee a copy of our Fall Journal. The benefits of membership can be found on our website <http://www.naehonline.org> where you will notice the NAEH has a new phone number: 517 898-0271.

A few reminders:

- 1) November 15th is the next deadline for scholarship applications. Applications may be submitted up to six months before the beginning of the Esoteric Healing class.
- 2) For those of you considering 2019 certification, applications are accepted anytime by June 1st. It might be a good idea to review the application process on our website so you can get started logging your hours.
- 3) Save the date: 2018 NAEH Conference set for April 20-22, 2018 at the Okemos Conference Center, Okemos, MI.
- 4) I have been asked about setting up a healing practice. The education committee has a great resource for you on the NAEH website.

Congratulations go out to our newest NAEH Teacher, Katie Mulligan CPEH, whose classes in Naples, Florida are already posted on the NAEH website.

As this beautiful season of Fall approaches, I wish you all many blessings.

Namasté

Carolyn Rose Frost
NAEH President 2016-2018



Certification News

Katie Mulligan completed her NAEH Teacher Training program that she began in Oct 2012!

She trained with Dr. Barbara Briner in MI and completed her training with Fran Oppenheimer in Gainesville, FL.

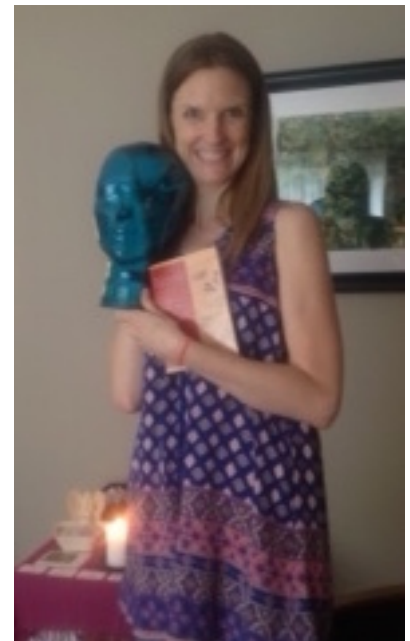
She is now a fully accredited NAEH teacher of Esoteric Healing.

Congratulations Katie!

The Certification Committee received applications from 3 Esoteric Healing practitioners to complete the certification process in 2018!

If you are a CPEH, just a reminder that Membership renewal is at the Professional Membership level.

If you are interested in applying to become a Certified Practitioner of Esoteric Healing and you have questions, please contact Bonnie Dysinger by email at bkdysinger@aol.com or by phone at 517-281-1706 (PST).



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.

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



National Foundation
for Esoteric Healing

P.O. Box 1504
East Lansing, MI 48826
researchnfeh.org

Fran's Facts: *by Fran Oppenheimer RN, LMT, CPEH*

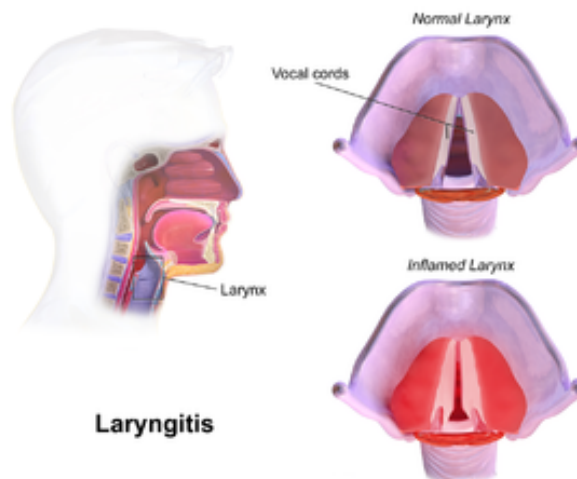
As Esoteric Healing facilitators we will inevitably come in contact with people who have various disease processes or conditions. Although we do not treat or diagnose these conditions, it is in the best interest of both the client and ourselves to be familiar with some of these ailments. In this column 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 Laryngitis and Croup:

Laryngitis and croup are both common conditions that affect the upper respiratory system. The most frequent cause for both conditions is viral.

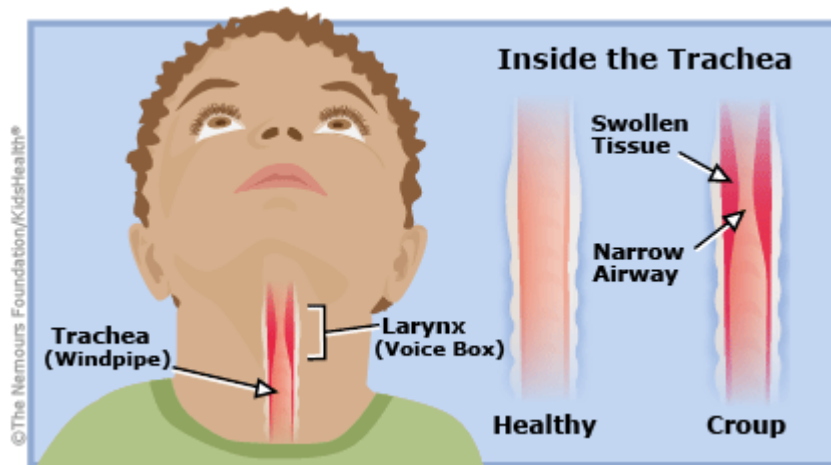
Laryngitis: Laryngitis is an inflammation of the larynx or voice box that results from overuse, irritation, or infection. The main symptoms are hoarseness and loss of voice but may also include fever, cough, and sore throat. This is a very common condition with more than 3 million cases in the United States every year. Most cases occur as part of a viral upper respiratory infection and generally gets better on its own in 2 weeks or less.

The best treatment for laryngitis is to rest the voice which means no talking or even whispering to allow the vocal cords to recover. It is also important to drink sufficient amounts of water, limit throat clearing and reduce caffeine and alcohol intake. Mild over the counter pain control can be used for sore throat but antibiotics are not effective for viral infections.



Croup: Croup is a type of respiratory infection that is most often caused by a virus. This condition is most frequent in children aged 6 months to 5 years and affects up to 15% of all children at some time. Croup leads to swelling around the larynx (voice box) and inside the trachea (windpipe) which interferes with normal breathing. Individuals with croup typically have a “barking” cough (like a seal) and a hoarse voice, while more severe cases can also have stridor (noise when breathing in and out). Fever and runny nose may also be present. The symptoms of croup may be mild, moderate or severe and are often worse at night. Croup generally lasts one to two days but can persist up to a week.

As croup can range from mild to severe this condition should always be evaluated by a medical professional to determine the appropriate treatment. While most cases can be treated at home, some will require medication, oxygen and hospitalization.



Metaphysical considerations:

In her book, *Heal Your Body*, Louise Hay says that laryngitis is related to being so angry that you can't speak. It can also be related to fear of speaking up and resentment of authority. She states that the person with laryngitis needs to feel safe and learn to express themselves and ask for what they want.

In the case of croup Hay relates this condition to a reaction from being in an 'inflamed' family environment where there may be arguments and yelling or surrounded by silent repressed expression of dysfunction in the family. Again, safety or the lack thereof is an issue and the individual has a need to feel peace, harmony and balance in their life.

Lise Bourbeau, in her book *Your Body's Telling you: Love yourself!*, has this to say about laryngitis:

"Since laryngitis usually results in partial or total loss of voice, it is a message from the body that you fear communicating vocally. You want to say something, but you're afraid you won't be heard or will displease someone. Instead, you choke back your words and they remain stuck in your throat (which can lead to a sore throat!). These words are struggling to get out. Perhaps you are afraid you won't live up to someone's expectations if you allow these words to come out; or you may fear being judged as inept by others who are more well-versed on the subject at hand. It may be that you've already said something you regret, or have spoken out-of-turn and are determined to shut up in case something else inappropriate slips out."

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 laryngitis and croup would be:

- Respiratory system treatment; both sweeping and triangles
- Voice triangle + Ray 3
- Ear triangle + Ray 3
- Alta major balance + Ray 3
- Lymphatic system + Ray 3
- Thymus triangle + Ray 2
- Immune system triangles + Ray 2
- Fear and courage triangles
- HC + Vagus point + Ray 2
- Vagus triangle: Ajna + Alta + Vagus point
- Upper extremity triangles: TC + Shoulder/Arm/Hands

- Lower extremity (grounding) triangles: SC + Hip/Knee/Feet



HARRY PICKED A BAD TIME TO GET LARYNGITIS

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

Links:

1) Listen to Your Body

<http://www.ecoutetncorps.com/en/resources/metaphysical-definitions-20-illnessesdiseasesdisorders/laryngitis/>

2) Decoding the Thyroid

<https://ravenstarshealingroom.wordpress.com/2009/07/11/emotionally-psychologically-and-spiritually-decoding-the-thyroid/>

Recipe

Vegan Kale Spanakopita



For the Cashew Feta:

1 cup raw cashews, soaked in water 4-8 hours
Juice of 1 lemon
2 tablespoons unflavored soy or almond milk

For the Kale Filling:

1 (1-pound) bunch kale, stems removed and chopped into 1 to 2-inch pieces
2 tablespoons olive oil
1 medium onion, diced
4 garlic cloves, minced
Juice of 1 lemon
2 green onions, chopped
3/4 teaspoon salt
1/2 teaspoon pepper

For the Pastry: 1/4 cup olive oil, 24 sheets phyllo pastry

Instructions:

1. Prepare the Cashew Feta
2. Drain the cashews, place them in a food processor and blend to a thick paste, stopping to scrape down the bowl occasionally. Add the lemon juice and soy or almond milk. Process again until smooth and set aside.
3. Prepare the Kale Filling
4. Add about 2 inches of water to a large saucepan and bring it to a boil. Lower heat to medium, add the kale and cover. Steam the kale until it's completely wilted, removing the lid and stirring about every 2 minutes, cooking for a total of 6-8 minutes. Transfer the kale to a colander to drain.
5. Pour all of the water out of the saucepan, wipe it dry, and return it to medium heat on the stove.
6. Heat the olive oil in the saucepan. Add the onion and sauté until softened, about 5 minutes. Add the garlic and continue to sauté until fragrant, about 1 minute. Return the kale to the saucepan, and add the lemon juice, green onions, salt, pepper and cashew feta. Toss a few times to get everything well mixed, then remove from heat.
7. Prepare the Spanakopita
8. Preheat oven to 400°F.
9. Use some of the olive oil to grease a 9 x 9 or 9 x 13-inch pan. Arrange a sheet of phyllo in the bottom of pan. Brush the entire top surface of the phyllo sheet with olive oil.
10. Layer a second sheet over the first, and then brush the second sheet with olive oil in the same manner. Repeat this for 8 phyllo sheets, making sure to firmly (but gently) press down on each sheet to work out air bubbles. If using a 9 x 9-inch pan, tuck the excess phyllo down along the sides of the pan, or fold over top.
11. After 8 sheets are layered, distribute half of the kale filling over the phyllo. Arrange 8 more sheets of phyllo over the filling, brushing each with olive oil as described above.

12. Distribute the second half of the kale filling over the phyllo. Arrange the last 8 sheets of phyllo and remaining olive oil over the second filling layer, in the same manner as described above, making sure to brush the surface of the top phyllo sheet with olive oil.
13. Bake for 20-25 minutes, or until golden brown on top. Cut into 6 to 8 squares and serve.

Notes:

While preparing the spanakopita, keep your phyllo covered with a damp dish towel, as the sheets will dry out quickly otherwise. A 9 x 13-inch baking dish is the easiest way to go with this, because that's pretty close to the dimensions of most phyllo sheets. I prefer a 9 x 9-inch pan though, because it results in a thicker spanakopita that holds up better during cutting.

A Holiday Message

Christmas Is---

I believe that Christmas is a time of giving and sharing.

I believe that Christmas is not a season, but a way of seeing and living.

I believe that Christmas comes whenever---

Persons are freed from greed and prejudice;

Charity displaces intolerance and ill-will;

Kindness prevails amidst hostility and apathy;

Compassion is born in a human heart.

I believe that Christmas is not something you buy or do, but how you treat those around you.

I believe that "Peace on Earth and Good Will Among Mankind" is not

Just a goal, but is also a path we must walk daily to reach that goal.

May this Christmas Season bring you Joy, Peace and Happiness

---Author Unknown



Esoteric Stories

By Susie Rolland

Cats & Esoteric – Amazing Results!

With only one esoteric intervention, two of my cats were greatly assisted:

- ScottiTina's desire for food and food consumption increased – a situation she's struggled with due to triaditis
- Nygerina's hip and spine movement, compromised by arthritis, has gone from great effort and maneuvering to rise from a lying or seated position, to uncompromised, fluid movement

ScottiTina's story: A year ago ScottiTina, at age 11, developed a life-threatening bout with fatty liver, complicated by an unidentified viral invasion. Along with conventional medicine, energetic intervention was also used: reiki, primus activation heart-based energy, stones, and essences. At the time, I was very new to esoteric and not quite sure of myself with it, under extreme stress, and couldn't handle implementing something new.

After months of loving dedication of syringe feeding, meds, fluids, energetic work, and ScottiTina's will to continue, she stabilized and was eating better on her own. The vets expanded her diagnosis to triaditis – a disease that impacts the liver, pancreas, and intestines. After initially recovering, she had worse times than others, which led to a constant dance of months of being on and off palliative care pain/appetite stimulant meds, measuring food intake, and talks with her about whether she wanted to stay or go. Esoteric to the rescue! I came back from an esoteric class early this August – ScottiTina was once again being weaned off the palliative meds, and I decided to give esoteric a whirl. She was very open and receptive to it. No surprise that her SP was compromised, as well as her stomach, liver, pancreas, and intestines. After working those individually both on the body and crown with Ray 3, the SLP triangle came into a nice flow and balance with a little extra attention. Within a day, she was eating more. Within a week, she was eating significantly more. We have hard data! It is truly amazing and a miracle that with only 1 esoteric session after this long struggle, she continues to eat with no meds or other intervention 5 weeks after treatment, and has gained weight! Because of her progress, I have not treated her again, nor has she reached out to me and asked. In retrospect, I can only begin to imagine how esoteric may have helped had it been engaged sooner!

Nygerina's story: Three years ago at age 9, Nygerina started to have some movement challenges. X-rays revealed an arthritic ankle, and blood work suggested some osteoarthritis. A year ago, she began struggling to get up and would initially walk strangely, and then would somehow level herself out and move ok. The vet postulated the arthritis progressed to the hips and spine. Cosequin and cold laser therapy were started. Both appeared to help as indicated by improved movement. However this spring, it became more of a struggle for her to get up, her gait became lumbered, and her seated position changed – it all looked painful! The laser therapy continued; however, the benefits between sessions markedly decreased and were eventually stopped because the treatment didn't appear to be effective anymore. When I got back from the August esoteric class, her movement was now very compromised with the addition of difficult jumping – the plan was to head back to the vet for more laser therapy to see what would happen. Esoteric to the rescue! Nygerina was also very open and receptive to the esoteric work. Working on her arthritic ankle, hips, and spine with both the BC and TC – both on the body and crown with their respective rays – again led to amazing results with only 1

session. Within a couple of days her movement markedly improved.

It's been 5 weeks since the treatment, and I consciously observe her movement everyday – she gets up fine, walks fine, and is jumping freely again. She still gets cosequin every day, but needless to say, the vet trip never happened for the laser therapy

Ask Auntie Karana

Q: I was explaining the benefits of EH recently to a newcomer, but could tell she stopped listening after the first few seconds. Like most of my new clients, she thought of energy only in terms of how tired she was. Can you provide some plain talk guidelines for discussing Esoteric Healing?

A: This is what Auntie tells her clients:

1. Energy follows thought.
2. With training, intention, and meditation, an Esoteric Healer is able to detect a frequency, a pulse. This occurs through protocols addressing over-all health as well as specifics.
3. Esoteric Healers work with the chakras, which are concentrations of nerves. Those centers in turn govern corresponding organs, glands and systems, and the pulse comes from their activity.
4. True balance is a harmonious state between the physical, emotional, mental, personality, and spiritual bodies, all of which are the levels Esoteric Healers address. A balanced state in each is the definition of an integrated human being.



Unless they ask questions about your descriptions, all you need to do is instruct them to simply receive the healing with the idea of balance. The benefits of the session will speak louder than more words. As a way to maintain integration, when the treatment is finished, suggest the practice of meditation. Assuming they return for more, slowly introduce other principles and practices in which they will further their growth.

Above all else, be confident in the work you do. That quality will inform your client's ability to go into the unknown with you.

Q: I have been practicing EH for many years. While I still feel aligned with the modality, I need a boost of enthusiasm. Any suggestions?

A: There are many ways to keep your passion alive. Start, or join a local Esoteric Healing group of practitioners. Meet regularly and keep it interesting by choosing topics, or by reading Alice Bailey aloud, and then discussing, Meditate together. Use a prayer basket. Adjust your meetings according to the members needs and the state of the world. Attend the annual NAEH conferences. All will inspire you.

For a deeper base of knowledge, read everything you can. Choose a related subject you want to explore. Consider writing an article. Research will open your mind to new avenues. Volunteer. All these intentions and activities will support the earth, your community, and you, to stay vital in the practice of Esoteric Healing.

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.

Ann Arbor, Michigan

Diane Rolka and Mei-Ying Moy have been gathering on an irregular basis for a Study/Practice Group in the Ann Arbor area for over a year. Our intention is to have a more regular commitment with dates set through the end of 2017. In the past we've met at each other's home on Saturdays from 2-4p. We take time to meditate, review an aspect of Esoteric Healing and practice on each other and share our experiences. We are open to evolving in our service.

Dates for this year are as follows:

7/15, 8/26, 9/16, 10/7, 11/18, 12/9

Kindly call ahead for location determination.

Diane Rolka

517-881-7789

Members of the Publications Committee

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



Remembering those in our Esoteric Healing family



Sherie Wells:

From Sherie's son Brett Wells wrote: "I would like to inform of Sherie's unexpected death on Friday September 9th, she was 62 years old. I know that My mother was very passionate about her healing community which is why I wanted to notify the NAEH. She was an amazing giver, of hope, of energy, of positivity, and above all love."

Sherie served on the NAEH Steering Committee from September 2010 until April 2012. She also served on the 2011 Conference Committee and completed her certification as a CPEH in 2013. Sherie taught Physical Education at Oakland Community College and introduced esoteric concepts to her students.

Richard Finigan:

God Bless Richard Finigan on his journey home.

Richard enjoyed a successful career in Finance and Accounting after a very humble beginning being raised by two deaf and mute parents along with an older sibling with Down's syndrome who was institutionalized until her passing at age 48.

Richard loved nature, travel, and an adventurous ride on his Harley and Dirt Bike.

Richard was born and raised in Boston, Mass.

His first marriage of 25 years was with Shirley, the mother of their 3 daughters.

Second marriage of 21 years to Catherine where he gained a step-son. Richard and Catherine enjoyed a happy active life style and a deep spiritual relationship during their marriage. His six grandchildren brought him so much love and joy. Richard participated in Esoteric Healing Part 1 and Seraphim Blueprint Part 1 during his retirement years and attended an NAEH conference in 2012.

He was devoted to help the sick and poor through his involvement with the Order of Malta which included assisting the sick at a healing pilgrimage in Lourdes, France.

His journey through Alzheimer's brought him fully into his heart. He passed on the 4th of July at the age of 77.



OM PEACE BLISS AMEN

