



# *Lifestream*

*NAEH Newsletter*

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## *Mother of the World*

*“The cosmic Breath of the Mother of the World is all-pervading. Verily, all is imbued with it. From infinitesimal grains of dust to immeasurable magnitudes, life moves and breathes by this Breath. How then not to cognize the power which moves the Universe! How not to ponder upon the essence of Being! Fathom the rhythm of cosmic energy and understand the rhythm of evolution. The essence of evolution is unalterable and is measured by the manifestation of Infinity.” Infinity I, 10.*

## *Message From The President*



Carolyn Rose Frost  
NAEH President 2016-2018

With the end of the summer fast approaching, those of us in the North will soon be blessed with a beautiful display of color as we change seasons. I am already noticing the leaves on my burning bushes have a tint of red. Sometimes we do not welcome change but within the new Steering Committee we are embracing the newness of its energy.

While the summer ends, the work of the Steering Committee and NAEH committees continue. Shauna Edmonds CPEH and Diane Rolka CPEH have both joined our Education Committee. There is much work going on behind the scenes to keep our organization's energy flowing: Teachers are planning lessons and looking at the application process for Teacher Training, Certification Committee has started another year, Membership Committee is sending out emails, 2017 Conference Committee will be meeting on September 24th and as you can tell from this Newsletter the Publication Committee never stops. Our Education Committee and Scholarship Committees are also active. I am pleased to announce that the scholarship committee will shortly be receiving the profits from the 2016 Conference raffle and auction items; many thanks to all who contributed.

A new season starts with our NAEH Membership Drive. The deadline for paying 2017 dues is October 15th, 2016. We need a deadline so we can order the correct amount of Journals and allow the committees to have a working budget. There are many advantages of becoming an NAEH member, all of which are listed on our website <http://www.naehonline.org/> Did you know your membership gave you access to the NAEH Facebook page?

Another of our NAEH's objectives is, "Offering the development and implementation of a competency-based certification program and a program for maintaining credentials." A new season starts this month as some of our Professional members have signed up to start their journey to certification, while others are still on their path. We wish them all well and look forward to the Spring NAEH conference where we can celebrate their success.

My Blessings go to you all as we celebrate this upcoming season with its new beginnings.

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Carolyn Rose Frost  
NAEH President 2016-2018

## NAEH News

### Certification News!

- We have 7 candidates who are planning to complete the certification requirements and test in April 2017 before the NAEH Annual Conference for their certification as a Certified Practitioner of Esoteric Healing.
- Coming new in 2017!

For those Esoteric Healers who are thinking about applying for certification, we have moved the application due date up to June 1<sup>st</sup>! This will give you 3 additional months to complete the requirements of your treatment format, 3 case studies, treatment log, and paper or creative project.

In addition, instead of having all the initial requirements being due by January 7<sup>th</sup>, we are helping you to stay on task by including the following updated submission dates:

- Treatment Format will be due by August 1<sup>st</sup>
- Case Study #1 will be due by September 1<sup>st</sup>
- Case Study #2 will be due by October 1<sup>st</sup>
- Case Study #3 will be due by November 1<sup>st</sup>
- 50 hour Treatment Log and Paper (creative project) will be due by January 7<sup>th</sup>

The Take Home test will continue to be for the dates of February 8<sup>th</sup> through February 22<sup>nd</sup>, and the final Written Test, Practical Test, and Interview will be the 2 days prior to the NAEH annual conference.

It is our hope that these changes will help make your experience through the certification process even more pleasurable and rewarding.

Reminder: We have a video on the NAEH website reviewing the application process and there will soon be a video for the handbook that will include the above updated submission dates.

If you are considering to apply for certification as a Certified Practitioner of Esoteric Healing and have questions, you may contact Bonnie Dysinger, CPEH by email at [bonnie@theal.com](mailto:bonnie@theal.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.

## *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 Surgery; before and after -**

In today's world with the availability of modern medical care and diagnostic tests the vast majority of people will have at least one surgical procedure in their lifetime. The possibilities run a very wide range from dental procedures to colonoscopy, and from childbirth to major surgery. As practitioners of the healing arts there are many things we can suggest to our clients that may significantly ease and improve their pre and post-surgical experiences.

The very idea of having to have surgery is highly stressful which puts the sympathetic nervous system (fight or flight response) on high alert. This can manifest in fearful thoughts, insomnia, muscular soreness from new tension patterns, emotional sensitivity, eating disturbances, and fatigue. There may also be additional stress and anxiety if the client has received an unsettling diagnosis that has led to the upcoming surgery.

After surgery is over the client will be dealing with some degree of pain or discomfort as well as the after effects of anesthesia such as feelings of being ungrounded or spaced out, nausea, and deep fatigue. Even though anesthesia removes the awareness of pain during surgery the body knows that it has been violated and there is an element of fear, anxiety, or even outrage at the cellular level that is important to address energetically.

Some suggestions to address stress and anxiety either before or after surgery are:

- Guided meditations
- Relaxing/soothing music
- Gentle massage
- Craniosacral therapy
- Warm baths or showers before surgery can be very calming especially with Epsom salts in the bath.
- Local support groups
- Good hydration; can help to avoid headaches and is important after surgery to flush liver and kidneys as they work hard to process drugs and the effects of surgery

Another way that we can help our clients is the simple art of listening without the need to fix or rescue the client. It is highly therapeutic for the client to be able to express themselves in a safe and supportive space. Oftentimes, people will hear exactly what they need to know just by verbalizing their own feelings.

Esoteric Healing considerations:

- Treating the pre or post-surgical client with Esoteric Healing can bring great relief as energy flow is optimized and areas that were restricted or blocked open up. As always, assess the client and treat what you find remembering to avoid treating cancer on the body by addressing it only in the crown center/head.
- Balance all centers including Crown, Ajna and Alta

- Balance all core triangles especially Adrenal (adrenalin/fight or flight response), Kidney (fear; filters/cleans blood), Liver (processes drugs; makes clotting factors; filters blood; holds emotions related to anger), Spleen (vitality/prana), Thymus (immune system; heart health), Vagus triangle (calming)
- Balance centers in the Crown center/head; brings higher vibration spiritual energy into body; treat cancer only in crown center/head.
- Fear, courage and shock triangles
- Autonomic nervous system balance; brings the fight or flight response back into balance
- Spine treatment; conduit for energy from head to body via nerves; can become stiff and sore from lying still on operating room table for several hours
- Immune system triangles; immune system will be in overdrive as the body heals
- Prana and vitality triangles; prana and vitality are essential for healing and recovery
- Circulatory system; helpful for healing and also for optimizing circulation in general as people tend to be less active after surgery
- Lymphatic system; helpful for areas of swelling/edema; helps to keep tissues and blood clean
- Respiratory system and all related triangles; very important to breathe deeply and clear lungs after anesthesia; general anesthesia can result in temporary hoarseness of the voice and this will assist the body as it heals
- Digestive system and colon triangles; anesthesia and pain medications can lead to GI disturbances such as nausea and constipation
- Grounding triangles; anesthesia works to take us out of our bodies and the grounding triangles are important as we re-ground after surgery



"Just relax Mr Benson. I find having background music-while I perform surgery helps me focus!"

*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 etaphysical connections to dis-ease in the body. Fran has an active practice in Gainesville, Florida.*

## *Links*

1) East Meets West: Preparing for Surgery

<http://www.souledout.org/healing/eastmeetswest/surgery.html>

2) Holistic Healing for Surgery

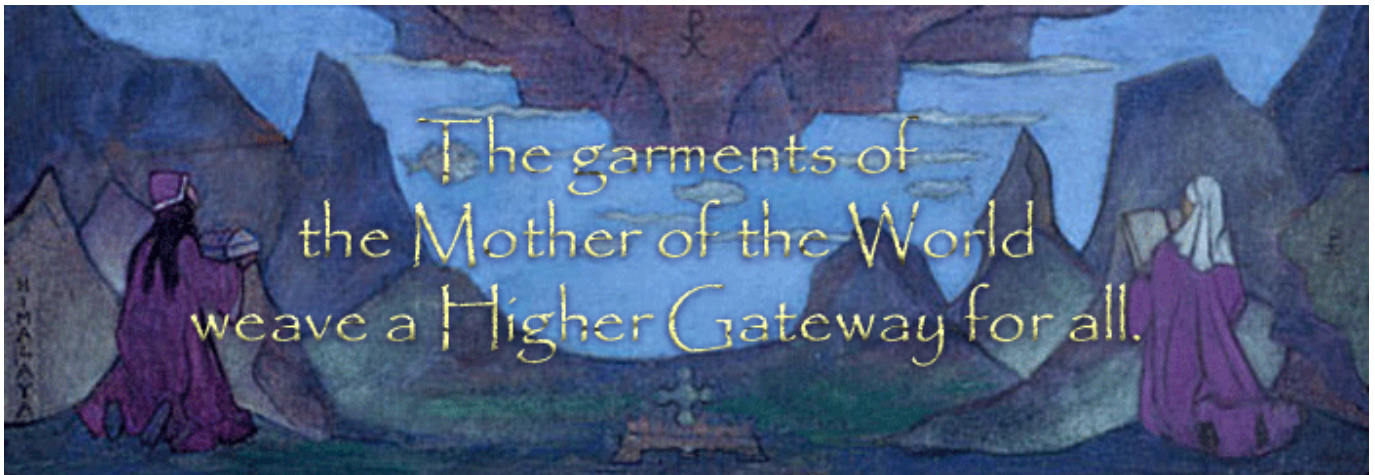
<http://www.motherearthliving.com/health-and-wellness/holistic-healing-for-surgery.aspx>

## *NAEH Member Blog*

### Baroness Blog

*Based on downloads from the Universe, Let's Face It is an anonymous blog shared by the Baroness, one of our members. Her posts will sometimes implore as we explore signposts and experiences along the way. Listen if you will.*

<http://baronessblog.com>



## *Meditation*

### UPCOMING U.S. Elections in the United States

by Tom Carney

The forces of Brotherhood, Reason and Common Sense, that includes all of us, are highly engaged in ensuring that the Forces of Retrogression will not prevail in the 2016 elections. As we have learned in centuries of struggle with these forces, **the very best defense is a very good offense**. What this note to you all proposes is an offensive action in which you can become involved. **This action requires no donations, no marching, no going to meetings, no walking the precincts**. All such actions are, of course, needed and excellent, and if you are so moved, please get involved.

This action involves certain warrior skills that most of you have developed over many campaigns in this ancient struggle. You know how to think. You realize that there is One Planet, that we are the One Humanity, that there is no "off the net". You understand to a good degree what kind of life is sustainable for everyone. You can tell the difference between what fosters the growth of the common good and what kills it. You understand that creation that sustains can come only through the Heart.

So, the action that this proposal asks of you is to use those skills and your concern for the Common Good by spending a few minutes of your time working subjectively with the most powerful energy available to us, Good Will. What a lot of people do not know is that this energy is the Breath of the Mother. It is the energy that drives the Ideas of the Good into manifestation. You might think of this as a meditation offensive, and below I have suggested a mediation that will meet these requirements.

Since the use of the Heart is essential to the building of these foundations this meditation is focused on igniting the fire of the heart. It is also good to understand that heart engendered and driven Good Will is not a nicey, nicey, sweet and gentle kind of energy. Good Will is the kind of striving that gives birth, that reconstructs, rejuvenates. It is a sustaining, inexhaustible, rational power. Pure Reasoning Will in action, it is the Will to Good moved through the Will to Love into Good Will. It is the energy of the Mother of the World.

**"The cosmic Breath of the Mother of the World is all-pervading. Verily, all is imbued with it. From infinitesimal grains of dust to immeasurable magnitudes, life moves and breathes by this Breath. How then not to cognize the power which moves the Universe! How not to ponder upon the essence of Being! Fathom the rhythm of cosmic energy and understand the rhythm of evolution. The essence of evolution is unalterable and is measured by the manifestation of Infinity." Infinity I,10.**

It is also good to realize that, as always when creating anything, we are working in cooperation with the Deva Evolution, or the builders of the objective planet, and to recognize them and express our gratitude for their cooperation and aid.

## Meditation for Igniting Heart Fires

The following suggested meditation has two Phases

### Phase 1.

1. Make your alignment linking with Soul, Ashram, Christ, Shamballa.
2. Focusing our conscious point of view in the Cave and working through the heart, "the custodian of the imagination" use the creative power of the imagination to visualize the United States of America including Alaska, Hawaii and Puerto Rico.
3. Visualize a huge wave of Good Will, the implementing energy of the Will to Good focused through the Will to Love, streaming from the high point of the alignment sweeping over the U.S. through the lower four subplanes of the mental plane. See his wall of energy destroying "as if by fire" all thought forms of a personal, seperative, discordant, and incoherent nature. (Good Will acting in its higher frequencies is a transforming and transfiguring energy. It transforms and transfigures what is present in any field to its higher or purer state. By removing the Feminine Principle from any aspects of creation and transforming women into chattel, the dark forces were able to block the higher frequencies of Good Will from being effective in our evolution. This is one of the major reasons we have been at this work for so long.)
4. Simply hold this visualization steady for a couple of minutes, **knowing that illusion and error cannot exist in the Light.**

### Phase 2.

1. Re-establish the alignment.
2. Focus your attention on a local target or targets. These could be any field within your local, specific area of concern and or involvement concerning the participation of people in voting or the election processes: restrictive legislation, voting machines, precincts, negative advertising, meeting halls, state legislatures, county or city councils, wherever legislation that effects the voting processes is generated, whatever environments people in numbers are to be found, shopping malls, markets, political rallies or meeting places.

Our mission is to clear these areas of incoherent, inharmonious, fear and hate based thought forms and negative energies of all kinds, to encourage, enhance and highlight the importance of each brother and sister to participate in the creation of the foundations of the new civilizations.

We are targeting above all thought forms of fear and doubt and their offspring, depression, discouragement, greed, exclusivity, prejudice, and, any thought forms which tend to strengthen the illusion of separation such as "my vote does not matter", "politics are a waste of time". I suggest the use of visualization of specific target areas to help focus the inputs and to create a sustained touchdown space which will make refreshing the field much simpler.

The energy we are working with is Good Will. Do realize that this is the most powerful energy available to creators on the dense physical plane. It is the birthing, restructuring, regenerating reformulating power of the Mother. It is GOOD WILL.



3. Refresh the field by focusing the attention and will, (feeling, seeing, hearing the note of your effort) through the alignment target several times a day. This will take only a few moments. For those of us who are habituated to doing the 12 and 5 o'clock alignment, whenever possible taking an additional couple of minutes, for refreshing these fields would be good.

This kind of work is totally subjective. **The effect of this work manifests as a subjective field of radiant, positive energy, which exists in etheric matter on the lower mental plane and the higher emotional planes. These fields act like dense physical "touchstones". The Elder Brother was not making small talk when he said, "...that separation is a thing of the past, unity is the goal of the immediate future, hatred is retro-active and undesirable and goodwill is the touchstone which will transform the world". Any person who moves through these energized areas will be impacted by the energy that radiates from these touchstones. If the person possesses a heart with even a tiny spark of fire, that spark will be fanned.**

Energy really does follow thought. And Friends, in this time of great opportunity, there truly is no separation and every heart is needed.

Lots of Heart Fire

-Tom



## *Ask Auntie Karana*

Q: My client has multiple pains, is obese and generally depressed. When I assessed her, the entire chakra system had no detectable flow whatsoever. How is it possible for one to stay alive with zero energy and how can I help her?

A: Since the work is done according to the will of her soul, be absolutely certain when you align and attune, you are connected soul to soul. Once that flow is felt, start with balancing her nervous and endocrine systems. They are both important to the entire body. Work on her life and vitality threads, and her prana triangles.



Teach her squared breathing, recommend physical therapy to help alleviate pain and get her moving in a supervised setting and counseling for her depression. Depending on how much she is able to take on toward real change, your role as an Esoteric Healer will become clear: to support integration of the physical, emotional, mental, personality, and soul, according to the will of her soul.

Q: When I first started studying and practicing Esoteric Healing, most clients sought help with physical issues. I still have people with medical concerns, but now my practice is moving toward clients looking for better ways to live. While I understand that Esoteric Healing is not for counseling, nor am I certified to do that, how can I best support their growth?

A: Your practice reflects where your own energy is focused. You only need to remember that the sessions are done according to the will of the client's soul and that Esoteric Healers support change through balance and integration of energy.

There will be basic spiritual principles in the information offered in a session, and natural guidance that comes from the EH model. A serious seeker will want to know more which often leads to taking classes.

Q: When I do a session in Esoteric Healing, I get totally exhausted. While I love the work, I'm not sure how much I can do. Any suggestions?

A: If your personality and ego are involved, you will be drained, but by taking them, and hence the glamour's, out of your work you will be operating through your soul and the source. That's why the soul-to-soul connection through the source is so important in aligning and attuning. Instead of it coming from you, you become an instrument of healing.

*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.*

## *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](mailto: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](mailto: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**