

Volume IX Issue 1
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“Christ is the World Healer and Saviour. He works because He is the embodied soul of all Reality. He works today, as he worked in Palestine two thousand years ago, through groups. There He worked through the three beloved disciples, through the twelve apostles, through the chosen seventy, and the interested five hundred... Now He works through His Masters and Their groups, and thereby greatly intensifies His efforts. He can and will work through all groups just in so far as they fit themselves for planned service, for the distribution of love, and come into conscious alignment with the great potency of the inner groups.”

(Externalization of the Hierarchy (EXH), by Alice A Bailey, 604)

Message from the President



The energy of a group is greater than the individuals that make it up and the NAEH is strong and growing because of you! Here is a little update on the activities of our members as they serve the group:

The Board of Directors continues to work on ways to refine and strengthen the foundation and structure of the NAEH as we move forward. This is paramount to supporting the wonderful community of individuals that is our membership. All input, suggestions and comments from members are always appreciated and considered.

Our administrative duties continue to be shared by Bonnie Dysinger (emails, website updates, Mailchimp mailings, etc.) and Fran Oppenheimer (office phone, conference DVD mailings). Calls to the NAEH phone number at 517-898-0271, emails sent to the NAEH office at info@naehonline.org, and all other needs will continue to be attended to promptly. We look forward to hearing from you!

The Certification committee will have 7 people taking exams this year on the day prior to the start of the 2019 conference to complete their certification process. All of the certification candidates have been working hard and doing an amazing job. The certification process is a great way to hone your skills and knowledge of Esoteric Healing.

The Education committee has been busy. They welcomed new member Kathleen Hautala this year. A new project, headed by Kathleen, is in the works to create a reference list of books that have been valuable to members on their Esoteric Healing and spiritual journey. The plan is to have this available on the website as a member benefit in the near future. Education committee members continue to write articles on both ethics and common diseases that are a regular feature in the newsletter. Remember that all past issues of the newsletter and ethics articles are available on the website as well as an index to the Fran's facts articles. At this time the Education committee is working on criteria for accepting "Deepening Courses" offered by our membership that will be listed on the NAEH website under the Classes tab. These courses would be outside the general curricula of Esoteric Healing courses but would offer additional knowledge to support Esoteric Healing education. Stay tuned!

The Conference committee has been hard at work visioning and bringing the next NAEH annual conference into reality. The topic for the next conference will be Mystical Union: Crown and Basic Centers and promises to be a wonderful exploration into the embodiment of the Soul aka you and me.

The 2018-2019 NAEH membership drive was a great success. The application process was revised and streamlined making the online experience fast and easy. Many thanks to Constance McCloy and the membership committee!

One of the newest developments for the NAEH is the development of a completely revised Teacher Training process. This process will train a cohort group of teacher trainees which will be supported and trained by a group of NAEH teacher mentors and marks a radical departure from the previous one on one model. This new method will blend online technology and training with in-classroom experience. The first group of 4 teacher trainees will embark on this new journey as the New Year begins.

The NAEH is a growing and dynamic community that stays connected via our newsletter, Journal and Facebook page. The Facebook page has been getting more active and now has over 165 members. It is a private page that anyone may request to join that has an interest in Esoteric

Healing and/or spiritual development. Recent posts have shared questions and suggestions for treating unusual cases, spiritual quotes and much more.

I want to wish you all the blessings of the Holiday season and a Happy New Year,

Many blessings,
Fran Oppenheimer
NAEH President 2018-2020

NAEH Conference



SAVE THE DATE!
NAEH ANNUAL CONFERENCE
APRIL 12-14, 2019

Mystical Union: Crown and Basic Centers



JOIN US THIS SPRING!

We have a great theme & speakers!

- Evening Programs
- Saturday Dinner \$15
- Early Bird Discount!
- Sponsors/Business tables available
- Silent Auction items appreciated!
 - Services such as reflexology or massage would be great!
- More details to come

For updated conference info go to www.NAEHONLINE.org

.SILENT AUCTION: Success continues!

- Donate items (in good condition) that have been helpful to you on your spiritual journey, e.g. books, pictures, crystals, figurines etc.
- Services - Esoteric Healing treatments, reflexology, massage, etc.
- Bring your loving donations with you to registration and set the opening bid for your donation.

BUSINESS TABLES: This was very popular last year!

- If you have something you would like to sell dealing with healing, growth, joy, or positivity, think about renting a business table for your products.

5 banquet size tables available for rent:

\$100.00 each NAEH Members

\$150.00 each Non-Members

SPONSORS - Help support the conference with your generous donation.
Thank you and Blessings!

To reserve your table or space, or any questions, go to:

INFO@NAEHONLINE.ORG OR 519-898-0271

(Conference brochure/registration will be sent to you by January 31, 2019)
Crown

NAEH Certification

If you have any questions about our NAEH Certification process, please contact Alisa Petruzzi, CPEH and Chairperson at 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 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*

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.

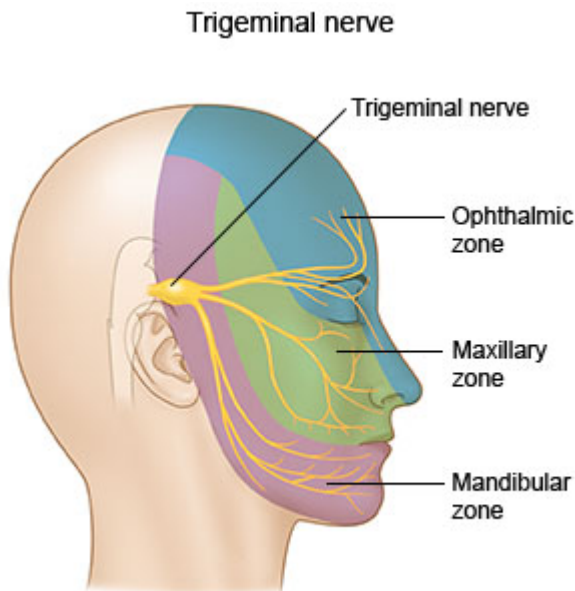
In this column I will be taking a look at some of the more common conditions that we may see in our practices and exploring them from both a physical and metaphysical perspective.

Focus on Trigeminal Neuralgia:

Trigeminal neuralgia, also called *tic douloureux*, is a chronic pain condition that affects the trigeminal or 5th cranial nerve, one of the most widely distributed nerves in the head. Trigeminal neuralgia is a chronic pain condition that affects the trigeminal nerve (5th Cranial nerve), which carries sensation from your face to your brain. If someone has trigeminal neuralgia, even mild stimulation of the face — such as from brushing teeth or putting on makeup — may trigger a jolt of excruciating pain.

Trigeminal neuralgia sufferers may initially experience short, mild attacks but this can progress causing longer, more-frequent bouts of searing pain. Trigeminal neuralgia affects women more often than men, and it's more likely to occur in people who are older than 50.

This condition can be so painful that many patients lose their entire selves to the disease, so much that Wikipedia has renamed it “The Suicide Disease”. It may well one of the most painful conditions known to humanity.



In trigeminal neuralgia the trigeminal nerve's function is disrupted. Usually, the problem is contact between a normal blood vessel — in this case, an artery or a vein — and the trigeminal nerve at the base of the brain. This contact puts pressure on the nerve and causes it to malfunction. Trigeminal neuralgia can occur as a result of aging, or it can be related to multiple sclerosis or a similar disorder that damages the myelin sheath protecting certain nerves. Trigeminal neuralgia can also be caused by a tumor compressing the trigeminal nerve. In other cases, surgical injuries, stroke or facial trauma may be responsible for trigeminal neuralgia. In affected people, pain may be triggered by:

- Shaving
- Touching or washing the face
- Eating or Drinking
- Brushing the teeth
- Talking or Smiling
- Putting on makeup
- Encountering a breeze

Because of the variety of treatment options available, having trigeminal neuralgia doesn't necessarily mean someone is doomed to a life of pain. Doctors usually can effectively manage trigeminal neuralgia with medications, injections or surgery. In addition to these therapies Esoteric Healing and other energy work modalities may offer added relief.

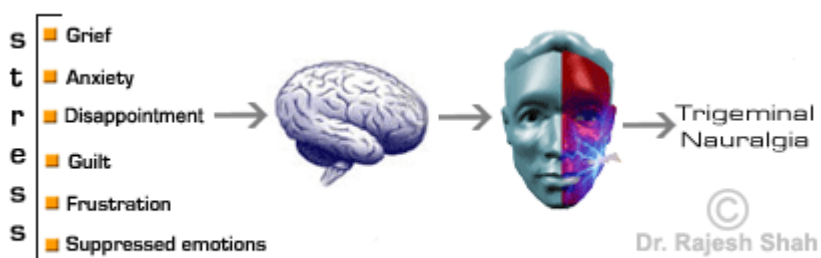
Metaphysical possibilities:

When considering the metaphysical possibilities of trigeminal nerve dysfunction it is helpful to recall the approach taken in Esoteric Healing in regard to the side that symptoms or energetic restriction are found. For the left side we consider this to be about the self or receptive energy and for the right side we consider this to be about others or directive energy.

This relates to the 3 branches of the trigeminal nerve as follows:

Branch of Trigeminal nerve	Left side	Right side
I - Ophthalmic zone (eye area)	How we see ourselves	How we see others
II - Maxillary zone (facial area)	How we face ourselves	How we face others
III - Mandibular zone (jaw area)	How we speak to ourselves	How we speak to others

Additionally, emotions and stress may have a negative impact on trigeminal neuralgia.



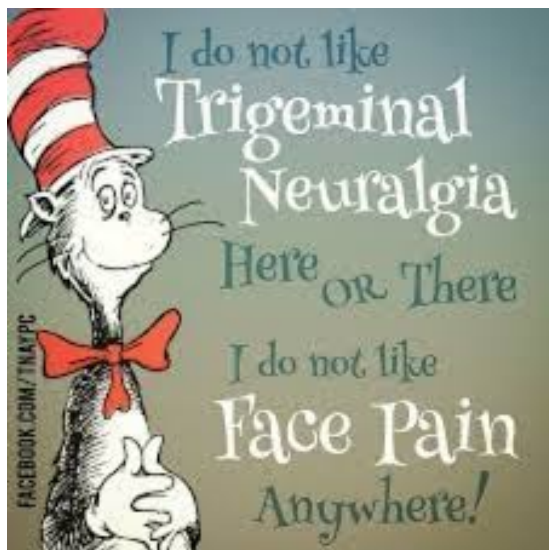
How stress triggers Trigeminal Neuralgia

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 Trigeminal Neuralgia might be:

- Head triangles, inner and outer
- Trigeminal nerve treatment + Ray 1 and Ray 3
- Jaw triangle
- Voice triangle
- Ear triangle
- Alta major triangle
- Alta major + jaw minors
- Alta major + Vagus nerve
- Sweep the circulatory system in the face and jaw (nerve is often compressed by an artery or vein)
- Autonomic nervous system treatment
- Limbic system protocol
- Neurocranial protocol
- Fear and courage triangles
- Grounding triangles

Complementary modalities that can relieve stress and suppressed emotions may also be helpful, including Acupuncture, Homeopathy, Reiki, EFT (emotional freedom technique), Body Talk, Theta Healing and Resonance Re-patterning to name a few.



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.

Ethics

By Shauna Edmonds, CPEH

A Perspective for The Practice of Esoteric Healing

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.

In the NAEH CPEH Ethics Agreement, #12 states: "I shall provide a safe and respectful environment while giving an Esoteric Healing treatment whether in person or absentee."

I have a massage client whom I have been seeing for a few years now. She knew about the Esoteric Healing service I provide but has been afraid I will "scramble her insides." I dropped the idea she would ever allow a session until one day she called and was in so much pain and had been for a week. She had a headache and a backache the chiropractor was not able to relieve and I did not have time for a massage session. However, I let her know I did have about ten minutes to do a quick absentee Esoteric Healing session. With a moment of obvious thought, she finally said yes. She did not know how this would work as we were not together and asked if we could do this over the phone – the phone being a more substantial connection than the ethers! I told her that would be perfect.

Respecting her fears and angst over something she did not understand was what was needed. She was able to relax as I was telling her what I was doing – aligning, attuning, asking for permission, etc. – over the phone. She now asks for Esoteric Healing as it was the only thing that helped the pain. Even though she is more comfortable with the Esoteric Healing, absentee for her now is always over the phone!

Another point to consider for clients is a clean space either in your home or office. I have a cat and let my clients know this in advance in case they are allergic or afraid. If you work out of your home and have any pets, please be aware they may be wonderful to you but may not be to your clients. Be the observer of the situation; how much pet fur is around; is the kitty litter clean. Keep the pets away from the clients – unless they know them and love them – and never allow the animals in the room during the sessions. Your focus will be divided and the client may not be able to relax to the level needed. Be professional wherever you practice and with whomever.

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."

Book Review

By Joy Bolton

AS A MAN THINKETH, by James Allen. Chartwell Books, 2015.

First published in 1903, this book describes how a noble character does not come about by chance, but by continued effort in right thinking. The opposite is also true. Between these two extremes are all the grades of character.

Allen's influences: forward-thinking Christianity, a reverence for the work of transcendentalist Emerson, and for Sir Edward Arnold's Eastern-facing volume, *The Light of Asia*, combined to make him a vehicle for a certain way of thinking that presaged the modern self-help movement, and the canons of Science of Mind, and the Unity Church. Leo Tolstoy's focus on the simplicity of the Beatitudes and the importance of an interior life also informed Allen's work.

From Proverbs, the aphorism, "As a man thinketh in his heart, so is he," explains both the inner garment of character and the outer garment of circumstance. Circumstances, however, are so complicated, thought is so deeply rooted, and the conditions of happiness vary so vastly with individuals, that a man's entire soul condition cannot be judged from the external aspect of his life alone. A man may be honest in certain directions, yet suffer privations. A man may be dishonest in certain directions, yet acquire wealth.

The outer world of circumstance shapes itself to the inner world of thought. Disease and health, like circumstances, are rooted in thought. Strong, pure, and healthy thoughts build up the body in vigor and grace. A sour face does not come by chance—it is made by sour thoughts. Victories attained by right thought can only be maintained by watchfulness.

Actions (blossoms) spring from seeds (thoughts). Joy and suffering are the fruits. Man learns by both suffering and bliss. The sole use of suffering is to purify.

The soul attracts that which it loves and that which it fears. Man can find every truth connected with his being if he will dig deep into his soul. You cannot travel *within* and stand still *without*.

As a progressive and evolving being, man is where he is to learn that he may grow. And as he learns the spiritual lesson which any circumstance contains for him, it passes away. When man learns that he is a creative power, he becomes the rightful master of himself.

A man only begins to be a man when he ceases to whine and revile, and starts to search for the hidden justice that regulates his life. Law, not confusion, is the dominating principle in the universe.

They who have no central purpose in their life, fall easy prey to petty worries, fears, troubles, and self-pityings, all of which lead to weakness. Thoughts of doubt and fear never accomplish anything.

Man should conceive of a legitimate purpose in his heart, and set out to accomplish it. The strength of character gained will be the measure of his true success in life. An alternative is to strive for faultless performance of duty, no matter how insignificant tasks may appear.

Dreamers are the saviors of the world. The world is beautiful because of composers, sculptors, painters, poets, prophets, and sages. Cherish your visions, your dreams, your ideals, the music that stirs your heart.

Calmness of mind is one of the beautiful jewels of wisdom. It is the result of long and patient effort in self-control. The strong, calm man knows how to adapt himself to others, and is much loved. The more tranquil a man becomes, the greater his power for good.

That exquisite poise of character which we call serenity is the last lesson of culture, the flowering of life, the fruitage of the soul. He who has conquered weakness is free.

Self-control is strength. Right thought is mastery. Calmness is power. Say unto your heart, "Peace, be still!"

*...The human Will, that force unseen,
The offspring of a deathless Soul,
Can hew a way to any goal,
Though walls of granite intervene...*

Ask Auntie Karana

Q: I live in a city with terrible air pollution including smoke from wildfires, and a proliferation of mold growing in the lower areas. Acute environmental issues are bringing new clients to my practice of Esoteric Healing. How can I support them during such a compromised time?

A: An overall tune-up, including the immune, respiratory, nervous, lymphatic and circulatory systems is a good place to start. Sweep the liver, lungs, and the kidneys. Add the Vagus point to the lungs and bronchials. Balance both the emotional and physical shock points, the allergy triangles, the sinuses. Humans are affected different ways, so treat whatever shows up, accordingly.



Advise them to drink plenty of water, to avoid further polluting habits of poor nutrition, or practices that do not serve health. When the pollution levels are at their worst, advise people to stay inside. Outdoor exercise should be questioned, especially in the worst of it. Many fine herbal supplements and formulas are available and worth considering.

Supporting the actual region is another level of help for Esoteric Healers. Meditate on the environment and its' inhabitants. Add Ray 2, Love and Wisdom, Ray 3, Active Intelligence, and Ray 1, Will and Power. Advise your clients to do the same, and to see their world as healthy. Greed, and settling for a destructive status quo, are causes of degradation and can be shifted through consciousness and adding these Rays. With love, take action, and spread the word.

Q: I have a client who is about to go through a long and difficult 12-18 months of dental work. To correct major bone loss and past poor dental work, she is facing implants on one side, both upper and lower jaws, as well as a bone transplant from the back of her chin to the jaw. How can I help her on this challenging journey?

A: For maintenance and repair after dental work, balance the nervous system, the immune, circulatory, and the lymphatic systems. The shock triangles, both emotional and physical will help. So will the courage and fear points, Sweep the nadis and reconnect the blank spots. Smooth out the tentorium and the trigeminal nerves. Connect her jaw points one at a time, to the throat, the alta, the ajna.

All alta protocols are imperative during dental procedures, and Cranial Sacral work is a good supplement to EH, keeping the back of the head from jamming. While she is in the chair, for worry, she can hold her thumb with the other hand, and for fear, the index finger. Auntie tends to go back and forth from one digit to the other as she gets dental work. It doesn't matter which hand holds and which receives. Just do what comes naturally. This technique comes from Jin Shin and is surprisingly calming. It will support her ability to sit through it all.

Auntie also recommends a jaw exercise to speed recovery and stimulate bone growth: While performing it, make these two letters continuously rather than repeating individual J's or Z's. JJJJJJ vibrates the upper jaw and ZZZZZZ, the lower. The letter sounds should run together, and are organic rather than regimented. Here's what to do: JJJJJJZZZZJJZZZZJJZZZZ. Keep going until tired, a minute or two, and perform a few times a day; for example, every time she gets in her car.

If she cannot feel her upper jaw vibrating on the J's, and the lower on the Z's, it needs to be louder, more forceful. It isn't necessary to measure how long she spends on each letter. What's important is to go back and forth between the two, becoming conscious of the blood flow, the clearing of swelling, and acceleration of bone growth through the vibration the sounds create. Knowing she is doing everything in her power to assist with her healing will add confidence to this long process.

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@gtheal.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

In Remembrance

Irmgard E. Kurtz

JUNE 17, 1931 – DECEMBER 19, 2018



Irmgard Kurtz, age 87 of East Lansing, passed away Dec. 19, 2018.

She was born in Barton, Wisconsin on June 17, 1931 to Paul and Anni Raschka.

Irmgard was a member of Song of the Morning Ranch in Vanderbilt, Michigan since 1970. She enjoyed meditation and spiritual studies.

Irmgard worked as the office manager/bookkeeper at the medical practice of Dr. Barbara Briner since 1988.

Irmgard was a tireless supporter of Esoteric Healing education and practice. She will be dearly missed.

Surviving are her son, Bernard (Sandra) Kurtz; daughter, Christine (Jeffrey) Duncan; grandchildren, Michael (Patricia) Kurtz, Peter Kurtz, Steven Kurtz, Nicole (Ian) Campbell and Jennifer Vela; and 7 great grandchildren.

Memorials may be made to Hospice of Lansing, 3186 Pine Tree Rd., Lansing, MI 48911 or Song of the Morning Ranch, 9607 Sturgeon Valley Rd., Vanderbilt, MI 49795



OM PEACE BLISS AMEN