



# *Lifestream*

*NAEH Newsletter*


Volume IX Issue 3  
June 2019

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## **Contributors:**

**Bonnie Dysinger**  
**Shauna Edmonds**  
**Catherine Finigan**  
**Constance McCloy**  
**Fran Oppenheimer**  
**Sandra Rogers**  
**Joan Stansberry**  
**Stephanie Urdang**



**When power leads and wisdom  
follows, the face of wisdom is veiled  
and she stumbles; but when wisdom  
leads and power follows, they arrive  
safely at their destination.**

**Bowl of Saki by Hazrat Inayat Khan - June 10**  
**- <https://wahiduddin.net> -**

## *Message from the President*



The time of awakening and renewal of the Spring season is upon us! In April we had our annual conference in Okemos, Michigan and this year's theme was Mystical Union: Crown to Basic Centers. The conference was well attended and all of the feedback that has been received thus far has been excellent. Many people shared with me that it was the best conference to date. We continue to inspire each other while we uplift and strengthen our inner and outer connections when we come together as a group and this year was no exception.

As we move forward into the dawning Age of Aquarius and experience the impact of the incoming Seventh Ray of synthesis our opportunity to work as a group within the larger group of New World Servers has never been more important. Al Florey gifted us with a wonderful post-conference talk that was filled with gems of information and inspiration. If you haven't read his book, Path of the Soul: How Jesus Attained Christ Consciousness, I would highly recommend it.

After our election process at the conference we welcomed Kathy Burgess to the Board of Directors and gave a huge thank you to Bonnie Dysinger for running for reelection to continue to fill her role on the Board as Secretary. Bonnie has been instrumental in creating our virtual office on Dropbox and guiding us to use Zoom for our meetings.

Our committees continue to be active and creative! The Education committee has spearheaded the move to post a list of Deepening Classes on the NAEH website. A "Deepening Class" is a class that supports one's personal and/or spiritual growth in the development and understanding of health and consciousness. A "Deepening Class" may also enhance the practice, knowledge, and understanding of Esoteric Healing. These classes will be reviewed and approved by the Education Committee and will be offered by our Professional level members. You can find an application to submit your class under the Member's Only tab on the website.

The Education Committee is also compiling a list of books that have been inspirational in some way to our members and will be posted on the website. Look under the Links and Resources tab for "Helpful Books" and send in your suggestions.

The new Teacher Training program is moving along well as our trainees work away at their assignments for the July, Part 1 classroom experience. This is our prototype group for the new training model and I am very excited at the potential that it represents for training more teachers of Esoteric Healing.

All in all the NAEH, Inc. is healthy and vibrant as we look ahead to our next year.

Many blessings,  
Fran Oppenheimer  
NAEH President, 2018-2020

## ***NAEH Conference***

### **Service Awards Given at the 2019 NAEH Conference**

"Service" – in the Esoteric Healing world, we learn a lot about the importance of service. For example, we learn that the "urge" toward service is an aspect of our spiritual growth. Service is one of the legs of that "three legged stool" which helps us to build the inner bridge to our Soul. Service is a result of "being that which we are" (Soul...Spirit), and the "doing" that comes from that.

Many individuals and committees in the NAEH quietly but mightily give of their time and talents. At the NAEH Conference, the Board of Directors took time to recognize the following people for their service:

- **Joan Stansberry** was presented the **NAEH Service Award** in appreciation for her six years of service on the NAEH Conference Committee, especially for her incredible attention to detail.
- **The NAEH Conference Committee** was presented the **NAEH Team Award** in appreciation for their service in planning and implementing the 2019 Annual Conference.



- **Barbara Briner, DO, CPEH** was presented the inaugural **NAEH Leadership Award**. The following is the speech given at the conference to honor her service to the organization:

“The inaugural NAEH Leadership Award is presented to Barbara Briner, DO, CPEH, in recognition for her extraordinary leadership in providing a clear vision for the creation and development of the NAEH. Through her inspired guidance and her ability to collaborate with people from all walks of life, the NAEH has grown into a functional organization that truly supports practitioners of Esoteric Healing. Her leadership since the inception of the NAEH has been impactful in the development of the following:

- The NAEH Mission Statement and Objectives
  - A complete CODE of Ethics for the practice of Esoteric Healing
- An organizational structure, that includes a Board of Directors and functioning committees
  - A membership process that financially supports the NAEH
  - A professional certification program, closely supervised and documented
  - The NAEH professional Journal, “Lifestream” and the NAEH online Newsletter
  - An annual conference of consistent and amazing quality
  - The comprehensive NAEH website
  - Incorporation of the NAEH
  - A teacher training program for Esoteric Healing, and she is helping to move the teacher training program into the Aquarian Age by incorporating group work and the use of technology
  - And more...

Dr. Briner knows “it takes a village” to bring the mission of the NAEH into fruition, and she has productively, persistently and with great heart lead this “village” to make this happen. We thank Dr. Briner for caring so strongly that practitioners of Esoteric Healing have an organization that supports them in so many ways. And we thank Dr. Briner for her many roles in bringing Esoteric Healing to the world.

Grace, blessings and thanks to you Dr. Briner.”





*\*\*Stay tuned for more photos in the next newsletter!*

Thank you Joan Stansberry for your fabulous contribution of great photos from the conference

## *NAEH Certification*

Congratulations to our six candidates who successfully completed the certification process to become Certified Practitioners of Esoteric Healing (CPEH)! These individuals began their certification journey in June 2018 and completed the written and practical testing processes on Thursday, April 11, 2019. Candidates were presented with their certificates at the NAEH Annual Conference on Friday, April 12, 2019.



Left to Right: Ashley Mazurek, Jennifer Nolan, Jen Busch, Kathy Burgess, Barbara Briner – ACP, Constance McCloy – ACP, Bonnie Dysinger – ACP, Dona Battisfore-Krebs, Alisa Petruzzi – ACP, Fran Oppenheimer – ACP, Vicki Goethals



Maria Hubbuch, Lori Settersten, Diane Rolka, Patsy Hubert, Alisa Petruzzi, Chuck Pisa, Jen Busch, Jennifer Nolan



Kathy Burgess, Dona Battsfore-Krebs, Ashley Mazurek, Constance McCloy,  
Vicki Goethals, Kathleen Hautala, and Mary Hearing  
Hidden and meant to be found!: Shauna Edmonds and Fran Oppenheimer

Not shown: Jackie Devereaux and Bonnie Dysinger

The NAEH Certification Committee has guided 71 Esoteric Healing practitioners to successfully complete the certification process since we began in 2011. At this time we have 61 active CPEH! And we have received new applications for the June 1, 2019 due date from 7 Esoteric Healing Practitioners who wish to become certified!

The Certification Committee would like to extend our gratitude to Fran Oppenheimer who has served on our committee since January 2011, and Alisa Petruzzi who has served since June 2013, for their time and service dedicated to assisting many certification candidates over the years and for their valuable work on the NAEH Certification Committee. Fran will continue to dedicate her time as our NAEH President and other NAEH committees, and Alisa is preparing to teach her Esoteric Healing classes! Thank you Fran and Alisa, and blessings to you both on your journey.

If you have any questions about the certification process, please contact Bonnie Dysinger, Certification Chairperson at [bonnie@gtheal.com](mailto:bonnie@gtheal.com) or call 517-281-1706 PST.

We would like to announce Lyn Ludwig and Maria Hubbuch as our newest members of the Certification Committee!

Lyn is from Colorado and was certified in 2016 and has just completed Esoteric Healing Level 8. Maria is from Florida and was certified in 2012 and is also an NAEH Esoteric Healing Teacher. Welcome Lyn and Maria!

## *NAEH Education*

### **“Deepening Classes”- Check the NAEH Website!**

Because the basic Esoteric Healing courses can't include ALL that we'd like to learn, many EHer's have expressed interest in creating and/or enrolling in a “deepening class.”

A “Deepening Class” supports one's personal and/or spiritual growth in the development and understanding of health and consciousness. A deepening class may also enhance the practice, knowledge, and understanding of Esoteric Healing. Examples of topics for deepening classes include: Esoteric Psychology; Meditation; the Angelic Kingdom; Anatomy and physiology of various body systems; Energy Work for Animals; Business Considerations in an Esoteric Healing Practice, and many others.

If you are interested in deepening classes, go to the NAEH website, click on the “Classes” tab, click on “Deepening Classes.” You'll see additional information about possible topics.

NAEH members at the Professional level are qualified to have information about a deepening class they are teaching (e.g., Title of class and dates offered) posted on the NAEH website. They must first complete a Deepening Classes Application provided in the “Members Only” area on the website and submit it to the Education Committee for review and approval, so that their class can be posted.

Eventually, a full schedule of deepening classes will be displayed on the website. That's exciting! So much to learn, so many classes to take!

## *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 Adrenal Fatigue:**

The diagnosis of Adrenal fatigue is one that is surrounded by controversy. Adrenal fatigue is a term that was actually coined by a chiropractor, James Wilson, in 1998 and is used by alternative medicine providers to suggest that the adrenal glands are exhausted and unable to produce adequate quantities of hormones, primarily cortisol, due to chronic stress or infections. There is currently no accepted scientific basis in the medical community for the existence of adrenal fatigue, and the term is not the same as a number of actual forms of adrenal dysfunction such as adrenal insufficiency or Addison's disease.

Adrenal fatigue is a term applied to a collection of mostly non-specific symptoms including:

- Ongoing fatigue
- Muscle weakness
- Loss of appetite and weight



- Abdominal pain, nausea, diarrhea
- Low blood pressure
- Depression and irritability
- Low blood sugar
- Craving for salt

To diagnose Adrenal Fatigue, alternative medical practitioners such as Naturopaths, and Chiropractors or Functional Medicine doctors may order blood or salivary testing to look at cortisol levels. They may also order test that look at the microbiome, or gut flora, for imbalances seen in adrenal fatigue. Many dietary supplements, lifestyle changes and dietary modifications have been suggested for this condition.

Whether or not this condition is recognized by the standard medical community there are many people who identify with the profile of this condition and will seek treatment from alternative health care providers and energy medicine practitioners. Most of these people suffer from bouts of extreme fatigue and physical discomfort such as muscular aching as well as sleep disturbances. There is also almost always an emotional component present in the case and many more women than men seem to suffer from adrenal fatigue. As energy medicine practitioners we recognize that the impact of emotional stress and trauma, even from the prenatal period, can have a profound effect on the health of an individual throughout their lifetime.

### **Metaphysical Possibilities:**

In The Healing Secrets of the Ages, Catherine Ponder connects health conditions to emotional issues and life circumstances. According to Ponder, the adrenal glands are where the Strength center of our body is located. This is where we get the ability to “keep on keeping on” and to endure.

The adrenals are there to spur us on, to give us energy to tackle stressful situations, both emotional and physical. The adrenals—think adrenaline—are closely connected with the sympathetic nervous system (the gas) as opposed to the parasympathetic nervous system (the brake). During times of fight or flight, we need the sympathetic nervous system to change our physiology, so we can take action. We also need the parasympathetic nervous system to change your physiology, so we can benefit from deep rest and restoration.

Unfortunately, many people’s adrenals are tasked with constantly producing the hormones that keep them amped up. Abnormal adrenaline and cortisol levels can result in mood disorders, sleep disturbances, reduced immunity, and changes in vital circulation. Because these side effects are not uncomfortable enough to be intolerable, a self-destructive, adrenal-depleting lifestyle often continues.

Eventually, the adrenals become overtaxed and exhausted, and can’t keep up with the burden. People with adrenal exhaustion often complain of too many things to do and not enough time in which to do them. They often feel that “If I don’t do it, it won’t get done.” This is a false sense of responsibility, and it also depletes the adrenals.

Louise Hay in Heal Your Body suggests that low self-esteem is related to the cycle that results in Adrenal Fatigue.

Affirmations can be helpful in changing habitual patterns of thought and belief. This can assist one to uncover a spiritual solution to physical ailments, which in turn promote true healing. One affirmation that may be useful with Adrenal Fatigue is: “I no longer resent my responsibilities. They are expanding my good in every phase of my world. My yoke is easy and my burdens are light.”

### **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 Adrenal Fatigue might be:

- Vagus nerve and all related triangles
- Autonomic nervous system
- Immune system
- Spleen and all related triangles
- Adrenal and Kidney triangles
- Fear and Courage triangles
- Allergy triangle
- Pleasure point triangle
- Thyroid triangle
- Thalamus
- Hypothalamus
- Pituitary
- Emotional level of everything; Emotional body treatment
- Higher centers balance and treatment of appropriate sheath(s)
- Could try holding the hypothalamus, pituitary and adrenals together (hpa axis)
- Could try holding the hypothalamus, pituitary and thyroid gland together (hpt axis)

As in all Esoteric Healing treatments follow what you find as the systems of the body are an integrated whole. The patterns and answers will reveal themselves when we go in as objective facilitators.



*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 would like to address for the next article the first ethics statement listed from the NAEH Code of Ethics for practitioners. “Demonstrate commitment to provide the highest-quality Esoteric Healing to those who seek out their Esoteric Healing care.”

Reading through the list of ethics statements to write these articles, this one caught my attention and I thought of this particular client. This gentleman with whom I have been working for a number of years has made quite a gain in healing but can be a very difficult client to work with.

We got together a short while ago, had a session and planned out several additional treatment sessions due to a new condition that was a result of a medical procedure. All fine and well, right? Well, he cancelled via text message three days before the appointed next session. OK, these things happen – it is part of the nature of the business.

The problem comes in when it happens all too often. I used to get irritated and my little personality ego would puff up and I would think “well, I just won’t work on him anymore!” Then he calls and needs another appointment, I agree, and this one he actually gets there and, lo and behold – on time!

So, how can I honor my commitment to provide a high-quality session when I get so darn miffed at him? I find myself going back and forth with do I give up on him and tell him I am done or do I see him again and try to set my anger aside?

There are as many different ways to look at this as there are practitioners. One thing is where are your boundaries? How far in advance do you need to be notified of a cancellation? What about a no-show? Personally, I need to set my boundaries and create a cancellation policy. This needs to be fair to me and to my clients.

Then there is the question of what is the highest and best for the client? Is there something we can help with if we give more time? Do we need to discuss the “being late issue?” Could there be a breakthrough? So many questions.

The clients “energy field, emotional, mental and spiritual can and will give us some clues we can use to help in our decision of what do I do with this person! Each client has different healing needs. What are their rays? What is best for you and your client? Can you give a high quality Esoteric Healing session?

For this particular client, through meditation I heard, “See him as a Soul and honor the Soul. His personality is afraid.” I realize each session of Esoteric Healing helps in ways we might not see on a physical level but can sense benefit on another level. Hopefully with time a connection between his personality and Soul will develop. As long as I can focus on his Soul and leave my personality ego out of the picture, I will continue to accept working with this man – for the benefit of both of us. 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.”

## *Auntie Needs Your Help!*

### Call for Submissions!

Deadline: **October 1st, 2019**

I am writing an article for the NAEH Fall Journal about my introduction to EH, which as most things in my life, was less than a deliberate path and decision. But twenty years later, here I am, wanting to explore the stories of how and why we have found or chosen this path.

For those who care to share their introductions and initiations to EH, please write me in the body of an email to **stephanieurdang@gmail.com**. The subject line should read: **EH article contributor**. It's best if your answers are on the brief end of the story telling scale.

These are the topics I will cover in my own story. You can write about all of them, or just what stands out as particularly interesting in your own experience.

1. How or where did you first hear about EH?
2. What was your initial reaction?
3. Why did you become a student or practitioner?
4. What keeps you interested in practicing?

I will do my best to use your answers as they are submitted, although excerpts are highly likely, and there may be some groupings of similar experiences.

If you don't want your name used, make that clear. If you are open to a phone interview, please include your phone number in the email. This may or may not be necessary but I want to cover all possible bases.

By sending this information to me, you are also granting permission to be edited to suit the article's scope, as well as consenting to (partial) reprint. Unless your answer is included in a group trend, I will credit your name with anything that gets quoted.

Thank you and I look forward to hearing from you!  
Stephanie Urdang



## *Auntie Karana*

**Q:** I practice Esoteric Healing in Florida and many clients come to me for mold and allergy problems. How can I best support them?

**A.** Environmental issues are tricky for Esoteric Healers because if the mold, pollens, all possible irritants are not alleviated, the symptoms will return. Encourage your clients to consider negative influences, and implement what control they might have: salt water nasal rinses, clean foods and living space, scentless home products, an air filter.



After AAWOS, balance all the centers and their levels, do a general tune-up with emphasis on the adrenals, the liver, kidneys, all the cleansing organs, and the lymph if there is no history of cancer. Focus on the immune system. Do the allergy protocols, both for inhaled and ingested allergens, the sinuses, and address all information you get from their body, any signs of inflammation, irritation, etc.

Since the adrenals are involved in the airborne allergy protocol, keeping the adrenals from spiking is an important consciousness for alleviating dis-ease. Suggest meditation as a way to support homeostasis.

**Q:** I have a new client going through cancer treatment. It was originally in the breast, currently spots on the brain. She is married and still has a child at home. She is experiencing severe anxiety and called because she thought complimentary treatments would be helpful.

I did not perceive any space to suggest that she see her challenges as a spiritual journey, as well as a medical process. Her goal appeared to be about staying in the feelings with which she was familiar, and hoping for a magic cure, especially for her loneliness. I worked on her to the best of my ability but can't stop thinking about how to help. If she comes back, what protocols would you suggest I use?

**A.** She may be tethered to the physical, emotional, mental, and personality bodies, with no concept of a bigger lens. But she did get herself to a session and that indicates at least a need if not an openness.

Esoteric Healing is always done according to the will of the recipient's soul, and with the philosophy that disease is the sign of an inhibited soul life. Let them be reminders of your job and how to perform it. The challenge for you as the practitioner is clear: listen to her with your heart and integrate her soul as well as the energy of Spirit with the lower centers.

After balancing all levels of her chakras, systems (especially immune) the organs, glands, concentrating on anything affected by the toxicity of her medical treatments, you can work on the emotional and mental points in each of the centers. If you know Bonnie Dysinger's Anxiety Protocol, it would be helpful. The glamour and illusion points are useful, as is the courage to walk

through fears protocol. The higher centers balance will bring spiritual energy all the way down to the basic chakra. Do the petals of the soul, using the three basic Rays wherever appropriate.

Without explanation, just introducing the Rays of Will and Power (Ray 1), Active Intelligence (3), Love and Wisdom (2) into her energy field will in time create change. If she does return to you, suggest a meditation practice. Through her own willingness and EH sessions, eventually her soul light will begin to integrate with her lower chakras, her health, her feelings, her thoughts.

Auntie Karana is 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](mailto: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.

### **Ann Arbor, Michigan**

Meets on the second Saturday of the month from 1-3pm  
Call or email Diane Rolka at 517-881-7789, [diane.rolka@gmail.com](mailto:diane.rolka@gmail.com) to inquire/confirm.

### ***Members of the Publications Committee***

*Dr. Barbara Briner, Catherine Finigan, Lori Settersten, Stephanie Urdang*

## ***In Remembrance***



Our dear friend Paula Zito passed away on May 14, 2019 at the age of 71. Paula was always ever present working in the background in service to all – inside and outside of Esoteric Healing activities. Please send blessings of Light and Love to Paula on her journey home and to her family. Paula, you will be missed.



**OM      PEACE      BLISS      AMEN**