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*St Patrick had a dream, as he wrote in his Confessions: "In the depth of the night, I saw a man named Victoricus coming as if from Ireland, with innumerable letters; and he gave me one of these, and ... [that] moment I heard the voice of those who were beside the wood of Focluth, near the western sea; and this is what they called out: 'Please, holy boy, come and walk among us again.'*

*Their cry pierced to my very heart, and I could read no more; and so I awoke." Saint Patrick was the most widely recognized patron saint of Ireland. He died on March 17, 461.*

*To have leaders like him today would be a pot-of-gold at the end of the rainbow.*

## *Message from the President*



It's hard to believe that conference time is almost upon is again but it is coming up fast!

The annual NAEH Conference will still be April 17-18 but this year in light of the current global health concerns we will have our first ever online conference via Zoom. As we are going to have our conference on Zoom we do not need as much time as we would in a conference room so this conference will be over 2 days rather than the usual 2 1/2 days. We will still have adequate time to present the conference content and then have

Sunday to rest! This year we have a great offering titled: **Points of Light: Esoteric Healing in the Aquarian Age**. We will be exploring the shifting of the Ages and how this may be affecting us and our world. Our focus will include Group work, heart centered Service, The New Group of World Servers as defined by Bailey, as well as practical work on areas of the energy systems such as the Ajna and Vagus nerve that are especially affected by the shift. We will also plan to have a special offering titled: Grief as Praise in honor of Dr. Briner. Registration is available through the NAEH website, [naehonline.org](http://naehonline.org), or you can print and send in your registration form. In light of all of the changes and uncertainty this year we have decided to honor the early bird price for all registrations regardless of the date they are received. In addition, all conference attendees will receive a link to the conference recordings at no extra charge. Please join us as we experience the power of the group heart and group Soul as we unite from many corners of the world. Forms are available on the website.

In the past 6 months, the NAEH has shown that the foundation laid by Dr. Barbara Briner is strong and able to stand on its own in the midst of changes. We dearly miss her presence, guidance and unique sense of humor but have been humbled by the outpouring of time and talents throughout the organization, showing us that the NAEH is alive and well and growing.

We have certification candidates finishing up their final assignments and exams, teacher trainees working hard to prepare for their Part 2 class, a new fully accredited NAEH teacher and teachers stepping forward to continue to offer all levels of Esoteric Healing classes. Our committees continue to work hard behind the scenes to keep things moving forward and the efforts of the Conference Committee this year has been especially inspired. Together we all make a very good team!

And finally, I am excited to announce that we welcomed a new vital member of the NAEH team with the hiring of Suzie Taylor-Hendges into the position of Office Support Specialist. Suzie brings her talent for office work and organization as well as her willingness to learn what we need to make the NAEH run as smoothly as possible.



Many blessings,  
Fran Oppenheimer  
NAEH President, 2018-2020

## *NAEH Conference 2020*

### **PLEASE READ:**

### **IMPORTANT UPDATE on the 2020 NAEH CONFERENCE**

After further consideration, and because the Governor of Michigan has declared a state of emergency due to concerns about the Coronavirus, the NAEH Board of Directors has made the decision not to offer the 2020 NAEH onsite at the Conference Center in Okemos, Michigan.

**HOWEVER, the 2020 NAEH Conference WILL be delivered via “livestream” video conferencing on Zoom, April 17-18**

- All individuals registered for conference will receive an email link to the conference and the relevant handouts. Conference bags will be sent to you vial snail mail (they’re good ones!)
- Zoom technology allows us to record each speaker, meditation, meeting etc. Therefore , a recording of the conference will be provided free of charge to individuals who are registered for the conference.

Stay tuned for more information! This will be our first e-conference and the various volunteers and committees are working hard to bring this to you. All meditations, inspirations, prayers and patience gratefully welcomed. We will be running some “practice sessions” and will send out those dates/times so that you can connect with Zoom and try it out ahead of time.

**As the NAEH , we are all living “points of Light,” becoming a “Group Light,” bringing Esoteric Healing into the Aquarian Age. We join together as we (literally) step into this new age with our 2020 conference.**

**Early Bird registration discount has been extended until the conference: \$145 for NAEH members; \$175 for non-members.**

**If you haven’t already registered for the conference and are ready to do so, click on this REGISTRATION LINK:**

<https://www.123formbuilder.com/form5241942/2020-naeh-annual-conference-early-bird>

## *NAEH News*



Meet Suzie!

The NAEH contracted Suzanne Taylor-Hedges beginning in February to work as our NAEH Office Support Specialist. Suzie lives with her wife Kristen in Toledo, Ohio and is the owner of Integrity Business Tasks. She works as a virtual assistant and has an impressive list of job skills and experience. The NAEH is just one of her clients.

In her spare time, Suzie enjoys hiking and reading; loves massages and travel; and she is not a stranger to Esoteric Healing sessions.

Suzie has spent the past month becoming familiar with the inner workings of the NAEH office and is delving right into our conference registration process. Suzie plans to be at the 2020 conference, at least part of the time. Please look for her and extend a warm NAEH welcome.

## *NAEH Certification*

**Become a Certified Practitioner of Esoteric Healing!**

Applications to begin the process to become a Certified Practitioner of Esoteric Healing (CPEH) are due by June 1, 2020.

There is a thoughtful application process and you may access the application and the handbook for more information on the NAEH website under the Certification tab. Here is a link: <https://www.naehonline.org/practitioner-certification>

If you have questions, you may contact Bonnie Dysinger by email at [bonnie@bonniedysinger.com](mailto:bonnie@bonniedysinger.com) or call 517-281-1706.

## ***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 Influenza (the Flu):**

Influenza is a viral infection that attacks the respiratory system which includes the nose, throat and lungs. Symptoms generally come on rapidly and can be mild to severe. Influenza is commonly called the "flu", but it is not the same as stomach "flu" viruses that cause diarrhea and vomiting. Influenza spreads around the world in yearly outbreaks, typically in winter except in equatorial areas, resulting in about three to five million cases of severe illness and about 290,000 to 650,000 deaths worldwide each year. In the United States it is estimated that between 5 and 20% of the population will get influenza in a given year.

For most people, influenza will get better on its own within one to two weeks. But sometimes, influenza and its complications can be deadly. People at higher risk of developing flu complications include:

- Young children under age 5, and especially those under 12 months
- Adults older than age 65
- Residents of nursing homes and other long-term care facilities
- Pregnant women and women up to two weeks postpartum
- People with weakened immune systems
- People who have chronic illnesses, such as asthma, emphysema, heart disease, kidney disease, liver disease and diabetes
- People who are very obese, with a body mass index (BMI) of 40 or higher

### **Symptoms:**

Initially, the flu may seem like a common cold with a runny nose, sneezing and sore throat. But colds usually develop slowly, whereas the flu tends to come on suddenly. And although a cold can be a nuisance, you usually feel much worse with the flu.

Common signs and symptoms of the flu include:

- Fever over 100.4 F (38 C)
- Aching muscles, especially of the lower back and legs
- Chills and sweats
- Headache
- Dry, persistent cough
- Fatigue and weakness
- Nasal congestion
- Sore throat

### **Causes:**

Flu viruses travel through the air in droplets when someone with the infection coughs, sneezes or talks. You can inhale the droplets directly, or you can pick up the germs from an object, such as a telephone, computer keyboard and even a hug, and then transfer them to your eyes, nose or mouth.

People with the virus are likely contagious from the day or so before symptoms first appear until about five days after symptoms begin. Children and people with weakened immune systems may be contagious for a slightly longer time.

Influenza viruses are constantly changing or mutating, with new strains appearing regularly. If you've had influenza in the past, your body has already made antibodies to fight that particular strain of the virus. If future influenza viruses are similar to those you've encountered before, either by having the disease or by getting vaccinated, those antibodies may prevent infection or lessen its severity. But antibodies against flu viruses you've encountered in the past will not protect you from new influenza strains that can be very different from what you had before.

### **Complications:**

For people who are young and healthy, seasonal influenza generally isn't as serious. Although you may feel miserable while you have it, the flu usually goes away in a week or two with no lasting effects. But children and adults at high risk may develop complications such as:

- Pneumonia
- Bronchitis
- Asthma flare-ups
- Heart problems
- Ear infections
- Secondary bacterial infections and/or pneumonia

Pneumonia is the most serious complication. For older adults and people with a chronic illness, pneumonia can be deadly.

### **Prevention:**

It is important to take measures such as these to reduce the spread of infection:

- **Wash hands.** Thorough and frequent hand-washing is a very effective way to prevent many common infections. Or use alcohol-based hand sanitizers if soap and water aren't readily available.
- **Avoid touching your face.** This takes conscious practice but the truth is that the greatest danger of catching the flu is from touching contaminated surfaces and then touching your face which includes your nose, mouth and eyes. This includes handshakes, hugs, door handles, shopping carts, and any other surface commonly used by many people throughout the day. This practice combined with careful handwashing will go a long way toward protection from the flu or related illnesses.
- **Contain coughs and sneezes.** Cover your mouth and nose when you sneeze or cough. To avoid contaminating your hands, cough or sneeze into a tissue or into the inner crook of your elbow.

- **Avoid crowds.** The flu spreads easily wherever people congregate — in child care centers, schools, office buildings, auditoriums and public transportation. By avoiding crowds during peak flu season, you reduce your chances of infection. And if you're sick, stay home for at least 24 hours after your fever subsides so that you lessen your chance of infecting others.

### **Metaphysical Possibilities:**

A healthy immune system is the first line of defense against the flu so it stands to reason that emotions and conditions that have a negative effect on the immune system may increase susceptibility to the flu. This can include feelings of worry/anxiety, depression, fatigue, poor dietary choices, lack of adequate sleep, response to mass negativity, negative belief systems, and feelings of helplessness, frustration or stress. In addition, anger has a seriously negative impact on immune system health.

Best-selling author Alan Cohen articulates this idea well in his book, *A Daily Dose of Sanity*, stating: “Sniffles or a cold sore are life’s way of telling you that you have just gotten off balance, and it is time to take a step back to reclaim your equilibrium. You do not have to quit what you are doing forever; just take whatever time you need to return to a poised state.

From that position, you will feel better and accomplish far more than you would have if you just kept pushing yourself. Thank your body for its signals. It is the best message service you could have.”

The journey of self-discovery through recovery requires temporarily postponing some of the tasks on your perpetual to-do list. Take the time to remove that which is no longer meaningful and add items that perpetrate self-fulfillment. Reflect on diet, nutrition, exercise, being outdoors, connecting with others, and personal time. Listen to what the body is trying to convey so you can make adjustments that will ultimately manifest a stronger you. Meditation, affirmations, positive thinking, laughter, adequate sleep and careful tending of the physical body in addition to proper handwashing and hygiene are all good lines of defense against the flu. An annual influenza vaccine is available to those who choose to have it.

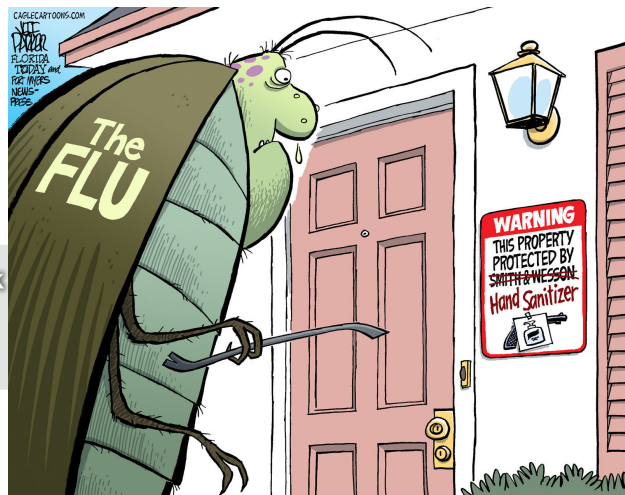
### **Esoteric Healing Considerations:**

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:

- Immune system triangles and treatment
- Heart triangle(s)
- HC + Vagus point
- Breast triangle
- Thymus triangle
- Lymphatic system
- Circulatory system
- Respiratory system triangles
- Diaphragm triangles
- Sinus triangles
- Spleen and all related triangles
- Prana triangle
- Heart center + muscles; for aching

- Emotional level of everything; emotional body treatment
- ISP treatment
- Pleasure point triangle
- Fear and Courage triangles

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.

## Ask Auntie Karana

**Q:** My client has two stones in her kidney, and according to the CT scan, they are too large to pass. They proposed an ultrasound procedure to break them up, which is performed under anesthesia. Then a stent, which helps reduce excruciating pain, is temporarily placed in the ureter while the fragments pass down to the bladder and out of the body.





There are also some surgical treatments, but she does not want to go through any of these procedures without trying alternatives, including Esoteric Healing. Do you have any suggestions to help her dissolve the kidneys stones, or to help them get small enough to pass?

**A:** Because you don't want to move them without a change in size and roughness, do not sweep her kidneys or ureters until she has spent some days staying extra hydrated, with an increase of foods high in citric acid (citrus fruits and their juices) but low amounts of Vitamin C. Her diet should also be low in oxalates (nuts and nut butters, spinach, beets and their greens, rhubarb). During that time, suggest she take extra calcium and magnesium, cut back on salt, and eat very little animal protein.

When she's done this for a week or two and comes for the Esoteric Healing session, explain that you will do your best to support her body to handle their passing.

After aligning and attuning and a general tune-up, including all protocols on all levels that support where she is at the moment, according to her CT scan, see if you can feel any interference at the location of the stones. Whether you feel them or not, since energy follows thought, as if you are doing fine grain sanding, smooth out the known stone areas. You can even create a light tapping without touching her body, an energetic ultrasound percussion. Before closing, ask her body to clear all disease, to expel them naturally and with as little pain as possible.

Before she leaves, ask her to smooth them with her mind's eye every time she thinks of them, and imagine them small enough to pass with ease, and see them leave her body.

**Q:** My client has extreme anxiety and does not like to be on medications. Can Esoteric healing permanently eliminate anxiety or would the client have to maintain a regular treatment schedule to keep the anxiety under control?

**A:** There are many aspects to anxiety, as well as multiple possibilities for treatments, none of which work instantly or alone. So a regular treatment schedule is advised. In Auntie's experience, clients with high-anxiety can make big changes through the desire to manage more peacefully, and over time of positive practice. With all Esoteric Healing's spiritual principles, general and specific balancing protocols, your client will learn to reduce anxiety's power over her.

Meditation, breathing, learning what the triggers are, finding a different relationship to troubling emotions and thoughts, recognizing internal and external stressors, therapy and/or cognitive behavioral therapy, are some of the ways one can change their level of anxiety. These will support EH treatment. Medication is one avenue, but without other techniques, without a desire for radical change, spiritual trust and peace, anxious responses will remain the norm.

“Anxiety was born in the very same moment as mankind. And since we will never be able to master it, we will have to learn to live with it—just as we have learned to live with storms.”

— **Paulo Coelho, *Manuscrito encontrado em Accra***

*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](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.

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

*Catherine Finigan, Joni Larson, Fran Oppenheimer, Lori Settersten, Stephanie Urdang*



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