



Lifestream

NAEH Newsletter

Volume XX Issue 4
September 2020

Contents:

President's Message
NAEH Conference
NAEH Certifications
Fran's Facts
Ethics
Esoteric Stories
Auntie Karana
EH Practice Groups

Contributors:

Bonnie Dysinger
Catherine Finigan
Constance McCloy
Fran Oppenheimer
Sandra Rogers
Jerry Rosser
Stephanie Urdang



God and man

Esotericism defines God as the sum total of all the Laws, and all the energies governed by these Laws which make up everything in the manifested and unmanifested universe — all that we see and cannot see. God is also the great Cosmic Being Who ensouls this planet.

Man, in turn, is a 'Spark of God,' a spiritual being expressing itself through a physical body. Each one of us is essentially divine but, compared to the great achievers throughout history in all religions and fields of human endeavor, most individuals recognize and demonstrate this divinity only to a limited degree. Ageless Wisdom

We are called to be the greatest “Points of Light” we can be!

Message from the President



As we move into the Fall season, we are living within the “winds of change.” Not surprisingly, much has been happening at the NAEH in these past few months:

- The 2020 NAEH e-Conference “Points of Light: Esoteric Healing in the Aquarian Age” continued September 12-13. Two hundred ten people representing 9 countries registered for the conference and 140+ individuals were on our Zoom video feed at any one time. The conference themes - Esoteric Healing in the Aquarian Age (EH roles and purposes); heart-centered service; and group work (including NGWS) - were well explored in the conference talks, meditations and practicals. We were also grateful to be led through Tai Chi by Debbie Windsand and Yoga by Katie

Mulligan- we needed that movement! Feedback about the conference has been very positive.

- **It's Membership Drive time! Sign up by October 15!** The membership of the NAEH is the heart and Soul of the organization, as together we Be and Serve in the world. Note that for this 2020-2021 membership year, due to COVID-19 unemployment-related issues, the Board of Directors has instituted a “Financial Consideration Process” for those NAEH members who find payment of the membership fees to be an extra challenge at this time. Follow the directions on the NAEH website www.naehonline.org , Membership tab, Membership Applications tab.
- The Board of Directors has been working to become more informed about issues related to the “scope of practice” for Esoteric Healers, ethics related to energy healing, and the language that practitioners are legally allowed to use, based upon our training and education. A new Scope of Practice Task Force made up of EH practitioners and BOD members has been established to review all NAEH publications, teaching materials and website documents to examine their fit within the scope of practice for Esoteric Healing. Look for upcoming activities/events from the Scope of Practice Task Force, as they provide “tutorials” about these topics so that all EH practitioners can be more fully informed.
- Certification: We send supportive thoughts to the 7 NAEH members who are steadily making their way through the certification process this year. Testing will occur online in April, 2021.
- Cohort Teacher Training: Our two teacher trainees, Jennifer Wolffis and Chris Geith are finishing their training for EH Part 2 and will start working on EH Part 3 in November.
- Research Group progress: Since conference is now completed, more time will be spent in assembling a “Research Group” to start a strategic planning process for doing a number of research-related activities, as well as explore networking with other organizations involved in energy healing research, such as IONS, CHI and ISSSEEM.
- NAEH has recently subscribed to a new membership database called MemberClicks that will set a solid foundation for the NAEH to grow into the future. There are many exciting benefits with this change, including an interactive “Find a Practitioner” list. Stay tuned as we develop our new website and eventually our new membership sign up process.

As I close this last President's letter before the new year, I am reminded of a meditation I had before our conference. In this meditation I saw an image of Esoteric Healers as points of Light, forming a group Light, joining other group Lights, and walking each other Home. Yes, we are living in challenging times. Remember your Light.

Blessings and be well,
Constance McCloy
NAEH President, 2020-2022

NAEH Conference 2020

Congratulations to a successful NAEH CONFERENCE in 2020. This was our first year presenting a virtual conference which was well done and well attended. Our world is changing quickly before our very eyes. A big "thank you" to all those involved in making this happen! Please refer to the President's Message for details on the conference.

Thank you very much for your participation.



NAEH Certification News

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, 2021.

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 Lyn Ludwig by email at lyn_ludwig@yahoo.com or call 303-956-7039.

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 Chronic Obstructive Pulmonary Disease (COPD):

Chronic Obstructive Pulmonary Disease or COPD is the third leading cause of death by disease in the United States. More than 16.4 million people have been diagnosed with COPD, but millions more may have the disease without even knowing it. COPD causes serious long-term disability and early death. Currently there is no cure, although there is treatment, and the number of people dying from COPD is growing.

COPD is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. Symptoms include breathing difficulty, cough, mucus (sputum) production and wheezing. It is typically caused by long-term exposure to irritating gases or particulate matter, most often from cigarette smoke. About 85 to 95% of all COPD cases are caused by smoking. People with COPD are at increased risk of developing heart disease, lung cancer and a variety of other conditions.

Emphysema and chronic bronchitis are the two most common conditions that contribute to COPD. These two conditions usually occur together and can vary in severity among individuals with COPD.

Chronic bronchitis is inflammation of the lining of the bronchial tubes, which carry air to and from the air sacs (alveoli) of the lungs. It is characterized by daily cough and mucus (sputum) production. The constant inflammation in the lining of the bronchial tubes causes excessive amounts of sticky mucus to build up in the airways. This restricts the amount of airflow going into and out of the lungs. The blockage in airflow gets worse over time, resulting in breathing difficulties and increased mucus production in the lungs. People who have chronic bronchitis often have a persistent cough that brings up thickened, discolored mucus. They may also experience wheezing, chest pain, and shortness of breath.

Emphysema is a condition in which the alveoli at the end of the smallest air passages (bronchioles) of the lungs are damaged or destroyed as a result of damaging exposure to cigarette smoke and other irritating gases and particulate matter. Over time, the inner walls of the air sacs weaken and rupture — creating larger air spaces instead of many small ones. This reduces the surface area of the lungs and, in turn, the amount of oxygen that reaches your bloodstream. With exhalation, the damaged alveoli don't work properly and old air becomes trapped, leaving no room for fresh, oxygen-rich air to enter. Most people with emphysema also have chronic bronchitis.

Although COPD is a progressive disease that gets worse over time, COPD is treatable. With proper management, most people with COPD can achieve good symptom control.

Many people do not recognize the symptoms of COPD until later stages of the disease.

Sometimes people think they are short of breath or less able to go about their normal activities because they are "just getting older." Shortness of breath can be an important symptom of lung disease.

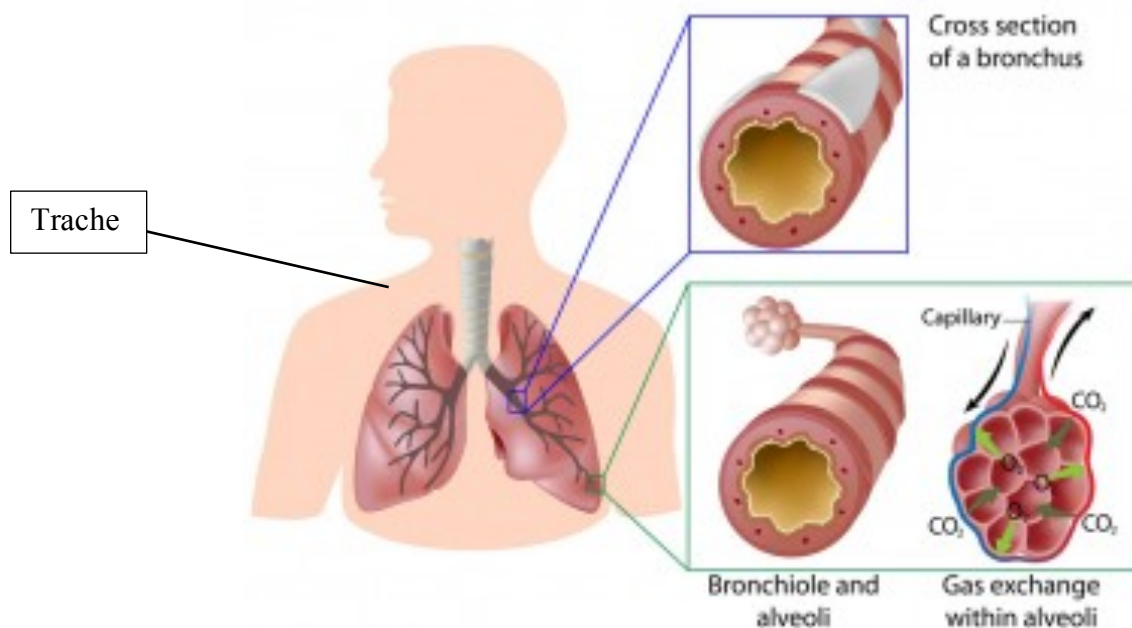
Some symptoms of COPD are:

- Chronic cough
- Shortness of breath while doing everyday activities (dyspnea)
- Frequent respiratory infections
- Blueness of the lips or fingernail beds (cyanosis)
- Fatigue
- Producing a lot of mucus (also called phlegm or sputum)
- Wheezing

A diagnosis of COPD must be made by a doctor using a variety of tests that look at the volume of air taken in by the lungs, the level of oxygen in the blood and the appearance of the lungs on Xray or CT scan.

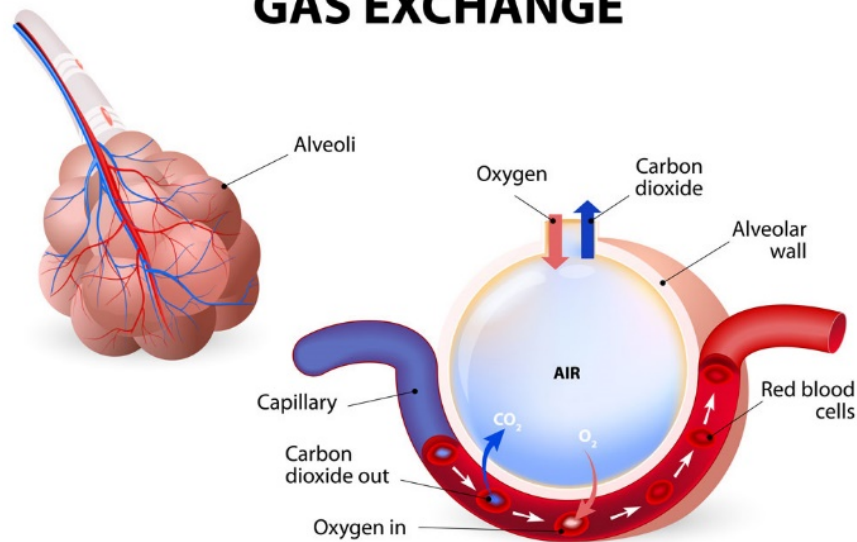
A quick overview of the function of the lungs will help to better understand the challenges of living with COPD.

Human Lung Anatomy and Function



Air enters through the nose and mouth and flows into the trachea or windpipe. The trachea travels down the center of the chest for about 4 inches then divides into the right and left main bronchi which take air into the right and left lungs. Once in the lungs, the bronchi divide into smaller and smaller airways called bronchioles. At the ends of the smallest bronchioles are grapelike clusters of tiny air sacs called alveoli. There are 150 to 300 million alveoli in adult human lungs with a surface area equal to $\frac{1}{2}$ a football field. This vast surface area is vital for proper gas exchange.

ALVEOLUS GAS EXCHANGE



The walls of the alveoli are only one cell thick and are covered in tiny blood vessels called capillaries. The walls of the capillaries are also only one cell thick. The very thin walls of the alveoli and the capillaries form a thin tight junction that allows gasses to diffuse from the air to the blood and from the blood back to the air.

When there is destruction of alveoli in COPD some of this surface area is lost making it is much harder to get enough oxygen into the blood and to remove enough carbon dioxide. Many people with COPD eventually need to wear an oxygen tube under their nose to increase the oxygen in the air they breathe.

Metaphysical Possibilities:

Louise Hay in her book, 'You Can Heal Your Life' suggests that there is a deep emotional component to lung disease and emphysema. She talks about fear of taking in life, feeling that one is not worthy of living, depression, grief, and not feeling worthy of living life fully.

Dr. Christiane Northrup, author of 'Women's, Bodies Women's Wisdom' suggests that many diseases, including emphysema, may be related to adverse childhood experiences. Dr. Northrup references a study by Vincent Felitti that was published in the American Journal of Preventive Medicine [1998;14(4)] and looked at the relationship of adverse childhood experiences, or ACE, and the leading causes of death in adults. The study included over 17,000 participants and found that those participants with ACE they were more likely to die from significant problems such as heart disease, cancer, stroke, diabetes, and COPD.

Esoteric Healing Considerations:

In addition to assessing the entire energy system for areas of restriction and imbalance and addressing these areas accordingly some more specific focus related to Chronic Obstructive Pulmonary Disease might be:

- Respiratory system triangles
- Upper and lower lung triangles
- Voice triangle
- Ear triangle
- Lymphatic triangle
- Lymphatic system
- Upper and lower triangles of Force

- Diaphragm triangles
- Emotional and Mental body protocols
- Heart center triangles
- Chest triangle
- Circulatory system
- Vagus triangle
- Throat and Heart center balancing in the Crown center

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



"I'm afraid you have emphysema. Try to avoid sooty chimneys."



"Do the particulates in the air seem extra large today?"

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 Master of Love

Ten ways to love

- Listen without interrupting. (Proverbs 18)
- Speak without accusing. (James 1:19)
- Give without sparing. (Proverbs 21:26)
- Pray without ceasing. (Colossians 1:9)
- Answer without arguing. (Proverbs 17:1)
- Share without pretending. (Ephesians 4:15)
- Enjoy without complaint. (Philippians 2:14)
- Trust without wavering. (1 Corinthians 13:7)
- Forgive without punishing. (Colossians 3:13)
- Promise without forgetting. (Proverbs 13:12)

Esoteric Stories
From Jerry Rosser, MS, MA, LMFT

A Remarkable Series Of Events

8/27/2020

It was suggested that it might be helpful to share this story because it demonstrates the effectiveness of enlisting the support of our teachers in the Inner Community and deva helpers.

I work with a collaborative of nine energy healers and we have been focusing on helping with the corona virus pandemic. We were especially interested in supporting healing processes in skilled nursing facilities with patients recovering from the COVID-19 virus. To do so required obtaining their consent for energy balancing. I began calling several nursing facilities which had patients with the virus. None of the facilities were receptive to receiving “distance prayer healing”, the phrase I used, and seemed even resistant to the concept of allowing energy medicine to take place. I had been calling around for two weeks or so with no response even though I would leave my name and phone number and request a call back from the facility administrator.

So I decided to ask for help from my teachers and devas in the Inner Community. I entered into meditation and aligned with our inner helpers. I asked the deva who works with our group to connect with the facility deva of a specific nursing home and enlist it’s support in gaining permission to provide energy healing for their program. The healing deva was quite present and seemed to fully understand my request. It seemed to say that “these things are complicated but we will see if we can help”. I thanked the deva for it’s assistance and proceeded to call one of the facilities I had been trying to get through to. I was rather surprised at how effortlessly things unfolded. I was put through to the administrator on duty. I explained that I was part of a healing group interested in providing a “distant prayer healing” service for their facility and asked if she would give permission. She ask a few questions such as “were we going to be standing outside of the facility” or “were we going to contact the media about the healing work.” I explained we were scattered around the state of California and assured her that we would not be going to the media. She readily then gave consent and the impression she thought it could be helpful. The thing that struck me was that after days of much effort with no results, how smoothly the process of requesting permission went. We proceeded to have a beautiful healing service for this facility. I did call her back about a month later and asked her if there were any changes either positive or negative. She said that there was a small improvement and that patients in the facility seemed more eager to move around and “get out” which was a change from the predominate mood of dysphoria and hopelessness before the healing session. The valuable learning for me was that when we ask for help from our angelic and spiritual helpers in service to the healing work there is a positive response.

Ask Auntie Karana



Q: I have a new client coming soon who has so many challenges, I'm feeling uncertain about how to conduct our first session. She was involved in a car accident two years ago, and for the resulting pain has been seeing a chiropractor. She is grief stricken about the death of her dog, and she has a lot of emotional and mental stress over a dysfunctional relationship with her mother. She decided an energy session might be helpful, but with so many issues, I need some guidance on where to start.

A: Know that if she is seeking an Esoteric Healing session with you, she or her higher self recognizes your sessions may offer support to any or all of her needs. After aligning and attuning, begin with a general balancing of her organs, glands and systems, including the skeletal protocol. Check the emotional and mental points in each chakra, do the higher centers to bring spiritual energy down, do as many protocols for the heart chakra as you can, focusing on the lungs, where grief can settle. Let the information you get while working on her guide your session. Trust your balancing support, your intention to connect, any protocol that comes to mind when you see her. And remember that whatever help she receives, it is ultimately according to the will of her soul.

Q: Given the state of the world and the pandemic, one client after another is calling me for help with their anxiety. I manage to go through my days feeling mostly okay, with moments of despair about this chapter, but need to shore myself up so I can help others. What do you suggest for both supporting myself and my clients?

A: As opposed to getting overwhelmed with real and imagined disasters, meditate to practice calming oneself, and right use of mind. Focus on what you can do, gratitude for what you do have, rather than the isolation and restrictions of today. See the world as finding a better way than the status quo that led us here.

Squared breathing can be very calming to yourself and your clients. Teach them the technique, or other intentional breathing exercises. Refer to Fran's Facts in the September, 2018 newsletter for an article on Anxiety. Add Ray 2, Love and Wisdom, to everything you do. To your level of expertise, work on the nervous and endocrine systems, courage to walk through your fears, the emotional and mental points of each chakra, bringing higher centers into the physical form, the shock triangles, or any triangles that come to mind. Do the Glamour and Illusion triangles. Trust your intuition and knowledge. Be guided by them in each session.

And as you have most likely discovered, in the connected state of performing Esoteric Healing sessions, the practitioner can receive the benefits as well as the clients.

Disclaimer: Esoteric Healing is not intended to be a substitute for medical care.

Stephanie Urdang

Much gratitude to Catherine Finigan for her constant flow of questions for Auntie. She is as much part of this column as I. If you EH practitioners and readers have any topics you'd like to know more about, please forward your questions to:
stephanieurdang@gmail.com

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 5:30 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@bonniedysinger.com 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, Lori Settersten, Stephanie Urdang



OM PEACE BLISS AMEN