



# Lifestream

NAEH Newsletter

Volume XXI Issue 2  
June 2021

## Contents:

President's Message  
NAEH Conference  
NAEH Education  
NAEH Certification  
NAEH News  
Fran's Facts  
Auntie Karana  
EH Practice Groups

## Contributors:

Bonnie Dysinger  
Catherine Finigan  
Jess Hutchison  
Mary Kuskin  
Lyn Ludwig  
Constance McCloy  
Fran Oppenheimer  
Sandra Rogers



## Continuity of Teaching

“Throughout history, when humanity has reached a major point of crisis, the Spiritual Hierarchy has sent a Teacher to show the way forward. The most well-known of these divine messengers are Krishna, Buddha, Confucius, Jesus and Mohammed. Each of their teachings gave birth to a new religion. Virtually every spiritual tradition now expects the return of their revered Teacher to validate the past and to carry on the teaching. Christians await the Christ; Jews, the Messiah; Muslims, the Imam Mahdi or Messiah; Buddhists, the Fifth Buddha; and Hindus, the Lord Krishna. In the esoteric tradition, one individual — the World Teacher — is seen as the fulfillment of all these expectations. The World Teacher for the current time is Maitreya, the 'eldest brother' in the human family and head of the Spiritual Hierarchy. Preferring to be known simply as the Teacher, Maitreya has not come to found a new religion, but to act as a guide and counselor for all humanity — regardless of religious affiliation. Having perfected and fully manifested within himself the Divine Will, Love, Wisdom and Intelligence of God, Maitreya will reveal a new aspect of God. He will lead us to the recognition of our own divinity and our true identity as souls. Out of this greater spiritual understanding and creative power will come a new livingness, harmony and joy.”

*Ageless Wisdom*

## *Message from the President*



What's important to you now?

That is the question many of us have been dealing with lately. The world is opening up and perhaps the activities and projects that were important to us before COVID times are not as important to us now. Many people are attempting to combine their new projects and priorities developed while "sheltering in place" with the old ones they had before COVID.... All are asking: how can we fit all of this into our lives? And, are we meant to?

Many Esoteric Healers have reported that something opened up inside of them during the COVID time. The physical "shut down" made space for inner examination- it kind of forced it, because we couldn't distract ourselves! And, that which was patiently waiting for us to examine within us could finally gain our attention. We could take time to listen, grow, heal and intuit "what next?" Some have found this process to be a "bumpy ride," somewhat accelerated during these times. Equally, many have found themselves inspired and motivated to make changes in their lives.

Added to this inner experience, over the past 15 months our view of humanity may have broadened and deepened, as we witnessed (or perhaps participated with) people gathering in protest of injustices, as we viewed other groups in fear of losing control and acting on that fear, as we viewed inspired acts of kindness from people of all ages and cultures, as we observed the extremes of great poverty and great wealth, as we dealt with the virus, each in our own way. The pairs of opposites have been projected in living color, right in front of us. Harmony through conflict, a challenging path for humanity, tells us that we are all learning, together.

What do we do with all of this? How do we help ourselves and one another? We know that Love is often the answer – but even this may have a new twist now. I recently encountered a quote from Rumi where he tells us: "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it." What a big thought. What would happen if every person found and let go of the barriers within themselves to love? Might we change? Might the world change? And could that change be what we think is important now?

Esoteric Healing helps us to walk this walk, of opening to Love's Presence. In their roles as healing facilitators, Esoteric Healers help us to find the barriers to love, they support the flow of the Soul's energy which lifts those barriers, that heals, that in-forms consciousness. Esoteric Healers "allow balance" in an imbalanced world.

In gratitude for Esoteric Healing, and knowing many blessings for all,

Constance McCloy  
NAEH President, 2020-2022

## *NAEH Conference/News*

Our Annual NAEH Conference “Pathways to the Soul: Service” took place in April. This e-conference was attended by 108 Esoteric Healers, and for the first time we had concurrent sessions which allowed participants to attend the practical on the “Kingdom” of their choice. The Zoom gods were with us, and all came off without a hitch. The conference itself was an impactful one, that with the guidance of amazing presenters, took us through the themes of “Integration of the Personality as Service,” to “Service through the Kingdoms,” to “Service with the Rays and Masters.” We experienced deep meditations, and we enjoyed doing Yoga and Tai Chi during the breaks. Attendees have expressed much gratitude and positive feedback through their evaluations of the conference. Conference video links will be sent out soon to those who purchased them, and the links will also be made available for additional purchase to those who have not bought them yet.

The NAEH Board and the other committees continue to attend to the topics of ethics and the scope of practice of Esoteric Healing, with the intention of building a good foundation for NAEH as an organization and to share this information with Esoteric Healing practitioners. Committees are also exploring the topic of consent as it relates to EH practice, certification and research. The conflict management document is also being reviewed and updated. A survey is being created to ask NAEH members about their backgrounds and gifts they bring to the practice of Esoteric Healing, and also to ask members their ideas and suggestions about the future of NAEH, its benefits, goals and purposes. Other volunteers are working on creating a new Esoteric Healing brochure for the website and an additional brochure that describes the EH 1 - 4 classes (all will be downloadable by members for use with their clients). Creation of a short video about Esoteric Healing is also being considered.

The above update implies that there are plenty of volunteers to get this work done... but to be honest, many more Souls, minds and bodies are needed as we move forward. If one of these topics or initiatives sounds interesting or “rings a bell” within you, please contact the NAEH office by emailing our Office Assistant Suzie Taylor-Hendges at [info@naehonline.org](mailto:info@naehonline.org). She will direct your email to the right person who will then get in contact with you.



# NAEH Education

Know your Scope of Practice!

The following questions regarding Scope of Practice were asked at our annual NAEH Membership meeting in April. Members are able to access more information about Scope of Practice for Esoteric Healers in their My Profile on the NAEH website under the Scope of Practice tab.

**Question:** What is the verbiage that we, as CPEH, use for session, treatment, etc...Law of the Land type?

**Answers:**

- *Words like “treatment” and “cure” are words that are ok to use if you are a physician or other licensed health care practitioner. Since Esoteric Healing practitioners don’t fall in that category then we have been told not to use those words. We are Esoteric Healers and have education as Esoteric Healers and use the language taught in our education. We can talk about balancing energy, supporting people energetically, we can talk about an Esoteric Healing “session” instead of a “treatment.” Session and balance are good words to use within our scope of practice and avoid using words like treatment and cure that would imply we have a medical license.*
- *Licensed health practitioners still need to use caution in their verbiage. A person licensed as a health practitioner would need to use the verbiage of session and balance when providing an Esoteric Healing session. There is also a write-up about scope of practice in the March 2021 newsletter.*  
*This is a big learning curve for us – changing our terminology because we have used the word “treatment” for so many years e.g., we are giving an Esoteric Healing treatment, or we are treating the liver, or treating the lungs. But to protect everyone we all have to remind each other whether we are talking with each other, or posting something in Facebook, or on our own website, and even as we are talking with clients or potential clients that we can provide an Esoteric Healing session or we’re balancing your liver. We do not want to present ourselves as working in the medical community.*
- *What we do is unique and really important. What we do makes a difference, and it is wonderful to have language that is endemic to our work. It is nothing to undervalue but to be more accurate and precise with.*
- *Unfortunately, as Registered Nurses, everything we do as far as “treatment” must be overseen by a physician. So even as EHs, Registered Nurses cannot use that word. Medical and Energetic work must be kept separate.*

**Question:** Is the word "healing" ok for us to use? Ex, "healing session."

**Answers:**

- *The word healing is in a gray area. The big thing to remember is not to make claims that “I can heal you.” We know that in Esoteric Healing anything that happens is according to the will of the soul – the soul is in charge. From that standpoint we can say that it is an Esoteric Healing session. It is the name of the modality that we do.*
- *It is in the context for how you are using the word healing. We cannot claim to cure or heal people, we cannot claim to diagnosis people. Esoteric is the type of healing that you are doing. Energy healing – again it’s the type of healing.*

- *Reiterate that we don't talk about "I am healing you." This is a healing protocol, and our emphasis is healing comes from the individual's soul who is being balanced.*
- *After the meeting the following comment was shared: My comment was in regard to the word "heal" or "healing." When I created my business last year, Essence Of Healing LLC, I was questioned by the state regarding the word healing. They are well aware that my business is an energy healing business and not a medical treatment business. So, I was going to say that the word heal or healing is appropriate to use when talking about energy balancing sessions. It is not an exclusive word for the medical community.*

Education Committee members are: Kathleen Hautala (WI), Joni Larson (IN), Shauna Edmonds (TX), Fran Oppenheimer (FL), Constance McCloy (CA), Bonnie Dysinger (CA)

## *NAEH Certification*



## Congratulations to our 2021 CPEH's!

The Certification program continues to evolve and most recently added an In-service Code of Ethics discussion with our candidates. The candidates asked thoughtful questions and gave valuable insight on their personal experiences further enriching the importance of reviewing Ethics in Esoteric Healing. Another exciting development to share is that the Certification program is now offering online testing to our candidates!

If you are interested in becoming a Certified Practitioner of Esoteric Healing (CPEH), please click on this link at our new website: <https://www.naehonline.org/certification1> and submit your application by June 1, 2021. You can also contact Lyn Ludwig at [lyn\\_ludwig@yahoo.com](mailto:lyn_ludwig@yahoo.com) or 303-956-7039 with any additional questions that you may have.

## ***Fran's Facts:***

***by Fran Oppenheimer RN, LMT, CPEH***

As Esoteric Healing facilitators we will inevitably encounter 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 practitioner to be familiar with some of these ailments. In this column I will be looking 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 Motion Sickness:**

Motion sickness is a very common disturbance of the inner ear. Motion sickness is caused by repeated motion from a vehicle or any other movement that disturbs the inner ear. It has also been reported from watching 3-D movies and intense video gaming. People who get carsick, seasick or airsick are all experiencing motion sickness. About 1 in 3 people are considered highly susceptible to motion sickness. However, almost everyone will become motion sick if exposed to motion that is intense enough. Women and children seem to be more prone to motion sickness, but it can affect anyone.

### **Causes:**

Motion is sensed by the brain through different pathways of the nervous system including the inner ear, the eyes, and the tissues of the body surface. When the body is moved intentionally, for example when walking, the input from all of the pathways are coordinated by the brain.

The inner ear, in particular, helps control the sense of balance. The balance system within the inner ear, called the vestibular system, includes three pairs of semicircular canals and two sacs, called the saccule and the utricle. They send information about what is going on around you to the brain. The semicircular canals hold a fluid that moves with the turns of the head. The saccule and utricle are sensitive to gravity. They tell the brain whether one is standing up or lying down.

The symptoms of motion sickness appear when the central nervous system receives conflicting messages from the sensory systems: the inner ear, eyes, skin pressure receptors, and the muscle and joint sensory receptors.

As an example, if someone is sitting on a boat or in a car (not looking out of a window), their inner ears sense movement up and down, left and right, but their eyes see a static view, as if they are not moving at all. It is hypothesized that the conflict among the inputs is responsible for motion sickness. The symptoms of motion sickness may be present even after the motion has ended. After a long sea voyage, one can stand still on dry land but still feel like they are moving. The brain can't take in all those mixed signals and this leads to the symptoms of motion sickness.

The most distressing symptoms of motion sickness include:

- nausea
- vomiting
- pallor
- sweating
- drooling
- short breath
- dizziness
- drowsiness

Other common symptoms may include:

- sweating
- a general feeling of discomfort
- not feeling well (malaise)
- headache
- mild unease
- yawning

### **Remedies:**

The distressing symptoms of motion sickness usually stop when the motion causing it ceases. But this is not always true. There are people who suffer symptoms for even a few days after the trip is over.

The following remedies may help:

- **Looking at the horizon**

One common suggestion is to simply look out of the window of the moving vehicle and to gaze toward the horizon in the direction of travel. This helps to re-orient the inner sense of balance by providing a visual reaffirmation of motion.

- **Keeping eyes closed and napping**

In the night, or in a ship without windows, it is helpful to simply close one's eyes, or if possible, take a nap. This resolves the input conflict between the eyes and the inner ear.

- **Chewing**

A simple method for relieving common and mild car sickness is chewing. Chewing gum has an uncanny effectiveness for reducing car sickness in those affected.

Chewing gum, however, is not the only thing one may chew to relieve mild effects of car sickness, snacking on sweets, or just chewing in general seems to reduce adverse effects of the conflict between vision and balance.

- **Fresh air**

Fresh, cool air may also relieve mild symptoms of motion sickness.

- **Ginger**

Ginger has been found to reduce motion sickness although there is some debate over whether it is the chewing or the ginger that helps.

- **Acupressure**

An acupressure practitioner works with the same points used in acupuncture, but stimulates these healing sites with finger pressure, rather than inserting fine needles. Some studies suggest that acupressure may help reduce symptoms of motion sickness in the same way as acupuncture, although the evidence is not clear. Some people find relief from wearing elastic bands with a small embedded bead that can be placed over the acupressure point on the wrists during travel.

### **Some tips for preventing motion sickness:**

- Always sit in a position so that the eyes can see the same motion that the body and inner ear feels.
- In a car, sit in the front seat and look at the distant scenery.
- On a boat, go up on the deck and watch the motion of the horizon.
- In an airplane, sit by the window and look outside. Also, in a plane, choose a seat over the wings where the motion is minimized.
- Do not read while traveling if experiencing motion sickness, and do not sit in a seat facing backward.
- Do not watch or talk to another traveler who is having motion sickness.
- Avoid strong odors and spicy or greasy foods immediately before and during travel.

While home remedies are often effective, medications are also one way to prevent motion sickness and are best taken before travelling.

### **Metaphysical possibilities:**

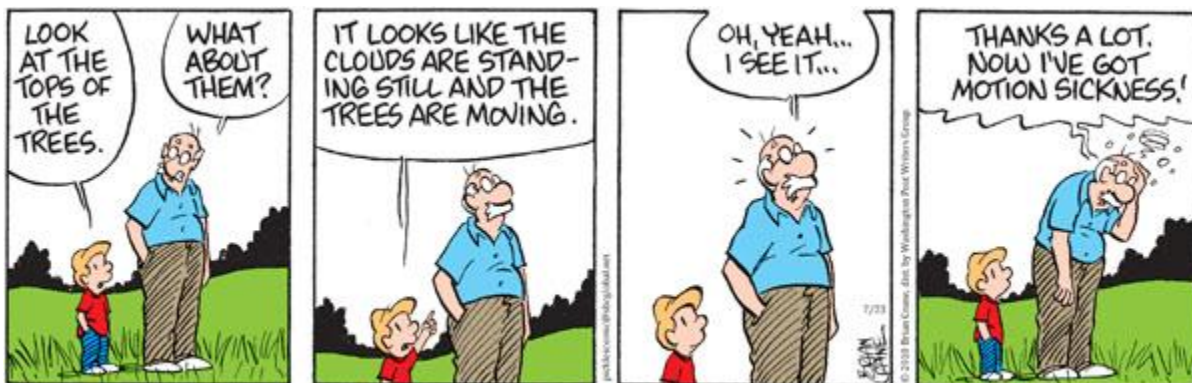
On the website for Ecoute ton Corps (Listen to your body), a Canadian school for personal growth, they explore the relationship between emotional and mental blocks and motion sickness. On the emotional level they suggest that motion sickness may be caused by an underlying fear of death or loss of control as symptoms parallel those of mild panic or anxiety. There may be a need to take control in to avoid being caught in a new and scary situation.

On the mental levels they suggest that the body is telling one to let go and stop trying to control everything and suggest allowing oneself to openly express fears.

### **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 Motion Sickness may include:

- Eye triangles
- Ear triangles
- Stomach triangle
- GI system sweep and balance
- Vagus triangle
- Vagus nerve balance
- Esoteric neurocranial protocol
- Vestibular system protocol
- Inner ear balance
- Alta balance and sweep field
- Alta + Cerebellum minors + Cerebellum



© Brian Crane.

Fran Oppenheimer is a certified practitioner and accredited teacher of Esoteric Healing and has been actively practicing the healing arts for over 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 friend has mentioned to me, on more than one occasion, that his wife has been experiencing extreme anxiety. He thinks that it is related to her unwillingness to go to indoor public places where there is likely to be many people. As their town has dropped the mask mandates and social distancing protocols, some of their usual favorite places are now open for in person activities. They are both fully vaccinated which should help to alleviate her concerns. But she is reluctant to go out and my friend thinks that his wife is becoming unbalanced due to her anxiety. He keeps asking me to do EH work on his wife to help calm her nervous system and balance her emotions. He SAYS he has her permission for this absentee session but when I align and ask, I get a definite no.

A: As a matter of identifying the issue and where a protocol may assist, (See Anxiety, Sept 2018 NAEH newsletter) one would be wise to step back and see if the wife is willing to have a conversation. When working with a client, the connection, align, attune and to allow is first and foremost. Your friend is relating his experience of his wife to you as the facilitator versus the woman speaking with you directly.

I recommend asking your friend if he would be willing to either invite his wife to seek your help directly or to see if he is willing to look inward towards his own emotional wellbeing as a way to be present and available to his wife.

Q: What is the deal that we are being asked not to use words like "treat" or "treatment" when it comes to talking about Esoteric Healing? For example: we can't say we are giving an Esoteric Healing "treatment," or we are "treating" the liver. Instead, we are asked to say we are giving an Esoteric Healing "session" or we are "balancing" the liver. I don't get it. This has been our terminology for years and nothing has ever happened. This is just too hard to remember.

A: I'm glad that you asked this question. Many have questions about this topic. All of us who are trained and provide EH to clients, family or friends should give this consideration. The recommendation to change our terminology comes from a legal review of our public facing website. In the last issue of the newsletter in the section "NAEH Education", our president, Constance McCloy reminds that health professional boards do not acknowledge energy healing practitioners as licensed healthcare providers. Therefore, we cannot use terms or claim that we provide "treatment".

While this may cause confusion, it does remind us of the practitioner role which is to align, attune, ask and allow for healing to occur according to the best and highest good of the soul. My recommendation is that for EH practitioners who want to advertise their services is to adopt this terminology when describing their offerings. Stay with terms like Esoteric Healing "sessions" and supporting "energy balance".

Your questions to Auntie are very important to our readers. Please send your questions to Auntie at [info@naehonline.org](mailto:info@naehonline.org)

# Esoteric Healing Study/Practice Group

If you have a study group and would like to have your contact info published, please contact [kathleenhautala@gmail.com](mailto:kathleenhautala@gmail.com) with your details.

## 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@bonniedysinger.com](mailto:bonnie@bonniedysinger.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.

## Madison, Wisconsin

Wisconsin has a new Study Group which meets in Madison bi-monthly beginning January 2021 with meetings scheduled for March, May, July, September, and November. All levels welcome! Contact Kathleen Hautala for specific dates and more information at [info@naehonline.org](mailto:info@naehonline.org) or text 414-364-1557.



## **Members of the Publications Committee**



*Catherine Finigan*  
*Editor*



*Mary Kuskin*



*Joni Larson*



*Lori Settersten*



*Jess Hutchison*

I would like to introduce you to our newest volunteer on the Publications Committee - Jess Hutchison.

*“Hi! I’m Jess Hutchison and so excited to be part of the NAEH Publications Committee! I am a Licensed Marriage and Family Therapist in the process of expanding my work and knowledge through advanced studies in Esoteric Healing, Holistic Nutrition and Yoga! I have a passion for writing and reading good writing too and would love to help NAEH members with their submissions to our journal. Please feel free to email me your writings at [jess@liveyourwell.co](mailto:jess@liveyourwell.co). Thank you!”*



*OM PEACE BLISS AMEN*