



Lifestream

NAEH Newsletter

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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
Lidey Heuck
Mary Kuskin
Constance McCloy
Fran Oppenheimer
Sandra Rogers
Stephanie Urdang



The Energy of Synthesis is a new energy, a new force, and a new substance. Its Purpose is the building of a new civilization which will carry the Evolutionary Plan for humanity into manifestation. While it is a Synthesis of First, Second, and Seventh Ray energies, and carries then resemblances to these, still it is not like any one or combination of them. It is like itself in so far as this planet is concerned. Its primary characteristics are Fourth Dimensional and thus most difficult to define and describe. It both radiates and absorbs at the same time producing a motion and a relation of motions which brings the extreme opposites into immediate juxtaposition. Conflict in the extreme, followed by quick evolutionary change will manifest wherever the Synthesis energy is applied.

Lucille Cedercrans *Ashramic Projections*
(Pg 174, 175)

Message from the President



“Be of service to each other for a better world.” “Show up and be kind.” “Make a difference.” “What feeds you, nourishes you, as you grow in service. The call often comes quickly and catches us unaware.” “Find your own frontier, your own edge regarding service; drink from a deeper well.”*

Lately, I’ve been hearing statements like these about service from a wide variety of sources. The times we are living in seem to be calling everyone (every-one) into service, no matter which side you are on, whether you are red or blue, of a particular race or culture, whether you are fundamentalist in your religion or new age in your thought. Perhaps you’ve noticed this yourself – that you are experiencing a deepening of how you are called – an experience of “just knowing” that something is for you to do or to “be.”

When I’ve written the president’s message in the past, I’ve shared news about current NAEH activities, giving you long lists of tasks and projects completed over the previous four months. Currently, those lengthy lists represent the work of 30+ NAEH volunteers. Some have served for multiple years on committees and are ready to follow another “deep call,” while others plan to continue on.

What’s interesting is that all that has been accomplished by NAEH volunteers over the years- the projects, growing pains, by-laws, websites, classes, manuals, teacher training, certification, conferences and committee meetings- represents the evolution of NAEH. Dr. Briner started the NAEH, and over the years, many volunteers have grown it. It’s been inspired creation.

Perhaps when you are meditating about service, notice if you feel the call to join an NAEH committee or to help out with a project. It’s fun and you get to work with some amazing people. Each of us always has something to offer. And that quote “many hands make light work” is really true.

Enjoy the upcoming NAEH conference “Pathways to the Soul: Service.” The Conference Committee has assembled an amazing group of speakers, meditation and practical leaders, Tai Chi and Yoga teachers to support you in “drinking from a deeper well” of service.

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

*Last 2 quotes are from David Whyte webinar “At the Edge of the World”



NAEH Conference

WhooHoo! It's conference time again! The 2021 NAEH e-Conference is fast approaching on Saturday, April 17. "*Pathways to the Soul: Service,*" will take an interesting look at service through the personality and its rays, service with the kingdoms, and service with the Soul and "Kingdom of Souls," where the ashrams and the Masters reside. The conference includes presentations, meditations and practicals provided by a talented group of Esoteric Healers. Yes, we will be on Zoom again, but yes, we'll get to see one another's faces and smiles, talk with one another, and feel our collective "Light" as we gather together. As in previous years, the conference will be video recorded. You can order your video link when you register for the conference. For more details and to register for the conference, go to www.naehonline.org/conference .

The Annual NAEH Business Meeting always goes hand-in-hand with the conference, so it will take place the following day, **Sunday April 18, 2021, 11:00-1:00 ET**. At this meeting the names of the newly elected members of the Board of Directors will be announced. The NAEH committees will report on what they have accomplished this year (it's amazing), and a few committee members will share re: what being on a committee has meant to them. There will also be a brief Q & A period.

NAEH Education

Know your "Scope of Practice!"

As Esoteric Healers, we are trained to be healing facilitators working in accordance with the will of our client's Soul. Our training prepares us to provide Esoteric Healing sessions, to "allow balance" of energy at the physical/etheric, emotional, mental, personality and spiritual levels. As healing facilitators, through the connection of Soul-Soul-Source, we bring our consciousness to an EH session and support the energy and consciousness of our clients.

While we follow "the Law of Spirit," it is also important to pay attention to "the law of the land." At this time, health profession boards do not acknowledge energy healing practitioners as licensed health care providers. Therefore, as Esoteric Healers, in order to comply with the law of the land, we cannot use terms or make claims around such terms as treatment, prevention, cure or diagnosis when interacting with clients or writing our professional notes. However, we can say to clients that we are providing an Esoteric Healing "session" and that we are supporting the "balance" of their energy.

You might know other words and phrases that, within our scope of practice, more fully describe Esoteric Healing and its effects. Share these words and phrases with other Esoteric Healer practitioners; that way we can bring our language as energy healers into present times so that it is legal. We know that our work is impactful. And we also know that the language and terminology we use is important too, so know your scope of practice!

Lifestream Journal Archive

Our NAEH Education Committee received approval from the Board of Directors to make available to our members the archive of our *Lifestream* Journal PDF files! To access these PDF journals from the NAEH website, login to your profile and click on the Member Resources tab. In the journal archive you will also find an Index with a list of published articles, case studies, book reviews, and meditations. Happy Reading!

Physical copies of new journals are still mailed to members who are active at the time of mailing.

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

NAEH Certification

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 or 303-956-7039 with any additional questions that you may have.

NAEH News

The NAEH Research Group

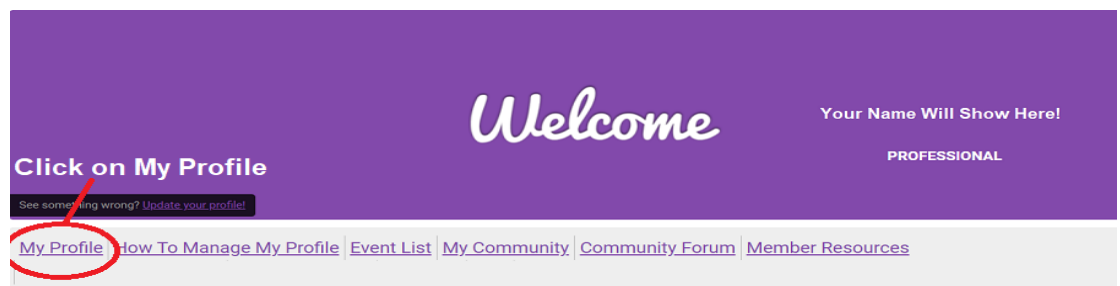
The NAEH Research Group is off to a great start with a wonderful group of people who bring many gifts, backgrounds, and interests. We've had three meetings thus far, where we've learned about research terms and processes, identified group members' interests (ie., what are you curious about?), and explored research articles about energy healing modalities and their effects. We've started to build the foundation of 2 research studies, one focused on the effects of EH in individuals with Fibromyalgia, and another study examining the effects of EH on horses with gait issues and lameness. We are continuing to brainstorm about other "research questions." If you are interested in joining the NAEH Research Group, please contact Constance.mccloy@gmail.com.

Welcome to our new NAEH Membership Database!

Tips to find NAEH members in our database:

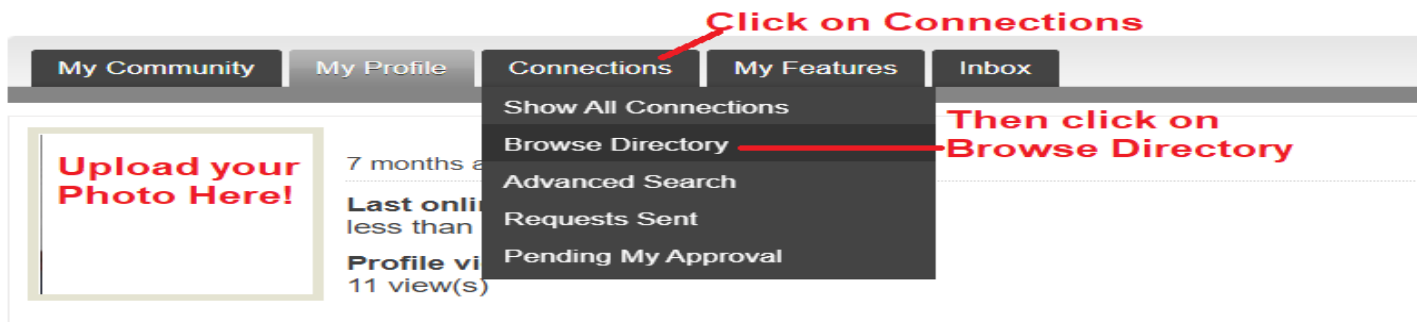
To search our Members Only Directory

1. Login to your profile.
2. Click on My Profile.

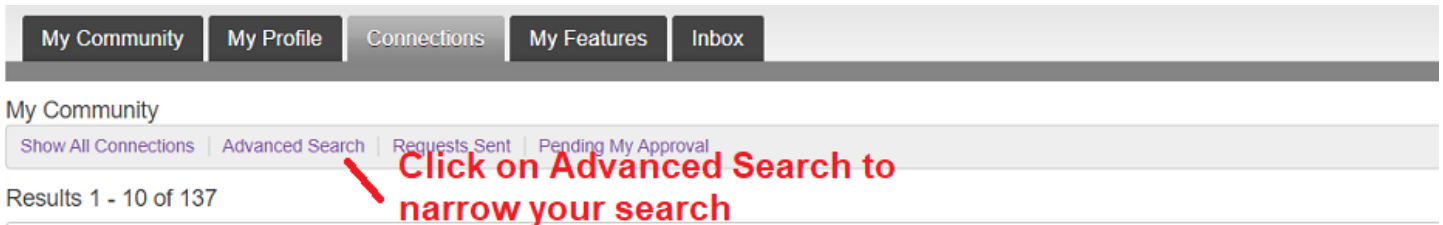


Welcome to the Members Only Area!

3. Click on Connections.
4. Click on Browse Directory – this will display the list of our NAEH members.

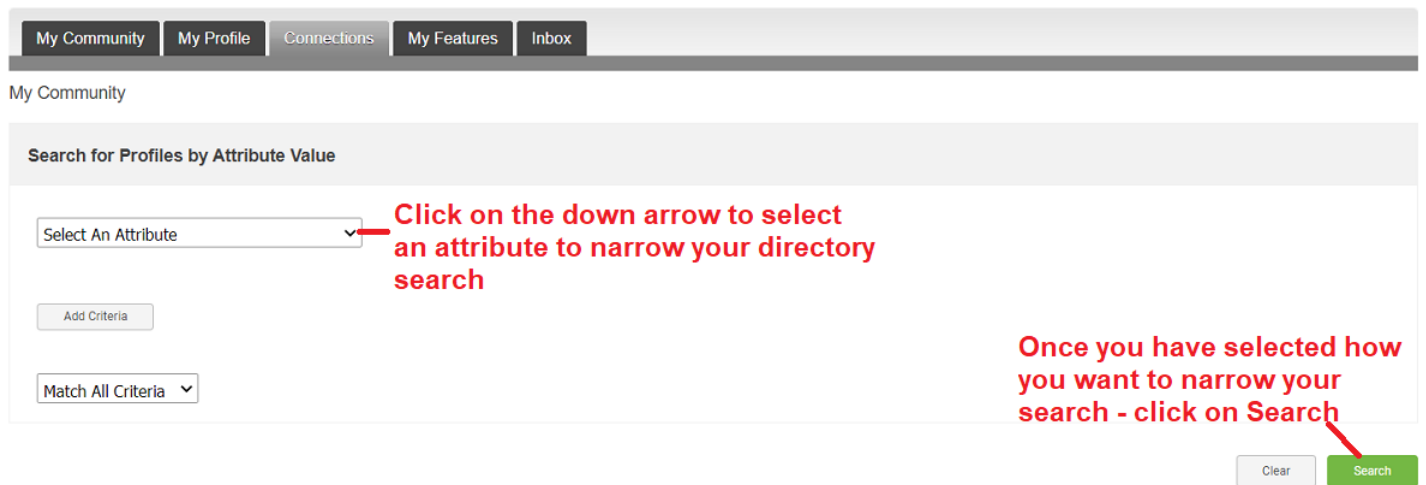


5. Or, you may narrow your search by clicking on Advanced Search.

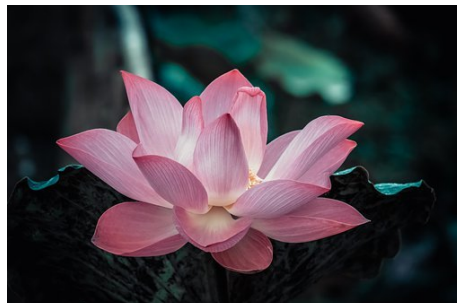


6. Click on the down arrow to narrow your search. You may then choose to search for a member by Contact name, city, state, or other attributes listed in the dropdown box.

7. Once you have narrowed your search, then click on the Green Search button.



If you have any questions, please feel free to contact Suzie in our virtual NAEH office by email at info@naehonline.org or call 517-898-0271.



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 ourselves 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 Migraine headaches:

The American Migraine Foundation estimates that more than 38 million Americans suffer from migraines. A migraine is a strong headache that is often accompanied by nausea, vomiting, and sensitivity to sound or light. Migraines can last for hours or even days. There are many different types of migraines and there are many differences in how they are experienced by each person.

Some things may make one more likely to get migraines are:

- **Sex.** Women have migraines three times more often than men.
- **Age.** Most people start having migraine headaches between ages 10 and 40. But many women find that their migraines get better or go away after age 50.
- **Family history.** Four out of five people with migraines have other family members who get them. If one parent has a history of these types of headaches, their child has a 50% chance of getting them. If both parents have them, the risk jumps to 75%.
- **Clenching teeth at night (bruxing).** Clenching teeth can cause compression of the trigeminal nerve and subsequent inflammation.

Migraines frequently happen in stages which may include:

- 1) **Prodrome:** Hours or days before a headache, about 60% of people who have migraines notice symptoms like:
 - Being sensitive to light, sound, or smell
 - Fatigue
 - Food cravings or lack of appetite
 - Mood changes
 - Severe thirst
 - Bloating
 - Constipation or diarrhea
- 2) **Aura:** These symptoms stem from the nervous system and often involve vision. They usually start gradually, over a 5 to 20 minute period, and last less than an hour. One may:
 - See black dots, wavy lines, flashes of light, or things that aren't there (hallucinations)
 - Have tunnel vision or not be able to see at all
 - Have tingling or numbness on one side of the body
 - Not be able to speak clearly
 - Have a heavy feeling in your arms and legs
 - Have ringing in the ears
 - Notice changes in smell, taste, or touch
- 3) **Attack:** A migraine headache often begins as a dull ache and grows into throbbing pain that can become severe. It usually gets worse during physical activity. The pain can move from one side of

the head to the other, can be in the front of the head, or can feel like it is affecting the entire head. About 80% of people have nausea along with a headache, and about half vomit. Some people may also be pale and clammy or feel faint. Most migraine headaches last about 4 hours, but severe ones can go for more than 3 days. People who suffer from migraine headaches can have them as frequently as every few days, a couple of times a month or just a few times a year.

4) Postdrome: This stage can last up to a day after a headache. Symptoms include:

- Feeling tired, wiped out, or cranky
- Feeling unusually refreshed or happy
- Muscle pain or weakness
- Food cravings or lack of appetite

Doctors don't know the exact cause of migraine headaches, although they seem to be related to changes in the brain and are often seen within families. For many years, scientists thought migraines were related to changes in blood flow in the brain. Most now think this can contribute to the pain but is not what starts it. Current thinking is that a migraine likely starts when overactive nerve cells send out signals that trigger the trigeminal nerve, which gives sensation to the head and face. This cues the body to release chemicals like serotonin and calcitonin gene-related peptide (CGRP). CGRP makes blood vessels in the lining of the brain swell. Then, neurotransmitters within the brain cause inflammation and pain.

There are some of the triggers that seem to lead to migraines in many people:

- Hormone changes such as menstruation, pregnancy, ovulation, menopause, birth control pill or hormone replacement therapy.
- Stress; intense emotions.
- Certain foods and drinks such as aged cheese, alcohol, chocolate and food additives like nitrates and monosodium glutamate (MSG); skipping meals.
- Getting too much or not getting as much caffeine as one is used to.
- Changes in weather such as storm fronts, changes in barometric pressure, strong winds, or changes in altitude.
- Loud noises, bright lights, and strong smells can set off a migraine.
- Physical activity; intense exercise.
- Changes in sleep patterns; either too much or not enough sleep.

Medically there is no cure for migraines, but medications prescribed by a doctor can help prevent or stop them or keep the symptoms from getting worse. Becoming aware of and avoiding migraine triggers, easing stress and having good sleep habits are all important.

One may be able to ease migraine symptoms by:

- Resting with eyes closed in a dark, quiet room
- Putting a cool compress or ice pack on the forehead
- Drinking plenty of liquids
- Receiving body work: physical treatments like chiropractic, massage, acupressure, acupuncture, and craniosacral therapy or energy work such as Reiki, Esoteric Healing or Healing touch.

Metaphysical Possibilities:

Louise Hay in her book, 'Heal Your Body' suggests that migraine headaches may be related to a dislike of being driven and resisting the flow of life. She also suggests that there may also be sexual fears. Dr. Christine Page in her book, 'Frontiers of Health' feels that the Solar plexus is involved in migraine headaches occurring more commonly in those who are overly conscientious, and "put their all" into a task. These characteristics can lead to an increase in stress and cause anxiety. She goes on to say that there is usually a lack of self-confidence and extreme sensitivity to feedback with the result that these people react to the demands of others rather than follow their own intuition. They have great difficulty asking for their needs to be met and the migraine may provide an acceptable excuse for taking time away from the tasks at hand.

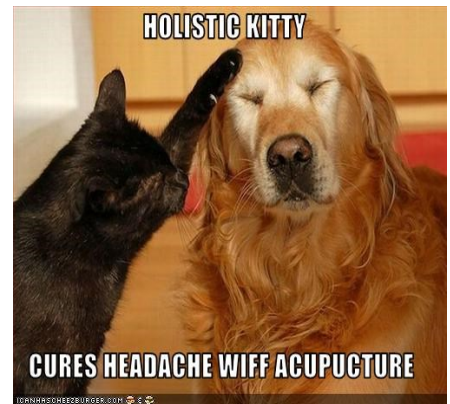
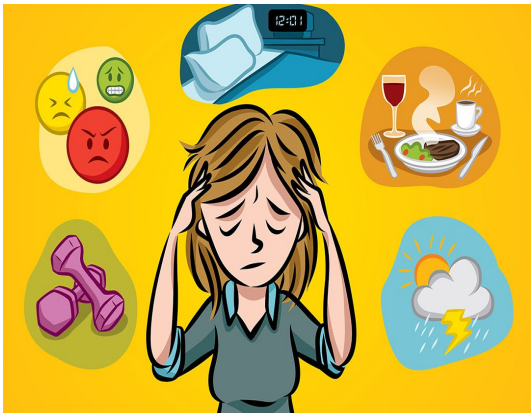
Dr. Page feels that the challenge is to learn to say 'no', protect one's boundaries, enhance self-esteem and take regular time out for play and spontaneity.

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 Migraine headaches might be:

- Balancing Ajna, Alta major and Crown center
- Balancing the Alta major triangle and energy field
- Alta major + facial nerves
- Tentorium triangle
- Lymphatic system including the deep lymphatics of the brain (glymphatics)
- Circulation in the brain
- Triangles related to the eyes
- Sinus triangles including the ethmoid and sphenoid sinuses
- Frontal lobes
- Trigeminal nerve protocol
- Migraine triangle + Ray 1; + Ray 2
 - CC + right eye minor + migraine point
 - CC + HC + migraine point
- Jaw triangle
- Esoteric neurocranial protocol

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.



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: I am confused about the many terms referring to the human energy field. They seem to have multiple names: aura, bioenergy field, energy field, invisible field, etheric body, and subtle bodies. Are they the same thing or different from each other?

A: The aura, bioenergy field, energy field, and invisible field all refer to the same thing: a field of constantly changing frequencies that surround a human's physical body. This field is made of layers, and those reflect the subtle bodies. The etheric body is the first energetic layer outside the physical form. Along with the etheric body are the emotional, mental, and spiritual bodies, layers that create the auric field. They reflect ever-changing individual qualities, from stress and illness to degrees of well-being.
(by Auntie Stephanie)



Q: A new client came to me who is going through many life transitions. She had quit her job to take a break after working in the corporate world for more than 20 years, deciding to take time for herself. During the early months of quarantine she moved across the country to live with a new partner. One night, the two of them were walking home after a dinner out. It was dark and there were no street lights. Her loose sandal caught the edge of the curb, she fell, rolled half way and landed on right side of her body. Weeks later, she has residual pain and limited range of motion in the right shoulder. She confided that although this new relationship has brought love and comfort, the client is feeling confined and experiencing old habit patterns of putting another's needs before her own. She says that the fall feels like a wake-up call. How can I help with her shoulder pain and also guide her as she navigates her life transitions including the relationship?

A: When couples are living in quarantine there is an additional amount of stress on the relationship. With limited options for seeing other friends and diversions, partners find themselves faced with the need for expressing themselves directly, and to speak honestly about what they are feeling. When one keeps these feelings to themselves, nature often finds a way to call us to attention. An accident or injury may happen as a way for us to wake up and to really see what is going on. Physical problems on the right side of the body can be an indication of an issue related to others where as the left side is more about the self.

Assess/Balance the centers and main triangles. Pay particular attention to the throat (lymph) and the basic centers (spine and joints). Include the shock triangle as well as courage and fear triangles. During this time, it is helpful to utilize vagus nerve triangles and balance parasympathetic and sympathetic systems. It can be helpful to do the eye triangles and inner vision triangles as well. This can help the client to examine her situation and see a path forward. I find that the homeostasis protocol is a good one to employ towards the end of the session and, of course, the top to bottom grounding. You should also remind her of the benefits of daily exercise and being out in nature to connect with her higher self. I hope that this is useful in supporting this client in her life transitions.

(by Auntie Mary)

Please welcome Mary Kuskin as our new Auntie Karana. Mary, we look forward to reading those Auntie K letters. And please- to all readers- send to Mary at info@naehonline.org some great Esoteric Healing questions!

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 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 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 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 or text 414-364-1557.



Members of the Publications Committee



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