



Lifestream

NAEH Newsletter

Volume V Issue 3
June 2015

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NFEH Board



The Five Senses and the Self A Treatise on Cosmic Fire

<https://www.youtube.com/watch?v=VY2cFJbYc84&feature=youtu.be>

Feature Article



Hacking The Nervous System

One nerve connects your vital organs sensing and shaping your health.
If we learn to control it, the future of medicine will be electric.

http://www.huffingtonpost.com/2015/05/29/hacking-the-nervous-system_n_7469526.html

National Foundation for Esoteric HealingSM NFEH

The NFEH has begun a RETROSPECTIVE study that utilizes the Esoteric Healing treatments that you have already done, i.e. retrospective.

PURPOSE:

- To demonstrate that Esoteric Healing is an effective means to treat medically diagnosed conditions.
- This will lead to a larger and more focused research grant hopefully from the NIH (or other institution with money for research)

HOW: We need YOUR HELP by submitting your Esoteric Healing treatment cases:

- Put your notes in the SOAP format (explanation and form at www.research.org)
- Minimum of 4-6 Esoteric Healing treatments scheduled close enough together to document improvement (your findings and what they reported to you).
- No client name is to appear on the forms, only the treator's name.
- Must have permission from the client to use their treatment information even though they will not be identified.

***You will receive \$10.00 for each case study up to 5 accepted cases per practitioner (you are most welcome to submit more than 5 cases!)

Questions? We would LOVE to hear from you!

877-361-1202

info@nfehonline.org

www.research.org

Our goal is to have at least 50 cases by Sept 1, 2015. We are 10% there. Help ANCHOR Esoteric Healing as a practical and efficient method of treating diagnosed medical conditions. --- Then onto a larger, focused study.

NFEH NEEDS YOU!

Members of the Board:

Susan Zimmerman, Barb Briner, Lynn McKelvey, Mary Anne Walker, Ruth Perry

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 us 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.

Allergies -

Allergies are an overreaction of the immune system that is the body's natural defense system. The immune system normally protects the body from viruses and bacteria by producing antibodies to fight them. In an allergic reaction, the immune system starts fighting substances that are usually harmless, such as dust, pollen, some foods or a medicine, as though these substances were trying to attack the body. This overreaction can cause a rash, itchy eyes, a runny nose, trouble breathing, nausea and diarrhea.

An allergic reaction may not occur the first time someone is exposed to an allergy-producing substance (allergen) because it is the first time that the immune system has been exposed to this substance. Reactions to allergens occur with the second and subsequent exposures and may get worse over time.

Many people will have some problem with allergies or allergic reactions at some point in their lives. Allergic reactions can range from mild and annoying to sudden and life threatening. Allergic reactions can also trigger other diseases such as asthma, sinusitis, and ear infections. There are many substances that can cause an allergic reaction. Some of the more common ones include: Animal dander or hair, foods (especially nuts, fish and shellfish), medications, insect venom/stings, plants (such as poison ivy, mangoes, or plant pollens), cosmetics and finally allergies that can develop from exposure to chemicals or industrial dusts in the workplace. Some of the symptoms of an allergic reaction may include hives, itching, nasal congestion, rashes, watery red eyes, coughing, difficulty breathing, wheezing, swelling of the face, eyes or tongue, and flushing or redness.

In the case of any allergy, it is the responsibility of the Esoteric Healing practitioner to advise their client to seek medical attention remembering that some reactions can be mild and treated at home while other reactions can be life threatening. Esoteric healing can then be a wonderful collaborative support in the treatment of allergies.

Metaphysical possibilities -

In her book, *Heal Your Body*, Louise Hay suggests that allergies are related to denying one's own power and asks the question "Who are you allergic to?" She further suggests that for pollen allergies, or hay fever, emotional congestion, fear of the calendar, guilt or a belief in persecution may be related to the allergy. Dr. Christine Page in her book *Frontiers of Health* suggests that allergies may be related to the awakening of the thymus gland as consciousness moves into the Heart center. She also suggests that people who suffer from allergies have a hypersensitivity of the Solar Plexus center and are more reactive to outside energies as a result. These people are encouraged to examine their ability to set healthy boundaries.

Esoteric Healing considerations -

In addition to assessing the entire energy system for areas of restriction and imbalance and treating accordingly, the focus of treatment would also include the Heart center, as this is the center related to the immune system.

Some suggestions for treatment include:

- Heart center balance at all levels, especially emotional
- Thymus triangle
- Allergy triangle
- Circulatory system
- Lymphatic system

- Vagus triangle
- Sinus triangles
- Respiratory system treatment/triangles
- Immune system treatment



Knights of the Allergy Table

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.

Links

Documenting Esoteric Healing Findings: The Science of Esoteric Healing and Energy Medicine

1) Bridging Science and Spirituality: Subtle Energies and Energy Medicine Journal
<http://www.issseemblog.org/journal-archives/>

2) Mayo Clinic - Complementary and Alternative Medicine

<http://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/alternative-medicine/art-20045267>

3) Science and Spirit Magazine: A Bridge between the Empirical and Spiritual

<http://scienceandspiritmag.com/magazine/issues/issue-2/science-spirit-magazine>

<http://scienceandspiritmag.com/magazine/issues/issue-2/let-your-light-shine>

Recipe

Ikarian Longevity Stew With Black Eyed Peas (video)

Great recipe from the Blue Zones region, Ikaria, for a rainy day (or any day). It's also perfect for anyone following the Mediterranean diet.

Watch our video making it here: <http://youtu.be/AjSSZ6p2ELw>

Ingredients

½ cup extra virgin olive oil

1 large red onion, finely chopped

4 garlic cloves, finely chopped

1 fennel bulb

1 cup (8 ounces) black eyed peas (with dried peas, bring to a boil, boil for 1 minute, remove from heat, cover and let sit for an hour. Drain, rinse, and use.)

1 large, firm ripe tomato, finely chopped

2 tsp. tomato paste, diluted in ¼ cup water

2 bay leaves

Salt to taste

1 bunch dill, finely chopped



1. Heat half the olive oil over medium heat and cook the onion, garlic, and fennel bulb stirring occasionally, until soft (about 12 minutes). Add the black-eyed peas and toss to coat in the oil.
2. Add the tomato, tomato paste and enough water to cover the beans by about an inch. Add the bay leaves. Bring to a boil, reduce heat and simmer until the black-eyed peas are about halfway cooked. (Check after 40 minutes, but it may take over an hour.)
3. Add the chopped dill and season with salt.
4. Continue cooking until the black-eyed peas are tender. Remove, pour in remaining raw olive oil and serve.

Ask Auntie Karana

Q: I have a number of clients coming in for treatment due to the loss of a loved one. Most have depleted or shut down energy fields. I am concerned that by working on them possibly too soon after loss, it might create an overwhelming sense of grief. Do I need to be cautious in our timing, or should I do a session at their request and let the soul determine the level of treatment?

A: Every session is done according to the will of a client's soul no matter what it is they are dealing with. And when a client comes to you, they are seeking your assistance. By balancing the body on all levels, you support them, not only in processing their grief, but also in having the energetic integrity for whatever comes up during a session, as well as afterward. If you feel the need, meditate before they arrive and certainly make certain during the session you are in a deep meditative state, able to listen to the quiet voices of guidance.

Proceed with the knowledge that holding grief in the body is detrimental to one's health, especially in the heart chakra and what it governs: the lungs, the thymus, and of course, the heart organ. By performing a general tune-up including the shock triangle, the nervous system, and the emotional and mental body protocols, as well as the courage protocol representing having the courage to walk through fears, you will discover what else needs help and energetic attention.

In French, *le couer* means the heart. In English, 'courage' refers to accomplishing a feat with the heart. Trust Esoteric Healing, and the will of the client's soul, to give them courage to face and process grief.



Q: I have a 61-year-old female client who is experiencing heavy vaginal bleeding, without any pain. What should I look for?

A: In Esoteric Healing we do not diagnose. Recommend firmly that she see her doctor. Vaginal bleeding, with or without pain, may indicate a serious issue and energy work could be detrimental to both the client and the practitioner if the medical piece is not established. Aside from dis-ease being a symptom of an inhibited soul life, know that in the female system, there are many things that can go awry. Begin the session with the intention of clearing all dis-ease. Be sure to balance the uterus and the hormonal system, which includes the ovaries. Those two protocols may provide information about what's going on. Avoid charging these organs and glands, and repeat to yourself, 'balance according to the will of their soul.' Keep it simple and in all sessions, support overall health until the possibilities of ovarian or uterine cancer are medically ruled out.

Submit your questions to Auntie Karana at stephanie-anne@verizon.net and watch for your answer in the newsletter. Answers written by Stephanie Urdang.

National Association for Esoteric Healing SM

2015 Conference Highlights



The first ever NAEH Conference to be held in Naples, Florida was an energetic success in a perfect paradise setting as we were "Shining Light on the Senses" on multiple levels, dimensions and realities. The spiritual support and presence before and during this conference was quite magical. We were blessed to have 80 people in attendance even though travel was required by most. Twenty-one members managed the travel from Michigan to join 30 Florida attendees. Georgia, Washington, Texas, California, Wisconsin, Illinois, New York, Indiana, Colorado, North Carolina and Ohio were also represented.



We welcomed 8 new Certified Practitioners of Esoteric Healing at the conference.

Congratulations to:

- Luis Bardas - FL
- Lauren Dillon-Merrill - WA
- Chris Geith - MI
- Kathleen Hautala - FL
- Kelly Headle - FL
- Mark Hulbert - MI
- Tom Kowalski - MI
- Lori Spratlin - FL



Registration





Enjoying a Break in the Sun



Silent Auction painting of Master DK



NFEH Planning Meeting



Certification Group





Certification News

Reminder: Applications for Certification are due by September 1, 2015. The updated applications and handbooks are on the NAEH website under the certification tab.

<http://www.naehonline.org/certification/>

Newly Added: We've added sample case studies and sample written test questions. We're working on getting a couple sample papers for you. Also an Excel Treatment Log you can download and use!

We hope to see your application!

Your Certification Committee
Barbara Briner CPEH
Bonnie Dysinger CPEH - Chairperson
Constance McCloy CPEH
Fran Oppenheimer CPEH
Alisa Petruzzi CPEH

Esoteric Healing Study/Practice Group

Naples, Florida 34103

Esoteric Healing practice group meets the 1st & 3rd Monday of each month, 7 – 8:30 PM

Contact Maria Hubbuch, CPEH at mariahubbuch@aol.com

Part 8 Study Group - IBS and SKYPE

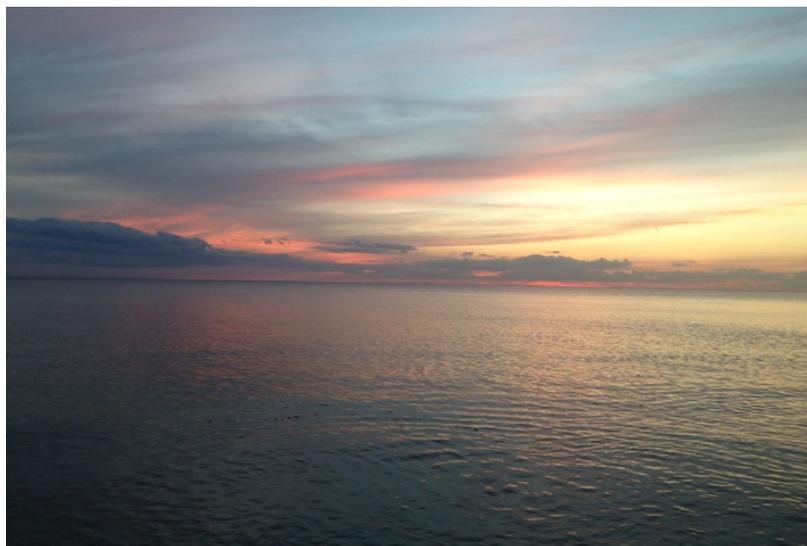
A newly formed Part 8 study group is available the second Monday of each month 7- 8:30 PM

Contact Anshu at 517-775-7220

Are you having one in your area? Send us your information and we'll list it in the newsletter.

Remembering those in our Esoteric Healing family

Please let us know when you are aware of a recently passed Esoteric Healer.



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