



Lifestream

NAEH Newsletter

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Psalm 104:30

You send forth your spirit, they are created: and you renew the face of the earth.

THE SPRINGTIDE IS A PERIOD OF RESTORED VITAL ENERGY.

Life is starting from every pore of Nature. The whole face of the earth heaves and throbs with an exhaustless tide of life. Every spot teems with new existence. We are impressed with the infinite affluence of the "Fountain of life." Spring is really a new display of God's presence and power — a renewal which comes from the putting forth of Divine energy. And what He does in the natural world He also does in the spiritual realm. There are times of refreshing from the presence of the Lord — veritable springtimes — which come to the individual soul. For such times we should pray, and expect them to come.

BibleHub.com

Message from the President



Winter may look like a period of dormancy from the outside but on the inside it is a time for regrouping and realigning with the creative forces that will manifest in the Spring. Within the NAEH creative forces have been quietly and steadily at work!

The Board of Directors continues to evaluate the best direction for the NAEH to move toward as we contemplate which type federal non-profit status is most beneficial for our group. Remember that minutes of the Board meetings are available in the “members-only” section of the website. For those members who cannot remember the password for that area, a new tab has been added to help you get the information that you need.

The Conference committee has been working tirelessly to vision and bring forth our next exciting conference entitled *Mystical Union: Crown and Basic Centers*. This year promises to be a great conference with lots of time to practice Esoteric Healing and reconnect with friends and colleagues.

This year’s group of candidates for certification have been working away on the first of their exams and preparing for the final push that takes place on the day prior to the conference. All candidates are poised for success due to their dedication and hard work!

The Education Committee continues to work on a plan to expand educational offerings through what will be called *Deepening courses*. These will be classes offered and taught by our professional level members and listed on the NAEH website under the classes tab once they have been approved by the Education Committee. This is very exciting as we have many talented members who teach classes that are complementary in some way to our practice and knowledge of Esoteric Healing. Stay tuned as the application process will be ready to launch in the very near future!

And finally, after a year of visioning and planning, the Teacher Training Committee has officially launched a completely revised model of teacher training. Three new applicants have been accepted into this first round of the process and have begun their journey with the observation of a part 1 class. In this model we are utilizing video technology, as well as in-classroom teaching with a group of Teacher Mentors to support a cohort group of teacher trainees through their training. You will hear more about this process at the conference. At this time we have a total of 5 teacher trainees which I think has to be a record!

Our membership numbers are healthy and stable and our private Facebook page is now up to 173 members. The Facebook group is a great place to ask questions and share experiences, stories and inspiring quotes.

I look forward to seeing many of you at the upcoming conference.

Many blessings,
Fran Oppenheimer NAEH President 2018-2020

NAEH Conference



SAVE THE DATE!
NAEH ANNUAL CONFERENCE
APRIL 12-14, 2019

Mystical Union: Crown and Basic Centers



JOIN US THIS SPRING!

We have a great theme & speakers!

- Evening Programs
- Saturday Dinner \$15
- Early Bird Discount!
- Sponsors/Business tables available
- Silent Auction items appreciated!
 - Services such as reflexology or massage would be great!
- More details to come

For registration and updated conference info go to www.NAEHONLINE.org

***Did you know that the Sushumna with the Ida and Pingala outflow points is our "primary" flow of energy, and the centers are actually "secondary"?
Join us to learn how to apply this primary balance in your Esoteric Healing sessions!***

.SILENT AUCTION: Success continues!

- Donate items (in good condition) that have been helpful to you on your spiritual journey, e.g. books, pictures, crystals, figurines etc.
- Services - Esoteric Healing treatments, reflexology, massage, etc.
- Bring your loving donations with you to registration and set the opening bid for your donation.

BUSINESS TABLES: This was very popular last year!

- If you have something you would like to sell dealing with healing, growth, joy, or positivity, think about renting a business table for your products.

Only 1 banquet size table left for rent:

\$100.00 each NAEH Members
\$150.00 each Non-Members

SPONSORS - Help support the conference with your generous donation.
Thank you and Blessings!

To reserve your table or space, or any questions, go to:
INFO@NAEHONLINE.ORG OR 519-898-0271

NAEH Certification

Interested in testing to become a Certified Practitioner of Esoteric Healing? Applications are due by June 1, 2019.

If you have any questions about our NAEH Certification process, please contact Alisa Petruzzi, CPEH and Chairperson at shaktisamp@gmail.com or call 317-650-0045 (EST).

NAEH Education

One of the greatest pleasures as a community of esoteric healers is to be able to share books or stories with each other that have inspired us in our studies, work, or personal growth.

The Education Committee is now collecting titles for approval to post on our website!

Please limit book titles or authors to the categories of self-help/personal growth, spirituality, anatomy, physiology, psychology or health book you've found to be a great reference book and that helped you on your spiritual journey or in your Esoteric Healing practice or study. The titles of the books will be reviewed by the Education Committee for approval of posting on the website.

Please submit your titles to kathleenhautala@gmail.com so we can prepare the list for posting on the website.

Our current Education Committee Members are: Fran Oppenheimer, Constance McCloy, Shauna Edmonds, Bonnie Dysinger and Kathleen Hautala.

Our committee stays busy and has fun at the same time! Contact any one of our committee members if you are interested in joining our Education Committee.

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 Shingles:

Shingles is a viral infection caused by the Varicella Zoster virus, the same virus that causes chickenpox. Almost 1 out of every 3 people in the United States will develop shingles, also known as herpes zoster, in their lifetime. There are an estimated 1 million cases of shingles each year in this country. Once you have had chickenpox, the virus lies inactive or dormant in nerve tissue near your spinal cord and brain. Years later, the virus may reactivate as shingles. Although shingles can occur anywhere on your body, it most often appears as a single stripe of blisters that wraps around either the left or the right side of your torso. The rash and blisters from shingles follows the area that is served by the affected nerve(s). Sometimes the shingles rash occurs around one eye or on one side of the neck or face. Shingles around the eye can lead to serious complications and even permanent eye damage.

Symptoms of shingles may include:

- Pain, burning, numbness or tingling
- Sensitivity to touch
- A red rash that begins a few days after the pain
- Fluid-filled blisters that break open and then crust over
- Itching

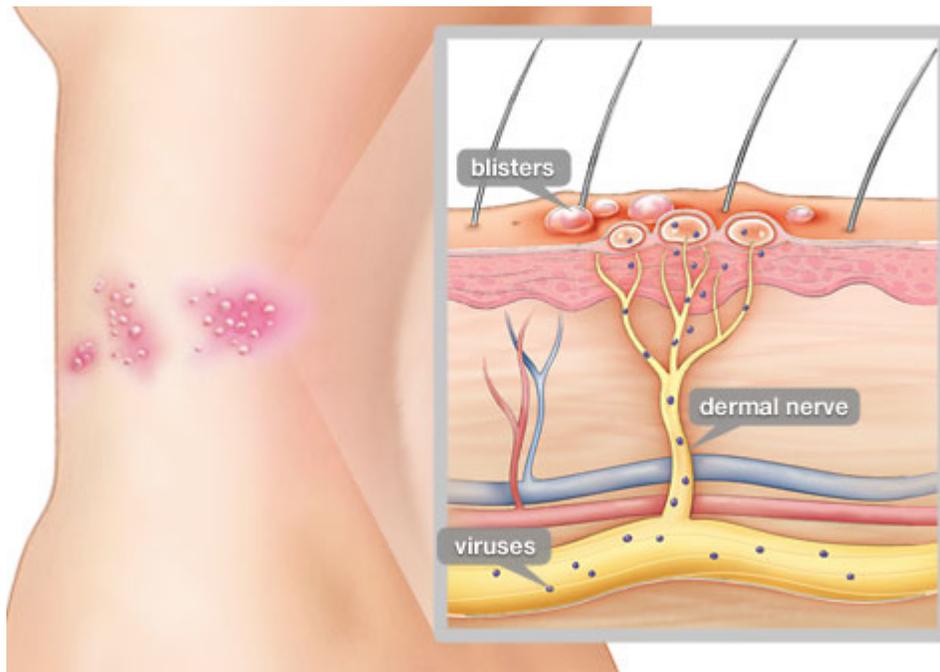
Some people also experience:

- Fever
- Headache
- Sensitivity to light
- Fatigue

While shingles is not generally life threatening the pain from shingles can be very intense. Medical treatment can lessen the course of the outbreak and provide some relief from pain. For individuals with a weakened immune system shingles can be very serious and medical treatment is essential.

A person with shingles can pass the varicella zoster virus to anyone who isn't already immune to chickenpox. This usually occurs through direct contact with the open sores of the shingles rash. Once infected, the person will develop chickenpox, however, not shingles. Chickenpox can be dangerous for some people. Until the shingles blisters scab over, one is contagious and should avoid physical contact with anyone who hasn't yet had chickenpox or the chickenpox vaccine, especially people with weakened immune systems, pregnant women and newborns. The reason for shingles is unclear. But it may be due to lowered immunity to infections as one grows older. Shingles is more common in older adults and in people who have weakened immune systems.

For most healthy people who receive treatment soon after the outbreak of blisters, the lesions heal, the pain subsides within 3 to 5 weeks, and the blisters often leave no scars. However, for some people the nerve pain and sensitivity can become chronic.



Metaphysical Possibilities:

Louise Hay in her book *Heal Your Body* suggests that shingles is related to fear, tension and being very sensitive emotionally. She relates this to a feeling of dread or 'waiting for the other shoe to drop' all the time. Dr. Christine Page in her book *Frontiers of Health* suggests that the eruptions of shingles is related to 'someone getting on their nerves'. Additionally, since shingles appears on just one side of the body, the principle of "sidedness" may be considered with the left side representing issues concerning self and the right side relating to others. The greatest value of these considerations is giving the client something to ponder and perhaps something to discover about themselves.

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 Shingles might be:

- Anything that can help with relaxation such as meditation or breathing exercises

- Vagus triangle and other triangles using the Vagus point (to decrease stress)
- Vagus point + affected area
- Kidney, Adrenal, Fear and Courage triangles
- Autonomic nervous system treatment
- Holding the Alta major + the affected area + Ray 1 or Ray 3; also sweeping the affected area
- Holding the Nadiis of the affected area in one hand and the nerves for the same area in the other hand. Then putting the Ajna first on the Alta Major, then the Crown Center and then on the Atmic point and asking for balance.
- Immune system treatment
- Lymphatic system treatment
- Meditation; Square breathing; Hong Sau

Complementary modalities that can relieve stress and suppressed emotions may also be helpful, including Acupuncture, Homeopathy, Reiki, EFT (emotional freedom technique), Body Talk, Theta Healing and Resonance Repatterning to name a few.



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 Shauna Edmonds, CPEH

Ethics – A Perspective for The Practice of Esoteric Healing

There are differences of opinions in the world about what is right and wrong on almost any issue. With Esoteric Healing, the use of ethics is important not only when working with the energetics of another person but in creating our part in right human relationships. This is the reason we are creating a series of short articles focusing on points of ethics that truly need to be acknowledged and discussed.

“If healing occurs, I will never profess to have been solely responsible” *Bridges, ISSSEEM Magazine, Vol 10, 1999.*

I have a client whom I have been working with since last Halloween when she was diagnosed with Parkinson’s Disease. She was referred to me by a friend who learned I had been working with another client with Parkinson’s.

As this was an early diagnosis – as early as Parkinson’s appears for diagnosis – I was hopeful to at least help maintain the status quo and slow the progression.

Using the Neurocranial protocol Dr. Briner taught us, additional research and a fabulous article Brenda Siström posted on the NAEH Facebook page, – thanks Brenda! – I was able to expand my knowledge of the anatomy and hone in on possible trouble spots. After a few months of fairly intensive work, she came in one day with purple highlights in her hair and said she felt better than she had in a long time – ready to keep on living. Yea!!

Her neurologist requested a Parkinson’s test as her original diagnosis was given by another doctor. When she came by for another session after her results came back, the test showed she did not have Parkinson’s. We were both, of course, dancing to the news when she then said I had healed her. Looking at her I said “No, I didn’t. You did. The soul is the healer of the form. I may have facilitated but you, your soul did the healing. And besides, Parkinson’s is a hard disease to diagnose. It may have been misdiagnosed to begin with. We don’t know.” The little ego or personality is often ready to step in and claim the fame, feel the power. See what I did! Healing is a dance between the individual and their soul. As facilitators, we listen for the music and help to bring it down into the form. We have agreed to continue with the protocol.

Alice Bailey writes in “From Bethlehem to Calvary,” page 279, quoting Dr. Schweitzer: “Civilization originates when men become inspired by a strong and clear determination to attain progress, and consecrate themselves, as a result of this determination, to the service of life and of the world. It is only in ethics that we can find the driving force for such action, transcending as it does, the limits of our own existence.”



Auntie Karana ASKS YOU!

Please try to solve the following riddles. Love, Auntie

1. The more you take, the more you leave behind.
WHAT AM I?
2. You Can Touch Me
You Can Break Me
You should win me if you want to be mine.
WHAT AM I?
3. You can see me in water but I never get wet.
WHAT AM I?
4. This is as light as a feather, yet no man can hold it for long.
WHAT AM I?
5. I can be cracked
I can be made
I can be told
I can be played.
WHAT AM I?



ANSWERS AT THE END OF THIS NEWSLETTER!

Esoteric Healing Study/Practice Group

Benicia, California

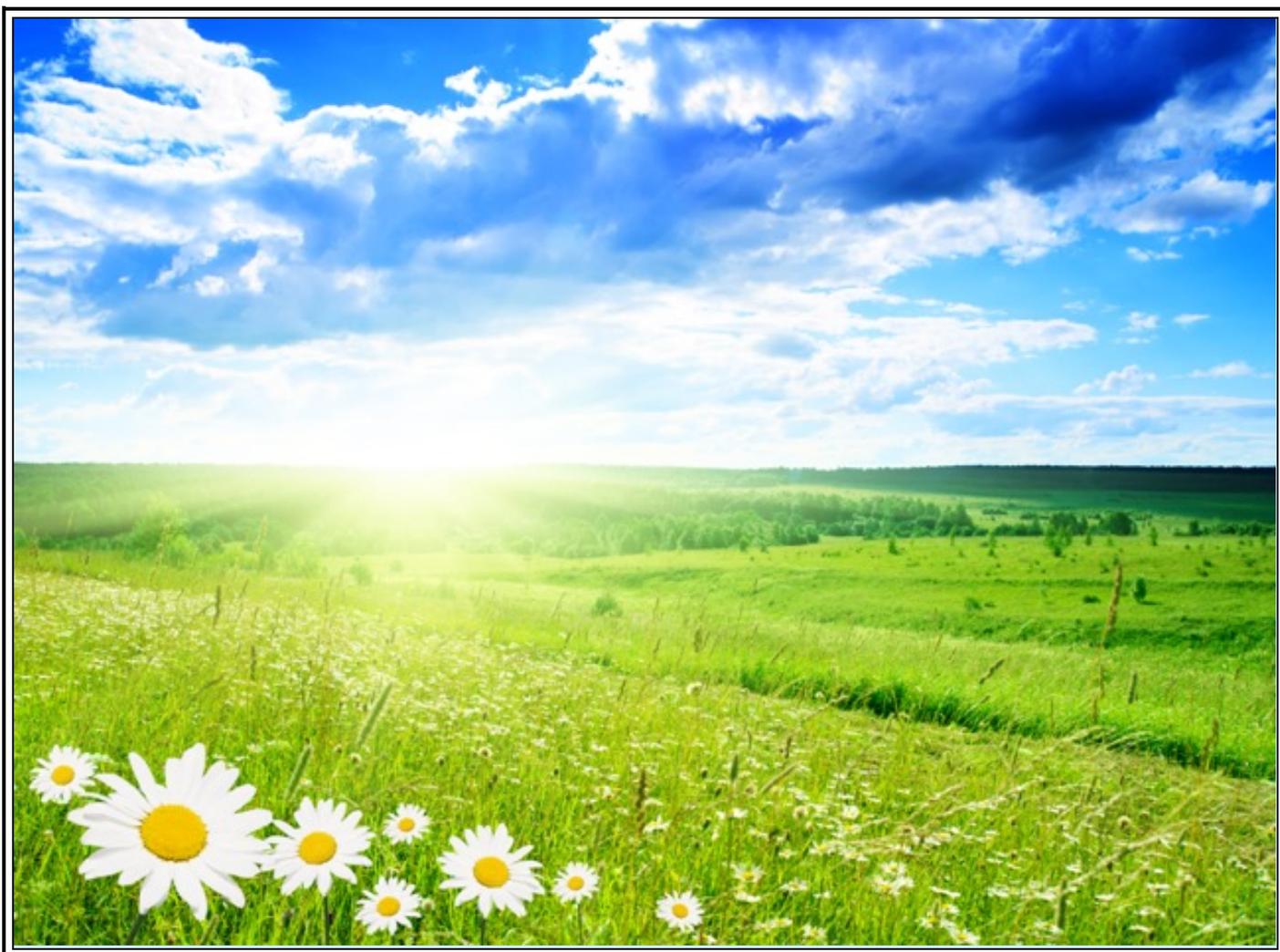
ZOOM (an online video communication system) Esoteric Healing practice group meets the 4th Tuesday of each month at 7:00 pm PST with Bonnie Dysinger, CPEH. All levels are welcome. Join us on Zoom from wherever you are in the world! Email Bonnie at bonnie@gtheal.com, or call 517-281-1706 (PST) and let 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.

Members of the Publications Committee

Dr. Barbara Briner, Catherine Finigan, Lori Settersten, Stephanie Urdang



AUNTIE'S WHAT AM I ANSWERS: 1. FOOTSTEPS 2. A HEART
3. A REFLECTION 4. YOUR BREATH 5. A JOKE!!!

OM PEACE BLISS AMEN