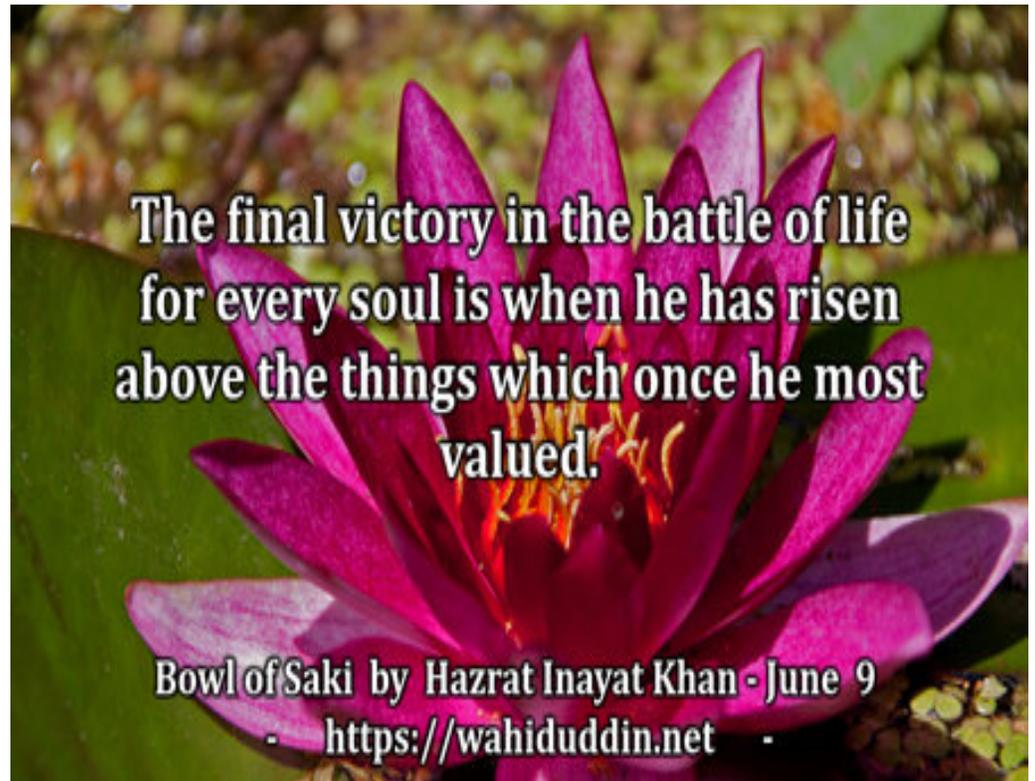


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The final victory in the battle of life for every soul is when he has abandoned, which means when he has risen above, what once he valued most. For the value of everything exists for man only so long as he does not understand it. When he has fully understood, the value is lost, be it the lowest thing or the highest thing. It is like looking at the scenery on the stage and taking it for a palace. Such is the case with all things of the world; they seem important or precious when we need them or when we do not understand them; as soon as the veil which keeps man from understanding is lifted, then they are nothing.

Do not, therefore, be surprised at the renunciation of sages. Perhaps every person in the spiritual path must go through renunciation. It is not really throwing things away or disconnecting ourselves from friends; it is not taking things to heart as seriously as one naturally does by lack of understanding. No praise, no blame is valuable; no pain or pleasure is of any importance. Rise and fall are natural consequences, so are love and hatred; what does it matter if it be this or that? It matters so long as we do not understand. Renunciation is a bowl of poison no doubt, and only the brave will drink it; but in the end it alone proves to be nectar, and this bravery brings one the final victory.

Hazrat Inayat Kahn

Message from the President



I am writing this message to you from a beautiful grove of eucalyptus trees in northern California. Like many places in Nature, this forest provides us a canopy of peace and life while we all move from “shelter in place” back into a rapidly changing world.

During these past 3-4 months, much has been accomplished at the NAEH and many hands have been involved:

- The “modified” 2020 NAEH Conference took place in April as our first online conference; 171 people attended, feedback was extremely positive, and attendees expressed they are ready for more. Conference videos are being edited and will be ready soon for distribution.

• **The continuation of the 2020 NAEH Conference** is scheduled to take place **September 12-13, 2020**, each day for four hours. We will resume our exploration of Esoteric Healing in the Aquarian Age, Group Work, Heart-centered Service, and other timely topics. Be sure to register (even if you already registered in April) so that we can count you in.

- The Certification Committee implemented the NAEH’s first online testing process for certification, guiding 4 candidates through completion. Certification will continue with online testing in 2021, when 5 new and 3 returning candidates will progress toward certification.
- Teacher Training continued with Trainees providing online instruction of EH Part 2, via Zoom. “Volunteer students” attended for the first time and provided good feedback.
- The Education Committee has been exploring an initiative to support Esoteric Healing practitioners working with individuals dealing with COVID-19. This initiative has been a very challenging process, eventually highlighting the need for NAEH to expand our knowledge regarding liability and legal wording related to the scope of practice of Esoteric Healing practitioners.
- Research: we are in the initial steps of identifying individuals experienced and/or interested in research related to Esoteric Healing. “Research” is a word that encompasses many activities, so step-by-step we will create a forum and platform for planning these activities. Contact Constance McCloy if you are interested in being involved.
- The Membership Committee is gearing up for the annual NAEH membership drive. Keep a lookout for reminders about joining or renewing your NAEH membership. There are so many benefits, like our great journal.
- An Esoteric Astrological reading for NAEH, Inc was completed by Mary Connelly and explained to the BOD. A transcript and recording of the reading are now posted on the NAEH website under the Members Only area, and a short synopsis has been posted under the About tab. There is much food for thought here as we take our next steps forward as an organization. Focused areas of growth appear to be in education, protocol expansion and research.

Lately there's been much talk about the New Group of World Servers (NGWS), and possibly some confusion about the meaning of this term. A description of the NGWS on the Lucis Trust website states: "All who love humanity and the Earth and who express that love through lives of active service form one group in consciousness: the New Group of World Servers. The NGWS is a functioning active group. Every man and woman in every country, who is working to heal the breaches between people, to evoke the sense of brotherhood, to foster the sense of mutual interrelation, and who sees no racial, national or religious barriers is a member of the new Group of World Servers..." So it is in our individual and group NAEH service that we become part of the NGWS. As the NAEH enters its next phase, we continue to listen to our internal compass for guidance regarding our service and purpose. JD Lanham shares: "I think about the internal compasses that birds have to help them to get where they need to be, and I think there's a compass inside that's been guiding me in the same way." This internal compass is the Soul. Together as our group NAEH Soul we trust we are guided in understanding our purpose and serving in ways that are meaningful- our place where we need to be.

Many blessings and be well,
Constance McCloy
NAEH President, 2020-2022

NAEH Conference 2020

The 2020 NAEH Conference Continues!

Our conversation about "**Points of Light: Esoteric Healing in the Aquarian Age**" will continue when we gather on Zoom for 2 additional conference days **September 12-13, 2020** (11:00 AM-3:00 PM EST each day).

The primary conference themes are: Esoteric Healing in the Aquarian Age, Group Work, and Heart-centered Service. In addition to these themes we'll explore: The Vagus as Antahkarana of the Physical Body and Connection to the Soul; Higher Support (Hierarchy and Angels); the New Group of World Servers, and how Esoteric Healers can serve to join others in supporting the Plan of Light and Love on Earth.

Our themes are timely during this challenging interval in the spiritual evolution of humanity. The conference talks, practicals and meditations will help us expand our perspective and provide ways to support one another and those we serve while navigating these interesting times.

The conference is free of charge, as is the conference video. Videos of the first segment of the conference from April are nearly ready for release.

You must register for the September conference even if you already registered in April. This helps Suzie in the NAEH office to organize attendees, handouts and numbers. Registering for the September conference assures you will receive the handouts and the Zoom invitation.

Many blessings, and we look forward to seeing you at our gathering in September.
NAEH Conference Committee

NAEH Certification News



Congratulations to our new CPEH's that are continuing to build the Antahkarana for Humanity!

**On the upper left is Joe Cordes, on the upper right is Shannon Wirth
On the lower left is Cherie Lucille Netzloff and on the lower right is Claire Hardsaw**

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.

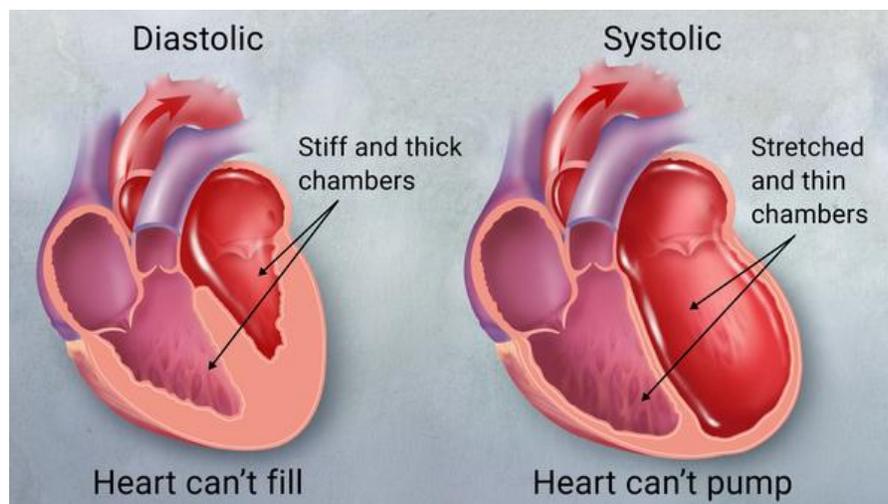
Focus on Congestive Heart Failure (CHF):

Congestive heart failure (CHF) affects people of all ages, from children and young adults to the middle-aged and the elderly. Approximately 550,000 new cases are diagnosed in the U.S. each year. Life expectancy with CHF varies depending on the severity of the condition, genetics, age, and other factors. According to the Centers for Disease Control and Prevention (CDC), around one-half of all people diagnosed with CHF will survive beyond five years.

Congestive heart failure (CHF) occurs when the heart muscle doesn't pump blood as well as it should. Certain conditions, such as narrowed arteries in the heart (coronary artery disease) or high blood pressure (hypertension), gradually leave the heart too weak or too stiff to fill and pump efficiently. CHF often develops after other conditions have damaged or weakened the heart.

In CHF, the main pumping chambers of the heart (the ventricles) may become stiff and not fill properly with blood between beats. In some cases of CHF, the heart muscle may become damaged and weakened, and the ventricles stretched (dilated) to the point that the heart can't pump blood efficiently throughout the body. Over time, the heart can no longer keep up with the normal demands placed on it to pump blood to the rest of the body.

Not all conditions that lead to CHF can be reversed, but treatments can improve the signs and symptoms of CHF and help one to live longer. Lifestyle changes such as exercising, reducing sodium in the diet, managing stress and losing weight can improve quality of life. One way to prevent CHF is to prevent and control conditions that cause this condition, such as coronary artery disease, high blood pressure, diabetes or obesity.



CHF signs and symptoms may include:

- Shortness of breath (dyspnea) with exertion or when lying down
- Fatigue and weakness
- Swelling (edema) in the legs, ankles and feet
- Rapid or irregular heartbeat
- Reduced ability to exercise
- Persistent cough or wheezing with white or pink blood-tinged phlegm
- Swelling of the abdomen due to a buildup of fluid (ascites)
- Very rapid weight gain from fluid retention
- Lack of appetite and nausea

An important measurement of how well the heart is pumping is called an ejection fraction and is used to help classify the degree of CHF and guide treatment. In a healthy heart, the ejection fraction is 55 percent or higher, meaning that more than half of the blood that fills the ventricle is pumped out with each beat. Heart failure with a reduced ejection fraction is 40 percent or less. However, CHF can occur even with a normal ejection fraction if the heart muscle becomes stiff from conditions such as high blood pressure.

CHF can involve the left side (left ventricle), right side (right ventricle) or both sides of the heart. Generally, CHF begins with the left side, specifically the left ventricle, which is the heart's main pumping chamber.

Risk factors for CHF:

Any of the following conditions can damage or weaken the heart and can lead to CHF. Some of these can be present without one knowing it. A single risk factor may be enough to cause CHF, but a combination of factors also increases risk.

- **Coronary artery disease and heart attack**
- **High blood pressure (hypertension)**
- **Faulty heart valves**
- **Damage to the heart muscle (cardiomyopathy)**
- **Myocarditis (inflammation of the heart)**
- **Heart defects you're born with (congenital heart defects)**
- **Abnormal heart rhythms (heart arrhythmias)**
- **Sleep apnea**
- **Obesity**
- **Diabetes**
- **Smoking**
- **Stress**

Complications of Congestive Heart Failure can include:

- **Kidney damage or failure**
- **Heart valve problems**
- **Heart rhythm problems**
- **Liver damage**
- **Death**

CHF is a chronic condition that requires ongoing medical support and management. However, with treatment, signs and symptoms of congestive heart failure can improve, and the heart sometimes becomes stronger. Doctors sometimes can correct CHF by treating the underlying cause. For example, repairing a heart valve or controlling a fast heart rhythm may reverse CHF. But for most people, the treatment of CHF involves a balance of the right medications and, in some cases, use of devices that help the heart beat and contract properly. In addition to medical management and support, stress relieving techniques, yoga, and energy work can be valuable additions to the client's care.

Metaphysical Possibilities:

Louise Hay in her book Heal Your Body suggests that the heart represents the center of love and security and that heart disease can be related to squeezing all the joy out of the heart in favor of money or position, as well as feeling alone and scared. Thoughts of "I'm not good enough. I don't do enough. I'll never make it." are seen by Hay as indicative of heart energy dysfunction and represent longstanding emotional problems such as lack of joy, hardening of the heart and a belief or attachment to strain and stress.

Dr. Christiane Northrup, author of Women's Bodies, Women's Wisdom, reminds us that there is a strong connection between depression and heart disease. A broken heart can lead to cardiac consequences as well.

An article for the American Psychological Association states that, 'You might think heart disease is linked only with physical activities — a lack of exercise, poor diet, smoking and excessive drinking. While these habits do heighten the risk of high blood pressure, heart attacks, strokes and other cardiovascular problems, your thoughts, attitudes and emotions are just as important. They can not only accelerate the onset of heart disease, but also get in the way of taking positive steps to improve your health or that of a loved one.' The article goes on to say:

'Research shows that while approximately 20 percent of us experience an episode of depression in our lifetimes, the figure climbs to 50 percent among people with heart disease. Long-term studies reveal that men and women diagnosed with clinical depression are more than twice as likely to develop coronary artery disease or suffer a heart attack.' <https://www.apa.org/topics/heart-disease>

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 Congestive Heart Failure might be:

- All triangles related to the Heart Center such as: Thymus triangle, Heart organ triangles, HC + Vagus point, Diaphragm triangle, Circulatory system including the arteries of the heart organ, Chest triangle, BP triangles
- Lymphatic system treatment
- Liver, Kidney, and Lung triangles
- Vagus triangle
- Balance each chamber of the heart (left upper, left lower, right upper, right lower) + heart minor + Ray 2.
- Heart center treatment in Crown
- Higher Centers balance
- Buddhic sheath treatment
- Monadic petal treatment, especially Ray 2 petal

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.



“Dave dropped out. He had chest pains and trouble breathing. They think he may have competitive heart failure.”



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

An Introspective Look into The Practice of Personal Ethics

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 with others and with ourselves as well. This is the reason we created a series of short articles focusing on points of ethics that truly need to be acknowledged and discussed.

We have looked at many of the Ethics Codes of the NAEH which have pertained to our clients and how we work with them as a professional. For this last article I would like to comment on the ethics surrounding how we live our daily lives and *our* part in right human relationships.

When we look in the mirror and see ourselves, we start to become aware of our own biases and prejudices. We each have them to certain degrees depending on our culture, what we were taught growing up and what we were exposed to as adults. As the times we are now living in is full of confusion, fear and anger, it would behoove us to take a step back, see through the eyes of the soul and remember we are all one humanity.

It is easy to be swept into the emotional impact happening all over the world and lose ourselves. The pandemic. Lockdown. Loss of jobs and income. The Black Lives Matters movement and protests. Staying centered and grounded is more important right now than ever. We can be grateful for what we have. This gives us the opportunity and the means to help others who have lost much keep their sanity and dignity as well as helping us keep ours!

So, what does your heart tell you? What does your mind say? We have learned there is a need for blending the heart and mind. Balanced, they give us wisdom – _the unifying quality that permeates our being so we can step out of the world of fear and into the world of Heart and Mind. In this place, we find our clarity, strength and that driving force which will lead us forward. We have the ability and knowledge to create our joy and peace – _even the little things will help us as we move through the upheaval and come out on the other side.

So, as we move from Pisces into Aquarius – _we can affect this shift in what we do now through awareness of our own personal ethics being led by our Soul. This is a time of coming together, moving into the “Age of Brother (Sister) hood,” supporting each other in our group work as well as the Esoteric Healing work. Remember, all is in Divine Order.

Be the change you want to see.

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.”

Ask Auntie Karana



Q: Just when it appeared things couldn't get any worse, they did. I need help in finding a better attitude in facing the collective fear of Covid-19, and our dangerous cultural/racial division. How can I make a positive impact on these days, my loved ones, on those who seek help from Esoteric Healing, and on the collective state of affairs?

A: View this racial unrest and viral rampage as clear symptoms of Life out of Balance. The planet and its people are clearly saying, 'Enough'. We did not arrive here out of the blue: it's been coming for a long time. Forced to stop what we have been doing, this time of crisis is an opportunity to come together for a more conscious future: equality for the people,

respect for the earth, research for an effective vaccine or life-saving treatment.

Left with time to reflect, use it to discern what is personally and collectively important, what is working, what needs attention, how we must shift when we come out of this. It is an opportunity for creativity, for us to do better for ourselves, for humanity, and the planet.

Meditate. Inhale and exhale calmness in your body, mind, spirit. Make self care and the well-being of those closest to you part of your daily practice. Exercise. If you are able to walk in nature, be aware of it as a balm for the troubled soul, a reminder of the cycles of life. Avoid inflammatory foods, alcohol, unnecessary exposure to dangerous situations, and ugly words. Help by lending your skills wherever needed. Between technology and social distancing, remote sessions are in high demand.

It is said that hate is not the opposite of love; it is fear. Be love and equality for humanity. Think positive: avoid blame placed on another country, other people, other races. As this natural rebalancing of the earth and its people plays out, if we do our parts as individuals, our lives, cultures, and the planet will have a better chance for a more sustainable and unified future.

Q: I have a client with stage four ovarian cancer, now in several places throughout her body. She just became a grandmother, and it is her goal to spend whatever time she has left feeling as good as possible. To her, that means avoiding the oncological prescriptions of surgery, and then rounds of chemo for the rest of her life.

While I believe her choice for alternative care is valid and respectable, and she has an integrative doctor, my conflict is that she hopes Esoteric Healing will save her life. I believe that anything is possible. That said, the cancer in her body has advanced. I do see some positive results after our sessions: less need for lung drainage, and a new attitude of acceptance that keeps her in a calmer state than when she first contacted me. But she also mentions new troubling symptoms. Under these circumstances, can I treat her in good conscience?

A: As long as you are clear and she is not in denial about what you can do, let her soul be your guide. If she finds Esoteric Healing to be of help, yes, in good conscience, you can work with her. Since EH sessions treat the body, the emotions, thoughts, the soul and spirit, everywhere needed for balance, we never place our attention on the cancer. By trusting in your training and skill, by listening to what her energy communicates, by doing your best to gently support her wholeness, trust you are one of her supports in this challenging time.

Answers written by Stephanie Urdang.

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, Fran Oppenheimer, Lori Settersten, Stephanie Urdang

In Remembrance



Margaret McConnell

Our dear friend and esoteric enthusiast, Margaret McConnell made her transition into the spirit world April 30, 2020.

Margaret was an avid student of Esoteric Healing and the ancient wisdom. She began her esoteric studies in the mid 90s and attended conferences of the INEH as well as the NAEH for many years. She inspired to be a teacher of Esoteric Healing in Ohio; she did not get to fulfill that dream, but she did share her knowledge of Esoteric Healing with her bible study groups.

Margaret was retired from the State of Michigan where she worked in nutrition through the Public Health Department.

Joan Stansberry provided the photo and Kathleen Deeds provided the tribute.

OM PEACE BLISS AMEN