



LIFESTREAM

NAEH Newsletter



Volume II Issue I

January 2012

Happy 2012!

May blessings of Harmony fill your life during the coming year.

As the NAEH continues to take shape, we are looking forward to many exciting events! This year we will have our annual conference in April: *Harmony: Pathway of the Heart*. We will celebrate our first group of certified practitioners. New members will be elected to the Steering Committee. There are new teachers in the wings, and new classes by our instructors. This is an exciting time to be a part of this work!

As you can see, the NAEH has a new web face! Thank yous to Chris Geith and Anshu Varma for setting up a beautiful new website! Beginning with this edition, the newsletter has gone digital. We're moving forward in 2012!

The Steering Committee adopted, in addition to our mission statement found on the website, a statement of intention, a motto and a prayer of blessing. We are excited to introduce them to you in this newsletter!

Statement of Intention: *The Mantram of Unification* (below), attributed to Alice Bailey.

Motto: "Energy Follows Thought!"

Blessing: Ghandi Prayer (found at the closing of this newsletter).

Contents:

Happy 2012!
 NAEH Update
 Raising Our Vibration
 Wisdom
 Say Our Stories
 Animal Stories
 NFEH/NAEH
 2012 Conference
 Recipes: Solar Plexus Savory
 Meditate with Thought
 Opportunity Knocks
 Happenings
 Links

Publications Committee:

Editors: Kelly Yoakam
 Mary Anne Walker
 Contributors:
 Julie Lieberknecht
 Sheila R. Salama, MD
 Anshu Varma: NAEH Director

Copyright © 2012 NAEH

Raising Our Vibration – Moving from Self to Others...

by Julie Lieberknecht

Esoteric HealingSM practitioners all have individual paths to enlightenment, as do all human beings. We come from different backgrounds, education types, family structures, etc. However, there are certain things that link our individual paths through our evolution: self-discovery, self-improvement, and self-healing. As these lead us towards the desire to do service for others, they then lead others to discover, improve, and also heal. We know that too much focus on others, without a strength coming from within, leads to a martyr complex and eventually this results in some 'dis-ease' forcing us back to ourselves to find balance from within. However as we heal ourselves, and then move our focus from self to others in a healthy progression, it is important to look at how our own actions affect others in ways we may not normally think of.

As we progress on our spiritual paths, many of us find ourselves altering our eating habits, in that we find ourselves less drawn to red meat, pork, and sometimes, animal products in general, becoming either vegetarian or vegan. It is also not productive for us to carry on with excessive amounts of alcohol, and we may move away from spirits, reduce alcohol intake and reliance on substances that alter our moods, such as tobacco, marijuana, or pharmaceutical medications. We know that this change in habits is to assist our own vibrational levels, and the more we stay on track with establishing our own better habits, the stronger we become as individuals. Therefore, we can then move to the focus of ‘service to others,’ including facilitating Esoteric HealingSM, and thus providing deeper healing for others via our own higher-vibrational tendencies.

This continues on in many facets. Many of them we don’t think twice about. Some, not even once.

For all of us that have been single, and then moved in with a romantic partner – or, on the other side, have *had* a partner, or roommates, and *then* became single and living alone again – is it true that one’s negative habits become magnified when in interaction with others? Usually, a single person can live in some kind of harmony, having things ‘their’ way, and then find disharmony when having to deal with the needs and desires of another living in a shared space. It is the next step to looking at the needs of the world at large as you find that a desire for a certain furniture arrangement or wall-paper, are not the same as the person or people you live with.

As we move our focus from self to others, there are a multitude of actions that we take everyday that we may not realize have a great impact on others around us and the planet/world as a whole.

As a self-oriented person, we look at *our* likes, *our* dislikes and take care of *our* needs according to that single-minded focus. We may like a particular body wash, or shampoo, or a deodorant that has an appealing scent. We may choose to style our hair with hair gel, or put hair spray on to achieve the kind of effect that we want. We may use commercial detergents and fabric softeners because we believe them to be the best thing to clean our clothes or because they are inexpensive or the most handy to obtain. Along the way, these things become habits, and almost form part of our identity. How many can relate to these thoughts: “I couldn’t possible feel right without that favorite scent that I wear, without the familiar scent of the fabric softener that I was taught to use by my mother, or without the hand lotion that I believe to be beneficial to my skin.”?

For many, many years our society has allowed people to socialize, to dine, and even to work with cigarette smoke filling the air, eventually beginning to create “non-smoking” areas, and presently, focusing less on the selfish needs of the addicted person, and moving to the needs of others; the adults, teenagers, children, and employees of the establishments who were being forced to breathe in toxins because of the needs of *some* of the patrons. (Remember that compassion is to be had for the addicted person, for addictions are great challenges in life.)

It has also been assumed by many that, in general, an average non-smoker showing up to dine somewhere does nothing to pollute another’s airspace, but a person who is smoking forces toxins on the surrounding patrons. Well, perhaps this needs to be looked at a bit more closely...

Now that we are acknowledging on a large scale, how unfair it is to make others breathe in air that is damaging to their own health, namely by cigarette and cigar smoke, it may be time to look at other factors affecting the healing of our bodies and lives. As we look at other vibrationally dense items that we consume, let’s also consider the harsh chemical additives that we use everyday that may be contributing to our own denseness, and also looking at the needs of our surrounding human beings.

Take a look at the body products, hair products, home cleaning agents, laundry detergents, etc., that we use every day. Are the ingredients recognizable? Do we know what we use on a regular basis? Are these things good for us or tolerable? Are they good or tolerable for others? Is it possible that the cologne that is so beloved could be aggravating to your own health or that of someone you interact with on a regular basis? Could the fabric softener on your clothing be causing children that you teach to have breathing trouble? Could the air-freshener that you so innocently plugged into the wall, be causing hyperactivity, anxious feelings and headaches in the people and creatures that live with you? Yes, creatures, meaning pets. Think about the dogs and cats that we love so much. They are virtually held captive inside the house for much of the day, breathing in whatever we choose to fill the air with. So, what are we choosing to put out there? What are we forcing those around us to breathe in? These questions sometimes evoke strong reactions. We really like our favorite products. But, perhaps it is time to begin asking these questions as asthma patients struggle to go “attack-free”, cancer patients try to detox their lives, and those with anxiety disorders try to calm their nerves. In a world where most adverse reactions to commercial products we use are not reported, perhaps we can take it upon ourselves to look at how we affect the world around us. Are you interested?

We know that we make our spiritual connection deeper through Meditation. We meditate for ourselves and we meditate for others. The first step is to ask if *you* can breathe comfortably; the second, can those around you also breathe comfortably? This particular forum presentation is not meant to get into the science of the ingredients of everything we use. It is simply a time to expand our awareness – – – from self, to others...

So, what *do* you use everyday? Perfume? Hairspray? Deodorant? Scented Lotion? Scented Body Wash ? Scented Laundry Detergent? No one is checking up on you. To be of service to others, we must first be self-aware. Try it out. Make a list of what you use and see how many you forget about. Did you learn anything? Could changing anything contribute to your “peace of mind”?

Wisdom Chinese story about non-attachment to outcome.

Once upon a time there lived a farmer in the three kingdoms of China.
 This farmer had a son who worked the farm with the help of a horse.
 The horse ran away one day.
 The local farmers came and said, "How unlucky, your horse ran away."
 The farmer said, "Perhaps."

The next day, the horse came back, but was followed by a whole herd.
 When the local farmers found out, they said, "You have great luck."
 Again, the farmer said, "Perhaps."

Another day passes, and the farmer's son broke his leg
 while riding some of the new horses.
 The local farmers again came, and this time they said,
 "What bad luck, your son broke his leg."
 The farmer repeated, "Perhaps."

On the fourth day, the emperor's army was recruiting for the army
 and because of the son's broken leg, did not recruit him.
 The local farmers this time said,
 "What great luck, your son did not get recruited."
 The farmer again, repeated, "Perhaps."





Say Our Stories

by Sheila R. Salama. MD

Some vignettes from my experience with Esoteric Healing:

I normally include Esoteric Healing in my psychiatric practice in the following way.

When patients come to me, they are usually referred by a colleague of mine or a friend of theirs, and they may not know much about the way I work. In addition to psychopharmacology, I practice a variety of psychotherapeutic modalities that I use in combination at different times.

I introduce Esoteric Healing after I have done a complete evaluation and have started working with them with whatever psychotherapeutic tool I choose. There is no particular timing but, usually, after an intense session, I save about 15 minutes at the end to work esoterically. About 90% of the patients like it and request to experience it again. Subsequently, I do it either in my office or absentee, depending on the circumstances. It all happens very spontaneously and effortlessly. There are times when EH is the major treatment, as nothing else seems to work, and at other times I use it in tandem with my other modalities. It is almost always appreciated, and the patients report feeling calmer more grounded, and centered. Sometimes it lasts only a day and at others it may last five days.

There are a few patients who do not feel particularly affected by the EH treatment one way or the other. If after a couple of sessions they don't seem to benefit, I stop doing it until we reach an impasse, then, I may try it again.

“Sheila! I am sending you a patient. Do whatever you want, I am finished with her!”

I had never heard such exasperation from my friend and colleague before. Dr. O knows numerous techniques and modalities of treatment, and usually only refers to me for psychopharmacological interventions.

About an hour later, a woman enters my office in a state of extreme agitation, she talks a mile a minute in an incoherent way, and I have absolutely no idea what she is talking about. She is unaware that I can barely figure it out. I try to slow her down, she gets impatient with me, my questions irritate her more, and she becomes angry and contemptuous of me. She continues without allowing me to intervene in any way. As the session is coming to a close, I offer to give her some medication to bring her distress down, which infuriates her even more, she becomes more abusive towards me and leaves slamming the door.

A while later, her sister calls me to ask what happened, I explain that I could not make contact with her or have any rapport with her. She begs me to give it another try. I agree and see her soon after. The same thing happens. The patient seems in acute distress, talks non stop, I can make out that her husband left her for a younger woman that works for them. Again she does not let me speak, make any soothing comment, or ask any question to clarify her situation. She leaves again unravelled and with zero confidence in me as a person who can help her in any way.

I don't know why she agrees to come a third time, perhaps it is desperation.

On the third visit, I take charge. As soon as she comes in, I tell her to sit down and not say anything. I tell her that I am going to balance her energetically. To my surprise she does not fight me, and sits quietly while I am working on her esoterically. I work the entire hour and to avoid getting her unravelled, I send her out without any further discussion.

The next appointment, I do the same thing. I don't let her talk, to my surprise, she allows it. At the end of the third esoteric healing session, she asks: " what is this called?" and she writes it down. She is clearly calmer, and now she can make meaningful contact with me.

After that session, EH remained a prominent treatment modality for her. She would often ask for it, especially before major events, and I would do absentee Healing. Ten years later, this patient is still in touch with me, and considers me her " Healing Angel".



I am on vacation on a Sunday morning in Florida. I get a call from an acquaintance in New York. His wife, whom I have never met, is 7 months pregnant and has been extremely distressed, crying all the time, has anxiety about the baby, has not slept in three days. He was not able to get any psychiatric appointment for her, and thought of me, as he knew I am a psychiatrist. I ask to speak with her on the phone. She cries that she is exhausted, worries non stop about the baby and has not slept in three days. I tell her that I want her to lie down and I am going to balance her energetically, I will call her when I am finished. I proceed to do an Esoteric treatment, making sure to avoid the abdomen and work primarily on the head. After about 45 minutes, I call back. I get no answer. I start worrying that maybe they went to the emergency room. I keep calling until I reach the husband a couple of hours later. " She fell asleep, and I took the phone away", he informs me. Needless to say, I am quite

relieved. That is my first time working on someone I have never seen, and pregnant.

Following that day, I did work with this woman and helped her with her terror regarding her baby and she delivered a healthy baby girl, and subsequently a baby boy, without the accompanying dread.

Many years ago, I was treating a man with multiple psychiatric problems: Bipolar disorder, ADHD, Alcohol Addiction in recovery, and Explosive Personality Disorder.

He was to do an important trade show for three days and did not feel up to the task. He was apprehensive about being overwhelmed and losing control. Since I had maxed out on the medication and did not want to change his regimen, I proposed to do Esoteric Healing on the three days at 9am. I simply would do it, and leave a message to inform him that I finished. On the third day, I got busy and did it at 11am in stead of 9am. As usual, I called to let him know I completed the treatment. To my surprise, he picked up and reported that he had gone to the trade show, became increasingly agitated and angry, to the point that he walked out in a rage, as he could no longer contain himself. Then suddenly out of the blue, he felt an immense calm sweeping inside of him. He thought to himself: " Dr. Salama must be doing mojo on me!" and a minute later I called. He went back to his post and finished the show without further problems.

A very long time ago, at the clinic where I worked, one of my colleagues made an announcement that he needed to take a medical leave of absence, as he was just diagnosed with an aggressive form of prostate cancer. He looked in shock and totally haggard. I caught him in the hallway and asked if he wanted my help. I quickly mentioned all of the modalities I knew and last, with a second of hesitation, “something I do long distance”. “That one!” he immediately replied. I told him that I would do it that night and two more on consecutive nights. I would call before and after to let him know when I was done. On the first night, I experienced his terror and shock, tears were flowing. Without revealing to him my experience, I simply told him I was done. On the second night, I experienced his grief but the sense of overwhelm was gone. On the third night, just some sadness and a couple of tears, but I sensed that he was much calmer. Subsequently, he told everyone and anyone who would listen, how much I helped him. “I don’t know what she did, and I don’t want to know how she did it”. Over the subsequent years, whenever he had to have tests or procedures, he would ask for a treatment.



Neighborhood Squirrels by Kelly Yoakam

I live in Mason Michigan. Three years ago there were two baby squirrels born in our trees and I began treating them. Often, when I go outside, they either chatter at me from the tree branches or come down to the porch to ask for treatment. They are so sweet and follow me around the garden in the summer.

When I am inside working on my computer, they may come down the tree outside the window and I’ll treat them as well. A year ago in the spring, one of them came down the tree outside the window and I treated her. She then ran back up the tree and came back down with her baby for me to treat! I was so touched and humbled! As soon as I did the closing, they perked up and ran back up the tree. I am still awed each time they appear for treatment. They are so aware of the energy and know exactly when I close. It is the animals and babies who confirm the reality of this work to me above all else. I just love it!



Our furry friends love Esoteric Healing too!

(note: One morning, I aligned and attuned with her and asked if I could put a picture of her in the newsletter. Before long, she came down and posed outside the kitchen. She waited as I went to get the camera and go outside to take this picture. So, here she is!)

NAEH NEWS

* The Steering Committee has been meeting twice a month, working to establish policy for By-laws and work toward the first election of new members to the Steering Committee!

There will be 3 vacancies on the Steering Committee for which we are seeking nominations.

TO SUBMIT NOMINATIONS: If you would like to participate in the NAEH by serving on the Steering Committee, or if you know someone you believe would serve well in that role, please submit to info@nafeh.net:

- 1) The person's name
- 2) Reasons for wishing to serve in this capacity
- 3) Strengths or experiences that would qualify for this role
- 4) Contact information

* Certification: There are 27 applicants in the certification process. Materials are coming in and they look great!

On-site testing will be done 2 days prior to the conference: April 18 and 19. This first group of Certified Practitioners of Esoteric Healing will receive their certificates at the coming conference! This is a milestone!

* Teachers are expanding their classes and locations. Wallace Smith will now be teaching in the Detroit Area. Kelly Yoakam will hold a Part I class in Crossville, Tennessee June 15-18. See the website at www.nafeh.net for more details on class schedules.

Wallace has expanded his knowledge to include his upcoming class "Esoteric Listening."

We are moving forward as an organization!

Institute for Esoteric Studies 4655 Delta Rd. Suite 210. Okemos, MI 48864

Sunday January 29, 2012 1:00pm – 5:00pm

To reserve a seat contact Inner Journey Books and Gifts (517) 347-8989

Esoteric LISTENING
IN ALL RELATIONSHIPS... UTILIZING THE RAYS
WITH
WALLACE F. SMITH, M.A.
Esoteric Healing Teacher/Trainer/Practitioner
Distinguished Professor, Writing, Interpersonal Communication
Professional member of the NAEH

\$45.00

This course will help you to improve your ability to listen effectively, whether at home or in the workplace, both physically and intuitively. These techniques are particularly helpful for practitioners of all of the healing arts and sciences. Without a doubt, this session will help you to enhance your understanding of the importance of listening and effective interpersonal communication. A "practical" session tailored to all levels of Esoteric Healing study will be included. A moderate understanding of the Rays is helpful.

www.EsotericHealingLow.com

ESOTERIC HEALING CLASSES BEGINNING IN HIGHLAND, MI

FEBRUARY 24-27, 2012
with
Wallace F. Smith, M.A., CCH
Certified Instructor with the NAEH for Levels 1 through 8

Part 1 ...February 24-27 Part 2 ...May 25-28
Part 3 ...September 14-17 Part 4 ...December 14-17
All Parts will be \$250.
9 Okemos St. Okemos

Classes will be held at Wallace's - Shangri-La - 3669 Shangri-La Ln. Holly, MI 48442
For further information... Please see www.EsotericHealingLow.com ... or call 248-767-4540

Esoteric Healing Classes beginning in Tennessee
The Cumberland Mountains

Part 1 - June 15-18, 2012

Kelly Yoakam, M.A., C.Ht., Instructor yoakamk@msu.edu

Harmony: Pathway of the Heart

This is our theme for the 2012 NAEH Conference. Last year we explored our dreams, “whispers of the heart.” This year, we will learn to support etheric harmony as we explore the pathway of our hearts. There will be several practice sessions to explore ways to free our hearts to move forward in harmony with ourselves, with others, and with our environment.

When: April 20-22, 2012

Where: Holiday Inn Express (Jolly Rd. and Okemos Rd.)

Registration fee:

\$155.00 – NAEH Member (if payment by credit card, add \$3.00)

\$185.00 – Non-member (if payment by credit card, add \$3.00)

Early Bird Discount: Subtract \$30.00 from the fee if paid by March 15, 2012. (\$125.00 or \$155.00)

Schedule:

Fri, April 20:

9:00am – 10:00am	Registration
10:00am – 5:30pm	Conference
6:30pm - 8:30pm	Hugs and Hearts Reception

Sat, April 21:

9:00am – 4:00pm	Conference
4:15pm – 5:45pm	NAEH MEMBERSHIP MEETING
7:15pm – 9:30pm	Talent Show

Sun, April 22:

9:00am – 12:30pm	Conference
------------------	------------

A detailed brochure will be sent to you next month as well as in the *Conference* section at <http://www.nafeh.net>.

- * Reconnect with old friends from your prior Esoteric Healing Classes
- * Explore Pathways that bring harmony into your heart and life
- * Experience harmony through such things as Sacred Sound, Music, Listening, Feng Shui
- * Walk the labyrinth of your heart

Join Us!

* If you have a Special Talent that you would like to share with everyone, please contact Kevena Vaughn at Info@nafeh.net, or tel: 517-555-2980 if you would like to participate and for more information.

* Space to advertise your business will be available at the conference. Contact Bonnie at info@nafeh.net to tel. 517.515.2980 for more information.

\$25 cards/brochures in stand (advertisers provide stands); \$50 large display on stand. Ads are restricted to those registered for the



We love our Esoteric Healing Community!

conference (and/or their spouses) Ads will be filtered and subject to approval.

Recipes: Solar Plexus Savory

Fresh Apple Cake with Hot Buttered Rum Sauce

Cake

1/2 c. butter

2 c. sugar

2 eggs

2 c. flour (can use gluten-free flour)

Sift together dry ingredients:

1 t. baking powder

3/4 t. baking soda

1/2 t. salt

1/2 t. nutmeg

1/2 t. cinnamon

3 apples, chopped

1 1/2 c. chopped nuts

Cream butter and sugar together, beat in eggs, 1 at a time. Gradually add dry ingredients to creamed mixture.

The dough will be stiff. Stir in apples and nuts.

Bake in a greased 9 x 13 pan at 325 degrees for 30-45 mins., until toothpick inserted into cake comes out clean.



Sauce

1 c. sugar

1/2 c. butter

1/2 c. Half & Half

Combine in medium saucepan, place over low heat, stirring occasionally until hot.

Add:

1-2 t. Rum

May top with whipped cream.

Meditate With Thought



Opportunity Knocks

With the formation of the NFEH, we have the ability to apply for research grants. The NFEH needs interested people to form a work group to get this opportunity started. There is so much that the scientific and medical community would love to learn from what we are doing. Are you someone who could help get the ball rolling?

Imagine reports in major publications involving success using Esoteric Healingsm in treating Diabetes, Cancer, Transplant Surgery, the list goes on... If this speaks to you, or you would like to help in any way, write to us at info@nafeh.net.

Mantram of Unification



The Mantram of Unification is attributed to Djwahl Khul via Alice Bailey.

Happenings

- Membership Dues: NAEH Membership year is EXTENDED from May 31, 2012 to September 30, 2012, adding 3 months to the yearly membership. After this year, the NEW Membership year will be October 1, 2012 through September 30, 2012.
- NAEH Conference for 2012: *Harmony: Pathway of the Heart* is the theme of this year's conference. It will be held on April 20, 21 & 22, 2012 at the Okemos Holiday Inn – Stadium Room (C & D).
- Certification Process: Although the next cycle won't begin until Fall of 2012, those wishing to submit an application, may do so at any time. The application is on the website.

- To increase the visibility of our NAEH: Please search NAEH or Esoteric Healing in your Google search engine. Each time you search, you increase the probability of NAEH showing up first for a new visitor...please do this as often as you can to help spread the word.
- Say Our Stories: The NAEH Publications committee is looking for interesting articles you might be interested in writing to publish in LIFESTREAM – JOURNAL or in the LIFESTREAM NEWSLETTER. If you have an idea you'd like to share in which you use Esoteric HealingSM, please e-mail it to: info@nafeh.net.
- Facebook: Remember to visit the Facebook page to connect with other members of the association. This is our public discussion group and is open to all members. It is a great way to share thoughts and answers to questions we have as Esoteric Healers.
- Esoteric Healing Practitioners in the Detroit area: There is a practice group meeting in Royal Oak. Please contact Julie Lieberknecht or Ruth Perry if you are interested in joining. Info will be e-mailed to those interested. julie_lieberknecht@yahoo.com 313-333-9240, ruthperry@mac.com.
- Esoteric Healing Practice Group in Okemos: Meets on the first Tuesday of the month at the Institute for Bioenergy Studies, 5:30-7:00pm. For more information or if you'd like to join the mailing list, contact Bonnie Dysinger bkdysinger@aol.com
- Esoteric Listening class, Wallace Smith instructor: January 29, 2012 in the IBS classroom.
Send us informative websites of clips regarding Esoteric Healing, Meditation, and Metaphysical Studies. Contact: info@nafeh.net

Wanted: Pictures for the 2012 Lifestream Journal covers

NAEH Members – send us your photos for consideration to use on the Spring and Fall 2012 Lifestream Journal covers. If the photo you submitted is selected, we will send you a \$25 Visa gift card and the photographer will be credited for the cover illustration on the Table of Contents page of the Journal.

Requirements:

- * Photo must be submitted by an NAEH member (although the photo does not need to be taken by an NAEH member).
- * Photographer of the picture must be willing to sign a release allowing the NAEH to use the photograph on the NAEH Journal cover and/or NAEH website. Signed release must be received back to the NAEH office within 7 calendar days.
- * Photo must maintain picture quality when expanded to size 8½ x 11.
- * No people are to be in the picture.
- * Deadline for submission is February 15, 2012.
- * Submit the photo by e-mail to info@nafeh.net. In the subject line type – Journal cover entry.

The NAEH Publications committee will select two pictures to use for the 2012 Journal covers. Submitters of the chosen photos will be notified by e-mail along with an attached release. Once the signed release is received back at the NAEH office, we will mail your \$25 Visa gift card.

Lifestream Newsletter Links Jan 2012

The Living Matrix: A Film On the Science of Alternative Healing
<http://www.thelivingmatrixmovie.com/>

The Global Consciousness Project (Princeton Institute of Noetic Science)
12 years of data examining correlations reflecting activity of consciousness in the world
<http://noosphere.princeton.edu/index.html>

Ancient Wisdom: The Seven Essene Mirrors
Workshop Webinar with Dr. Gregg Braden
<http://www.youtube.com/watch?NR=1&feature=endscreen&v=nsGl-XIWM5Y>

Terrific Vegetarian Recipes
<http://www.happy2beme.com/recipe/search.jsp>

Inspirational Stories
<http://www.guideposts.org/inspirational-stories>

Closing

The Gandhi Prayer

I offer you peace, I offer you friendship, I offer you love.
I hear your needs, I see your beauty, I acknowledge your feelings.
Our wisdom comes from a higher source,
I acknowledge that source in you,
Let us work together.
