



Lifestream

NAEH Newsletter

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Contents:

2013 Conference Review
Say our Stories
Fran's Facts
Ask Auntie Karana
Recipes: Solar Plexus Savory

Contributors:

Marianne Gamble – *photo gallery*
Pam George
Jan Hettich – *conference photo*
Fran Oppenheimer
Joan Stansberry - *conference photos*
Sherie Wells
Stephanie Urdang

Publications Committee:

Barbara Briner
Bonnie Dysinger
Joni Larson
Stephanie Urdang
Mary Anne Walker

Circles of Life: Before Birth, Through Death, and Beyond

The 2013 conference was held in Okemos, MI on April 26, 27 & 28th at the Okemos Conference Center. We welcomed 78 attendees (71 members and 7 non-members) from 12 states – California, Colorado, Florida, Illinois, Indiana, Maine, Michigan, New York, North Carolina, Ohio, Texas, and Wisconsin!

Conference review:

FRIDAY:

Our opening meditation began with the reading of a poem fitting of our conference theme.

Beyond the Comfort Zone

By Bobbi Lee Byrd

*So many stumble in the dark
afraid to see, afraid to touch
choke back emotions, allow no leaks.
Yet, droplets gather in their hearts
until no dam could bear the load.
Some drown in sorrow unexpressed.
Could they risk contact eye to eye
soul to soul and really see?
Their commonality could light the path
through the scary maze of grief.
One can never walk alone
for all connect within the Heart
that holds each one so tenderly.
Throw wide the door that lies within
and let the healing Light stream out.
The veil is gently shined away.
There is one Love and It can never be lost.*



Diane Rolka and Jennifer May

Sheila Salama shared about how we are showered with sound and light to retune our vibration when we cross over; we meet with our guides to review our mistakes; we become re-acquainted with our cluster groups.

Barbara Briner talked about the incoming process of the soul and provided information and guidelines for treatment of the mother during pregnancy and the treatment of a fetus.

Mary Connolly provided us with an NAEH Esoteric Astrology update. Our Solar Return begins in May with an opportunity to develop a new business model. We are steeped in Natural Law – as a group we are able to harness, cultivate, and support the talent and grow a platform to share, work and learn from each other.

Theresa LeVasseur-Berry presented her Certification paper on *The Power of the Word*.

Mary Anne Walker provided updates on various research projects that are going on in the world and stated her determination to bring Esoteric Healing into that platform.

Certification awards were presented to 16 newly Certified Practitioners of Esoteric HealingSM.



Theresa LeVasseur-Berry

SATURDAY:

Al Florey provided insight on our Path while we are here along with how Hierarchy works with us to support our Path.

Stephanie Urdang revved us back up after lunch with laughter and movement.

Susan Imbs kept us focused and engaged as she used cooking, and other analogies, to demonstrate how to make Angel Food cake for the Earth.



New member Ann Yokiell with Annemarie Loria

NAEH General Membership Meeting Full minutes of this meeting were e-mailed to members. If you didn't get an email, let us know at info@naehonline.org.

After dinner there was **NAEH Growth: Open Discussion** for question and answers.

Fran Oppenheimer presented Using Crystals in Esoteric Healing helping us to understand how to make a connection with the devas of the mineral kingdom and welcome them into your “tool kit” to assist you with your healing work. As we are all connected, so are the crystals. No matter how large or small of a crystal you are working with, you can ask for your crystal to energetically connect to all other crystals to increase its power! Wow – now that's a thought worth remembering!

SUNDAY:

Barbara Briner shared her intimate story of the death process and the crossing over of her father and mother and what it was like in The Land of Light. We heard several ways to make the death process easier for our loved ones: play soft music – the kind they like; stroke the ajna softly upwards; do not rub the feet; have them look for loved ones – family and pets – who have preceded them; gently balance the centers to decrease attachment – be sure you have permission of the Soul; don't argue or say anything you don't want them to hear; prayer helps with detachment from the body and reduces the fear of passing. To communicate with our loved ones when they have gone, know



Barbara Briner, Deborah Goro, Irene Savoyat

that the telephone for real life world is thought – focus on a picture of your departed loved one and they will answer through the inner ear and the heart. The love link never dies. A picture holds the energy of your loved one.



Brad Lackie completed the raffle of the Circle of Life Pendleton blanket. This year's winner was Barbara Williams from Florida! Congratulations Barbara!

Susan Zimmerman provided us with a process of transforming loss for those left behind. Susan placed the Physical, Emotional, Intellect, and Spiritual perspectives in pie charts to help us understand the process of how we grieve. The charts were titled What's Lost?, What's Left?, and What's Possible?. By understanding and being aware of the grieving process one is able to return to a place of balance, wholeness, peace and joy. How do we prepare for our own death? Susan tells us – Live well, know someone is waiting for you, live your Soul's contract, clean up all your messes, fulfill your contract, know it's fun upstairs!

Sheila Salama shared stories of her own and clients' experiences of communicating with those who have crossed over.

Coral Thorsen wrapped up the conference with thank yous and closing comments as we sang and danced to *Life is Eternal* by Carly Simon.

Thank you to our MCs Carolyn Rose Frost, Scottie and Terrill Putman, and Arlene Brophy.
Thank you to those who led us in meditation: Bonnie Dysinger, Sherie Wells, Irmgard Kurtz, Susan Imbs, Fran Oppenheimer, and Coral Thorsen.
Thank you to our 2013 Conference Committee: Barbara Briner, Bonnie Dysinger, Deborah Goro, Jan Hettich, Brad Lackie, Phyllis Janik, Shelia Salma, and Sherie Wells.
Thank you to all who attended this year's conference!



Pamela Weitzel, Diana Montagino, Colleen Schadenfroh, Carolyn Frost, Sandra Farrell, and Diane LaLonde



2013 NAEH Conference photo gallery created by Marianne Gamble.
<http://www.mariannemgamble.com/NAEH/>

Reflections on rhythmic activity submitted by Mary Anne Walker.
http://www.lucistrust.org/en/service_activities/triangles/bulletin/recent_issues/june_2013/reflections_on_rhythmic_activity

Say Our Stories *by Pam George*

On July 13, 2001 our 17 year old son was diagnosed with a rare liver disease. He was very lucky; he went almost 12 years before showing any signs or symptoms of his disease progressing. In April, 2012 an MRI showed a tumor on his liver, which isn't uncommon in someone experiencing this type of liver disease for 12 years. Because of where the tumor was located we were told they wouldn't be able to actually get a biopsy for a true diagnosis, and it was recommended that we proceed with a living donor liver transplant. Fortunately, his older brother was a perfect donor match and on May 2, 2012 he donated half of his healthy liver to his brother. The surgery went well and within a couple of months both livers had regenerated to their normal size. (Side note: the tumor was tested after the transplant and was benign).

In February, 2013 our son started to have the same symptoms he was having prior to his transplant due to his liver not functioning properly.... chills, fever, fatigue, nausea, loss of appetite, bloating, etc. His transplant doctors decided to perform an ERCP, which is a diagnostic test performed by inserting a tube with a camera down the throat and into the liver area to see, among many things, if possibly any liver bile ducts may be plugged due to scar tissue, obstruction, etc. (My apologies to any doctors out there for my lack of knowing/explaining how all these medical procedures work!!) He was living in Chicago at the time so I went there and spent a couple of days with him before the procedure.

I remember it was a Tuesday night and his procedure was scheduled for the following Thursday, when he came home from work early because he felt sick and went right to bed. I also remember feeling incredibly helpless watching him go through this. At that point I said to myself "you can either worry, which doesn't do anyone any good, or you can get busy." So with EH 1, 2 & 3 under my belt, I started working on him using Esoteric Healing and visualization. I'm not sure if it was my strong intention for wanting to help my son or what, but the session I did on him that Tuesday night was the most obvious -- and by that I mean I was able to see so clearly -- work I've ever done.

I went through the aligning, attuning, balancing his centers and triangles, and then I went into his liver to see what was going on. I still laugh every time I say I "go into" an organ or area. That night as I was scanning his liver I started by looking at each bile duct. As I was scanning each bile duct I noticed one in particular seemed to light up and wanted me to notice it. Of course I went to it and saw and felt right away there was a blockage and bile was not flowing out of it. After scanning and cooking and scanning and cooking and cooking some more the most incredible thing happened. With a large WHOOOSSHH the blockage passed. It was amazing. I heard the sound and felt the sensation of the blockage move through with certainty that I never had before. I just knew something big had happened. This was about 6pm and when my son woke up around 8 pm he said he felt so much better. The fever and chills and nausea were gone and he was hungry and wanted to eat. By the next morning he woke up feeling great. His symptoms were gone, even the bloating. He decided to go through with his ERCP on Thursday anyway.

I never told him about the work I did on him as he sometimes finds it hard to understand "all this energy work" but he has given me permission to work on him whenever needed! So on Thursday after they took him into his procedure my husband and I went into the waiting room at Northwestern Hospital in Chicago and I told my husband about Tuesday night and the amazing thing that happened. He just smiled and said "that's great" and then we waited to hear from the doctor. A couple of hours later we were standing around our son's bed in recovery and the doctor said they couldn't find a blockage or any reason for the symptoms he had. He said there probably was a blockage but it must have passed through at some point. All they could find now was "a healthy, perfectly functioning liver." Who could ask for more than that?! I remember looking at my husband who was looking at me with that "wow, that stuff really works" smile on his face.

Fran's Facts: GERD

Gastroesophageal Reflux Disease

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.

Gastroesophageal reflux disease or GERD is a chronic digestive disease that occurs when stomach acid or, occasionally, bile flows back (refluxes) into the food pipe (esophagus). The backwash of acid irritates the lining of the esophagus and causes GERD signs and symptoms.

- Signs and symptoms of GERD include acid reflux and heartburn. Both are common digestive conditions that many people experience from time to time. When these signs and symptoms occur at least twice each week or interfere with daily life, doctors call this GERD.
- Some other signs and symptoms may include difficulty swallowing (dysphagia), dry cough, hoarseness or sore throat, sensation of a lump in the throat and chest pain (in this case always seek immediate medical treatment to rule out heart disease).

Most people can manage the discomfort of heartburn with lifestyle changes and over-the-counter medications such as antacids. But for people with GERD, these remedies may offer only temporary relief. People with GERD may need stronger medications, even surgery, to reduce symptoms.

During the process of swallowing, the lower esophageal sphincter — a circular band of muscle around the bottom part of the esophagus — relaxes to allow food and liquid to flow down into the stomach. Then it closes again.

However, if this valve relaxes abnormally or weakens, stomach acid can flow back up into the esophagus, causing frequent heartburn and disrupting daily life. This constant backwash of acid can irritate the lining of the esophagus, causing it to become inflamed (esophagitis). Over time, the inflammation can erode the esophagus, causing complications such as bleeding or breathing problems. Chronic irritation of the esophagus can also increase the risk of developing esophageal cancer.

Some things that can increase the risk of developing GERD are being overweight, smoking, high stress levels, wearing tight fitting clothes around the waist, eating too much food at one meal, or eating foods and drinks that trigger heartburn such as fried foods, tomato sauce, chocolate, alcohol, onion, garlic, caffeine and spicy foods. It is important for people to follow the recommendations of their doctor in regard to medications, such as antacids, and healthy lifestyle changes.

Metaphysical possibilities –

Louise Hay, in her book, *Heal your Body*, page 39, correlates heartburn with a clutching sense of fear. Dr. Christine Page, in her book *Frontiers of Health*, correlates diseases of the solar plexus center, stomach and related areas to unexpressed emotions, anxiety and stress.

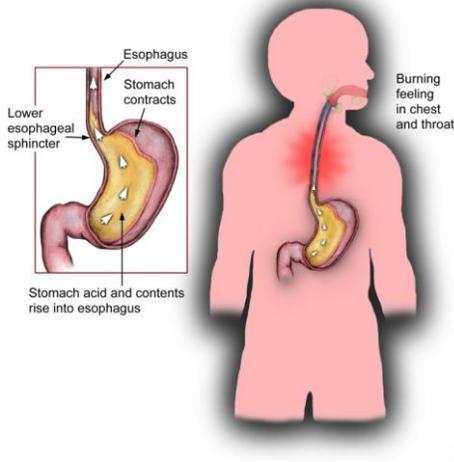
Esoteric Healing considerations –

When treating the client with GERD using Esoteric Healing some suggestions to include in the treatment session are:

- All triangles of the Solar Plexus center

- Sweep digestive system at physical/etheric and emotional levels paying special attention to the lower esophageal sphincter, stomach, pyloric valve and ileocecal valve.
- Heart center + lower esophageal sphincter and think “tone”
- Heart center + diaphragm minors
- Throat center + diaphragm minors

As in all Esoteric Healing treatment, pay attention to any areas that are diminished, restricted or blocked whether or not they seem to relate to GERD as our analytical minds can get in the way of intuition and soul guidance.



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.

Recipes: Solar Plexus Savory

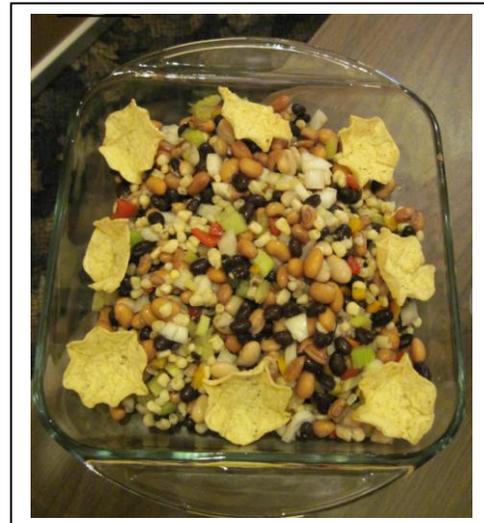
Sherie Wells, CPEH

Bean Salsa

- 1 can pinto beans
- 1 can black eyed peas
- 1 can black beans
- 1 can young white corn
- 1 small jar pimento
- 1 cup chopped celery
- 2 finely chopped jalapeno peppers
- 1 medium onion
- 1 cup chopped green pepper

Drain and rinse all except black beans. Mix together.

- 1 tsp salt
- 1T water
- ½ cup oil
- ½ tsp pepper
- ¾ cup cider vinegar
- 1 cup sugar



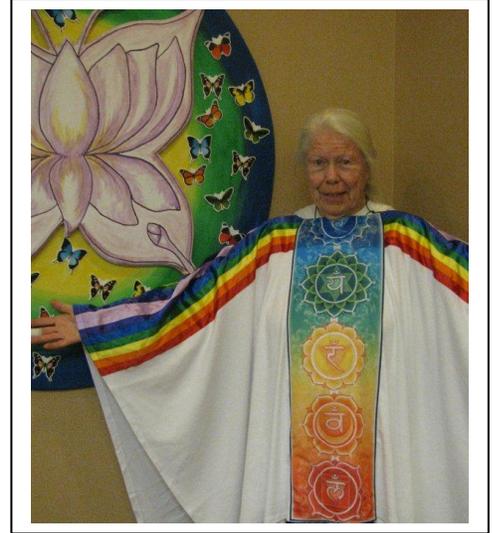
Bring to a boil and pour over beans. Let set for 24 hours.
Drain before serving with Fritos or tortilla chips.

Ask Auntie Karana

Dear Auntie Karana:

The other night I had the strangest experience I've ever had with Esoteric Healing. It was my sister's birthday. I took her out to dinner and we each had a martini before ordering our meals. After eating, we went back to her house for a treatment which was part of her birthday gift. I noticed right away that aligning and attuning was next to impossible. I thought of everything except what I was doing and after what seemed like minutes, I still didn't feel connection to Source. I kept trying and finally just did some protocols, but nothing felt right. Afterwards, my sister, who really enjoys receiving Esoteric Healing, said it was the flattest session I had ever given her in all the years I had been practicing on her. She often has sensations and describes all kinds of feelings when I work, but she didn't feel a thing. Since then, I have been anxious and insecure about my ability to do this work. What went wrong?

Signed, Anxious in East Lansing



Margaret Rose Byrne
adorned in the Auntie Karana cape.

Dear Anxious:

Practicing Esoteric Healing under the influence of alcohol is like connecting a hose to mud and expecting clear water to come through. It's just not going to happen. The effect of liquor on the physical and etheric bodies ties you to the personality. That makes a connection to the spiritual body impossible. Because of the impact drinking has on the Alta Major and Ajna, your ability to focus is greatly impaired as well. A session conducted under sacred parameters, according to the will of the soul, alcohol free for both the practitioner and the recipient, will always bring the best results.

Dear Auntie Karana:

I was treating a woman who was seven months pregnant and got the distinct impression that the baby wanted to be treated too. I did several simple protocols on the baby but have been feeling guilty ever since. How should I have proceeded? Was it a mistake to work on the baby? I'm uncertain of what would have been the best decision, but what I did does not feel right. Is there a rule about treating the unborn?

Signed, Guilty in Detroit

Dear Guilty:

The reason for this conflict is that you must always ask the mother for her permission to work on the baby. In each and every case involving a child, born or unborn, until they are old enough to give permission, ask for it from the involved parent. There are no exceptions to this rule.

Submit your questions to Auntie Karana at info@naehonline.org and watch for your answer in the newsletter. Answers written by Stephanie Urdang.

Remembering those in our Esoteric Healing family

Sending Light and Love to those who have recently passed:

Star Bright-Love – January 2013

Sushil Varma – April 2013

Roger Kopac – April 2013

Brenda Shelby Johnston– May 2013 – Founder of Esoteric Healing

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

Certified Practitioner of Esoteric HealingSM

The application and handbook are updated and on the website! To date we have 41 CPEHs. Are you interested in being with the next group of candidates to become a Certified Practitioner of Esoteric HealingSM?

Applications are accepted for 2014 certification up until September 1, 2013.

Just look at how happy these CPEHs are!!!



Six of the 16 new CPEHs: Constance McCloy, Arlene Brophy, Angie Hoogterp, Terrill Putman, Scottie Putman, Stephanie Urdang.

National Association for Esoteric HealingSM NEWS

- ▲ Special Edition Supplement Journals available for purchase. \$20 for the 88 page journal containing the first year certification papers; \$5.60 for postage. Email us at info@naehonline.org with your order!
- ▲ Membership renewal is October 1st. Watch for renewal information to be emailed sometime in August. Fall journals are printed based on NAEH membership numbers in October. Please be sure to renew promptly to guarantee you receive your journal!
- ▲ 2014 NAEH Conference dates are April 11, 12 & 13 at the Okemos Conference Center, Okemos, MI.
- ▲ Esoteric Healing class schedules for various teachers are on the website at www.naehonline.org.

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.