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To see with the eyes of the heart; to hear the roar of the world with the ears of the heart; to peer into the future with the understanding of the heart; to remember past accumulations through the heart—that is how the aspirant must boldly advance on the path of ascent. Creativity embraces the fiery potential and comes to be saturated with the sacred fire of the heart. Therefore, on the path of the Hierarchy, on the path of the Great Service, on the path of Communion, synthesis is the one luminous path of the heart. How can seekers radiate the rays manifested if there is no flame affirmed in their hearts? It is precisely the quality of a magnet that lies latent in the heart. The loftiest creativity is pervaded with this great law. Thus, every consummation, every unification, every cosmic union is achieved through the flame of the heart. In what way can a foundation be laid for great steps? Truly, only by way of the heart. The arcs of consciousness merge in the flame of the heart.

The Heart  
"Agni Yoga"

## *Message from the President*



I hope that everyone has had a good summer with lazy days, swimming and maybe even a little traveling. Now the pace is picking up again as schools gear up for another year and it's time to get busy again! The NAEH has actually been busy all summer this year and here are a few of the highlights:

Chuck Pisa has completed the 2019 NAEH conference video recordings and the preorders for them were emailed on September 16<sup>th</sup>. If you are interested in purchasing a video, send an email to the NAEH office at [info@naehonline.org](mailto:info@naehonline.org).

In July our new Teacher Trainees taught their first class in the IBS classroom in Okemos, Michigan. The trainees were responsible for the entire content of Part 1 and did a remarkable job. After a few extra assignments they will be turning their attention to preparing for Part 2. All of the Teacher Mentors from the Teacher Training Committee were in attendance for the Part 1 class and were extremely pleased with how our new training program is working out.

This year we have 7 candidates for certification and they have all been working hard to complete their various assignments and papers. What started out as a prototype program for Esoteric Healers in 2012 has continued to evolve and give credibility to what we love, practice and teach. At the present time we have over 60 active Certified Practitioners of Esoteric Healing which is over 30% of our membership!

As many of you know, Bonnie Dysinger has been handling all of the duties related to our office and website for the past year. She has done an outstanding job streamlining and building our virtual office and the time has now come to look for a new person to take over this job. We have been working on updating and redefining the job description and will be posting a position for an Office Support Specialist in the near future. Stay tuned!

The National Association for Esoteric Healing's private Facebook page is growing and gaining momentum. This is a great place to connect, ask questions and read quotes and articles related to Esoteric Healing. Anyone, not just NAEH members, with an interest in energy work is welcome to request to join.

And finally, the most exciting news is that the **NAEH, Inc. is now an official 501c3 Federal Nonprofit!!!** Thanks to all the hard work done by members of our BOD over the past 5 years this dream has now become a reality. This means that all donations are now tax deductible and will be able to apply for grant money in the future.

Working together we can accomplish many things so please consider working on a committee or running for a seat on the Board of Directors. The joy and privilege of working together as a group in service to the larger group cannot be understated as the NAEH, Inc. continues to grow and expand into the vision of its mission statement and the intentions of its membership.

Many blessings,  
Fran Oppenheimer  
NAEH President, 2018-2020

## *NAEH Membership*

### **NAEH Membership Sign-up Time!**

You've heard it before: the members of NAEH are the lifeblood of this organization. Since its inception, all involved have found this to be so true. And, this organization is pretty good at giving back to its members. Think about the **benefits**:

- **Lifestream Newsletter** with its NAEH updates, inspiration and answers about Esoteric Healing, is delivered to your email every 3 months
- **Lifestream Professional Journal**, containing useful and thought-provoking articles and case studies (worth pondering!), arrives at your doorstep twice a year
- **The website- [www.naehonline.org](http://www.naehonline.org)** – provides TONS of resources for members - to support you in further exploration of Esoteric Healing and to enhance your practice.
- **Discount on registration fee for the NAEH Annual Conference**
- **Discount on insurance** as an Esoteric Healing practitioner through ABMP
- **Voting privileges** at the Annual Membership meeting at the NAEH conference
- **Eligibility to serve** on NAEH committees
- Associate and Professional members are also eligible to have their contact information listed on the "Find a Practitioner" list on the NAEH website
- Professional members have the opportunity to apply for and participate in the NAEH Practitioner Certification process; are eligible to use the NAEH logo for professional purposes; and may apply to post their "deepening classes" on the NAEH website.

Perhaps the biggest "benefits" are the connections of the heart, mind and Soul with others who have the same passion for Esoteric Healing and spiritual growth as you do.

**To renew your membership or to join as a new NAEH member:** go to [www.naehonline](http://www.naehonline.org), click on the Membership tab, click on Membership Application, then click on the button to download your application. Follow the instructions to complete the form and pay your membership fee through Paypal (preferred method).

For those who prefer "snail mail," there is also a form to download, print and mail with your check to the NAEH office (see form for address).

## *NAEH Conference*

### **2019 Conference Video Purchase:**

The video orders for the 2019 Conference, *Mystical Union: Crown and Basic Centers* were emailed on September 16, 2019.

If you are interested in purchasing the conference videos please send your request by email to [info@naehonline.org](mailto:info@naehonline.org). We will watch for your email and send you a return email with instructions to complete your purchase.

Cost of the videos: \$175 for NAEH Members; \$205 for non-NAEH Members.

Videos and 2019 conference handouts will be delivered to you via email with downloadable links for you to save on your computer or thumb drive.

## ***NAEH Education***

As the NAEH organization continues to grow, more information is being added to the website ([naehonline.org](http://naehonline.org)) as a member benefit. Recently we have added the new Client Response Form and Healer Response Form in the Members Only area under the Consent & Treatment Forms tab. Thank you to member Jerry Rosser for sharing these documents with us.

### **Deepening Classes and the NAEH Website**

A schedule of “deepening classes” is now listed on the NAEH website! To remind us: A deepening class is one that supports an individual’s personal and/or spiritual growth in the development and understanding of health and consciousness.

Go to [www.naehonline.org](http://www.naehonline.org), click on the Classes tab, click on Deepening Classes. There, you will see a current Schedule of these classes. We have only one offering thus far, but this is just the beginning. Check out the list of interesting topics that could be addressed in a deepening class, should you be interested in developing one.

Any NAEH member at the Professional Level can submit an application to post information about a deepening class they are going to teach. Just click on the “Deepening Class Application Link” at the bottom of the web page and submit your completed application to the Education Committee for review

## ***Esoteric Stories*** ***By Rev. Valerie Lucas CPEH***

A dear friend of mine who I have known for years called me from out of the blue, and her voice sounded shaky. She had been to her physician and they had taken some x-rays. There were gray areas on the lungs – both sides. The doctor told her it could be cancer or maybe a fungus of some sort. The doctor was very concerned. Blood tests and further x-rays or scans were needed over a several month period. My friend was also very low energy and had been dragging for about a year and a half. I know she was sure she had cancer. The results for the tests were painfully slow. But sometimes that is good. It gives a person time to heal.

I will say that since I knew it could be cancer, I did all related triangles on the head, just to be safe. I just kept treating over about a 3-month period. Results began to trickle in. The gray masses began to disappear. The last scan showed absolutely no cancer, and no need for any more scans. My friend feels totally energetic now and seems to have a new lease on life. To my understanding also, she was given no medications – the Esoteric Healing was all she received.

## ***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 Uterine Fibroids:**

Uterine fibroids are noncancerous growths of the uterus that often appear in women of childbearing age, generally between 30 and 40 years old, but they can occur at any age. They're also more common in African-American women than in white women, and tend to show up earlier and grow more quickly in African-American women. Uterine fibroids are not associated with an increased risk of uterine cancer and almost never develop into cancer.

Fibroids range in size from seedlings, undetectable by the human eye, to bulky masses that can distort and enlarge the uterus. One can have a single fibroid or multiple ones. In extreme cases, multiple fibroids can expand the uterus so much that it reaches the rib cage and can add significant weight.

Fibroids are generally classified by their location in relation to the uterus. Intramural fibroids grow within the muscular uterine wall. Submucosal fibroids bulge into the uterine cavity. Subserosal fibroids project to the outside of the uterus.

Many women have uterine fibroids sometime during their lives but most women are unaware because the fibroids often cause no symptoms. The doctor may discover fibroids incidentally during a pelvic exam or prenatal ultrasound.

In women who do have symptoms, the most common signs and symptoms of uterine fibroids include:

- Heavy menstrual bleeding or painful periods
- Bleeding between periods
- Menstrual periods lasting more than a week
- Pelvic pressure, pain or fullness
- Frequent urination or difficulty emptying the bladder
- Constipation or rectal discomfort
- Backache or leg pains
- Enlarged abdomen or uterus
- Painful intercourse
- Miscarriages or infertility

Doctors don't know the cause of uterine fibroids, but research and clinical experience point to these factors:

- **Genetic changes.** Many fibroids contain changes in genes that differ from those in normal uterine muscle cells.
- **Hormones.** Estrogen and progesterone, two hormones that stimulate development of the uterine lining during each menstrual cycle in preparation for pregnancy, appear to promote the growth of fibroids. Fibroids contain more estrogen and progesterone receptors than normal

uterine muscle cells do. Fibroids tend to shrink after menopause due to a decrease in hormone production.

- **Other growth factors.** Substances that help the body maintain tissues, such as insulin-like growth factor, may affect fibroid growth.
- **Extracellular matrix (ECM).** ECM is the material that makes cells stick together, like mortar between bricks. ECM is increased in fibroids and makes them fibrous. ECM also stores growth factors and causes biologic changes in the cells themselves.

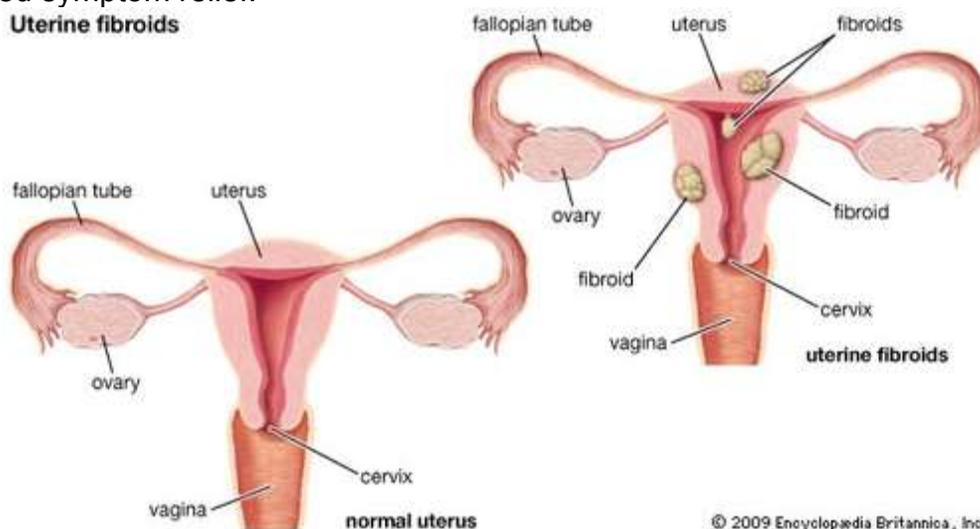
Doctors believe that uterine fibroids develop from a stem cell in the smooth muscular tissue of the uterus (myometrium). A single cell divides repeatedly, eventually creating a firm, rubbery mass distinct from nearby tissue.

The growth patterns of uterine fibroids vary — they may grow slowly or rapidly, or they may remain the same size. Some fibroids go through growth spurts, and some may shrink on their own. Many fibroids that have been present during pregnancy shrink or disappear after pregnancy, as the uterus goes back to a normal size.

Although uterine fibroids usually aren't dangerous, they can cause discomfort and may lead to complications such as a drop in red blood cells (anemia), which causes fatigue, from heavy blood loss. Rarely, a transfusion is needed due to blood loss.

Fibroids don't usually interfere with getting pregnant. However, it's possible that fibroids, especially submucosal fibroids that intrude into the inside of the uterus, could cause infertility or pregnancy loss. Fibroids may also raise the risk of certain pregnancy complications, such as placental abruption, fetal growth restriction and preterm delivery.

As uterine fibroids are not cancerous, usually grow slowly and tend not to interfere with pregnancy most doctors recommend regular monitoring without medical or surgical intervention unless they are causing significant symptoms. Also, many fibroids shrink after menopause due to decreasing hormone levels. There are a number of medical, noninvasive and surgical options available for women who need symptom relief.



### **Metaphysical Possibilities:**

Louise Hay, in her book “Heal Your Body”, suggests that uterine fibroids may be related to nursing a hurt from a partner or from a blow to the feminine ego. Christine Page, in her book “Frontiers of Health”, suggests that uterine fibroids may have a relationship to feelings of resentment due to the fact that she takes care of everyone and feels that no one takes care of her. She may have fears around being taken care of and what it would mean to let others into her life. It is often easier to bury one’s personal needs and take care of others rather than asking for and receiving what one needs for themselves.

Dr. Christiane Northrup has written a very good article on fibroids from a holistic perspective that you can find at <https://www.drnorthrup.com/fibroids/>

### **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 Uterine Fibroids might be:

- Sacral triangle
- Uterus triangle
- Reproductive system sweep; especially uterus inside/outside + Ray 5
- HC + Uterus + Fibroid(s) + Ray 2
- SC + Hips/Knees/Feet minors
- Hormone balance pentagon
- Emotional level of everything, especially Sacral center
- Emotional body treatment
- Higher centers balance and treatment of appropriate sheath(s)
- I,S,P treatment of the centers
- Cause or cause of the cause
- TC and related triangles (balances with SC)

As in all Esoteric Healing treatments follow what you find as the systems of the body are an integrated whole. The patterns and answers will reveal themselves when we approach a treatment session as objective facilitators.



*Fran Oppenheimer is a Certified Practitioner of Esoteric Healing<sup>SM</sup> 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.

Last week I had a request for help. A friend was going to see her father in hospital. She did not know what was happening to him and asked if I would “look” so she could be a better advocate for him. My dilemma was this help had not been requested by the father. I told her after some thought and hearing the fear in her voice, I would assess but not treat unless I had his permission if he was cognizant. If not, I would accept her request to treat.

The closest ethics statement I found to this situation was “Accept responsibility to do no harm to the spiritual, physical, mental and emotional well-being of any and all clients and associates, and all beings whose path we cross.”

In speaking with several Esoteric Healing practitioners, I have found some will assess without client permission and some will not under any circumstances. I know this is a matter which will engender much thought. The “right or wrong of it”, I believe, must be looked at under the circumstances presented.

On one hand, assessing someone who is a public figure such as the President, a movie star or one who is known for their spiritual growth and awareness is done quite a bit. I have seen tabloid articles as well as astrology charts done with the idea that since they are a public figure all is fair.

The thoughts that ran through my mind at the time was: Will this help the gentleman or family; Even though it is an assessment, assessments do shift the energy; If his soul says yes to an assessment only, is it OK? I also asked my own soul if this would be OK and received a yes.

I can not tell you what to do. I can only suggest you go into meditation, align and attune with the individual and ask. Look at the benefit, ask that there be no harm to the spiritual, physical, mental and emotional well-being of this person and make your decision on the merits of the case. Sometimes you might get a yes, sometimes it might be a no. Then honor that.

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*

**Q:** I have a client that has started a program to lose an extra 15 pounds. She asked me if Esoteric Healing can support her weight loss. She wants to know if it will help her stay with it, avoid emotional eating, and stimulate the body's metabolism. And she wants to know how frequently the sessions would be effective.

**A:** First, make certain she has had a physical, that there are no untreated issues like thyroid problems that would prevent her from losing weight on a good program backed by a healthy commitment.



Make it clear that clean and healthy foods, sensible portions, and based on her age and physical condition, an appropriate exercise program are the bottom line.

Esoteric Healing can support all of the above by energizing sluggish organs, glands, and systems. It helps in facing addictive eating. It connects her personality with her soul. And having a witness to her progress can be very supportive for most clients.

Because EH is an effective path to integration of the physical, emotional, mental and spiritual bodies, let her determine her commitment and the frequency of her sessions. Suggest she have as many as she needs, up to once a week, to reach her goals.

**Q:** My client has had cancer off and on since his late 20's. He underwent chemo and radiation, which was very hard on him, and said he would never do it again.

He is now in his seventies, has survived stage 4 pancreatic cancer by natural remedies, mainly a highly nutritious diet and supplements. The latest cancer spread into the form of 6 tumors in his liver. They are down to one remaining tumor and the doctors are curious as to how this can be possible.

He wrote a 33 page report on everything he has done to get through these challenges. He recently shared it with a colleague whose nine year old daughter was diagnosed with a large and rare brain tumor. Through his protocols, the child's tumor was reduced in just over a month. The doctors couldn't believe it.

He now wants to add Esoteric healing to his other protocols. How can I treat him?

**A:** It's obvious that he has knowledge about health and his own healing. When he arrives for the appointment, let him know you have specific protocols in mind, but ask what he would like from an Esoteric Healing session. Find out if meditation is part of his caring self-protocols. His wisdom will be one of your guides.

As you align and attune, perform the healing with the intention of clearing all dis-ease. Start with a prayer for his body, mind, soul, his spirit, to know what to do to support his health.

Depending on how many levels of EH you've had, you can work on him through the head centers; if not, work on the body. Whatever you do, avoid the tumor(s), the affected organs and NEVER do the lymph when cancer is involved.

If you have trepidation, you can simply do radiatory healing on his whole body. If comfortable doing specific protocols on the body, it's best to keep it very simple. Balance the chakras on all levels, either on the head or the body, and as you work, ask permission at every turn. You may do the emotional and mental points in each center, courage to walk through his fears, his nervous system if you have its' permission, as well as the immune system. Avoid the pancreas if you do the endocrine glands. Listen to his energy and let it guide your choices.

To keep him connected to his wisdom and courage, triangle in the heart chakra are helpful. Focus on integration of the physical, emotional, mental, personality, soul. You can also apply the Rays to the chakras, while asking to support his body in a die-ease free environment. When you close his energy field, bless him, his health, on all levels. Suggest he see himself whole and well.

Auntie Karana is written by Stephanie Urdang

## *Auntie Needs Your Help!*

### Call for Submissions!

Deadline: **October 1st, 2019**

I am writing an article for the NAEH Fall Journal about my introduction to EH, which as most things in my life, was less than a deliberate path and decision. But twenty years later, here I am, wanting to explore the stories of how and why we have found or chosen this path.

For those who care to share their introductions and initiations to EH, please write me in the body of an email to [stephanieurdang@gmail.com](mailto:stephanieurdang@gmail.com). The subject line should read: **EH article contributor**. It's best if your answers are on the brief end of the story telling scale.

These are the topics I will cover in my own story. You can write about all of them, or just what stands out as particularly interesting in your own experience.

1. How or where did you first hear about EH?
2. What was your initial reaction?
3. Why did you become a student or practitioner?
4. What keeps you interested in practicing?

I will do my best to use your answers as they are submitted, although excerpts are highly likely, and there may be some groupings of similar experiences.

If you don't want your name used, make that clear. If you are open to a phone interview, please include your phone number in the email. This may or may not be necessary but I want to cover all possible bases.

By sending this information to me, you are also granting permission to be edited to suit the article's scope, as well as consenting to (partial) reprint. Unless your answer is included in a group trend, I will credit your name with anything that gets quoted.

Thank you and I look forward to hearing from you!  
Stephanie Urdang

## ***Esoteric Healing Study/Practice Group***

If you have a study group and would like to have your contact info published please contact [kathleenhautala@gmail.com](mailto:kathleenhautala@gmail.com) with your details.

### **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@bonniedysinger.com](mailto:bonnie@bonniedysinger.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](mailto:diane.rolka@gmail.com) to inquire/confirm.

### **Madison, Wisconsin**

Wisconsin has a new Study Group which meets in Madison bi-monthly beginning January 2020 with meetings scheduled for March, May, July, September, and November. All levels welcome! Contact Kathleen Hautala for specific dates and more information at [kathleenhautala@gmail.com](mailto:kathleenhautala@gmail.com) or text 414-364-1557.

### ***Members of the Publications Committee***

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



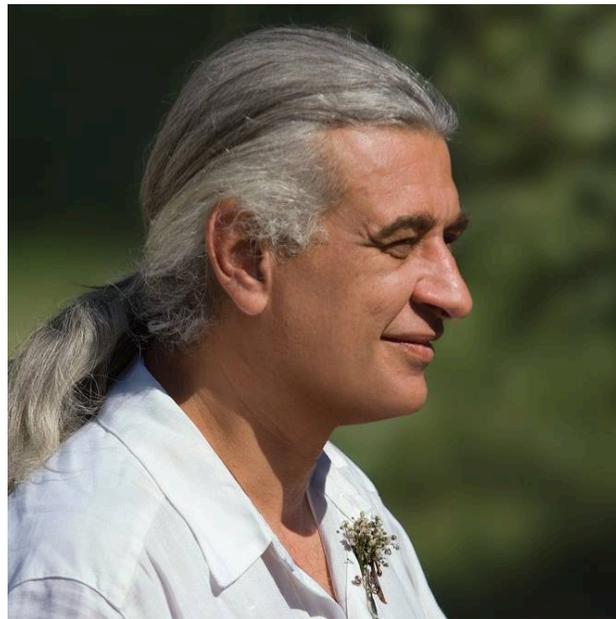
## *In Remembrance*



### **Marion Leigh 6/3/51 – 7/3/19**

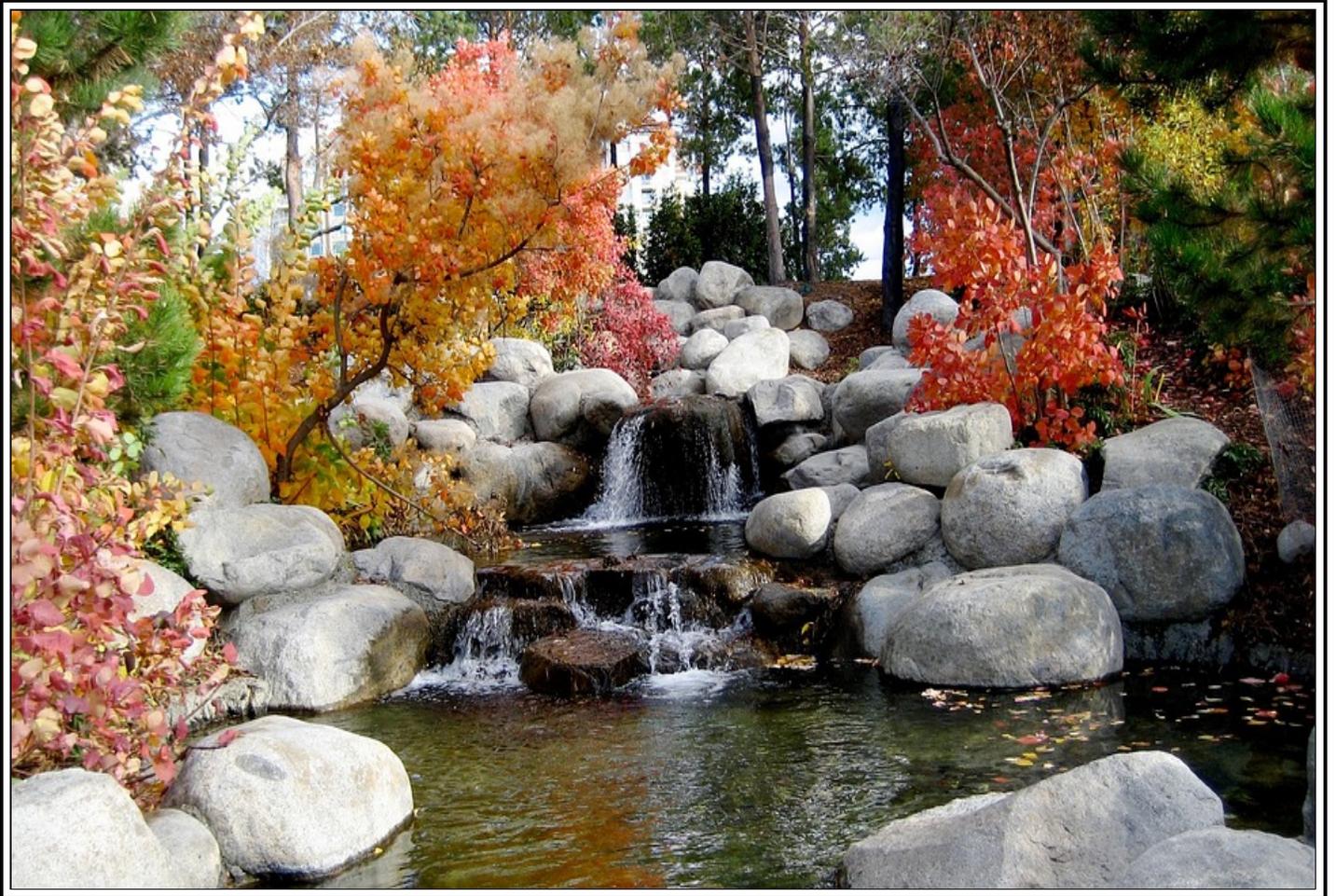
Marion Leigh, Esoteric Healing teacher and Founder of Findhorn Flower Essences, passed away peacefully on 3rd July 2019 surrounded by her family.

Marion was one of the earliest members of Findhorn Foundation, supporting the community as Personal Assistant to the Foundation's co-founder Dorothy MacLean. With her deep commitment to nature healing and her love for Scotland, Marion founded Findhorn Flower Essences, based in the small Scottish coastal village of Findhorn, twenty-seven years ago. With an intimate understanding of co-creating with nature, Marion went on to establish her unique range of handcrafted Scottish flower essences in accordance with Dr. Edward Bach's original principles. Today, Findhorn Flower Essences has a global presence, with expertly trained practitioners sharing nature's wisdom and the company's unique flower essence therapy across Europe, Asia and Australia. Marion's passion for the messages that flowers bring and the healing properties that they offer will continue to bloom through the legacy she leaves behind. She will be dearly missed by all.



### **Dimitris Tsinganis 7/28/58 – 6/20/19**

Dimitris Tsinganis, Esoteric Healing Teacher and longtime student and teacher of the Ageless Wisdom, died on June 20<sup>th</sup> from the effects of a stroke. Dimitris taught many students, practitioners and teachers of Esoteric Healing in Greece and was an active member of the INEH. He was a visionary and advocate for peace and the conscious education of children. He touched many hearts and will be dearly missed.



*OM PEACE BLISS AMEN*