



Lifestream

NAEH Newsletter

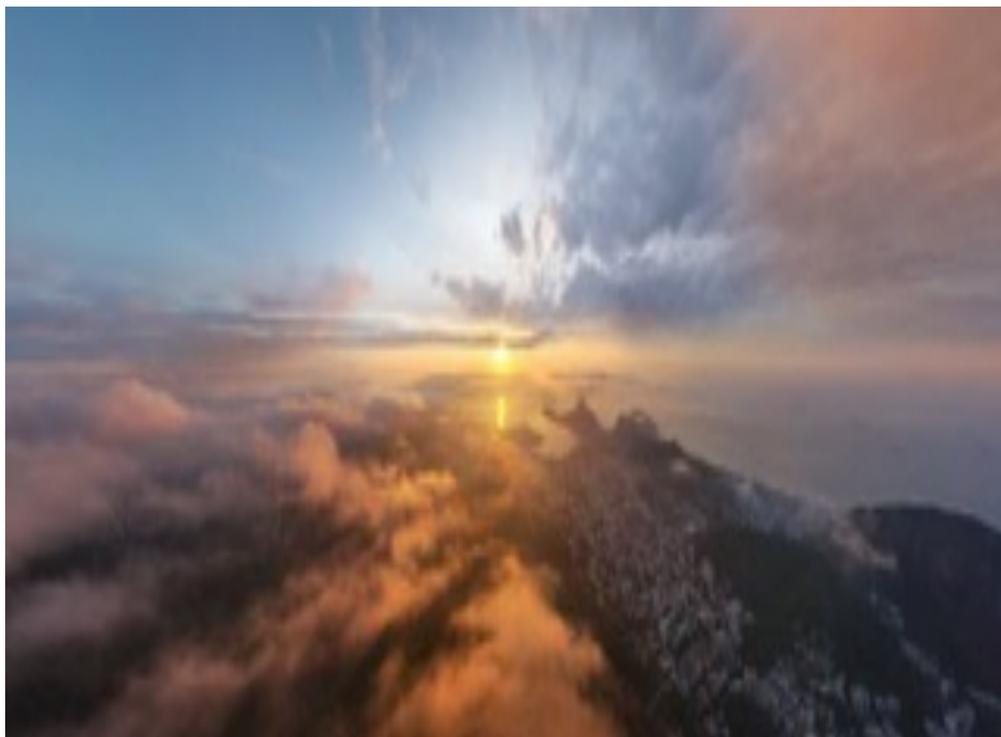
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The Ten Propositions

There are *ten* fundamental propositions upon which the Ageless Wisdom teaching is founded.

One: There is one Life, which expresses Itself primarily through seven basic qualities or aspects, and secondarily through the myriad diversity of forms.

Two: These seven radiant qualities are the seven Rays, the seven Lives, Who give Their life to the forms, and give the form world its meaning, its laws, and its urge to evolution.

Three: Life, quality and appearance, or spirit, soul and body constitute all that exists. They are existence itself, with its capacity for growth, for activity, for manifestation of beauty, and for full conformity to the Plan. This Plan is rooted in the consciousness of the seven ray Lives.

Four: These seven Lives, Whose nature is consciousness and Whose expression is sentiency and specific quality, produce cyclically the manifested world; They work together in the closest union and harmony, and cooperate intelligently with the Plan of which They are the custodians. They are the seven Builders, Who produce the radiant temple of the Lord, under the guidance of the Mind of the Great Architect of the Universe.

Five: Each ray Life is predominantly expressing Itself through one of the seven sacred planets, but the life of all the seven flows through every planet, including the Earth, and thus qualifies every form. On each planet is a small replica of the general scheme, and every planet conforms to the intent and purpose of the whole.

Six: Humanity ... is an expression of the life of God, and every human being has come forth along one line or other of the seven ray forces. The nature of his soul is qualified or determined by the ray Life which breathed him forth, and his form nature is colored by the ray Life which – in its cyclic appearance on the physical plane at any particular time – sets the quality of the race life and of the forms in the kingdoms of nature.

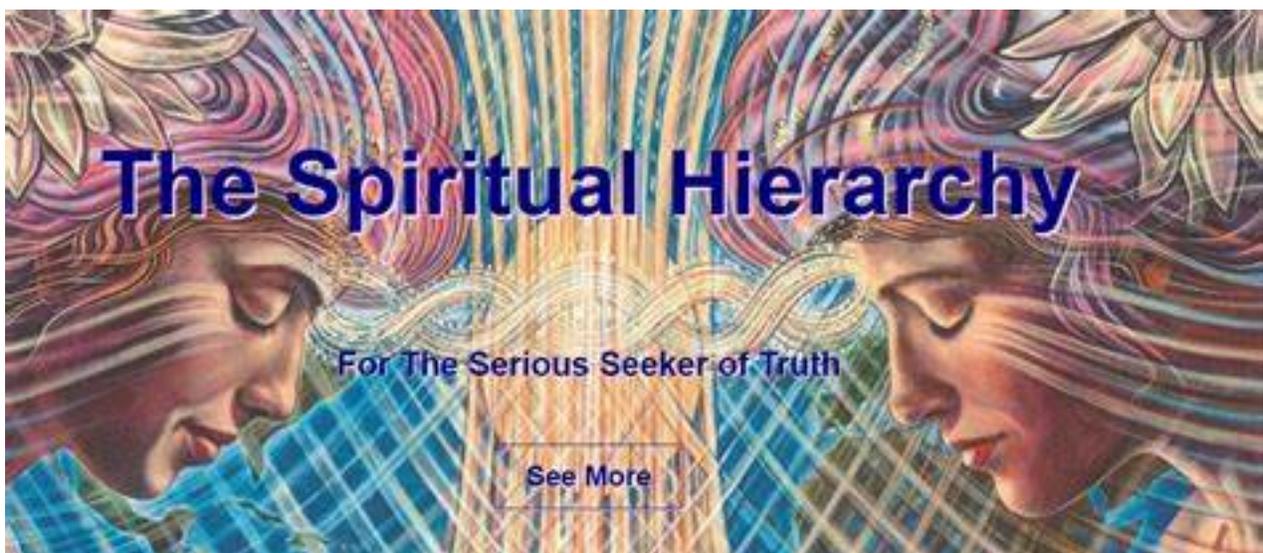
Seven: The Monad is the Life, lived in unison with the seven ray Lives. One Monad, seven rays and myriads of forms – this is the structure behind the manifested worlds.

Eight: The Laws which govern the emergence of the quality or soul, through the medium of forms, are simply the mental purpose and life direction of the ray Lords, Whose purpose is immutable, Whose vision is perfect, and Whose justice is supreme.

Nine: The mode or method of development for humanity is self-expression and self-realization. When this process is consummated the self expressed is the One Self or the ray Life, and the realization achieved is the revelation of God as the quality of the manifested world and as the Life behind appearance and quality. The seven ray Lives, or the seven soul types, are seen as the expression of one Life, and diversity is lost in the vision of the One and in identification with the One.

Ten: The method employed to bring about this realization is experience, beginning with individualization and ending with initiation, thus producing the perfect blending and expression of life-quality-appearance. This is a brief statement of the Plan. Of this the Hierarchy of Masters is the custodian, and with Them lies the responsibility of carrying out the next stage of that Plan.

The Ageless Wisdom – Morya Federation



Message from the President



The first part of this President's Message focuses on current and upcoming NAEH activities:

- **The NAEH Membership drive has started.** With the new website in place, the process for renewing or becoming a new member of NAEH has been greatly simplified. Go to www.naehonline.org click on the Membership tab, click on the Complete your Online Membership Application button and follow the instructions from there. If you have any questions, send them to www.info@naehonline.org and Suzie Taylor-Hendges, our NAEH Office Support Specialist, will help you. Applications and renewals submitted by October 15 will be guaranteed delivery of a printed *Lifestream* Journal. Submissions after this date will receive a pdf of the journal.
- **Save the Date! The 2022 NAEH Annual Conference will take place Friday and Saturday, April 22-23, 2022, on Zoom. The NAEH business meeting follows on Sunday morning April 24, 2022.** The theme of the conference will be "Spiritual Purpose."
- **New---** **NAEH Group Meditations are starting November 2, 2021 at 5:00 PM PT, 8:00 PM ET.** The purpose of these 30-minute guided meditations is to send Light to the world. The NAEH Group Meditations will take place on the 1st Tuesday of every month, starting in November. Come join us and invite others who might be interested. Be on the lookout for an email announcement that will provide instructions re: how to receive the Zoom link for these gatherings.
- **New---** **Please share your stories-** Over the past 18-20 months Esoteric Healers have been involved in so many activities that have brought Light to the world, and we've been receiving too. Some EHers have been involved in "triangle meditations," some in "groups of 12," many Esoteric Healers have supported individuals with COVID, or helped people dealing with mental health challenges. Some EHers have focused their service on the plant, mineral and/or animal kingdoms. Let's share our stories – what did you experience, what did you learn, what did you notice, what did you receive, how were you changed, etc. The idea is not to glamorize these stories, but to use stories to inspire and support one another, to share ideas, to open our eyes and hearts. Stories are powerful and we come together in this sharing. Your stories will be published (with permission) in upcoming NAEH newsletters (you may remember the newsletter used to have a section called "Share Our Stories"). **Please email your stories to www.info@naehonline.org**. In your email, please state whether you'd like to have your name, or your initials, or "anonymous" attached to the story if it is published.

And now, on to the philosophical part of this President's Message.

Perspective

I recently encountered a quote that reminded me of Esoteric Healing and our work as Esoteric Healers. The quote had to do with "perspective," an interesting concept in today's world.

"What we do see depends mainly on what we look for. In the same field the farmer will notice the crop, the geologists the fossils, botanists the flowers, artists the color." – John Lubbock

DK, in the book *Esoteric Healing*, also talks about perspective, and how Esoteric Healers might help both ourselves and others with regard to perspective. In the 4th Law of Esoteric Healing he states:
“Disease, both physical and psychological, has its roots in the good, the beautiful and the true. It is but a distorted reflection of divine possibilities. The thwarted soul, seeking full expression of some divine characteristic or inner spiritual reality, produces, within the substance of its sheaths, a point of friction. Upon this point the eyes of the personality are focused and this leads to disease. The art of the healer is concerned with lifting of the downward focused eyes unto the soul, the true Healer within the form. The spiritual or third eye then directs the healing force and all is well.”

Law 4 of Esoteric Healing; EH pg. 564

It's interesting that it's the soul that produces the point of friction- it has this way of getting our attention to tell us that something, often a perspective, may need changing. In our world today we are seeing “distorted reflections of divine possibilities” everywhere. Some of this may be caused by where we are focusing our eyes (e.g., “I’m Blue, you’re Red, so you’re wrong;” or, “I’m from this country and you’re from that country so you don’t count;” or “science is real vs science is not real” etc.).

In this quote DK seems to be telling us to be careful about perspective. He tells us to lift up our eyes from the personality problems to the level of the soul, the true Healer. From this level the spiritual eye can then direct the healing force so that all is well.

In *Esoteric Healing* we are not only lifting our own eyes up, but we are also supporting others in lifting theirs too. Remember, “What we do see depends mainly on what we look for.” And so we focus on the “Divine” of the person by aligning with their Soul and connecting to Source. And sometimes, through this process, the person’s perspective changes, because ours did too (we acknowledged the Divine of them).

In many philosophies, a “change in perspective” is no small thing; it is often referred to as a “miracle.” Perspective change affects how we feel and think and act and experience and engage in life. And so, in our crazy world, one thing we can do is lift up our eyes. And doing so may help us with perspective.

Knowing many blessings for all,
Constance McCloy
NAEH President, 2020-2022



NAEH News

October 1st is Membership renewal time!

All currently active NAEH members should have received an email for notification that it is time to renew our membership. This is our first year of renewing our membership with our new database system. There was one small glitch regarding a link to the membership application and that has been corrected.

Memberships renewed after October 15th run the risk of not receiving a printed versus of the NAEH Lifestream Journal.

NAEH invites all previous members who have left our membership and those new to Esoteric Healing to rejoin/join our NAEH community. Our organization continues to grow and provide support for our Esoteric Healing Community.

Here is a link to the membership application: <https://www.naehonline.org/membership-application>

We look forward to you joining us!

NAEH Members please update your Member Profile by logging into the “member secure” area on the NAEH website.

Have you:

- Moved and need to update your address? We need your current address for mailing your journal!
- Changed your email address or phone number?
- Taken the next level of an Esoteric Healing class?
- Have you updated your Member Profile?

Added your photo? We love to see you!

Added your bio?

Added your credentials?

- Associate and Professional members have you added your photo, credentials, bio, contact information, and website (if available) for the public Find A Practitioner list?

Having this information updated in your profiles adds energy and credibility to our amazing practitioners and organization. It is a simple way of providing “Service”.

All of these can be updated by you! If you need any assistance with updates, please contact our Office Support Specialist, Suzie, by email at info@naehonline.org or by phone at 517-898-0271 and she is happy to assist you.

NAEH Annual Conference

NAEH 2021 Conference Videos Are Available for Purchase

The NAEH 2021 Conference, “Pathways to the Soul: Service” was a wonderful gathering, with insightful lectures, practicals to support the Kingdoms, and several deep, connecting meditations. In case you missed the previous email offers and are interested in purchasing the 2021 NAEH Conference videos at this time, please send an email to info@naehonline.org to request your videos. You will be emailed a link for payment and then emailed the link for access to the videos and conference handouts.

Prices are as follows:

2021 Conference attendees: \$20

NAEH Members: \$65

Non-Members: \$75

The 2022 NAEH Annual Conference will take place Friday and Saturday, April 22-23, 2022, on Zoom. The NAEH business meeting follows on Sunday morning April 24, 2022. The theme of the conference will be “Spiritual Purpose.”

NAEH Lifestream Journal

Call out for photos for the cover of the NAEH Lifestream Journal!

Our journal editor is requesting our membership submit photos for consideration for the journal cover. Photos must be in portrait orientation. We are hoping for photos that are artistically inspired and appropriate for our journal cover. Maybe you created a sculpture or painted a picture you would like to take a photo of to be considered. Photos of nature are also welcome.

Please email your photo to info@naehonline.org and included your name.



NAEH Education

Education Committee members are: Kathleen Hautala (WI), Joni Larson (IN), Shauna Edmonds (TX), Constance McCloy (CA), Bonnie Dysinger (CA)

More Education Committee members are welcome! Contact us at info@naehonline.org if you have any questions or would like to join this group. This is a creative group, we have fun and are productive. New people welcome!

NAEH Certification

If you are interested in becoming a Certified Practitioner of Esoteric Healing (CPEH), please click on this link at our new website: <https://www.naehonline.org/certification1> and submit your application by June 1, 2022. You can also contact Lyn Ludwig at lyn_ludwig@yahoo.com or 303-956-7039 with any additional questions that you may have.

Fran's Facts: *by Fran Oppenheimer RN, LMT, CPEH*

As Esoteric Healing facilitators we will inevitably encounter 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 practitioner to be familiar with some of these ailments. In this column I will be looking 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 Insomnia:

Insomnia is a common sleep disorder that can make it hard to fall asleep, hard to stay asleep, or cause you to wake up too early and not be able to get back to sleep. You may still feel tired when you wake up. Insomnia can sap not only your energy level and mood but also your health, work performance and quality of life.

One in four Americans, more than 82 million people, develop insomnia each year although 75% recover without developing persistent or chronic insomnia. The necessary amount of sleep varies from person to person, but most adults need seven to eight hours a night.

At some point, many adults experience short-term (acute) insomnia, which lasts for days or weeks. It's usually the result of stress or a traumatic event. But some people have long-term (chronic) insomnia that lasts for a month or more. Insomnia may be the primary problem, or it may be associated with other medical conditions or medications.

Insomnia symptoms may include:

- Difficulty falling asleep at night
- Waking up during the night
- Waking up too early
- Not feeling well-rested after a night's sleep
- Daytime tiredness or sleepiness
- Irritability, depression, or anxiety
- Difficulty paying attention, focusing on tasks, or remembering
- Increased errors or accidents
- Ongoing worries about sleep

Common causes of chronic insomnia include:

- Stress.
- Menses/Menopause. Fluctuating hormone levels can lead to sleep disturbances.
- Age over 60; especially women.
- Travel or work schedule.
- Poor sleep habits such as an irregular bedtime schedule, naps, stimulating activities before bed, an uncomfortable sleep environment and using your bed for work, eating, or watching TV. Computers, TVs, video games, smartphones, or other screens just before bed can interfere with your sleep cycle.
- Eating too much late in the evening.
- Mental health disorders such as depression, anxiety disorders, or PTSD.
- Medications. Many prescription drugs can interfere with sleep.
- Caffeine, nicotine and alcohol.
- Medical conditions such as chronic pain, cancer, diabetes, heart disease, asthma, gastroesophageal reflux disease (GERD), overactive thyroid, Parkinson's disease, and Alzheimer's disease.
- Sleep-related disorders such as obstructive sleep apnea or restless legs syndrome.

Sleep is as important to your health as a healthy diet and regular physical activity. Whatever your reason for sleep loss, insomnia can affect you both mentally and physically. People with insomnia report a lower quality of life compared with people who are sleeping well.

Complications of insomnia may include:

- Lower performance on the job or at school
- Slowed reaction time while driving and a higher risk of accidents
- Mental health disorders, such as depression, an anxiety disorder or substance abuse
- Increased risk and severity of long-term diseases or conditions, such as high blood pressure and heart disease

Good sleep habits can help prevent insomnia and promote sound sleep:

- Keep bedtime and wake time consistent from day to day, including weekends.
- Stay active. Regular activity helps promote a good night's sleep.
- Check your medications to see if they may contribute to insomnia.
- Avoid or limit naps.
- Avoid or limit caffeine, alcohol, and nicotine.
- Avoid large meals and beverages before bedtime.
- Limit screentime.

- Make your bedroom comfortable for sleep and avoid making the bedroom a work environment.
- Create a relaxing bedtime ritual, such as taking a warm bath, reading, listening to soft music, yoga, prayer, breathing exercises or meditation.
- Avoid trying too hard to sleep.
- Get out of bed when you're not sleeping.

Medical management:

There are several medications for insomnia, both prescription and over the counter but it is important to be under the care of a doctor and to be aware that these agents are generally not recommended for long-term use. Medications to promote sleep can also have side effects, such as daytime sleepiness, an increased risk of falling and some can be habit forming. There are also some supplements and herbs that have been useful for sleep. Acupuncture, yoga, T'ai Chi, and meditation may also be helpful.

Because the Food and Drug Administration does not mandate that manufacturers show proof of effectiveness or safety before marketing dietary supplement sleep aids, talk with your doctor before taking any herbal supplements or other over the counter products. Some products can be harmful, and some can cause harm if you're taking certain medications.

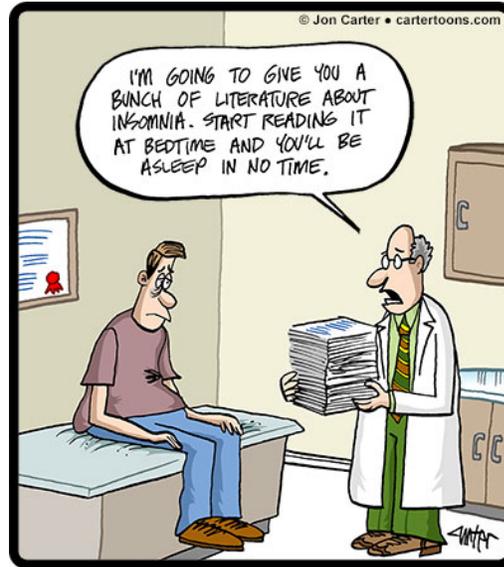
Esoteric Healing considerations:

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 Insomnia may include:

- Vagus triangle
- Autonomic nervous system balance
- Pineal gland triangle
- Ajna + Hypothalamus minors (left and right) (think sleep center)
- CC + Thalamus minors (left and right)
- Alta triangle and field
- Alta + Pons minors (left and right)
- Alta + Medulla minors (left and right)
- Alta + Brainstem
- Limbic system balance
- Esoteric neurocranial protocol
- Respiratory system balance and triangles
- Diaphragm triangles, esp. at emotional level
- Emotional and mental body protocols
- Grounding triangles
- Head triangles: inner and outer
- Fear and courage triangles
- Upper and lower triangles of integration
- CC + cerebral hemispheres



"You can't sleep? Have you tried meditating, then reading for an hour, then going to the couch, then back to bed, then counting backward from ten million, then taking a sleeping pill?"



Fran Oppenheimer is a certified practitioner and accredited teacher of Esoteric Healing and has been actively practicing the healing arts for over 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

Ask Auntie Karana

Dear Auntie,

I am in the process of moving from a city to a small rural community of about 1200 people. Having my own special single family home in the middle of a wooded area with access to nature is something that I have envisioned for myself since I was young and even more so as I near retirement age. During most of my adult life I have lived in major metropolitan areas including San Francisco, New York and Boston, because of my career. The prospect of owning a home situated in a national forest area with plenty of mountains and trails at my disposal thrills me but I do have some concerns about culture shock. Especially given the current social climate, I worry about fitting in and finding those kindred spirits in a place where there are extreme or opposite perspectives from my own. Do you have any advice for me during this transition period?

Thank you,
City Mouse

Dear City Mouse:

First of all, congratulations on finding what sounds like your dream home! When moving to a new area, I advise that you make a plan to energetically prepare to emanate and attract people that you would be most aligned with. You, the new neighbor, have control over what you project. If you project trepidation then it is likely that you will experience that in others.

In the days leading up to the move and during, begin your day by centering yourself. Align and attune with the Source to reconnect yourself. Then connect with the group soul of the new community. If you



already have a meditation practice include your intention for encountering your new community with the highest and best outcome for all concerned. The following EH protocols will also provide a deepening and set you up for optimizing your vehicle in your new environment. Use the Circulating Trust protocol starting at the heart, the arterial component of the circulatory system, going down not up. When we don't trust we draw blood from extremities. Come from expansion not contraction. The Upper Vitality protocol (Pituitary, Pineal and Throat chakras) will help with memory focus and expression (focusing in on what you desire). Utilizing the Heart protocol will support you to go there with an open heart.

The transition will be an ongoing process and will have different stages. Staying in touch with established friendships and groups is important and helpful. Good luck to you in your journey and through thoughtful employment of your Esoteric Healing tools, you are bound to experience miracles and expansion in ways that you did not expect!

Your questions to Auntie are very important to our readers. Please send your questions to Auntie at info@naehonline.org

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 with your details.

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 or call 517-281-1706 (PST) and let her know you would like to be added to the Zoom invitation list. Esoteric Healing practice groups are a great way to meet and interact with other Esoteric Healing practitioners, ask questions, and practice your skills.

Ann Arbor, Michigan

Meets on the second Saturday of the month from 1-3pm

Call or email Diane Rolka at 517-881-7789, diane.rolka@gmail.com to inquire/confirm.

Madison, Wisconsin

Wisconsin has a new Study Group which meets in Madison bi-monthly beginning January 2021 with meetings scheduled for March, May, July, September, and November. All levels welcome! Contact Kathleen Hautala for specific dates and more information at info@naehonline.org or text 414-364-1557.

Members of the Publications Committee



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