



# *Lifestream*

NAEH Newsletter

Volume IV Issue 2

June 2014

## ***GOD SHINES RAYS ON FLORIDA FOR 2015 NAEH CONFERENCE***

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### **Contributors:**

JoAnne Christenson - links  
Bonnie Dysinger  
Fran Oppenheimer  
Joan Stansberry— *photographer*  
Linda Stuart  
Stephanie Urdang  
Mary Anne Walker - links

### **Publications Committee:**

Dr. Barbara Briner  
Susan Bertrand  
Catherine Finigan  
Stephanie Urdang  
Mary Anne Walker

***God said "Let There Be Light"... and the beautiful sun appeared and began brightly shining its rays on Naples, Florida.***

***God said "Let There Be Sand"... and then there appeared beautiful, soft, glistening, white sand in Naples, Florida.***

***God said "Let There Be Sunsets" ...and then glorious sunsets with vibrant colors of pink and orange appeared on the horizon in Naples, Florida.***

***God said "Let There Be Golf"... and suddenly hundreds of golf courses appeared on the horizon in Naples, Florida and God said "No, I meant G-U-L-F -- Gulf of Mexico... and then the clear, calm, turquoise body of water appeared, ideal for boating, swimming and fishing. And all the golf courses remained granting Naples more golf courses than anywhere else in the land.***

***God said "Let There Be Energy Vortices" and then many powerful energy centers and grids appeared in Naples, Florida attracting spiritually like-minded people to heal the lands and serve humanity.***

***God said "Let There Be Esoteric Healing"...and suddenly there appeared not one, but two great Esoteric Healing teachers in Naples, Florida...and they in turn birthed and trained more Healers and***

***more Teachers and the Light became brighter and spread all through the land like a beacon calling out.***

***God said "Merge the North into the South"...and Create the first Southern NAEH Conference in Naples Florida!***

***Then God said..."WHEW, I need a rest and a vacation....AND SO DO ALL OF YOU!!!***

**Join us in Naples, Florida ----- Save the date - April 24 - 26, 2015  
Treat yourself and family to a great opportunity to enjoy the beauty and  
essence of Naples. We have a block of special rate rooms so reserve your  
room NOW at the Naples Beach Hotel with the best rate offered at \$169.00  
for a beachfront resort hotel!!!! Special rate is offered 3 days before and  
after conference dates.**

**[www.naplesbeachhotel.com/node/1905](http://www.naplesbeachhotel.com/node/1905) 1-800-455-1546**

**Spirit Airlines air fare: Detroit to Fort Myers - \$160.00 round trip  
Southwest Airlines air fare: Detroit to Fort Myers - \$250.00 round trip  
Flight schedules for April should be available by August 2014.**

## ***National Association for Esoteric Healing<sup>sm</sup> NEWS***

### ***Shining Light on the Brain: It's All In Your Head!***



Conference review by Bonnie Dysinger, 2014 NAEH Conference Chair.

The 2014 conference was held in Okemos, MI on April 11, 12 & 13 at the Okemos Conference Center. We welcomed 114 attendees (92 members and 22 non-members) from 12 states – Arizona, Colorado, Florida, Illinois, Indiana, Maine, Michigan, New York, North Carolina, Ohio, Texas, and Wisconsin!

#### **FRIDAY:**

We opened the conference with our group meditation and joined by the Angel of Rejuvenation.

**Barbara Briner** provided the introduction to the conference with a refresher of the Ajna, Crown Center, and Alta Major along with review of the Frontal, Parietal, Temporal and Occipital lobes.

**Maria Hubbuch** led us through our first practical of the conference providing us with a demonstration of balancing the Ajna, Alta Major and Crown Center, the centers, the lobes of the brain, and core triangles.

Later in the day **Barbara Briner** talked about the Nucleus of Tractus Solitarius (NTS) - an important and common point in the Esoteric Neuro-Cranial Treatment protocol. We learned the names and positions of the various cranial bones, the importance of their movement for normal brain growth, how they move in relation to the cranial rhythmic impulse (CRI), this CRI motion stops when the Soul leaves the body, and the path of the Reissner's Fiber to the sacrum. The Esoteric Craniosacral Treatment protocol was then explained and we used it to assess and treat with our partners.

We then moved on to learn the locations, importance and functions of the various parts of the brain we would be using in the Esoteric Neuroanatomy protocol, and what a deficiency might feel like. This treatment protocol was explained and we used it to assess and treat with our partners.

There were several Esoteric Healers available who were familiar with the protocols we were learning to help with questions. They were identifiable by the hats they were wearing. The most unusual hats were a Mackinaw Bridge hat worn by Mary Anne Walker - MI, a monkey with ears hat worn by Katie Mulligan - FL, and Annemarie Loria - MI adorned a hat created by her daughter that was long tubes of bright colors with lights!

Next we recognized four NAEH members who completed their requirements to become a Certified Practitioner of Esoteric Healing<sup>sm</sup> – CPEH. Shauna Edmonds from DeSoto, TX; Diane LaLonde from Cadillac, MI; Ann Rutledge from Haslett, MI; Mary Anne Walker from Okemos, MI.

The evening continued with our Mediterranean fare' dinner reception followed by a delightful DVD of Brenda Johnston talking about Esoteric Healing.



## **SATURDAY:**

We opened our day with the Angel of Surrender joining us.

We started our day right off with the Esoteric Neuro-Cranial Treatment protocol – combining what we learned while practicing the Neuro-Cranial and Neuroanatomy protocols.

**Karen Fodor** provided us with some insights, characteristics, and helpful internet links about autism and learning disabilities based on her work experience and research with these diagnoses.

**Barbara Briner** then talked about signs and symptoms of a traumatic brain injury, Alzheimer's, and stroke; the parts of the brain affected; and how all these (including autism and learning disabilities) can be helped by using the Esoteric Neuro-Cranial Treatment protocol.

**Angie Hoogterp** related from personal experience information about the Emotional Brain (Limbic system) and how its anatomy affects us. She included signs and symptoms of Post Traumatic Stress Disorder (PTSD) and a treatment protocol for the Limbic system.

**Constance McCloy** provided us with a demonstration to locate the Limbic system anatomy and an Emotional Brain protocol.

**Fran Oppenheimer** talked about the Motor Brain and its parts which affect our movements. Fran then demonstrated the location of the various motor brain components and provided a Motor Brain protocol.

We then moved to the **NAEH General Membership Meeting**. Highlights were Steering Committee elections: Carolyn Rose Frost confirmed as Vice President-Elect; Terrill Putman, Fran Oppenheimer and Wallace Smith were re-elected to the Steering Committee; Carol Siemon was newly elected to the Steering Committee. Barbara Briner completed her term as President and Chris Geith moved into the position of President. Full minutes of this meeting were emailed to NAEH members on April 19, 2014. Members who did not get the minutes via email, let us know at [info@naehonline.org](mailto:info@naehonline.org).

After dinner conference participants had the option of attending an NFEH Research discussion led by Ruth Perry and Mary Anne Walker, or attending a segment for asking additional questions about the NAEH or questions about any of the presentations.

#### **SUNDAY:**

Our final conference day we were surrounded by the Angel of Magic!



**Bonnie Dysinger** talked about the importance of the Soul Mind Brain connection with an exercise in strengthening that connection. She also showed how Candy Crush is an analogy of our spiritual journey.

**Carol Siemon** presented the topic of Integration of Brain Science and Spirituality and its effects on the brain including how it affects our well-being, the impact on others, some distance healing research, and The Power of Intention Across Time.

**Brad Lackie** chose the beautiful Pendleton blanket called Female Storm for this year's conference raffle. The winner of this year's blanket was Tom Kowalski from Sterling Heights, MI. Tom was also the winner of the conference candle. Congratulations Tom!

**Caroline Padgett** gave our final conference presentation on The Brain Illuminated. Caroline shared her personal experiences that started at the age of 2 and the formation of her spiritual journey; it certainly fit in with our conference theme. Caroline talked about the effects of meditation and music on the brain. Caroline was able to use her presentation to fulfill an assignment for her Public Speaking class. She got an A!

**Chris Geith** and **Carolyn Frost** provided our closing comments and thank yous, and led conference attendees in reciting The Great Invocation.



**Thank you** to our MCs Scottie and Terrill Putman, Diane Rolka, and Brad Lackie.

**Thank you** to those who led us in our daily opening and closing meditations: Bonnie Dysinger, Karen Fodor, Irmgard Kurtz, Kathleen Deeds, Caroline Padgett, and Chris Geith.

**Thank you** to our 2014 Conference Committee: Barbara Briner, Bonnie Dysinger, Deborah Goro, Angie Hoogterp, Diane Rolka, Carol Siemon, Joan Stansberry, and Sherie Wells.

**Thank you** to all who attended this year's conference!





NAEH CONFERENCE 2014 - HAPPY FACES - HAPPY TIMES - HAPPY LEARNING!

ON A MORE SERIOUS NOTE...

## ***Fran's Facts: Irritable Bowel Syndrome***

***by Fran Oppenheimer RN, LMT, CPEH***

### **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.

#### **Irritable Bowel Syndrome** –

Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine (colon). In the US, IBS impacts approximately 14% of the population with women (65%) more commonly affected than men (35%).

With IBS the nerves that control the muscles of the GI tract become overly active and sensitive leading to spastic and uncoordinated movement of the colon. This leads to cramping, abdominal pain, bloating, gas, diarrhea and constipation. Despite these uncomfortable signs and symptoms, IBS does not cause permanent damage to the colon.

Although most people with IBS find that they can alleviate or control their symptoms, a small number of people find IBS to be debilitating and very limiting to their lifestyle. As bowel symptoms can come up unexpectedly, people suffering from IBS may refrain from going out with friends, going to the movies, or being in an environment without knowing the location of the nearest restroom. This can lead to anxiety, feelings of isolation, and depression which can compound the symptoms of IBS.

Fortunately, unlike more-serious intestinal diseases such as ulcerative colitis and Crohn's disease, irritable bowel syndrome does not cause inflammation or changes in bowel tissue or increase the risk of colorectal cancer. In many cases, IBS can be controlled by managing diet, lifestyle and stress.

Focusing on a healthy diet and avoiding foods known to trigger the symptoms of IBS, learning relaxation techniques such as yoga and meditation, and learning to balance the stresses of daily life are all important considerations for managing the symptoms of IBS.

#### **Metaphysical possibilities** –

The colon represents our ability to let go, to release that which we no longer need. The body and energy field need the balance of assimilation and elimination to maintain healthy state but this can be blocked by fears and emotions. Holding on to old or painful relationships or jobs, the fear that there will never be enough, stagnant emotions, and the inability to let go of unneeded possessions are all symptoms of this imbalance. As Louise Hay states in her book

“You Can Heal Your Life”, ‘we do not rummage in last night’s garbage to find today’s meal’. It is necessary to be in the present moment and to do so one must be able to let go of the past in a healthy way.

### **Esoteric Healing considerations –**

As we have learned in our esoteric healing courses, the Solar Plexus center is the seat of the emotions. Most disorders and diseases of the digestive system and of the organs and glands in the abdomen are strongly tied to emotional issues of some form.

Suggestions for treatment include but are not limited to:

- All triangles of the Solar Plexus center, especially the colon triangles and the entire digestive system with focus on the physical/etheric and emotional levels of the field.
- Treatment of the nervous system specifically the Vagus nerve, the minor below the Solar Plexus and the autonomic nervous system balance that is taught in the upper level esoteric healing courses.
- The Heart center as this is the center that balances with the Solar Plexus and issues of the heart at the emotional level can have a profound effect on the digestive system.
- Emotional and mental body treatments
- Any areas that are diminished, restricted or blocked need special attention whether or
- not they seem to relate to the colon.
- As always, let your intuition and the client’s Soul be the guide for all treatment

Snapshots at [jasonlove.com](http://jasonlove.com)



"I'm afraid that your irritable bowel syndrome has progressed. You now have furious and

*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.*



## *Recipes: Stephanie Urdang*



# Floating Guacamole

On Memorial Day weekend, my hostess, Marissa Bridge, a seasonal chef and life painter, served these quick and very healthy hors d'oeuvres, a recipe she had recently invented for a birthday brunch. Each crispy bite fills your mouth with the rich deliciousness of guacamole, minus the carbs and trans fats of tortillas and other chips.

Easy to prepare, they are best assembled at the last moment as crispness is key to your success. They are guaranteed to satisfy without spoiling appetites.

All you need is:

Endive (as fresh and crisp as possible)  
Guacamole (store bought or homemade)  
Garnishes (see below for ideas)

For serving 4 to 5 people two or three boats each, rinse one very fresh, large head of endive. Shake water off and discard the few discolored outer leaves. Cut the base off and carefully separate the leaves into individual 'boats.'

Fill each leaf about halfway to the top with your favorite homemade or store-bought guacamole. (One head of endive uses about 1 cup of prepared guacamole or one large avocado in a homemade version.)

Finish by sprinkling each boat with finely chopped colorful peppers and garnish with fresh cilantro leaves or parsley. Many vegetables make good garnishes on guacamole: finely chopped red onion or scallions, diced tomato, slivers of radishes, a spear of young asparagus, a thin celery stalk curl, and/or a sprinkle of lime juice. Feel free to mix and match.

Arrange filled leaves on a round platter in a sun ray pattern. Serve immediately.

This recipe can be doubled or tripled.

## *Ask Auntie Karana*



Dear Auntie:

Would you explain the word and concepts of Antahkarana?

Seeker of Deeper Understanding

Dear Seeker:

The Sanskrit word, antahkarana, also known as 'the rainbow bridge,' refers to the path, the conduit, and the connection from the intelligent mind of average humanity to the higher mind of advanced humanity. Another way of describing this is as the bridge that transforms functioning from the personality into the 'bigger picture' of the spiritual triad.

Through meditation, higher forms of perception and consciousness are available. This, in turn, releases one from the limitations and sufferings of the personality. It is a necessity that lies at the heart of any effort to be a catalyst within the body of humanity. Individuals who cross the antahkarana provide energetic stimulus for others to learn, grow, to meditate, to advance, a benefit for all.

Auntie

Dear Auntie:

Can I treat a person who is sleeping?

Uncertain

Dear Uncertain:

It is ideal to ask permission of the recipient when you are treating with Esoteric Healing, and best if they are conscious in the session. However, it's not always a possible combination, especially in cases of post surgery treatments and extreme illness.

As long as you align and attune according to the will of their soul, as long as you really listen and feel for any resistance in that connection, you can treat them. If you still have doubts after AAWOS, only balance the centers and bless them.

Auntie

Submit your questions to Auntie Karana at [stephanie-anne@verizon.net](mailto:stephanie-anne@verizon.net) and watch for your answer in the newsletter.

Answers written by Stephanie Urdang.

## *Remembering those in our Esoteric Healing family*

Margaret Rose Byrne was a bright light in our community of Esoteric Healers. Born March 19, 1931, on 3/18/14, the day before her 83rd birthday she left her physical body. In her full and accomplished life, she worked as a registered nurse, she became a nun, and in 1983, she left the religious life, yet not her faith. In her spiritual and intellectual explorations, she became a Biodynamic Craniosacral Therapist, a counsellor, she worked in pastoral care, was an active volunteer, and an Esoteric Healer. Everyone who met her was touched by her generous spirit, her encouragement, and her sense of humor. As much as she will be missed in our community, she remains a blessing to all who knew and loved her.



## *Links*

Sound Healing, A Therapeutic Tool

<http://www.ofspirit.com/zacciahblackburn1.htm>

Things Highly Intuitive People Do

<http://www.dailygood.org/story/690/10-things-highly-intuitive-people-do-differently-carolyn-gregoire/>

The Holographic Mind

<http://consciousofnews.com/change-reality-switch-channel/1173242/>

Crystal Grids

<http://thespiritscience.net/2014/05/23/this-8-year-old-prodigy-uses-crystal-grids-to-transmute-dark-energy-and-explains-how-it-works/>

## *NAEH Requests Your Service*

Still need your help to...

- \*Write a couple of short 100-word abstracts of NAEH journal articles for our new online library.
- \*Help us create an audio library about esoteric healing, starting with audio from Dr. Briner. We need people to listen online and suggest where to break it up into short segments.
- \*Be our designer and writer for a new NAEH brochure/postcard for recruiting new members to join the NAEH.

If you can or will, please email [info@naehonline.org](mailto:info@naehonline.org) to let us know how you would like to help. Thank You! Thank You! Thank You!

MORE INFO...

- ▲ Esoteric Healing class schedules for various teachers are on the website at [www.naehonline.org](http://www.naehonline.org).
- ▲ Here is a link for the Free NAEH brochure members can download and print off [www.naehonline.org/brochure/](http://www.naehonline.org/brochure/)
- ▲ 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](mailto:info@naehonline.org) with your order!

CHANGES IN EMAIL - PHONE NUMBER - ADDRESS? ...LET US KNOW HOW TO FIND YOU

# *National Foundation for Esoteric Healing NFEH*

Article by Linda Stewart, NFEH Board Member

The National Foundation for Esoteric Healing (NFEH) board held a meeting during the NAEH conference on Saturday, April 12, 2014 from 7:30-9:30 pm. It was the first opportunity to meet with interested individuals attending the conference and to exchange information on the goals of NFEH and gather ideas from those in attendance. President Susan Zimmerman welcomed nearly 20 individuals to the meeting and introduced other board members who included Mary Anne Walker, Ruth Perry and Linda Stewart.

The goal of the meeting was to share information, current status and future goals of the NFEH, having been recognized at the federal level as a 501c3 charitable non-profit organization in January, 2013. Those in attendance learned that the NFEH is a separate organization from NAEH, will work in parallel with NAEH and is in the initial and foundation building stage of development. It was shared that the NFEH has two arms, one focusing on Research and the second focusing on Education of the Public. Currently the NFEH will focus primarily on Research working to prove the efficacy of esoteric healing with scientific research. The NFEH intends to assist in the collection of treatment information, encourage and support research, seek grants and financial support through areas such as donations.

The main goal was to hear ideas from those attending regarding their interest in research surrounding esoteric healing, how to merge the two areas together, how to advance research, ways to document case studies of esoteric protocols being done with clients, and other ideas they wished to brainstorm. The NFEH board is very interested in seeking assistance in doing "soft research" of collecting data and client assessments that are being done, hearing areas of physical treatments individuals were interested in and doing with clients, and knowing if there was an interest in being part of a research study or doing a study individually.

Two major themes emerged from the dialogue that evening. One theme was that many people were actively interested in participating in a research project, whether on their own or being part of a research project as an esoteric practitioner. Another very important theme was that individuals discovered that many of them had clients with similar issues (i.e. clients with eye problems) and that clusters of esoteric practitioners could be linked to help individuals with the same health issue for a specific study. **As a result we would like to begin to collect information on the topics you are interested in or have been working on. Please contact us at our address below to let us know, so we can add this to our database.**

Should you also be interested in being placed on our list to receive information in the future, please respond by letting us know your full name, e-mail, and phone number as we are currently creating the NFEH mailing list.

The board of the NFEH wishes to thank every person who attended the meeting and those who sought out the board the following day sharing their interest in research, experience with research, client protocols they were using and ideas to further research development list. Please know that each of you is so very important to the success of the NFEH and truly reaching the goal of many years of healing through esoteric healing protocols with our loved ones, friends, family and referrals. We are making a difference in the healing opportunities for many in the world and now seek your help, ideas, donations and continued belief and treatments in esoteric healing to those around you. We together are on the cutting edge of scientifically merging research with esoteric healing. We gratefully seek your talents and ideas.

Our Contact Information:

National Foundation for Esoteric Healing (NFEH)

P.O. Box 1504

East Lansing, MI 48826

Phone: (877) 361-1202

E-mail: info @nfehonline.org

[www.nfehonline.org](http://www.nfehonline.org)

## *Esoteric Healing Study/Practice Groups*

### **Naples, Florida 34103**

Esoteric Healing practice group meets the 1<sup>st</sup> & 3<sup>rd</sup> Monday of each month, 7 – 8:30 PM  
Contact Maria Hubbuch, CPEH at [Mutu@aol.com](mailto:Mutu@aol.com)

### **Lansing, Michigan 48917**

Esoteric Healing study group meets the first Tuesday of each month 5:30 – 7:00 PM  
Contact Bonnie Dysinger, CPEH at [bkdysinger@aol.com](mailto:bkdysinger@aol.com)

### **Part 8 Study Group - IBS and SKYPE**

A newly formed Part 8 study group is available the second Monday of each month 7- 8:30 PM  
Contact Anshu at 517-775-7220

Are you having one in your area? Send us your information and we'll list it in the newsletter

*True healers know that wellness is the order of the day, so they do not allow themselves, even for a moment, to see anything other than that. So, the power of the healer is in the power to influence the one who needs to be healed into a vibration that allows the healing that they are summoning. (that they could get, even without the healer, but they can get faster with a healer's influence)*

*---Abraham*

*Excerpted from the workshop: San Francisco, CA on July 30, 2005*



**OM \* PEACE \* BLISS \* AMEN**