



# *Lifestream*

*NAEH Newsletter*

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## *The Seventh Ray*

“The seventh ray is, par excellence, the medium of relationship. It brings together the two fundamental aspects of spirit and matter. It relates soul and form and, where humanity is concerned, it relates soul and personality. In the first initiation, it makes the initiate aware of that relation; it enables him to take advantage of this “approaching duality” and —by the perfecting of the contact —to produce upon the physical plane the emergence into manifestation of the “new man”. At the first initiation, through the stimulation brought about by seventh ray energy, the personality of the initiate and the hovering overshadowing soul are consciously brought together, the initiate then knows that he is—for the first time—a soul-infused personality. His task is now to grow into the likeness of what he essentially is. This development is demonstrated at the third initiation, that of the Transfiguration.”

The Rays and The Initiations

## *Message From The President*



Carolyn Rose Frost  
NAEH President 2016-2018

As we say goodbye to 2016, I look back and realize the work of the NAEH never ends. I would like to thank members for their membership renewals and for the many volunteers who have given their time to be of service on a committee and to those behind the scenes. You are all appreciated and your efforts do not go unnoticed. A quote from George

Eliot, "Blessed is the influence of one true, loving human soul on another."

In November the Steering Committee accepted the resignation of Trisha Griffin, our Membership Support Person in Florida. Our thanks were sent to Trisha for her 2+ years of service in this position and for working with me during the transition time. Trisha is working on some new adventures, and we wish her well with those. We are pleased to announce, Anshu Varma has accepted the position of NAEH Administrator and will be working from the Okemos office. Anshu's duties will include more than updating the website, membership and conference support. To name a few more of Anshu's duties: preparing financial statements, taxes and supporting the various NAEH committees.

I am looking forward to 2017 and the growth of the NAEH. Together we can make this happen. If you have any concerns or comments please contact the NAEH office. We are here to support you.

My wishes to you all for a Happy 2017 filled with celebrations and inspirations.

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Carolyn Rose Frost  
NAEH President 2016-2018

## *NAEH Conference*



### **Please join us for the 2017 NAEH Annual Conference in Okemos, MI.**

The dates for this year's conference are April 21st - April 23rd. Our theme this year is "7 Rays - Explore Experience Energize!" Learn more about the 7 Rays and how you can integrate them into your Esoteric Healing practice for yourself, or others. We will study what the Rays are, why they matter, and how to use them. Dr. Briner will be introducing a new Ray Balancing Technique that you don't want to miss!

Like past conferences, these 3 days will be spent learning, sharing, and getting to know one another through meditations, speakers, and practicals - as well as the fun events of a silent auction & blanket raffle. However, this year will also have some new additions to the conference such as a service project, a dinner/wine evening, and more!

Please visit [www.naehonline.org](http://www.naehonline.org) for more information. If you have questions, please contact Anshu Varma at 517-515-2980 or email at [info@naehonline.org](mailto:info@naehonline.org)

### **Sponsorship Opportunities for NAEH 2017 Conference:**

The NAEH supports health, wellness, and spiritual growth. We each have so much to offer and many of us own our own businesses. To foster closer interpersonal relationships and promote business, we would like to offer the opportunity for our members to share what you love to do through a financial sponsorship! This year's Conference is filled with lots of extras and your financial support makes this a reality.

**Benefits of Sponsorship:** Each Conference attendee will receive a large, colorful bookmark at the Conference which will also serve as a "Cheat Sheet to the Rays". On one side will be reminders about each of the 7 Rays and on the other side, an image of business cards of Ray 3 Sponsors - These are sponsors who donate at least \$250. Note: Due to size limitations on the bookmark, there are only four of these size donations available, and will be sold on a first-to-pay basis. See the picture for more details.

**1. Ray 1 Sponsor:** Free-will donation and/or anonymous donations. You may donate any amount. We will add your business card in the conference tote.

**2. Ray 2 Sponsor - \$150:** Allows you to place your business card & promotional item in our conference tote. This promotional item can be a sample of your product, a pen, highlighter, notebook, or other item with your logo. These are usually anything fun that you think attendees at conference might find useful, and help them remember to patronize your business if the need arises.

**3. Ray 3 Sponsor - \$250+:** Your business card will be printed on the back of our 7 Rays bookmark. In addition, you may also place your business card & a promotional item in our conference bags.

Please send promotional material and a check to:

NAEH - Sponsorship

4655 Dobie Road, Suite 240

Okemos, MI 48864

Questions: Anshu Varma [517.515.2980](tel:517.515.2980)

[info@naehonline.org](mailto:info@naehonline.org)

**NOTES:**

1. As a result of your support, your business name WILL be mentioned throughout the conference as we will thank our Ray 2 and Ray 3 sponsors by highlighting their business between speakers or before an event change.
2. As you are using your logo and business name as part of this donation, it is considered advertising, which is a 100% business write-off for tax purposes.
3. The deadline for contributing a sponsorship is March 31, 2017.
4. You will need to provide 150 business cards (and promotional materials if Ray 2 or Ray 3 sponsor) in advance of conference for us to fill the totes as we register attendees.
5. Some of the extras that your sponsorship will help to purchase are: the addition of our wine/sparkling juice night, funding for a new video camera that we hope to record parts of conference with, and additional resources to help us build more conference material.

As always, thank you so much to everyone that helps to make Conference a success in many different ways. We appreciate it! We look forward to learning more about each other's work.

## NAEH News

### NAEH Administrator - New Position

This new position was created in November 2016 when Trisha Porter, the Membership liaison person in Bonita Springs, Florida resigned. The Steering Committee decided it was time to focus on growth. The new paid position of NAEH Administrator is very important to our growth as a young organization.

The Administrator duties include:

Responding to questions of members/non-members whether by email, text, telephone, or personal

Works actively with the Membership Committee and Steering Committee

Works with the Treasurer and Steering Committee to prepare a yearly budget as well as monthly statements

What this means to you is a responsive and responsible NAEH organization that is prepared to interact promptly with you personally, and as a group. The NAEH office is located solely in Okemos, Michigan.

Our new NAEH Administrator is Ms. Anshu Varma of Okemos, Michigan. Anshu is very familiar with the working of the NAEH as she was instrumental in getting it re-started in 2009-2011 and knows many of you through the Esoteric Healing classes.

She currently is a CPA and works full-time for the state of Michigan. She has done much leadership work, prepared large-scale budgets, and organized conferences for the state of Michigan. She has also taken Esoteric Healing Levels 1- 8. We are very fortunate to have Anshu in this vital role as the NAEH Administrator!

Anshu can be contacted via website info: [www.naehonline.org](http://www.naehonline.org)  
517-515-2980 — [info@naehonline.org](mailto:info@naehonline.org)

### **Address Change**

*As a member, if you have moved or changed your phone number or email address, please email the Administrator at [info@naehonline.org](mailto:info@naehonline.org) and provide their updated information*

### **Certification Program**

If you are considering applying for certification as a Certified Practitioner of Esoteric Healing and have questions, you may contact Bonnie Dysinger, CPEH by email at [bonnie@gtheal.com](mailto:bonnie@gtheal.com) or by phone at 517-281-1706 PST.

Our Certification Committee members are all Certified Practitioners of Esoteric Healing: Barbara Briner, Bonnie Dysinger, Constance McCloy, Fran Oppenheimer, and Alisa Petruzzi.

## *NFEH News*

The National Foundation for Esoteric Healing is seeking practitioners to lead research projects, and/or gauging interest of our membership to serve as treaters in projects that others are leading. We are also interested in learning more about esoteric healing treatments that you are documenting.

In anticipation of the April NAEH conference, we'd like to hear from you as we pull together presentations that demonstrate the effectiveness and application of EH and its affect on wellness and healing.

Please also rate us to raise the profile of the organization:  
<http://greatnonprofits.org/org/national-foundation-for-esoteric-healing>



National Foundation  
for Esoteric Healing

P.O. Box 1504  
East Lansing, MI 48826  
[researchnfeh.org](http://researchnfeh.org)

### *Fran's Facts:*

*by Fran Oppenheimer RN, LMT, CPEH*

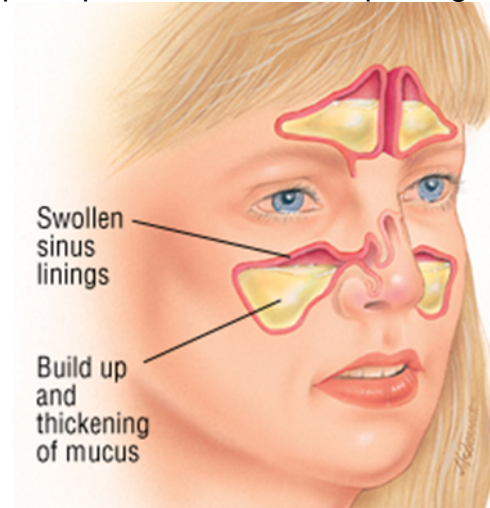
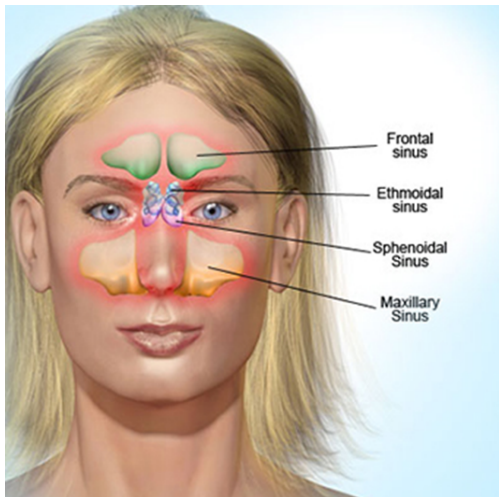
As Esoteric Healing facilitators we will inevitably come in contact with people who have various disease processes or conditions. Although we do not treat or diagnose these conditions, it is in the best interest of both the client and us to be familiar with some of these ailments.

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 Sinusitis:**

Sinusitis or sinus infection is an inflammation or swelling of the air cavities within the passages of the nose and face called sinuses. This condition affects 35 million Americans at least once each year. Sinusitis may be caused by the common cold, small growths within the lining of the nose called nasal polyps, infection, allergies, and chemical or particulate irritation of the sinuses. Smoking or second hand smoke is a well-known risk factor for the development of sinusitis. Once the lining of the sinuses is irritated it becomes swollen and the passageways that normally allow the sinuses to drain become blocked. As fluid accumulates in the sinuses it puts uncomfortable pressure on the sinus cavities and can become infected.

Sinusitis usually starts with cold-like symptoms such as a runny, stuffy nose and facial pain. This may start suddenly and can last 2 - 4 weeks. Sinusitis can also be a more long lasting condition lasting up to 12 weeks or it can become a chronic condition lasting more than 12 weeks. Sinusitis is not generally contagious but good hand washing can help to prevent illness. Common symptoms of sinusitis are facial tenderness, facial pain or pressure, stuffy nose, loss of smell, and cough or congestion. Sinusitis can also lead to fever, headache, discolored nasal drainage, postnasal drip/drainage, bad breath, tooth pain and fatigue. Western medical treatment includes decongestants; saline nasal washes, inhaling steam via a vaporizer or pan of warm water and antibiotics. Warm compresses to the face can ease nasal and sinus pain. In some cases surgical intervention may be needed to open up the blocked sinus passageways.



**Metaphysical possibilities -**

Author Louise L. Hay (Heal Your Body) suggests that there is irritation toward someone who is close to the person and that harmony needs to be reestablished. Dr. Christine Page (Frontiers of Health) states on page 201-2, “Whenever there are sinus problems, I believe that grief and the fear of letting go are involved, even though there may be infective or allergic factors. In my experience, sinusitis is more common after suppression of tears and anger and is often accompanied by a sore throat.”

It is important to pay attention to the clues that the body is giving us. Sinuses are also associated with the Ajna center and the basic need here is vision, clarity and balance.

**Esoteric Healing considerations -**

In addition to assessing the entire energy system for areas of restriction and imbalance and treating accordingly, some specific treatment related to sinusitis would be:

- Sinus triangles: Ajna + sinus points; Ajna + specific sinus minors (maxillary, frontal, ethmoid)
- Sinus sweep: Ajna + sweep each sinus in toward nose
- Respiratory system treatment with all related triangles
- Lymphatic system treatment: supports a healthy immune system; moves stagnant fluids
- Chest triangle: HC + chest (breast) minors; good for grief
- HC + Vagus point
- Vagus triangle: Ajna + Alta + Vagus point
- Thymus triangle: HC + Thymus minor
- Immune system triangle(s): HC + Thymus minor + Bone marrow (hips)
- Allergy triangle: Vagus point + Adrenal minors
- Eye triangle: Ajna + eye minors
- Ear triangle: TC + ear minors; Ajna + ear minors

- Fear and Courage triangles: BC + Fear points; BC + Knee minors
- Grounding triangles: SC + Hip/Knee/Feet minors or Top to bottom grounding triangles



To make office visits more fun, Dr. Storm liked to deliver his diagnoses by playing charades.

*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.*

## Links

### Edgar Cayce and The Association for Research & Enlightenment

<http://www.edgarcayce.org/content/the-readings/health-and-wellness/holistic-health-database/overview-of-sinusitis/>

### The Meaning Behind Sinus Infections

<http://www.awakeningspirit.com/sinusitis/>

<http://azizahnubiamaat.blogspot.com/2011/10/sinuses-getting-down-to-cause.html>



## *Solar Plexus Savories*

### **VEGETARIAN PECAN BALLS**

#### ***Ingredients:***

- 4 eggs
- 1 cup grated cheddar cheese
- 1/2 cup cottage cheese
- 1/2 cup finely chopped onion
- 1 cup finely chopped pecans
- 1 tsp. dried basil
- 1 1/2 tsp. sage
- 1 tsp. dried oregano
- 2 cups of breadcrumbs

Note: I increased the nuts and cottage cheese each by 1/4 cup  
I decreased cheddar cheese by 1/4 cup

#### ***Preparation of Pecan Balls:***

Preheat oven to 350 F. Combine all ingredients listed above in a large bowl. Form into 1" balls and place, with space between, in a greased 9 x 13 glass baking dish.

Note:

Can be prepared in a food processor.

I suspect that you could make a nut loaf out of this mixture rather than shaping into balls.

#### ***Sauce:***

- 1/4 cup of canola oil
- 1/4 cup white vinegar
- 3/4 cup apricot jam
- 1-cup ketchup
- 1/4 minced onion
- 1 tsp. oregano

Note: I added 1-2 grated carrots to my sauce

Preparation of sauce:

Combine sauce ingredients in a medium bowl (or food processor) and mix well

Assembly & Baking:

Pour sauce mixture over pecan balls and bake 30-40 min.

Total cooking time is 30-40 min.

Serves 8

THE CHRISTINE CENTER COOKBOOK



**Please send in your typed, favorite recipes and we will create an NAEH recipe book. Yummy!**

## *NAEH Member Blog*

Please take time to enjoy our featured NAEH member's blog.  
Thank you Stephanie!

<http://wildnatureofny.com>  
Stephanie Urdang

## *Ask Auntie Karana*

**Q:** In the past year, I have had three separate clients come to me believing they are being attacked in the night. Upon further questioning, two of them thought it was a curse put on them by someone.

I do a treatment and they feel better, but this has not stopped the attacks. One person woke up with a claw mark near her shoulder. I have taught them how to align and attune to Spirit and also how to ground and shield. This had not stopped the attacks in the night. Any Advice?

**A:** What they're describing could be psychological, a neurotransmitter issue, hormonal or other physical imbalances, sensitivities, anxiety in a stressful time, both personally and globally, or a history of trauma. Medical and psychological evaluations are important, especially if the EH treatment brings relief but they continue having the nightmares.



These clients need help with reframing the thought form. Avoiding feeding the fears is imperative. Ask what they think is attacking them; if it is familiar, and if so, is the curse from someone they know. Ask if they are in counseling, both psychological and spiritual. Suggest that a talented psychic could clarify whether it is a health related issue, consciousness or negative energy. All these questions and suggestions may help put a new light on their experience.

If any or all these clients are women of a certain age, know that to some, hot flashes feel like a curse, and could even cause scratching themselves in the night. The liver influences the amount of severity in menopause: a clean and balanced liver usually means less hormonal drama.

Add the Glamour points (for positive use of emotional body) and Illusion triangle (healthy thinking) to the treatments. Work on fear/courage points. Meditation is important, clean living, and as you mentioned, aligning with Spirit. When a practitioner feels something off or foreign in a person's field, call in the light and state that all but light must leave.

**Q:** In Esoteric Healing we are taught that there is one soul created from the monad, and we strive to become a soul infused personality, guided and directed by soul impulse.

There is an energy healing modality in our community that is teaching people how to go in and assess how many souls a person has and the value of those souls for the person. Then the practitioner is removing the depressed souls or the souls that are no longer of value to the client.

How do you suggest we talk with clients who believe in the multiple soul concepts? What are some AAB references to study for my own use and understanding?

**A:** There are many systems out there. If a client tunes inside and examines which modalities are aligned with their needs, trust the merit of their choices. It may not be aligned with what Esoteric Healers think about living a single soul infused life, but it's possible they are clearing trauma or issues they have not yet looked at. The multiple soul philosophy might even serve them to move toward integration.

In any case, whether they are conscious of their needs and choices or not, state that you are not familiar with what they're doing. Explain briefly how Esoteric Healing views the soul as the healer of the form. In treatment, include the emotional and mental bodies and connecting to Spirit. When you practice according to the will of their soul, they will be your guides as to how much to explain. Let them find their way.

For references, Alice Bailey's books, *The Soul and Its Mechanism*, and *The Light of the Soul*, are good references, as are the writings on the soul in *Esoteric Healing*.

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.

## *Esoteric Healing Study/Practice Group*

### **Naples, Florida**

Esoteric Healing practice group meets the 1st & 3rd Monday of each month, 7 – 8:30 PM

Contact Maria Hubbuch, CPEH at [mariahubbuch@aol.com](mailto:mariahubbuch@aol.com)

### **Benicia, California**

Esoteric Healing practice group meets the 4th Tuesday of each month with Bonnie Dysinger.

For details email [bonnie@gtheal.com](mailto:bonnie@gtheal.com) or call 517-281-1706.

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

*Dr. Barbara Briner, Susan Bertrand, Christine Dawson, Catherine Finigan, Lori Settersten, Stephanie Urdang and Mary Anne Walker*



**OM PEACE BLISS AMEN**