



# *Lifestream*

*NAEH Newsletter*

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The New Age is. We have already entered into it, and its meaning is simply this: that new energies and forces are impacting upon the mass consciousness and its many forms of expression, which, as they impact, produce a condition of instability within the consciousness, the form, and hence the world of affairs.

This means that humanity stands at the crossroads, the forked path of decision, with the responsibility as the Planetary throat center, of making those decisions which will manifest God's plan on earth during this New Age.

If the higher spiritual values are to be worked out in human affairs, if the path of return is to be taken which leads back to God, and if The Christ is to make His Reappearance during this cycle, it will have been because humanity seized the opportunity to build into this transitory period the mold of the long—awaited Golden Age.

**"The Nature of The Soul"**  
***Lucille Cedercrans***

## *Message from the President*



Carolyn Rose Frost  
NAEH President 2016-2018

In April I am coming to the close of my term as your President and I would like to thank you all for giving me the opportunity to serve.

During these last two years the Past-President along with the Board of Directors (formerly Steering Committee) have provided me with support and through their encouragement made this a very enjoyable experience for me.

It has been a busy time with many changes and growth within the NAEH. These changes will be discussed further at the membership meeting to be held at our Annual Conference, April 21<sup>st</sup>, 2018, in Okemos, MI. I invite you all to attend!

I believe the future of the NAEH will be in good hands as I pass the gavel to our President-Elect, Frances Oppenheimer. I look forward to working with Fran to make the transition as smooth as possible.

I'll leave you with one of my favorite Richard Bach quotes:

*"Don't be dismayed by good-byes. A farewell is necessary before you can meet again. And meeting again, after moments or lifetimes, is certain for those who are friends."*

Wishing you all blessings for a joyous Spring filled with Love and new beginnings.

Namasté

Carolyn Rose Frost  
NAEH President 2016-2018



**SHOW YOUR SUPPORT**

# Annual Conference

Join us for the annual conference and business meeting in Okemos, Michigan.

Register online at [www.naehonline.org](http://www.naehonline.org) under the "Conference" tab.

## *NAEH News*

### BOARD OF DIRECTORS NOMINATIONS FOR 2018

The function of the Board of Directors (formerly the Steering Committee) is to decide policy and pathways for the development of the NAEH. This Board oversees the activities and processes of all other NAEH Committees, its members are elected from the general membership and it is composed of the president, president-elect, immediate past-president and a varying number of general members. Each member serves a term of 2 years with an option to run for reelection.



**Kendra Moore, LMT, CST, CPEH**

Kendra Moore is the Owner of Energy Balancing LLC; she is a Licensed Massage Therapist (LMT), Craniosacral Therapist (CST), and Certified Practitioner for Energy Healing (CPEH) with the International Network for Energy Healing. Kendra started her journey in Alternative and Holistic Health in 1993. After working 20+ years in finance, she moved into full-time employment offering; Massage, Energy Healing and Biofeedback in 2007. She opened her own Wellness Center, “Energy Balancing, LLC” in 2016.

**Chuck Pisa , BS, LMBT, LMT, CPEH**

Chuck Pisa is an Esoteric Healing and massage therapist currently practicing in Brevard, NC and Sarasota, FL. After his own dramatic recovery from a life-threatening illness with the help of Esoteric Healing, Chuck undertook EH training and has completed Levels 1-8, holding Board Certifications in both Esoteric Healing (NAEH) and Therapeutic Massage & Bodywork (NCBTMB). Also a Certified Nutraceutical Consultant, Chuck is dedicated to helping others on their journeys from illness to health, which also includes teaching classes on energy therapies, esoteric studies, esoteric astrology (astronomy) and The Ageless Wisdom. As an amateur astronomer, Chuck has worked for 35 years in consultancy and sale of astronomical equipment to amateurs, professionals and educational institutions around the world. He is currently Executive President of Olivon USA, a sales and marketing company importing binoculars, telescopes and astronomical accessories. Chuck can be reached at [ChuckPisa.com](http://ChuckPisa.com) and [OlivonUSA.com](http://OlivonUSA.com).





**Shauna Edmonds, LMT, CPEH**

I have served on the Steering Committee / Board of Directors for the past two years. I would like the opportunity to continue this service giving my passion as an Esoteric Healer and desire for the NAEH to continue its work for the betterment and education for all Esoteric Healers. I also serve on the Teachers and Education Committees. Have been a licensed Massage Therapist for over 27 years and an Esoteric Healing practitioner for 15 years. I own my own business in Dallas, Texas and contract with Specialized Therapies helping severely disabled children. Thank you for your consideration

### **Gabrielle Frampton**

Why I would like to serve on the NAEH Board of Directors: I am an Attorney, aspiring aquaponics farmer, NAEH member and student of Esoteric Healing. I was retained after the 2017 Annual Conference to help the NAEH become a nonprofit corporation and currently serve on the NAEH Board of Directors (BOD) as an Ex Officio Member. Being newly incorporated, the NAEH BOD must now create a strong organizational structure and best business practices to ensure that the NAEH can thrive and grow into the future. I believe my background can benefit the NAEH and it would be my privilege to serve on the BOD.



**Constance McCloy, EdD, PT, CPEH**

Constance McCloy has enjoyed an active practice of Esoteric Healing for both people and animals since 2001. She earned her NAEH practitioner certification in 2013, and currently serves on the NAEH Board of Directors, Certification, Teacher and Education committees. Constance is an INEH-certified teacher of Esoteric Healing, providing classes in California, Colorado and Indiana.

A physical therapist and university administrator/educator for several decades, Constance has also owned a consulting business, "Hope Health Promotion," which provides assessment and treatment services for older adults wanting to age-in-place.

Constance McCloy has been involved with the NAEH since some of its initial "birthing meetings" and has consistently supported the association's mission to "serve practitioners of Esoteric Healing." She

considers it to be a privilege and a joy to be involved with this work, and would like to put her background to good use, contributing to the growth and development of the NAEH and ultimately bringing Esoteric Healing to more people across our planet.

## Barbara J. Briner, DO., CPEH

Dr. Briner is an osteopathic physician practicing Osteopathic Manipulative Medicine, Craniosacral Osteopathy and Energy Medicine. Dr. Briner is also a Clinical Professor of Osteopathic Manipulative Medicine at Michigan State University – College of Osteopathic Medicine. In 1989, Barb began teaching the Esoteric Healing courses. Including her medical practice, Barb has a teaching schedule of approximately 12 courses per year including Esoteric Healing and Cranio-Sacral Osteopathy. Barb serves on the Steering Committee, Certification Committee, Publications Committee, Membership Committee, and the conference Committee.



### *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 Crohn's disease and Ulcerative Colitis:**

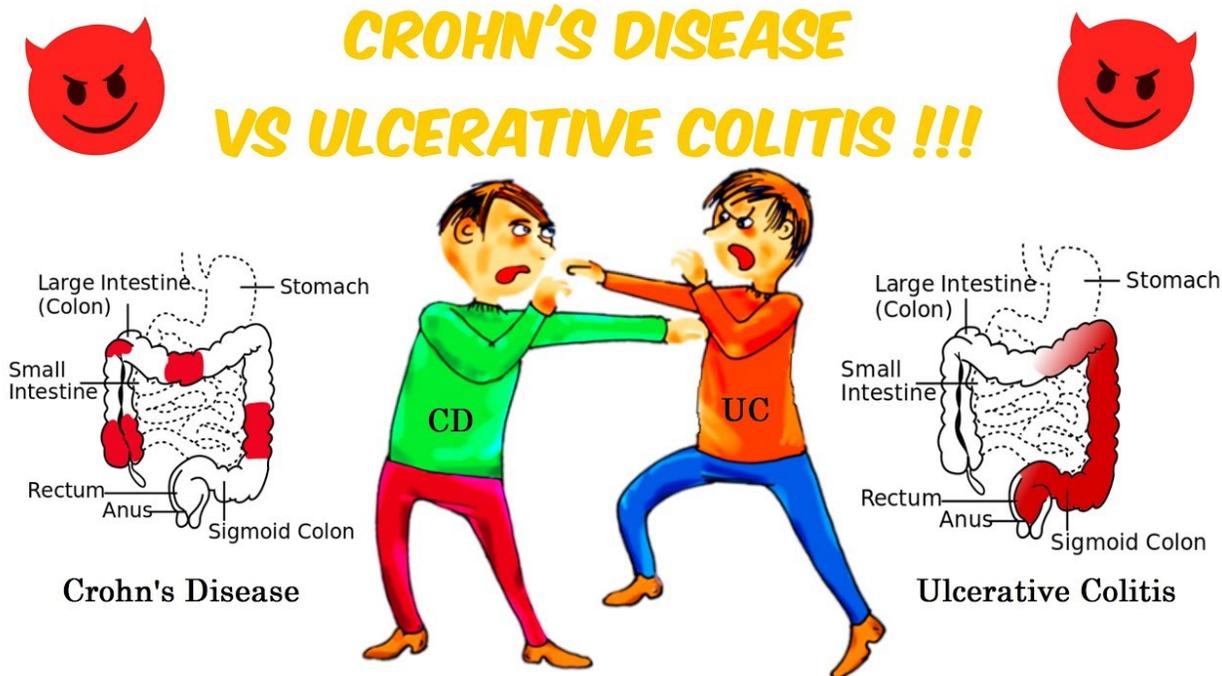
It is currently estimated that about 1 to 1.3 million people in the US suffer from some form of inflammatory bowel disease or IBD. Crohn's disease and ulcerative colitis are both forms of IBD. These conditions are more common in men than women and occur more frequently in people of Caucasian and Ashkenazic Jewish origin than in other racial and ethnic groups. Crohn's disease is a chronic inflammatory condition of the GI tract that most commonly affects the end of the small intestine and the colon but can affect the whole GI tract from mouth to anus. Ulcerative colitis is an autoimmune condition that only attacks the lining of the colon causing it to become inflamed and develop ulcers or small open sores. Both diseases are chronic conditions that can affect either men or women. Though doctors are unclear what causes either disease, researchers suspect genetic factors are involved in their onset. Correct diagnosis requires medical testing that is necessary for proper medical treatment and support.

#### **Crohn's disease and ulcerative colitis can have very similar symptoms:**

- abdominal pain or discomfort
- bloody stools; as many as 12 stools a day
- cramping
- constipation
- diarrhea
- fevers
- loss of appetite
- weight loss
- abnormal menstrual cycles in women
- anemia from losing blood in stool

Some of the differences between Crohn's disease and ulcerative colitis are:

Crohn's disease	Ulcerative colitis
Inflammation may develop anywhere in the GI tract from the mouth to the anus	Limited to the large intestine (colon and rectum)
Most commonly occurs at the end of the small intestine	Occurs in the rectum and colon, involving a part or the entire colon
May appear in patches	Appears in a continuous pattern
May extend through the entire thickness of the bowel wall	Inflammation occurs in the innermost lining of the intestine
About 67% of people in remission will have at least 1 relapse over the next 5 years	About 30% of people in remission will experience a relapse in the next year.



**Metaphysical considerations:**

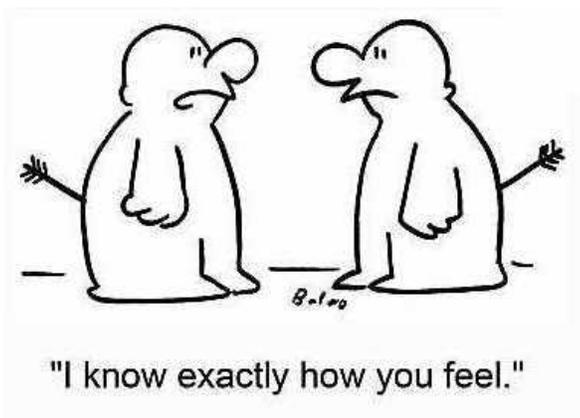
While it is very important for people with inflammatory bowel disease to be under the care of a doctor there is still much to be gained from examining the mental, emotional and metaphysical possibilities related to these conditions. In her book, *Heal Your Body*, Louise Hay says that conditions related to the bowel represent the need to release waste on inner as well as outer levels. She states that these conditions could be related to the fear of letting go of what is old, outdated and no longer needed. In the book *Frontiers of Health* by Dr. Christine Page, she states that from a psychological point of view people who suffer from ulcerative colitis are sensitive, creative and intuitive that are often perfectionists with a pronounced fear of failure and criticism. Their family background has frequently been strict and controlling leading to deep seated resentment. In the case of Crohn's disease, Dr. Page states that these people are often perfectionists, fastidious (especially about cleanliness), goal oriented and determined to "get it right"! Fear is less of an issue than in colitis but this is replaced by a self-sacrificing nature that denies love in deference to high ideals. Anger and resentment is bottled up inside.

**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 IBD might be:

- Treating all relevant triangles and systems at all levels; especially emotional
- Colon triangles
- Pancreas triangle
- Solar plexus + solar plexus minor
- Vagus triangle and other triangles and minors related to the Vagus nerve
- GI system sweep at all levels
- Nervous system treatment
- Immune system triangle and treatments
- Bone marrow triangles; especially in cases of anemia
- Pleasure point triangle (dutiful living)
- Emotional and mental body treatments
- Fear and courage triangles
- Shock triangle
- Voice triangle
- Lymphatic system treatment
- Grounding triangles

Try adding the appropriate Ray for the center used to amplify the energy of the triangle.



*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.

The next ethics statement I would like to address is “I shall refrain from giving medical advice or a medical diagnosis unless duly licensed to do so. I will refer clients for medical care as appropriate.”

This one should be very clear and not even need to be mentioned. But, alas it does. I have had a number of clients who have asked for medical advice and have told them – sorry, I am not a licensed medical practitioner. Not only ethically but by law I am not allowed to dispense medical advice. For instance, I had a client with liver cancer and his doctor wanted him to try another chemo medication. He asked me if he should take it. I told him it was between him and his doctor. Now we do have our own opinion! But, my advice could be harmful.

Another client has been having blackouts. This is not due to alcohol – there is another explanation. Her energy flow has been slowly decreasing over the past few years. I will bypass the case study for this article but suffice it to say, I am concerned she has become hypoglycemic or has even crossed into diabetes which I did not mention. I asked if she had thought about seeing a doctor. She said she had and would make an appointment this week. I asked her to get in touch with me when she gets the results and we can then proceed with future sessions with the doctors’ diagnosis.

We as practitioners of Esoteric Healing must be careful of how and what we say to our clients. It is vital we do not cross this line or we could lose all credibility that we have gained thus far. 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.”



## *Esoteric Stories*

*By Kathleen Hautala, BA, WLMT, RM, CPEH*

### **BALANCING RELATIONSHIPS WITH ESOTERIC HEALING**

Writing a brief Esoteric Healing success story was a lot more challenging than I thought! Trying to choose a story and keep it brief! So with that in mind I chose to report on “successes” I’ve had using the Balancing Relationships with Esoteric Healing protocol.

Client S had started a new job, her dream job as she described it. A few weeks into the job it became apparent to her that all was not as it seemed and she was quickly becoming dissatisfied. She came to me and asked if we could balance the relationship with her boss and co-workers. I reminded her that we do not put an outcome or set an intention when balancing relationships but rather, surrender to the idea that the relationship will be balanced for the highest and best for all concerned. And sometimes the highest and best outcome is for a relationship to end. She agreed having done this many times with me before. Following the balancing Client S reported feeling calmer. Three months later I got a call from Client S stating she had been fired from her dream job two days after we had done the balancing. One week after her firing she got hired at a new job that she loved, was able to use her talents and felt she was thriving at. She thanked me for helping to move the energy around the dream job.

Client K had transferred to a new department and was “locked in” for six months. The training was sparse, the work intense, learning curve and stress levels high. Stressed and miserable he came to me asking for a balancing for his job. Again, I explained the risk, but he was so unhappy that he was willing to go for it, whatever the outcome. We did the balancing on a Saturday and Client K reported when he returned to work on Monday the energy had shifted so much that he was able to function and felt a lot better mentally and emotionally in the work environment. He also stated he wasn’t sure whether it was him that had shifted or the rest of the department, and it didn’t matter to him because something had changed and the work environment had become much more tolerable.

Esoteric healing creates the conditions for energy to flow by shifting blockages in any of our bodies to restore harmony to our field and thus our life. Esoteric Healing never fails to amaze and surprise me through its powerful ability to bring balance and healing at the Soul level whether we desire or like the outcome. We get exactly what is needed for our growth.

This simple and fast balance is powerful and can be used for anything which we have relationship with, animate or inanimate, with a few differences from the way we would normally balance another person and in regards to permission.

1. This balance is meant to be a balance only, so there is no treating or relating findings as our intention is to balance for the highest and best of all parties concerned.
2. Please note Number 5 under CAA as you will connect to the Soul light of the *relationship* between the parties as opposed to connecting to the Soul light of just one person. I like to imagine an “amoeba” body as the “body” created by the relationship.
3. If you are part of the relationship, you automatically have permission to balance the relationship. Otherwise one of the parties must ask for your assistance and even then it must still be a Soul’s request.

## BALANCING RELATIONSHIPS WITH ESOTERIC HEALING

Begin with center, align and attune:

- 1) My Heart to my Soul Light, monad, Source
- 2) My Heart to my Ajna
- 3) My Soul Light to my Ajna
- 4) My Ajna to my hands
- 5) **My Soul Light to the Soul Light of my/the *relationship* with \_\_\_\_\_.**
- 6) To the Oversoul
- 7) "I ask that this treatment and subsequent Healing be in accordance with the will of the Soul of the *relationship* with \_\_\_\_\_.
- 8) Sense if you have permission.

Balance the centers. You may balance each center at all the levels.

Balance the Pairs.

Sweep the energy field from bottom to top and ask for a blessing for the relationship that it may be healed for the highest and best for all concerned.

### *Ask Auntie Karana*

**Q:** I have a client with a serious, degenerative eye condition who requested to see me every week. Is it possible to treat someone too frequently with Esoteric Healing?

**A:** On a daily basis, stress and other influences, like degenerative diseases, interfere with a client's balance and homeostasis. Since Esoteric Healing can have an immediate effect, or the balance and energy can build over seventy-two hours, either way, once a week is not excessive.

However, in aligning and attuning, make sure you are in a deep state and as you connect to source, you are practicing inner listening. If it's too much energy or too frequent, it will be clear that her body, mind soul have had enough. If the will of her soul says, 'yes', as long as she feels it's helpful, trust that you are doing the right thing. Unless her behavior toward your work is addictive, or she isn't doing her part in taking care of herself between sessions, let her be the guide on the frequency of sessions.

**Q:** Can I do Esoteric Healing on a person with a pacemaker?

**A:** Because Auntie doesn't have direct experience regarding this question, after an hour of totally unproductive research, I consulted our venerable teacher, Dr. Briner. Barb has performed EH on people with pacemakers and reported that the device affects the etheric body, and EH doesn't affect its function.

As in the first answer of today's column, always make certain your AAWOS is performed with deep listening and focus. Proceed gently with the words "heal all dis-ease" in mind.



Thanks to the contributors for the questions. If there are more, please put them on our website and Auntie will do her best to answer them.

*Answers written by Stephanie Urdang.*

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

### **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@gtheal.com](mailto:bonnie@gtheal.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.

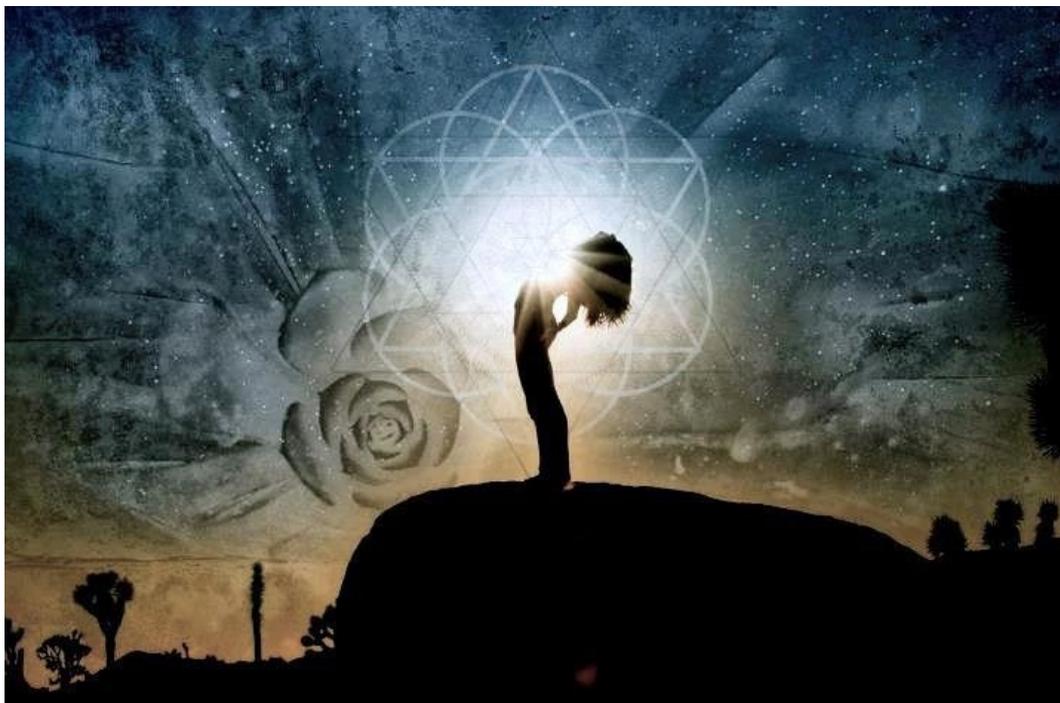
### **Naples, Florida**

Esoteric Healing practice group meets the 1st & 3rd Monday of each month, (beginning the 3<sup>rd</sup> Monday in January) from 7 pm to 8:30 PM.

Contact Katie Mulligan, CPEH at [katiemulligan@gmail.com](mailto:katiemulligan@gmail.com) for the location.

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

*Dr. Barbara Briner, Christine Dawson, Catherine Finigan, Fran Oppenheimer, Lori Settersten, Stephanie Urdang*



**OM PEACE BLISS AMEN**