



Lifestream

NAEH Newsletter

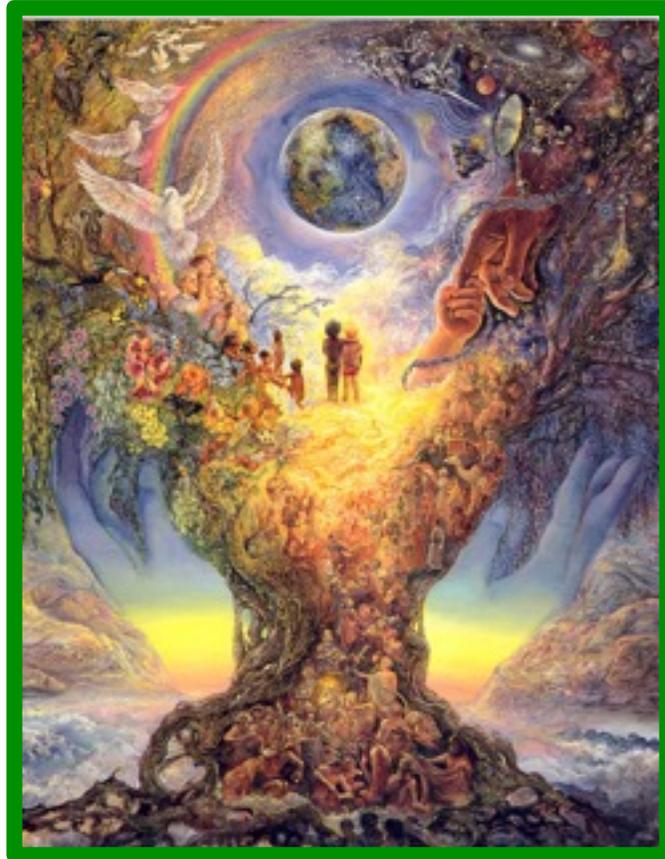
Volume XX Issue 5
December 2020

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The world is one world and its sufferings are one; humanity is in truth a unity, but many are still unaware of this and the whole trend of the present teaching is directed to the awakening of humanity to this while there is yet time to avert still more serious conditions. The sins of humanity are also one. Its goal is one and it is as one great human family that we must emerge into the future. I would emphasize this thought: it is as one humanity, chastened, disciplined but illumined and fused, that we must emerge into the future.

Alice A. Bailey, DESTINY OF THE NATIONS



Message from the President



As we come to the end of 2020 to enter 2021, we see so much evidence that we “live in interesting times.” We are viewing the deconstruction of old societal and other forms, while also beginning to notice the vacuum and space for new ones. Transitions such as this are rarely easy. We are fortunate that Esoteric Healing and the Ageless Wisdom provide us a foundation of support that we can use to help ourselves and support others navigate these difficult waters that our planet is in right now.

The NAEH is also experiencing transitions, as many volunteers have been working hard to support EH practitioners and teachers in new and different ways:

- MemberClicks data base has been purchased, and volunteers (plus Suzie Taylor-Hendges) have been busily transferring the NAEH databases and creating the new NAEH website which will be launched soon.
- The Certification Committee has been mentoring candidates through completion of their case studies and into the writing of their papers and presentations. New this year, the committee will provide an in-service for the candidates that addresses the Code of Ethics for Certified Practitioners of Esoteric Healing. Another “first” is that a new software (Classmarker) will be used to administer the written certification test “virtually.”
- The Scope of Practice Task Force has been working to address the “law of the land” as it relates to the use of legal language and the creation of disclaimers and consent forms for the NAEH website and other publications. Volunteers on this task force have also created an extensive Glossary of Terms, which will be placed on the NAEH website to help public visitors more easily understand EH terms and processes.
- SAVE THE DATE! The 2021 NAEH E-Conference is scheduled to take place April 17, 2021 followed by the NAEH Business Meeting on April 18. Volunteers on the Conference Committee meditated to receive the themes and title of the conference: “Pathways to the Soul: Service”. Topics/meditations/practicals will focus on personality integration as service; service to the Kingdoms; preparation for 2025 as it relates to the NGWS and the Hierarchy. An additional conference is being planned for 2021, to which the public will be invited (in fulfillment of NAEH’s 501c3 status requirement).
- Teacher Training continues as Jen Wolffis and Chris Geith start working on EH Part 3 assignments. Please hold them in the Light as they begin to teach their Part 1 classes independently!
- The NAEH Research Group recently held its first meeting. Starting off with the Angel of Courage, this diverse group began to identify gifts and strengths, as well as topics of research that they are curious about. The Research Group will continue to meet once a month and will ultimately create a research plan.
- NAEH Winter Solstice Silent Meditation gathering is scheduled to take place on December 20 at 8:00-11:00 PM Eastern Time. Flyer has been sent out with the Zoom link.

Returning to the issue of transitions, we are entering into wintertime, and Winter Solstice may help us with our individual and collective transitions. At this time of the year, the light of the Sun begins a new cycle. The Sun's rays penetrate into the dark, to nurture that which is buried there, seeds of Life to be born and later cultivated. Solstice is a resting and receiving time, needed and restorative, bringing hope. In closing, may you and your loved ones be blessed with restorative rest, good health, feelings of connectedness and a knowing that you are loved. Much Light is waiting to be born.

Blessings and be well,
Constance McCloy
NAEH President, 2020-2022

NAEH Conference

SAVE THE DATE! The 2021 NAEH E-Conference is scheduled to take place April 17, 2021 followed by the NAEH Business Meeting on April 18. Volunteers on the Conference Committee meditated to receive the themes and title of the conference: "Pathways to the Soul: Service". Topics/meditations/practicals will focus on personality integration as service; service to the Kingdoms; preparation for 2025 as it relates to the NGWS and the Hierarchy. An additional conference is being planned for 2021, to which the public will be invited (in fulfillment of NAEH's 501c3 status requirement).

September 2020 Conference Videos have been emailed to all September conference attendees and NAEH Members.

If you did not receive your email with the video links, please contact Suzie at our NAEH office. Phone 517-898-0271 or email info@naehonline.org.

NAEH News

Coming Soon – our new NAEH Membership Database!

Watch your email for an announcement from the NAEH! We are getting close to the finish line in launching our membership database that was announced in the September newsletter. NAEH members, once we are live, we would like for you to login to your profile and update your information. We will be providing more detailed information with that email.



Bonnie Dysinger



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 the Esoteric Healing facilitator 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 COVID – 19:

On December 31, 2019, a strange new pneumonia of unknown cause was reported to the Chinese World Health Organization (WHO) Country Office. A cluster of these cases originally appeared in Wuhan, a city in the Hubei Province of China. After investigation, these infections were found to be caused by a new coronavirus which was given the name “2019 novel coronavirus” (2019-nCoV). A “novel” coronavirus means that it is a new coronavirus that has not been previously identified in humans. This means it is different from coronaviruses that cause the common cold, and those that caused Severe Acute Respiratory Syndrome (SARS) in 2002 and Middle East Respiratory Syndrome (MERS) in 2012. Like, SARS and MERS, the novel coronavirus is a zoonotic disease. The definition of a zoonotic disease is one that begins in animals and is transmitted from animals to people. The virus was later renamed “Severe Acute Respiratory Syndrome Coronavirus 2,” or SARS-CoV2, by the International Committee on Taxonomy of Viruses on February 11, 2020. It was named SARS-CoV2 because it was discovered that the virus is a genetic cousin of the coronavirus which caused the original SARS outbreak in 2002 (SARS-CoV). Unofficially the virus is sometimes called “the COVID-19 virus.”

COVID-19 is the name given by the World Health Organization (WHO) on February 11, 2020 for the disease caused by the novel coronavirus SARS-CoV2. COVID-19 started in Wuhan, China in late 2019 and has since spread worldwide. COVID-19 is an acronym that stands for **C**ORONA**V**IRUS **D**ISEASE OF **2019**.

Coronaviruses are common human and animal viruses. They were first discovered in domestic poultry in the 1930s. In animals, coronaviruses cause a range of respiratory, gastrointestinal, liver, and neurologic diseases.

Only seven coronaviruses are known to cause disease in humans:

- Four human coronaviruses cause symptoms of the “common cold.”
- Three human coronaviruses cause much more serious infections: SARS-CoV in 2002 (severe acute respiratory syndrome or “SARS”), MERS-CoV in 2012 (Middle East respiratory syndrome or “MERS”), and SARS-CoV2 (the current pandemic known as COVID-19).

At this time the SARS-CoV2 virus is causing a global pandemic. A pandemic is defined as an epidemic occurring worldwide, crossing international boundaries and affecting a large number of people. This virus is transmitted primarily by the air in the form of droplets and aerosols from the lungs of infected people when they cough, sneeze, talk or breathe. Transmission occurs in three main ways. First, contact transmission, where someone comes into direct contact with an infected person

or touches a surface that has been contaminated. Second, through droplet transmission of both large and small respiratory droplets that contain the virus, which would occur when near (within 6 to 8 feet) an infected person. Third, through airborne transmission of smaller droplets and particles (aerosols) that are suspended in the air over much longer distances and time than droplet transmission. Aerosols can stay suspended in the air for many hours and their movement is dependent on currents within the air.

Transmission can occur before someone has symptoms, so prevention is the most important tool that we have. Wearing cloth or surgical masks can significantly protect from SARS-CoV2 by capturing droplets and aerosolized vapor. While this protection is greatest for those other than the one wearing a mask, recent research has shown that masks also offer some protection to the wearer. Frequent hand washing, not touching the eyes, nose or mouth and social distancing are also important ways to stay safer while the SARS-CoV2 virus is a threat.

The main concern with a SARS-CoV2 infection (COVID-19) is that while many people may be asymptomatic or have mild to moderate symptoms, a small percentage of infected people go on to develop serious, life threatening complications from COVID-19.

COVID-19 symptoms may include:

- Cough
- Fever or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Sore throat
- New loss of taste or smell
- Diarrhea
- Headache
- New fatigue
- Nausea or vomiting
- Congestion or runny nose

In severe cases, COVID-19 infection can lead to serious respiratory disease or failure, kidney failure, heart issues, neurological problems, a runaway immune system response called a cytokine storm, blood clots and even death. A percentage of people who have had COVID – 19 continue to have compromised health even though they no longer have the virus.

Some factors that increase the risk of developing serious COVID-19 are cancer, diabetes, high blood pressure, obesity, immune system compromise, pregnancy, smoking, heart disease and lung disease.

Medical treatment for mild to moderate COVID-19 involves supportive measures which are those that relieve symptoms, such as lowering fever and providing oxygen. Severe cases require hospitalization, respiratory support and possibly mechanical ventilation, as well as various drug therapies, many of which are still in the experimental stage. At this time there are no specific drug therapies for COVID-19 although research is ongoing.

As Esoteric Healing facilitators, we have an opportunity to learn as much as we can about COVID-19 and the complications that it may cause. With almost 14 million cases to date in the United States alone there is a high likelihood that someone affected by COVID – 19 may seek an Esoteric Healing session.

While Esoteric Healing practitioners do not diagnose or treat disease, energy healing sessions can be a wonderful way to support the body's ability to regain balance and the energy needed for the healing process. Once blockages and restrictions within the energy field are brought to balance and improved flow, the body is then able to use the improved quality and flow of energy for healing and repair.

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 COVID - 19 might be:

- A thorough intake that includes the client's prior health issues. When someone has a prior weakness in a particular part of the body or body system this may be an area that is more severely affected by the virus.
- All immune system triangles including the Thymus triangle with special focus on the concept of **balance**. In COVID the immune system can become very unbalanced and even overactive, producing a harmful effect on the body called a cytokine storm.
- Lymphatic system including the lymphatics of the brain (glymphatics).
- All heart center triangles and the circulatory system of the heart organ.
- Circulatory system with special focus on the inner lining of the blood vessels as this can become inflamed from COVID.
- Respiratory system triangles and sweeping.
- Sinus triangles.
- GI system triangles and sweeping.
- Esoteric neurocranial protocol including focus on the cranial nerves. The Olfactory nerve is frequently affected by COVID.
- All triangles that include the spleen.
- I, S, P protocol for all centers 1 through 12.
- Focusing on the relational energy field between the client and the virus from the client's side rather than focusing on the virus. With this focus in mind, assess and balance the client's energy field as you would usually do. You may find different patterns of energy held in this relational field.

As in all Esoteric Healing sessions, address what you find as the energy systems of the body are an integrated whole. The patterns and answers will reveal themselves when we go in as objective facilitators.



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



My friend has COVID-19 and is struggling. What is the best protocol to help them recover?

In my experience, it is best practice to focus on two things when you are doing an Esoteric Healing session with a person who has COVID. One aspect of the session should focus on the energy field that represents your friend's part of the relationship that exists with the COVID. Be sure to only address the relational energy field that represents your friend's part of the relationship with COVID (not COVID's part nor the relationship in its entirety). The second aspect of the session would address your friend's general etheric body.

In this session, first clear off any extraneous energy that you find in each of these fields, followed by a streamlined focus on each, balancing outflow points to each chakra center 1 -12. Then proceed with regular balancing of energy to each aspect: the regular field and the client's part of the COVID relational field, addressing what you find. It is often necessary to repeat this process daily or even more frequently, depending upon the severity of the COVID case. Offer sessions regularly until health is restored and COVID is no longer evident in your friend's part of the relational field.

Coral Thorsen, CPEH

There are a number of COVID-19 related issues that are showing up in individuals with this illness – do some research. What are the issues for this person? Are they having fatigue, heart issues, respiratory problems, or kidney involvement? In addition, obtain as much information from your friend regarding any pre-COVID-19 illness(es), if any. This could give you some insight about where to focus your assessment and balancing of energy.

Follow your Esoteric Healing training, including a careful assessment of the centers. Decide which is the most depleted center and assess the systems involved and balance the associated energies. Take good notes. You will want to continue balancing and sweeping your friend's energy in multiple sessions. Over time, you will probably find shifts in the centers to focus on and the systems that they affect. The more detailed you can be in your sessions, the better.

Shauna Edmonds, CPEH

Upcoming Changes for Auntie Karana



For the past 10 years, Stephanie Urdang has been our amazing Auntie Karana, answering numerous questions about Esoteric Healing processes and protocols in her wise and often humorous ways. Stephanie has recently decided it is time for her to step down and pass the baton to the next Auntie K.

The words “thank you” seem pretty small in relation to all of the time, research and effort she put into answering those Auntie K questions for the NAEH newsletter. But as readers of the Auntie K columns, we can all join together to tell Stephanie: **For all you are, and for all you've done, we raise all of our hands in gratitude to you.** Many thanks Stephanie for your you move into the next phase of your life.

Now, Stephanie didn't just drop the "K job." She also recommended and will work with Mary Kuskin to be the next Auntie Karana. Here's Mary's bio so that you can get to know a little bit about her:

Mary Kuskin, a native Montanan, attended Creighton University in Omaha NE where she earned her BS degree in Pharmacy. Her professional career began in San Francisco where she lived and worked for 7 years, first at the VA and then at Stanford University Medical Center. Her next move was to join the clinical oncology pharmacy team at Memorial Sloan Kettering in NYC. Her experience there led to accepting a position at Pfizer Pharmaceuticals which began a 28+ year journey in the pharmaceutical industry on the East coast as a regulatory affairs professional. Now living in Tucson AZ since the Spring of 2020, Mary has taken a break in her professional career to recharge and renew her interests in the outdoors, music and art.



Mary has been a student of Esoteric Healing for over 20 years, having completed levels 1-4 with Bern Bloom in New York and more recently retaking levels 3 and 4 with Martha Henry-McDonald and Steve Kramer in Massachusetts. Her passion and commitment are to support innovation and transformation in health care/wellness systems, taking advantage of the tremendous amount of energetic influence and change in the current evolving world.

Please welcome Mary Kuskin as our new Auntie Karana. Mary, we look forward to reading those Auntie K letters. And please- to all readers- send Mary some great Esoteric Healing questions!

Recipe

Creamy Cauliflower Soup with Rosemary Olive Oil Lidey Heuck (NYT)

6 servings

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Linda Xiao for The New York Times. Food Stylist: Monica Pierini.

Ingredients:

For the rosemary oil:

- 1 cup olive oil (I only made ½ cup which was plenty)
- 4 (4 inch) sprigs fresh rosemary

For the soup:

- 2 Tbs. olive oil
- 1 medium yellow onion, chopped (1 cup)
- 2 garlic cloves, minced (1 Tbs.)
- 4 cups vegetable stock plus more as needed for reheating
- 1 medium head cauliflower, cored and broken into 1 ½ inch flowerets (about 2 ½ pounds)
- 2 tsp. salt, plus more to taste
- 1 tsp. black pepper, plus more to taste
- Freshly grated zest of 1 lemon, for serving

Croutons (optional):

- 3 cups diced rustic country bread (¾ inch pieces)

Preparation:

- 1) Make the rosemary oil: In a medium skillet, combine the olive oil and rosemary sprigs. Cook over low heat for 5 minutes, lowering heat if the oil reaches a full simmer. (You want to cook it very gently to avoid frying the rosemary.) Carefully pour the oil and rosemary into a small bowl, leaving a slick in the pan if you plan to make croutons. Allow the rosemary to cool completely in the oil while you make the soup.
- 2) Make the soup: In a heavy pot or Dutch oven, heat 2 Tbs. olive oil over medium-low. Add the onion and cook, stirring occasionally, until tender and translucent, 6 to 8 minutes. Add the garlic and cook until fragrant, about 30 seconds. (Be careful not to let the garlic scorch.)
- 3) Add the stock, cauliflower, salt and pepper, and bring to a boil over high. Lower the heat, cover, and simmer until the cauliflower is tender when pierced with a fork, about 10 minutes.
- 4) Meanwhile, make the optional croutons: Heat the reserved skillet with the residual rosemary oil over medium. Add the bread cubes, sprinkle generously with salt and pepper, and cook, tossing often, until toasted all over, 4 to 5 minutes. Transfer the croutons to a plate or board to cool.
- 5) Strain and discard the rosemary stems from the rosemary oil. Working in batches if necessary, carefully transfer the vegetables, stock and ¼ cup rosemary oil to a blender and blend on high until creamy. Add more rosemary oil to taste, and blend to combine. Return the soup to the pot and bring to a simmer. If the soup seems thin, let it simmer for 5 to 10 minutes to reduce slightly. Soup will continue to thicken as it cools. Season to taste with salt and pepper.
- 6) Serve hot. Garnish each serving with a swirl of rosemary oil, a few croutons, and a sprinkle of lemon zest. The soup will thicken as it sits; add more stock as necessary when reheating. Leftover rosemary oil will keep in a sealed container at room temperature for up to 1 week.



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 7:00 pm PST with Bonnie Dysinger, CPEH. All levels are welcome. Join us on Zoom from wherever you are in the world! Email Bonnie at bonnie@bonniedysinger.com 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



Catherine Finigan
Editor



Mary Kuskin



Joni Larson



Lori Settersten



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