

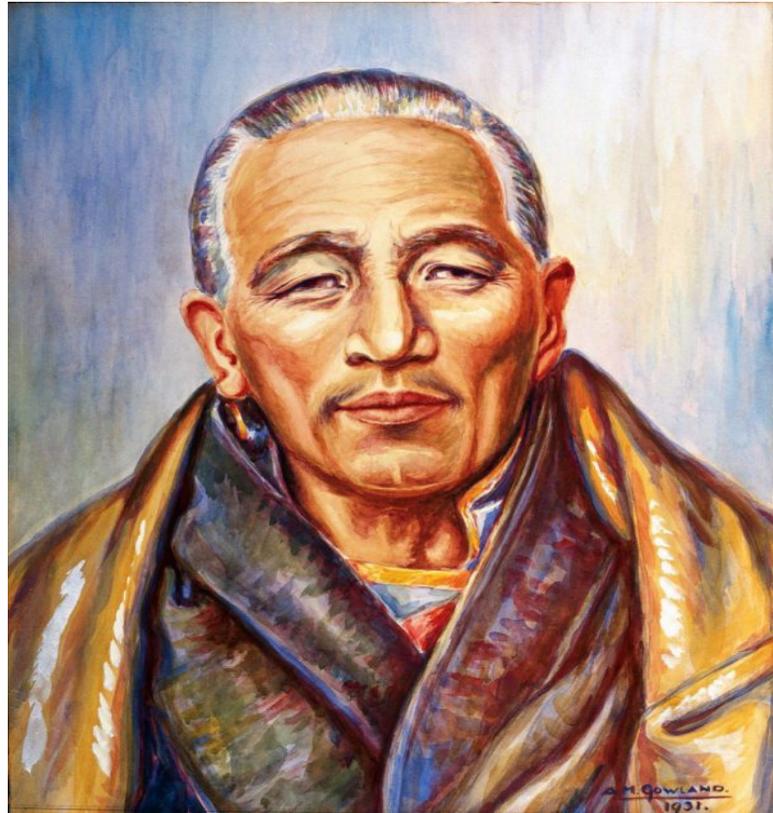
Volume XXI Issue 4  
December 2021

## **Contents:**

**President's Message**  
**NAEH Conference**  
**NAEH News**  
**Fran's Facts**  
**Auntie Karana**  
**Recipe**  
**EH Practice Groups**

## **Contributors:**

**Bonnie Dysinger**  
**Catherine Finigan**  
**Lidey Heuck**  
**Mary Kuskin**  
**Constance McCloy**  
**Fran Oppenheimer**  
**Sandra Rogers**



**The Tibetan Master, Djwhal Khul (D.K.)**

It was decided to publicly release this colour image of DK, as it has already 'leaked out' onto the internet from sources to whom it was privately loaned. Originally, it was going to be published with permission, in an updated edition of [Masters of the Seven Rays](#), now deferred to a later date.

Hence, I thought it best to release a higher quality picture than that which is currently online, but more importantly, include some explanation about it. The DK picture is from one of five paintings made in the 1930's. The original of this particular painting was in the possession of one of the principals of The School for Esoteric Studies in North Carolina, USA, and was passed on to the SES for safekeeping.

The SES has a particular lineage with two of its founders participating in some of DK's experimental groups in the 1940's, namely 'RSU' and 'FCD' – Regina Keller and Roberto Assagioli. These groups of aspirants and disciples are discussed in the two books, *Discipleship in the New Age* (Volumes I & II), by Alice A. Bailey.

The DK image was scanned from an original painting by the South African artist, Annie Gowland. Below is a description from the wife of one of Gowland's students about the painting.

My original concern for releasing this image on the internet was that it might be mis-used and create a lot of unnecessary comment and fuss. (That still might be the case!)

Notwithstanding, I feel it should be available to everybody, as an image of inspiration and veneration for those students of The Tibetan. It is not something that should be exclusive to a few, and indeed, its global release in colour may well be symbolic of the imminent reappearance of the Masters of Wisdom amongst Humanity again, as prophesied for the rapidly approaching year of 2025. (That's just 4 years away!)

Also, it is worth bearing in mind, the subject of images and their illusory nature. The picture viewed here is from the period of the nineteenth to twentieth centuries when Djwhal Khul was incarnate in a Tibetan body and was the abbot of a certain Lamasery.

Who knows what body He inhabits now, or has appropriated as a "mayavirupa" ("body of illusion")? Students need to be aware of the pitfalls in creating an 'idol' from the 'idea' of DK. (Not to mention cluttering up the astral plane with thoughtforms.)

Nevertheless, the image of The Tibetan, the body he inhabited at his Master's Initiation (the 5th degree), is widely loved and most evocative of this Mahatma who so humbly stated, "had fought his way into a greater measure of light".

*The Tibetan Master, Djwhal Khul: His Picture and It's History*  
By Philip Lindsay



## *Message from the President*



Greetings!

To catch us all up to date, here are some of the NAEH news items and activities that have occurred in recent months:

a. **2022 NAEH E- Conference has been scheduled for April 22-23.**

The title of the Conference is **“Exploring Spiritual Purpose.”** Conference activities will address the following themes: Navigating Transitions (individual, group, global and cosmic); Managing Worry; Creativity as an avenue for exploring spiritual purpose; Discernment and Commitment as we explore spiritual purpose. This year’s conference will have some new concurrent events, including creative “know thyself” activities. Be on the lookout for conference announcements and registration instructions.

- b. **The new NAEH Esoteric Astrological Reading (11/21-11/22)** by Mary Connelly has been posted on the NAEH website. To locate the transcript and recording, just login, click on Member Resources, and the Astrological Readings tab. The reading is very interesting. Deep individual and group meditation, group work, creativity and flexibility will be hallmarks of our journey in the coming months.
- c. **The NAEH Membership Drive has been Completed.** Thank you to Bonnie Dysinger and to Suzie Taylor-Hendges (NAEH Office Assistant) for making this a smooth and easy process for us all. The NAEH currently stands at 125 members strong, with more than 500 prospects on our contact list.
- d. **NAEH Monthly Group Meditations have started.** Groups of 30-40 people gathered to meditate together in November and December. The meditations will continue to be held the 1<sup>st</sup> Tuesday of the month at 5:00 PM Pacific Time, 8:00 PM Eastern Time. Thank you to the experienced meditation leaders who will be guiding us in 2022. Be on the lookout for the announcement about the January 4<sup>th</sup> meditation; remember you have to register for the meditation in order to receive the Zoom invitation.
- e. **We express tremendous gratitude for Catherine Finigan, Editor of the NAEH newsletter from 2013-2021,** who is stepping down so that she can move into next phase of her life. During her 8-year tenure as Editor, Catherine brought her conscious wisdom and a diversity of impactful quotes, messages and images to the newsletter. She created and maintained an organized process for publishing the newsletter, and she did a wonderful job keeping the writers of newsletter articles “on-time” through her gentle but clear reminders. The newsletter has served important functions these past few years; it helped us to feel and be connected as Esoteric Healers, and it connected us as an organization. Thank you, Catherine, for your years of service as Editor of the NAEH Newsletter.
- f. **We welcome our new Editor of the NAEH Newsletter, Stacy Whelley.** Stacy has many years of experience in the business world, focusing on internal communications and collaboration. She also brings her experience and talent as a writer, editor and proofreader to her new position as Editor of the NAEH Newsletter. Stacy has also been a student of Esoteric Healing for many years. So, welcome Stacy! We are grateful, and the newsletter is in good hands.

Now for a little philosophy and thought for the Season.

As I write this letter, it is nearly the Solstice time of year, a time when I think about all of the Kingdoms- those here on planet Earth, as well as the Kingdom of Souls. I ponder about how we all live and “Be” together, and how we all need one another to be healthy and whole. I think of the Universe, and Source, about the concept of unity. The poet Tagore talks about this unity, and about gaining sight of the “one whole.”

I had so long viewed the world with external vision only, and so had been unable to see its universal aspect of joy. When all of a sudden, from some innermost depth of my being, a ray of light found its way out, it spread over and illuminated for me the whole universe, which then no longer appeared like heaps of things and happenings, but was disclosed to my sight as one whole. (Quote from “Inevitable Grace” by Piero Ferruci; pg. 334)

As we complete this year 2021 and enter into a new year, may we all spend time with the innermost depth of our being, open to the ray of Light that resides there. May our Light illumine.

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

## NAEH News

We hope NAEH members enjoyed the Fall 2021 *Lifestream* journal. Journals were mailed in early November. New in this journal is our first video presentation! You may watch the video on *Esoteric Messages of the Enteric Nervous System* by Sher Bauer CPEH, on page 29. The links to watch the video as well as access the handouts that accompany the video are live in the PDF version of the journal.

NAEH Members, you can access the links for the video and handouts by logging into your Member Profile on the website <https://www.naehonline.org/>. Then click on the Member Resources tab and scroll down to click on the *Lifestream* Journal Archive button. From there, click on the Fall 2021 button to open the PDF file of the journal. The links are on page 29. Enjoy!

While you’re in the PDF version of the journal, scroll to page 30 and click on the link and allow Mary Anne Walker CPEH to guide you through a recorded 16 minute Meditation to Mother Earth.

Also, while you are in your member profile, please take a few minutes to update your member profile. Add your picture, bio, and contact information. Associate and Professional members, what you add here is displayed in the in the Find A Practitioner list. Help potential clients and students find you by completing your profile!

Click on the tab “How to Manage My Profile” for tips in updating your profile or contact Suzie at our NAEH office at [info@naehonline.org](mailto:info@naehonline.org) or by calling 517-898-0271 for help.



## *Fran's Facts:*

*by Fran Oppenheimer RN, LMT, CPEH*



As Esoteric Healing facilitators we will inevitably encounter people who have various disease processes or conditions. Although we do not treat or diagnose these conditions, it is in the best interest of both the client and practitioner to be familiar with some of these ailments. In this column I will be looking at some of the more common conditions that we may see in our practices and exploring them from both a physical and metaphysical perspective.

### **Focus on Dementia:**

Dementia is a term used to describe a group of symptoms affecting memory, thinking and social abilities severely enough to interfere with daily life. It isn't a specific disease, but several diseases can cause dementia.

Dementia is a very common condition affecting more than 3 million people in the US each year. Medical treatment can help, but this condition cannot be cured and in many cases is progressive, worsening over time. Diagnosis requires a thorough medical workup and cognitive evaluation. Although dementia generally involves memory loss, memory loss can have many different causes. Having memory loss alone doesn't mean one has dementia, although it is often one of the early signs of the condition.

Dementia is caused by damage to or loss of nerve cells and their connections in the brain. Depending on the area of the brain that's damaged, dementia can affect people differently and cause different symptoms.

Alzheimer's disease is the most common cause of a progressive dementia in older adults, but there are other causes of dementia. Depending on the cause, some dementia symptoms might be reversible.

### **Dementia symptoms may include:**

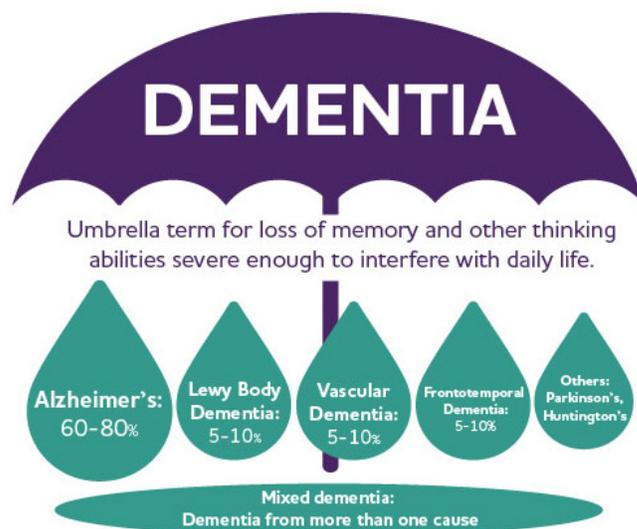
#### Cognitive changes:

- Memory loss, which is usually noticed by someone else
- Difficulty communicating or finding words
- Difficulty with visual and spatial abilities, such as getting lost while driving
- Difficulty reasoning or problem-solving
- Difficulty handling complex tasks
- Difficulty with planning and organizing
- Difficulty with coordination and motor functions
- Confusion and disorientation

#### Psychological changes:

- Personality changes
- Depression
- Anxiety
- Inappropriate behavior
- Paranoia
- Agitation
- Hallucinations

## Major causes of progressive dementia:



- **Alzheimer's disease.** This is the most common cause of dementia. Although not all causes of Alzheimer's disease are known, experts do know that a small percentage are related to mutations of three genes, which can be passed down from parent to child. Alzheimer's disease patients have plaques and tangles in their brains. Plaques are clumps of a protein called beta-amyloid, and tangles are fibrous tangles made up of tau protein. It's thought that these clumps damage healthy neurons and the fibers connecting them.
- **Vascular dementia.** This type of dementia is caused by damage to the vessels that supply blood to your brain. Blood vessel problems can cause strokes or damage the brain in other ways. The most common signs of vascular dementia include difficulties with problem-solving, slowed thinking, and loss of focus and organization. These tend to be more noticeable than memory loss.
- **Lewy body dementia.** Lewy bodies are abnormal balloon-like clumps of protein that have been found in the brains of people with Lewy body dementia, Alzheimer's disease and Parkinson's disease. This is one of the more common types of progressive dementia. Common signs and symptoms include acting out one's dreams in sleep, seeing things that aren't there (visual hallucinations), and problems with focus and attention. Other signs include uncoordinated or slow movement, tremors, and rigidity (parkinsonism).
- **Frontotemporal dementia.** This is a group of diseases characterized by the breakdown of nerve cells and their connections in the frontal and temporal lobes of the brain. These are the areas generally associated with personality, behavior and language. Common symptoms affect behavior, personality, thinking, judgment, and language and movement.
- **Mixed dementia.** Autopsy studies of the brains of people 80 and older who had dementia indicate that many had a combination of several causes, such as Alzheimer's disease, vascular dementia, and Lewy body dementia. Studies are ongoing to determine how having mixed dementia affects symptoms and treatments.

### **Complications of dementia may include:**

- Poor nutrition. Dementia may affect appetite and the ability to chew and swallow.
- Pneumonia related to swallowing problems.
- Inability to care for hygiene, dressing, and toileting needs.
- Personal safety challenges. Inability to make safe decisions; drive; cook; live alone.
- Death. Late-stage dementia often results in coma and death, often from infection.

### **Esoteric Healing considerations:**

- Sweep circulation, especially in the brain + Ray 2
- Sweep lymphatic system including the deep lymphatics of the brain + Ray 3
- CC + Cerebral outflow points
- CC + Cerebral hemispheres
- Pineal gland triangle
- Triangles of Being and Becoming
- Ajna + Frontal lobe minors
- CC + Parietal lobe minors; CC + Temporal lobe minors
- Alta + Occipital lobe minors
- Alta triangles and Alta field
- EH Neurocranial protocol
- EH Neuroanatomy protocol
- Sweeping and 'combing' plaques and tangles + Ray 3; + Ray 1
- Vagus triangle; Vagus nerve protocol
- Limbic system balance
- Working specifically with the affected part(s) of the brain; look at a good anatomy picture for reference, add Ray 1



Fran Oppenheimer is a certified practitioner and accredited teacher of Esoteric Healing and has been actively practicing the healing arts for over twenty years. She is also a Registered Nurse and Licensed Massage Therapist and delights in exploring the physical and metaphysical connections to dis-ease in the body. Fran has an active practice in Gainesville, Florida

## *Ask Auntie Karana*

Dear Auntie,

Q. I have a new client who recently moved to a new town, into a new house. On the positive side, she has been able to meet and make new friends and start to feel part of her new community. But on the not so positive side, there have been unforeseen problems with the house that prevented her from completely moving in furniture and unpacking. As a result, she's finding herself angry about her day job, having taking on too much in the beginning of this job, working and managing contractors, and from her perspective all of this is making it tough to establish a healthy work-life balance. She feels like everything is fighting her, she is losing patience and feeling depressed. How can I support her to face this with more peace and to accomplish what she wants and needs?



Dear Reader,

A. Our lives today are filled with continuous stimulation from digital media platforms. These happen during our usual off-hours but also happen with the media platforms used at work. It is common now that employees work entirely remote and as such the usual work day gets extended due to people working in the various time zones. Lines can begin to blur between work related communications and personal communications. More than ever it is important to employ our spiritual tools and to stay present, aware, and ready.

When we step out and make big changes in our lives, inevitably there can be bumps in the road to deal with along the way. How we respond in the moment can make a difference. I advise that you work with your client by encouraging a meditative practice for her that involves a self-grounding to begin and complete her work day. When she aligns and attunes prior to engaging with others, the potential is increased that the interactions can occur from a higher vibration, for the best and highest good, natural healing can be made present. In sessions with this client, after aligning and attuning, and assessing/balancing the centers, tend to the nervous system, particularly the vagus protocols, and endocrine system. Balance emotional and mental points in all the chakras. Use the upper vitality triangle for memory, focus and pure expression, (that will help her make appropriate boundaries with work too), courage/ fear protocol, glamour and illusion, which are right use of emotions and thoughts. Utilizing the heart protocols will help her to connect to the joy of her new life.

Auntie K.



# Recipe



## Christmas Salad

Prep Time: 10 Min Cook Time: 10 Min Total Time: 20 Min  
Serves 6

### For The Salad

- 3 Cups Brussels sprouts, finely shredded
- 3 Cups Kale, finely shredded
- 1 ½ Cup Pomegranate Arils\*
- ½ Cup Chopped Almonds, toasted\*
- 3 Slices Cooked Bacon, crumbled (omit for vegetarian)
- ¼ Cup Parmesan Cheese, finely grated

### For The Dressing

- 1 Orange, zested and juiced
- 1 Lemon, zested and juiced
- 1 Teaspoon Dijon Mustard
- 1 Teaspoon Honey
- 1 Clove Garlic, smashed
- Kosher Salt and Freshly Ground Black Pepper
- ¼ Cup Extra Virgin Olive Oil

### Instructions

- 1 In a large bowl combine the Brussels sprouts, kale, pomegranate arils, almonds, bacon, and cheese; toss well.
- 2 In a mini food processor or blender combine the orange and lemon zest/juice, mustard, honey, garlic clove, salt, and pepper; pulse to combine. With the machine running, slowly add the olive oil in a steady stream.
- 3 Toss the salad with the dressing and top with more cheese if desired.

### Notes

\*Pomegranate arils are the seeds of a pomegranate. You can find them in a container in some grocery stores. If you can't find them, just buy 2 pomegranates and seed them yourself. It's actually pretty easy! Just cut the pomegranate in half and then place it into a large bowl of water. Gently hold the pomegranate (cut side down) and push the top of the fruit to release the membranes. Use your fingers to push the seeds from the membranes. The seeds will fall to the bottom and the little pieces of membrane will float to the top – you can skim them off and then drain the water and you'll have your seeds!

\*To toast the almonds: Heat a small sauté pan over medium-low heat and add the almonds. Toast, stirring occasionally for 5 minutes – keep a close eye on them, you don't want them to burn! They will be lightly golden brown and fragrant when they are done.

You can make this salad in advance - just keep the dressing and the salad separate until you're ready to serve.

fashionable foods <https://fashionablefoods.com/>



## ***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](mailto: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](mailto: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](mailto: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](mailto:info@naehonline.org) or text 414-364-1557.



## **Members of the Publications Committee**



**Stacy Whelley**

Welcome Stacy Whelley

A big hello and welcome to our new Editor of the NAEH Newsletter - Stacy Whelley!

As you can see from the President's message, Stacy is exactly what the Esoteric doctor ordered. Her years of experience in business, writing, editing along with Esoteric Healing will be a gift to the Publications Committee as well as the newsletter.

It has been an honor and pleasure to serve as the Editor of NAEH Newsletter since 2013. I have to send a big blessing to Dr. Briner for asking me to be the Editor out of the clear blue one day. She was right on as usual. I learned a lot and enjoyed every bit of my time involved.

Thank you all for your love and support to me over the years. A special thank you to my assistant Sandra Rogers for her helpful computer skills along with the input of the Publications Committee.

As you know, our call to service has it's time and place so I feel very good about passing the baton to Stacy and her vision going forward!

Many Blessings,  
Catherine Finigan



*Mary Kuskin*



*Jess Hutchison*



*Joni Larson*



*Lori Settersten*



*Catherine Finigan*  
*Editor*



**OM PEACE BLISS AMEN**