



# Lifestream

NAEH Newsletter

Volume XXII Issue 1  
March 2022

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## Message from the President

As I review NAEH activities from recent months, I see the harvest of past work accomplished as well as new seeds being planted for the future.

### The harvest of “connection” is visible and will continue to be a focus

- NAEH Monthly Meditations bring us together to share Light with one another and the world.
- NAEH announcements and the website tell us about upcoming “deepening classes” and traditional EH classes that are being offered by members.
- Study groups of NAEH members continue to be active... a new group has recently been started.
- The NAEH Publications Committee has continually “upped their game” in producing high quality and informative publications which connect us all—the NAEH the newsletter as well as the journal.



- The Education Committee recently posted new Esoteric Healing brochures on the website which will connect EH to people who are unfamiliar with it.
- Other NAEH committees include Certification, Membership, Research Group, and Education. They all provide ongoing services that connect us in numerous ways.
- The 2022 NAEH Conference will bring us all together virtually April 22–23. Registration has begun. Be sure to share conference announcements with your friends... More connections!

### New seeds are also being planted at the NAEH

The 2022 Esoteric Astrological reading for the NAEH by Mary Connelly made it clear that major changes are occurring on cosmic, global, group and individual levels; these changes are also impacting the NAEH (see astrological reading located under Member Resources). Starting in January, the Board of Directors initiated a process of “deep Soul searching” to imagine the future of the NAEH. A “visioning process” of meditations and activities is providing guidance to the Board to support the evolution of the NAEH. A few of the questions the Board has meditated on include: Why are we with NAEH? What are we (the NAEH) trying to accomplish? Are we (the NAEH) on the right track? What does NAEH look like in 2022? What does NAEH look like in the future?

The meditations have been very fruitful, and the Board will be meeting in person in May to continue the visioning process and planning for NAEH. NAEH committees will also be contributing to the visioning process. Importantly, there will be a visioning activity for members and attendees to participate in at the 2022 NAEH Business Meeting, which takes place on Sunday, April 24 at 11:00 a.m. ET.

The NAEH exists within a diverse, dynamic world. At this moment the planet, its people and kingdoms are going through turbulent times and challenges that the Wisdom tells us will ultimately lead to transformation. Howard Thurman, in his book “Meditations on the Heart,” refers to these times as the “growing edge.” He tells us:

“Look well to the growing edge. All around us worlds are dying, and new worlds are being born; all around us life is dying and life is being born. The fruit ripens on the tree, and the roots are silently at work in the darkness of the earth against a time when there shall be new leaves, fresh blossoms, green fruit. Such is the growing edge!”



While there can be great difficulty there can also be great Light, and we’ve seen evidence of this all across the world. As Esoteric Healers we know that we are “Points of Light,” and we recognize the Light in others. This in itself is helpful as we support one another to maintain our “balance” while living on the growing edge. In these times, when we focus on what is ours to Be and do, we also receive glimpses of the Light that is present and coming.

The NAEH is a vehicle for this Light. We join other members of the New Group of World Servers to bring Light in its many forms, practical and spiritual, to our world. As visioners, we ask the question: How might we as individuals and as NAEH members share our Light?

In closing, this is my final letter as president of the NAEH. I am grateful for the privilege it has been to lead this organization during the past two years in collaboration with so many amazing people. There is great strength here and there is a bright future.

Many thanks, a ton of blessings, and much love,  
Constance McCloy

# 2022 NAEH e-Conference

## Exploring Spiritual Purpose April 22–23

Exploring Spiritual Purpose is a big topic. The e-Conference will provide several experiential activities to lead us through this exploration.

**Transitions.** Individually, globally, and cosmically, we are all going through transitions at a tremendous pace. Two conference presentations will address this topic. New this year: attendees will be asked to submit their own ideas and experiences they've found helpful when navigating their own transitions (chat submissions during breaks, with shared document of submissions).

**Exploring spiritual purpose also involves personality integration.** Two Esoteric Healing practicals will address the topics of alleviating worry, providing support when people get "stuck," and supporting personality – soul integration and spiritual purpose.

## New this year: multiple "How-To" activities.

To know ourselves better, to open to creativity and to explore spiritual purpose, attendees will have the opportunity to choose one of four activities: The Art of Spiritual Journaling; Esoteric Astrology; Integrative Breathwork; or Spiritual Dance/Movement. Concurrent activities will be recorded and included as part of conference videos to view later.

**Meditations.** Creative, guided, chanting, and esoteric meditations are great ways to open the soul to explore spiritual purpose. We are changed when we meditate together.

**World Service: Our Duty and Responsibility as Esoteric Healers.** Al Florey, author and teacher of the Ageless Wisdom Teachings, will speak on this important topic.

Register today! Visit  
[www.info@naehonline.org](mailto:www.info@naehonline.org)  
click on the Conference tab,  
click on Register.

## Attend the 2022 NAEH Business Meeting!

The day after the e-Conference, we will gather for the 2022 NAEH Business Meeting from 11:00 a.m.–1:00 p.m. ET. We will meditate together, catch up on the NAEH news and activities, announce the new Board of Directors, and welcome Bonnie Dysinger as the new President! Unique to this year's gathering, we will break into small groups for a "visioning activity" to support the creation of the NAEH of the future.

All are welcome to attend!

## Fran's Facts

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 focus on some of the more common conditions that we may see in our practices and explore them from both a physical and metaphysical perspective.

### Focus on Peripheral Neuropathy

Peripheral neuropathy is a condition that affects more than 3 million people in the U.S. every year, causing weakness, numbness and pain from nerve damage, usually in the hands and feet. It can also affect other areas and body functions including digestion, urination and circulation. This is due to damage to the nerves located outside of the brain and spinal cord, called peripheral nerves.

The peripheral nervous system sends information from the brain and spinal cord (the central nervous system) to the rest of the body. The peripheral nerves also send sensory information back to the central nervous system. Peripheral neuropathy can result from traumatic injuries, infections, metabolic problems, inherited causes and exposure to toxins. One of the most common causes is diabetes. Some other possible causes of peripheral neuropathy are alcoholism, vitamin deficiency or poor nutrition, certain kinds of cancer and the chemotherapy used to treat them, autoimmune diseases that attack the nerves, Lyme disease, shingles or AIDS. People with peripheral neuropathy generally describe the pain as stabbing, burning or tingling. In many cases, symptoms can improve, especially if caused by a treatable



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

condition. Medications can reduce the pain of peripheral neuropathy. Every nerve in the peripheral system has a specific function, so symptoms depend on the type of nerves affected.

Nerves are classified into:

- Sensory nerves that receive sensation, such as temperature, pain, vibration or touch from the skin;
- Motor nerves that control muscle movement; and
- Autonomic nerves that control functions such as blood pressure, perspiration, heart rate, digestion and bladder function.

Signs and symptoms of peripheral neuropathy might include:

- Gradual onset of numbness, prickling or tingling in the feet or hands, which can spread upward into the legs and arms
- Sharp, jabbing, throbbing, or burning pain
- Extreme sensitivity to touch
- Pain during activities that shouldn't cause pain, such as pain in your feet when putting weight on them or when they're under a blanket
- Lack of coordination and falling
- Muscle weakness

- Feeling as if one is wearing gloves or socks when they are not
- Paralysis if motor nerves are affected

If autonomic nerves are affected, signs and symptoms might include:

- Heat intolerance
- Excessive sweating or not being able to sweat
- Bowel, bladder, or digestive problems
- Drops in blood pressure, causing dizziness or lightheadedness

Peripheral neuropathy can affect one nerve (mononeuropathy), two or more nerves in different areas (multiple mononeuropathy), or many nerves (polyneuropathy). Carpal tunnel syndrome is an example of mononeuropathy. Most people with peripheral neuropathy have polyneuropathy.

Medical treatment for peripheral neuropathy depends on the cause of the condition but may include various medications and pain relievers. In addition, adequate exercise, yoga, tai chi, good nutrition, controlling blood sugar levels and quitting smoking may all be helpful.

The symptoms of peripheral neuropathy may lessen or go away over time, but in some cases they never go away. If there is numbness in the feet or legs, it is important to wear socks and shoes to protect the feet from injury.

### 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 Peripheral Neuropathy may include:

- BC + spine
- Alta major + spine
- Alta major + peripheral nervous system sweep + Ray 1 and/or Ray 3
- Esoteric craniosacral protocol
- HC + circulation + Ray 2
- HC + hand minors; CC + hand minors
- HC + foot minors; CC + hand minors
- TC + lymphatic system protocol + Ray 3
- Grounding triangles
- CC + spine/nerves + Ray 1

An EH approach may also include specific attention to areas of the body related to the cause of the neuropathy.

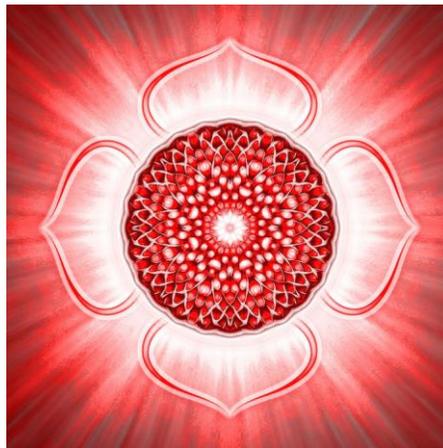


Fran Oppenheimer is a certified practitioner and accredited teacher of Esoteric Healing. She has been actively practicing the healing arts for more than 25 years. She is also a Registered Nurse and Licensed Massage Therapist and delights in exploring the physical and metaphysical connections to dis-ease in the body. Fran has an active practice both in the U.S. and internationally.

# Ask Auntie Karana

Dear Auntie,

I have a friend who recently traveled to visit family out of town. Unfortunately, she fell backwards while volunteering to support efforts of a local Ukrainian organization. She suspects that she either bruised or potentially fractured a rib on the left posterior side of her ribcage. I should mention that my friend is a retired orthopedic nurse and is probably self-treating. At this point she is unable to sit in one position for the duration of the car ride back home, which takes around 6–7 hours. This injury has her feeling very frustrated, since she is a strong, independent woman who is very active and always has a full schedule. The best medicine is probably rest, which is difficult since she's not used to having others take care of her. How can I be of support during her healing process? She is open to Esoteric Healing.



Thank you,  
Concerned Friend

Dear Concerned Friend,

Sometimes when we least expect it, and we think we've got it all together, events take our circumstances in another direction. If one is aware and stays present and "in the moment," life events present us with the opportunity to witness and to respond. Whatever your friend's circumstances, encourage her to spend time in a supportive and comforting environment if possible. Ask her if she has a to-do list and whether anything on that list concerns her well-being. I highly recommend meditation and that she prioritize self-care, even after she mends.

Now more than ever it's important to employ our spiritual tools and stay present, aware and

ready for unexpected events. We are subjected to a continuous feed of disturbing news from so many angles. World events have now impacted our lives in ways that we did not think possible. As a retired nurse, your friend may be feeling the need to contribute her time and effort to support those suffering the effects of conflict in other parts of the world. She is doing her part with commitment, good intention and inspiring others to help those in need.

In supporting your friend from an Esoteric Healing perspective, focus on the basic center, which affects the function of the spine and all the bones. This center is affected by deep seated fears, anger, "the will to be," the instinct of survival.

Here are some other ideas:

- **Spine protocols** are important, from the basic chakra for alignment and the spleen for lubrication, the throat for rigid thinking and the alta major for the nervous system.
- **Trace the ribs** to support wholeness and proper placement.
- Give attention to the nervous system, especially the **vagus nerve** as well as the emotional and mental points in all of the chakras.
- The **emotional and physical shock protocols** will help release the trauma.

Tell her to meditate with the intention of wholeness and normal functioning in her body. She should also envision world peace and wish positive change to global events. This should help her rest and recuperate.

In Good Health,  
Auntie K.

## NAEH News

### Become a NAEH Certified Practitioner

Want to become a certified NAEH practitioner? The NAEH Certification Committee is celebrating its 10<sup>th</sup> year of offering this program to Esoteric Healing Practitioners! Applications are due June 1, 2022. Click [here](#) for additional information.

Feel free to reach out to Lyn Ludwig at [naehcertification@gmail.com](mailto:naehcertification@gmail.com) with any questions that you may have regarding this program.

In Light and Love from your NAEH Certification Committee, Lyn Ludwig, CPEH, Bonnie Dysinger, CPEH, Maria Hubbuch, CPEH, and Claire Hardsaw, CPEH

### Updated Esoteric Healing Brochures

The Education Committee is pleased to announce that we now have new downloadable Esoteric Healing brochures with updated graphics for practitioners to use. NAEH members will need to login to their profile to access brochures for printing. Find the brochures under the "Member Resource" tab. There are two options to choose from and both have a place for you to add your personal contact info.

## Esoteric Healing Study/Practice Groups

Esoteric Healing practice groups are a great way to meet and interact with other practitioners, ask questions and practice your skills.

### Benicia, CA

Via ZOOM. This Esoteric Healing practice group meets the 4th Tuesday of each month at 5:30 p.m. PT 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 to be added to the mailing list.

### Ann Arbor, MI

Meets the second Saturday of the month from 1 p.m.–3 p.m. ET. Call Diane Rolka at 517-881-7789, or email to [Diane.Rolka@gmail.com](mailto:Diane.Rolka@gmail.com) to inquire/confirm.

### Madison, WI

The Wisconsin study group meets in Madison bi-monthly; meetings are 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.

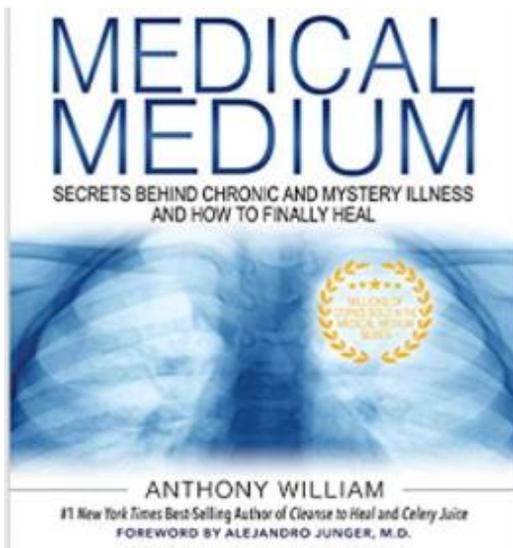
Note: If you have a study group and would like to have your contact info published, please contact [kathleenhautala@gmail.com](mailto:kathleenhautala@gmail.com) with details.

# Inaugural NAEH Book Circle

**Sunday, May 29, 7 p.m.–8:30 p.m. ET, via Zoom**

We are pleased to announce the NAEH Book Circle, which will meet regularly on the last Sunday of each month.

The Book Circle was created to expand opportunities to enhance our understanding and practice of Esoteric Healing. In May, our book will be ***Medical Medium***, Anthony William, (Hay House publishers, 2015 & 2021) with a focus on *how might the material presented in this book facilitate our practice of Esoteric Healing?*



In June and July, our book will be Shamini Jain, ***Healing Ourselves: Biofield Science and the Future of Health*** (Sounds True publishers, 2021). Discussion questions will be provided in early June.

Future books may include Gregg Braden, ***The Divine Matrix***; Robert Bruce, ***Energy Work: The Secrets of Healing and Spiritual Growth***; Lucille Cedercrans, ***The Nature of the Soul***; Stephen Chernikoeff, ***Esoteric Apprentice***; Bruce Lipton, ***The Biology of Belief***; Norm Shealy, ***Medical Intuition***, among others. Book Circle participants will contribute to the selection of future books. To sign up and participate in the NAEH Book Circle, please contact Susan Linz, [radiant.heart.enterprises@gmail.com](mailto:radiant.heart.enterprises@gmail.com). The Zoom link will be sent to you by email. Please consider volunteering to draw the Angel Card and/or guide the meditation to begin the book circle.

To stay informed about the NAEH Book Circle, please visit the [Event List calendar](#).

# Recipe

## Ten Ingredient Alkalizing Green Soup

Be sure to rinse/wash all greens well prior to using. You can make a chunky, alternative version of by adding the split peas after pureeing the rest of the ingredients.

### INGREDIENTS

- 1 cup cooked split green peas
- 2 ounces (2 handfuls) spinach, de-stemmed
- 1 large celery stalk
- 1 ounce parsley leaves (1 handful)
- 1 ounce cilantro leaves (1 handful)
- 1 clove garlic
- 1 tablespoon miso
- 1 tablespoon nutritional yeast
- 2 tablespoons coconut cream\*
- 2 1/2 cups water
- Toppings: any/all of the following: shaved watermelon radish (soak in salt water), toasted almonds, celery and/or cilantro leaves



### INSTRUCTIONS

1. Combine the split peas, spinach, celery, parsley, cilantro, garlic, miso, nutritional yeast, 1 tablespoon of the coconut cream, and the water. Puree until silky smooth. Transfer to a medium saucepan, and (if desired) heat gently until hot but not simmering. Taste, and adjust with a bit of salt or more miso, if needed.
2. Serve topped with a drizzle of the remaining cream, and whatever toppings you have on hand.

*Prep Time 5 minutes*

*Cook Time 5 minutes*

*Total Time 10 minutes*

*Serves 4*

### NOTES

Use thick coconut cream from the top of a can of full-fat coconut milk.

To make this recipe not vegan, use plain whole fat yogurt or creme fraiche in lieu of coconut cream, and instead of water and nutritional yeast use bone broth. Yum!

[https://www.101cookbooks.com/wprm\\_print/7680](https://www.101cookbooks.com/wprm_print/7680)

## In Loving Memory

### Judy Jacka, Teacher and Practitioner of Esoteric Healing

Passed over March 1, 2022

"I used to meditate by sitting quietly in the park and allowing the mind to empty from about 10 years old but I did not realize that the stillness and love experienced at these times was



something to do with the touch of the soul."

Judy was a bright light in the esoteric field both in Australia and internationally for many years. She had more than 40 years experience in using a blend of minerals, herbs, homeopathy,

and used Bowen therapy and energy healing. She travelled extensively to teach Esoteric Healing and had considerable influence in establishing this new healing science in Australasia and elsewhere. Judy is also the author of several books. Here is an interview with her in 2010. - Leoni Hodgson

Q: People who are on the Path begin their journey at all different ages, and often after a crisis of some sort. What age were you Judy when you started thinking of spiritual or esoteric matters?

Judy: I was quite young – about 10 years old when rejecting the Christian Theology from the pulpit of an Anglican church on the occasion of a sermon about missionaries and how lucky if the 'natives' managed to be contacted by a missionary so that they could be saved! This concept seemed quite illogical given that there would not be enough missionaries to contact all tribes. That those not contacted might go to hell seemed preposterous even to my young age. I also used to meditate by sitting quietly in

the park opposite our home and allowing the mind to empty from about 10 years old but I did not realise that the stillness and love experienced at these times was something to do with the touch of the soul. I would go home feeling totally refreshed.

Q: What were the circumstances that caused you to consciously step onto the Path?

Judy: At age 19 when there was a definite urge to work in the helping professions and nursing was chosen as this field. This was a defined turning point and occurred when sitting quietly in a meditative state during a working holiday at Mt. Hotham. Appropriately for a Pisces ascendant, I had just finished reading the Nun's Story – a popular book at the time. However, the medical model was deeply disappointing but relating to the patients was rewarding. During nursing training, I visited the Theosophical bookshop at the age of 21 and to use a colloquial phrase the books 'blew my mind apart.' Following seven years of reading and regular meditation, I started studying the Bailey books. After experiencing the Esoteric section of the Theosophical Society, Co-masonry and the Liberal Catholic church, at age 35, I joined the Arcane school which was initiated by Alice Bailey and I have enjoyed this work ever since.

Q: The Tibetan Mater mentions several world server groups. In which group of world servers do you think you belong? Why? In what way are you currently serving humanity?

Judy: Having worked in the area of health since the age of 16 and still working in this area as a natural therapist and healer, I would have to say if we are talking about the seed groups, it would be the group of magnetic healers. Both teaching and healing has always featured strongly and this includes the continuing commentating work in the Arcane school.

Q: What would you say is your most important work so far?

Judy: Probably seeding the thought atmosphere by lecturing and writing in the area of health and healing with a big emphasis on the energy body and the fields which sub-stand or underlie our physical bodies. This work includes spreading ideas and information on the following topics:

- Bridging between medical research on energy fields and our experience of health and disease.
- Demonstrating the need for a synthesis of therapies to cover the inner and outer factors causing disease.
- Teaching people to identify, measure and evaluate their energy field
- Teaching the skills to help people take responsibility for their own treatment
- Teaching meditation so that a person may align with their own soul and inner healing energies

Q: These are troubling times. What is your spiritual goal for the future?

Judy: To forge an ever-closer alignment with the soul and higher levels of being so that teaching and writing is further enhanced.

Q: What do you think is the most important matter to address on earth, the greatest

problem man currently faces? And what should people do to address this matter?

Judy: The greatest problem still appears to be greed and desire for pleasure in many ways rather than searching for a meaning to life. We could say that the current international monetary crisis provides an opportunity for the sacred energies of humanity on mass, to be raised to the throat center via the heart. Related to and coming from this karma/manasic process is climate change which is basically caused by industrial processes and technology again, related to corporate and individual greed.

Q. How would you define the so-called Reappearance of the Christ? What advice would you give so that people can assist this process?

Judy: The incarnation on earth of unconditional love embodied in the being known as the Christ. It needs to be explained that this is a world office or position and not the prerogative of the Christian religion or of only one spiritual being throughout history.

## End Notes

### Update Your Info

NAEH Members! Do you need to update any of your contact information? Do you have a new address, phone number, or email? If so, update your new information in your profile in our NAEH Directory.

If you need any assistance, please contact Suzie, our NAEH Office Support Specialist, by email at [info@naehonline.org](mailto:info@naehonline.org), or call 517-898-0271.

### Submit Your Content

Our Spring 2022 *Lifestream* journals will be mailed soon! Do you have an article, book review, case review, or meditation you would like to write for publication in the journal?

Please contact Joni Larson at [larsonj699@gmail.com](mailto:larsonj699@gmail.com), or Bonnie Dysinger at [bonnie@bonniedysinger.com](mailto:bonnie@bonniedysinger.com) for more information.

## Publication Committee



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*Stacy Whelley*  
*Editor*

With steady ground underneath your feet, eyes seeking beyond what is, and wonder ever-present in your heart, may pathways carry you forward to a higher realization.  
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