



Lifestream



National Association for Esoteric Healing

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CONTRIBUTORS

Bonnie Dysinger

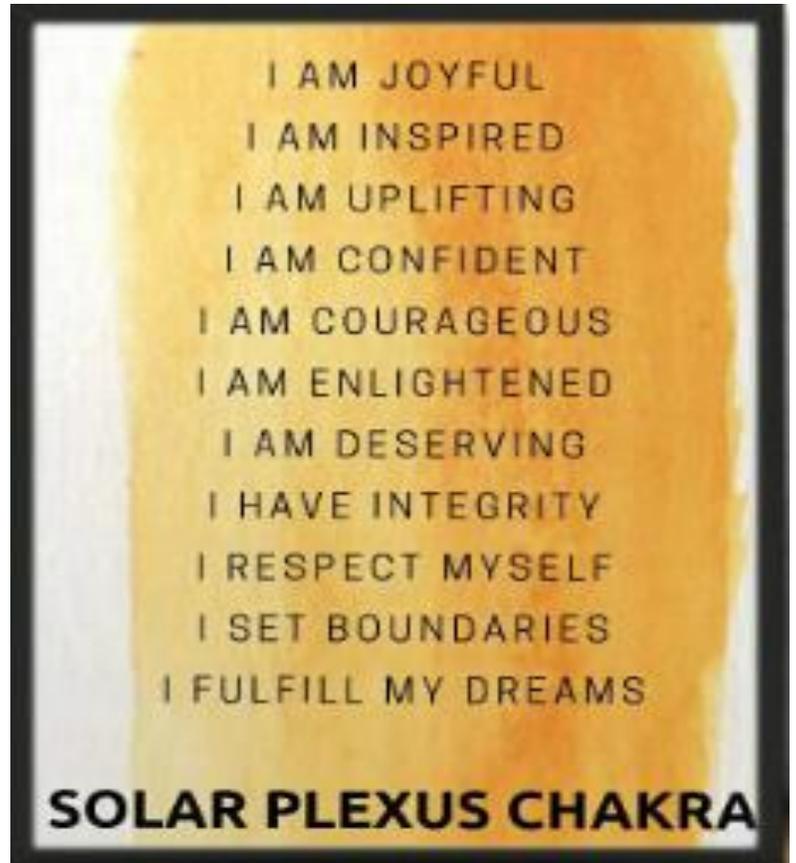
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President's Message



Hello Esoteric Healers!

Here we are at the end of 2022 and NAEH has seen another year of moving forward.

With another successful membership year, we have maintained our membership numbers from where we were last year at this time! Thank you to all who renewed their membership and for your continued support of Esoteric Healing and NAEH. The work we do together with and through NAEH provides a

Light that supports the spiritual hierarchy and is returned to us as Humanity and the other Kingdoms a thousand fold and reaches further than we could ever possibly know.

Our NAEH Committees and Board of Directors continue to meet and work hard in serving to support you, our members. We would love for you to reach out to us to share your thoughts, ideas, or concerns you may have. All of our Committee and Board members are listed on our NAEH website at:

<https://www.naehonline.org/committees>. Send us an email at info@naehonline.org and Suzie will pass on your message on to the appropriate person. Let us hear from you!

Our NAEH Board of Directors has completed our vision statement for Education. Our vision statements are written out for you later in this newsletter. NAEH is a member organization and we invite you to be an active part in supporting these vision statements by including them in your meditations.

An exciting piece of news is INEH has asked if NAEH would be interested in merging our journals. We are in discussions to help this happen! This will be a beautiful collaboration of our two organizations and provide us all with journal articles from around the world to educate Esoteric Healing practitioners.

Feel free to contact me if you have any questions, concerns, or joys about NAEH. I can be reached by phone at 517-281-1706 or email at bonnie@bonniedysinger.com. I look forward to hearing from you.

As we step into 2023, I wish for you all a New Year filled with Love and Joy, Peace, and Grace. May you serve as the Beacon of Light that shines upon the path, helping others to find their way.

In Gratitude and Love and Angel Blessings,
Bonnie

2023 NAEH Conference

Supporting the Flow of Light from Me to We

From the Dura to Group Work

The logo features the words "Save the Date" in a stylized, cursive font. "Save" is the largest word, "the" is smaller and positioned between "Save" and "Date", and "Date" is also large and cursive.

The 2023 NAEH Conference will take place on April 22-23. The title of the conference reflects the conference themes: Supporting ourselves and others who are going through the process of transformation from the "personal self" to the "Higher Self;" The role of Group Work in this transformative process; Supporting the flow of the higher energies and consciousness; Exploring the Dura and nervous system as interface

and portal to the Higher Self and higher energies. Keep an eye out for updates on the NAEH Conference Webpage!

Ask Auntie Karana

Dear Auntie Karana,

I have a client who is going through some difficult times at home. This person says that she feels abused mentally by her partner of seven years. She mentions this during our sessions and I can tell that she suffers greatly and is looking for guidance. What can I say to help her deal with this personal trauma? How can I be supportive and not make matters worse? The EH Practitioners Code of Ethics statement number three states: "I shall honor and value the experiences of all people for the life lessons of their chosen path." I want to understand your opinion on this topic and how to apply it in this case.

Thank you for your very important question. This code of ethics statement asks us to stay attuned and aware of our own personal approach when speaking with others and thinking our thoughts. It's important to withhold judgements in your thoughts. To provide advice to a client or attempt to interpret a person's situation is out of scope of practice. Remember that energy follows thought. Critical thoughts can confuse things.



Supporting someone in this type of relationship is a challenge and it can be complex. Some of us have such empathy for others that we find ourselves passing judgement and trying to be helpful by recommending actions or advising on which choices to make. Remember that we are here to help balance energy and by that, support our clients in seeing and choosing next steps along on their personal life journey. Each person's soul has a purpose to grow, and learn. Respect and hold the space of being non-judgmental and non-critical.

By respecting your client's responses, decision and choices in the session it can be very helpful to their growth. This also critically important to allow for healing to occur for the best and highest good of the Soul.

- Auntie K.

A Goose Story

My son called me recently and asked if I'd ever worked on a goose before. He and his wife live on a small farm. I told him no, but why, what's going on? One of their five 12-week-old baby geese had gotten her head caught in the gate of their enclosure! She had torn out all of the feathers on the right



side of her neck and bruised the edge of her beak on the same side. Her head was swollen three times its normal size. The kids have an emergency kit for animals and my son had dressed her wounds and ran cool water over her head in an attempt to decrease the swelling. The water didn't make a difference.

When I aligned and attuned, her soul felt very far away. I asked her if she wanted to live and told her I would do the best I know to help her. And if she

wanted to leave, I would still do the best I know to help her. I felt she wanted to live. I balanced her centers: low CC, BC, and excessive SP. After I achieved a resonance/flow within the centers, my first concern was the swelling around her head. In a person, we would try to take the fluid to the lymph system. I googled "goose lymph." They don't have a lymph system like humans. I asked out loud "Where do I put the fluid?" I heard "her kidneys." So, I gently swept her head with the intent of moving the fluid in her head into her vascular system. I didn't want to overwhelm her heart or her kidneys. I gently swept the fluid, then balanced her heart, kidneys, and vascular system five times. I then googled "goose brain" wanting to balance her brain lobes and nervous system to prevent any detriment. I did a brain and nervous system balance without a problem. I concluded with a traditional closing and grounding.

The next day my son called to say she was doing well; her head was the normal size and there seemed to be no nervous system detriment, however her beak was still bruised. Today she is fully grown and completely functional. Her feathers have grown back and her beak is healed!

- Alisa Petruzzi

NAEH Vision Statements

NAEH is a member organization. Together we can support NAEH and each other in our daily meditations, by connecting with NAEH and include these vision statements.

Vision for NAEH: We envision the NAEH serving as a bridge to higher consciousness in order for all life to thrive.

We envision Esoteric Healing will be mainstream.

Vision for connecting with membership: We envision that the community of NAEH members will be an active force for good in the world. NAEH will have members from all walks of life, all levels of society, and all ages.

Vision for education: We envision the NAEH serving as an educational resource and foundation for facilitating the enlightening process, raising consciousness, enhancing spiritual evolution, and the growth of Oneness within the Individual, Group, and Humanity.

Esoteric Healing Study/Practice Groups

Practice groups are a great way to meet and interact with other practitioners, ask questions, and practice your skills.
Ann Arbor, MI: meets the second Saturday of the month from 1 p.m.–3 p.m. Call Diane Rolka at 517-881-7789 or email Diane.Rolka@gmail.com .
Madison, WI: meets bimonthly in March, May, July, September, and November. Contact Kathleen Hautala at info@naehonline.org or text 414-364-1557 for more information.
If you have a study group you'd like to promote, please contact kathleenhautala@gmail.com .

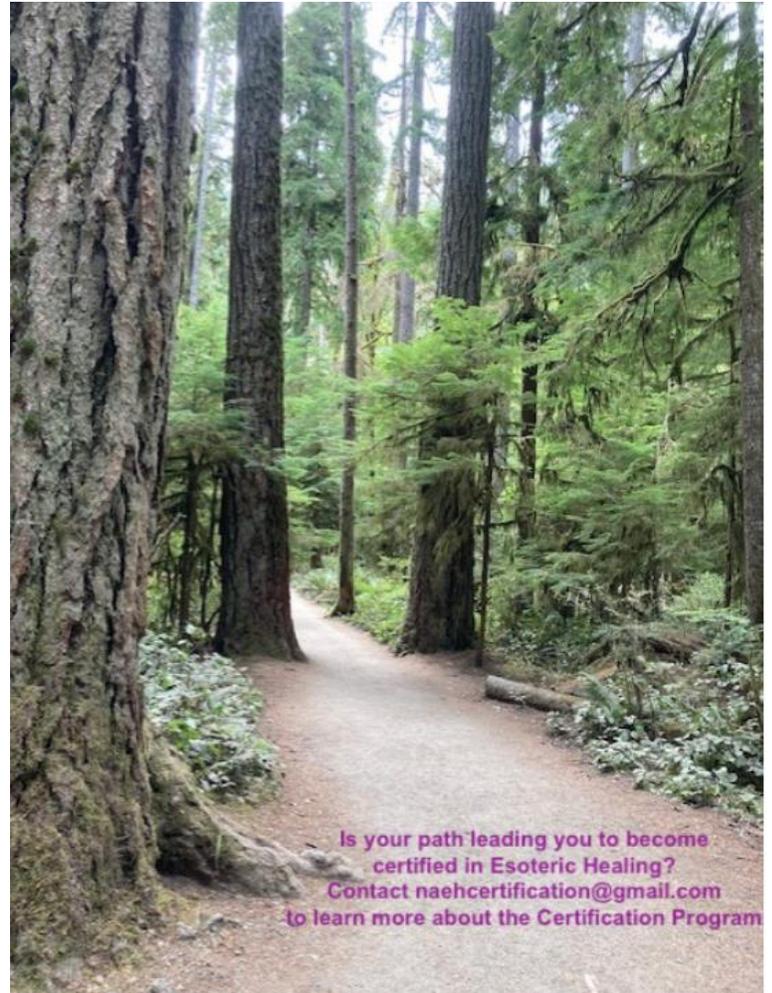
NAEH Esoteric Astrology Reading from 10.20.2022

The Esoteric Astrology Reading is now available in your Member Resources area on the NAEH website. Login and click on the *Member Resources* tab and then scroll down and click on the blue *Astrological Readings* button. You'll find an audio version as well as a written transcript of the reading. Click on this link to login: <https://naeh.memberclicks.net/astrological-readings>.

NAEH Participates in First Giving Tuesday

Giving Tuesday was created in 2012 by Henry Timms at the 92nd Street Y in New York City. The purpose was to promote doing good in the community. Held the Tuesday following Thanksgiving, it has grown into a day of philanthropic giving for organizations across the world. As a 501c(3) organization, the NAEH Board decided to participate for the first time this year.

Our campaign was launched in early November with an email campaign to create awareness for NAEH members and email subscribers. The Board is very pleased and grateful to share that we raised \$1,933 from 16 donors. Funds will be used to support the programs and mission of the NAEH. **Gifts were made in memory/honor of Dr. Barbara Briner and Matt Merrigan.**



Publication Committee



Mary Kuskin



Jess Hutchison



Joni Larson



Stacy Whelley