



# Lifestream

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## SACRAL CHAKRA *affirmations*

I feel complete peace in myself.  
I have a healthy and enjoyable life.  
I am in touch with my sexuality and  
I express it in a healthy way.  
I am comfortable.  
I take care and love my body.  
I am radiant, passionate and creative being.  
I take care of my emotional needs and  
my emotions are balanced.

## President's Message



Here we are at the end of September, and we have just stepped into the beginning of fall. Pretty soon the earth will be displaying her vibrant changing colors in the northern hemisphere. And ahhh—those fall spiced pumpkin latte “steamers” are back in season (I’m not a coffee girl)! Here on the west coast at the time of this writing, we have been blessed with good air quality and just a few very small fires in the northern Bay area of California. And, in just a few more days we will be at the end of the third Mercury retrograde of this year. Whew!

Routinely, our Board of Directors and many of our NAEH committees that meet monthly take off in July to rejuvenate their spirit. Rest assured that we are all now back, actively working to move the organization forward.

Our annual call for Membership began on September 1 notifying members it is time to renew as well as inviting non-members to join. Our membership renewal date is October 1. NAEH members are an important part of our organization. It takes an active membership to achieve our goals to provide information to the public and educate practitioners and teachers for Esoteric Healing. I look forward to your renewal or new membership with NAEH.

During our August Board meeting, we picked back up on the visioning work we committed to. August and September are dedicated to creating a vision statement for Education.

I invite you to participate and be informed by reading the minutes from the Board meetings. Login to your member Profile and click on the Member Resources tab, then scroll down and click on the blue BOD Minutes tab.

It is nice to see our Event List offering such an array of classes and topics to study that are offered by our fellow Esoteric Healing practitioners and teachers. The Education Committee sends a weekly email listing the class offerings. Please share this list with others to help get the energy of Esoteric Healing and NAEH out into the world. New events are being added on a regular basis!

Did you realize you can also view the Event List on the website to see all the activities that are happening within the NAEH? When you are on any page of the website, scroll down and you can find this Quick Links menu. Click on the Event List and look at all the meetings and classes that are happening!

Our NAEH Conference Committee had their first meeting on September 1 to start planning our 2023 conference. Watch for a "Save the Date" announcement by the end of the year.

Our journal editor is working hard to put together our 2022 journal for our NAEH members. There are always learning opportunities when we read the articles our Esoteric Healing practitioners offer to our community. Be sure to apply or renew your membership by October 15 to ensure you receive a printed copy of the Fall 2022 journal. I've seen a preview of the articles—they're all good!

Our NAEH group meditations are on the first Tuesday of each month. These meditations are 30 minutes in meditation and service that supports us individually as well as the larger group.

Please be sure to read the note from our Publications Committee! Your insight and requests are important to us.

Feel free to call me at 517-281-1706 or email me at [bonnie@bonniedysinger.com](mailto:bonnie@bonniedysinger.com) if you have any questions or concerns.

**Angel Blessings** to all and thank you for your continued support with your NAEH Membership. Remember to shine your light! Bonnie

#### Quick Links

- Monthly Group Meditation
- Find A Practitioner
- Join Our Mailing List
- Annual Conference
- Newsletter Archives
- Event List



Fall



# Ask Auntie Karana

Q. My client wants to know whether esoteric healing can help her grandchildren, who are 3 and 6, wind down after a busy day. The children have very full schedules from early morning until dinner time. Their mom works full time so there are early drop offs for school and late pickups from after-school programs with many activities in between. She is trying to help her daughter by making some meals and watching the kids most evenings. Family time was sacred to her growing up and she believes that young people need that time to decompress and reflect on their day. How can I help my client with her question? Most of my clients are adults so I don't really have experience working with younger clients.



A. This is a very exciting and timely opportunity to help young people learn about and experience energy work. These days we are all receiving so much information from our surroundings and much of it is loaded with potentially traumatic or anxiety provoking messages. Add that to a child's daily scholastic and social interactions and you have a situation where young emotional and mental bodies can get out of balance. They can learn to spend some time in their day for quieting their thoughts, focusing inward, and breathing deeply. From my own experience, as I was taking Level I EH coursework, my young children benefited from my practice work in sensing and balancing centers. I asked them to lay still, breathe normally, and to relax. I explained that the purpose (intention) of the session was to "bring to balance" the energy centers in their bodies. First, I aligned and attuned, asked for permission (silently) and then proceeded to assess/balance centers on all levels. Next, I balanced the centers to the corresponding endocrine glands and finally balanced the pairs and closed. Amazingly, this little bit made a difference and subsequently one of the children began to ask to have her chakras balanced by Mommy!

- Auntie K.

# Exciting News from the Education Committee

If you've ever been searching for an article or information published in the Journals and you were wishing there was a search option, your wish is about to come true!

The Education Committee is in the beginning stages of researching how best to go about indexing Journal articles with a search option. Stay tuned for updates on this important undertaking.

As a reminder, here's how to read the Journals online:

- Visit the NAEH website at [naehonline.org](http://naehonline.org). Select *Member login*, enter your login and password.
- In the "Welcome to the Members Only Area," select *Member Resources*, which will take you to the Member Resources page.
- Scroll down to select *Lifestream Journal Archive* tab.

There is currently a Table of Contents for Journal articles, case reviews, book reviews, and meditations, but no search option. You can scroll through the titles of the articles and see the year and publication information. For a list of case reviews, book reviews or meditations, click on the tabs at the bottom of the screen. You also have the option to print the page for any of these categories.

Once you know the journal you want to access, click on the back arrow of the window you have open on your computer. This will take you back to the journal archives to click on the tab of the journal you want to read. If you need any assistance, please contact the NAEH office at 517-898-0271 or by email at [info@naehonline.org](mailto:info@naehonline.org).

## NAEH Monthly Meditations

The NAEH monthly meditations continue to take place the first Tuesday of the month, inspiring all who attend. It is easy to see that when 20–40 people have gathered in this way, we feel connected, receive sacred energy and support, and enjoy the opportunity to radiate these energies to the world.

A wonderful variety of meditation leaders have brought their own unique approaches to meditation and shared them with us. **We need more meditation leaders!** Please “check inside” and see if you feel a calling to lead an NAEH monthly meditation. You have your own unique gift to give, and you will definitely have a group that will welcome and appreciate you.

**If you would like to lead a meditation**, please contact Constance McCloy at [constance.mccloy@gmail.com](mailto:constance.mccloy@gmail.com).

**If you want to attend the NAEH Monthly Meditation**, they are held the first Tuesday of the month at 5:00 PM Pacific Time, 8:00 Eastern. The next meditation will be held on October 4.

**To register** for the meditation so that you receive the Zoom invitation, go to [www.naehonline.org](http://www.naehonline.org), click on the Group Meditations tab at the top of the home screen, login, and then click on the blue button at the bottom that says Registration Link October. You can also register for upcoming months. The website lists the meditation leader for each month too.



## Post Your Deepening Classes

NAEH Professional members, please submit your application to post your Deepening classes on the NAEH website. You will find the application under the Member Resources tab in your online member Profile. The Education Committee looks forward to reviewing your application and supporting your classes. Approved classes will be supported in the weekly email notification of classes that are being offered.

## Submissions for Our Newsletter

The Publications Committee is looking for your input to make the NAEH quarterly newsletter relevant and interesting. We will continue to share updates and happenings, but we want to make it more personal to help us get to know and connect with members and the higher consciousness we are intentioning. Do you want to share a personal EH experience? Have you had an "AHA" moment working with a particular protocol? Do you have recommendations on books, podcasts, or movies other members might find interesting? How did the NAEH certification process change you in ways you didn't expect? We want to hear from you and welcome your ideas and input. Auntie Karana is waiting for your questions so she can enlighten us with her wisdom and insights. Don't worry if you're not a great writer, we'll be happy to help format your experiences. To share please email your info to [info@naehonline.org](mailto:info@naehonline.org). We look forward to your responses.

## Donate to the NAEH Today!

Thank you in advance for donating to National Association for Esoteric Healing. Our mission is to foster, encourage, and support an environment of aspiration, inclusion, and integrity in the field of Esoteric Healing, as well as bringing Esoteric Healing education to the public and its members. Your generous donation supports our mission. Click [here to donate](#).

## Publication Committee



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