



Lifestream

A Quarterly Newsletter from the National Association for Esoteric Healing

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Click to listen to the message from our NAEH President

You may contact me with any questions, comments, or concerns.

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I look forward to hearing from you!  
Angel Blessings, Bonnie



*“There are two ways of spreading light:  
to be the candle, or the mirror that reflects it.”*

- Edith Wharton

Wishing you a happy and bright New Year,  
The NAEH Board of Directors



Hello!

Introducing the New Official Logo of the National Association for Esoteric Healing



## Our New Logo for the NAEH

By Steve Kramer

We are excited to present the new logo for the National Association for Esoteric Healing. In this new design, luminosity meets clarity and simplicity meets dynamism. It features a distinctive triangle filled with light, which serves as the letter “A” in NAEH. This central feature of the design mirrors the centerpiece of our work in Esoteric Healing: an intentionally formed triangle—the symbol of stability, inspiration, and healing.

The full spectrum of color filling the triangle is not only visually striking, but also serves as a metaphor for our organization's commitment to illumination—shedding light on humanity's capacity for conscious evolution and soul-infused awakening.

Hear the artist speak of the process of creating the new logo and the vision for its organic and expressive future. Watch the video [HERE](#).

# Animal Stories

Our Helpful Healing Sisters and Brothers from Another Kingdom

*The Fall edition of the Lifestream Journal was dedicated to the animal kingdom. The contents explored the important role that animals play in healing our lives and the ways in which we can be of service to them through kindness, care, consideration, and Esoteric Healing.*

*We received so many lovely articles that we ran out of space in the journal! We are delighted to continue this theme in the Lifestream Newsletter and share the following submissions. Thank you to all who shared your experiences!*



## Shake It Out

By Helen Frankland

I used to have a small Jack Russel dog called Polo – very lively and woofy.

Whenever I had clients for healing, he was a different dog. He lay totally still under my chair unless I found a centre or triangle hard to balance - what I would call 'sticky', usually in the solar plexus area.

Polo would then get up, do a special rapid shake that ran from his nose to his tail and lie down quietly again.



# Animal Healing: Feel the Fear and Do It Anyway

By Joanna Legard

Very afraid of big animals; phobic about dogs after a bad bite; I never expected to be healing animals. However, I attended an Esoteric Healing training in Cullerne House in Scotland, noticing to my surprise a Huge 4 x 4 with a hunting dogs advert parked outside... (not the usual sort of vehicle to be found in Findhorn)

The owner of the car heard I was a Cranio-sacral practitioner, said her horse needed cranial-sacral and

I'd do the healing and Jane would stand by and translate the horse's reactions so I could relax.

Later, Jane moved away, and I was asked to heal one of her horses distantly.

I knew there was a debate as to whether animals have souls or not, so I chose to follow a teaching I'd read to align with the group soul of whatever animal I work with. The soul of horse was so clear and noble.

The work was effective.

Over the years I have occasionally been asked to look at or talk to cats, dogs, horses, mostly people's pets.

Though my fear of dogs disappeared, I still have a block of fear with horses in the flesh although I love them. They are big. I don't know how to read their movements but still occasionally get asked to look at a horse – from a distance. For me the most effective work is distant healing. Energy works!

I do my normal alignment but connect with the over lighting soul of whatever species I am working with on behalf of the specific animal, those in the INEH who are willing to work with animals and any other animal healers/communicators.



asked if I would do it! My mouth shaped itself into Yes! I warned her I was afraid of horses, but she assured me it would be fine.

So, one fine day a friend drove me over to balance the horse. We were met by a large DOG. I was shaking but went in, aligned, tuned in, and started. The horse, a beautiful ex-racehorse twitched an ear, and I ran out of the stable... Jane then understood I was scared. She had heard my words, but the reality hadn't registered! Somehow, once I passed the portal of fear and touched the horse, a bond was created, and the work was effective. Over time Jane and I became a great team.

# My Journey in Animal Communication

By Nola Baylis

After learning many holistic therapies including energy healing my journey took on another path working with dogs especially. My husband and I adopted an elderly Old English Sheepdog from our local animal rescue centre called Scrumpy Jack, a stray from a local farm. The vet had never seen an animal so neglected as he was deaf, blind (cataracts, detached retina, and glaucoma), heart condition, so matted he could hardly walk, and nails completely turned into a circle.

I knew I had so many holistic tools and so started with energy healing, magnetic therapy and much more. Even the guests (we ran a bed and breakfast) who came that first week gave him Reiki and crystal healing which was amazing.

I felt the urge to look for an animal communication workshop and attended two held on Dartmoor. I then did case studies of friend's animals and animals I had never met before, using photos that showed the eyes well. I hold my hands over the photo to get into their energy field and see them surrounded with white light.

One family had three dogs and three cats, and I was astounded when I read the photos and the answers that came into my head in a flash. I asked where their favourite walk was and from one cat I got the impression of an alleyway, one a garden and one indoors. I asked what the favourite toy was and instantly saw a stick with a bit of string and feather on the end. I was correct with everything and the fact that the stick was kept on the back door ready to get the cats in.

I asked other questions like: Where do you like to sleep? What is your favourite food? Are you happy? Your special friend or human? Are you in pain? Have

you ever had an injury? Do you have a message for your guardian? And even what is the colour of your bed?

Information can come as words or sentences; pictures or visions; feelings and emotions; physical sensations (you may even feel them in your body corresponding to the area of discomfort in the animal) or flash thoughts which is how I receive.

If you trust yourself and are sincere you will not get false information, no matter how insane it sounds. I never let logic get in the way and acknowledge the Soul and Spirit of the animal. All beings are equal.

Animals live in a slower vibration than us and have a loving open heart full of unconditional love. When we slow down and clear our minds and open our hearts the connection can be made. Animals have highly developed emotional bodies and live in a world of feelings, images and energies rather than a world of sound/thought concept.

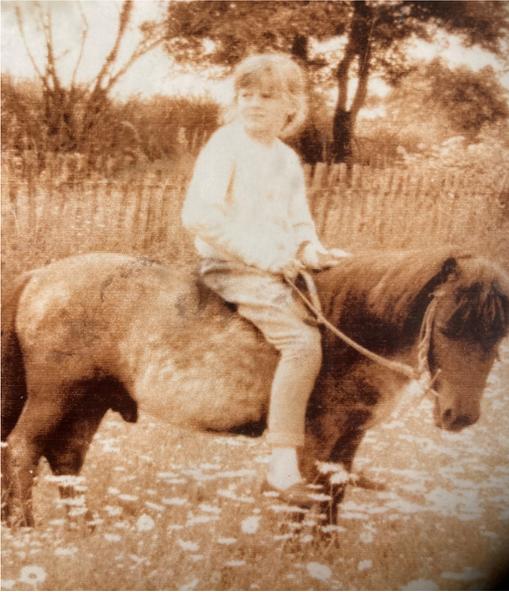
I always start by relaxing and taking deep breaths and focus into the heart centre. I build trust and stay centered in love, mindfully connected, telling the animals that I love them and am here to help and that they are safe. It is also good to ask permission to talk to the animal and ask for their patience.

At the end of the reading, I always thank them and tell them that I am grateful for the connection and see the animal bathed in a pink bubble of light. I then ground myself and surround myself in light, love, and protection.



# Animals And Their Healing Powers

By Lyn Ng



As far as I can remember dogs, hamsters and horses were always my friends. In my childhood I was always chatting to them, and I received unconditional healing love back from them.

When I was 10 years old my parents bought a sad-looking unbroken Shetland stallion from travelers. My dad and I broke him in - my dad used to say, 'don't ride him now, just handle, pat and lead.' But do we listen?! When I came home from school I would go to the field and call him. He would neigh and canter to me. While he was feeding, I would lay across his back and clicked him to walk. Feeling brave I would put my leg over his back and with a little buck, we were off! I remember the feeling of trusting.

When I went to school my two dogs would come looking for me. They always went to the pony field and the police had to come to the school to tell me to fetch the dog's home. I remember riding bare back on my horse to lead my dog's home. The freedom I had with my pets! What friends my animals were!

When I got married, we had a family dog – a black Labrador named Molly Moonshine. We gave her that name as she was born on a full moon. She became the local school pet where I worked. She knew her place in the classroom where her bean bag was in the corner. She started her healing work from the age of 10 weeks. We would give a disruptive child 'Moonshine responsibility' - to look after her and it worked! Also, if a child could not concentrate, Moonshine would sit next to him and nudge his arm to encourage him to keep going. Any child who was upset would sit on the bean bag next to Moonshine and they would calm down very quickly. Children who were not keen on books soon realized Moonshine loved listening to them reading stories to her. She would always stay in her bean bag and let the children approach her. During break time, she would be allowed out to play football with the boys – she was always in goal!

I remember a young boy who was always running away from school. We gave him 'Moonshine responsibility' – collecting her in the mornings with his mum and taking her to his classroom and her bean bag. He eventually stopped running away from school. Many years later, I saw this young lad had his own window cleaning business – in his van was a black Labrador!





## Animals and LOVE

By Margreet Rost van Tonningen

A few months ago, I went on a walking safari in the South African bush. The walking safari was a very special experience. In this endless part of untouched nature, our tiny group was the only trace of humanity, visiting paradise... guided with a total respect and love for the nature, we were allowed to visit, but had to leave it untouched.

We really were one with nature: slept under the stars, no tents, and did our night watch of 1 ½ hours enjoying the sounds of lions, hyena's, leopards, and elephants. To be in the presence of these animals so close by was deeply touching (both in daytime and by night). During our nightly watch we had to warn our guide if animals came too close to our camping site.

We asked our guide what he would do if animals came too close. He hesitated and then answered, "I send them LOVE and tell them I am harmless, that I will not harm them." In his more than 20 years of guiding walking safaris, he has never had to use his gun.

## Emotional Attachments to Our Animals

By Greg Alberion

Thank you so much for asking me about including thoughts on the animal kingdom. I have only two very simple things to say on that. From the teachings I know of the animal kingdom, it states that a soul in the animal kingdom is related to or relegated to - not a singular dog or cat, but to some division of the breed that defines that soul in incarnation.

Secondly, because I have several animals and caring for them is important because we love them so much, there is a practical approach that really concerns handling with responsibility in terms of money or concretised third Ray energy. Now the veterinary world has picked up on the fact that humans are emotionally attached to their animal companions so now want to exploit that and charge exorbitant rates for medical care. I do not approve of this because once again it proves the world is largely about money. Insurance can help manage the financial outlay, but more importantly the two things that we can do for the animals are teach them and train them to help develop their rudimentary and ever-increasing abilities of mind and to let them live with infirmity to experience as much of life as they can.

Then comes the idea of suffering. I am not quite in the same place on suffering for the animal kingdom as I am for the human kingdom. We humans with a strong will "rage against the dying of the light". There is a balance with the animals when we are responsible for them, we can alleviate their suffering by euthanasia. I do not approve of taking the easy way out, but financial concerns are absolutely a part of the human predicament. As such it is ill advised to sacrifice a human life for an animal one.

# In Remembrance

Celebrating the Life of Our Colleague, Bernadette Bloom

## Remembering Bernadette Bloom: The Esoteric Bloom

By Katie Agro

I am so sad to inform you all that Bernadette has passed away. She was a wonderful being with a beautiful intention to fulfill her healing mission. She helped and healed many. She was a kind and strong person. She never doubted her beliefs, and she was adamant about sharing her knowledge with the world. Keep her work going and please continue everything she taught you. Remember, those with higher levels of consciousness have the ability to counterbalance many and raise the World's overall vibration.

From Bernadette's Bio: Bernadette Bloom is a Medical Intuitive, Teacher and Practitioner of Energy Medicine/ based on the writings of D.K. from Tibet. She is President of the JJ Esoteric Foundation (a 501c3 non-profit) and the Founder of Center for Aligned Healing. Bernadette has studied Osteopathic principles since 1988, Tai Chi, and Shamanism. Her practice blends both Eastern and Western traditions. Bernadette has been an Energy Medicine practitioner since 1992 and teaching since 1999. She is the only teacher in the NY Tristate area. She teaches classes and has private clients throughout the world.

As Bernadette would say, "May the Highest and Best Prevail."



Look for Bernadette's articles in Energy Magazine:

"From Chaos to Wholeness"

July/August 2023 Edition

"Esoteric Healing for Chronic Allergies"

January/February 2023 Edition

"Healing Diabetes the Esoteric Way"

July/August 2022 Edition

"The Energetics of Breast Cancer"

July/August 2021 Edition

"PTSD – Handled the 'Esoteric Healing' Way"

May/June 2021 Edition

"The Energetics of Fibromyalgia - Based on the Teachings of the Tibetan Djwhal Khul"

May/June 2020 Edition



## NAEH Monthly Meditations - Group Work!



The NAEH Monthly Meditations continue to take place on the 1st Tuesday of the month at 5:00 PM Pacific Time, 8:00 Eastern Time. Over the past several months, we have been blessed by meditation leaders who guided us in the way of Alignment and Group Work. As a community, we have sent Light to each other, to the NAEH, to Esoteric Healers around the globe, to planet Earth and to all the kingdoms. Come join us in this wonderful, Life-and Light-enhancing form of group work. And if you feel the “divine nudge” to lead a meditation, please contact Constance McCloy at [info@naehonline.org](mailto:info@naehonline.org).

## The Dura—Part 2 with Nell Weast on January 20th

Nell continues her exploration of the dura and deepens the teaching she offered at the 2023 NAEH Conference. This event is open to all who have completed Esoteric Healing Part 1 and attended the conference lecture, Dura 1, either by attending the conference or watching the conference video. This course will be offered on January 20, 2024 from 11am-1pm ET. Find more details on the NAEH website under the “Deepening Class Schedule” tab under “Class Offerings” in the website’s menu bar, or click [HERE](#).

## Group Esoteric Healing Session for the NAEH Deva

This healing session will take place on February 11, 2024. This event is open to all NAEH members. Watch your email for more information.

## Come Join Us at the 2024 NAEH Online Conference, April 19-20!

The NAEH Conference Committee has been meeting since September to create the 2024 NAEH Conference, “Heart, Ajna, and Soul: The Bridge to Discernment.” The theme of the 2024 NAEH Conference is Discernment - how to open to our guidance and discern what is Real and True as we navigate this chaotic world that we live in. Through talks, practicals and meditations, the conference will explore the process of discernment from the personality level to the Heart and Soul level. Within this theme, the symposium will also address the importance of “listening within” as it relates to Self-Care. So, save the date for the 2024 NAEH Conference! April 19-20, 2024

## Giving Tuesday

By Laura Letzler



After the hustle of shopping following Thanksgiving, Giving Tuesday was created as a way to reflect on more charitable purposes and activism. Largely an online vehicle, Giving Tuesday is held the Tuesday following Thanksgiving. Now in its twelfth year, it has grown into a day of philanthropic giving for organizations across the world. The NAEH participated for the second time in 2023.

The campaign was launched in early November with an email and social media campaign to create awareness for the NAEH members and email subscribers. The Board is very pleased and grateful to share that we received \$2900 from 21 contributors. These donations are in the general funds and will be used to support the programs and mission of the NAEH.

## The NAEH Solar Return—An Esoteric Astrology Reading

NAEH Members - The 2024 Solar Return for NAEH is now available in your member profile under the Member Resources tab. You may listen to the audio recording or read the transcript of the audio recording.

## Leave Us Your Suggestions

The NAEH is a volunteer organization made up of members like you who have great ideas and suggestions for improving and growing our organization. Now there is a new opportunity for service on our website! It is the newly implemented "Suggestion Form" button for NAEH members to submit your inspirations and ideas for consideration. It is a quick link on the side of the "My Profile" page and also as a tab next to the "My Profile" tab. The Education Committee looks forward to all your ideas!

