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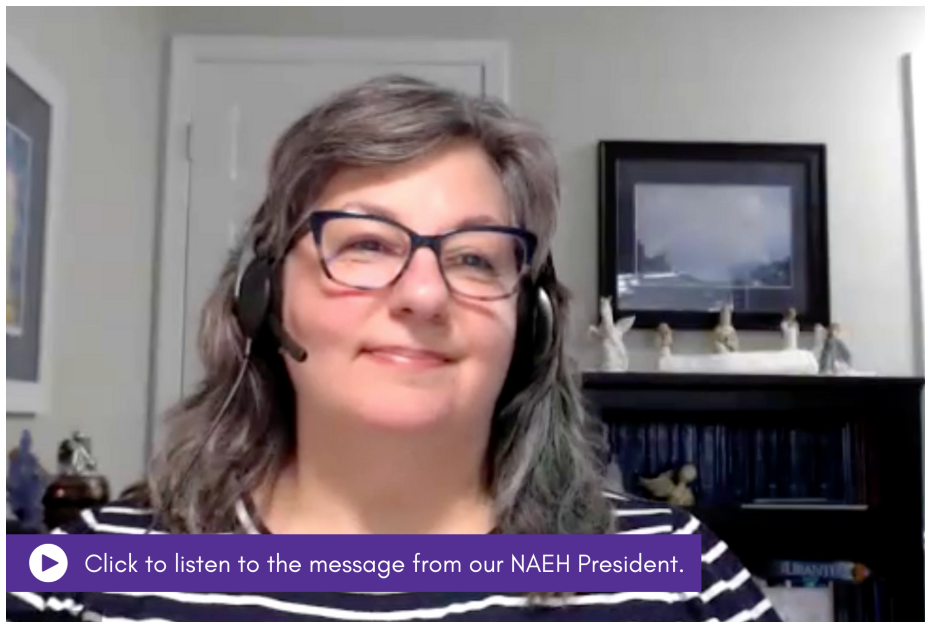
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Click to listen to the message from our NAEH President.

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

Bonnie Dysinger, NAEH President | bonnie@bonniedysinger.com | 517-281-1706

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

Join us for another NAEH Member Only Event!

Dr. Briner's 2014 Conference Presentation of
"Shining Light On the Brain - It's All in Your Head"

Saturday, January 25 from 9am-2pm ET



The Year Ahead for the NAEH

An NAEH Solar Return Esoteric Astrology Reading by Mary Connolly



This will be a turning point year for the NAEH. The organization is in a very big shift; one of total and complete transformation. It is just the beginning and it is in process. What we have been doing as an organization is obsolete at this point. This will be a year of action, though it is still developing and unfolding. The chart for the NAEH indicates a total and complete transformation in the area of how it conducts business and how it is structured, moving into something that embodies a totally new perspective. The organization is taking something that has form and structure, such as a boat, and saying "OK, be the ocean!" "Be one with the ocean!"

How do we today, as an organization with a name, an identity, and an ego, facilitate being able to help other people and let other people know that we're here. How do we do that when we are in the ocean now and we're not being identified by anything or anyone? How do we do this?

We've been thinking about expanding out with other organizations, and that is the number one thing to do! The NAEH is a leader in being able to usher in a new way of being. The focus this year on being able to merge with other organizations is the ticket. As you merge with other organizations, it's going to unfold for you and show you what the NAEH needs to do.

We are going to allow the creative force to move through us in order to take action. It will unfold. We don't want to try to fix it or to change it. We are going to allow the transformation to go through us. We continue to move in a direction, a forward direction, and allow it to show us how to transform in that direction. That takes a lot of faith and trust.

The NAEH, as an organization, is a very important concept. It's one that is going to usher in concepts for other organizations to follow. Because as you move into this concept of letting go of structure; letting go of worrying about how we can improve our membership, our technology, our board, it will naturally unfold for us to transform into something so much greater. Everyone will start to look at themselves, other organizations will look at themselves and say, "Oh, we are dinosaurs! Hey, they showed us the way."

I know Dr. Briner is with us right now and has a big smile on her face and is saying, "Yes, this is what was intended to be." It is the one thing that is ushering in a new way of being. It is ushering in the natural law."

As long as we know what is going on, we can then start to move in the process. Continue to do what you are doing in a practical way, but at the same time allow other thoughts to come in that will help unfold a different way of

Featured Article

Sharing Thoughts and Ideas with Our Community



organizing altogether. Continue to do what you're doing, but know in the back of your mind that we are all moving into the One. We're moving into a way of allowing for unfoldment, allowing us to be shown what perfection is. Continue your tasks, but be very open to thoughts that come in. That's the whispering of the creative force moving through you. "I will apply it and see what happens." And as you do, you'll feel a peace and a relaxation and you'll say, "Why didn't I do this before?" So allow it to unfold in its time and in its way. It is a very slow moving energy because it gives us time to meld into something completely different.

We can let go of the identity of our boat and the structure of our boat that is keeping us separate. It's asking us to have faith so that we keep our minds open to whatever is coming through us in the moment and take action on that.

The NAEH is going to be a template for ushering in a new way of being for other organizations. So by all means, move in that direction of inclusivity and being One with all. Others are going to be looking to us for that template. This will not be overly conscious, this is happening unconsciously.

I think that the mission statement is going to be revamped during the course of this year in some way. Let that happen organically. Technology... that is going to be really front and center for the organization this year. Again, this is a turning point year. And it is the action that is going to be taken while you are doing what you're currently doing, but with an open mind to that little voice. Take action on that little voice. We are going to be tempted at the same time to fall back into our structure. Know that is human. So we're not going to become upset with ourselves or our organization. We're just going to realize that, "Oh I caught that. I see that. That's a habit pattern and conditioned response, so I naturally will fall for it, but not for long because we're going to open up our minds and we're going to look at everything from a new perspective." You will be helping others with this during the course of the year.

We're going to continue to move forward in the direction that we have, but we're going to listen to that voice and allow ourselves to take the action while trusting it. And then we will see how far we've gone and look back at how we'd kept ourselves held back or compartmentalized. It's very exciting for me to watch this organization take-off, knowing that it will usher in a new way of being for our world.

NOTE: This NAEH Astrological Solar Return reading was done by Mary Connolly on November 7, 2024. This is an annual reading to chart impressions for the new year. Your NAEH membership gives you access to all of these readings. We offer both an audio version and a transcript. Here's [the link](#) to those.



Esoteric Astrology and the Healing of the Individual and Group Consciousness

By Chuck Pisa, CPEH



Esoteric Astrology is a science, a metaphysical philosophy, and a cosmology. It relates man as the individual and humanity as the group, to the vast entirety... The All That Is.

Esoteric Astrology recognizes that there is no separation, that everything is related and that the Universe is one living being, one entity of which we are all part.

Astrology, both exoteric and esoteric is “essentially the purest presentation of occult truth in the world at this time, because it is the science which deals with those conditioning and governing energies and forces which play through and upon the whole field of space and all that is found within that field”. And to put a finer point on this “we are, therefore, dealing with the Life and Lives which inform the “points of light” within the universal Life. Constellations, solar systems, planets, kingdoms in nature and the microscopic man are all of them the result of the activity and the manifestation of energy of certain Lives whose cycle of expression and whose infinite purposes lie outside the comprehension of the most advanced and illumined minds on our planet”.

Of what practical purpose would the study of Esoteric Astrology be to us as human beings and in particular to those in the healing arts, especially esoteric healers? This is what this article will explore in relationship to the individual and the group consciousness.

Esoteric Astrology deals with the study of the Zodiac and the Rays; of the relationship of the three Crosses (Cardinal, Mutable and Fixed) to the signs and the energy centers; and the interrelationship of the 12 signs of the zodiac with each other, with the planets and with Earth and Humanity. One way to help us wrap our heads around this incredibly complex subject would be through the Science of Triangles. There are three broad categories of triangles to consider: Triangles of Energy through the constellations; Triangles of Force through the planets; and the Triangles and the Centers of the planets and humanity.

Generally speaking, the three major forces affecting our planet are zodiacal, systemic and planetary. The zodiacal energies pass through Shamballa, are related to Ray 1 and affect the Monad. The systemic energies pass through the Hierarchy, are related to Ray 2 and affect the soul. Lastly, the planetary forces act on humanity through the third Ray and affect the personality.

Let's consider first the Triangles of Energy that condition our solar system. These energies come from three great constellations (esoteric not astronomical constellations): The Great Bear (7 stars of the Big Dipper); The Pleiades (The 7 Sisters); and the Sirius star system.

The energies of the Great Bear are of the will aspect (Ray 1) affecting the Monad of the Solar Logos. The energies



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from Sirius come from the love-wisdom aspect (Ray 2) affecting the soul of the Solar Logos. And the energies of the Pleiades, which are an aggregate of seven energies, are related to the active intelligence (Ray 3) of the personality of the Solar Logos.

This great triangle of The Great Bear, The Pleiades and Sirius affects and influences our entire solar system. The next major set of triangles is formed by one aspect each of the great triangle above working through a particular zodiac constellation and a sacred planet. For example: The Pleiades – Cancer – Venus, which influences Humanity; The Great Bear – Aries – Pluto, which influences Shamballa; Sirius – Leo – Jupiter, which influences The Hierarchy.

In addition to the above triangle aspects, we have three aspects of the great triangle that drill down through several layers to reach the individual person. For instance: The constellation The Great Bear transmits energy to the constellation Leo, which passes it on to the planet Saturn, which reaches the Earth's head center (crown center), then the Disciple's head center (crown center), which eventually controls the basic center of the individual.

The constellation (cluster) The Pleiades transmits energy to the constellation Capricorn, which passes it on to the planet Mercury, which reaches the Earth's Ajna center, which eventually controls the throat center of the individual.

The star system Sirius transmits energy to the constellation Pisces, which passes it on to the planet Uranus, which reaches the Earth's heart center, which eventually controls the solar plexus of the individual.

Next, let's consider the Triangles of Force – the Planets. The planets are the next step-down of cosmic energy to humanity. They are analogous to the energy centers

(chakras) of the human body as they influence the endocrine glands of the body. The zodiac constellation triangle of Leo – Pisces – Capricorn is allied with the planetary triangle of Saturn – Uranus – Mercury.

These two triangles form six streams of force that contact and influence our planet Earth's energy centers (crown, ajna & solar plexus). These Triangles of Force are called "effective" triangles because of their conditioning and potent results. To give one example, The energy that flows from the constellation Leo into the planet Saturn impacts us by breaking up existing conditions by the shear force of its energy and enables the influence of the planet Mercury to be more fully expressed. When this happens vision (insight) can be more intuitively perceived because the obstructions have been cleared away.

Lastly, let's look at the Triangles and the Centers upon which they act. All of the energetic influences that act on the individual man or upon humanity pass through or are transmitted by the planetary (Earth) centers. We call the major three centers Shamballa, Hierarchy and Humanity. Shamballa is the planetary head center and represents power, purpose and will (Ray 1). Hierarchy is the planetary heart center and represents love-wisdom (Ray 2). And Humanity is the planetary ajna center and represents active intelligence (Ray 3).

We know as Esoteric Healers that there is practically a triangle for everything. "For the triangle is the basic geometric form of all manifestation and it is to be seen (by those who have eyes to see) underlying the entire fabric of manifestation, whether it is the manifestation of a solar system, the manifestation of a zodiacal round, the cosmic triplicities or the tiny reflection of this divine triple whole which we call man."

Bailey shows us that energy triangles are composed of an "emanating" point and two receiving points. One point is



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an emanating, dynamic, conditioning energy and the other two express receptivity and are the “embodying” forces. “This is a basic statement of importance and the formulation of a law under which all the triplicities of energy function in time and space”.

The two embodying forces ground themselves to a point where the energies can be distributed. This distributing “center” can be a solar system, a planet, a nation, an individual or an etheric center in the human body.

The fact that we have a major cosmic triangle (The Great Bear-The Pleiades-Sirius) and 12 zodiacal constellations and 7 sacred planets (and 5 non-sacred planets) which results in a dizzying number of triangles that influence and inform us, is there any hope of finding our way through this complex network of triangles?

Maybe... In Esoteric Astrology, Bailey indicated three constellations that are “primarily related to the unfoldment of consciousness and to the evolution of spiritual understanding...”

The major cosmic triangle of Sirius-The Pleiades-The Great Bear is currently working through six zodiacal constellations and three planets: Sirius transmits its energies through the constellations Cancer and Capricorn, and these two energies focus through the planet Saturn; the Pleiades transmits its energies to the constellations Gemini and Sagittarius, which focus their energies through the planet Mercury; the Great Bear transmits its energies through the constellations Aries and Libra, which then informs the Sun.

We have six influences in the above six constellations that can greatly help in the development of self-consciousness and spiritual consciousness in man. The first triangle (Cancer-Capricorn-Saturn) helps the aspirant on the Path of Purification and Probation and he learns to feel. The second triangle (Gemini-Sagittarius-

Mercury) assists in the Probationary Disciple moving to the Path of the Accepted Disciple and he learns to see. The last triangle (Aries-Libra-The Sun) enables the disciple to move onto the Path of Initiation, consciously and with intention and he learns to be. This three-fold process can be summed up as increased sensitivity, illumination and inspiration.

I have been experimenting with these and other cosmic and astrological triangles with some interesting results. Using techniques learned in Esoteric Healing Part 1, anyone can utilize these triangles and check for balance with respect to themselves, humanity, the Earth, the Planetary Logos or the Solar Logos. For example, Align & Attune (AA) with yourself, then assess the CC, AJ, TC, HC, SP, SC and BC and note their condition. Next, using one of the triangles above (Aries + Libra + The Sun), place your Ajna on a visualization of the constellation Aries, while holding “the minors” of the constellation Libra and The Sun, allow for balance, when you feel that a balance has been achieved, re-check the centers CC through BC and note if they have changed. By assessing the centers prior to holding and balancing the above triangles and then re-assessing them after balancing, a noticeable difference in the strength and vitality of the body centers can be felt. You can then use the same procedure on the Planet Earth’s centers and Humanity’s centers just as you did on yourself. This is very much a work in progress and I invite others to participate!

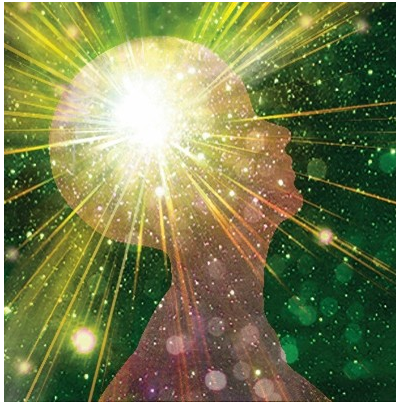
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This article is from the Spring Edition of the 2018 Lifestream Journal. An NAEH Membership includes access to all of the Lifestream Journal archives! Become a member today: [here's how!](#)





A Member's Only Event: Dr. Barbara Briner's Presentation of "Shining Light On the Brain - It's All In Your Head."



NAEH is hosting a free [NAEH Member Only Online Event](#) on Saturday, January 25, 2025, from 9:00am-2:00pm ET, with a 30-minute lunch break.

Together we will be viewing the 2014 Conference video of Dr. Barbara Briner's presentation "Shining Light On the Brain - It's All In Your Head." In this video, Dr. Briner provides information on the anatomy and structures of the brain and various brain conditions – such as traumatic brain injury, PTSD, learning disabilities, autism, Parkinson's disease, Alzheimer's/dementias, and strokes. Esoteric Healing protocols are included that support conditions that involve the brain.

This training is presented in two videos with a supporting 53-page handout you may download and print and also save on your device. The first video covers information about, and balancing techniques for, the cranial bones, lobes of the brain, NTS (Nucleus Tractus Solitarius), thalamus, corpus callosum, and Reissner's fiber. There are two *practicals included with this first video.

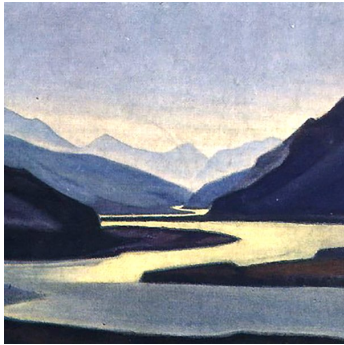
The second video builds on the first video and provides information on *The Injured Brain*, *The Emotional Brain*, *The Learning Brain*, and *The Motor Brain*. Balancing techniques are included for the amygdala, cingulate cortex, anterior cingulate cortex, nucleus accumbens, basal ganglia, and cerebellum. There are two *practicals included with this second video. *Members attending may balance themselves or choose to attain the permission of another person (e.g., family or friend) to balance for the practicals.

This event will happen on Zoom and NAEH members must complete a registration form to receive the email invitation with the Zoom link and the corresponding handouts. You must attend this event to view this video. This will be the only free viewing of this video. It will not be recorded, available for downloading, or offered to view again later.

NAEH Members: [CLICK HERE](#) for the registration link for this Members Only event. Non-Members: [CLICK HERE](#) to complete an application for membership. After you complete your application, then click on the NAEH Members registration link for this event.

If you have questions or need assistance with your application or registration, please contact Suzie by email at info@naehonline.org or call 517-898-0271. The NAEH Membership Committee looks forward to seeing you at this event.

"Flowing with the River of Life: Navigating the Cycles of Change"



Through rich discussions and many meditations, the NAEH Conference Committee decided to create a one-day "convocation" (vs conference) with the title: "Flowing with the River of Life: Navigating the Cycles of Change." Save the date: Saturday, April 26th!

Various themes have been discussed, including resilience, balance, compassion, wholeness, vulnerability, community and connection. Activities suggested thus far include meditations, discussions and possible breakout room activities, ceremony, and other activities that support the participants, and in turn, our world.

The convocation will also likely address the 2025 Conclave spoken of by DK in the Bailey writings. More information will be forthcoming via email and on the NAEH website!

Our Annual Membership Meeting will take place the following day, Sunday, April 27th. This is a wonderful opportunity to get acquainted with the Board of Directors and be a part of our future!

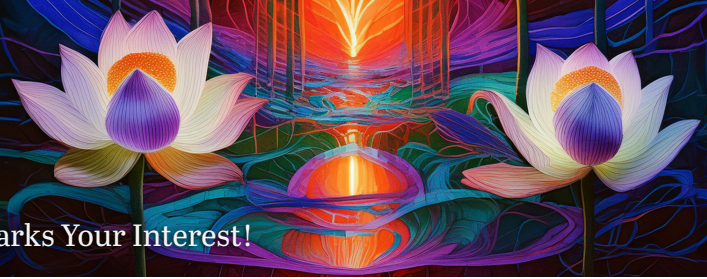
NAEH Monthly Meditations - Group Work!



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.



Literary Adventures with the Educational Resources Committee

Happy New Year from the Educational Resources Committee! 2024 had its triumphs and challenges, but we are grateful for all the blessings and welcome new opportunities in 2025. You may notice our new name change (formally known as the Education Committee). Out with the old and in with the new! The new name encompasses more of what we strive to provide as a committee. We want to be THE resource for NAEH esoteric studies. Our first goal is all about books. I am not alone when I say I love books. Knowledge is powerful, uplifting and creative! My spiritual development comes from the pages of NAEH recommended books. What a resource to have.

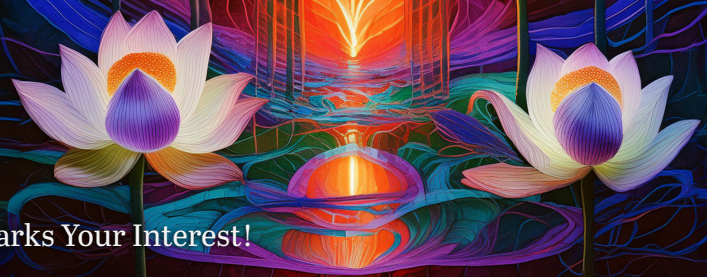
Do you have a favorite book that raises your spiritual vibration? Did you find a book that taught you a new way to use essential oils to enhance grounding when working with a client? If so, please tell us so we may share this experience with you. The book categories align with our esoteric philosophy. Books on esoteric studies, spiritual development, or health and well being are some examples of categories we offer.

NAEH Educational Resources Committee has all recommended books on the NAEH website under the "Helpful Book Tab." To learn more about our current books and the categories we offer, please follow these instructions: Log into the NAEH website; from the horizontal bar at the top of the page click, on "Links and Resources" and then click on "Helpful books." Next, you will see books organized by Title, Author, and Category. Click on any tab and take a look at the current book selections!

If you have a book you are recommending to the NAEH members, there is an updated form to fill out. (We hope you do.) To reach the form, continue to the last tab under "Category" and click on "Submit Book Recommendations." Next, it will direct you to log back into NAEH to reach the book submission form. Fill out the form and press SUBMIT. The Educational Resources Committee will review the submission, approve if appropriate and add the book to the selections. Your book recommendation is now a part of our collective spiritual journey!



"A room without books is like a body without a soul" - Marcus T. Cicero



Join the NAEH Digital Strategy Committee



The newly formed NAEH Digital Strategy Committee is looking for passionate, creative, and tech-savvy individuals to volunteer to help us bridge the gap between science and spirituality through innovative digital efforts.

Do you have expertise in digital project management, information technology solutioning, business applications technology, business analysis, requirements gathering, or user and AI content generation? Or perhaps your strengths lie in social media, email marketing, website design, content creation, blogging, podcasting, or other digital realms?

This is a fantastic opportunity to volunteer and leverage your professional skills in a fun, dynamic environment while contributing to a cause that unites science and spirituality. Not only will you make a meaningful impact, but you'll also be part of an inspiring community, shaping the future of NAEH's digital landscape.

What We're Looking For:

- Digital Project Managers
- IT Solution Architects
- Business Analysts
- AI & Content Creators
- Website Designers & Developers
- Social Media Strategists
- Email Marketing Pros
- Bloggers, Podcasters, and Content Creators

Why Join?

- Make a real impact by advancing our mission to harmonize science and spirituality.
- Collaborate with like-minded professionals and experts.
- Develop and grow your skills in a rewarding, supportive environment.
- Help shape the future of NAEH's digital and operational strategies.

Whether you're an expert in information technology, digital marketing, or simply passionate about using technology for a greater cause, we'd love to hear from you! Let's create something extraordinary together!

If you're interested or know someone who'd be a great fit, contact us directly at info@naehonline.org.



*You are the divine spark that ignites joy,
the radiant glow that warms hearts,
and the guiding beacon that inspires others.*

Shine on!

Wishing you a happy and bright 2025,
from the NAEH Publications Committee.