



2024 NAEH Zoom Conference

Heart, Ajna, Soul: The Bridge to Discernment



DAY 1

TIME (EASTERN TIME)	ACTIVITY/TOPIC	SPEAKER/LEADER
11:00-11:10	WELCOME!	Stephanie Urdang
11:15-11:35	CERTIFICATION UPDATE and ANOUNCEMENT OF TEACHER ACCREDIATION	Lyn Ludwig Bonnie Dysinger
11:40-11:55	ANGEL CARD and OPENING MEDITATION	Helen Frankland
12:00-1:00	THE AJNA AND ITS ROLE IN DISCERNMENT	William Meader
1:00-1:15	BREAK	
1:15-1:45	PRACTICAL: SUPPORTING THE AJNA IN DISCERNMENT	Alisa Petruzzi
1:45-2:15	LUNCH	
2:15-3:15	SELF-CARE EXPLORATION HOUR 1) The Role of Self-care in Discernment 2) Self - Balancing Protocol 3) "Heart Space" 4) Breakout Rooms Discussion	Diane Rolka Jo Simpson Sarah Hopkins
3:20-3:40	CLOSING MEDITATION	Mei-Ying Moy



**2024 NAEH Zoom Conference
DAY 2**



TIME (EASTERN TIME)	ACTIVITY/TOPIC	SPEAKER/LEADER
11:00-11:05	ANNOUNCEMENTS	Stephanie Urdang
11:10-11:25	ANGEL CARD and OPENING MEDITATION: Welcoming the God Spark	Constance McCloy
11: 30 – 12:15	INTERNAL FAMILY SYSTEMS AND ESOTERIC HEALING: Our “Parts” Meet the “Self”	Patricia Enstad
12:15-12:30	BREAK	
12:30-1:00	THE ROLE OF THE HEART IN DISCERNMENT	Sarah Hopkins
1:05 – 1:50	PRACTICAL: SUPPORTING THE HEART IN DISCERNMENT	Jen Wolffis
1:50-2:20	LUNCH	
2:20-2:50	“THE CHRIST IN ME” MANTRA	Bonnie Dysinger
2:55-3:40	CONNECTION AND DISCERNMENT WITH THE HIERARCHY IN PREPARATION FOR 2025	Chuck Pisa
3:45- 4:00	CLOSING MEDITATION	Susannah Lawson