

# LIFESTREAM

Volume 1, Issue 1

**NAEH Newsletter**

Winter, 2011



## Premiere Edition



### WELCOME!

This is our first edition of our NAEH Newsletter, "LIFESTREAM". Much is developing to bring the NAEH into manifestation. We want our organization to be a strong, vital group of Esoteric Healing practitioners who support, and learn from each other, and grow together as individuals and as an organization.

The NAEH Steering Committee (11 members) has been working together with wonderful dedication and energy to bring forth organizational details and our Spring Conference. Some highlights ↴

- ॐ Membership is currently 92 members and growing ....Who in this readership will be the 100<sup>th</sup> member?!
- ॐ Annual Conference in May, details on page 4
- ॐ Newsletter (Publications Committee) – quarterly with the seasons. If you have something you would like to submit, please contact NAEH Director at [info@nafeh.net](mailto:info@nafeh.net)
- ॐ Journal (Publications Committee) – twice per year to be mailed to each NAEH member
- ॐ 1<sup>st</sup> Issue to be premiered at the Conference
- ॐ Website <http://www.nafeh.net> – has been expanded, loaded with information, links, and is very user-friendly. Take a look and find your information in our developing network! Let us know what you think about it – use the chat-room "Forums"!
- ॐ Certification – this committee has been formed and we are starting the detailed process of developing the certification program. More information will be available on the website by March 31<sup>st</sup> and in the next newsletter (June 2011)

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### PUBLICATIONS COMMITTEE:

#### **Editor:**

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#### **Contributors:**

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NAEH Director

## Meet our Executive Director! 😊

Anshu Varma is the lady you talk to, email with and redirects your emails to the appropriate person. She makes certain all committees know about their meetings, manages the website for updates, and additions. She manages the finances, and keeps us within our budget. Year-end tax filings – she does that too!

Ms. Varma was born, raised, and educated in the New Delhi area of India. She came to the U.S. in her early 20's. She is an accountant and CPA by training and has worked for a number of years for the State of Michigan as a Senior Budget Analyst (which means she tries to find money where there is none, or makes sure it stays there if there is some!)

In addition to all of her business related work, Anshu has a daughter, Maya, who is a freshman in the MSU College of Engineering and who is the webmaster for the NAEH. (Thank You Maya!)

Anshu has helped with many of the Esoteric Healing classes – but doesn't *do* Esoteric Healing, herself. She loves project development, administration, and people – and is looking forward to putting your name with your face – so definitely stop by and introduce yourself!



**Welcome, Anshu!**



## ॐ *Meditate with Thought...*

“May the Holy Ones, Whose pupils we aspire to become, show us the light we seek; give us the strong aid of Their compassion and Their wisdom. There is a peace that passeth understanding; it abides in the hearts of those who live in the Eternal. There is a power that maketh all things new; it lives and moves in those who know the Self as one. May that peace brood over us, that power uplift us, till we stand where the One Initiator is invoked, till we see His Star shine forth. May the peace and the blessing of the Holy Ones pour forth over the worlds.”

<http://www.nafeh.net>  
**website updated – check it out!**

Many updates and categories have been added to our website to make it 'The Source' for update information on membership, conference, classes, newsletter, chat-room, certification and more...!

✓ **Member Directory**

Listing by city and state; only your email address is listed. Find yourself – everything correct?

✓ **Make an Appointment**

For those members who want to be called for treatments. Would you like to be added to this section?

✓ **Conference – “Dare to Dream”**

Brief schedule, listing, and link to lodging accommodations. Registration form available for downloading. (Brochure – Coming Soon)

✓ **Class listing for Esoteric Healing**

Exciting! Links take you right to the instructor's website! How about that?!

✓ **Chat-room (“Forums”)**

Create your personal login and password – then ask your questions or start a chat. Let's get this going and really network with each other!

✓ **Testimonials**

Have you, as an Esoteric Healing Practitioner, or as a receiver of Esoteric healing had an experience that you would like to share with others? If so, send an email to [info@nafeh.net](mailto:info@nafeh.net) or tel: 517-515-2980 for more information. People love, and need to hear others' stories!

✓ **Advertising**

Would you like to advertise your business to others in our organization? People love to know what others do for a living. Get a leg up on your competition – advertise to a receptive and ready-made audience (and help the development of the NAEH). More details will be on our website; click on the “advertising” tab.

**Hope to see you there!**

# **DARE TO DREAM!**

*"A boat is safe in the harbor, but his is not the purpose of a boat." – Paulo Coelho, [The Alchemist](#)*

This is our theme for the annual NAEH Conference for 2011. We will become aware of our heart-dreams and how to bring them safely into manifestation, as well as dreaming the bigger picture for humanity. Spirit calls us to move forward and "follow our dreams," but sometimes we are blocked. Where is this blockage? Learn new triangles and treatment patterns to help you and your clients, "listen to your Heart and follow your Path."

When:           **May 13-15, 2011**

Where:           **Comfort Inn Conference Center  
Okemos, MI (Jolly Rd. and Okemos Rd.)**

Registration:     \$115.00 - NAEH Member (if payment by credit card, add \$3)  
\$145.00 – Non-member (if payment by credit card, add \$3)

Schedule:

Fri, May 13:    1:00pm – 3:00pm Registration  
                      3:00pm – 5:00pm Conference  
                      7:00pm – 9:00pm Eat and Greet Reception

Sat, May 14:    9:00am – 5:00pm Conference  
                      5:15pm – 6:00pm **1<sup>st</sup> ANNUAL NAEH MEMBERSHIP Meeting**  
                      7:15pm – 9:00pm Talent Show\*  
                      9:00pm – 10:00pm Drumming Circle

Sun, May 15:    9:00am – 12:30pm Conference

A detailed brochure will be sent to you next month as well as in the *Conference* section at <http://www.nafeh.net>

- ✧ Reconnect with old friends from your prior Esoteric Healing Classes
- ✧ Develop Your Dreams and understand them
- ✧ Learn new triangles to help you follow Your Heart
- ✧ Experience Your Dreams through art and movement
- ✧ Connect Your Dreams with Spirit and understand the Oneness within.

## Join Us!

\* If you have a Special Talent that you would like to share with everyone, please contact Julie at [info@nafeh.net](mailto:info@nafeh.net), or tel: 517-515-2980 if you would like to participate and for more information.

\*\* Space to advertise your business will be available at the conference. Contact Bonnie at [info@nafeh.net](mailto:info@nafeh.net), or tel: 517-515-2980 for more information.

## Solar Plexus Savory...

### Spinach Balls

Created by...Bonnie Dysinger

2 (10 oz) packages frozen chopped spinach

2 cups herb Pepperidge Farm stuffing mix (crumbs)

1 large onion, chopped fine

4 eggs, well beaten

1/2 cup melted butter

1 cup grated Parmesan cheese

1 tsp. pepper

1 tsp. thyme

1 1/2 tsp. garlic salt (I used the chopped garlic in the jar)

Love and Light



Cook and drain spinach. Let cool, squeeze out excess water.

Combine all ingredients.

Roll into walnut size balls. (If you make them too big they are hard to bake.) Put on cookie sheet in freezer long enough to harden and hold shape. Store in a plastic bag in freezer until ready for use.

Bake at 375 in a preheated oven for approx. 15 minutes or until lightly browned. Serve hot or cold with Om...

NAEH

[www.nafeh.net](http://www.nafeh.net)

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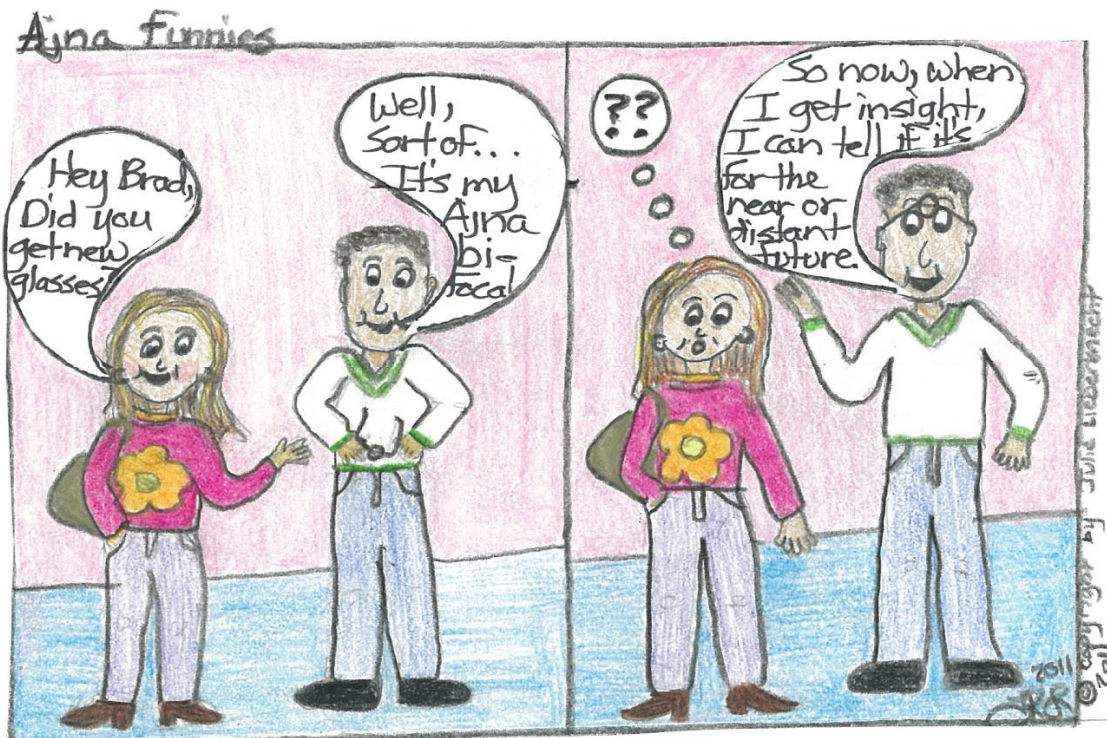
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[info@nafeh.net](mailto:info@nafeh.net)

### Happenings

- ⇒ Welcoming new NAEH teacher-trainees with Barb Briner:
  - ⊗ Kelly Yoakum – East Lansing, MI (plans to teach in Arkansas!)
  - ⊗ Julie Lieberknecht – Royal Oak, MI
  - ⊗ Carolyn Mills – Asheville, NC
- ⇒ Esoteric Healing Practicum Group: Meets the second Tuesday of every month at IBS from 5:30 - 7:00 pm, led by Bonnie Dysinger (517.281.1706)
- ⇒ Meditation: Every Wednesday from 11 am -12 noon led by the Ascension Star Bookstore owners Kathleen Deeds and Carolyn Smith Adams
- ⇒ Esoteric Healing Practitioners in the Detroit Metro area: we are inviting a practice group to meet in Royal Oak or Warren, MI. Please let Julie Lieberknecht or Ruth Perry know if you're interested in joining ([Julie\\_lieberknecht@yahoo.com](mailto:Julie_lieberknecht@yahoo.com)) ([ruthperry@mac.com](mailto:ruthperry@mac.com))
- ⇒ Complementary Energy Medicine: Does anyone know when local drumming circles are happening? Please let us know ([info@nafeh.net](mailto:info@nafeh.net))
- ⇒ Talent to Share?: Talent is invited for the NAEH Conference Talent Show taking place (Saturday night) May 14, 2011 ([info@nafeh.net](mailto:info@nafeh.net))

## Ajna Funnies...



## Links

Interesting connections to our vast resource Network:

- [Daily OM](#) – nurturing Body, Mind, and Spirit
  - [www.SpiritFire.com](http://www.SpiritFire.com)
  - [youtube.com](http://youtube.com)
    - ♪ New Reality Transmission 11.11.2010 one million meditating
    - ♪ The Great Invocation – 7 Ray Institute Singers
    - ♪ “God’s Cricket Chorus”
  - [facebook.com](http://facebook.com) – would you like to be our “friend”? Search “National Association for Esoteric Healing”.
  - [gratefulness.org](http://gratefulness.org) - receive a thoughtful quote of the day
  - [bighappybuddah.org](http://bighappybuddah.org) – all things “Buddha”
  - [guideposts.com](http://guideposts.com) – true uplifting stories, practical advice, inspiration
- ☺ Do you know of interesting and informative websites or youtube clips regarding Esoteric Healing, Meditation, Metaphysical Studies, etc? Let us know for the next newsletter. Contact Julie at [info@nafeh.net](mailto:info@nafeh.net)

**Thank You for your valuable input!**