



LIFESTREAM

NAEH Newsletter

Volume II Issue 2

March 2012



Spring is making its appearance!

At this time, the NAEH is looking forward to the conference in April, *Harmony: Pathway of the Heart*. We are looking forward to seeing dear friends and making new ones! We will celebrate our first group of certified practitioners and new members will be elected to the Steering Committee!

In this newsletter, Joni helps us explore ways to develop our intuition. Wallace shared his experience of Esoteric Healing bringing the human and animal kingdom together in a remarkable way.

The "NFEH/NAEH News" and "Happenings" keeps you informed of the Association's activities - and *you* are the Association! We greatly appreciate the energy you bring to the Association and to this field of study!

There is a Celtic meditation in honor of St. Patrick's Day and a detailed agenda of the Conference. Debra Duxbury shared a recipe she obtained at a Franciscan Retreat Center.



So, take a few minutes to relax and we hope you enjoy this edition of *Lifestream*.

And remember, we would love to hear from you too!

Contents:

Spring!

Intuition

Animal Stories

2012 Conference

NFEH/NAEH

Recipes: Solar Plexus Savory

Meditate with Thought

Happenings

Links

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Intuition

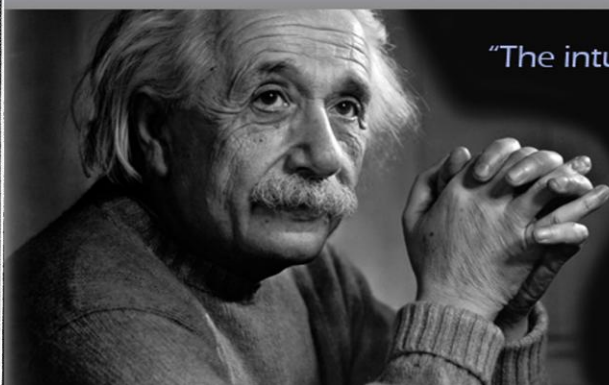
by Joni Larson

Everyone has the ability to be intuitive. But not everyone is tuned in. For some, intuition may be waiting, patiently waiting to be invited into the person's daily life. Yes, it is very likely that you have heard this before. Not convinced intuition is important or necessary? What if we look deeper and isolate why this sense is deserving of your attention. Intuition helps us maintain our internal balance. It keeps us moving towards an inner peace. But, that is not all. It emanates from the thread that connects all of us to each other, the thread along which we all silently communicate. It is our connection one to the other. In the Treatise on Cosmic Fire, Bailey describes intuition as "that faculty where by the Self recognizes its own essence in and under all forms."

Now that we know how important intuition is, how can you nurture it, make it a part of your life? First, it needs a healthy home to work from – a healthy body. Proper rest, healthy food, and adequate downtime are a must. The better care you take of yourself, the better place your intuition will have to work from.

Second, be and stay grounded. You must be connected to the earth so that energy can flow up and through you. A simple way to accomplish this is by physical activity. The movement of your body circulates the energy up and to your heart center. This process also helps you get out of your own way so that you can hear what your guides, angels, or higher power want to say to you (or through you). Any activity that keeps your body busy and gives your mind a rest will help you become grounded. Once your mind is relaxed, intuition can take over and send forth new clarifying insights and creativity.

Third, listen. Not to your ego, but to your body. The ego has its own agenda, but your body is governed by spiritual law. Because of this, your sixth sense has the best access to you through your body. That being said, everybody's signals are unique. So everyone has to learn to interpret and understand their own messaging system. Time to check in with ourselves and utilize our intuition!



"The intuitive mind is a sacred gift
and the rational mind
is a faithful servant.

We have created a
society that honors
the servant and has
forgotten the gift."

-Albert Einstein

Animals Love Esoteric Healing, Too! Share Your Stories!

By Wallace Smith

One early summer morning, as I gazed lazily out my window contemplating the stillness of the lake, a lovely mama deer appeared from the woods. She stopped, then turned and looked directly at me standing in the window. Normally when the deer pass through and see me, they either saunter away or bound off rather quickly. I could sense that something was different this morning. She seemed as though she had a purpose. She seemed a bit tense, took a step toward me, glanced back to the woods and brought her gaze back to me. This curious behavior was new to me.

I grabbed my camera, as I usually do, went out the front door and walked carefully around the house and started down the hill. She stood her ground. I stopped and quickly aligned and attuned. She took a few steps into the woods, stopped, looked back at me as if to say, "Please come with me." I took a few steps forward, and again she stopped to see if I was coming and bounded off perhaps 30 meters. I took several steps into the woods and stopped. I had lost sight of her. Then I heard her "bark," which was similar to the bark of a medium size dog. She barked a few times as I kept trudging through the woods toward her. She was on a small hill, still looking at me. Strange, I thought.



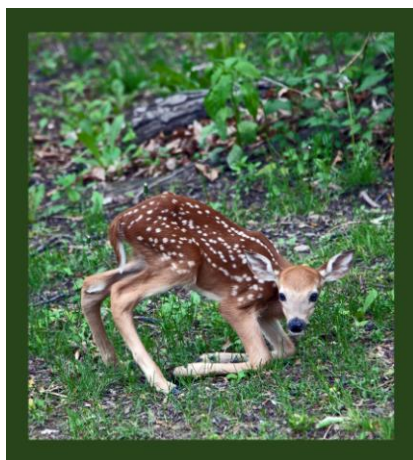
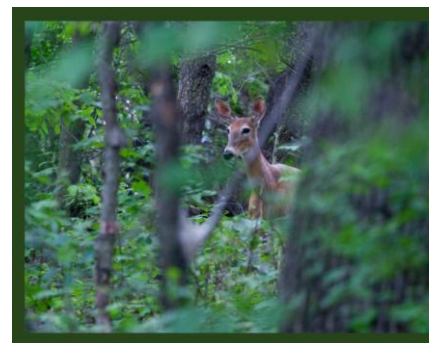
I kept moving in her direction and scanning the area. Then I saw what she needed. Her wee fawn had gotten her right back ankle caught in an old web fence and could not work herself free. She had probably tried to jump the half toppled fence and didn't make it. Mama deer had actually come to fetch me to help her little one.

I snapped a few frames, ran back to the house to get some wire cutters and ran back to free her; easier said than done. The little one was freaked and thrashing about. I could not approach her, so I managed to climb over the fence. With that accomplished, I wouldn't be kicked.

I brought an old shirt to cover her wee head, but couldn't do it. I cut the wire, but it didn't free her. The wire had twisted about and embedded itself around her ankle and had exposed the bone. I had to hold her little leg, untwist the wire which freed her, and she fell to the ground. I began

to treat immediately. She got up, took a couple of practice steps and miraculously ran off on all fours. One would have thought she would have broken something or twisted and pulled all the muscles and other bits in her hind quarter.

All this time Mama stood her ground about ten meters away. When the wee one ran off, I looked at mama. She looked at me. She took a couple of steps toward me, and stopped. I told her that her baby went "that a way" and pointed toward the lake front. She looked down the hill, looked at me, and off she went.



©Wallace Smith

NFEH/NAEH NEWS

* The Steering Committee continues to meet twice a month, working to establish policy for By-laws and looks forward to welcoming new members to the Steering Committee!

* Nominees for the Steering Committee have been selected for the ballot. Information about each nominee will be e-mailed prior to the conference and will also be available at the conference. Election will be by absentee, for those who won't be at the conference, and at the membership meeting Saturday, April 21. So come and meet the new committee members!

* Certification: There are 25 applicants in the certification process. They have completed all but the final testing!

On-site testing will be done 2 days prior to the conference: April 18 and 19. This first group of Certified Practitioners of Esoteric Healing will receive their certificates at the coming conference! This is a milestone!

* See the website at www.nafeh.net for class schedules and locations.

*Wallace will be teaching a PART 2 class May 25-28 For more information, call: 248-767-4540

* The NFEH is beginning to consider research projects to benefit the field of Esoteric Healing. We are moving forward as an organization!

Meditate With Thought

An Irish Blessing upon which one can meditate.
The image is from the Book of Kells.

AN IRISH BLESSING



may the blessing of
the rain be on you-
the soft sweet rain.

may it fall upon
your spirit so that
all the little flowers
may spring up,
and shed their sweetness
on the air.

may the blessing of the
great rains be on you,
may they beat
upon your spirit
and wash it
fair and clean,

and leave there
many a shining pool
where the blue
of heaven shines,
and sometimes a star.



Harmony
Pathway of the Heart

When: April 20-22, 2012

Where: Holiday Inn Express (Jolly Rd. and Okemos Rd.)

Registration fee:

\$155.00 – NAEH Member (if payment by credit card, add \$3.00)

\$185.00 – Non-member (if payment by credit card, add \$3.00)

Early Bird Discount: Subtract \$30.00 from the fee if paid by **March 20, 2012**. (\$125.00 or \$155.00)

Schedule:

Fri, April 20

9:00am – 10:00am

Registration

10:00am – 5:30pm

Welcome & Meditation

What is Harmony and Why the Heart Center?

Practice Session - Harmony in the Heart Center

Lunch on your own

Bulb to Harmonic Bloom: Seasons in the Labyrinth of Becoming

NAEH in 2012

Harmony in Groups, Work & Chocolate

Certification and Awards Recognition

6:30pm – 8:30pm

♥Hugs and Hearts Reception ♥

Sat, April 21

9:00am – 4:00pm

Welcome & Meditation

Esoteric Listening

Sound and Music: Pathway to Etheric Harmony

Lunch on your own

Practice Sessions

Promoting Good Chi!

Harmony Within

4:15pm – 5:45pm

NAEH MEMBERSHIP MEETING

7:15pm – 9:30pm

♥ Strumming Heart Strings Talent Show ♥

Sun, April 22

9:00am – 12:30pm

Welcome & Meditation

Harmony: A Broader Aspect

Mantram of Unification with Meditation

Closing Meditation

2:00pm – 3:30pm

POST CONFERENCE WORKSHOP

An Introduction to the Certification Process for Esoteric HealingSM



A detailed brochure can be found in the *Conference* section of the website at <http://www.nafeh.net>.

- * Reconnect with old friends from your prior Esoteric Healing Classes
- * Explore Pathways that bring harmony into your heart and life
- * Experience harmony through such things as Sacred Sound, Music, Listening, Feng Shui
- * Walk the labyrinth of your heart

Join Us!

* If you have a **Special Talent** that you would like to share with everyone, please contact Kevena Vaughan at 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 to tel. 517.515.2980 for more information.

\$25 cards/brochures in stand (advertisers provide stands); \$50 large display on stand. Ads are restricted to those registered for the conference (and/or their spouses) Ads will be filtered and subject to approval.

Memories From Last Year's Conference



Recipes: Solar Plexus Savory

Vegetarian Pecan Balls

4 eggs
 1 c. grated Cheddar Cheese
 1/2 c. finely chopped onion
 1 c. finely chopped pecans
 1 tsp. dried basil
 1 1/2 tsp. salt
 1/4 tsp. sage
 1 tsp. dried oregano
 2 c. bread crumbs



Preheat oven to 350°. Combine all ingredients listed above in a large bowl. form into 1" balls and place, with space between, in a greased 9 x 13" glass baking dish.

Sauce

1/4 c. canola oil
 1/4 c. white vinegar
 3/4 c. apricot jam
 1 c. ketchup
 1/4 c. minced onion
 1 tsp. oregano

Combine sauce ingredients in a medium bowl. Pour over pecan balls and bake 30-40 min. Total cook time: 30-40 min. Serves 8.

Note: For a complete meal, serve with mashed potatoes and green beans. Pecan balls also make a great appetizer.

From *The Christine Center Cookbook: Inspirations From Our Kitchen*.

The Christine Center is a Franciscan retreat center in Willard, Wisconsin.

<http://christinecenter.org/>

Happenings

- **Membership Dues:** NAEH Membership year is EXTENDED from May 31, 2012 to September 30, 2012, adding 3 months to the yearly membership. After this year, the NEW Membership year will be October 1, 2012 through September 30, 2012.
- **NAEH Conference for 2012:** *Harmony: Pathway of the Heart* is the theme of this year's conference. It will be held on April 20, 21 & 22, 2012 at the Okemos Holiday Inn – Stadium Room (C & D).
- **Certification Process:** Although the next cycle won't begin until Fall of 2012, those wishing to submit an application, may do so at any time. The application is on the website.
- **To increase the visibility of our NAEH:** Please search NAEH or Esoteric Healing in your Google search engine. Each time you search, you increase the probability of NAEH showing up first for a new visitor...please do this as often as you can to help spread the word.
- **Say Our Stories:** The NAEH Publications committee is looking for interesting articles you might be interested in writing to publish in LIFESTREAM – JOURNAL or in the LIFESTREAM NEWSLETTER. If you have an idea you'd like to share in which you use Esoteric HealingSM, please e-mail it to: info@nafeh.net.
- **Facebook:** Remember to visit the Facebook page to connect with other members of the association. This is our public discussion group and is open to all members. It is a great way to share thoughts and answers to questions we have as Esoteric Healers.

- Esoteric Healing Practitioners in the Detroit area: There is a practice group meeting in Royal Oak. Please contact Julie Lieberknecht or Ruth Perry if you are interested in joining. Info will be e-mailed to those interested. julie_lieberknecht@yahoo.com 313-333-9240, rutheperry@mac.com.
- Esoteric Healing Practice Group in Okemos: Meets on the first Tuesday of the month at the Institute for Bioenergy Studies, 5:30-7:00pm. For more information or if you'd like to join the mailing list, contact Bonnie Dysinger bkdysinger@aol.com

Send us informative websites or clips regarding Esoteric Healing, Meditation, and Metaphysical Studies. Contact: info@nafeh.net

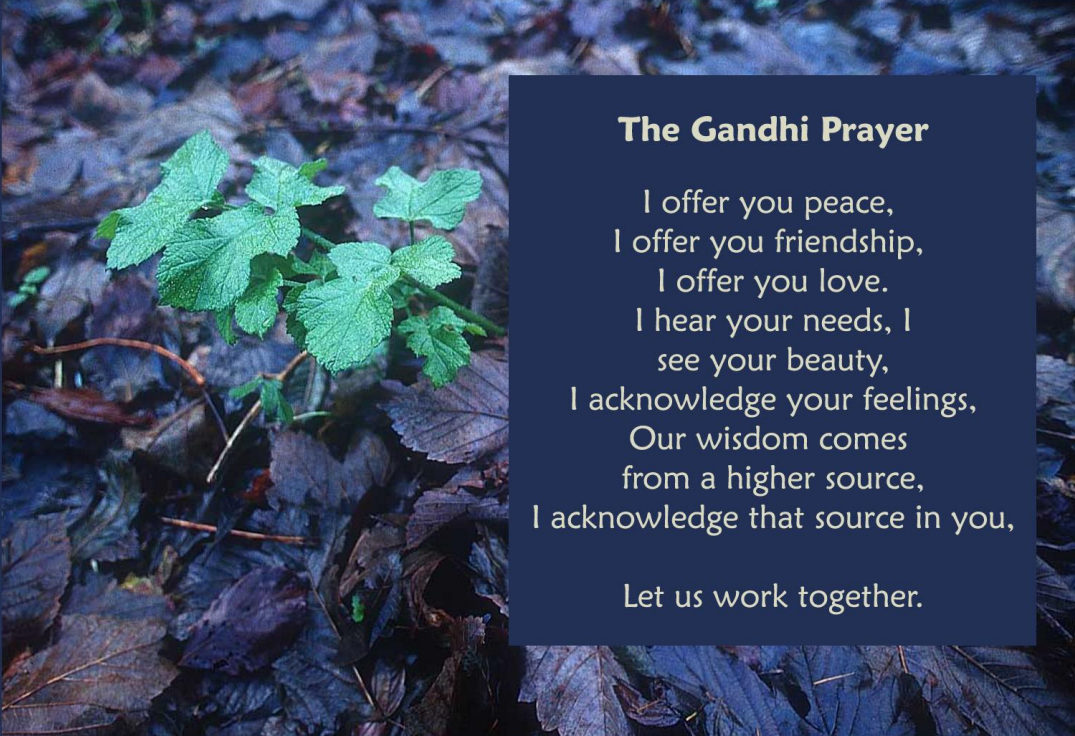
Lifestream Newsletter Links March 2012

Inspirational Stories

<http://www.guideposts.org/inspirational-stories>



Closing



The Gandhi Prayer

I offer you peace,
 I offer you friendship,
 I offer you love.
 I hear your needs, I
 see your beauty,
 I acknowledge your feelings,
 Our wisdom comes
 from a higher source,
 I acknowledge that source in you,

Let us work together.