



Lifestream

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CONTRIBUTORS

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I AM GROUNDED

My spirit is grounded deep
in the earth.
I am calm, strong, centered
and peaceful.
I am able to let go of fear and
trust that
I am eternally safe.
I am worthy of all things
beautiful.



President's Message



It's the end of June already! As I begin my two-year term as NAEH President, I am excited for all the areas of growth ahead of us. Growth as an organization and growth moving into Group Work. Participation in both areas contribute to the growth of our souls.

I was recently invited to be interviewed about Esoteric Healing on the Electric Spirit Podcast. One of the interview questions that we didn't get to was "*The Esoteric Healing field is pretty big. I am very impressed by the National*

Association for Esoteric Healing. Can you tell me about the community and how you support one another as healers?"

As I was preparing my response to this question, I thought WOW! We really do a lot to support our members and NAEH. I am humbled and truly grateful in all that our organization has accomplished and does to support our community of Esoteric Healing practitioners and each other as healers. I hope you are touched by the following list:

- We have a membership of Esoteric Healing practitioners.
- NAEH provides a “Find a Practitioner” list. Practitioners are able to add their photo and list their contact information, bio, credentials, and website.
- We have a Membership directory where members include their photo, contact information, bio, and credentials.
- Our Member Resources area includes various Esoteric Healing consent and session form examples, printable brochures that give content to Esoteric Healing, tips on starting a business, an insurance discount, and access to all past *Lifestream* journals.
- We publish two *Lifestream* journals each year containing informative articles on Esoteric Healing, the Ageless Wisdom, case reviews, suggested books for reading, and meditations. We house past journals online so members have access to our archives and the wealth of information they provide. We are now able to include links to video presentations and audio recorded guided meditations.
- We provide a quarterly newsletter that has updates on what is happening within NAEH. Included in the newsletter are Fran’s Facts, Auntie Karana’s Q & A section, healthy recipes, practice group schedules, and other announcements.
- Professional members are invited by the Education Committee to post approved classes in the events list on the website. NAEH also sends email announcements about classes to members and prospects.
- We email announcements to members and those who have signed up for our email list, a listing of classes being offered as well as other announcements such as conference information and membership enrollment opportunities.
- NAEH provides a comprehensive Certification process for Esoteric Healing practitioners as well as an accredited Esoteric Healing Teacher Training program.
- Monthly online meditations are offered with an opportunity for members to lead these meditations.
- NAEH provides an annual conference geared toward Esoteric Healing practitioners which includes presentations on the Ageless Wisdom teachings and useful Esoteric Healing protocols. Because NAEH is a 501c3 non-profit organization, those of the public realm interested in what we do are welcome to join our conferences.
- A Facebook page is provided for practitioners and others interested in Esoteric Healing. Practitioners can ask for and receive helpful suggestions from other practitioners.
- NAEH has various Committees that members can volunteer to work on. Volunteering to work on a NAEH Committee provides opportunities for personal growth and friendships and contributes to the growth of our Esoteric Healing community. Our members are talented and have many skills they can offer to support our community of practitioners.
- Our online Event calendar lists all the classes being offered by NAEH members as well as all the committee meetings. It helps to show just how active we are.

Here are some ways for members to be involved: Maintain your NAEH Membership; request to be nominated for a Board of Director position, and if nominated your name will be put forth to the NAEH membership for a vote; volunteer to serve on a committee; post your photo and information in the Member Directory and the Find A Practitioner list; write an article, case review, book review, or mediation for the journal; submit a photo to be considered for the cover of the journal; send a response for appreciation to committee members for the work they do, or for the newsletter and the journal that take so much time to put together; and consider gifting a 501c3 non-profit tax-deductible donation.

And finally, **talk with others about Esoteric Healing** - your family, friends, co-workers, even those you do not know. Inch by inch, Esoteric Healing is gaining momentum in our world. When we each take a moment to talk about what we have learned by receiving or

giving sessions or taking classes and how it has changed our lives, together as a community of Esoteric Healing practitioners we *will be an active force for good in the world and serve as a bridge to higher consciousness in order for All life to thrive*, as well as *Esoteric Healing will be mainstream*.

Remember the magic happens when we step out of our comfort zone. We just might be surprised who the angels put in our path to say something to. I'd love for you to share your experience with me for when you stepped out of your comfort zone! My contact information is below.

I guess I had a lot to say with this first message. I will do my best to be available and responsive to questions you may have. Please feel free to reach out to me at 517-281-1706 or email me at bonnie@bonniedysinger.com.

Angel Blessings to all and thank you for shining your light! Bonnie



Ask Auntie Karana

Dear Auntie,

I have a client who has arthritis in both knees, the right knee is particularly troublesome. In her 20's she experienced many injuries to both knees. She had an ACL repair surgery on her right knee using her own patellar tendon and was told that eventually she would likely need knee replacement surgery later in life. Now in her mid-60s, the client is experiencing grinding bone on bone symptoms that limit her ability to exercise as she would like. Her orthopedic surgeon advised to delay knee replacement. Instead, she could get an injection that would provide lubrication in the knee to help cushion the joint, but there was a catch. Insurance protocol required that the doctor prescribe physical therapy, a knee brace, and a long-acting non-steroidal medication beforehand. The PT evaluation revealed poor movement and postural patterns causing excess Tibio-Femoral rotation causing muscle overuse a mis-alignment in the bend. The approach of PT treatment would be about gaining proper alignment and avoid surgery. I'm not a physical therapist and as such, not sure where to start besides the grounding triangle. How can I best support her?

Thank you,
A Southwestern Practitioner



Dear SW Practitioner,

First of all, give yourself a break! You are on the right track with the grounding triangles! Our knees work very hard over our lifetimes, and some expect that overused parts eventually break down. Although many opt for surgery to replace hips and knees, as we can see in this case, joint replacement may not always be the best way to reduce pain and bring back natural alignment.

The good news is that it is possible to renew the life force, helping your client in returning to normal function. The client will receive PT exercises and, if compliant, will be doing these on her own. Remind her to focus consciously on the goals of gaining (and maintain alignment). During your assessments of the centers, remember to add the emotional and mental points in the chakras and to the knees themselves, which are about navigating. Sense or intuit where support is needed. For the grounding triangles (Sacral center balanced with the hips, knees, and feet), work on the sacrum and pelvis holding the idea of alignment while the client is doing their part being conscious of that. The Basic center affects the function of the bones. I recommend that you utilize the related energy triangles (including Courage and Fear). You can support the client in building muscle strength. Protocols for legs, muscles, and bones will also be helpful. And the Kidney protocol also is useful as it relates to the joints. For good measure, do the lymph system protocol. The skeletal system (the bones) can build up toxins.

In good alignment ;)

Auntie K.

Meet our NAEH Board Members

In April, we held elections for the NAEH Board of Directors. There were five previous Board members re-elected and two new members were elected by our NAEH membership.



Bonnie
Dvsinger,
President &
Treasurer
California



Constance
McCloy, Past
President
California



Gabrielle
Frampton
Michigan



Laura Letzler
Secretary
Florida



Kathleen
Hautala
Wisconsin



Patsy Hubert
Michigan



Chuck Pisa
Florida



Lyn Ludwig
Colorado



Steve Kramer
Vermont



Susan
Zimmerman
Michigan

Board Visioning Process

Since July 2020, Constance McCloy, our previous president, planted a seed for the need for the NAEH Board to begin a visioning process. That seed germinated for a while and began to break through its shell during the October 2021 NAEH Astrological reading.

In December 2021, the Board agreed a visioning retreat was a “go” and planning began. The inner urge of the seed was pushing its way through the richness of the dark dense ground to reach for the sun’s Light.

In January, Board Member Chuck Pisa, shared a cosmology overview where most of January

and the first two weeks of February were to be about “being and prepping,” getting ready for the inner work we were to do. Mid-February then was about implementation. Chuck also shared there was one window of no retrogrades from February 3 to May 9, 2022. The energy during this time would set us up for the year ahead. At this time the Board also agreed to participate in an in-person visioning retreat beginning April 30 through May 3, 2022, at Board Member Patsy Hubert’s lake home in Horton, Michigan. The visioning retreat fell within the no retrograde period to support forward movement.

Board members began their own inner work in January. Then, as a group, the Board met on February 13th, 20th, and March 6th for group meditations. This process involved meditating together on questions suggested in our October 2021 NAEH astrology reading: Why are we here? and Why are we at the NAEH? What are we trying to accomplish? Are we on the right track even though we may have implemented something just recently? And, Is that really on the right track? What does the NAEH look like in 2022? What does the NAEH of the future look like?

Each Board visioning session began by drawing an Angel card. February 13 – Angel of Miracles. February 20 – Angel of Motivation. March 6 – Angel of Synthesis. Board members

then shared in leading 10 minute meditations on one of the questions. After each meditation, we separated into 3 groups to share what was received in meditation, and then all returned to the large group for further sharing and discussion. This same visioning process was also repeated with those present at our NAEH Annual Business Meeting. The insights received and shared during this visioning process were included in the Board's visioning process.

After the three Board meditation meetings, the results were consolidated into four major themes to take forth into the next steps in creating our vision statements. Writing these vision statements was accomplished during our visioning retreat. The themes were:

- 1. We envision the NAEH of the future as**
- 2. Connecting with Membership**
- 3. Education; and**
- 4. Support of Humanity through Group Work.**

We were told by Spirit to be flexible with our process and our schedule. All would be in Divine right order and process. The following vision statements are the result of this process which includes the Board visioning retreat:

Our vision for NAEH of the future:

We envision the NAEH serving as a bridge to higher consciousness in order for All life to thrive.

We envision Esoteric Healing will be mainstream.

Connecting with Membership:

We envision that the community of NAEH members will be an active force for good in the world. NAEH will have members from all walks of life, all levels of society, and all ages.

The NAEH Board Members will focus on these vision statements in meditation during our Board meetings. We will also continue the visioning process to address the themes of **Education** and **Support of Humanity through Group Work** in the future as guided in Divine Right Timing!

We ask you to please include and support the NAEH and these vision statements in your meditations as well.

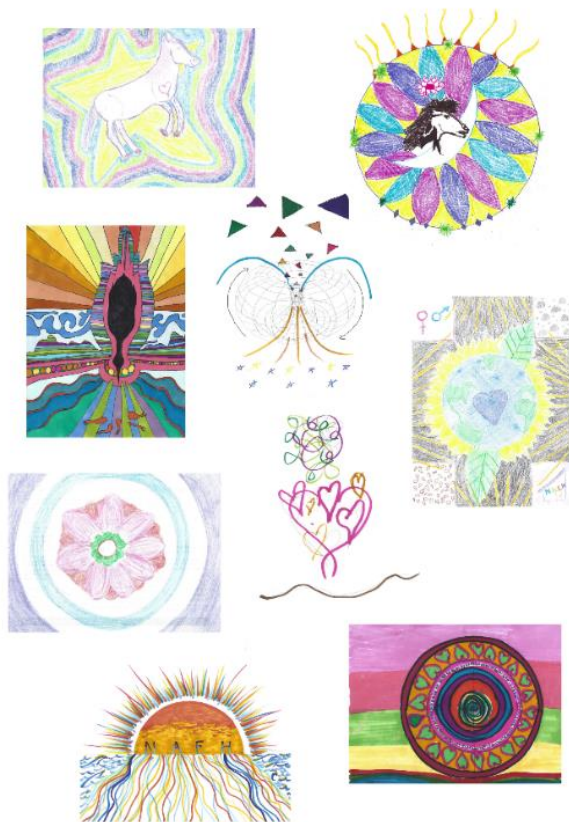
NAEH Committees are also asked to do a visioning process as part of their committee work.

Altar for the NAEH Visioning Retreat



Each Board member contributed to our visioning altar by sharing something sacred to them during our opening ceremony led by Lyn Ludwig. Notice on our sacred altar, with us is Dr. Briner and the triangle she used in Esoteric Healing classes.

Mandala Quilt: Visions of the NAEH



At the BOD visioning retreat in May, members were asked to create individual mandalas depicting their intuited visions of the NAEH. A “quilt” was made of these mandalas. Enjoy the beautiful energy of this quilt and the descriptions of the individual drawings. (from the top, L to R)

Bonnie Dysinger: Mine was the picture of the horse. We drew the Horse card in our opening ceremony. The horse is taking us to higher dimensions. The Star behind the horse represents the rising star and Light. The colors around the horse represent the energy carrying us to the higher dimensions.

Lyn Ludwig: There is a circle which consists of the sun and the triangles on the surface of the upper sun holding ray energy reaching upward. There are lotus petals throughout the sun and a lotus flower above the horse head. On the bottom of the sun are diamonds which represent shimmering high quality of

the mineral kingdom. And then there is the moon within the sun, the waxing crescent moon means shift and change (Chuck, I hope I got that right!), Finally, Horse, an animal spirit medicine joined us and gives humanity 4 options of Horse to ride on. Human has to discern which Horse to ride and each horse represents a special gift. Dreamwalker, a medicine man chose the White Stallion which represents Wisdom in Power.

Steve Kramer: The image of a cormorant came to a member of our group during meditation. This led to a lively discussion of the boldness and daring it takes to dive deep. There were correlations made to the ways in which we aim our attention and direct our drive. The “fishes” were seen as fruits of this labor. I was drawn to the elements of fire, air, earth, and water in imagining a “diving cormorant” scene... the blackness off the bird soaking up the fiery sun; the earth holding the water and fishes in that water; the penetration of both air and water; and all of these elements integral to manifestation and the realizing of our spiritual aspirations in form.

Chuck Pisa: An image of a torus vortex of energy with different colored triangles representative of the rays tumbling into the vortex and being transformed into beautiful Golden White 12th Ray and forming golden and violet stars. My vision was of Esoteric Healers and the NAEH transforming and transmuting various energies via the triangles into new points of Light.

Kathleen Hautala: My mandala represents the manifestation of the future of NAEH, reaching out to all potentials. The background is dark representing the void where all potentials exist and the yellow lines are rays of light. All the kingdoms are represented, from top left to right, human, mineral, bottom left to right animal and the future NAEH in the ethers. The earth anchoring the heart of love, surrounded by a sunflower representing the plant kingdom. The pictures are the thoughts, the heart, the magnetism(feeling) of Divine Love, equaling the formula for manifestation. As the NAEH (as a part of the NGWS) ascends we pave the way for the other kingdoms to ascend as well. It is The Law.

Patsy Hubert: My Mandela represents the plant kingdom and most especially the beauty of flowers and how they serve us body mind and spirit. I've started a personal journey of a plant-based diet for my health and realize vitality and clearer focus. So I realize the blessings that the earth gives us every moment of every day.

Susan Zimmerman: An image of the heart appears in the center of this drawing. It is in coherence with the soul and the brain which are included in this drawing. When this coherent activity is created, all that comes from these vital organs is filled with love - the highest energy. This particular heart-soul energy is going forth to the NAEH and flowing into the NAEH's vision of the future.

Constance McCloy: My mandala is an image of NAEH rising from the Ocean of Spirit. NAEH is radiating the Light and Consciousness of Spirit.

Gabrielle Frampton: My mandala represents beauty and expansiveness.



Fran's Facts

As Esoteric Healing facilitators we will inevitably encounter people who have various disease processes or conditions. Although we do not treat or diagnose these conditions, it is in the best interest of both the client and practitioner to be familiar with some of these ailments. Let's look at some common conditions that we may see in our practices and explore them from both a physical and metaphysical perspective.

Focus on Sacroiliac joint pain: The sacroiliac joints link the pelvis and lower spine. They are made up of the sacrum, the triangular bony structure above the tailbone and below the lower vertebrae, and the top part of the pelvis called the ilium. There are sacroiliac joints in both the right and left sides of the lower back. Strong ligaments hold these joints in place. The sacroiliac joints support the weight of the upper body when one is standing.



**Fran Oppenheimer
RN, LMT, CPEH**

Approximately 16 million adults, or 8% of all adults experience persistent or chronic back pain, and as a result are limited in certain everyday activities. Back pain is the sixth most costly condition in the United States and in people reporting lower back pain, it is estimated that between 10 and 25% have inflammation of one or both sacroiliac joints. This condition is called sacroiliitis (pronounced: say-kroe-il-e-i-tis).

Symptoms: The pain associated with sacroiliitis most commonly occurs in the buttocks and lower back. It can also affect the legs, groin and even the feet. Sacroiliitis can be difficult to diagnose, because it can be mistaken for other causes of low back pain.

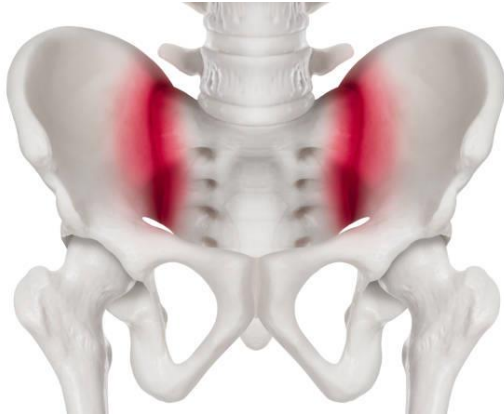
Sacroiliitis pain may be aggravated by:

- Prolonged standing
- Bearing more weight on one leg than the other
- Stair climbing
- Running
- Taking large strides

Causes for sacroiliac joint inflammation may include:

- **Traumatic injury.** A sudden impact, such as a motor vehicle accident or a fall, can damage the sacroiliac joints.
- **Hypermobility joints.** Exercise, yoga, or heavy lifting can further stress and strain ligaments that are already a bit loose.

- **Arthritis.** Wear-and-tear arthritis (osteoarthritis) can occur in sacroiliac joints, as can ankylosing spondylitis — a type of inflammatory arthritis that affects the spine.
- **Pregnancy.** The sacroiliac joints must loosen and stretch to accommodate childbirth. The added weight and altered gait during pregnancy can cause additional stress on these joints and can lead to abnormal wear.
- **Infection.** In rare cases, the sacroiliac joint can become infected.
- Inflammatory diseases of the spine. This may include ankylosing spondylitis or psoriatic arthritis.



Left untreated, sacroiliitis may lead to chronic pain and even loss of mobility for some people. Untreated pain can also disrupt sleep and lead to psychological conditions such as depression.

Medical management: Most people with sacroiliitis benefit from physical therapy. This treatment helps strengthen and stabilize the muscles surrounding the sacroiliac joints.

Physical therapy may also make it easier to move the

sacroiliac joints through full range of motion.

Doctors may also prescribe over-the-counter pain medications, such as non-steroidal anti-inflammatories (Motrin, Aleve, etc.) in the early stages of sacroiliitis. In more severe cases doctors inject steroids into the sacroiliac joints to help decrease inflammation and pain. A procedure called radiofrequency ablation is considered only if pain relief is temporarily achieved after sacroiliac joint injection with steroids. This procedure uses radio waves to heat a small area of nerve tissue to stop it from sending pain signals, thereby reducing pain. Chiropractic adjustments and craniosacral therapy may also be helpful.

Metaphysical possibilities: According to Louise Hay's *Heal Your Body A-Z*, back pain is associated with lack of emotional support, guilt, fear of money, and financial support. Other authors suggest that low back may correspond with money issues and/or personal relationship issues. It may be helpful to consider the implications of sacral center imbalance such as the relationship with self, others and being here on Earth.

Esoteric Healing considerations: In addition to assessing the entire energy system for areas of restriction and imbalance and addressing these areas accordingly, some more specific focus related to Sacroiliitis or Sacroiliac joint pain may include:

- BC + spine

- SC + spine
- BC + SI joints
- SC + SI joints
- Esoteric craniosacral protocol
- SC + Hip, knee, feet minors
- Top to bottom grounding triangles
- CC + spine/nerves + Ray 1
- Sweep and check the muscles/tissues surrounding the affects area looking for restriction or deficiency. Hold HC and sweep muscles + Ray 2. Hold TC + sweep connective tissue/ligaments + Ray 3. Hold CC + sweep nerves + Ray 1.
- Soul Light + SC + TC + Earth Star

Fran Oppenheimer is a certified practitioner and accredited teacher of Esoteric Healing. She has been actively practicing the healing arts for more than 25 years. She is also a Registered Nurse and Licensed Massage Therapist and delights in exploring the physical and metaphysical connections to dis-ease in the body. Fran has an active practice both in the U.S. and internationally.

Congratulations 2022 CPEH

Congratulations to our most recent CPEH's 2022! For more information on the NAEH Certification program please click [here](#) or email Lyn Ludwig at naehcertification@gmail.com.



Nell Weast



Jo Simpson



The 2022 NAEH e-Conference took place April 22-23. The conference had 91 registrants, including 80 NAEH members and 11 non-members. Although this was the first NAEH conference open to individuals who have not taken an Esoteric Healing class, there were no “non-EH” attendees this year.

Conference evaluations indicated that attendees enjoyed our group gathering. Participants provided very positive feedback about the presentations, concurrent activities, meditations and practicals. They also gave positive feedback about their experience with the use of Zoom. Some attendees said they’d like to continue with this format, while others stated they’d like to meet in person when it is safe to do so. A hybrid format was also suggested.

New this year, attendees were asked to use the chat function to share about activities and experiences that have helped them to navigate transitions in their own lives. The resultant “summary document” of this chat conversation was compiled and emailed to conference attendees. The “Group Wisdom” was very apparent in this document! Thank you to Joan Stansberry for her work on the chat document.

The 2022 NAEH e-Conference was recorded, and the video links have been emailed to all registered conference attendees who purchased the videos. The videos are beautiful. They provide an incredible resource and depository of information and processes that support our lives and expanding consciousness. Also, the videos make it possible for participants to view ALL those concurrent activities! If you have not yet purchased your video, be on the lookout for an announcement from NAEH about the continued availability of these recordings. Thank you to Chuck Pisa for editing the conference videos and thank you Bonnie Dysinger for organizing and distributing them.

And finally, a grateful thank you to the NAEH Conference Committee. They started the conference creation process in September 2021 and brought their inspiration to fruition so that we could all benefit. Conference Committee members include: Joan Stansberry, Jennifer May, Patsy Hubert, Sher Bauer, Chuck Pisa, Bonnie Dysinger and Constance McCloy.

Esoteric Healing: Teacher News & Training

NAEH and INEH Teachers: The International Network for Energy Healing (INEH) teachers' group has extended an invitation to the NAEH teachers' group to attend their INEH 2022 Conference. The conference will be held on the island of Aegina in Greece starting Friday, September 30 to Thursday, October 6. The conference topic is *Group Progress*. A few NAEH teachers are planning to attend this conference.

Jen Wolffis CPEH has successfully completed her teacher training for Esoteric Healing Parts 1, 2, & 3 and has been actively teaching these three classes. Jen has now started her teacher training process for Part 4.

NAEH Member Profile Tips

TIP #1: Did you know the Fall 2021 and Spring 2022 *Lifestream* journals have audio versions of guided meditations available as well as educational videos?

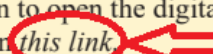
Fall 2021 *Lifestream* Journal

- Page 29: Esoteric Messages of the Enteric Nervous System by Sher Bauer. This video shares the importance of a plant-based diet along with protocols to support the digestive system.
- Page 30: Meditation to Help Gaya with Mary Anne Walker. As you hold a vision of the earth in all her glory you will breathe and hold our planet in divine light.

Spring 2022 *Lifestream* Journal

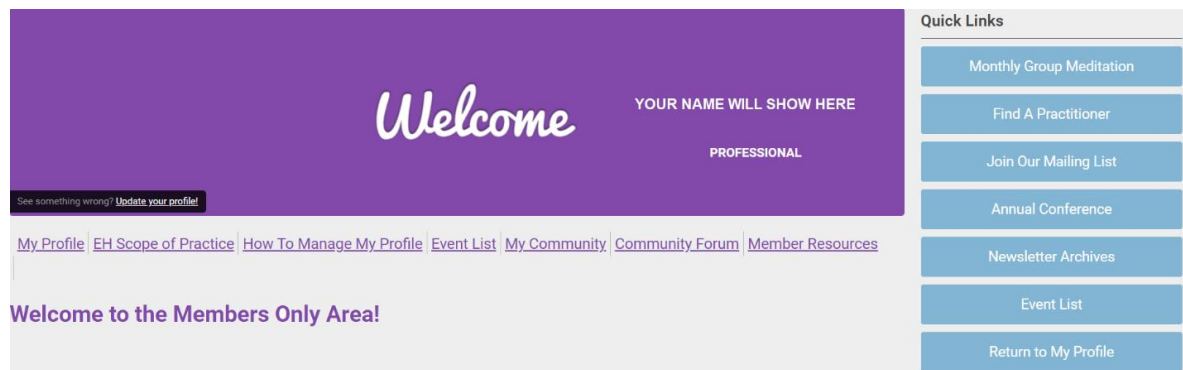
- Page 44: Integrating Color and Art Into the Healing Process by Cathy Hicks. This video talks about the importance of using color in healing and includes several author created original paintings.
- Page 47: Meditation on The New Group of World Servers with Kathleen Deeds. Prepare to work with the NGWSs to receive and radiate divine love as Kathleen guides you through this meditation.

NAEH members may access these recordings when you login into your Member Profile on the NAEH website. Once in your Profile, click on the Member Resources tab and scroll down to the blue *Lifestream* Journal Archive tab. Click on the journal you want to open and scroll to the page number indicated above. In the yellow box, click on the "this link" to watch the video and listen to the guided meditations.

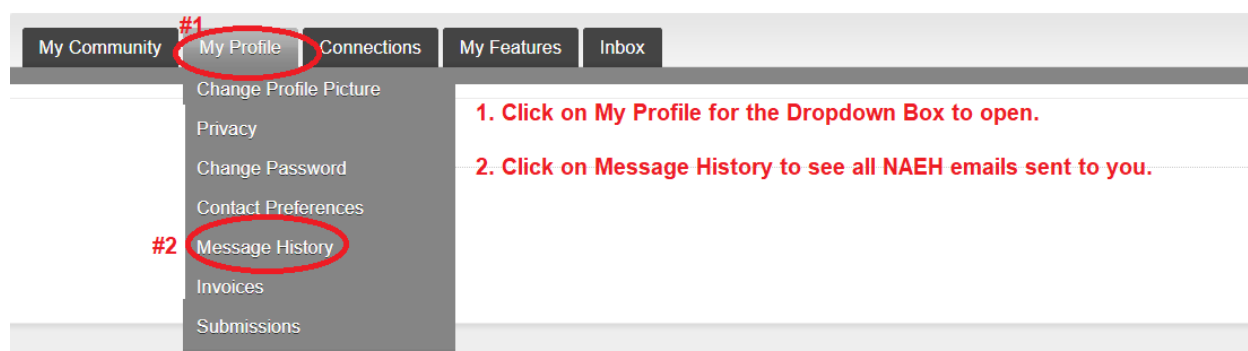
To listen to the meditation, login to your Member profile on the NAEH website (www.naehonline.org). Navigate to the Members Resources tab and select the *Lifestream* Journal Archive. Select the Spring 2022 button to open the digital version of this journal and click on *this link*  **SAMPLE**

TIP #2: You know you received an email from NAEH but you are not able to find it in the jungle of all the rest of your emails. Here is your solution! Login to your NAEH Member Profile and follow these steps:

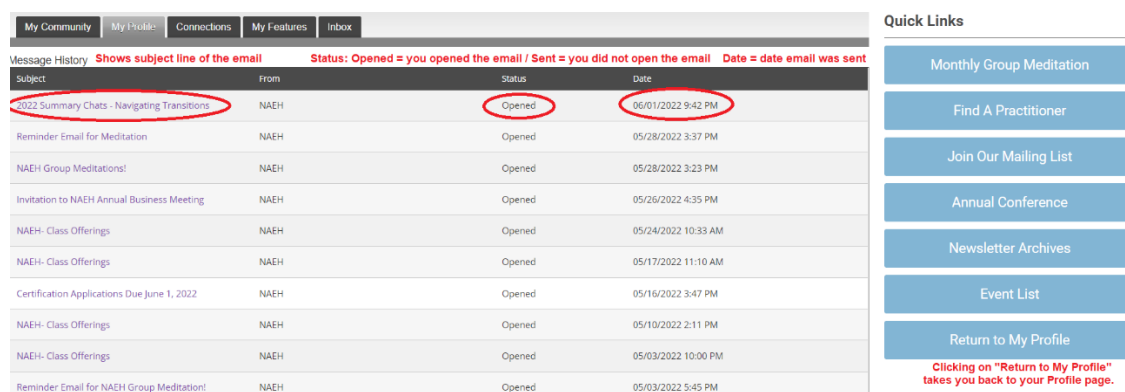
Step 1



Step 2



Step 3



Then click on the subject line to open the email you want to read!

For help with editing your Profile, click on the “How to Manage My Profile” tab in Step 1 above and follow the directions. If you need any assistance in navigating your member profile or Member Resources tab, you may contact Suzie, our NAEH Office Support Specialist and she will be happy to walk you through the process. Email her at info@naehonline.org, or call 517-898-0271.

End Note: Submit Your Content

We are looking for articles for publication in the NAEH *Lifestream* journal! Do you have an article, book review, case review, or meditation that you would like considered for publication? Please contact Joni Larson at larsonj699@gmail.com, or Bonnie Dysinger at bonnie@bonniedysinger.com.

Publication Committee



Mary Kuskin



Jess Hutchison



Joni Larson



Lori Settersten



Stacy Whelley

