



Lifestream



Volume XXV Issue 2
June 2023

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CONTRIBUTORS

- Bonnie Dysinger
- Mary Kuskin
- Lyn Ludwig
- Constance McCloy
- Rachel Verdon

**throat chakra
meditation**

I listen with my whole self and think before I speak. When I speak, I don't back away from what is true or right. I share and communicate effectively and respectfully with others. I express myself fully and creatively.



Bonnie Dysinger, NAEH President

Email: bonnie@bonniedysinger.com

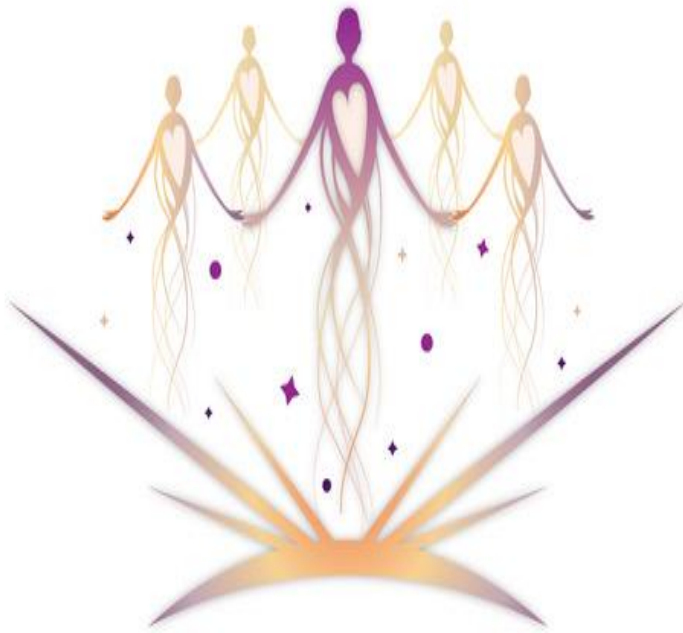
Phone: 517-281-1706

I look forward to hearing from you!

Angel Blessings, Bonnie

2023 NAEH Conference

**Supporting the Flow of Light
from Me to We
from the Dura to Group Work**



The conference, held April 22-23, was well attended, with 88 people registered. Feedback from attendees indicated that the conference topics and processes were very useful and interesting. Many people reported they experienced feelings of connection and joy during our gathering.

The conference video is now available. If you would like to purchase it, please contact the NAEH office at www.NAEHonline.org and we'll let you know how to order.

INEH Zoom Conference 2023: "Sharing our Magic"

SAVE THE DATE: 6-8 October

**Open for NAEH teachers, Esoteric Healers and students.
Stay tuned, more information to follow.**



Ask Auntie Karana

Q. I have a client who has a history of low back pain for the past six months. This pain is in her right hip and it radiates down her right leg. An X-ray of the pelvis and an MRI of the same region showed that the source of her pain was related to degeneration of lumbar intervertebral disc and compression causing pinched nerves. Physical therapy was helpful in alleviating some of the pain but it still persisted and eventually she agreed to have steroid injections in the affected areas of the lumbar and sacral spine. These injections have provided better than 50% improvement in the pain. When doing her exercises at home two to three times per week and taking yoga classes, her pain is manageable. However, with age it seems as though the degeneration and subsequent compression will progress and more injections and eventual surgery might be necessary.

This client retired recently, and bought a lovely house in a small rural community. This had been her dream. She now feels stuck and burdened by the lifestyle that she has set up for herself. She is motivated to do PT exercises and yoga since they both help, however, she feels angry that she is restricted in her physical and social activities. How can I support this client further in addition to her current regimen?

A. Low back pain caused by spinal stenosis is a very common condition in older adults. It's usually caused by the physical stresses of daily living, such as lifting, twisting, running etc. Other emotional causes could be feeling unsupported and issues around money.

The spine is governed by the Basic Center and also related to the Alta Major at the top of the spine which governs the spinal cord. After commencing a session, I recommend doing the Lower triangle of vitality and the Lower triangle of prana, prior to addressing the spine. The Spine protocol can then be used to scan and balance the spine. While scanning the spine (in the direction from coccyx to the base of the skull), find where it feels restricted.

The Sacral center is associated with Lumbar segments and Sacral joints. Remember to assess/balance the nervous system and include the Fear and Courage triangles. Add the fear points to help clear any repressed feelings. Have the client visualize her spine being energized and balanced.

Encourage her to exercise regularly to keep the energy flowing.

Note: The Lifestream Journal, Spring 2023 issue (Volume 13 No.1) features The Cranial Sacral Dural System, by Nell Weast. This article includes the Dural Membrane Balancing Protocol which can help address the issue of low back pain.

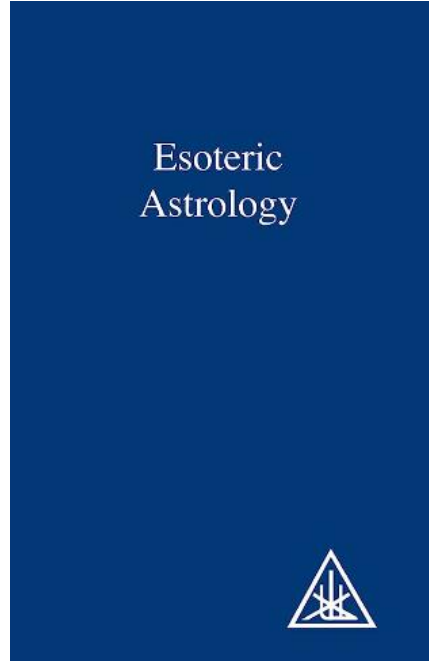
AK



DK's Triangle Project

I am an INEH teacher and an Esoteric Astrologer. Moreover, I am a new professional member of NAEH. I

cherish the project of making a compilation of the triangles proposed by Master DK in the 24 books he gave us. The idea came to me while reading Esoteric Astrology, when I found a triangle there, for my Esoteric Healing practice. I said to myself that maybe we would discover treasures within the other blue books, as well. But 24 books to review is a lot for one person. But together, with volunteers from INEH and NAEH, it is possible! The idea is to identify the triangles within each book, then copy and paste the



relevant context. I suggest we use the search mode to save time. We could also occasionally connect as a group through Zoom to talk about the project. I reviewed the book "Esoteric Healing" and other volunteers have pledged to review "New Age Education," Esoteric Psychology I and II and "White Magic." All NAEH as well as INEH members are encouraged to contribute, since this compilation of DK's triangles will be offered to both associations. If you are interested in this collaborative adventure, please get in touch with me, in pleasure of service.

Rachel Verdon:

verdonrachel@gmail.com.

Looking for a Leader for 2024 NAEH Book Circle Gatherings

The discussions for our Book Circle gatherings are lively, enjoyable, and thought provoking. As life-long learners, we all know there is much knowledge to be explored and appreciated and the Book Circle is a fun way to share experiences, perspectives, and information.

The Book Circle is looking for a new leader to have a turn in leading these once every two month gatherings beginning January 2024.

This Book Circle was initiated and has been actively led by Susan Linz, PhD, CHt, CPEH, since 2022. Books are chosen based on participant preferences and meetings are on the last Sunday every other month from 4:30-6:00 pm ET on Zoom. For 2023 the remaining

gatherings are in July, September, and November. Books selected for discussion are posted at least a month in advance on the NAEH website calendar, with additional announcements included in the NAEH class offerings emails.

Susan will complete her volunteer efforts with the Book Circle at the end of 2023. If you would like to step forward to lead the Book Circle, please contact any member of the NAEH Education Committee, or the NAEH Board to volunteer. If you do not have a Zoom account that allows for more than a 45 minute group meeting, NAEH can help with that.

Being the leader of this group entails soliciting book titles and selecting books for discussion, and then providing the appropriate information to the NAEH administrator in a timely manner so that it may be included on the website calendar and in the class announcement emails. Two months advance notification gives participants a chance to obtain and read the book before that gathering. Additional email

reminders with the Zoom link information and posting on the NAEH Facebook page also seems appreciated by participants. As the gathering 'host', you will need to arrange for the Angel Card drawing and opening meditation (if you elect to continue these aspects).

Be Involved!

NAEH members, share your gifts and talents and be involved with your organization! You will find many ways to be involved as a member of NAEH under the Be Involved tab when you login to your NAEH Member Profile.

Save the Date! Membership kickoff party!

Who: All Esoteric Healers

Where: Zoom

When: Monday, August 28, 2023

Time: 7:00 – 7:45 pm ET

Why: Hear about upcoming activities NAEH is planning for our members

- ✓ You could win a prize for attending!
- ✓ Watch your email for further details

Liability Insurance for Esoteric Healing Practitioners

EMPA

NAEH members now have two discounted options for Esoteric Healing liability insurance!

NAEH has an Associate Member Partnership with Energy Medicine Professional Association. EMPA provides liability insurance for many types of energy healing modalities, including Esoteric Healing.

NAEH members will receive a 10% discount for their first year of coverage through EMPA.

Information on the coverage provided by EMPA and the discount link are available to you in the Member Resources tab of your NAEH profile.

<https://naeh.memberclicks.net/empa-liability-insurance-and-discount-link>

ABMP

NAEH members are also able to purchase liability insurance through Associated Bodywork & Massage Professional (ABMP) for their Esoteric Healing practice. ABMP provides a \$24 yearly discount. The discount code is listed at the end of the application at this link:

<https://naeh.memberclicks.net/assets/Members-Only/ABMP%20Insurance%20Application%20and%20NAEH%20Discount.pdf>

View the information from both companies and decide which your best coverage option is.

Printed or Online PDF Journal Options

When you renew your upcoming NAEH Membership, the renewal form will have the option to select if you would like to receive your *Lifestream* NAEH journal in the printed format or in the online PDF format.

The Board of Directors has voted not to increase the cost of annual dues. To help offset the increase of business costs, the Board also agreed to allow members to choose

if they would like the printed version or online PDF version of the journal. The PDF version is included in your annual membership dues. The printed and mailed version of the manual will have an additional cost of \$35 annually. To receive the Fall 2023 and Spring 2024 printed versions of the manual, you will need to complete your membership renewal by October 15, 2023.

More *Lifestream* Journal News

We are pleased to announce that our Fall 2023 *Lifestream* Journal will begin the collaboration of NAEH and INEH working together to create our journals. The journal will continue with the name *Lifestream* with an updated subtitle of Journal of the National Association for Esoteric Healing and International Network for Energy Healing. Our collaboration will provide articles from both organizations that will deepen our knowledge and understanding of the philosophy, teachings, and techniques of Esoteric Healing from around the globe.

If you have an article you would like considered for publication, send your inquiry to info@naehonline.org, Attn: Publications Committee and you will be contacted.

Do you have a photo you would like considered for the cover of the *Lifestream* journal? Please send your photo(s) to info@naehonline.org Attn: Publications Committee. Send photos in portrait layout.

Esoteric Healing Study/Practice Groups

Practice groups are a great way to meet and interact with other practitioners, ask questions, and practice your skills.

Ann Arbor, MI: meets the second Saturday of the month from 1 p.m. – 3 p.m. Contact Diane Rolka at 517-881-7789 or Diane.Rolka@gmail.com.

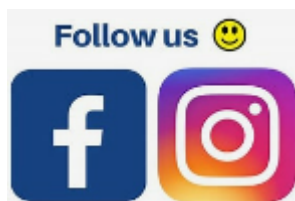
Madison, WI: meets bimonthly in March, May, July, September, and November. Contact Kathleen Hautala at info@naehonline.org or text 414-364-1557 for more information.

If you have a study group you'd like to promote, please contact kathleenhautala@gmail.com.

NAEH on Social Media

Be sure to visit our Facebook and Instagram pages at naeh.esoteric.healing.

Our posts are designed to provide inspiration, insight, and informative tidbits about the excellent work of our practitioners and organization.



We want our posts to be a magnet for those interested in healing, humanity, heart-centered service, and esoteric studies.

Be sure to follow us and spread the word! Please like, share, and leave comments... engagement creates momentum!

Publication Committee



Mary Kuskin



Jess Hutchison



Joni Larson



Stacy Whelley