



# Lifestream



National Association for Esoteric Healing

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- Mary Kuskin
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## HEART CHAKRA



*Anahata*

- I LOVE MYSELF UNCONDITIONALLY
- I ALWAYS FOLLOW MY HEART
- I AM AN EXPRESSION OF LOVE
- I AM WORTHY OF LOVE
- I AM GRATEFUL FOR ALL MY BLESSINGS
- I FORGIVE MYSELF AND OTHERS
- I ACCEPT THINGS AS THEY ARE

## President's Message

Click on the video to hear from Bonnie.



Bonnie Dysinger - NAEH President

A few ideas to “Be Involved”:

- Attend the NAEH monthly meditation the first Tuesday of the month
  - Link for more information: <https://www.naehonline.org/group-meditation-information>
  - Share the monthly meditation information with your friends
- Volunteer to lead a monthly meditation. Send us an email at [info@naehonline.org](mailto:info@naehonline.org) to let us know your interest and we'll contact you!
- Attend the annual NAEH Membership meeting (open to non-members as well)
- Share an inspirational quote for the newsletter or the journal. Send your quote to: [info@naehonline.org](mailto:info@naehonline.org)

- Host a watch party to gather with other esoteric healers in your area and watch this year's conference together!
- Have “Coffee with a Board Member”! Board members have been reaching out to our membership to have a chat over Zoom to get to know you. Feel free to ask for a chat.
- Send an email to [info@naehonline.org](mailto:info@naehonline.org) and we'll sent one up with you!

I invite you to reach out to me at [bonnie@bonniedysinger.com](mailto:bonnie@bonniedysinger.com), or call me at 517-281-1706 PT zone. I'm happy to have a chat with you and listen to your thoughts and ideas.

Angel Blessings,  
Bonnie

## 2023 NAEH Conference

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

Registration for the 2023 NAEH e-conference has started!

The 2023 NAEH e-Conference will be “live streamed” on Zoom, on April 22 (full day) and April 23 (1/2 day), with the NAEH Membership Meeting to follow on the afternoon of the 23<sup>rd</sup>.

**Register today!** Go to the NAEH website, click on the Conference tab, and the “Register Here” button. Information about the conference has been posted on the NAEH website, on the public and private NAEH Facebook page, and on the NAEH Instagram account.

**Meditations, Practicals and Talks** Supporting the process of transformation from the personal self to the Higher Self; Exploring the Dura with the nervous system as an interface and portal to the Higher Self and Higher energies; and Exploring practices in Group Work and Group Healing as part of the transformative process from “me to we.”

New to the conference this year is that participants will have the opportunity to share their experiences from the Group Healing Practical with the larger group of attendees.



## NAEH Monthly Meditations are AWESOME!

Come join us on the first Tuesday of the month at 8:00-8:30 pm ET, for a deep, peaceful, restorative, light-filled time of meditation. Over the past year, 12-40 people have registered for these meditations. Those who join the Zoom room a few minutes early enjoy greeting one another, sharing stories, and laughing together. We then settle in to a time of centering, grounding, opening, and soul connecting. Each meditation brings gentle learning and expansion, followed by radiation of the energies generated. Come join us to “be an active force of good in the world.”\*

If you miss a meditation or are unable to attend, you can now access recordings of the meditations on the NAEH website, under the tab “Group Meditations and Recordings.”

Thank you to all of the meditation leaders for guiding us during these gatherings. We need more meditation leaders! Please “step up” and offer your gifts. Variety is wonderful for all of us and your guidance is appreciated always. Listen to that small voice within you and see if you are being nudged to come forward. Contact Constance McCloy at [constance.mccloy@gmail.com](mailto:constance.mccloy@gmail.com) if you would like to lead a meditation.

The next meditation is scheduled for April 4, so put it into your calendar! Registration for meditations is no longer necessary. Just click on the Zoom link that will be sent to you a few days before we meet.

\* Excerpt from the NAEH vision

## NAEH SOCIAL MEDIA NEWS!

We are excited to announce that we are beginning our adventure into social media! The NAEH has created public Facebook and Instagram pages. You can now find us at **naeh.esoteric.healing** on both social media platforms.

Social media allows us to connect to each other’s lives in new and powerful ways. We hope our posts will provide inspiration, insight, and



informative tidbits about the excellent work of our practitioners and organization. We also hope our posts will become a magnet for those interested in healing, humanity, heart-centered service, and esoteric studies.

That said, we need you to follow us on those accounts and spread the word! You can also “like” our posts, share them, and leave comments... engagement creates momentum!

## Ask Auntie Karana

**Q.** I have a client who is always complaining that “dark forces” attack him. He says it feels as if a presence is surrounding him and following him throughout his day. He tends to stay close to home and if possible with a close friend or neighbor. Distractions like playing music or exercising don’t seem to help alleviate the feeling. He mentions that it is getting in the way of his usual activities and he sometimes awakes in the morning with a sense of dread. I’m at a loss... How can I be supportive of this client?

Thank you for your very interesting question. It may be easy to overlook these feelings or see them as a mental health issue. Many of us can experience a sense of dread these days, especially if we are aware and sensitive to world events.

Emotions can be the signal to look deeper and are worth examining. Esoteric Psychology reminds us that through expanding awareness, individuals can start to become aware of unconscious emotional patterns. Through the coordination and unification of Physical, Etheric and Emotional bodies, we can begin to balance these aspects of the personality.

The Tibetan tells us that “the primary effect of the activity of the etheric centers and their endocrine glands is psychological.” *“A man is, in the physical world, emotionally and mentally what his glandular system makes him and, incidentally, what they make him physically, since that is frequently determined by his physiological state. But the state of the glands, in their turn, are determined by the state of the*



*inner potent energy of his major centers.”*

As we know, the centers always reflect one’s psychological state and evolutionary state of development.

Make sure that the client understands that EH is not meant to treat illness, and that they should consider

seeing a therapist. For balancing and bringing in light, I recommend that you utilize a basic protocol that follows the usual sequence, starting with balancing the head centers with the outflow points, then giving attention to balancing the centers with the associated glands bringing in the emotional and mental points in every chakra, and the illusion triangle. The Fear and Courage triangles and clearing the lymph system will be useful. I also recommend the Right and Left eye and Vision and Illusion triangles and Top to Bottom Grounding, bringing light to the darkness. In closing the session, suggest to the client that he meditate on aspects of his life that bring solace, gratitude and joy.

AK

## Creating Business Cards

Recently, I wanted to make a business card and I reached out to one of my daughters-in-law, Dr. Nicole Croom, who was designing a new one for herself. She utilized available design graphics from free sites and included the information I wanted on it. The best part is that she included the QR code on it that takes a person directly to the NAEH website.

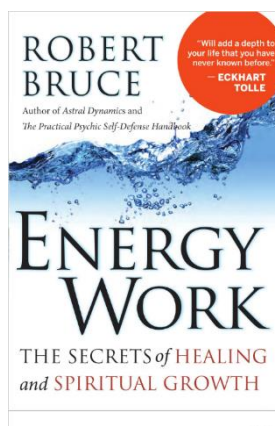
The basic “How to do it” is to go to the Canva App and input the URL to the website when designing the business card. Good luck! Here’s what mine looks like...



## Notes from the NAEH Book Circle

Preferences of the 2022 Book Circle participants resulted in the first gathering of 2023 being used to go over uncovered topics in several books appearing in the 2022 line up. For a full listing of the 2022 books, please refer to NAEH website calendar. The Book Circle gatherings show up on the Events calendar on the last Sunday of each month. What follows is a summary of the discussion, noting that participants were asked whether they would recommend the book to EH practitioners or to others.

We started with Robert Bruce, *Energy Work: The Secrets of Healing and Spiritual Growth* (2007). Agreement surrounded the idea that the visualization techniques were interesting and useful, and fun to use when illustrating to others how to feel energy. Agreement also surrounded the idea that the clearing techniques described and used by Bruce were rather harsh. This idea was followed by a discussion of his training (much different than



ours), and the timing of his book (2007). This book was not highly recommended for EH practitioners.

Most fun was the lively discussion of the two books by Eileen Day McKusick: *Tuning the Human Biofield: Healing with Vibrational Sound Therapy* (revised version 2021) and *Electric Body, Electric Health* (2021). These books were highly recommended for EH practitioners, especially those interested in broadening their practice to include sound therapy, and a book review will be prepared to cover their highlights.

Perhaps the most interesting point made about the *Heal Documentary* was the hope that it offers. Participants agreed that the video was worthy of watching, especially in a group setting (like a Watch Party using Prime), so that discussion could happen right after (or during) watching. Participants agreed that the *Heal Documentary* did not add any new techniques, but that it would be useful and instructive to clients, and others interested in energy work.

Participants in the January Book Circle gathering also shared titles of books they

would highly recommend to others (especially those not familiar with energy work). That is, participants would recommend these books to clients, or to other practitioners who requested books to recommend to clients unfamiliar with energy work. The books included two by Pam Grout: *E-Squared* (2013) and *E-Cubed* (2014). Both contain 9 DIY experiments to illustrate how energy works to manifest. Karen Frazier's book, *The Little Book of Energy Healing Techniques: Simple Practices to Heal Body, Mind and Spirit* (2019) was also discussed.

During 2022, the Book Circle spent two sessions on the book by Shamini Jain, *Healing Ourselves: Biofield Science and the Future of*

*Health* (2021), so there was no need for additional discussion. At the time of the initial discussions, however, participants agreed that this book would be helpful to EH practitioners, and recommended it for reading.

Technical difficulties and conflicting schedules limited discussion of Nancy Seifer and Martin Vieweg's book, *When the Soul Awakens: The Path to Spiritual Evolution in a New World Era* (2009) during the 2022 gathering. It was also inadvertently left off the list of books that warranted further discussion at the recent Book Circle gathering. However, I found this book to be tremendously illuminating, and when time permits, will write a review.

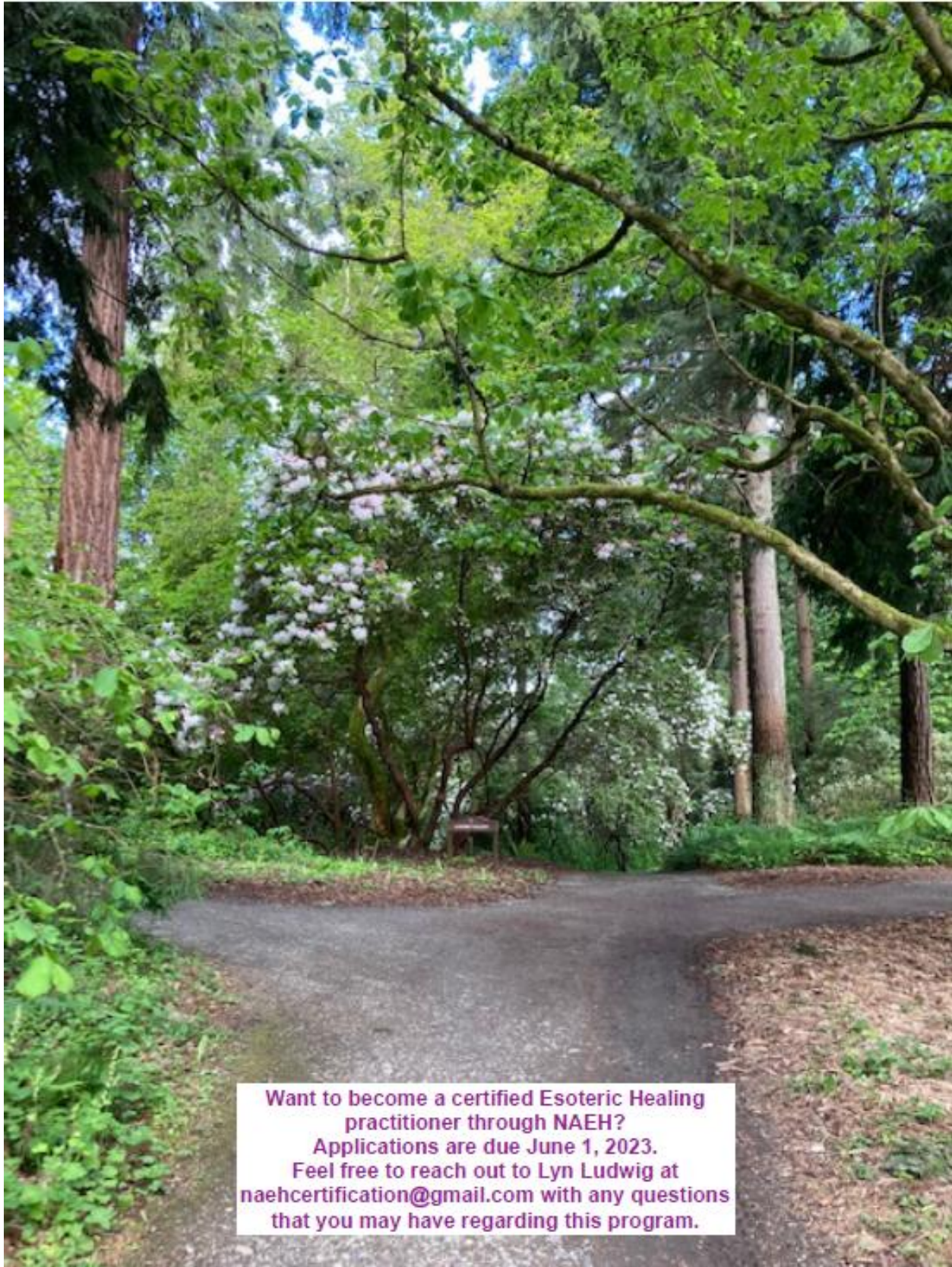
## Esoteric Healing Study/Practice Groups

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. Call Diane Rolka at 517-881-7789 or email [Diane.Rolka@gmail.com](mailto:Diane.Rolka@gmail.com).

Madison, WI: meets bimonthly in March, May, July, September, and November. Contact Kathleen Hautala at [info@naehonline.org](mailto: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](mailto:kathleenhautala@gmail.com).



Want to become a certified Esoteric Healing practitioner through NAEH?  
Applications are due June 1, 2023.  
Feel free to reach out to Lyn Ludwig at [naehcertification@gmail.com](mailto:naehcertification@gmail.com) with any questions that you may have regarding this program.

## Publication Committee



**Mary Kuskin**



**Jess Hutchison**



**Joni Larson**



**Stacy Whelley**