



The National Association for Esoteric Healing
www.naehonline.org

Introduction to Esoteric Healing – Part 1

Discover a Deeper Understanding of Healing, Energy, and the Soul

Have you ever felt there is more to healing than what can be seen with the physical eyes?

Esoteric Healing is a hands-off energy healing modality that combines spiritual principles with a practical understanding of the human energy field. Through study and practical application, you will learn to sense energy, understand the chakras and subtle bodies, and learn practical techniques to support energetic balance for yourself and others.

Whether you are a healthcare professional, energy healer, counselor, parent, or spiritual seeker, or are just interested in this subject, this course provides a comprehensive foundation in the philosophy and practice of Esoteric Healing.

No prior experience is required.

In This Course You Will Learn How To:

- ✓ Align and attune with the soul
 - ✓ Sense and work with subtle energy
 - ✓ Understand the chakras and their relationship to the body, emotions, and mind
 - ✓ Discover the deeper energetic causes of dis-ease
 - ✓ Create and balance healing energy triangles
 - ✓ Use Esoteric Healing with people, animals, and at a distance
 - ✓ Develop a greater understanding of yourself
 - ✓ Develop a stronger connection to your own spiritual path
 - ✓ Understand the role of meditation in healing and spiritual development
 - ✓ Begin developing the skills used in Esoteric Healing sessions.
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Why Students Love This Class

This is more than an energy healing course.

Students often report a deeper understanding of themselves, greater spiritual awareness, increased sensitivity to energy, and a practical framework for supporting healing in everyday life.

The process of giving and receiving Esoteric Healing is often described as transformative, offering opportunities for personal growth while learning to support healing and well-being in others.

What Students Commonly Experience

Students frequently report:

- Increased awareness of subtle energy
 - Greater clarity and inner calm
 - A deeper understanding of themselves and their spiritual path
 - Increased confidence in sensing and balancing energy
 - New insights into health, healing, and consciousness
 - A greater sense of connection with the soul
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What Makes Esoteric Healing Different?

Unlike many energy healing modalities, Esoteric Healing emphasizes:

- Alignment and attunement with the soul
- Healing according to the soul's purpose
- The scientific use of energy triangles
- Development of the Ajna center as a directing force of energy
- A non-invasive, hands-off approach
- A synthesis of spirituality, psychology, and energy science

[Click Here](#) to see how Esoteric Healing differs from other energy healing modalities by watching a few short videos.

Is This Course For You?

- Do you feel called to understand healing from a spiritual or energetic perspective?
- Are you curious about energy, chakras, and consciousness?
- Do you work in a healing profession and want a deeper energetic framework?

- Are you looking for practical tools to support yourself, your family, clients, or animals?
- Are you seeking greater soul awareness and personal transformation?

If you answered yes to any of these questions, then this class is the right place for you to begin.

Ready to begin your journey into Esoteric Healing?
Read on for class dates and registration information.

Online Philosophy Class: August 21 – September 10, 2027

Online Practical Application Class: September 11-16, 2027

Times: See Class Calendar for times of class **Eastern Time Zone**

Pre-requisite: None

Preview Class Calendar: [Click Here](#)

Preview Class Assignments: [Click Here](#)

Short Video to view the Online Class Experience: [Click Here](#)

Cost: \$495 (\$395 for students repeating Part 1)

- The Part 1 manual will be available for you to download and print prior to the start of your class.
- When you register for the class, you will have the option to pay an additional \$30 if you would like me to print, punch holes for a 3 ring binder, and mail it to you.
- After successful completion of the philosophy and practical application portions of this class:
 - Students will receive a Certificate of Attendance.
 - Have access to the philosophy videos and videos demonstrating the triangles learned in this class.

Registration: [Click Here](#) to register and pay online.

Please contact Bonnie at bonnie@bonniedysinger.com or call 517-281-1706 if you have any questions.

This class is the first in a series of four classes that teach the principles and techniques of Esoteric Healing to assess and balance the physical/etheric, emotional, mental, and spiritual bodies.

Requirements for Online Practical Application class:

- Be comfortable with the concept of healing at a distance
- Dependable high-speed internet to be on Zoom
- Video camera for your Zoom connection (We need to be able to see each other!)
- Free Zoom software download

The Online Philosophy Class focuses on the Philosophy of Esoteric Healing; the science of healing through the energy field utilizing spiritual healing principles.

This class includes an introduction to the chakras, their association with the endocrine glands and various body organs and systems, and their psychological contributions. Students learn how to align and attune with the soul, and exercises to practice sensing energy. The online class includes some basic anatomy, an introduction to meditation, a deeper understanding of the cause of dis-ease, and the evolvment of soul consciousness. This online class consists of video lectures, assignments, and quizzes. 22 short videos (approx. 7 hours total) of online class content have been created with the specific focus to enrich student comprehension. This online course serves as preparation for the online Practical Application experiential class to begin learning the practical application of Esoteric Healing.

The Online Practical Application experience is where you learn the practical application of Esoteric Healing – how to actually do Esoteric Healing.

This class for the practical application of Esoteric Healing authenticates the philosophical study. Students are expected to come prepared with the knowledge learned in the pre-requisite online class that covers the Philosophy of Esoteric Healing. In this class students learn the practical application of their alignment and attunement with the soul, how to create energy triangles within the energy field, how to assess and balance the physical/etheric, emotional, mental, and spiritual energy fields of the chakras/centers and of the organs and systems learned in the pre-requisite; how to use their Ajna as the motivator for a change in the energy field; and much more! Students also learn how to apply this hands-off technique as an absentee/distance energy healing modality, as well as using it on oneself and animals. Students have many opportunities to practice with one another and apply what they are learning in the classroom. Many students describe the process of giving and receiving Esoteric Healing to be profoundly transformative.

Upon completion of this class, you will leave being able to assess and balance the physical/etheric, emotional, mental, and spiritual bodies of yourself or another person using the written protocol provided. You will also gain a deeper understanding of yourself as a spiritual being and the progression of the soul, while preparing for the Part 2 class.

Instructor

Bonnie K. Dysinger, M.Sc., CPEH, CHHP, C.Ht., is an energy healing facilitator and teacher specializing in the philosophy and practical application of Esoteric Healing. She became a Certified Practitioner of Esoteric Healing in 2012 and an Accredited Teacher in 2014.

As a Professional Member and a member of the Board of the National Association for Esoteric Healing, Bonnie has published articles in the NAEH Lifestream Journal exploring the relationships between physical anatomy, the centers, and Esoteric Healing.



Bonnie is located in East Lansing, Michigan. To learn more about Bonnie and her work, visit www.bonniedysinger.com.