



# EXPLORING SPIRITUAL PURPOSE

## DAY 1

TIME	ACTIVITY/TOPIC	SPEAKER/LEADER
10 minutes 11:00-11:10	INTRODUCTION	Bonnie Dysinger
10 minutes 11:15-11:25	CERTIFICATION CEREMONY	Lyn Ludwig
20 minutes 11:30-11:50	ANGEL CARD; MEDITATION	Kathleen Deeds
50 minutes 11:55- 12:45	PRESENTATION: NAVIGATING TRANSITIONS (Individual)	Claire Hardsaw
15 minutes 12:45-1:00	BREAK (Chat—attendees submit activities/processes that help them to navigate transitions)	
45 minutes 1:00-1:45	PRACTICAL: ALLEVIATING WORRY	Stephanie Urdang
45 minutes 1:45-2:30	LUNCH	
2:10-2:30	Join us for TAI CHI during lunch	Debbie Windsand
40 minutes 2:35-3:15	<b>CONCURRENT MEDITATIONS:</b> <b>Opening to Creativity that supports exploring Spiritual Purpose</b> (choose one) 1) <b>Esoteric Approach</b> (for attendees experienced in meditation and Esoteric Healing philosophies) 2) <b>Creative Guided Meditation</b> (for attendees who do not have a meditation practice or for those who prefer this approach)	1) Steve Kramer  2) Jennifer May
10 minutes 3:15- 3:25	BREAK (Chat—attendees submit activities/processes that help them to navigate transitions)	
50 minutes 3:25- 4:15	PRESENTATION: NAVIGATING TRANSITIONS (Group, Global, Cosmic)	Chuck Pisa
15 minutes 4:20-4:35	CLOSING MEDITATION	Jill Yip Choy



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### DAY 2

TIME	ACTIVITY/TOPIC	SPEAKER/LEADER
11:00 – 11:10	<b>Announcements</b>	<b>Bonnie Dysinger</b>
30 minutes 11:15-11:45	<b>ANGEL CARD; MEDITATION (The “Cave in the Head”)</b>	<b>Constance McCloy</b>
60 minutes 11:50-12:50	<b>PRESENTATION: WORLD SERVICE – OUR DUTY AND RESPONSIBILITY AS ESOTERIC HEALERS</b>	<b>Al Florey</b>
15 minutes 12:50-1:05	<b>BREAK</b>	
50 minutes 1:05-1:55	<b>PRACTICAL: PERSONALITY-SOUL (Triangles that support personality – soul integration and spiritual purpose)</b>	<b>Bonnie Dysinger</b>
45 minutes 1:55-2:40	<b>LUNCH</b>	
2:20-2:40	Join us for <b>TAI CHI</b> during lunch	<b>Debbie Windsand</b>
50 minutes 2:45-3:35	<b>CONCURRENT Sessions: “How-To” ACTIVITIES”</b> Tools that support “knowing thyself,” opening to Creativity and exploring Spiritual Purpose (Choose one)  1) <b>The Art of Spiritual Journaling</b> 2) <b>Integrative Breathwork</b> 3) <b>Esoteric Astrology</b> 4) <b>Spiritual Dance / Movement</b>	1) <b>Patsy Hubert</b> 2) <b>Carol Martin</b> 3) <b>Chuck Pisa</b> 4) <b>Nina Ryan</b>
20 minutes 3:40-3:55	<b>CLOSING MEDITATION</b>	<b>Mary Anne Walker</b>

#### **Reminder: NAEH e-Business Meeting**

Sunday, April 24, 2022

11:00 am – 1:00 pm ET

Please join us! All are welcome!