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Click to listen to the message from our NAEH President.

You may contact me with any questions, comments, or concerns.

Bonnie Dysinger, NAEH President | bonnie@bonniedysinger.com | 517-281-1706

*I look forward to hearing from you!
Angel Blessings, Bonnie*



Join us for the
2024 NAEH Online Conference
Heart, Ajna, and Soul:
The Bridge to Discernment
April 19-20, 2024
Get more information and register [HERE](#).

Featured Article

Sharing Thoughts and Ideas with Our Community

Why Meditate?

By Steve Kramer



The Ageless Wisdom teachings often mention three definitive ways to help integrate the personality and soul, derive meaning from our experiences and relationships, and generate a sense of purpose in life. These tools are meditation, study, and service. I'd like to consider this first one, meditation, in this article.

Why meditate? Beyond the reasons already mentioned, meditation is a wonderful way to befriend the mind. After all, the soul resides on the plane of Mind, as does access to our spiritual nature. Meditation is a fantastic way to get to know your mind and create a more mindful approach to life itself.

People often report seeing changes in their lives as a result of their meditation practice, and even some changes in the people around them. As we change ourselves, we change our world. And that includes our relationships. As our responses to life's situations change, we may notice that thoughts change, beliefs change, actions change. And as a result of those shifts, our world changes... the world changes. What a global player you are!

Meditation has the unique potential of clearing distortions that arise in the mind. These distortions can display as thoughts or actions; distorted behaviors may look like speaking or acting in a way that doesn't necessarily reflect your truth. As we sit with life as it *really is*, as we simply observe and allow truths to be revealed, we have the opportunity to align ourselves with those truths. And then we can make choices guided by those truths, our truth, the truth of the laws of nature and the laws of the universe. Living from Truth simply means doing our best to embody harmlessness, and live with clear intention and purpose. This allows for a bit less struggle in our day to day lives.

There are clear intentions behind all forms of meditation. One of those is less struggle. Less struggle means more freedom.

What does less struggle look like from a meditative point of view? Perhaps well-being; when the physical body is struggling, when it's not well, then we're in a state of dis-ease. Perhaps emotional awareness; when

Featured Article

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we struggle in this regard, there's often drama in our lives. Perhaps mental clarity; when this is lacking, we're often confused or easily swayed, perhaps anxious or depressed. Certainly, we see a lot of these conditions in the world these days. Those three possibilities cover the physical, astral, and mental bodies. I would also add to that list of meditation perks, creativity and a sense of interconnectedness. Without creativity, life seems dull. We may feel bored or we lack direction; our sensibilities become muddled or blurred. Without a sense of interconnectedness, we live selfishly; we may choose competition over cooperation... the world revolves around "me, myself and I." Meditation supports the upward move from a Solar Plexus orientation to the energy centers above the diaphragm; it supports the development of Heart-Mind.

The fact is, we're all a part of this living organism called Earth. Our interdependence supports life, it doesn't take away from it. Every day we must do our part to embrace interdependence and consciously steward this planet. We start by stewarding our own lives, and in doing so, we help others. We help humanity. We help this planet as a living being.

Supporting ourselves through meditation is actually supporting life. Small things are big things... very big things. Perhaps your meditation practice has allowed you to experience glimpses, or full immersion, into well being, emotional awareness, mental clarity, and creativity. Perhaps you've experienced a distinct sense of interconnectedness through meditation. Maybe you've left your practice behind for a while, or you are new to meditation. The benefits are yours to experience and the world's to enjoy!

The NAEH offers monthly meditations on the first Tuesday of each month. You can read more about this in the "On the Horizon" section of this newsletter. There are many apps available for every level of meditation practitioner... you might try Headspace, Waking Up, or Insight Timer. I offer a free meditation program through Spirit Fire called the Practice of Living Awareness; you can find out more about that [HERE](#).

Happy meditating!

Note: Would you like to submit an article to be featured in the Lifestream Newsletter? Please do! Considerations can be emailed to the Publications Committee at info@neahonline.org.

In Remembrance

Celebrating the Life of Our Colleagues, Wallace Smith and Joni Larson

Remembering Joni Larson

August 4, 1964 - February 5, 2024



It is with profound sorrow that we announce the passing of the extraordinarily smart, ambitious, and dedicated Joni Larson. Born on August 4, 1964, in Great Falls, Montana, Joni was a beacon of light whose spark will continue to illuminate the lives of those who knew her. Her life was a testament to her vibrant spirit, her ceaseless pursuit of knowledge, and her deep-rooted love for law, traveling, sports, and animals.

Joni was a woman of exceptional intellectual prowess and a well-respected tax lawyer for the IRS. A graduate of Great Falls High School, she pursued higher education with unwavering dedication. With a Bachelor's degree and a Juris Doctor (JD) degree from The University of Montana, a Master of Laws (LLM) degree from The University of Florida and an additional Master's degree from Michigan State University, Joni's academic accomplishments were a reflection of her ambition. Her passion for law extended beyond her work at the IRS, where she carved a niche for herself. As a professor at Cooley Law School, she shared her knowledge and expertise with countless students, simplifying the most

complex concepts and making them relatable. Joni's love for the written word was evident in her numerous law-related books and her aspirations to continue writing post-retirement.

Outside her professional life, Joni had a myriad of hobbies that showcased her dynamic personality. A resident of Churubusco, Indiana, she was an avid sports fan, passionately supporting teams like the Washington Capitals, Fort Wayne Komets, Notre Dame, Michigan State, Indiana University, Chicago Cubs, Detroit Tigers, and the Cincinnati Reds. Her love for travel and participation in 5k runs portrayed her adventurous spirit. She had a unique affection for animals, especially her two horses Micah and Dexter, and her three-legged cat Aasha. Joni's abundant love of horses allowed her to participate in horse dressage competitions and as well as specializing in horse massage.

Joni's zest for life and her unwavering dedication will continue to inspire us all. She is survived by her loving parents Jerry (Judy) DeCock; brothers, Michael (Shannon) DeCock, and Stephen (Cheryl) DeCock; sister, Lisa (David) Emeott; Nieces and Nephews, Lynette, Darnell, David, Christian, and Allison; seven great nieces and nephews; and a special friend, Chris.

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In Remembrance

Celebrating the Life of Our Colleagues, Wallace Smith and Joni Larson

Visitation for Joni will be held for Joni on Sunday, April 21, 2024, from 2:00 pm to 3:00 pm, at Sheets & Childs Funeral Home, 206 North Main Street, Churubusco, Indiana, 46723. A celebration of life service will be held promptly at 3:00 pm immediately following visitation. In the event that you are unable to attend, the service will be live-streamed via the Sheets & Childs Funeral Home Facebook page. The link to this event will populate at 2:45 pm.

Memorial contributions in her honor can be made to the cancer research organization of their choosing.

Joni began her journey with Esoteric Healing in 2008. As a member of NAEH, she was certified as an Esoteric Healing practitioner in 2012, participated on the Education and Research Group Committees, and served as our Lifestream journal editor for several years. Her presence will be missed in our organization.



In Remembrance

Celebrating the Life of Our Colleagues, Wallace Smith and Joni Larson

He Died

By Eden Spring

Wallace F. Smith, M.A., CCH, CPEH

June 14, 1939 - January 11, 2024

Wallace lived a wonder-full life. He experienced much joy and great sadness. He wanted to leave a legacy of peace, love, kindness and healing for all.

Wallace was born in Detroit Michigan. He grew up in a high-rise apartment in Dearborn. His father was a salesman, his mother a realtor, and member of The First Church of Christ Scientists. Wallace attended the Leelanau School in Leelanau Michigan. He Graduated from Fordson High School in Dearborn Michigan in 1957. He is survived by his sister, Susan.

Wallace was in the United States Navy.

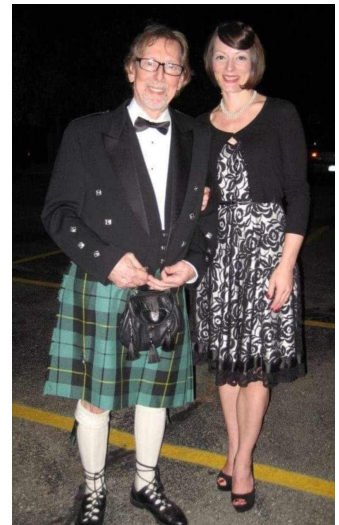
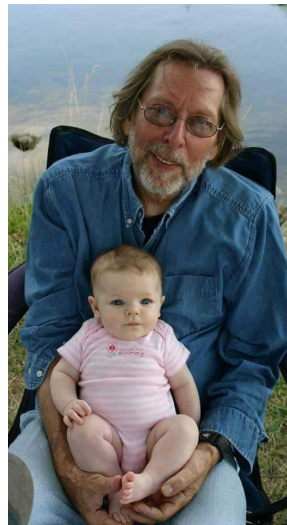
Wallace was a civil rights activist.

Wallace was a graduate of Wayne State University and a Distinguished Professor Emeritus of Communication who taught Interpersonal Communication, Public Speaking, film, radio broadcasting and Theatre at Oakland Community College in Farmington Hills, Royal Oak, Auburn Hills, and Highland Lakes campuses in Oakland County Michigan. He was an interpersonal communications consultant in business and industry across the globe. For many years, Wallace was active in professional theatre and film. Wallace earned an early living featured as a model in many print advertisements, was a voice for WJR Radio, and a professional SAG/AFTRA Theatre actor for such places as The Detroit Repertory Theatre, The Hillberry Theatre and Actors Alliance Theatre Company.

In addition, he produced, directed, wrote and performed in a chambre theatre production that toured the world. Wallace Smith productions was an entertaining production for all ages and all demographics, and included in its subtext aspects of conflict resolution, problem solving and positive value

building. Programs were also offered with an American Sign Language interpreter. Truly a "Peace-Love" project.

In 1983, the Theatre at the Orchard Ridge Campus of Oakland Community College was erected and dedicated in his honor. It is now known as the: Wallace F. Smith Performing Arts Theatre. Wallace won a Telly award for producing the show "Jazz, a Love Affair."



After decades of teaching at OCC, Wallace became a private practitioner trained in Esoteric Healing, Clinical Hypnotherapy and Therapeutic Touch. He was a graduate of the Institute of Transformational Hypnotherapy in Lansing, Michigan, attended the Mackey Health Institute in Coral Gables, Florida and has completed the highest level of training through the International Network for Esoteric Healing, the Institute for Bioenergy Studies the National Association for Esoteric Healing, studying in England and America. He also studied with leading practitioners in Michigan, Washington, D.C., Miami, San Francisco, Vancouver, B.C., Ireland, Indonesia, Australia, Greece, Fiji, Tonga and Scotland.

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In Remembrance

Celebrating the Life of Our Colleagues, Wallace Smith and Joni Larson

In addition, he conducted workshops, internationally in France, Poland, Scotland, Hawaii, Crete, England and the USA in Interpersonal Communication, Conflict Management, post level 4 seminars in Esoteric Healing, as well as, a series entitled, "A Celebration of Healing.....Awaken the Flow," a life changing seminar on ... Listening."

He was an ordained Minister with the World Congregational Fellowship Church and officiated many weddings and various other ceremonies all over the world.

Wallace was very connected to his Scottish heritage and did a talk and slideshow about Scottish and Irish sacred sites.

Wallace was passionate about wholistic healing, plant-based diet and consuming organic non-GMO foods and was an advocate for safe healthy food for all. He lived a lifestyle that greatly reflected that and was selective about his monetary support. He was very excited about the movement of awareness happening around him.

Wallace loved nature and animals. He was an avid wildlife photographer. He loved to welcome the birds all season long. He was a collector of fine art and craftsmanship. His collections consist of the beautiful work of his friends from all corners of the earth. He was passionate about supporting local artists, craftsmen and farmers. Wallace enjoyed quiet life among nature. But he also enjoyed the company of friends, colleagues and 'his girls.' He loved Theatre, Jazz and dance. His favorite athletes were Venus and Serena Williams.

Wallace touched thousands of lives. Many have even said that he changed their lives. He leaves a legacy.

Left to remember him, are his beloved sister Susan, his first pride and joy, daughter Jennifer (Rick) Ryan and Aleia, his "precious" girls, Eden, Kiah and Emory, his dear sweet friends, his adored pup Sophie and the lives of the people he influenced in a healing, loving and positive way.

Wallace was a gentle soul who was full of hope and Love, until he ran out of strength and there were no more breaths to take. He left this plane holding his daughter Eden's hand.

"When King Lear dies in Act V, do you know what Shakespeare has written? He's written "He dies." That's all, nothing more. No fanfare, no metaphor, no brilliant final words. The culmination of the most influential work of dramatic literature is "He dies." It takes Shakespeare, a genius, to come up with "He dies." And yet every time I read those two words; I find myself overwhelmed with dysphoria. And I know it's only natural to be sad, but not because of the words "He dies," but because of the life we saw prior to the words. I've lived all five of my acts, Mahoney, and I am not asking you to be happy that I must go. I'm only asking that you turn the page, continue reading... and let the next story begin. And if anyone

asks what became of me, you relate my life in all its wonder, and end it with a simple and modest, "He died."



-Mr.Magorium

The 13th Chakra (Also Known as the Clown Chakra)

By Wallace Smith

The Clown scientists have found that all our problems can be placed under one heading: Seriousness.

Seriousness is the leading cause of everything from cancer to reincarnation. Scientists from the Clown Academy already have discovered a new source of healing. It is an energy center located in the area of the heart chakra and the throat chakra or maybe in the area of the 10th center. It is called the Clown Chakra.

If people are feeling miserable, if they have financial problems, if they have a need to sue people, if they find fault with their brother, then obviously their Clown Chakra is closed.

When this happens, the scientists have observed under a high-powered microscope that the cells of every organ display a sad face. When the clown chakra is open and functioning normally, the cells display a happy face.

The scientists realized that if a person is ill, it is because his mind has projected guilt into the cells of his body and has forced out the love that is normally found within each cell of the body. The cells are therefore saying, "I Lack Love", or I-L-L for short.

The scientists also discovered that all disease is due to the fact that the cells are "out-of-ease" or "dis-eased." So when the Clown Chakra is opened and working (or rather playing) properly, the spiritual mechanism sucks up misery, pain, anger, resentment, grievances, unhappiness and so on, and converts the energy into tiny red heart-shaped balloons.

The red heart-shaped balloons contain God's love and joy. When these balloons are directed to the "dis-eased" cell or situation, a happy face appears instantly. When the light enters the darkness, the darkness is gone. Sometimes

these red heart-shaped balloons are called endorphins, due to the fact that when anyone experiences them, the feeling of separation ends and they experience being back home with the Father/Mother and hence are no longer an orphan. This is the well known "end orphan" (endorphin) effect.

So if you think someone is attacking you, Clown scientists recommend that you visualize sending that person red heart-shaped balloons filled with God's love and joy. Remember to keep your Clown Chakra open and remember to laugh.

Seriousness causes reincarnation.

Note: This article by our late, beloved, and very humorous friend, Wallace Smith, was featured in the Fall Edition of the 2011 Lifestream Journal.

Your NAEH Membership gives you full access to the Lifestream Journal Archives. The NAEH publishes a professional journal twice yearly, which includes case reviews, papers from the practitioner certification program, the science of energy healing, session protocols, and more.



Come Join Us at the 2024 NAEH Zoom Conference - April 19-20 “Heart, Ajna, and Soul: The Bridge to Discernment”



This year the conference will focus on the theme of discernment through the Ajna and the Heart, with the Soul leading the way. Several presenters from a variety of backgrounds will provide talks, practicals, meditations, and group activities so that we can all explore “how we discern and why.” Filters and barriers to clear discernment will be discussed, as will the importance of “listening within” as it relates to self-care.

We welcome new speakers to the conference, including William Meader, Sarah Hopkins, Patricia Enstad, and Diane Rolka!

We look forward to the warmth of friendship as we gather together again as Esoteric Healers, making a difference in each other’s lives and in the world.

Click [HERE](#) to hear Chuck Pisa share a preview of his talk and introduce William Meader.

Visit the conference page of our website to register: <https://www.naehonline.org/conference-details>.

If you have questions regarding registration or the conference, please contact Suzie Taylor-Hendges at info@naehonline.org.

NAEH Annual Meeting for Members and Non-Members

Our NAEH Annual Meeting will be held on Zoom on Sunday, April 21, 2024, from 10:00 am to 12:00 pm ET.

We invite our NAEH members and Esoteric Healing non-member community to attend this gathering and hear what NAEH has been working on this past year, what we are looking forward to the upcoming year, and participate in breakout rooms. Election results for Board Members will also be announced. So please, we welcome and encourage you to join us.

The Zoom link for this event will be sent prior to this meeting. If you have any questions, please feel free to contact Bonnie Dysinger, NAEH President, by email at bonnie@bonniedysinger.com.

On the Horizon

Mark Your Calendar For These Upcoming Events from the NAEH

Our First NAEH In-Person Retreat - August 16-18, 2024!



Many NAEH members have been yearning to gather together in person again, and also intuiting that this gathering should be in the form of a retreat. As a result of their following through on this idea, and putting in some investigative work, the first NAEH In-Person Retreat has been scheduled to take place August 16-18, 2024, at Weber Retreat and Conference Center in Adrian, Michigan.

We thank this planning group, and especially thank Diane Rolka, for spearheading our connection with Weber Retreat Center.

A call for volunteers has been sent out and a few people have responded. Thank you! More folks will be needed as we go forth to plan retreat activities and to help with meals and logistics at the center during the retreat. If you want to volunteer, please contact Suzie at info@naehonline.org.

The recent Esoteric Astrology reading for the NAEH provided by Mary Connolly emphasized the importance of rest, restoration, and retreat for light-workers at this time. The NAEH Retreat will be a wonderful opportunity to stop and rest, and to be together again in joy and community.

Be on the lookout for further updates and registration for the retreat. Capacity will be limited, so save the date for the NAEH Retreat! OM, Peace, Bliss, Amen

NAEH Monthly Meditations - Group Work!



The NAEH Monthly Meditations continue to take place on the 1st Tuesday of the month at 5:00 PM Pacific Time, 8:00 Eastern Time.

Over the past several months, we have been blessed by meditation leaders who guided us in the way of Alignment and Group Work. As a community, we have sent Light to each other, to the NAEH, to Esoteric Healers around the globe, to planet Earth and to all the kingdoms.

Come join us in this wonderful, Life-and Light-enhancing form of group work. And if you feel the “divine nudge” to lead a meditation, please contact Constance McCloy at info@naehonline.org.



NAEH News That We Hope Sparks Your Interest!

NAEH Ethics Committee

The NAEH announces a new committee of service called the Ethics Resource Committee. The committee is comprised of three members Bonnie Dysinger, Susan Zimmerman, and Lyn Ludwig.

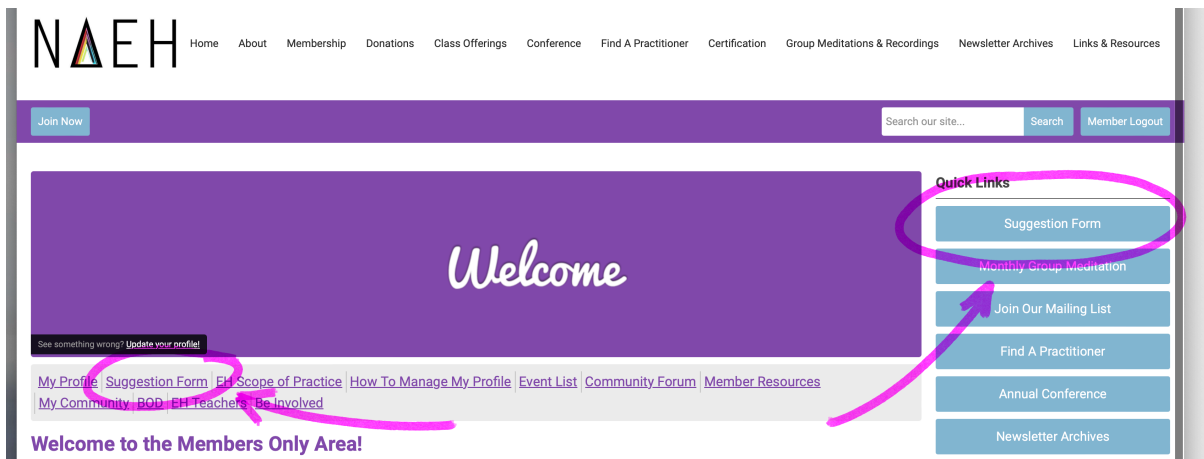
The formation of this committee reflects a sign of growth of NAEH and Esoteric Healing as it continues to expand in the world. The purpose of this committee is to be a resource for ethical issues for our members and to hold space around ethics.

When we support ethical responsibility, our organization indicates that it is serious and credible. As more people learn about Esoteric Healing, this indicates that we have a foundation to work by in the best interest of the healing practice, clients and humanity. Since this guided purpose is for our members, we believe it would also support them with the relationships that they foster with their clients.

If you are interested in volunteering for this committee, we meet quarterly and ask that you please contact Bonnie Dysinger, President at NAEH at bonnie@bonniedysinger.com or Suzie at info@naehonline.org.

Leave Us Your Suggestions

The NAEH is a volunteer organization made up of members like you who have great ideas and suggestions for improving and growing our organization. Now there is a new opportunity for service on our website! It is the newly implemented "Suggestion Form" button for NAEH members to submit your inspirations and ideas for consideration. It is a quick link on the side of the "My Profile" page and also as a tab next to the "My Profile" tab. The Education Committee looks forward to all your ideas!



*“It is Spring again.
The Earth is like a child that
knows poems by heart.”*

~ Rainer Maria Rilke



Wishing you a happy and healthy Springtime, from the
NAEH Publications Committee.