



E-Connections with Healing Touch Canada, Inc.

RR#2, Warsaw, ON K0L 3A0

705-652-0506

www.healingtouchcanada.net



Did You Know?

Calling all CHTP: If you've been out of the loop for a while, here's some great news: Healing Touch is growing steadily in Canada. & enthusiastic students at Level 4 are looking for mentors, especially nurse mentors. Please consider stepping forward to lend a hand to those coming up behind us. It's a way of making connections as well as being of service to our community. Let us know if we can pass along your contact information when students ask.

LEVEL 4 in New Brunswick:

\$50 early registration discount applies until July 19/12 for Level 4 in Memramcook, NB Oct 11-14, 2012 with Catherine Awai. Register early to reserve a space.

*This is how humans are:
we question all our beliefs,
except for the ones we **really**
believe, and those we never
think to question.
Orson Scott Card*



The morning of Fri. June 1, 2012 (first day of our weekend of level 3) my dog Saige, a 2½ year old Shiba Inu, came down the hall towards me & laid down. Usually when she does this her paws are apart & in line from her shoulders. That morning she formed a perfect heart with her legs & chest. Even Saige was all about sharing the love this weekend! Dawn Bryant, Coord. Level 3 Prince George, BC (Photo of Saige © Dawn Bryant)

Dear fellow energy workers,

With summer already begun and people getting outdoors more often it's a great time to kick off your shoes and connect with the earth. Consciously bringing my awareness to the body I enjoy inviting the energy of the earth to come up & connect through my feet and Root chakra. Drinking it in as it flows through my entire body, connecting the lower & upper chakras, I feel nurtured and grounded. This engages the Root chakra which influences the feet, legs, hips, perineum & bones as well as being involved with ailments of the low back, lack of energy, confusion, lack of purpose & meaning or direction in life & hypertension. It also relates to matters of the tribe or tribal power and is connected to both positive and negative group experiences.

Caroline Myss says the following about the Root chakra in *Anatomy of the Spirit*:

Given the power of unified beliefs – right or wrong – it is difficult to be at variance with one's tribe. We are taught to make choices that meet with tribal approval, to adopt its social graces, manner of dress, and attitudes. Symbolically, this adaptation reflects the union of individual willpower with group willpower. It is a powerful feeling to be in a group of people or family with whom you feel spiritually, emotionally, and physically comfortable. Such a union empowers us and energetically enhances our personal power and our creative strength...

To get a visceral experience of the energy of the first chakra focus your attention on something tribal that triggers an emotional response - perhaps:

- Watching an athlete receive a gold medal at the Olympics
- Listening to the national anthem
- Imagining what happens when someone chooses a different spiritual path than their family

A balanced Root chakra allows us to work with the tribe while not being restricted by the beliefs of the tribe.

Being involved with the Healing Touch International HT



HTAC members pay discounted HTI Membership fees and receive discounts on some HT classes.

Visit the HTAC website for membership details & other information.

www.htac-jm.org

The April 2013 HTAC Conference will be in Quebec City, QC.

*The individual has always had to struggle to keep from being overwhelmed by the **tribe**. If you try it, you will be lonely often, and sometimes frightened, but no price is too high to pay for the privilege of owning yourself.*
 Friedrich Nietzsche

E-Connections Suggestions

Practical Tips to engage the 1st chakra:

- Make a list of the blessings you feel came from your family
- Wear red underwear, socks or clothing
- Spend time in a community that nurtures you
- Pay attention to & question tribal beliefs that restrict or have power over you
- Walk on the grass in bare feet



Geranium © K Stewart, HTI-PA

Visit the HT Canada website for a current class schedule.
www.healingtouchcanada.net

community is a tribal activity. The HTI Code of Ethics and Standards of Practice govern this community/tribe. We are encouraged to deepen our self-awareness both personally and professionally and to practice, practice, practice and let the energy teach us. This means being open and receptive and not just doing things by rote. Connecting with elders & peers provides opportunities to learn from their wisdom and experience.

The first few times I attended Healing Touch International Conferences I remember the way it felt to be in a large group of like-minded individuals. The energy of those group experiences is something I'll never forget. It was amazing to know that there were others all around the world who were practicing HT and on a similar path.

There was something for everyone: keynote speakers, breakout sessions, group healing sessions, celebration of the new CHTPs, music, dancing and vendors. Janet's vision was becoming a reality.

It's time to register and make plans for the September 27-30, 2012 HTI Conference. We would love to get together with all the Canadians at Conference so please let us know if you are planning on attending

Healing & the Path of Infinite Potential
 Broomfield, Colorado
 September 27-30, 2012

www.healingtouchinternational.org

If you aren't able to attend the Conference then try getting involved in your community locally. There was a "Get Together" in Vancouver recently for students of Level 3 & up to review techniques & talk about their experiences since Level 3. Donations collected at this event were split between the hosting facility & the Canadian HT Foundation (CHTF). Would you be interested in having something like that in your community?

Enjoy your summer and may the season rejuvenate and help you stay grounded. Happy Canada Day!

Angela Mattos, CHTP
 On behalf of HT Canada, Inc.

If you have questions about HT please send them to HTCanada@healingtouchcanada.net & we will get them answered. We welcome your feedback & HT news or stories.

To unsubscribe click here and put UNSUBSCRIBE in subject. (We would appreciate any constructive criticism you'd like to share.)