



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

Mary-Cathrine Campbell, BA, RN, CHTP of Oshawa, ON was recently appointed as the International Representative to the HTI Board of Directors.

I had been approached about the possibility of serving on the HTI Board & a few weeks before the conference, HTI President, Mary O'Neill notified me that I had been selected.

It was with a combination of excitement & a little uncertainty that I prepared to go to the pre-conference board meeting. I entered the room, not sure what, besides a willingness to serve, I had to offer. Everyone welcomed me warmly; the day flew by, & by the end of the meeting I felt that this would be the start of something wonderful.



Communication is an act of connection. It is one of the uniting principles of the upper chakras.

With words, consciousness has a tool through which it can organize the universe around it, including itself! Therefore this chakra occupies a crucial place in the gateway between mind & body.
Anodea Judith

Level 1 classes are being offered in November 2012 in Kelowna, BC – Toronto, ON – Dieppe, NB (go to www.healingtouchcanada.net for details plus Level 2-5 locations & 2013 classes)

Dear fellow energy workers,

During the past few weeks, each time I was in the car & my attention was drawn to the display of autumn colours I noticed my body softening as I heard my breath deepening. From the deep reds to the oranges, yellows & greens the variations were spectacular, especially when the backdrop was a blue sky on a bright sunny day. It reminded me of the chakras & how they can be like beautiful, harmonious tones when balanced.

This month we move from the Heart to the Throat (5th) Chakra. The 5th chakra is connected to the neck, shoulders, arms & hands, influencing the voice, upper airways, lungs, & the thyroid & parathyroid glands. It is associated with communication, creativity, self-expression & sound.

In *True Balance* Sonia Choquette says the 5th chakra governs our ability to connect with the creative expressions of others, to listen to their communication & to lay the foundation for understanding. It is the center for discussion, teaching & learning & moves us from our own subjective perspective to different points of view.

Karen Stewart, HTI-PA, Secretary/Treasurer of HTC has been attending HTI's Conferences for the last 14 years and experiencing first hand the interactions of the 5th chakra. Over the years she's heard many people voice what has been her own experience - that it's eye opening to be part of this group of like-minded peers & they are grateful for the shared wisdom & wonderful people they've met from many different countries.



©Karen Stewart

Thank you to Karen Stewart, HTI-PA & Mary-Cathrine Campbell, BA, RN, CHTP for sharing the following about the recent 16th Annual Healing Touch International Conference in Broomfield, CO.

Karen writes, the Pre-Conference Workshop *Heart Centered Marketing – How to Grow Your Healing Touch Business with Integrity, Compassion & Results*, began with Tom Caprel talking about the conversations we have with ourselves on a daily basis. Being aware of how we manage our thinking & how we listen to ourselves is an integral part of creating positive possibilities in our lives

E-Connections Suggestions

Practical Tips to engage the 5th chakra:

- Wear something blue around your neck
- Try chanting, toning or singing – experiment with sounds/vibrations
- Listen to your intuition (do an intuitive reading for yourself)
- Practice speaking the truth (to yourself and others)
- Remember to do some gentle exercises to open up the neck & shoulder area



Canadians at 2012 HTI Conference

(L-R) Wendy Joscelyn, Laurel McKirdy, Ardea Wylie, Meg Zuccaro, Mary-Cathrine Campbell, Kathy Renehan, Karen Stewart & Kathleen Smythe.

Click below for the latest HTI Perspectives Newsletter

www.healingtouchinternational.org/images/pdfs/Newsletter/2012septnewsletter.pdf



The Language of the Heart

HT Assoc. of Canada Conference

April 25 – 28, 2013

Hôtel Château Laurier

Quebec City, QC

For details visit: www.htac-jm.org

Save these dates and make plans to join us in Quebec.

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whether it's with our relationships or our Healing Touch business. The way we communicate with others when we introduce ourselves & the work we do is key to building our business.

The 5th chakra is the center of personal expression & when we communicate with integrity, as Sonia Choquette says, *we awaken to the spiritual truth that our life is built directly from our words, thoughts, beliefs & ideas.*

Christine Page, a Keynote Speaker at the Conference opened her presentation *Reconnecting to the Soul of Healing* by asking some questions we all need to pay attention to: Do we know who we are & how reflective have we been? Although on some level we know how important self-talk is, Christine linked being reflective with healing ourselves, to avoid projecting our unfinished business onto the people we treat. We can all support this introspective process through meditation, study & having Healing Touch treatments ourselves.

Mary-Cathrine writes, last year I attended the HTI conference in Hawaii. It was such a positive experience that I resolved to attend this year in Denver.

The conference workshops & keynote speakers were dynamic, thought provoking, informative & encouraging. The workshops I attended included one by Evie Caprel, & her husband, Tom, who walked us through the basics of marketing our holistic business. Kathleen (Kay) Adams, whose book Journal to the Self is on the HT Recommended Reading List, presented twice; I found both presentations full of wisdom & humour. Tami Briggs, a therapeutic harpist, brought her harp into the workshop & played while we did some exercises, enhancing the energy treatments. Christine Page's keynote was emotionally charged for me; there were moments that were very cathartic.

Of course, it's important to have some "me" time too. Although I didn't venture onto the Omni Hotel fairways, I did enjoy the outdoor hot tub, pool & spa & a post-conference tour with highlights of the region.

If you've never attended a HTI conference, I encourage you to consider it. Next year the conference will once again be held in Denver, so keep the first week of October free. There will be more details on the website later... and, if you are a HTI member, you get a discount on the conference fees.

Both Karen & Mary-Cathrine hope to see you in Denver next fall!

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.