



# E-Connections with Healing Touch Canada, Inc.

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## Did You Know?

*The Free Dictionary* (online) describes meditation as *a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, & enhance personal & spiritual growth.*

For years, research has been ongoing into the *relaxation response* & its effect on the body/mind. There's plenty of information about this on the internet but here's a good place to start: [www.massgeneral.org/bhi/about/](http://www.massgeneral.org/bhi/about/)

*In the place of stillness, rises potential. From the place of potential, emerges possibility. Where there is possibility, there is choice. And where there is choice, there is freedom!*  
Gabrielle Goddard

More classes have recently been added to the 2013 class schedule [www.healingtouchcanada.net](http://www.healingtouchcanada.net)



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Do you have stories you would like to share about your experiences with Healing Touch? We would love to hear how HT is being offered in your community.

Dear fellow energy workers,

Moving from the 6<sup>th</sup> into the 7<sup>th</sup> or crown chakra our attention is called to the spiritual meaning of life & connection with *Source*. We begin to question the separation of what is spiritual & what is not & open to the understanding that everything is spiritual. The crown chakra is located at the top of the head & influences the brain, central nervous system & the pineal gland.

In *True Balance*, Sonia Choquette says that *awakening the crown chakra is the natural result of balancing your six other energy centers. Sometimes, however, it may open spontaneously in a reaction to a crisis or as a result of a deep & profound desire to know God.* We shift from - the drive to get what we can - to - what can we give back? Tithing &/or being of service becomes important.

In *Eastern Body, Western Mind*, Anodea Judith, says, *Meditation is a technique for energizing, calming, & clarifying the mind. Its purpose is to train the mind to enter subtler states of consciousness & transcend the petty concerns that usually occupy the mind, allowing us to access a deeper, grander state of awareness. Of all the methods for healing & developing the crown chakra, meditation is perhaps the most potent tool available.*

There are many forms of meditation & what works best will depend on our basic character & needs at any given time. Individuals with existing physical or mental health conditions should speak with their health care providers prior to starting a meditative practice & make their meditation instructor aware of their condition. If you're someone who says, *Why would I meditate? I can't stop my thoughts! Or, I find it just too difficult to sit still*, then try a different method. For instance:

- in a crisis, count your breaths - regular breaths assist in calming the body.
- if it's difficult to sit still, try a moving or walking meditation.
- when the mind is busy & full of chatter, try a mantra. This can bring harmony to thoughts & actions as it sets up a rhythmic entrainment in your mind. (Mantras are a syllable, word, or verse, spoken aloud or uttered in thought, & either repeated or sounded only once.)

I was introduced to meditation as a teenager & used it

*Ultimately spiritual awareness unfolds when you're flexible, when you're spontaneous, when you're detached, when you're easy on yourself and easy on others.*  
Deepak Chopra

### **E-Connections Suggestions**

Practical Tips to engage the 7th chakra:

- Meditate on a regular basis, in a way that works for you
- Have images in your home & office that remind you of the sacred or universal oneness
- Give thanks before going to sleep each night (or upon awakening or both)
- Listen to spiritual chants
- Volunteer & support others



### **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](http://www.htac-jm.org)

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

If you are a CHTP who will be attending conference and haven't been pinned in community as yet please let us know.

[HTCanada@healingtouchcanada.net](mailto:HTCanada@healingtouchcanada.net)

**Knowing others is wisdom;  
knowing the self is enlightenment.  
Tao Te Ching**

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

To unsubscribe just email [HTCanada@healingtouchcanada.net](mailto:HTCanada@healingtouchcanada.net) & put UNSUBSCRIBE in the subject line. (We'd also appreciate any constructive criticism you'd like to share.)

from time to time, if I thought of it. When I started learning about energy work in 1988 it had more meaning for me & developed into an integral part of my life. Over the years my meditation practice has become predominantly one of mindfulness, used throughout the day, with times of more formal sitting meditation. In the fall of 2008



I added a movement meditation (dance in the *Five Rhythms* format.) Paying attention to the body & allowing it to move authentically in response to the various rhythms assists in freeing things up physically, emotionally, mentally & spiritually.

Meditation is a tool for cultivating awareness & can be a blessing instead of a chore. Whether you're new to it or have lots of experience, set a goal that is attainable & add to it as you are able, even if it means just a few minutes a couple of times a day. Some examples:

- While waiting in line at the grocery store try using a mantra to stay focused.
- Put on your favourite music & let your body move in response to the rhythms, staying focused on what the body wants to express - notice where the mind goes.
- Light a candle & focus on the flame (When your attention wanders gently bring it back to the flame.)
- When in the shower, focus on your breathing & bringing your awareness into the body. Next feel the water on your skin & pay attention as you wash. Imagine energy flowing through your system & being cleansed by the water. (When your attention wanders gently bring it back to noticing the body.)

During meditation you may become aware of repetitive thoughts. Later, as a way of focusing on these patterns, you might ask yourself the following questions:

1. What thoughts or beliefs have become apparent to me that no longer serve me?
2. Are there things that are holding me back that I can now release?
3. How can I support the changes I would like to make while being gentle & kind to myself?
4. What would it be like if I started the new year in a loving way?

At this time of year it seems our crown chakras are collectively engaged and goodwill is encouraged. Many give donations of time, food, gifts or money. It can be a wonderful opportunity to reconnect with family & friends & embrace the true spirit of the season.

We wish you all the blessings of the season & encourage you to experience the sacredness of all life in new ways during 2013.

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