



# E-Connections with Healing Touch Canada, Inc.

RR#2, Warsaw, ON K0L 3A0

705-652-0506

[www.healingtouchcanada.net](http://www.healingtouchcanada.net)



## Did You Know?



**March 6,  
2013 is  
HT Day**  
How will  
you cele-  
brate it?

[www.healingtouchinternational.org](http://www.healingtouchinternational.org)

Part of the journey between Level 4 & 5 is reflection on all the aspects of this time of mentorship & what has been learned in HT.

If you're ready to attend Level 4 or 5 see the schedule online & register early to ensure your place.

Janet Mentgen used to suggest that Level 4-5 students consider accepting donations from their clients towards further HT education. Many clients are happy to contribute if treatments are being offered on a voluntary basis during the training period.

Register by **March 6/13** for the **Level 4** in **Nanaimo, BC** to receive the **\$50 early reg. discount.**



*The  
Language  
of the  
Heart*

HT Assoc. of Can. Conference  
April 25 - 28, 2013  
Hôtel Château Laurier  
Quebec City, QC  
For details visit:  
[www.htac-jm.org](http://www.htac-jm.org)

We hope to see you there!

Dear fellow energy workers,

After working with grounding & stability in the 1<sup>st</sup> chakra, (earth element) this month we move into the watery 2<sup>nd</sup>/sacral chakra of feelings & movement. Going from survival & structure to sensuality & emotions we encounter change. Considering how often we resist change, imagine the dance of letting go into movement & flow as our energy moves upward. It's through movement that we expand our perception & increase our sensory input. By paying attention to the movements or lack of movements in the body, buried issues & feelings can be revealed & much can be discovered. As we learn to listen (connect) & hear the messages of the body, we can begin to interpret them from a spiritual perspective.

As I began reading the chapter *Chakra Two - Swimming in the Waters of Difference* in *Eastern Body, Western Mind*, by Anodea Judith I was fully engaged with it. When I got to the statement, *When we reclaim our needs, we take responsibility for our own fulfillment*, I paused. Connections were being made with some of my own experiences as well as what I had witnessed in others. It sunk in on a deep level & tears filled my eyes. This was an emotional release that not only discharged pent up energy but involved a conscious awareness & integration, something referred to later in the chapter.

Anodea suggests that *emotional numbness is the approved ideal for public behaviour & emotional reactions are frowned upon as a sign of losing control*. 'Feeling' is associated with women & considered inferior by many. Vitality, power & creativity all suffer when emotions are viewed as something to be controlled by our will & subsequently suppressed.

The 2nd chakra is described as a *centre of sensation & feeling, emotion & pleasure, intimacy & connection, movement & change*. As we withdraw from our emotions & pleasure we sever the mind from the body & lose our sense of grounding. *Without touch, we become literally out of touch. Dulled in our senses, behaviours become senseless instead of sensible*. Recalling times when I suppress my emotions & lose touch with what I'm experiencing I find automated reactions that definitely are not coming from a place of conscious awareness or mindfulness. There is no room for questioning or being creative let alone any compassion!

Anodea says that *in recovering the 2<sup>nd</sup> chakra, we reclaim our right to feel. We also reclaim passion & pleasure, neediness*

**CH** The CHTF has been  
**TF** offering bursaries to  
individuals for HT  
classes since 1995. Please  
consider making a donation or  
contributing something for the  
silent auction at the HTAC  
conference. Contact: Susan  
Atkinson [susand@nbnet.nb.ca](mailto:susand@nbnet.nb.ca)  
for information or visit  
[www.healingtouchcanada.net/htf/index.html](http://www.healingtouchcanada.net/htf/index.html)

*Emotions are the voice of the  
body. We're not seeking to  
eliminate emotions, we're  
trying to learn how to use  
them & be in control of them.  
When we know what our body  
is saying, we can be  
responsible for our creativity  
through the body.*

Key To Spiritual Opening  
Mary Ellen Flora



Ice Bubbles © A Mattos

### **E-Connections Suggestions**

Practical Tips to engage the  
2nd chakra:

- Have various shades of orange in your environment
- When emotions are excessive, pause, breathe & shift your awareness to the sensations in the body
- Engage in your favourite form of movement therapy – if you don't have one make the effort to find something that works for you
- Allow some time to play

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

*& vulnerability, & our sensate connection to both inner & outer reality. We free the flow of dynamic energy that is essential for growth, change & transformation & release the armor that separates us. We can then reclaim the intimacy that we long for, ending our fragmented isolation. (Sensate experience is simultaneously physical, emotional & spiritual.)*

The attributes of the 2<sup>nd</sup> chakra are essential to our wholeness & important in the integration & honouring of a complete energy system.

When we deny ourselves pleasure we separate from our right to it, experiencing guilt for the desire or shame for having it. It becomes difficult to discern our feelings & we struggle with establishing healthy boundaries, resulting in excessive defences or the inability to protect ourselves. Feeling & accepting our emotions allows us to respond to the present reality instead of avoiding it or pretending it doesn't exist.

*Addictions develop when we deny primary healthy pleasures... secondary pleasures take over such as the pleasure of drinking, drugs, avoiding responsibility, sexually acting out, or overeating. Since secondary pleasures cannot really satisfy our longing for primary pleasures, our lack of satisfaction makes us crave more, forming a basis for addictions. There is a ravenous hunger to feel good, a hunger that is never truly satisfied. Healthy pleasure brings satisfaction; addictive pleasure brings a craving for more. (Eastern Body, Western Mind)*

For most children, pleasure usually comes in the form of play & stimulation, through touching, closeness & having emotional experiences validated. To reach out with the passion of being alive & be met with encouragement & love is an expansive/pleasurable experience. By the time we're adults many of us are afraid to do that for fear of rejection. We've forgotten how to play. I've given myself permission to reconnect with my inner child & experience the exquisite pleasure of reaching out to others with love... even if it's a bit scary at times!

Seek out individuals who display the characteristics of a balanced sacral chakra as listed by Anodea and notice what it's like to be around them - *graceful movement, emotional intelligence, ability to experience pleasure, nurturance of self & others, ability to change & healthy boundaries.*

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

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

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.)