



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

Mary-Cathrine Campbell, BA, RN, CHTP from Oshawa, ON, a new member of the HTI Board of Directors was at the HTAC Conference as a representative of HTI. She sends her greetings with the following message:

One of my priorities is to become better acquainted with the many HT students, practitioners & instructors across Canada. I was delighted that several people shared ideas, comments, & concerns with me at the HTAC Conference that I can take back to either the Board itself, or to the appropriate committee for insights, information & hopefully, resolution of any issues. I see myself as a transmitter of information, more than a solver of situations. As we all know, clear, concise communication is an essential element of keeping us connected in a positive & meaningful manner.



\$1500.00 was raised for the Canadian HT Foundation (CHTF) through the silent auction at the HTAC Conference.

This is Bev Worbets, RN, BA, CHTP/I modelling the slippers, sarong & framed print she acquired from the auction.

Dear fellow energy workers,

I recently returned from a wonderful few days at the HT Association of Canada Conference in Quebec City. The conference theme, the Language of the Heart (Le Language du Coeur) fits in well with this month's chakra, the heart. After moving through the lower 3 chakras associated with the physical we go into the heart, a bridge of sorts to the upper spiritual centres.

Through grounding & centering, my attention was repeatedly drawn to my heart throughout the conference. The heart chakra seemed magnified as I noticed it opening & closing spontaneously in response to the material in the workshops & stories shared. Looking at the butterfly shaped heart in the conference logo it seemed akin to the openness of my heart as it flew away when the mind/ego perceived discomfort & returned when it felt love again.



While I knew I was amidst a group of healers, I realized the focus of the conference had the potential to call forth 'my stuff' so I could free my heart from its self-imposed limitations. Staying with the sensations within my body I was able to witness unconscious patterns. This enabled me to be more present in my interactions both at the conference & as I ventured out into the city.

With French being the native tongue in Quebec City, it was beautiful to experience how quickly people in the restaurants & other businesses would switch when they realized others spoke English. Having taken French at school for seven years I was able to comprehend a few things but gained a new appreciation of how French speaking HT students must feel when attending classes, practice groups & conferences in English. Again my heart opened.

On Thursday morning the HT Instructors & few guests gathered for a three hour workshop on *Family Constellations* with Galina Husarak. This is the work of

merci beaucoup

The HTAC Conference Committee did a fantastic job with their organization, hospitality & attention to detail. It was chaired by Yolande Boulé Douglas & Pascal Boulé & included Sylvie Audet, Denise Boulé, Carmen Désilets, Alain Gélinas, Kathleen Dawson Laroche, Sylvie Roy & Sylvie Tremblay. The venue, the Hôtel Château Laurier, was an added bonus providing fabulous conference meals and a lovely setting across from the Plains of Abraham & close to restaurants & incredible historical buildings.

We do not think ourselves into new ways of living, we live ourselves into new ways of thinking.

Richard Rohr



© K Stewart

This is the 1st time the HTAC Conference has been bilingual & it seemed to work well for many. Yes, with almost everything being said twice it did take longer to present but I heard several people mention their appreciation for the extra time it gave them for note taking & allowing things to sink in before concepts changed. Hearing people speaking French was very soothing for me, like listening to the birds singing in the spring.

Bert Hellinger & involves connecting energetically with the ancestral influences in our lives in order to have a lived experience of what has been passed on to us. Galina's website says, *In the same way stars of a constellation cannot simply quit their system because powerful forces maintain them there, in the same way individuals of a family are bound to their clan by precise laws & by the simple fact of belonging to that clan. Here the word "constellation" means a group united by a fidelity to which no one can escape.*

After an introduction to the work we were able to go through a constellation with a volunteer. Galina facilitated the process with a wonderfully compassionate focus as we explored the depths of some very charged patterns & experiences. It appeared to have a palpable effect on everyone & offered another way of connecting to shed light on the dynamics that have power over us. What many spoke of afterwards was the impact of seeing how the patterning had been held in the volunteer's body & witnessing it release through her whole body. What a wonderful way to connect as a group, through a lived experiencing of the open heart.

On Friday there were two Bonus Workshops, *Angels for Healers™: An Introduction* with Jeannette Nienaber & *How to Let Go of Past Burdens with Family Constellations* with Galina Husaruk & Pre-Conference workshops – *Using Rituals as Catalysts for Conscious Change* with Vicki Slater & *5-Point Auricular Acupressure Technique* with Barbara Starke. There was also a walking tour of *Old Quebec* Friday afternoon. Much as I wanted to attend the workshops, I decided on some self-care & slept in & relaxed Friday morning before joining the wonderful walking tour led by Stephen (a local guide passionate about what he does) in the afternoon.

Mary-Cathrine Campbell attended Vicki Slater's workshop & said that *like the Family Constellation session, Vicki's went straight to the "heart of the matter". Vicki outlined the importance of rituals & then we began to experience 6 types of guided & self-created rituals. The journey ritual was the most profound experience for me. Before beginning the work, Vicki had us create our individual "safe place" to which we could return at any time. Her guidance brought forth beautiful imagery for me. Attending a workshop with Vicki is always a powerful & empowering experience.*

Friday evening was the official conference opening &

**What causes your heart chakra to expand & contract?
Do you give more attention to the things that cause it to open or close?**



In Quebec City © A Mattos

E-Connections Suggestions:

Practical tips to engage the 4th chakra:

- Apologize to someone you've hurt
- Read poetry
- Give someone a hug
- Hold hands with someone you love
- Read something funny
- Ask for help & practice receiving
- Immerse yourself in the green of nature



Wholeness through Service, Expanding our Vision

The 17th Annual HTI Conference & Instructor Meeting

Sheraton Denver West Hotel
Lakewood (Denver), Colorado
October 3-6, 2013

Artist: Francene Hart

We hope to see you there!

Check the HTC website for upcoming classes

www.healingtouchcanada.net

If you register early, you receive a discount at most HTC classes.

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Keynote Speaker Kathy Moreland Layte who talked about Healing Touch Research. Using humour throughout, Kathy had the audience laughing as she described the importance of being well grounded & speaking from the heart with an understanding of the value of various types of research. She stressed that words like proves or proof need to be dropped & replaced with suggest or suggests. HT research is still in the early stages & while some strong studies have been published, more are needed to show the efficacy & safety of energy based approaches to health.

Kathy feels the following are among the best studies involving HT because of the number of participants & their random assignment to treatment & control groups. They are part of a growing body of credible research to support HT practice. (Only 3 of the 5 Kathy listed are named here. Contact me if you'd like the names of the others.)

Jain, S., McMahon, G.F., Hasen, P., Kozub, M.P., Porter, V., King, R. & Guarneri, E.M. (2012) Healing Touch with guided imagery for PTSD in returning active duty military: A randomized controlled clinical trial. *Military Medicine*, 177 (9), 1015-1021.

Lutgendorf, S.K., Mullen-Houser, E., Russell, D., DeGeest, K., Jacobson, G., Hart, L., Bender, D., Anderson, B., Buckers, T.E., Good heart, M.J., Antoni, M.H., Sood, A.K. & Lubaroff, D.M., (2010) Preservation of immune function in cervical cancer patients during chemoradiation using a novel integrative approach. *Brain, Behaviour & Immunity*, 24 (8), 1231-1240.

Cook, C.A., Guerrero, J.F. & Slater, V.E. (2004) Healing Touch & quality of life in women receiving radiation treatment for cancer: A randomized controlled trial. *Alternative Therapies in Health & Medicine*, 10 (3), 34-41.

The diversity of the presentations & opportunities for self-care & time in the city offered attendees lots of time to connect from the heart with others & themselves as well as to experience when the heart opens & closes & why.

Next month we'll move into the 5th chakra & speak about some of the other conference presentations from that perspective.

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 & we'll get them answered.

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