



E-Connections with Healing Touch Canada, Inc.

RR#2, Warsaw, ON K0L 3A0

705-652-0506

www.healingtouchcanada.net



Did You Know?

Early registrations for HTC Level 4 & 5 classes receive a \$50 tuition discount.

Level 4 Cobourg, ON

Sept 26-29/13 – if post-marked June 6/13 or prior

Level 5 Surrey, BC

Oct 24 –27/13 – by July 4/13

Check the HTC website for upcoming classes
www.healingtouchcanada.net

Join us on Facebook

www.facebook.com/pages/Healing-Touch-Canada/214233035258327

Our ability to function as a unified whole depends upon the coherent resonance of the many subtle vibrations within us. The task of the 5th chakra is to enhance this resonance.

Anodea Judith



© A Mattos

What do you notice about your throat chakra?

When is it most resonant & rhythmic?

Does it change depending on how you're feeling?

Unless you tell me what you're hearing, I cannot be certain of what I'm actually saying.

Robert Maidment

Dear fellow energy workers,

As we move from the more physical lower chakras through the heart & into the upper chakras we enter the symbolic world of the mind. Earlier today, as I read *Chakra Five, Vibrating into Expression in Eastern Body, Western Mind* by Anodea Judith I was reminded of the miraculous nature of life & how the infinite vibrations of atomic particles resonate together creating various life forms on this planet.

Anodea says, *The rhythmic entrainment of various frequencies within our body & consciousness forms a coherent, central vibration that we experience as a kind of resonant "hum" when we are having a good day. On those days it seems we are in harmony with everything, as if we cannot miss a beat. We are in synch with the rhythm of the universe. (It is interesting to note how much the 4th chakra state of being in love contributes to this experience.) On other days, we feel like we are out of phase or as if we cannot do anything right. Then we feel out of sorts, uncomfortable in our own skin, & others may find us uncomfortable to be around. Understanding the principles of vibration & resonance helps us increase the coherence of our basic vibrational experience & realign our basic rhythm.*

It serves us well to remember that we are energy bodies instead of thinking we have energy bodies. Routinely paying attention to how we communicate with the outer world & with ourselves, noticing if the body & spirit are in alignment & balancing our chakras enhances coherence.

From an HT practice point of view, imagine what it's like to be receiving a treatment with disruptive noises nearby. Whether it's music, voices, sirens, etc., depending on what's going on for the person on the table, it can have quite an unsettling effect. It's our role as students or practitioners to do the best we can to create an environment conducive to relaxation. While it's important to gather information regarding the client & what's going on for them, there also needs to be space for silence & deeper listening. It's a fine balance & one that develops with practice & personal work. (Keeping in mind that if I as the practitioner am talking incessantly or afraid to talk that my throat & other chakras are probably out of balance.) Of course treatments can be done in the midst of chaos however it's up to the person treating to respond to their client, to check in to determine their comfort level & then do what can be done to support them. If it means moving to a calmer area, turning music on or off, talking less or asking others to speak more softly, do what is reasonable.



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

Visit the HTAC website for membership details & other information.
www.htac-jm.org

The 2015 HTAC Conference will be in Gabriola, BC.

E-Connections Suggestions:
 Practical tips to engage the 5th chakra:

- Try some uncensored writing about an issue that is bothering you. This is meant for your eyes only so burn or destroy after reading
- To get back in synch with your own rhythm /resonance get some undisturbed sleep.
- Play charades or try to communicate without speaking
- Practice silence & notice the inner chatter



**Wholeness
 Through
 Service,
 Expanding our
 Vision**

The 17th Annual HTI Conference & Instructor Meeting
 Lakewood (Denver), Colorado
 October 3-6, 2013
www.healingtouchinternational.org

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.)

Thank you to Ginny Mulhall, BSc, BPT, CHTP/I for sharing *The healing touch: the shaking hand method* with Blue Eagle.

Blue Eagle, an Amerindian, as he called himself, gave a presentation at the 2013 HTAC Conference on an effective Cherokee healing technique. First, he talked about preparation for being a First Nations' healer; I found this resonated with our HT focus on care of our body, self-care. Blue Eagle stretched that meaning for me when he started by saying: At a very young age, one is identified as a healer & begins the training by preparing their awareness for energy healing through spiritual practice for years before actually offering healing techniques. Training includes: Prayer

- By giving thanks to the universe for the primary energy of Love as Mother Earth & Father Sky melt together in the heart.
- Honouring this source of energy by offering prayer on the exhale breath - then on the inhale bringing that love source into the body - exhaling a prayer of thanks to the earth & sky.

This is a slightly different emphasis from how I have been practicing breathing out & "letting go of anything I didn't need" for the earth-sky to compost it for me. I now exhale in reverence to our energy sources.

Listening through meditation - learning to empty the mind

- Not actively doing a meditation but by breath work, quieting the mind & clearing the channels.

One gem Blue Eagle said was "the heart is the true brain, understanding a thousand pieces of information in a moment, when true understanding happens in a moment."

To synchronize it, he led us in a breathing exercise of opening the channels in our throat, 5th chakra, the theme of this month's newsletter! First we breathed in through the nose & out the mouth 3 times. Next we made a low, guttural sound as we exhaled 3 times. Then we took notice of our perception of colours, sounds, & smells. Truly, the five senses had become more acute by breathing to open the channels flowing through the throat. This was training for the higher perceptions.

Taking care of the vehicle: Self-care

Next Blue Eagle mentioned three principles of healing: Love, Free-will, & Intention. They sounded pretty similar to our principles.

To proceed with the healing offering: first, establish a loving rapport. Ground your roots, & protect with a dome of clear light around you, so the universe can help. Prepare hands. Follow the Etheric Web with hands, right hand shaking as it offers the energy, left hand for brushing energy off. Blue Eagle demonstrated the repair of an energy field using this method. Thank you Blue Eagle for sharing this with us.

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