



E-Connections with Healing Touch Canada, Inc.

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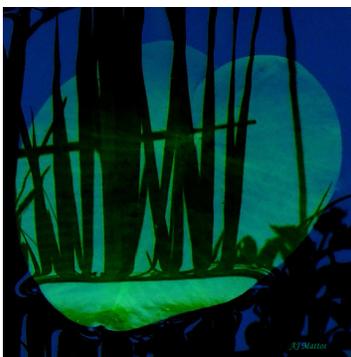
www.healingtouchcanada.net



Did You Know?

The use of HT in BC Hospices is on the rise. Usually those offering HT through Hospice organizations are required to attend a Hospice Volunteer Training as well as HT classes. If you are interested in volunteering, contact your local hospice to find out what they offer & how you can be involved.

Some HT Instructors offer a special tuition for Hospice Volunteers or teach private classes at local Hospices.



Marsh grass shadows on lily pad
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Clairvoyance, like intuition, is developed through a conscious surrender to the unconscious mind. We must let go of preconceived notions & allow the integrating power of the Self to move us toward wholeness.

Developing clairvoyance requires trust, practice, opening to the inner feelings, voices & images that come unbidden into our consciousness.

Anodea Judith

Dear fellow energy workers,

Well wishes & supportive energy goes out to those in areas that have been flooded recently. There are many HT students & practitioners in Calgary & the surrounding areas. It's wonderful to hear stories of how people are working together to support each other through the turmoil as they clean things up.

Summer has arrived & with many children & teachers home & others on vacation there is a transitioning to summer mode. For me it means more time outdoors in nature & being near rivers & lakes whenever possible. Having more personal time, including leisure time with family & friends, encourages me to slow down & *smell the roses* or in my case, get up close & curious with my camera. It's a time of wonder each year as I find new critters, shapes, colours & textures to photograph. The camera is a reminder for me of the value of being a witness without judging. To be present without overlaying opinions. (This is a requirement when offering HT to others & at times it can take great discipline to remain centred.)

In day-to-day living I catch myself thinking that something is beautiful or not & then wonder what led to that judgement. Why is it that we are attracted to different experiences, people, colours, shapes, textures, etc?

Our sight, whether it is physical through the eyes or more internal vision, gives us guidance. It allows us to see where we've been, where we're at presently & shows us where we can go in the future. The physical eyes can tell us that something exists but it's inner sight that tells us what it is.

Calling upon the energy of the 6th chakra or third eye, we work with pattern recognition, symbols, images, intuition, illusions & more.

Recently I heard that the brain doesn't distinguish between what's real & imagined. Connecting this statement with something I read that said science now shows that our beliefs, thoughts, & ideas actually cause chemical & structural changes in our bodies has

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 6th chakra:

- Ask a question of the universe & wait for an answer (either internal or external). Expect an answer.
- If it can be done safely – try doing your yoga, tai chi or other activity blindfolded & notice if anything is different.
- Spend some time with the colour indigo
- Keep a dream journal

Can you identify any of the strong archetypal patterns that govern you?



Wholeness through Service, Expanding our Vision

The 17th Annual HTI Conference & Instructor Meeting

http://www.healingtouchinternational.org/index.php?option=com_content&view=article&id=255&Itemid=647
 Sheraton Denver West Hotel
 Lakewood (Denver), Colorado
 October 3-6, 2013
 Artist: Francene Hart
 We hope to see you there!

me witnessing my thoughts in different ways.

In a training Alexandra Jonsson, BScN, CHTP/I & I did with Carolyn Myss & Norm Shealy a number of years ago we began learning about archetypes & how we all interpret our interactions through archetypal patterns. I think of these patterns as veils of perception. It's been helpful for me to get familiar with the main archetypal energies that influence me. Knowing their positive & negative aspects allows for opportunities to recognize them as they arise & can bring new clarity to situations. For more information on archetypes visit: <http://www.myss.com/library/contracts/archetypes.asp>

Images & symbols that come to us in interactions, dreams, imagination, etc. can help us see the archetypal influences. Knowing our filters of perception allows us to adjust for any distortions & create new responses & behaviour.



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As I catch myself over-identifying with aspects of the mother archetype for instance, (when I'm caretaking without being asked) it's helpful to remember that it's not my job to take care of everyone. This offers me an opportunity to step back, question my perception of the situation, get connected to what's motivating me to behave this way & see other options.

Recognizing the often-unconscious filters we interpret things through facilitates a shift from being unconsciously controlled by them to recognizing & working with them as clarity of vision is enhanced.

Try the following as a simple way to nurture your vision. (Remove glasses if you wear them.)

Bring your attention to your eyes. After noticing how they feel, gently tighten the muscles around them (squint & close them.) Take a breath & as you breathe out let the muscles soften. Now pay attention to your eyelids & imagine them softening. Next imagine the internal muscles around the eyes softening. You may want to repeat these steps a few times then gently place your hands over your eyes allowing the warmth & energy to nurture them. Pay attention to any images or ideas that come forward as you do this.

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.)