



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

The HT International Core Values for Instructors, Practitioners & Students are:

- Integrity
- Heart-Centeredness
- Respect of Self & Others
- Self-care
- Service
- Community
- Unconditional Love

How are you incorporating these into your life?



The Path © Karen Stewart

The secret of being more vitally alive is to be more aware. Starting today, from this moment, become aware of awareness!

Wilferd A. Peterson



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

Dear fellow energy workers,

In organizing things for the Level 4 (Cobourg, ON Sept.) & Level 5 (Surrey, BC Oct.) classes this fall I keep thinking about the HT curriculum & how each level builds upon the previous one. As students gain experience it's not just the techniques that are different, there is the potential to move into a deeper awareness of self & what it means to be an energetic being moving more holistically with life.

In 1990 I was an avid equestrian & wanted to learn more about energy work so I could use it mainly with horses. It didn't take long for me to realize it would be an important part of my life & focus for getting to know myself differently (by the end of Level 1 I felt like I had found home.) Over time I began to recognize that the principles taught in HT could be incorporated into my day-to-day living in very practical, down to earth ways. The HT International Core Values provide a platform to expand from & are woven throughout HT teachings.

In a conversation with Alexandra Jonsson, BScN, CHTP/I (Level 1-5 instructor) she spoke of the homework between Level 4 & 5 & how it is intended to offer a focused time of reflection as students complete the various assignments. Both giving & receiving treatments are part of it. The mentorship process that begins after Level 4 offers its own gifts & teachings. Alexandra encourages students to notice their responses as they move through the homework & reflect on every aspect of this time of mentorship.

Karen Stewart, HTI-PA is preparing for the Level 5 class in Surrey, BC & shared the following when asked what it's been like for her. *This is such a rich period for me, even though I am struggling with some aspects of the work, I'm having a great time.*

With each treatment I learn something new & I'm taking the time to write the lesson down. The reflective process may be one of the most significant benefits as I do the work between Level 4 & 5.

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:

From Catherine Awai, BEd, Dip Ed, CHTP/I (Level 1-4 Inst):
 For everyone, especially those between Levels 4 & 5:

Ask yourself:

- why you're choosing to use a specific technique. Does it match the concerns/conditions the client presents with? If not, note the reason you're doing it on your documentation so any mentors reviewing it will have all the information.
- to be challenged to try new techniques even if you have to get out the book & follow it. Your client will not notice nearly as much as you think they will.
- if you & your client are setting mutual, measurable goals at each session.
- what worked well? What could I have done differently? Did I miss anything? Celebrate your success!
- how you picked up energetic information - feeling, seeing, hearing or 'just knowing'.
- what did I learn about the energy of the techniques I used? What did I learn about myself & how I understand & use energy? Journal your answers. It's easy to forget how much we have learned.

Another thing that's helping me in this reflective process is the practice of writing "Morning Pages" - 3 handwritten pages that are basically a stream of consciousness. Julia Cameron developed & talks about this practice in her book "The Artist's Way" which is on the 'Suggested Reading List'. Before I begin morning pages, I also take the time to do my own Wellness Assessment. If I'm asking clients where they are on the 1 - 10 scale of their physical, emotional, mental & spiritual levels, I need to do the same.

Pema Chodren has a CD workshop called "Coming Closer To Ourselves - Making Everything the Path of Awakening" & in addition to her teachings, these reflections are helping me do just that. In it she discusses the 3 prajanas which are learning (or listening), contemplation (asking questions) & meditation. Pema maintains all 3 are needed or we don't 'cook'. It seems to me that that is exactly what I'm doing during all of this work.



Students, in all levels of HT, question their competence at one time or another when working with others. Insecurities about 'doing it right' or wanting to 'fix people' come up. I recall Janet Mentgen saying that the beauty of the techniques is that if we don't feel the energy or are questioning things, we can trust the technique. If you're unsure of a technique refer to your books & have them available while treating if necessary. Remember to breathe & take your time while being aware of the heart connection/relationship between your client & yourself. (This helps with centering.) Do the treatment & then step away trusting that the healing lies within the client.

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.)