



# E-Connections with Healing Touch Canada, Inc.

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## Did You Know?

A student at the recent Level 4 class in Cobourg, ON created a 1-minute video/slide show. Thank you Adriana for making this happen & generously passing along some of your wonderful business skills to the group. ([click to see video on HT Canada's facebook page](#))

[www.facebook.com/pages/Healing-Touch-Canada-Inc/214233035258327](http://www.facebook.com/pages/Healing-Touch-Canada-Inc/214233035258327)

The class was 3 days of learning & sharing, with many emotions moving through in response to the experiences of life amidst a group of like-minded individuals. There was an impromptu self-care session on Friday evening that included Brazilian dance, Qigong & Vertical Pilates instruction thanks to students sharing their passions.

The Northumberland Heights Retreat Centre offers a sanctuary that includes lovely areas to walk & be outdoors. It operates within a philosophy that blends well with HT & encourages awareness & compassion. The group felt welcomed & cared for & Meena's meals were so enjoyed there is talk of a labyrinth retreat with some cooking classes in the future.

*Become subtle enough to hear a tree breathe.*

John O'Donohue

The inspiring 3rd quarter 2013 issue of the HTI *Perspectives in Healing* is now available on the HTI website. This publication is available to everyone as a free download as part of HTI's service to the public.

**Click below to view.**

[http://www.healingtouchinternational.org/index.php?option=com\\_content&view=article&id=266&Itemid=560](http://www.healingtouchinternational.org/index.php?option=com_content&view=article&id=266&Itemid=560)

Dear fellow energy workers,

Have you ever noticed how you feel when you're around others? Whether their energy is uplifting or heavy it seems that we begin to resonate & find a common ground. If you want to raise your vibration it's important to get together with like-minded individuals who share similar beliefs, values & visions.

As energy workers when we connect with peers, attend practices, or go to workshops & conferences it not only offers support for our learning but also helps raise our frequency. Interacting with others who work with & value their intuition has the potential to enhance everyone's abilities. This was palpable at the Level 4 class this weekend in Cobourg & we all learned new things.



Many of us have a tendency to compare ourselves with others & entangle our self worth in these comparisons. Paying attention to my thoughts & reactions & witnessing the behaviour of others is showing me that things are often more complex than they appear from just my perspective. Hearing other points of view can open doorways to new possibilities.

As I consider the difficult times in my life there is a common thread. A sense of disconnection & separation is present.

It takes effort to maintain any kind of relationship but it seems that as I know myself more clearly, it's easier to have compassion for myself & as a result, relate to others differently.

When I'm experiencing a sense of ease & can move with life & what it offers, the common piece is a sense of connection. Whether it's to what I'm doing, or the people I'm doing it with or for, there's a definite sense of connection.



**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=233&Itemid=647](http://www.healingtouchinternational.org/index.php?option=com_content&view=article&id=233&Itemid=647)  
Sheraton Denver West Hotel  
Lakewood (Denver), Colorado  
October 3-6, 2013  
Artist: Francene Hart

**E-Connections Suggestions:**

- Connect with others of like mind to raise your vibration
- Create a practice group in your area if there isn't one already
- Engage in movement practices (yoga, tai chi, dance, walking in nature, etc.) with others to encourage energy flow through the body



© Angela Mattos



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](http://www.htac-jm.org)

Apr 23-26, 2015  
HTAC Conference  
Gabriola, BC

As students & practitioners of HT this connection is vital & stems from the heart. It can be difficult when we're distracted or guarding. To be heart-centred in our actions involves being centred & grounded, engaging all the chakras.

Some time ago I asked myself, what would happen if I committed to a daily practice of connecting with who I am & 'what I do'? With a bit of discipline, it began in small ways that continue to develop & adapt over time. As I've noticed changes it's encouraged me to continue & it's become a life practice.

I invite you to create a daily practice of connecting to who you are & what you do & then notice what you notice in interactions with yourself & others.

In preparation to attend the Level 4 class in Cobourg, ON as the on-site coordinator & a class mentor I decided to have a look at my Professional Profile Book. It was started after I did Level 4 (1992) & since it hadn't been used in a while it was sadly out dated. Many of the trainings & events I have taken part in during the last number of years needed to be added. While I've kept track of the major classes required for maintaining my Practitioner Certification there were many that I had not recorded which meant going back through my day timers. It stirred up memories of when the portfolio was started. What a trip down memory lane! It also reminded me of the numerous experiences & opportunities for growth... & that the more I learn, the less I really know. After making some revisions & updates to the portfolio, I'm motivated to revamp the whole thing so it will better reflect parts of my journey & what I'm passionate about. I've found wonderful friends in the HT community & really appreciate the journey of self-discovery that moving from Level 1 to Level 5 & beyond offers.

I encourage you to take advantage of opportunities to give back to the community by 'doing the work,' being a class helper, coordinating classes & introducing others to HT.

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'll get them answered.

To unsubscribe 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.)