



# E-Connections with Healing Touch Canada, Inc.

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## Did You Know?

There are 3 positions up for nomination to the Healing Touch Association of Canada (HTAC) Board of Directors & 2 volunteer non-Board positions. Are you willing to contribute to help continue to grow the HT National Membership Organization into a vibrant voice for Healers? Click below for more details.

<http://www.healingtouchcanada.net/htc/HTACBoardNominationForm2014.doc>

**CHTP Congratulations** go to Regina Gaudet, Kaleden, BC & Deborah Harlow, Richmond, BC for becoming Certified Healing Touch Practitioners.



Balance 1 © Karen Stewart

## 4 Components of NVC

- Use **observations** instead of evaluations & judgements
- Listen for & connect with the **feelings** involved
- Listen for & connect with the underlying universal **needs**.
- Come up with a suitable **request** instead of making demands (if we're upset when our requests are not met then are they really requests?)

*No man has the right to dictate what other men should perceive, create or produce, but all should be encouraged to reveal themselves, their perceptions & emotions, & to build confidence in the creative spirit.*  
Ansel Adams

Dear fellow energy workers,

Although this Holiday Season is meant to be a time of celebration, for many it can be one of added stress as families & friends get together. Several people have talked to me about their anxiety around attending upcoming family functions & I'm wondering if some info on compassionate communication would be helpful.

A lifelong curiosity about human interactions brought me to Marshall Rosenberg's book *Nonviolent Communication (NVC)*. Working with Marshall's suggestions has shown me that by listening for & identifying even just some of the components of NVC I can communicate & experience empathy for others & myself differently. (See list on the left.) It requires effort, attention & a desire to interact from a more connected place but it's well worth it.

When strong emotions arise they influence how we engage & express ourselves, whether it's how we move, write, draw, sing, interact, play, etc. Often they've become so much a part of our story that we aren't even aware of how we're influenced by them. If I'm feeling insecure because I think I'm being judged, my communication style changes. As my body tightens my movements get sharper. The more this continues, the greater the chance of my tongue sharpening as well. Not something I want to happen! When I connect with what's going on for me I can practice some self-empathy & then focus on connecting & listening with empathy to the other person. Working with the key components of NVC has proven very helpful for me in many situations.

When we focus on what we're passionate about & communicate it to others & ourselves the results can be transformative. Thank you Jeanne Balcom, nd, CHTP/I (Dieppe, NB) & Kelsie-Ann Caissie (Airdrie, AB) for the following story that demonstrates this beautifully.

May your Holiday Season & New Year be filled with empathy, curiosity, encouragement, & love.



From Angela Mattos, CHTP & Karen Stewart, HTI-P on behalf of HT Canada, Inc.



**Healing Beyond Borders**  
Educating and Certifying the Healing Touch™

2014 Healing Beyond Borders  
Annual Conference &  
Instructor Meeting  
<http://www.healingtouchcanada.org/node/2014-conference>  
September 4-7, 2014  
Movie Night ~ September 3  
"Healing Beyond Borders"  
Colorado Springs, CO

### E-Connections Suggestions:

- Get curious about the universal needs that might be motivating your actions or those of others.  
[http://www.baynvc.org/materials/UNIVERSAL\\_HUMAN\\_NEEDS.pdf](http://www.baynvc.org/materials/UNIVERSAL_HUMAN_NEEDS.pdf)
- Express something you've never voiced or find difficult to voice whether it be through movement, written word, sound, drawing, etc.

*In NVC, no matter what words people use to express themselves, we listen for their observations, feelings, & needs & what they are requesting to enrich life.*  
Marshall B Rosenberg, PhD



HTAC members pay discounted HBB 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/)

The next HTAC Conference will be Apr 2015 in BC.

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.)

## 5<sup>th</sup> Chakra Verbal & Non-Verbal Communication

*The sign of a healthy fifth chakra is one that is connected to both mind and body....* Anodea Judith



Jeanne: As 2013 comes to an end I'm reflecting on the many blessings I've experienced this past year. The birth of my first grandchild was a life-changing event. In one blessed day, I became a mémère (grandmother) and my daughter became a mother.

Kelsie-Ann: During my pregnancy I discussed various visualization methods with my mother to help me deal with the pain of labour and delivery. I knew it would be a challenging day, as I had never tolerated pain well. We discussed having my mother present for the birth as it would be a memorable experience and I wanted to share it with her. It's an added bonus that she is a retired nurse with years of Labour and Delivery experience.

At 8:00 a.m. on January 2<sup>nd</sup>, a week past my due date, labour was induced. My mother did Reflexology and Healing Touch and used her essential oils during the initial stages of the induction. As the day progressed the atmosphere was very enjoyable and charged with excitement. I spoke encouragingly to Maelyn (still in utero) and let her know that we were excited to finally meet her in person! Tuning into my body, with each contraction, I tried to remain very calm using my breath to centre, refocus and move forward through the pain. Visualizing my cervix widening with each contraction, like the ripples on water when a pebble is dropped in, really helped. The visualisation, breathing and support of my husband Rob and mother helped my labour along. I was apparently so focused that the doctors and nurses couldn't believe this was my first child! At 2 p.m. the nurse asked me to assess the discomfort of my contractions on a scale of 1-10 (10 being very strong). I said it was 6/10. She examined me and informed us that I was dilated to 6 cm. This surprised Rob and my mother considering how calm I was.

Rob was very supportive, rubbing my back as needed and joking around with his witty one-liners keeping the atmosphere happy and light. It was very comforting to know I had two support people I trusted and knew would have our best interest and health in mind.

Jeanne: The day progressed and I witnessed incredible harmony and love between this couple. Finally, at 11:34 p.m., the great moment arrived. Maelyn Jane Balcom Caissie was like an angel being born! Long black hair, beautiful rosy cheeks and a wonderful healthy cry! What a moment this was for me, not only to witness the birth but also to see Kelsie-Ann and Rob bond with this beautiful child. This memory will be treasured in my heart forever.