



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

Two or more HT students getting together with the intention to practice what they've learned in class can create an HT Practice group. If you'd like to practice with others in your area, check the website or contact us & we'll try to connect you with someone. Names & contact information are only given out with permission. Click below for more practice group info:

<http://healingtouchcanada.net/htc/newpractice.html>



Winter Sunset © Angela Mattos

In perceiving patterns we often run into illusion - the demon of the 6th chakra. Illusion wrests our consciousness from open-minded perception, fixing it upon a frozen image. An illusion is a static image, displaced in the stream of time, and is for that reason unreal. The illusion I hold of how something 'should' be is usually an image of what it currently is 'not'. My attachment to it pulls me out of present time, where I might see realistically. My fixation on my body ten pounds thinner fails to appreciate my body the way it is now. My illusion of how a relationship should be, makes me criticize all the places my relationship falls short of that image, and I fail to see the meaning these issues might have for me. Anodea Judith – Eastern Body, Western Mind

Dear fellow energy workers,

A number of months ago I received a unique invitation to a friend's 80th birthday celebration. Those who planned to attend were asked to read the *End of Your Life Bookclub* and be prepared to discuss it. While parties are not the norm for this friend she was inspired by the book and wanted this to be a meaningful gathering with a theme of importance to her. For some, the title and subject matter of the book could be a turnoff however for me it was one of the best reading experiences I've had. Not only was it helpful as a longstanding Hospice Volunteer and CHTP but, just knowing I was expected to discuss any threads I resonated with or that stirred things up for me, had me reading in a more conscious/mindful way.

The invitation said "*We understand that to talk about the end of your life may seem like an odd way to celebrate a birthday. This will not be a morbid discussion of death but a present moment acknowledgement that birth and death are both part of life.*" So, of course, I read the book.

Will Schwalbe describes the journey with his mother Mary Anne, during her cancer treatment. To pass the many hours spent together in waiting rooms they would discuss books they were reading. By chance, the same book was read at the same time and an informal book club of two was born. They covered a wide range of reading material and their conversations reminded me of the diverse ways that books can influence the way we feel and how we interact with the world. It not only gave me deeper insights into those living with life threatening illnesses and the people that support them but ignited a new passion for reading.

As requested, everyone came to the party prepared and it was fabulous. Hearing the different perspectives we had on the various threads in the book and how they fit in with our beliefs and experiences was intriguing. The conversations invited us to question our viewpoints and in some cases, be open to other possibilities.

I highly recommend the *End of Your Life Bookclub* and have begun reading some of the books read by Will and Mary Anne. Just 30 plus pages into *The Etiquette of Illness*



Healing Beyond Borders
Educating and Certifying the Healing Touch™

2014 Healing Beyond Borders
Annual Conference &
Instructor Meeting

http://www.healingtouchinternational.org/index.php?option=com_content&view=article&id=113&Itemid=1000011

September 4-7, 2014
Movie Night ~ September 3
"Healing Beyond Borders"
Colorado Springs, CO

*We don't see things as they are,
we see things as we are.*
Anaïs Nin

E-Connections Suggestions for the 6th chakra:

- Look for patterns in your experiences and beliefs.
- Pay attention to your dreams and the symbols that come forward.
- Colour, draw or doodle and create some visual art just for the fun of it.
- Work with an art therapist



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/

The next HTAC Conference
is Apr 2015 in Nanaimo, BC.

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.)

by Susan P Halpern I'm finding the suggestions about having those uncomfortable conversations with people with illnesses really helpful. They could also be applied to many other situations. If you're offering energy work or support to others you might want to have a look at this one.

Having an open, curious mind and the willingness to be gentle with others and our self enhances our relationship with the world on the 6th chakra level. (Try looking at the picture on the right for a few minutes as you check in with yourself - notice what it invokes for you.)



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Janet Mentgen had a vision 25 years ago that included sharing the many gifts of HT around the world. In Canada, a not-for-profit registered charity, the Canadian Healing Touch Foundation, was established in April 1995 to receive tax-deductible donations. Part of its mission is to assist and encourage Healing Touch students through bursaries in order to advance the philosophy, objectives and techniques of Healing Touch. With the generous donations of many in our community, the CHTF has enabled students of limited means to attend classes. The CHTF and bursary recipients are very grateful for your past support. If Healing Touch has made a difference in your life, please consider helping others with your contributions.

This vision is what prompted Francene Cosman, CHTP of Bedford, NS to become a member of the CHTF Board of Directors and share the following:

Do you remember the wonder of it all when you first participated in a Level One Healing Touch Class? I recall thinking I would never tune in to the energy flow. After the Level one course ended, I knew differently. The flow of dynamic energy amazed me then as it does to this day. Connecting with the universal energy of thousands of practitioners around the globe is a life enriching experience for me.

Please help build the Canadian Healing Touch Community according to your financial means. Any donation amount will be gratefully received. It is as easy as going to the Canada Helps website at www.canadahelps.org and filling in the information for your online donation. Within minutes of sending your response, you will be issued a charitable receipt for income tax purposes. Francene Cosman, CHTP.

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