



E-Connections with Healing Touch Canada, Inc.

1215 Douro 1st Line, Douro-Dummer, ON K0L 3A0

705-652-0506

www.healingtouchcanada.net



Check it out

Our website has a new look. Thanks for your patience as we continue to work through the glitches.

www.healingtouchcanada.net

Getting back to basics.

Does being able to describe a Healing Touch session to others, in 30 seconds or less, increase our comfort level about sharing it? Let us know what you find and how you describe HT.

We welcome your feedback & HT news or stories. If you have questions about HT contact us at: HTCanada@healingtouchcanada.net

Happy 18th Birthday
Healing Beyond Borders
Support *the Work* by
celebrating HT Day
March 6, 2014

March is Healing Touch Awareness Month!

*please join us in a
World Wide Healing, Love,
Light & Peace Meditation*

http://www.healingtouchcanada.net/htc/index.php?option=com_content&task=view&id=313&Itemid=678



Healing Beyond Borders
Educating and Certifying the Healing Touch™

2014 Healing Beyond Borders Annual Conference & Instructor Meeting

http://www.healingtouchcanada.net/htc/index.php?option=com_content&view=article&id=313&Itemid=678

September 4-7, 2014

Movie Night ~ September 3

"Healing Beyond Borders"

Colorado Springs, CO

Hi Everyone,

Healing Touch leads us to deepening our understanding of how we're all connected and we begin to embody the value/gifts of contributing to the welfare of others. Imagine the possibilities as more and more individuals awaken to this. The increasing attention being given to global environmental concerns, body awareness practices, integrative energy modalities, etc., seems to indicate that it's already permeating global consciousness.

Service is an integral part of Holistic Health and there are many ways HT is a part of that. As we begin to integrate what we've learned and use it in our daily living it's no longer just about the "hands-on treatments." We gradually become a healing presence. As our principles and ethics shift from being predominantly about ourselves, and move to a larger perspective, our way of being and interacting changes. Have you considered taking part in local HT groups as a way of being of service?

Recently a few students have mentioned their inability to recall the hand positions of various HT techniques. I remember Janet Mentgen always encouraged students to have their HT resources available. If you have any doubts, lay them on the massage table or use a music stand if you have one. Get creative in ways that work for you.

Thank you to **Deborah Harlow CHTP of Richmond, BC** for sharing how her experiences with this have initiated changes within the Ryerson Vancouver Practice Group.

CONFESSION TIME!?

I did it...I confessed! It was at a Level 5 Workshop in Capitan, New Mexico. I suddenly blurted out, "Am I the only person taking level 5 that doesn't know all of the techniques off by heart?" In preparation for the impact of a 'YES' response, I asked the question with my eyes squeezed shut and my shoulders bunched up around my neck. Then I heard our Instructor say, "One only truly commits everything to memory when one has to teach it." "OMG", I thought, "I'm not alone."

I became much bolder at asking others about their ability to retain all of the information given at the various HT

*The best way to find yourself
is to lose yourself in the
service of others.*
Mahatma Gandhi

E-Connections Suggestions for the 7th chakra:

- Being of service & a mentor to others learning HT is of value to everyone. At practice groups try pairing up with someone more experienced. Give feedback to each other & ask questions.
- Consider the ways you are of service. Is it time to contribute in new ways?
- Get outdoors in the fresh air & sunshine - be in nature whenever you can.



Nature Mandala © Karen Stewart



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 23-26, 2015
in Nanaimo, BC.

to retain all of the information given at the various HT workshops. It became clear that for most people, work, family priorities and life in general all often get in the way of studying the HT Workbook and learning the techniques.

Could this situation be improved by making some changes to our local practice group? (It meets the last Wednesday of each month.) Would moving to a structured approach help us to commit things to memory more easily? Here are some of the suggestions Karen Stewart and I presented to the group at our last meeting of 2013:

1. TECHNIQUE:

-Repeating the hand placement or positions of the technique in quick succession. (Over & over with a reader guiding the process.)

-To discuss at the same time, the reasons why one would choose the technique and what are the actual benefits. (Ex. Reduce nausea / clear toxins etc.)

2.COMMUNICATION & GENERAL KNOWLEDGE:

-To practice and develop the ability to describe HT to a client, general public or in a presentation setting.

-To practice and develop the ability to describe the goal of a session

-To know and be able to communicate the development of the program and Scope of Practice.

-To have awareness of the HBB Certified Healing Touch Practitioner process.

3.SELF-CARE:

-How involved do you want this practice group to be?

-Based on the mentorship template, do you want to keep track and discuss or report your progress regarding your own self-care?

-Do you want to be asked to do anything in between practice nights, such as read certain pages of the HT workbooks, or journaling etc.?

January was our first 'Structured' practice and we focused on the Scudder technique. I think it is safe to say that it went very well indeed. We still have some tweaking to do but the evening ended with great enthusiasm for the next time we meet. I drove home that evening shaking a closed fist in the air and declaring loudly, "I've got you now Scudder".

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

To unsubscribe email HTCanada@healingtouchcanada.net & put UNSUBSCRIBE in the subject line. (We'd also appreciate any constructive criticism you'd like to share.)