



# E-Connections with Healing Touch Canada, Inc.

1215 Douro 1<sup>st</sup> Line, Douro-Dummer, ON K0L 3A0

705-652-0506

[www.healingtouchcanada.net](http://www.healingtouchcanada.net)



## Did you know?

Nursing week is May 12-18/14. Offer an HT treatment to a nurse you know in appreciation of the important role nurses play in the health care system.



Healing Touch will be part of the Clinical Day during Nursing Week at Humber River Hospital, Downsview, ON. Farnaz Michalski, BHSc, BScN, RN, (HT Level 3 student) will be giving a talk on HT & how it's part of her life & work.

*May what I do flow from me like a river, no forcing and no holding back, the way it is with children.*  
Rainer Maria Rilke



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

2014 Healing Beyond Borders  
Annual Conference &  
Instructor Meeting  
<http://www.healingbeyondborders.com/2014-conference>  
September 4-7, 2014  
Movie Night ~ September 3  
“Healing Beyond Borders”  
Colorado Springs, CO

Hi Everyone,

The lakes and rivers in this area have been higher than I've seen them in 20+ years. The water has been drawing my attention, intensifying my focus on the fluidity of the 2nd chakra while I prepared to write this E-Connections edition. From the relatively still pooling in the fields, to the forceful waters and overflowing banks of the rivers and canal, one thing is clear, water follows the path of least resistance as it moves to lower ground. This continues to have me questioning how flow, or lack of flow, shows up in my life and evokes curiosity around how to recognize the path of least resistance within. When I pay attention, it's easy to notice the amount of tension/resistance or ease of motion in my muscles, spine and joints. This gives me a lot to work with! Am I holding my breath and tightening up or breathing easily and expanding as the body gently opens?



photo © L Semlitch

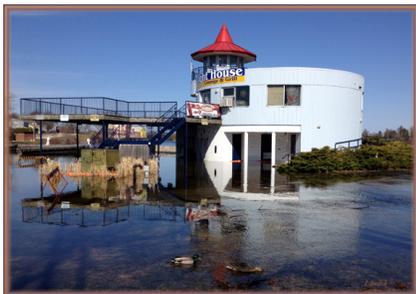
*To find consistency within change is to embrace the unfolding flow. Where we developed grounding, stability, focus, and stillness in the first chakra, now our second chakra challenge is just the opposite: to let go, flow, move, feel and yield. Only by moving does our consciousness expand, and only through change is our consciousness stimulated. Movement and change stimulate awakening.* Anodea Judith – *Wheels of Life*.

Have you ever thought about the energetic dynamic or relationship that's created when you offer HT to others? Just when does the relationship begin? Some say it's when the person gets on the treatment table while others say it's as they prepare ahead of time. Is it possible that it begins when you first engage with HT or perhaps even prior to that? Our ability to embrace change and flow with life is an important part of the energetic dynamic as we learn to feel and be with the movement of energy within our clients and ourselves.

Do you notice a difference when you're involved with something you know others are passionate about and have experience with? Many HT students express how supported they feel when they can connect with peers and get feedback on things they feel

## 2<sup>nd</sup> Chakra Suggestions:

- Notice what's going on when you feel you're able to flow with life
- Instead of fantasizing about how things should be, get curious about what's happening as it unfolds
- When expectations aren't met, reflect on what did happen & look for the divine or spiritual in the mundane
- Spend some time around water



Flooding at Del Crary Park © L Semlich



HTAC members pay discounted HBB Membership fees & receive discounts on some HT classes.

Visit the HTAC website for membership & other information.  
[www.htac-jm.org/](http://www.htac-jm.org/)

HTAC Conference Nanaimo, BC  
Apr 23-26, 2015

*The only way to make sense out of change is to plunge into it, move with it, and join the dance.*  
Alan Wilson Watts

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

Email [HTCanada@healingtouchcanada.net](mailto:HTCanada@healingtouchcanada.net) & put UNSUBSCRIBE in the subject line to unsubscribe. (We'd also appreciate any constructive criticism you'd like to share.)

unsure about or would like guidance with. While formal mentorship is a requirement for students between Level 4 and Level 5, an informal mentorship is really helpful after Level 1. Whether it's with your classmates, more experienced students at practice groups or having a CHTP as a go-to, find an HT buddy or buddies and/or mentor to work with. It's really nice to have others to share your experiences with while at the same time maintaining confidentiality. (Karen Stewart has just let me know that a group of Level 1 students in Maple Ridge, BC have been using a "private" Facebook page to stay connected with each other. They recently completed Level 2 and found that their regular contact and practices enhanced their Level 2 experience.)

As students and practitioners of HT we have a responsibility to work within the HBB/HTI Standards of Practice. *The Ethics of Touch, 2<sup>nd</sup> Edition* was published earlier this year and is a great resource that delves into hands-on therapeutic relationships. As I make my way through this book I'll be sharing more on the many valuable topics it covers.

*Therapeutic relationships involve several key elements that differentiate them from other human relationships: client centeredness; safety; privacy; a clear structure; and a power differential. Each of these elements directly affects both your duties (your obligations as a practitioner) and your client's rights (what they're entitled to receive). Gaining an understanding of these issues will deepen your awareness of how your behaviour affects your clients, and thereby help protect you from inadvertent ethical violations and from behaving unethically, even in difficult situations. – BE Benjamin & C Sohnen-Moe, *The Ethics of Touch, 2<sup>nd</sup> Edition**

The 2nd chakra is associated with feminine qualities such as receptivity, emotions, and nurturance. Our desires motivate us to move and change, bringing vitality to our actions. As we become more present to the source of these desires we can begin to go beyond the form of the desire. For instance, I may want to do certain exercises to help relieve the tension in my body but if I overlook the actual cause of the tension the relief will be temporary. As I notice what causes me to resist or tighten up, I find more options. Perhaps I'll breath differently which allows me to move in ways that don't involve tension. I'm learning more about this as I continue to work with some Anat Baniel Method practices that are giving me new body awareness. The slow, gentle movements provide an experiential knowing of how the body is meant to work as a whole, rather than parts moving separately. (It is based on Dr. Moshe Feldenkrais' work.)

From Angela Mattos, CHTP with input from Karen Stewart, HTI-P.