



E-Connections with Healing Touch Canada, Inc.

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Did you know?

HT Canada's mission is to serve as a national resource for learning and deepening experiences on the path of wholeness.

This monthly newsletter is offered with the intention of connecting you with the HT community across Canada, while providing useful information and supporting you on your path.

With the new Canadian anti-spam regulations that take effect July 1, 2014, your consent is needed if you'd like to continue receiving electronic mailings from HTC. An email will go out soon asking for your response. We'd like to know you've received it so please reply and indicate whether or not to continue connecting with you.



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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=335&Itemid=10000171

September 4-7, 2014

Movie Night ~ September 3

**"Healing Beyond Borders"
Colorado Springs, CO**

Hi Everyone,

Continuing with our theme of change and how it relates to the chakras I'm reminded that being curious and reflective is significant as we engage in our lives and offer energy work to others. Without some self-awareness it's difficult for us to connect with ourselves and work from the heart. Just checking in with our bodies and noticing what's going on in the various energy centres can have an influence on their state of balance. As students of HT or other energetic modalities, we all have ways of connecting and balancing.

Have you ever been in the grasp of something uncomfortable, perhaps feeling somewhat helpless and thinking it might never change? The solar plexus can seem like it's tied in knots. We're holding it tightly and not breathing fully yet we're not even aware of it!

Recently on the way to a friend's farm I noticed tightness in my 3rd chakra and started to get curious about it. Since I was driving at the time I didn't want to delve too deeply into it and simply asked myself, what is this sensation about? Very quickly I knew what it was connected to, as it wasn't something new. Without thinking, I took a deep breath and my attention went to the spacious green fields and beautiful blue sky filled with amazing clouds. My breathing deepened even more and I felt my heart area softening/opening. It impressed on me yet again, how quickly our energy fields can change. For the next few hours it was easy to be in that space of openness as I visited with others while we picked strawberries and vegetables from the garden.

As I think about all the changes happening within and around me it makes me want to pay more attention to those vibrations in the solar plexus. Often these feelings can lead to a desire to do something to distract me or to close down. Taking a few minutes to connect with the sensations and how I'm breathing has a way of moving the energy through and the relationship between the 3rd and 4th chakras shifts to one that feels more balanced. What opens your heart and brings a sense of peace and spaciousness? What do you notice when your heart chakra is open?

The heart chakra brings us to a place of acceptance and openness that allows the spirit inside to be still and find peace and stability without constriction. If

*Agape love:
a profound concern for the welfare
of another without any desire to
control that other, to be thanked
by that other, or to enjoy the
process.*
Edward Nason West

**E-Connections Suggestions for
the 4th chakra:**

- Throw yourself a happy heart party & invite everyone you love. Sonia Choquette – *True Balance*
- Get curious about what really allows your heart to open spontaneously & feel balanced
- Breathe in the green of early summer
- Try giving & receiving from the heart

*Life is short, & we do not have
much time to gladden the hearts of
those who travel with us, so be
quick to love & make haste to be
kind.*
Henri Frederic Amiel 1821-1881

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



Visit the HTAC website for
membership details & other
information.

<http://www.htac-jm.org/>

The next HTAC Conference is
Apr 23-26, 2015 - Nanaimo, BC.

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put UNSUBSCRIBE in the subject line.
(We'd also appreciate any constructive
criticism you'd like to share.)

*the 3rd chakra below has done its work correctly, we have created a place where
the 4th chakra can now let go and just be. The state of being as opposed to
doing is the qualitative difference between chakras 4 and 3. Anodea Judith,
Eastern Body, Western Mind*

Thank you to Cheryl Ho for sharing part of her journey with us
this month:

In celebration of National Nursing Week in May, and as part of my
Level 4 Homework, I offered Healing Touch demonstrations and
short treatments for the nursing and management staff at The
O'Neill Centre Long Term Care Home in Ontario where I work full
time as Manager of Clinical Informatics and Quality Improvement
Nurse.

The goal was primarily to use my community project to introduce
the staff to Healing Touch, more specifically my nursing
colleagues to Healing Touch Canada courses as part of their
continuing education. It also served to give them a few minutes of
relaxation and healing in their hectic day. Twelve staff including
nurses, personal support workers, recreation therapists and
manager and the Director of Care all participated in the event.

Volunteer Angelo took this image during a demonstration for our
Director of Care, a Recreation Therapist and the Recreation
Manager. I was guiding a
colleague to feel the 'field'
during the Hands in Motion
technique. (Cheryl is on the
left) I wanted them to have
first hand experience of what
Healing Touch was all about
and experience it for
themselves. We are currently
arranging for me complete my 100 treatments with residents at the
facility as part of my Level 4 homework, so it is important that they
are aware of what work is being done.



The time spent doing this community project has been invaluable.
My aim is that it serves as part of the groundwork for setting up a
regular practice and integrating Healing Touch into the policy and
practice as part of the non-pharmacological pain management and
Palliative Care programs at this and our 'sister' facilities. It was a
great experience and I look forward to doing it again next Nursing
Week. Cheryl Ho, RPN, DiHom(pract.), HTI-PA

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

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