



E-Connections with Healing Touch Canada, Inc.

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

705-652-0506

www.healingtouchcanada.net



Did you know?

There's still time before we have to discontinue sending e-messages to you without your permission, but, if you'd like to stay on the HT Canada e-list & continue to receive this newsletter, & haven't already responded, please send an email to let us know.

Canadians attending the HBB Conference in Sept. will be getting together to connect so please let Karen Stewart know if you're going so she can tell you where & when. HTKaren97@gmail.com



© Angela Mattos

*Assumptions are the
termites of relationships.*
Henry Winkler



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

HTAC Conference
Apr 23-26, 2015 - Nanaimo, BC.

Hi Everyone,

Communication and creativity, functions of the 5th chakra have been part of our focus for a while. As a result of the changes in the Canadian anti-spam laws and our subsequent notice to the HTC e-list, it's been wonderful to get replies from so many of you wanting to stay connected. Healing Touch Canada doesn't always hear directly from students so it's been lovely. While many members of the HT community may not be actively getting together to practice, treat each other, or take part in HT activities, we're connected through our shared experience of HT.

In this day and age there are numerous ways to communicate however for me, being able to actually see the other person and hear the nuances in their voice is often my preference. It was wonderful to be with Karen Stewart last month when she was in Ontario. We relished the opportunity to have a face-to-face meeting and spent the day together looking at the different needs of the community Healing Touch Canada serves. As we engaged the insightful brow chakra and the compassionate energy of the heart of HTC and ourselves, a path forward emerged with a tangible emphasis on student support. More about this later.

Our starting point was to review some of the expectations students bring to courses. Many are new to energy work while others have years of experience and want to expand their knowledge with a new modality. It may be for personal healing, or to offer it to others. For some students the standardized curriculum and certification process are important. Others simply want to learn about energy and how to care for and balance themselves. Whatever the reason, once someone attends a Level 1 class they become part of the HT community.

While we learn a number of techniques from attending classes, there are many other valuable aspects to energy work. We might never offer HT to anyone else but perhaps we can be a calming, healing presence. We can also benefit from being curious about how we can adapt it into our day-to-day living. The gradual integration of the core concepts into our everyday reality can make a big difference - beginning with us.

One way of deepening our energetic experiences is to pay attention



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=333&Itemid=1000171

September 4-7, 2014

Movie Night ~ September 3

“Healing Beyond Borders”
Colorado Springs, CO

**E-Connections Suggestions for
the 5th chakra:**

- Give yourself permission to voice your needs or speak up about things that are important to you
- Sing, chant or tone regularly
- Listen to sounds that are nurturing to you. (Recently I sat with a friend at Burleigh Falls, ON where we soaked up the invigorating vibrations of the roaring water.)

Understanding the communication expectations of your clients & choosing appropriate language & terminology is very important. Therapeutic outcomes & client retention improve as expectations are met & trust grows. The clearer you communicate in the beginning of the therapeutic relationship about your own style & expectations, the sooner the client can be at ease. Consider the depth of information you require during your client intake, & be sure you can articulate the reasons for your requirements. Both you & the client should be comfortable with the levels of self-disclosure. Also, keep in mind that confidence is instilled by your ability to remain professional. The Ethics of Touch, Ben E. Benjamin, PhD & Cherie Sohnen-Moe.

to the various ways we communicate. Communication is a powerful dance and a process of relationships whether through spoken or written word, body language, or energy. What is it that makes clear, authentic, communication so challenging at times?

In order to be supportive, I feel my role is similar whether it's with a client, friend or family. If I'm feeling I can engage (really listen to someone express their experience/a.k.a. being centred) and focus on what their needs might be that aren't being met, then I do. When I notice I'm being drawn in and becoming judgemental or perhaps feeling overwhelmed then it's time to risk either expressing that or stopping the conversation to try and allow space to get centred again. It could mean we take a break and discuss it another time. Often, by genuinely expressing what we're feeling in the moment, we give the other person a chance to be aware that they're not the only one affected by the experience. Have you ever thought about what's needed for you to speak from a place of truth while being respectful of others or when you're able to?

Practicing with our animals, plants, friends and family but especially on ourselves offers many gifts. (If you're looking for people to work with after taking a class develop some gentle ways of letting others know you'd like to try what you're learning with them.) How and what are we communicating in those interactions?

As energy workers, can we engage the insight of the brow chakra and compassionate energy of the heart when we're communicating? Think of a challenging conversation you've had recently and then imagine what it would be like if you could slow things down, breathe, notice what's going on within you and then bring that into the heart. As I play with this I'm aware of more moments of compassion for myself and subsequently others. Try it and let us know what happens for you!

As a result of our meeting, Karen and I are enthusiastic about working with our recently emerged mission question – As a resource of learning and deepening experiences on a path of wholeness, how can HTC offer tangible support for our community? In addition to the Healing Beyond Borders Level 1-5 classes, HTC is putting more attention on the importance of ‘personal development/awareness’ and ways to continue integrating what we've learned with daily living. Would you be interested in online Personal Development courses? Please give this some thought and tell us how HT Canada can better serve you.

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

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