



# E-Connections with Healing Touch Canada, Inc.

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## Did you know?

Several new classes have recently been posted to the schedule so check the website if you're considering attending as a new student, repeater or helper.  
[www.healingtouchcanada.net/htc/newlevel1-3.html](http://www.healingtouchcanada.net/htc/newlevel1-3.html)

Catherine Awai, BEd, CHTP/I recently completed the HBB HTI Level 5 Instructor Training!

## Congratulations!

We've already booked Catherine to teach a Level 5 class in Cobourg, ON June 11-14, 2015.



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*Your body is the physical  
manifestation of your being.  
It is 'where you matter'*

*Honoring your body's needs keeps  
your temple in good repair.*

*Creating on Purpose*  
Anodea Judith & Lion Goodman



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

For info on HT research go to:  
[www.healingbeyondborders.org/index.php/research](http://www.healingbeyondborders.org/index.php/research)

The 2015 HBB Conference location (on the USA East Coast) will be announced once details are finalized!

Hi Everyone,

For many weeks I've been enchanted by the amazing display of colour as the seasons changed. Many of the leaves have fallen and as the daylight hours shorten and the temperatures drop, I'm reminded to listen to the rhythms of my body, slow down and turn my attention in and downward.

In *Creating on Purpose* Anodea Judith and Lion Goldman say that in order to manifest our dreams we need to be firmly grounded. Our root chakra is like a plant that sends roots into the earth. The deeper they go, the more solid a foundation they create and the better they can hold the energies of the crown chakra - where our dreams are first conceived. Grounding happens through our legs and feet.

Often we resist grounding as it connects us to the physical body and can be uncomfortable when we're in pain. This has us ignoring our bodies and perhaps not paying attention until things get quite serious.

Recently a few people have mentioned to me that they were under the impression that the upper chakras were of much greater importance with the lower ones being less worthy or perhaps something to be ignored. Imagine how difficult it is to maintain stability when we have no foundation or roots. Living in a lofty daydream or fantasy world means we can easily be swept off our feet and have difficulties finding our way.

Over the years, many Level 1 and other students have demonstrated in class that the harder they try to 'feel' energy or do a technique 'right' the more frustrated and disconnected from the subtle energy they get. There's lots of information to assimilate in Level 1 and when we can get our minds (thinking or having preconceived ideas) out of the way, we're open to receiving this information in new ways. Many students say it was a while before they actually 'felt' the energy. They remember the discomfort of being in a class with others who were already quite 'sensitive' and were seeing, hearing or feeling things. We're individuals and there's no right or expected way, so for those of you who haven't 'felt' it as yet, just keep on centring yourselves and trust the technique to do the work. Whenever and whatever way develops for you is your



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### **E-Connections Suggestions for the 1st chakra:**

- Imagine yourself as a plant or tree sending roots downward as the earth gently responds to connect & receive you.
- Tune into the energy & notice what's there.
- Get plenty of sleep & eat nourishing foods. Root veggies are great for this chakra.
- Whether walking indoors or out, pay attention to your feet & legs. What do you notice?



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](http://www.htac-jm.org)

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

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

[HTCanada@healingtouchcanada.net](mailto:HTCanada@healingtouchcanada.net)

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

way and how it works for you!

Thanks goes to Ava Zaritzky, MSW, RSW, CHTP/I for recently sharing about an interesting perception she had while teaching a Level 1 class. Ava was aware of feeling energetically distanced from students when they habitually used their smart-phones at breaks. She sensed their energy fields as bubbles around them that she interpreted as 'leave me alone, I'm busy'. This developed into a class discussion about whether this new technology is helping or hindering our ability to connect with one another in the same room. It was a great opportunity to pay attention to what we might unknowingly be transmitting to those around us. Some of us are so habituated to this media being constantly available that we actually turn to it in socially awkward moments. We're experts at connecting with someone in another country but can be too busy or inhibited to say hello to someone in the same room. Ava asked the class if they would consider not using their phones during the breaks and then pay attention to what they noticed. Did it affect them or their interactions with others?

Is a technology that was created to connect individuals actually separating and isolating us? As we move into the 'virtual' world are we disconnecting from ourselves even more and having physical contact with others less and less? It's important to be aware of our priorities if we want to lead a balanced life.

Thank you to Karen Stewart, HTI-P for sharing more of her notes from the HBB Conference in September.

*At one point during her Keynote Address, Joan Halifax, a Buddhist teacher, Zen priest, anthropologist and pioneer in the field of end-of-life care, asked the audience to stand up. She said she knows many amazing Healers who are disembodied and wanted us to think about whether or not we felt we were disassociated from our bodies. Tuning in on the somatic (physical) level is very important for people working with those who are suffering and she talked about 'unpacking different elements'. The question is how? Using the word grace as an acronym this is what she offered:*

G - gathering our attention & really getting grounded  
(the basics of being present)

R - recalling our intention from a base of goodness

A - attunement to our own subjective experience, beginning in our bodies, then our hearts & our minds

C - consider what will really serve the suffering person we are working with

E - engage with a big action or no action but from a base of deep principle & compassion

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