



E-Connections with Healing Touch Canada, Inc.

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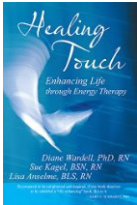
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www.healingtouchcanada.net



Did you know?

Healing Beyond Borders revised booklist now includes recently released:



Healing Touch - Enhancing Life through Energy Therapy. Material on self-care, working with specific clinical situations such as trauma, clinical research &

ethics, as well as offering history from seasoned practitioners around the world gives this book a rich & diverse voice. In addition to authors Diane Wardell PhD RN, CHTP/I, Sue Kagel BSN, RN, CHTP/I & Lisa Anselme BLS, RN, CHTP/I 44 energy & holistic healing experts contributed to this 430 page soft-cover book – including 4 Holistic Nurses of the Year & 2 holistic physicians, Christine Page, MD & Norm Shealy, MD, founder of the American Holistic Medical Association.

[The HTC online bookstore](http://TheHTConlinebookstore) has been updated. It's linked to amazon.ca & prices are the same except all purchases made through this link generate a small referral fee that helps support the work of HTC.

astore.amazon.ca/healtouc-20/detail/B00NTTPI8K

The 2015 schedule is growing so check the website if you're considering attending as a new student, repeater or helper.

<http://www.healingtouchcanada.net/htc/newlevel1-3.html>



Hi Everyone,

Recently, at a Vancouver HT Circle, a student asked how people who aren't "on" Facebook can stay connected and receive the HTC postings Karen Stewart's been doing twice a week for several months now. Click on the link below to access postings without joining Facebook:

https://www.facebook.com/pages/Healing-Touch-Canada-Inc/214233035258327?sk=timeline&ref=page_interna

As we head into the Holiday Season memories of previous years are stirred up for many of us. For some they're happy and supportive while for others they're quite distressing. This can be a particularly juicy time of year for getting to know ourselves through the mirrors of our family dynamics. What we believe about others (judgements and opinions) and the expectations we have around what a holiday should be like have a huge impact on our experience.

This month as we focus on the sacral (2nd) chakra we're into an area associated with passion which motivates our creativity.

"Water, emotional identity, oriented to self-gratification. The second chakra, located in the abdomen, lower back, and sexual organs, is related to the element water, and to emotions and sexuality. It connects us to others through feeling, desire, sensation, and movement. Ideally this chakra brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change."

Anodea Judith

In the Northern Hemisphere we're experiencing the effects of reduced daylight and moving towards the 'shortest day of the year'. Talk about change! How easily are we moving with the changes in time, daylight, temperatures and the Holiday Season? It may seem minor but many with Seasonal Affective Disorder (SAD) are already feeling the effects.

Considering the sacral chakra while thinking about the movement from dark to light reminded me of the development of babies in a dark, fluid environment. Suddenly they're propelled into a world filled with light, sounds and other stimuli that had previously been blocked or muffled.



Healing Beyond Borders
Educating and Certifying the Healing Touch™

2015 Conference
October 1-4, 2015
Naples, Florida



E-Connections Suggestions for the 2nd chakra:

- Allow a few minutes before you get out of bed to check in with your 2nd chakra & notice what you're feeling.
- Soak in a warm tub with soft lighting & your favourite scents & indulge your senses
- Put on your favourite music & dance like no one's watching
- Put aside preconceived notions of what the holiday "should be" & how people "should behave" & allow for different ways of being



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
conference.htac-jm.org/

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

Imagining my development as a fetus in the darkness of my mother's womb I realized that her experiences would have imprinted me in some way. This patterning/conditioning and the beliefs of my family and larger community continued to shape me as I developed throughout childhood. Much of this played out in totally unconscious behaviours until I was old enough to question my motivation for doing things. Many years later I still find that the more curious I can be, the more present I am to myself (in the body – not in the head thinking), the clearer I'm able to be with my patterns and conditioning. This involves taking responsibility for my actions and seeing the futility of holding onto judgements, blame, guilt, etc. Rather than reacting habitually in stressful situations it allows for diversity in my ability to respond.

During this *Season of Light*, regardless of our personal spiritual beliefs, let's consider the manifestation of light into physical form. Each time we offer HT to others there's an intention to connect with the universal spark within and then with those we come in contact with. The more we're present with ourselves and our desires, the more fully we'll be able to share our light with others.

We wish you all a Holiday Season that includes time for self-care and meaningful connections with family, friends and community as you reflect on what is being created, born or sparked in each of us.

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

THE GUEST HOUSE

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome & entertain them all!

Even if they are a crowd of sorrows,
who violently sweep your house empty of its furniture,
still, treat each guest honorably.

He may be clearing you out for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing & invite them in.

Be grateful for whatever comes,
because each has been sent as a guide from beyond.

Rumi, translation by Coleman Barks