



## *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?**

**Saturday, May 9/15** Level 4 & 5 students will meet in Vancouver, BC for a peer Coaching/Study Group, to ask questions, share information & get to know each other. Contact: Karen [htkaren97@gmail.com](mailto:htkaren97@gmail.com)

### **Healing Touch Techniques - Level 1-4**

DVDs created by Anne Day, BSN, MA, HNB-BC, CHTP/I, are available. These remarkable tools were developed to help HT students hone their skills as they deepen their experiences with HT. The Vancouver HT Healing Circle has been working their way through the Level 1 DVD & finding it really helpful.

*Watching Anne demonstrate & listening to her describe a technique before we head to the tables to treat is a great way to review & support our learning!* Karen Stewart, HTI-P

<http://www.thehealingjourneys.com/#/store/c11j1/1/Healing-Touch-Videos/c/10>

For more information & to purchase directly from Healing Journeys click link above.



Northern Barred Owl - © Tim Dyson

**2015 marks the 25<sup>th</sup> anniversary of the 1<sup>st</sup> HT class in Canada.** Be creative & gather to honour this anniversary. Let us know how you're celebrating throughout the year.

Hi Everyone,

Ahh, to see clearly, especially in the darkness. How often do we fool ourselves into believing that we're seeing with clarity only to find out later that our perception was skewed by our limiting beliefs and experiences or driven by our egos? The 6th or brow chakra is involved in seeing, both physically and intuitively. When balanced it allows us to "see the big picture" and offers keen intellect and strong intuitive abilities.

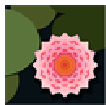
A friend recently sent me a piece he was writing for a local paper. He wanted feedback and thought I might enjoy it. The general theme was to encourage readers to experience the wonders that await us outdoors on a moonlit winter's night. His curiosity has led him to spend countless hours investigating plants, birds, moths, etc. gaining incredible knowledge, experience and I suspect developing his intuition. As a young boy, one of his first sightings of a Great-Horned Owl in the neighbourhood lured him into the forest in the dark of night. Facing his fears in this somewhat unfamiliar territory opened a whole new world and began his fascination with owls and night adventures.

*At times you have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful.*

*What you'll discover is yourself.* Alan Alda

Reading the article reminded me of the first time I stepped out of my comfort zone and joined him and a few others "owling" in a local forest many years ago. I'd previously ridden my horse on the trails there a number of times during daylight hours but on foot, in the darkness, well, let's just say I was happy to be with others! Night vision was not something I had developed and it took a while to adjust to the lack of light and all that entailed.

Suddenly strange monkey like sounds pierced through the darkness and bounced eerily around the trees. It was surreal, as though we'd been teleported into a jungle. For a few moments, in the dark, I wondered just where we were. My heart was racing. Were these the calls of what we'd been told were breeding Barred Owls? Without my outer vision to rely on I took some deep breaths, crouched down and listened. It seemed the birds were up high in the trees and too busy with



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

**2015 Conference  
The Joy of Healing -  
Naples, Florida  
October 1-4, 2015**

<http://healingbeyondborders.org/>

### **E-Connections Suggestions-6<sup>th</sup> Chakra**

- Star gaze. Let nature bring you outside of yourself & awaken you to how you're connected to other worlds & realities.
- Put a question out to the universe & expect an answer. Flexibility with response time might be necessary here. Be open to new possibilities.

*Life is really very simple.*

*In each moment, we have the opportunity to choose between saying 'yes' or 'no', to listen to our intuition, to listen to our true inner voice, the Existential voice within ourselves.*

*When we say 'yes', we have contact with Existence & we receive nourishment, love, joy, support & inspiration. When we say 'no', we create a separation from life & begin to create dreams & expectations of how it should be. We begin to live in the memories of the past & in the fantasies of the future - as if any other time than here & now really could make us happy & satisfied.*

Swami Dhyam Giten



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**

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each other to be bothered with us. If we left them alone there was nothing to fear. As my heart rate slowed my curiosity increased. Could I quiet myself enough to connect and be with them in this environment? What an experience! The darkness forced me to use other channels of perception, including my intuition.

When our 6<sup>th</sup> chakra is under-active we don't trust our inner voice and need proof in order to be open to things. This makes it difficult to navigate change as we rely on what's familiar and tend to stick with routines and limiting beliefs. We may procrastinate and find it challenging to make decisions. Overactive brow chakras have us feeling spacey and unable to manage the practicalities of daily living. We're not only out of touch with the world but also with ourselves, which makes connecting problematical.

Meditation is suggested as one of the best ways to support the 6<sup>th</sup> chakra so here's something to try.

Dress so you'll be warm enough then go outdoors and find a place to comfortably sit or lean up against a tree.

- Take a few deep breaths & notice your body. Feel your feet or other parts of your body connected to the ground or chair. Listen to your breath.
- Be aware of the energy of the earth rising up to you then gently flowing upwards through your body.
- The ground or whatever you're sitting/standing on supports you as you begin to look outward at the spaces that surround you.
- Gently focus on the space – attention goes between any objects. If your mind wanders & wants to attach to objects, breathe & bring it back to noticing the space.
- Eventually look upwards to the space in the sky.
- Be aware of the sky energy as it gently flows through you connecting with the energy of the earth.
- Imagine this energy, & all the space it contains, within your body as it merges with the space around you.
- When you're ready, look all around again with softly focused eyes & notice what you notice.
- Slowly get up & begin to move with your awareness in your feet, present in your body. Walk around & connect with what presents itself to you.

Throughout the month Karen will be posting notices on the HTC Facebook page related to the 6<sup>th</sup> chakra.

[https://www.facebook.com/pages/Healing-Touch-Canada-Inc/214233035258327?sk=timeline&ref=page\\_interna](https://www.facebook.com/pages/Healing-Touch-Canada-Inc/214233035258327?sk=timeline&ref=page_interna)

From Angela Mattos, CHTP with input from Karen Stewart, HTI-P. We hope to see you at the HTAC Conference in Nanaimo!