



## *E-Connections with Healing Touch Canada, Inc.*

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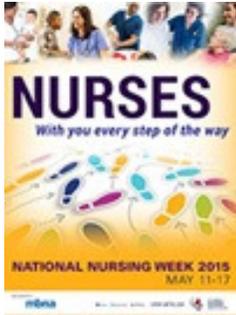
705-652-0506

[www.healingtouchcanada.net](http://www.healingtouchcanada.net)



### **Did you know?**

Healing Touch was created as a Nursing Continuing Education Program.



Celebrate Nursing Week May 11-17/15 by offering treatments to nurses & letting them know about Level 1 classes in your area. This year's theme is

**Nurses, With You Every Step of the Way.**

The 25<sup>th</sup> Anniversary of Healing Touch in Canada was celebrated at the HTAC Conference in Nanaimo, BC April 23-26/15. HT Students, Practitioners & Instructors from coast to coast attended. To mark the occasion, Brenda Piquette designed a lovely poster for HTAC & two were printed. One was auctioned off at the Conference with proceeds to the CHTF. The other was taken back to Ontario & gifted to Alexandra Jonsson, BScN, CHTP/I in appreciation of the role she played in initially bringing HT to Canada as well as her continued involvement with its development.



Hi Everyone,

Manifestation begins in the seventh chakra, from the sea of infinite awareness. *An idea arises, and it moves down into consciousness – your consciousness. You receive it as guidance, a good idea, a dream, or a vision. This is the conception of an idea. Next you check to see whether it's aligned with your life purpose. If it is, you set an intention to bring it to fruition so it can be shared with the world.* *Creating on Purpose – Anodea Judith & Lion Goodman*

As energy workers we bring universal/divine energy down into us and through our actions and interactions can become effective agents of change.

Think about all the great ideas you have and consider how many you actually step down through each chakra until they manifest in physical form.

In 1990 Susan Morales-Kosinec suggested to Alexandra Jonsson that she invite Janet Mentgen to Toronto to teach what was being developed within AHNA as Healing Touch. Alexandra liked the idea and after envisioning how it fit with her life purpose took the necessary steps to get things rolling and began communicating about the class to others. As they sensed her desire to be of service and offer this new class they began to help network it. The details started to fall into place and as a result of her passion it all came together in the end with 17 students attending. The seeds that were initially sown and nurtured blossomed and have touched the lives of thousands across this country since that first class in Canada.

As students and recipients of HT we're encouraged to consider life from an energetic perspective. To pay attention to the chakra system and find balance within the various aspects each one represents. Integrating and living these perspectives becomes a way of being that changes how we live our lives and connect with others.

While balancing chakras one through six will support the seventh in opening naturally, there are ways to bring attention to it. How often do we make space for connecting with Source, the Sacred, Divine, Universal Consciousness or



**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-7<sup>th</sup> Chakra**

- Try the threshold exercise on right
- Volunteer with a community service organization
- Get curious about the Sacred

*Each of us is a moving center, a space of divine mystery. And though we spend most of our time on the surface in the daily details of ordinary existence, most us hunger to connect to this space within, to break through to bliss, to be swept away into something bigger than us.*  
us. Gabrielle Roth

*I have from my memory what Gabrielle Roth said on many occasions...she spoke about Being Everything & Nothing rather than Something. When we strive to be Something then we define ourselves by what we are & what we are not. This takes up a lot of our energy & causes us a lot of suffering. If we choose to be Everything & Nothing, our arrogance goes away & we become curious, & freer. We experience our Soul's amazing expansiveness. We cruise the emptiness.*  
Kate Huband



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)

**Next HTAC Conference  
April 2017 – Ottawa, ON**

To unsubscribe email  
[HTCanada@healingtouchcanada.net](mailto:HTCanada@healingtouchcanada.net)

whatever we choose to call it? In the awareness of the crown chakra all of life is connected, nothing is separate. So really, everything is Sacred.

In *Creating on Purpose*, one of the exercises for the crown chakra suggests "in addition, imagine that as you open the front door to your home, step into your office, or get on your yoga mat, you are stepping into a temple. Just pause for a moment before stepping across the threshold. Align your energies and set your intention, just as you might do when entering a really special temple somewhere in a foreign land. Begin to court a sense of the sacred in your everyday life."

How would it affect our perspective if we did this each time we crossed a threshold? Everyday mundane reality could suddenly seem to offer quite unique possibilities. Last month when I wrote about my 1st owling experience many years ago, what I didn't express was how being present to my fears opened doorways to a much more expansive awareness of the energy of various things. Each had a unique feel or resonance. While I could detect different sensations that I identified as the trees, owls, sandy ground of the forest, and the sounds, smells, etc. on some level they all melded. It was one of those mind-blowing experiences that allowed me to be more open as I experienced the uniqueness and oneness around me.

A good indicator of the health of our crown chakras is how attached we are to earthly matters. When we define ourselves by our possessions or relationships and are strongly attached to them our sense of purpose and well-being hinge on whether or not we have what we believe will make us happy. We only feel okay when things are just right. Since this is often short lived it can create a constant feeling of uncertainty. If we feel separate, disconnected to others, or the planet, on a deeper level the 7th chakra is involved.



The theme of the HTAC Conference held in Nanaimo last month was **Healing Together**. Much of the focus was around the importance of dropping into the heart centre and being in a space free of separation. To connect with others and listen and respond in various ways from this place.

Throughout the month Karen will be posting notices on the HTC Facebook page related to the 7<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.