



E-Connections with Healing Touch Canada, Inc.

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Did you know?

Healing Touch is offered as one of the Integrative Medicine modalities at the Hope & Cope Wellness Centre in Montreal. Hope & Cope supports patients & their families throughout the cancer journey.

After the Level 4/5 Practice Day in Vancouver last month, students are staying connected to continue what was started. Here are some of the things they did:

- Level 4 students treated the Level 5 students
- Documentation was discussed & suggestions & tips given
- There was a conversation about how to get clients for the required 100 treatments
- Parts of Anne Day's *Healing Touch Techniques Level 4* DVD were watched
- A Facebook Group is being organized so they can connect & get feedback

If you'd like to know more about this please contact: Karen Stewart:
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I have always argued that change becomes stressful & overwhelming only when you've lost any sense of the constancy of your life.

You need firm ground to stand on.

From there, you can deal with that change.

- Richard Nelson Bolles



rock face, Galiano © Angela Mattos

www.healingtouchcanada.net/htc/newlevel1-3.html

Hi Everyone,

This month we're working with the energies of the root or first chakra - the centre associated with the element earth and matter in physical form. Without our bodies we can't exist. Survival, grounding, the foundation on which we rest begins here. It's also the place where our dreams become a reality. Thanks to Christine Zemanchik, HTI-PA for sharing her story of envisioning offering HT in her community and making it a reality.

Receiving my Level 4 Certificate of Completion and becoming an HTI Practitioner Apprentice was a victory but I knew the real work was just about to begin. How and where would I find clients to document 100 therapy sessions? This was going to be a challenge but I was determined.

I went through my contact list from the local hospitals where I volunteered, fundraised, or otherwise knew people in the medical field. My first call would be to Sheila Kussner, health care activist, consummate volunteer and Founder of the Hope and Cope Wellness Centre affiliated with the Montreal Jewish General Hospital. For decades Sheila has been dedicated to providing emotional and psychosocial support to cancer patients and their families. I was nervous and felt rather intimidated by her status as the 'true grande dame' in this city among the who's who crowd but I decided to look at the big picture, put my fears aside, and make the call. I told Mrs. Kussner what I had been studying and what I would like to offer Hope and Cope. She loved the idea and put me in touch with Suzanne O'Brien the Executive Director. We made an appointment to meet at the hospital. I brought pertinent information about Healing Touch and its benefits for Cancer Care 'survivors' and other relevant work history in my professional and informative portfolio. I was called back for two more interviews with various members of the board and had to do a therapy session with a volunteer while people watched and critiqued. They told me that they would let the director know their opinion and gave no indication either way. The volunteer was enthusiastic and had left wanting more so even though I didn't get any feedback from the others, I felt confident and my intuitive side gave me a thumbs up. After 10 days or so I got the call saying they would be pleased to have me on board.

Suspended between earth & sky, my humanity draws from both, my tendrils reach for the energies of each. Spirit & Ground - equal yet opposite, the lightness & the solidarity, the ephemeral & the substantial.



Eagle Perch Galiano © Angela Mattos

The substantial is no more & no less than the ephemeral - merely different.
Jonathan
Lockwood
Huie

E-Connections Suggestions for the 1st chakra:

- Engage in physical exercise that encourages awareness of the body
- Make something with your hands
- This is a great time of year to walk/stand on the earth (grass or rock) with your bare feet.



Healing Beyond Borders
Educating and Certifying the Healing Touch™

2015 Conference Naples, Florida
October 1-4, 2015

<http://healingbeyondborders.org/>

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

Next HTAC Conference
April 2017 – Ottawa, ON

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

It sounds like a lot of protocol for volunteer work but I understand the conservative views of the Jewish General, as well as the other world renowned Montreal Hospitals, in accepting Energy Medicine as part of their practice. With special care and particular attention to detail, the Centre's Coordinator and Manager Marcelle Kecman made it all happen.

What I learned very quickly was that time management was paramount. The Centre scheduled 1 'survivor' every 30 minutes. This was too fast paced and left me little to no time to document, wash hands, change pillow cases, and get water. After a month we changed it to 1 every 45 minutes. Each 'survivor' is scheduled for 3 consecutive weeks. This allows me to get feedback and to change techniques and offer support according to each assessment. I do not have time to be nervous; I 'just do the work' as Janet Mentgen would say.

This opportunity is teaching me how to adapt to the various challenges as they present themselves from week to week. Learning ways to be more efficient with the time allowed and the opportunity to give and receive the energy right back has been such a gift. It will influence my future as both a Healing Touch Practitioner and as a member of the community. I feel blessed and grateful that at this juncture I have found my purpose in life.

To end this first chapter, I will say that there was a Plan B. I had sent my packet to the Royal Victoria Hospital Volunteer Department as well. They called me for an interview after 2 months but I had to decline.



If you are passionate and believe in what you are doing, don't stop until someone says YES. You will succeed. I have not made any financial gains yet with my craft as a Healing Touch Practitioner Apprentice but I can tell you this, the happiness I get from seeing the hope, gratitude, and love in the eyes of the

people I work with, makes me feel like the richest girl in the world. Good Luck, and bless you all for the work you do.

Christine Zemanich, HTI-PA email: FoundAngels9@hotmail.com

Throughout the month Karen will be posting notices on the HTC Facebook page related to the 1st chakra.

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.

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