



E-Connections with Healing Touch Canada, Inc.

1215 Douro 1st Line, Douro-Dummer, ON K0L 3A0

705-652-0506

www.healingtouchcanada.net



Did you know?

Last month 19 students attended a Level 4 class in Alma, NB. They're now in the process of finding CHTP mentors & working on their assignments for Level 5. This class was part of Jeanne Balcom's Level 4 Instructor training & she is now officially a Level 4 Certified Healing Touch Instructor.

Congratulations!

Congratulations also go out to the 8 eager students who recently attended Level 5 in Cobourg, ON. It's quite an accomplishment to attend this class - even more so once all the homework is signed off & students change from being Practitioner Apprentices (HTI-PA) to Practitioners (HTI-P). The journey between Level 4 & 5 focuses on self-reflection & deepening into various aspects of 'the work.' The journey this process offers can be of great value whether or not students plan on continuing to certification.

The people we are in relationship with are always a mirror, reflecting our own beliefs, & simultaneously we are mirrors, reflecting their beliefs. So... relationship is one of



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created them. Shakti Gawain

the most powerful tools for growth... If we look honestly at our relationships, we can see so much about how we have

Hi Everyone,

In preparing to write this E-Connections my awareness of physical sensations, emotions, movement and change (all 2nd chakra related) has heightened. While my mind may have fooled me into thinking things were 'okay,' when I listened to my body it often said otherwise.

The past few months have been very full and I've pushed through to get things done. Really what I needed was to create some space to reflect on what was going on. Living in this electronic age where communication is instant and many seem to be constantly distracted by it, I'm questioning how I want to engage so as not to be consumed and controlled by it. The ways we can connect and source information are amazing and I really appreciate them. What concerns me is that it seems our attention spans are rapidly decreasing. We're immersed in a culture of instant gratification and can get bored very quickly. In many cases, if something takes more than a few seconds to do it seems like too much effort. Are we being conditioned to stay distracted rather than pay attention to and question what's really going on within us?

How does this influence our ability to be present with clients when we're offering HT? Are we able to stay focused, gather the intake information and remain centred or, are we pulled off into our own world filled with assumptions and judgements based on our life experiences and filters? Listening to our client's verbally and energetically requires our attention. This involves some commitment to self-reflection as we deepen into the work.

If we don't give time to slowing down and experiencing spaciousness how will we be able to connect with the essence of our beings? When I was on Vancouver Island with Ava Zaritzky & Karen Stewart for the HTAC Conference in April this was a large part of my focus during the trip. Thanks to Karen, who drove Ava & I around before and after the conference, we had some lovely adventures.

For many years I've had a strong desire to experience whales in the wild. My affinity with water and curiosity about these powerful, large mammals combined with synchronistic events



Healing Beyond Borders
Educating and Certifying the Healing Touch™

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E-Connections Suggestions for the 2nd chakra:

- Find a movement therapy that fits for you (dance, tai chi, martial arts, etc.)
- Replace unhealthy, addictive pleasures with healthy supportive ones (walking in nature, massages, scheduling time for yourself, etc.)
- Connect with the information contained within your feelings
- Have items that are orange around you and soak in the vibration

Check the 2015/16 schedule for upcoming classes. Consider repeating or being a Class Helper. Contact an Instructor or HTC if you're interested in offering a class in your area.

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

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

HTCanada@healingtouchcanada.net

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**

resulted in a fabulous Whale Watching Tour. Karen opted to sleep in (self-care) in Victoria while Ava and I went out for the 3 hour excursion. When a group of 7 Orcas (including 2 calves) were spotted we were thrilled. To feel the gentle spray of the sea air as we moved along with these amazing beings touched me to the core.

I experienced their movement through the water as fluid, graceful, effortless and incredibly powerful all at the same time.



This somehow translated from a sensation in my body to an insight of how we can remain grounded as we move through the waters/emotions of life. It was exhilarating to experience!

What a culmination of experiences my entire trip to BC was. Having the mountains in the distance, rock at the ocean, and huge open skies gave me more space to be available in different ways to both others and myself. Is this what some of the 'east and west coast vibes' stem from? It's as though the majesty of the natural world on the coasts remind us that ultimately we're part of something larger.

We dance to reclaim our brilliant ability to disappear in something bigger, something safe, a space without a critic or a judge or an analyst.

Gabrielle Roth

Throughout the month Karen will be posting notices on the HTC Facebook page related to the 2nd 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.)