



E-Connections with Healing Touch Canada, Inc.

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Did you know?

The following Level 4 & 5 classes are scheduled for 2016:

Level 4 June 2-5/16 Surrey, BC

Inst: Catherine Awai, BEd, Dip Ed, CHTP/I

Level 4 June 16-19/16 Cobourg, ON

Inst: Jeanne Balcom, nd, CHTP/I, RCRT

Level 5 Oct 13-16/16 Alma, NB

Inst: Catherine Awai, BEd, Dip Ed, CHTP/I

Registration info at:

<http://healingtouchcanada.net/htc/newlevel4.5.html>

Check the 2015/16 schedule for
Level 1-3 classes.

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

*You can talk with someone for years,
everyday, & still, it won't mean as much
as what you can have when you sit in front
of someone, not saying a word, yet you feel
that person with your heart, you feel like
you have known the person for forever....
connections are made with the heart,
not the tongue.
C. JoyBell C.*

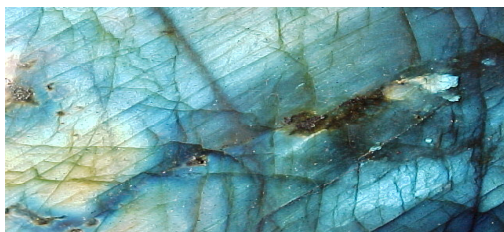


Healing Beyond Borders
Educating and Certifying the Healing Touch™

2015 Conference Naples, Florida

October 1-4, 2015

<http://healingbeyondborders.org/>



Labradorite ©Tim Dyson

Hi Everyone,

As we move our attention to the throat chakra this month communication and self-expression become the focus. The 5th chakra involves resonance and connectivity through the exchange of various forms of expression and information. We connect our inner world to the outer through self-expression. Our body language, movement, spoken or written word, and energetic field convey more than we might be aware of.

When our throat chakra is imbalanced either conversations become monologues, we don't speak up, or information is taken in then twisted and organized based on our relationship to life rather than listening for what others are trying to express.

To fully express our individuality is to express our truth. A non-individuated person will express what people want to hear. A fearful person will be afraid to speak their truth. A person without ego strength will be afraid of what others think and give up their authenticity.

Those whose lower chakras are in good order—living in the truth of their bodies and feelings, with ego strength and accepting love—can now safely express their own personal truth. I cannot emphasize enough the importance each of the lower chakras plays in this process. Anodea Judith – Eastern Body, Western Mind.

With all the advances in technology, we're depending more and more on electronic media to stay current with global and local events and connect with others for both business and personal matters. The nuances of body language and intonation are lost when texting or emailing and can add to the challenge of communicating clearly, however its convenience means it will be around for a while. Video chat platforms seem to offer more. I know many grandparents who use it regularly to be part of their children and grandchildren's lives in meaningful ways. They love being able to see the grandchildren more frequently and watch them grow even though they don't live nearby.

In HT Level 2 we learn how to gather information and begin to create an energetic picture of what might be going on with

We are literally making our world at each & every moment through our actions, expression, & communication.

Anodea Judith
*Eastern Body,
Western Mind*



E-Connections Suggestions for the 5th chakra:

- Dare to be creative. Break from your normal routines & try something new
- Be honest with yourself & challenge your inner critic's accuracy & truth
- Notice what happens when what you're expressing is in harmony with your spirit
- If you talk a lot, try listening more. If you're usually quiet try speaking up
- Inspire yourself & others by communicating uplifting & healing messages

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**

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HTCanada@healingtouchcanada.net with
UNSUBSCRIBE in the subject line.

clients. Each of us has a unique way of interacting with others and that determines the degree of rapport that is established. When we're able to be open-minded and comfortable with what we're offering it's felt by others.

A friend and HTI-P (HT Practitioner) shared with me the impact the nursing staff had on her during a recent hospital experience. She learned firsthand the importance of connecting with clients and treating them as *individual, viable human beings with feelings and opinions*. When in a vulnerable state we can be much more sensitive to the manner in which we're spoken to, including the words used. While in the care of others, it's important to know our choices will be respected and that our opinion matters. This can be trickier when mental clarity is in question and health-care providers believe they're *doing the right thing* or *know what's best*. Why is it that many people treat elders as though they're young children who can't think for themselves or can't hear properly?

As energetic practitioners we centre and are present as we connect with our clients through the heart. This could mean connecting by looking them in the eye or perhaps touching them gently on the arm or shaking hands with the intention of connecting with their essence. We begin by seeing them as unique beings and convey that through our communication whether it be spoken or energetic.

It becomes a dance, with the practitioner gently taking the lead, as we gather information in order to set mutual goals and determine how to proceed. We're responsible for setting the boundaries around timing and staying present for the client as we listen for clues and gather information as they describe what's going on for them. We listen for metaphors like, "I feel scattered", "beside myself", "dragged down", etc. and also learn to observe how clients move. Paying attention to gestures, facial expressions and overall body language throughout the session adds to the energetic picture.

The language of metaphor may connect to unconscious issues and help the clients express what they are experiencing. Sometimes unresolved emotions cause physical issues that are more easily resolved when brought to awareness. (Healing Beyond Borders Level 2 Student Workbook)

Join us in focusing on the throat chakra this month. Check out the HTC Facebook page as Karen will be posting notices related to the 5th 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.