



# E-Connections with Healing Touch Canada, Inc.

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## Did you know?

**Ronda MacKenzie-Cooper**, of Cumberland, BC recently attended the Level 1 Instructor Training Class at the HBB Conference in Florida. We welcome Ronda as she embarks on the path to becoming a Certified HT Instructor. Have you considered becoming an HT Instructor? If so, check the HBB website for information.

If you can help organize a Level 1 class in your area let us know and we'll find an Instructor.

## E-C Suggestions - 6<sup>th</sup> Chakra

- Practice visualizing different things
- Experiment with guided imagery meditations
- Look for patterns in your thoughts/life
- Notice the colours you surround yourself with. Would choosing a colour you're not attracted to perhaps help bring balance to your system? Test it with something small at first.
- Connect with an image & pay attention to any feelings that arise.

*Live out of your imagination,  
not your history.*  
Stephen R. Covey

*You never change things by fighting the  
existing reality. To change something,  
build a new model that makes the  
existing model obsolete.*  
Buckminster Fuller

Hi Everyone,

As I was completing this newsletter on the 6<sup>th</sup> or brow chakra I realized how I'd engaged mine to put together a costume for the Halloween, *Dance Your Bones*, Ecstatic Dance I was attending that night. On finding wings at a thrift store recently I immediately thought of butterflies and the transformative journeys they have survived. Colour in my hair, funky makeup and a few accessories, together with tights, a rather form fitting dress and wings, created a fairy like butterfly that was moved by the Halloween themed music put together for that night. This form of dance asks that we connect with the music and allow the body to express, in less conventional ways, through movement. Wearing masks or dressing differently can dramatically change the experience as we tap into archetypal patterns.

The brow chakra is about light, colour, seeing, visualization, intuition, imagination, and more. It's where we perceive and make sense of things based on patterns and information we've taken in. As it develops the vision through our physical eyes can be heightened. We can become extremely observant of the physical world and access to psychic abilities, such as seeing auras, having precognition or remote viewing, etc. can change. Without balance in this chakra our insight is limited and we're governed by our illusions.

In *Eastern Body, Western Mind*, Anodea Judith names illusion as the demon of the 6<sup>th</sup> chakra. She describes an illusion as *a static image, displaced in the stream of time*. This makes it unreal. When we hold onto how we believe something should be, and not what it currently is, we're pulled out of present time and are unable to see it realistically. It takes a lot of energy to maintain an illusion and if we fixate on it we'll find ways to embellish it all around us.

Without recognition of our illusions, we're not even aware that we're making choices – our current behaviour seems the only option. As we see a larger picture and transcend our egocentricity we begin to find deeper meaning in everything. Illusions fall away and clarity develops.

We make our way through life by learning to recognize patterns. They reveal to us the identity of things, what they are, what they're for and how to relate to them. Often we only look at something until we recognize it and then we stop taking in new information.

*In the recognition of patterns, we find our way to insight. Insight is the ability to see within, the 'aha' of recognizing a pattern, seeing where it relates to the larger picture, seeing what it means. It is within the self that the information from our experiences has been gathering & is stored in our memory. It is only by seeing within that we can cross-reference that information & recognize meaningful patterns.* Anodea Judith



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

**Healing Beyond Borders  
20<sup>th</sup> Anniversary - 2016**

**dates & location of the 2016  
Conference to be announced**

**Check out the website at:**

**<http://healingbeyondborders.org/>**

*I believe in intuition & inspiration.  
Imagination is more important than  
knowledge. For knowledge is limited,  
whereas imagination embraces the entire  
world, stimulating progress, giving birth  
to evolution. It is, strictly speaking, a real  
factor in scientific research.*

Albert Einstein



HTAC members pay discounted HBB  
Membership fees & receive discounts  
on some HT classes.

Visit the website for membership  
details & other information.

[www.htac-jm.org](http://www.htac-jm.org)

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

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This can lead to a closing off of sorts as we've predetermined what we think we see. When the 3<sup>rd</sup> eye is open we can continue to look beyond that which is familiar and perceive deeper patterns and meaning.

Playing with my camera these past years has encouraged me to look more closely. I'm like a child filled with wonder when I slow down and look beyond what already seems familiar (whether it's through the camera lens, paying attention to people or looking more deeply into myself). Many times I put the camera down and simply sit and take in what is before me. The diversity in pattern, texture, colour, etc. is amazing. I'm surprised by what I've missed when I look at the photos on a larger screen later. Often there are shapes and patterns that were not visible until magnified.

Everything we take in visually impacts us on some level. Opinions and emotions are generated based on the information we have stored in memory. What do you see when you look at these pictures? Do they evoke any opinions or feelings?



They were done by *iPad Granny* who received an iPad for her 90<sup>th</sup> birthday 3 yrs. ago. She spends many hours painting with it, allowing shapes and images to find their way onto the page rather than trying to create or reproduce images as she did in the past. This brings her into the present moment as she plays with colours, shapes, and textures without expectations.

How can you get in touch with your intuition and imagination in new ways this month?

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

[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.