



E-Connections with Healing Touch Canada, Inc.

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Did you know?

It's important to consider our intention when doing HT with others. Practice communicating from a centred, openhearted space, no matter what's going on around you. Let your inner dialogue relax as you get curious and focus on the person you're working with. This helps to heighten our abilities to perceive energy or *listen to the field*.

Many students express their concerns around *not being able to feel anything* and are often pleasantly surprised as they relax into *'the work'* and begin sensing things.



© Angela Mattos

There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique. Martha Graham

Hello Everyone,

At this time of year I feel enlivened with the return of the green fields and lawns and the bursting foliage on the trees. I live in the countryside near Peterborough, ON and this morning as I walked around the yard the air felt alive with the sound of birds, frogs, bees and more. Lawn mowers and tractors hummed in the distance amidst the sounds of nature. Audible vibration surrounded me. The various birds and plants created a rainbow of colour and as I breathed it all in I could feel a settling and centring.

Being outdoors for longer periods of time recently I'm becoming familiar with the soundscape again. When a perceived predator is nearby the chatter changes to that of distress and warning that for some includes silence. It's pretty clear when a hawk's nearby as many of the birds start screaming and head for cover. So much is communicated through their calls and gestures.

Communication can be simple and yet often it isn't. There are times we think we've been really clear only to find out that what was heard was quite different from what was actually said or meant. Have you noticed how much our personal perceptions and state of mind influence our ability to be open and receptive when interacting with others? The way a message is delivered is only part of it. Think about it. I know that when I'm feeling stressed due to time restraints or fatigue my ability and desire to listen changes dramatically.

Last month there was a frenzy of activity with the HT Canada mailing list when changes were made by our web host that affected the E-list service we use. While we were told that everything would be transferred seamlessly, a key piece in the set-up that prevents everyone but HT Canada from posting to the list did not carry over. A message was automatically generated that led many to believe they needed to subscribe to stay on the list and presto, suddenly numerous emails were being sent to everyone on the list! We figured it out once we became aware of the issue but by then many were upset about their mailboxes being flooded or perhaps being exposed to a virus.

What an opportunity to experience the many ways we can react in a given situation! Once a notice was sent explaining what had



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*Our lives begin to end the day we become
silent about things that matter.*
Martin Luther King

E-Connections Suggestions-5th Chakra

- Stand on the grass in your bare feet and notice as the energy moves upward through your legs and into your torso. As it reaches the throat area allow it to give expression by making sounds, toning, singing, whatever arises.
- As you walk outdoors notice the soundscape. How do you respond to the various vibrations?



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To unsubscribe email
HTCanada@healingtouchcanada.net
with UNSUBSCRIBE in the subject line.

happened things shifted. For some, a few messages that were sent prior to the fix were delayed and when they started to receive them things got stirred up again. What stood out for me was the range of responses. Some immediately asked to be removed from the list or unsubscribed themselves, some expressed their displeasure, some were totally confused by the messages while others calmly commented that they figured there was a glitch we should know about, mistakes happen and they were happy when it was fixed - acknowledging the havoc it might be creating for us!



How often is there things going on in our daily lives that we feel challenged by? Do we express ourselves in ways that make it easier or more difficult for others to listen and communicate with us? When giving treatments are we remembering the importance of centring and connecting so we can be present with our clients? Does the same apply to how we receive feedback from others?

Something that comes up in classes and practice groups is how the talking of nearby practitioners and those on the tables can be disturbing to others. In fact, some seem to get really 'cranked' about it. Prior to a recent Level 1 class Coordinator Karen Stewart, HTI-P asked the following of Instructor Bev Worbets.

How do you handle training students to, no matter what's happening around them, stay centred, grounded and focused? Also, in practice situations, how does the one receiving be completely in receive mode and avoid letting anything disturb them? Bev's response was, *As Instructors or facilitators; I think we can only guide them by verbalizing and modelling the expected behaviour when doing HT with others. That is, always being respectful of others in the room. If a discussion needs to happen between students, they need to move to another room. It is off-putting to have anything too loud happening during a treatment. There often seems to be individuals who are challenged with this and don't realize how disruptive it can be. If that is the case, the group leader, **or anyone** could gently ask them to be quieter or leave the room.*

We can only stay grounded/centred to our personal abilities. This is where self-care, practice, and discipline come in, I think. Our brains are as good as the exercises we put them through and practicing all the wonderful things we continually promote (like meditation, exercise, sleep, good nutrition, joyful activities, etc., etc.) will hopefully create Healing Touch students who can deal with ANYTHING.

From Angela Mattos, CHTP with input from Karen Stewart, HTI-P.

Karen will be posting notices on the HTC Facebook page.
https://www.facebook.com/pages/Healing-Touch-Canada-Inc/214233035258327?sk=timeline&ref=page_interna