



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?

As summer begins to wind down and another school year begins, many of us change our focus. The fall is a great time to take classes, attend workshops and conferences and learn new things or review what we're already doing.

Have you considered attending the HBB Annual Conference in Colorado in October or the HTAC Conference in New Brunswick next spring? Both offer wonderful keynote speakers and breakout sessions. They're a great way to meet others in the HT community and experience the HT conference vibe.



Healing Beyond Borders
Educating and Certifying the Healing Touch™

Healing Beyond Borders 20th Anniversary – 2016

General Conference: October 6-9/16

early reg. discount until July 12th

Pre-Conferences: Oct 5-6/16

Instructor Trainings L1: Oct 3-5/16

L 2, 3, 4 or 5: Oct 5/16

Colorado Springs, CO

<http://healingbeyondborders.org/>

Our crown center focuses our attention on the spiritual meaning of life and begins to erase the imagined demarcation between what is spiritual and what is not. When our crown is open, we awaken to the understanding that all things are made out of the same universal mind stuff and that in fact everything is spiritual.
Sonia Choquette

Hello Everyone,

Have you ever noticed how life experiences can reflect our patterns? This summer I've been kayaking, as often as possible, with a friend on Stoney Lake in the Peterborough area. Given the time restraints I'm often under as the caregiver of my 94-year-old mother, the route taken doesn't vary a lot but the water conditions certainly do. At times it's rough and difficult to paddle but if it looks safe and no storms are imminent, we opt to go out. Simply being on the water is a gift. Since childhood, the beautiful pink granite of the Canadian Shield has been special to me, offering a strong sense of grounding. Stoney Lake is cradled by granite, providing a natural bonding of solid and fluid that evokes a release of tension, be it physical, emotional, or both.

Yesterday it was particularly rough with a strong headwind and larger waves on the way back. Each stroke seemed to move me just a few inches and I questioned whether I had the stamina to get to the next island where the water was calmer. Suddenly, water splashed into the boat and I started laughing as I realized that my resistance was working against me. Changing the angle of the kayak to meet the waves differently I started to paddle. The swaying and splashing was kind of fun given that it was a warm day and I knew I'd dry quickly once back on shore. By focusing on the water and how to work with it, everything changed. Ahh, life patterns. Can navigating the rough waters of life change in similar ways when we experience everything as being connected and move with it?

Stoney Lake – A J Mattos



E-Connections Suggestions - 7th Chakra

- Commit to a daily spiritual practice, starting with just a few minutes (see where that takes you)
- Find something that reminds you of your essence & brings your awareness back to centre when pulled by the dramas of life
- Make being kind to yourself a spiritual practice

Knowledge can be communicated, but not wisdom. One can find it, live it, be fortified by it, do wonders through it, but one cannot communicate and teach it.
Hermann Hesse



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

**Next HTAC Conference
April 28-30, 2017 – Moncton, NB
Start planning now to attend!**

*We are all family, &
the planet is our home.*

*Every person, place & thing on this
planet is interconnected with love.
I am at home in the Universe.*

Life supports me in every possible way.

*I feel safe in the rhythm &
flow of ever-changing life.*

Louise Hay affirmations

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This issue we're happy to share the following from Susan Wilby in ON who has completed HT Level 3 and plans to attend Level 4 in 2017.

I have been doing the self-chakra connection on a daily basis since I was introduced to it in Level 1 just over 3 years ago...and it has had an amazing impact on my life! I used to have to deal with getting a lot of headaches, including migraines, but since I've been doing the self chakra connection my headaches are few and far between; the weather has to be really bad and combined with a lack of sleep or heavy physical labour of my part for me to now get a migraine. Along with that positive change, my state of well-being has completely evolved to a level I never thought was possible just a few years ago.

Earlier this year I purchased "All is Well" by Louise Hay and Mona Lisa Schulz and compiled a list of about 12 affirmations that I would recite first thing each morning, silently on the bus coming home from work, and again before bed. A few weeks ago as I started my self chakra connection process, I was led to recite those affirmations in full in the first and last positions of the process. Doing so allowed me to be even more focused on what I was doing. But last week, I suddenly was led to simply repeat a single affirmation over and over at each position. By the time I got to where both hands were on my hips, I could feel an aliveness, tingling, buzzing in both my legs. It was amazing! Additionally, since I have chosen 12 affirmations for my own purposes, when I ran out of them part way through the connection process, I was led to repeat my own self-love, self-care thoughts. Combining these two processes so totally raises my vibration level and leaves me in such a wonderful state of grounded peace.

If you're not already doing the self chakra connection on a daily basis, I thoroughly encourage you to give it a go. I truly believe that once you feel how much your well-being has improved with this simple process, you won't miss a day of doing it again. And once you add in repeating affirmations – whether they're from the "All is Well" book or are your own – you'll be amazed at how easily you've raised your vibration level!

*In healing peace, love and light,
Susan Wilby*

There are numerous paths on the journey of wholeness. It's important that we each find a way that's a good fit as we navigate our daily lives. We'd love to hear what works for you!

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

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