



## *E-Connections with Healing Touch Canada, Inc.*

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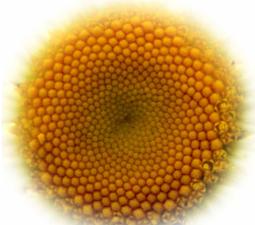
[www.healingtouchcanada.net](http://www.healingtouchcanada.net)

### **DID YOU KNOW?**

In a press release June 3/11 the Ministry of Health announced that five new InspireHealth integrated cancer care centres will open as part of Healthy Families BC. This includes a virtual one in Vancouver to serve rural and remote parts of British Columbia. One-time, start-up funding totalling \$2.5 million has been allocated. (Thank you to Brenda Piquette for letting us know this integrated approach to cancer care is expanding in BC.)

Healing Touch is listed under Energy Work on page 74 of the [Integrated Cancer Care Guide](#) published by InspireHealth.

Healing Touch is also listed as one of the [Wellness Therapies](#) on Dr. Andrew Weil's website. (Thank you to Brenda MacLoon in NB for this information.)



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Healing Touch Association of Canada (HTAC) members are eligible for substantially reduced membership fees with Healing Touch International. [Click here](#) for HTAC membership info.

Dear fellow energy workers,

Going back as far as I can remember, this time of year propels me to be outdoors as often as possible to enjoy the warmer weather and outward movement reflected in nature around me. Perhaps it's because I was born in June and this is a familiar time for a change of environment.

Although I reside in a rural area surrounded by farmland and forests, I am acutely aware that our increasingly high-tech world seems to be taking us further and further from the natural rhythms of life. We are losing contact with the ancient ways that nurtured our core & connected us with our personal power. (Power referring to "power to" rather than "power over".)

The function of the 3rd chakra is will/power. It is one of action, related to vitality, connection and the element of fire. A balanced 3<sup>rd</sup> chakra can take what appears to be separate and integrate it.  Recognizing extremes and finding the point of balance can transcend polarity in this chakra.

*"The energy and fire in our bodies reflects our ability to **combine** with the elements around us, for fire is a process of combination and combustion... Only in a dynamic state of interaction with the world can we keep up the movement and contact that feeds our fire and zest for life."* Anodea Judith, *Wheels of Life*

Giving attention to the 3<sup>rd</sup> chakra and our relationship with power can be quite revealing. Where are you at in respect to your 3<sup>rd</sup> chakra? Do you fear power or wield it over others, or

Conference Memories - Judith Urquhart, BA, BEd, HTCP/CHTP, Whitehorse, Yukon  
HTAC 2011 Conference Chair

After 2 years of conference preparation, it is surprising how quickly everything has been finished off. The bank account has been transferred, the photos exchanged, the last emails sent, but the memories of what a really fun time we had continue. We came together from across the country and even from the U.S. As we sat and talked, shared experiences, danced and laughed we were like family. What a wonderful feeling to take home.

Visit the HT Canada website:

Level 1, 2 & 4 classes have recently been added to the website.



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Visit HT International's website:

International class postings  
Information on HTI

[HT International's 15th Annual Energy Healing Conference & Instructor Meeting](#)  
[Creating Wholeness on Earth](#)  
[October 20-23, 2011](#)  
[Hawaii](#)

can you be in flux as you interact with the world around you?

I have a *checking in* practice that is really helpful for connecting with my inner state – a combination of the physical, emotional, mental and spiritual. Am I in touch with the present or entangled in the past and future? Breathing deeply I scan my body and energy field from bottom to top and top to bottom. The degree to which I feel open and receptive informs me of many things. At times, all it takes is several full body breaths to re-centre. If I have been swept up by my thoughts or emotions it helps to do some [Three-Part Yogic breathing](#) and spend time going deeper into what is distracting me from being present.

Breathing in this way brings more oxygen into the body aiding in digestion, assimilation of nutrients, removal of waste products from the cells and reduction of stress. It can be done anywhere and the benefits are well worth the time.

What action are you taking to support this chakra? Are you embracing the transformation it can bring and radiating that to the world around you?

Angela Mattos, CHTP

On behalf of HT Canada, Inc.

If you have questions about HT please send them to [HTCanada@healingtouchcanada.net](mailto:HTCanada@healingtouchcanada.net) & we will get them answered by the appropriate persons. We welcome your feedback & HT news or stories for E-Connections.

[Click here for printer friendly version of E-connections #17 July 2011.](#)

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