



E-Connections with Healing Touch Canada, Inc.

RR#2, Warsaw, ON K0L 3A0

705-652-0506

www.healingtouchcanada.net

DID YOU KNOW?

HT Canada has a weblisting for Certified Healing Touch Practitioners in Canada? If you are looking for a CHTP for yourself or to refer a friend or client go to: [Certified HT Practitioners](#)

If there is any great secret of success in life, it lies in the ability to put yourself in the other person's place and to see things from his point of view - as well as your own.

Henry Ford

Congratulations to Lisa Hickey of Prince George, BC who has recently begun her journey on the Instructor path.



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If we don't believe in freedom of expression for people we despise, we don't believe in it at all.

Noam Chomsky



[click here for HTAC information or to join.](#)

\$25 Newsletter subscriptions available - Three twelve page newsletters to keep you updated on what is happening in Canada.

Dear fellow energy workers,

How often have we all refrained from speaking out or asking others for assistance for fear of their reactions or responses? Speaking with clarity and compassion is a fine balancing act that requires us to be connected to our bodies, while aware of thoughts and conditioning. Ah, balancing the throat chakra. Many thanks to Elizabeth Durham for sharing part of her HT journey with us this month. By staying true to her passion she is noticing how her community is slowly opening to HT.

Elizabeth Durham, BA, HTI-PA

I returned to this small village of Meldrum Bay (29 full time residents) on the far west end of Manitoulin Island, ON in 2009 after taking the first three levels of Healing Touch in Tucson, Arizona, wondering how I could continue my learning and work towards certification. I was committed to the pathway, having seen and experienced its effectiveness during the last stages of my husband's long illness. HT had eased his pain and his transition and given me the energy to keep on doing what I had to do.

Fred and I had begun going to the desert in the mid-90s because of his advancing COPD, when he could no longer breathe at freezing temperatures. In 2006, a series of events led us to the Healing Touch practitioners at Grace St. Paul's Episcopal (Anglican) Church in Tucson. After Fred's death in November 2007, I felt called to help at the drop-in HT clinic. The opportunity arose to take Level 1, and being committed to this journey I went on to Level 2 then Level 3 just before I drove back up here in April.

At the May meeting of the UCW of the Manitoulin Western Pastoral Charge I made a presentation. (Meldrum Bay, Silverwater and Elizabeth Bay) Since we are few, several Catholic ladies and the Anglican women also attend, so I had an audience of 14. The women showed great interest...however nobody was open to receiving HT. But, once the summer people began to arrive, several of them were open to my offer and very supportive of my work. I managed to find a way to fly out to Arizona in July for the Level 4 class at Payson and came back "charged up". Once more, the cottagers were my supporters.

Living in a close knit rural community where most of the people are related I have been like the grass growing up

Visit the [HT Canada website](#):
Level 1 classes have recently been added to the website.

Reminders:

Register early for upcoming courses to receive the early registration discounts.

[Early registration deadline for Level 5 class in Prince George, BC is Sept. 1, 2011.](#)



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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](#)

I see dance being used as communication between body and soul, to express what is too deep to find words for.
Ruth St. Denis

If you have questions about HT please send them to 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 #19 Sept 2011.](#)

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through a crack in the pavement with my sharing of HT. (I hum to myself, "this little light of mine...") While trying not to be a pest about it, I take what opportunities I can to explain about the human energy system. When someone complains of a pain, I offer HT - sometimes just a smile and a gesture of open hands, or "maybe I can help". Slowly, my neighbours have become more receptive of the *idea* of Healing Touch; more often now, my offers are accepted.

Meanwhile, I work towards certification, doing my reading and writing assignments, daily self-care and meditations. Most of the people I started HT with in 2009 are already certified, but I have not been in a hurry. By the time I'm ready for certification, I want to really, deeply *know* the work. I am growing more and more confident.

Last summer, after waiting for the right time, I made contact with an Elder of the nearby first Nations community. I have been very upset by the suffering of these neighbours and wanted to offer Healing Touch as a way to bridge the mistrust between our communities. I was asked to make a presentation to the staff of the Sheshegwaning First Nation Health Centre, and then invited to use the examining room on Friday mornings, to hold a drop-in HT clinic. This has been very enriching for me, and I am extremely grateful for the opportunity to offer my HT skills in this way.

Last month the Great Lakes Cruising Club held its annual Rendezvous in Gore Bay. As GLCC Port Captain for Meldrum Bay, I was on the committee. When they were looking for a topic for a different kind of seminar, I offered to speak on HT and show some techniques which could be used as an adjunct to first aid. I contacted Elizabeth Lusby for permission to include her excellent article using sailing as a metaphor for life (E-Connections #16). In addition, all 85 crews registered for the 5 day event were given an HTI pamphlet in their "goody bag". There was a great deal of interest, even among those who didn't attend the seminar. I had positive feedback from those who had tried a technique and had good results. Most said they were keen to learn more about HT, or seek out a practitioner near their home.

Meldrum Bay had a Spring Fair in June, so I set up an informational booth (in my screen tent), with books and some of the HTI pamphlets on a card table. I offered chair sessions and had some "takers", including a young man, at a transitional point in his life. He had suddenly felt compelled to drive west 2 1/2 hrs from Little Current, where he had come to do business. He said that when he saw me, he knew why he had come, though he had never heard of HT. It's that sort of experience which convinces me I'm on the right road.

Angela Mattos, CHTP
On behalf of HT Canada, Inc.