



E-Connections with Healing Touch Canada, Inc.

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DID YOU KNOW?

Healing Touch is offered in many countries around the world. Earlier this year Yong Tang MD, CHTP received word that her proposal was approved for an HTI - China office in Cheng-Du. Yong envisioned a place where she could share Healing Touch, by offering sessions, introductory classes and workshops, as well as collaborating with other wellness organizations there. For more on this see the 3rd Quarter HTI Perspectives.

Sandra Coutts, MSN, RN, CHTP (Milton, ON) has been appointed to the HTI Board of Directors as the International representative. Congratulations Sandra! Her term begins at the HTI conference in October, 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

Dear fellow energy workers,

As the seasons change and many return from summer routines there are numerous HT classes taking place across Canada. Deepen your skills or attend to some self-care by immersing yourself in a supportive, healing environment – repeat a Healing Touch class or continue on with the next level. Many travel to other HT communities to experience a change of scenery and make connections and life-long friends at classes. Check the website for upcoming HT classes and other workshops.

This month our focus is on the 6th or brow chakra. It's a centre related to knowing, perceiving, seeing & intuiting, where we can go beyond physical seeing and enter a timeless dimension.

To enter this dimension step back and observe the chattering mind. Throughout the day, practice insight meditation. Watch your mind as though you were outside of it. Witness your passing thoughts & know them as 'thinking'. Without judging them simply observe. Imagine your mind as a clear sky with clouds or different kinds of weather passing through. Although the weather changes it's all just weather moving through.

Notice your inner chatter or stories. Connect with how you are being incongruous. Find those places where your actions don't quite live up to your lofty ideals and expectations, then look deeper. Seek the truth within by being honest with yourself.

Coming to terms with your values and then living them, will enable you to introduce a new degree of integrity into your life. For example, how often do you keep your word?

We can have the most amazing ideas but until they are moved into the physical realm they are only ideas. You can support your dreams by setting attainable goals for both you and your clients. Encourage yourself and the people around you to take action in small ways as you move toward your



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

HTAC members pay discounted HTI Membership fees.

The April 2013 HTAC Conference will be in Quebec City, PQ.



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People say that what we are all seeking is meaning for life. I think that what we're really seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonance within our innermost being and reality, so that we can actually feel the rapture of being alive.

Joseph Campbell

[Visit the HT Canada website: www.healingtouchcanada.net](http://www.healingtouchcanada.net)

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.

take action in small ways as you move toward your vision.

In *Earth Medicine* (p. 84 –85) Jamie Sams says: *Feed your strengths and you will flourish. Support your trivial weaknesses and you will languish while your shadow flourishes and becomes strong. When we pick on ourselves, the shadowy sides of our natures are given strength. This misuse of our freewill allows the shadow side to feed on our usable life force, inviting disaster. When we continue to express ourselves freely, using our strengths to direct our efforts, we find balance and essential wholeness. When we support what is most creative and positive within us, and refuse to give in to anything that weakens our resolve, we find new strengths available, flowing unaided into our beings. This is Divine Law. What side of your nature have you been feeding?*

Does the Shadow Carry Clout? Yes - and we give it clout. When people lose sight of their positive, honest intent and opt to feed the shadow, they have much healing to do before they can come back to balance.

As part of a daily morning practice to balance the chakras, Carolyn Myss suggests the following for the brow chakra ([click here for the full practice](#)):

- Allow 'Seek Only Truth' to penetrate your body
- Focus your attention upwards to your mind - the world behind your eyes.
- Go beyond the limits of the rational mind and accept the Divine's Plan for you.
- Prepare your mind to enter the day feeling good and not generating illusions, false truths or fears.
- For today, release old grudges, beliefs, attitudes and patterns that no longer serve you.
- Remember that everything in your life is there for a reason and to teach you truth.

Share the truth (light) of your being with others and watch the light grow.

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

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