



# E-Connections with Healing Touch Canada, Inc.

RR#2, Warsaw, ON K0L 3A0

705-652-0506

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

## Did You Know?

Congratulations are in order for Bev Worbets, RN, BA, CHTP/I, Comox, BC who recently completed her training & has been accepted as an HTI Level 3 Instructor.

HTC is on Facebook now.  
[Click here to check it out.](#)



If you are in the Ottawa, ON area & would like to connect with other HT students please contact [John Wenuk](#). John is in the initial stages of organizing a Level 1 class in Ottawa.

Healing Touch Canada, Inc (HTC) the Canadian Healing Touch Foundation (CHTF) & the Healing Touch Association of Canada (HTAC) are three separate but affiliated organizations.



HTC is an educational institution that has been offering the HTI HT Certificate Program since 1996. HTC was incorporated Sept. 1993.



The CHTF is a non-profit charitable organization created in 1995.



In Oct. 2002 the HTAC was created as a membership organization.



Painting by Susanna Bany, CHTP Mississauga, ON

Dear fellow energy workers,

Beginning in HT Level 1 we are asked to practice, practice, practice, in order to develop our awareness of energy fields. After a while, the implications of the energetic component can become a familiar perspective as we move through our daily lives and experience it firsthand. Deepening into this practice, it becomes evident that while we may have been drawn to HT in order to help others, ultimately our own state of being is a major factor and deserving of our attention in order to mature as a healer.

Personal trainers, life coaches & spiritual directors are commonplace for many but do they include the energetic aspects for you? If not, consider applying things you learn about energy work to these other areas.

This month we're looking at the sacral or 2nd chakra. Located in the lower abdomen it is connected with the water element, governing the fluids in the body as well as emotions, sexuality, pleasure, movement & nurturance.

In *Wheels of Life*, Anodea Judith says "emotions (from the Latin *movere* 'to move' and *e*, meaning 'out') are the evolution of consciousness through the body. When we emote, we are moving consciousness through the body – out into the world so they might alter the situation. This flow of consciousness feeds the body, cleanses it, heals it. It's a flow of our life force through which we achieve change. We are back to the basic elements of the second chakra, movement and change."

This month we are adding a section with practical tips or suggestions to use as appropriate in your personal practice or perhaps suggest for your clients. It's about making energy connections that support, nurture and inspire us. Check it out!

## **HTI Conference by Catherine Awai, BEd, CHTP/I – continued from last month.**

Our instructor meeting was a day of connection to Hawaiian culture and healing practices. Haunai Lakama, nurse, consultant, researcher and practitioner of the spiritual lifestyle of La'au Lapa'au gave an excellent Hoonalu or guide to the spiritual practices of her culture.

HTAC members pay discounted HTI Membership fees.

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

**E-Connections Suggestions**

Practical Tips to support the 2<sup>nd</sup> chakra:

- Have a refreshing shower or soak in the tub. Experience the gifts of the water element as you connect with it.
- While drinking water throughout the day be aware that you are replenishing the water element within your body.
- Use a salt lamp in a darkened room to experience the positive ions & beautiful orange hue.
- Dance to facilitate the movement of emotion through the body

*To understand water is to understand the cosmos, the marvels of nature, and life itself.*

Masaru Emoto  
*The Hidden Messages in Water*

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



Catherine Awai, BEd, CHTP/I in Hawaii  
 © Ron Awai

Visit the HT International website  
[www.healingtouchinternational.org](http://www.healingtouchinternational.org)

2012 HTI Conference  
**Healing & the Path of Infinite Potential**

Broomfield, Colorado.  
 September 27-30, 2012

She spoke of the principles, expectations and training of her discipline and of the importance of retaining cultural practices in context as they are integrated into medical care.

The afternoon was an immersion into chant, song and ritual as Hawaiian elders and healers Kalani Hamm and a fellow healer led us into an experience of Ho'oponopono. We finished our day with connections to the land and water of the island and the fun of lei making.

Other highlights of the conference were the Hula presentation at the opening and the not nearly long enough workshop I attended on Lomi Lomi, working with a spiritual connection to the client through kneading. While it felt similar to massage it also felt more encompassing of body, mind and spirit and the relationship between the practitioner and receiver. We each offered and received the head and shoulder treatment and it was delicious!

On Monday Ron & I spent the day traveling to the other side of the island for an encounter with Pele, the goddess of the volcano. Although relatively quiet at the moment we were able to learn about the geological history of the area and feel the awesome energy beneath our feet. We completed the day with a walk through a lava tube that once had molten lava flowing through it.

Mahalo to all  
 Aloha, Catherine

As 2011 comes to an end many of us are reflecting on the past year and visioning for the coming one. In this process, may we remember to be still long enough to feel the flow of life physically, emotionally, mentally & spiritually. As the adventures of 2012 begin, ask the question, how can I deepen my Healing Touch roots? then be open to the answers that show up. Our hope is that the E-Connections newsletter will help by providing articles that encourage and support your journey.

All the best for the New Year. May it be filled with love and laughter as we remember that we are energetic beings!

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. We welcome your feedback & HT news or stories for E-Connections.

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