



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

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

### Did You Know?

Congratulations are in order for:

Newly certified instructor Kathleen Smythe, RN, BSc, CHTP/I Christina Lake, BC

Newly certified practitioner Chantal LeCouteur Morais, RN, CHTP Lakeville, NB

Several classes have recently been added to the schedule:

Level 4 Memramcook, NB Oct. 11-14, 2012 with Catherine Awai, BEd, CHTP/I. [Check the website to see the full schedule.](#)



Sunflower  
© Karen Stewart

If you are ready to take the next Level of HT but haven't seen any classes listed for your area please let us know and we'll see if there is sufficient interest to run a class. We'll notify you when a class is scheduled.

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

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Dear fellow energy workers,

It was an interesting process for me this month as I struggled to find the words for this issue focusing on the 3<sup>rd</sup> chakra. While paying attention to my solar plexus, noticing the reactions of others and searching resources for the past few weeks, it seemed there was far too much to work with. I could feel the resistance growing within me, bogging me down. How appropriate as overcoming inertia is a task of this chakra. Focusing on what it was I wanted to convey enabled me to become clearer and engage my will to take action.

At times the simple act of getting up and moving around is enough to free up stagnant energy and break through a pattern of withdrawal and closing off.

In *True Balance – A Creative Guide for Chakra Well Being*, Sonia Choquette talks about how breath gives us life and is the source of our power. When we are feeling fearful it is helpful to place a hand over the 3<sup>rd</sup> chakra and breathe slowly & deliberately until we feel calm. Sonia relates this chakra to our willingness to take risks & ability to trust our intuition. Noticing how much anger or frustration we are dealing with and how peaceful we feel with our choices are ways of assessing the 3<sup>rd</sup> chakra. Our balance of power can be evaluated by how well we establish our personal boundaries.

When I am stuck in a rut and saying yes to things that I really don't feel good about doing it's a clear indication for me to practice taking time before I respond. This allows me to witness what comes up when I consider saying no. The reverse is true if I am frequently saying no – it's time to watch what comes up when I consider saying yes. Being honest with myself about my intention and motives reveals what is driving me in that moment. This allows me to determine what the priority is so I can maintain my personal power. Engaging this energy with integrity is quite different than having power over and manipulating either myself or others.

In *Defy Gravity (p 127)*, Carolyn Myss says, "Self-esteem, self-respect, and personal responsibility are centered directly in the solar plexus... The 'ingredients' that make up self-esteem are essentially the same ingredients that energetically contribute the most to your



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 3rd chakra:

- Break through inertia by either physically moving or by stopping if you are stuck in a cycle of doing too much.
- Light a candle and connect with the element of fire
- Use yellows in your office or workspace.
- Put some sunflowers in a place you will see them frequently
- Learn to belly dance

Correction from last month re: salt lamps. There are conflicting reports on the validity of the emission of negative ions (incorrectly reported as positive ions) however it is said that these lamps provide other benefits.



Yellow Bench © Ava Zaritzky

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

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health. Self-esteem is an integrated set of qualities that serve as positive-energy supply lines to your major organs. The absence of these qualities renders you emotionally and psychically powerless, regardless of how much education or status, wealth or external power you may have acquired." Carolyn goes on to say that these things will not protect us from what she believes is our greatest fear – humiliation. We will both fear others and crave their approval when our self-esteem is unbalanced. As we betray ourselves or compromise our personal power it creates stress and can lead to disease. In order to begin transformational changes we require self-esteem.

As I go deeper into the mysteries of what I know as myself it seems a never-ending journey. I have experienced first-hand the value of witnessing and eventually uncovering the restrictive belief systems that lie at the root of my fears. The release that happens as a result of this is what gives me the courage to continue on this path. A lack of self-esteem is rampant in our society yet each week I am meeting or hearing of individuals who are taking up meditation or other ways to better know the self. Why not join this movement so we can reach a critical mass, allowing it to infiltrate human consciousness?

Mentoring and being mentored are wonderful ways to get in touch with our sense of self and self-esteem. They help us to get familiar with our strengths and weaknesses and can be very supportive when entered into with compassion and patience.

At HT level 1 students are encouraged to participate in practice groups and establish peer mentorships. Between Level 4 & 5 it is a requirement that provides wonderful opportunities for learning the mechanics of HT and about ourselves.

Karen Stewart recently informed me that January is Mentorship month. Although the month is over, consider expressing gratitude to those who have mentored you during your lifetime. (Teachers, spiritual mentors, business mentors, etc.)

March 6, 2012 marks Healing Touch International's 16th Anniversary. Share the gift of HT in your community by celebrating HTI day this year. We would love to hear how you or your community will be participating on or around March 6th.

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.