



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

March 6, 2012 marks Healing Touch International's 16th Anniversary. Celebrate HT that day by connecting from your heart to the global HT heart, giving and receiving from there. Offer a treatment to someone that day!

As we become more comfortable with the viewpoint that we are energetic beings we begin to integrate what is offered in Healing Touch into our day-to-day activities. Consider the foundation you work from when giving a treatment and apply these principles to other activities – see if it makes a difference.

Several classes have recently been added to the schedule:

[Check the website for full schedule](#)



Viceroy on Echinacea
© Angela Mattos

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www.healingtouchcanada.net

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*And still, after all this time, the
Sun has never said to the Earth,
"You owe me."*

*Look what happens with love
like that.*

It lights up the sky.

Rumi

Dear fellow energy workers,

Being with the heart chakra for this issue I remembered my first HT class in Toronto with Janet Mentgen in 1990. "The work" as Janet called it, touched my heart and was a major catalyst of change for me. Healing Touch embraces the work of W Brugh Joy, MD and the importance of awakening and living from the heart. This is no easy task but the effects are far reaching.

As we clear out old patterning and raise our vibration, our inner guidance system, intuition and wisdom of the heart are more readily available. The Hara Alignment taught in Level 3 is a valuable tool for this.

Hara Alignment Meditation - 30 Day Challenge by Bev Worbets, RN, BA, CHTP/I Comox, BC

At the end of my level 3 "solo" class in November, I challenged the students and helpers to a 30 day Hara Alignment Meditation commitment. We seem to have so many different types of 30 day challenges in our communities these days and I thought it appropriate to try something that I know can be so very beneficial. After 30 days I reconnected with the class, eager to hear their results. It was interesting to read their responses and I thought, perhaps they would be inspiring for other Healing Touch students, so here are some of the comments:

- I experimented doing it both indoors and outdoors. I was a bit sporadic in my practice and have decided to go another 30 days! I have found that just going there in my mind is very helpful.
- I've been doing the Hara Alignment with some variations. I do the Hara Alignment in the mornings, standing on top of Thetis Lake hill.
- I've been doing the 30 day challenge and notice a deeper truth coming out of me. I speak more readily from my heart. A deeper awareness of what matters. I am loving the challenge. I do it early – if I forget I imagine it even in the car.
- Yes, I include the Hara in my meditation every day. It really is the foundation of our being.
- Yes, I did the 30 day challenge and I am continuing with the practice. I think I probably do a Reader's Digest condensed version ... I do it while I'm in the

HTAC members pay discounted HTI Membership fees and receive discounts on some HT classes.

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

E-Connections Suggestions

Practical Tips to support the 4th chakra:

- Do something that opens & lightens your heart (watch a beautiful sunset, spend time with children, watch a puppy or kitten playing, listen to music that moves you, etc.)
- Do an anonymous good deed
- Breathe in some high quality Lavender or Ylang Ylang essential oil or apply to your wrists & heart chakra
- Each week focus on one of the Four Attributes of the Heart



Compassion

Innate Harmony

Healing Presence

Unconditional Love

W Brugh Joy, MD

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Visit the HT International website
www.healingtouchinternational.org

2012 HTI Conference
Healing & the Path of Infinite Potential

Broomfield, Colorado.
 September 27-30, 2012

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shower every morning. Of interest to me is that I have been around a lot of sick people and a couple of times when I have begun to feel under the weather I have done the practice more than once a day and visualized the toxins leaving my body with positive results.

- The thing I have noticed is that I sometimes experience a sudden rush of heat, and then am wondering if it would be the kundalini energy... which I find fascinating!
- I've done the meditation faithfully every day since our class, even the morning of my surgery before we left for the hospital! When I first started to practice it (standing) I would hold my left hand in front of various chakra with a pendulum in my right hand. Generally, it just hung there. After the meditation I would repeat the pendulum and wow, it would look like a helicopter taking off! I couldn't believe the intensity of the spin and it always happens.
- I have been faithful to the 30 day Hara Alignment challenge and I find when I've done it, I feel a very powerful, grounded, centered and loving feeling - almost instantly. I prefer doing it first thing in the morning, but I have practiced it at various times and places and in various positions, even lying down. It is a perfect way to begin one's day! Very powerful. Life changing, really.

The Hara Alignment is a perfect & powerful way to clear & open one's energy field which then allows a deep infusion of loving energy from both Mother earth's grounded energy & universal divine loving energy. I certainly feel this following the Hara Alignment and relish basking in that flow of loving energy.

I hope these comments encourage you to incorporate the Hara Alignment Meditation into your practice and if you don't know what it is...take level 3, you will love it! Namaste, Bev Worbets

Thank you to Bev and the Level 3 students who engaged in this practice.

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

If you have questions about HT please send them to HTCanada@healingtouchcanada.net & we will get them answered. We welcome your feedback & HT news or stories.