



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

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## **DID YOU KNOW?**

HT qualifies for Continuing Education credits for massage therapists in BC (College of Massage Therapists of BC) and ON (College of Massage Therapists of Ontario).

Eric Forgues, HTI-P, *Université de Moncton* published "[Methodological Issues Pertaining to the Evaluation of the Effectiveness of Energy-Based Therapies, Avenues for a Methodological Guide.](#)" in the Berkely Electronic Press *Journal of Complementary and Integrative Medicine*: Vol. 6 : Iss. 1, Article 13.

Healing Touch International (HTI) has made revisions to their Scope of Practice. [Click here for new Scope of Practice.](#)

HTI Perspectives in Healing: The inspiring 1st quarter 2010 issue of this publication is available to everyone as a free download as part of HTI's service to the public. [click here to DOWNLOAD NOW.](#)



*The 2nd Story Women's Centre* in Lunenburg, NS has 4 practitioners from different modalities offering energy work once a month each. Jennifer James, HTI-PA offers Healing Touch as part of her community service.

Hello Everyone,

Last month we touched on a few of the reasons for coming together in community. This month let's consider our relationship with ourselves and others by reflecting on the following:

- What brought you to Healing Touch and attracts you to energy work?
- Has this changed at all since you took Level 1? If so, how?
- Is there any connection between your initial or current motivation and how you engage with the HT community?
- Are the activities of your local or general HT community currently of value to you? If yes, how? If not, why not?

When the reasons for being involved are ones that meet our needs in a supportive way, we feel nurtured, empowered, joyful, etc. As awareness of *what our needs might actually be* increases, we become more grounded and able to see more clearly what is happening within. When we balance our energy fields, we contribute to an environment of support not only for ourselves but for others as well. Having a regular meditation or centering practice helps to realign our energy and eventually our awareness changes.

I remember Janet Mentgen saying that when you are studying a discipline, stay with it for a while before learning something new. She would often recommend in class that students practice a technique 100 times to become familiar with it. Please consider doing a self-balancing technique and then journal what motivates your various responses and decision making. Repeat this as often as possible over the next 30 days. As you deepen your practice notice what happens.

This exercise can lead to building our capacity for compassion and the honouring of self & others. When our own choices are clear, we can be more available to support others in their decisions.

## **HTI HT CERTIFICATE PROGRAM**

The HTI HT Certificate Program provides different opportunities at each level. ([To download the actual curriculum click here.](#))

- Level 1 is the foundation and teaches basic techniques.
- Level 2 puts things together for a treatment & adds more techniques.
- Level 3 is for many a big step with its focus on deepening & development as a healer.
- Level 4 is held in a retreat setting & prepares the student to become a Healing Touch Practitioner & establish a practice setting. Homework is given at Level 4 which supports the process of deepening & growing in awareness as a healer.

Visit the HT Canada website:  
Recommended Reading List & link for online purchases (a portion of the proceeds from these purchases goes to HT Canada for Canadian HT development.)

A list of the upcoming Canadian HTI classes

Blog with information on various topics

Visit HT International's website:  
International class postings  
Information on HTI

HT International's 14th Annual  
Energy Healing Conference &  
Instructor Meeting  
*Healing, Transforming and  
Expanding Through the  
Gateway of Light*  
September 9-12, 2010  
Marriott St. Louis Union Station



*There are two primary choices  
in life: to accept conditions as  
they exist, or accept the  
responsibility for changing  
them.*

Denis Waitley

*The pursuit of truth and beauty  
is a sphere of activity in which  
we are permitted to remain  
children all our lives.*

Albert Einstein

- Level 5 is a time of celebration and completion. Moving through the year of homework from Level 4 to 5 offers a rich experience whether or not one intends to become a Certified Healing Touch Practitioner. Completion of Level 5 is a reward of its own.

A Healing Touch International Practitioner (HTI-P) has completed the 100 contact hour preparation coursework within Levels 1 through 5 and has received a Certificate of Completion issued by Healing Touch International.

### **Upcoming Level 4 & 5 HT Canada Sponsored Classes**

- Level 4 Alma, NB Thurs Sept 30 – Sun Oct 3, 2010  
\$50 early registration discount until: July 22/10
- Level 5 Toronto, ON Thurs Oct 21 – Sun Oct 24, 2010  
\$50 early registration discount until: Aug 26/10
- Level 5 Dieppe, NB Thurs Nov 18 – Sun Nov 21, 2010  
\$50 early registration discount until: Sept 23/10

### ***HTCONNECTS onelist*** – Roxanne Higgins, BA, CHTP

HTconnects is an online group that has been facilitating support & keeping members of the HT community connected for ten years. It was started by Roxanne Higgins (list moderator) to create & foster community for HT'ers & help them stay linked in to information from HT & the greater healing community.

The list continues to fulfill its original purpose as we each travel through our healing journeys. It is a great space to share information on workshops, meetings & practice groups as well as information from the official HT organizations. HTconnects has given members in smaller healing communities a support network. It has functioned beautifully as a way to "just do the work" through online requests for distant healing & answering healing related questions.

The membership has hovered at about 50 people for a long time & the volume of posts is very low compared to other lists, so it is easy to be a member without greatly adding to your time in front of the computer.

The group is open to healing professionals who have taken at least one course in a healing modality – while Healing Touch is what brings us together, we have practitioners from other modalities linked in as well.

The list status is private, so viewing of the posts is limited to members. This helps create a safer environment.

If you would like to join this well established, supportive group email [roxanne.higgins@sympatico.ca](mailto:roxanne.higgins@sympatico.ca). Tell her how you heard about HTconnects & what your latest healing modality course was, & you'll be part of this group of awesome healing practitioners.

Celebrate HT by sharing it with yourself and others,

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