



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

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### **DID YOU KNOW?**

**Myra Tovey**, RN, BS, CHTP/I, HN-BC, one of the four founding nurses of Healing Touch, studied extensively with W Brugh Joy, MD. She was instrumental in Brugh's heart-centred work being included in the HT program. Myra has created a lovely CD called *Meditations from the Heart*. It includes *The Awakened Heart*, a guided meditation on the Four Attributes of the Heart as well as the *Heart to Heart Meditation* and a 5 minute basic centering for those who are just learning to center. ([For more details click here to visit Myra's website.](#))

The Four Attributes of the Heart  
compassion  
innate harmony  
healing presence  
unconditional love



The **Canadian Healing Touch Foundation** (CHTF) was established in 1995 as a registered charity to receive and distribute funds to assist, encourage and advance the philosophy, objectives and techniques of Healing Touch.

The CHTF is currently looking for board members and supporters to fulfill their mission. For further information contact:

Susan Atkinson, Moncton, NB  
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Hello Everyone,

Each time I go outdoors I am grateful that I live in the countryside. My senses are stimulated by everything that spring has contributed to bringing forward and my heart opens. How appropriate that this month we are focusing on heart-centredness. Something that is easy to think and talk about but more difficult to actually be! How often do we 'think' we are coming from our hearts only to realize some time later that we were actually attached to an outcome? Connecting with the compassion and innate harmony of the heart can change our relationship with our experiences and foster a gentler approach to how things are. Many thanks to Rochelle Graham, a former senior Certified Healing Touch Instructor, for sharing some of her heartfelt experiences with all of us.

*Noticing with the Heart* - Rochelle Graham, RPT

Sitting at my computer, getting ready to write about the heart, I feel humbled. The more I learn about the heart, the more I realize how little I know. The heart is a Universe unto itself and just as I gaze at the stars and acknowledge their beauty and mystery, so I reflect on the heart chakra. I know that I will be learning about the heart for eons.

I do remember when my heart chakra opened to a new level. I was on Salt Spring Island, sitting on a bluff overlooking the ocean. I felt what seemed like an atomic bomb going off in my chest and was sure that the whole world had felt it. Later, in describing this to Janet Mentgen, she affirmed that indeed that is the experience of the heart opening to a whole new level.

Not long after that I had an experience of profound Divine love, which was beyond words, beyond knowledge. The experience was so powerful that it changed my life and gave me a new passion for my life's work. This is also the power of the heart; people are changed with new gifts for the world.

When I am in the mode of 'healer' I am aware of the heart at work. I notice that my head is not in charge, I notice that I am simply allowing a greater wisdom to

*Your task is not to seek love,  
but merely to seek & find all the  
barriers within yourself that you  
have built against it. Rumi*

If you have recently taken your first Level 1 HT class welcome to the community! This monthly E-Connection is sent with the intention of sharing information and news and providing links within the HT community across Canada. Many areas have active practice groups. See the HT Canada website for contact



information and 12 Reasons to have or be part of a Practice Group.

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

*Eventually you will come to  
understand that love heals  
everything, and love is all there  
is. Gary Zukav*

work and I notice that there is such joy spilling through my field that my only response is gratitude.

I notice that clients instantly recognize the heart energy in a healer. The client knows they are safe and their unconscious mind is willing to reveal stories that are hidden. The body memories will surface and grace moves in to fill the space, restoring wholeness.

My friends, who are heart friends, are never far away, even though over time and distance, we have not seen each other for many years. When the heart is the bond, we are one!

The physical heart mirrors the energy heart centre. It receives and releases, with no fear of not having enough. Just prior to releasing, the heart receives enough to be nourished. The heart's goal is to provide the whole (body, world) with light, nourishment and what is needed to thrive. The heart does not collect, store or hoard. In giving, the heart receives.

What I know for sure is that when my heart is connected to the Divine Heart, however you name that greatness, and I am totally present to another, then the Divine communes with itself using two human beings as instruments and we are forever changed.

(Rochelle is currently living on a sailboat near Victoria, BC, loving the great mother, the ocean. She works as a physiotherapist, serving elders and doing healing work when her heart calls her to it.)

If you have questions about HT please send them to [HTCanada@healingtouchcanada.net](mailto:HTCanada@healingtouchcanada.net) and we will get them answered by the appropriate persons. We welcome your feedback. Please send your HT news or stories for E-Connections.~

Celebrate HT by sharing it with yourself and others,

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