



E-Connections with Healing Touch Canada, Inc.

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DID YOU KNOW?

We in the Canadian HT community are connected by what began in 1990 when Alexandra Jonsson invited Janet Mentgen to teach the first Canadian HT class in Toronto, ON.

Alexandra was so inspired by that class that her passion for HT was contagious as she networked with people across Canada. In 1991 Susan Morales and Rochelle Graham were ignited and soon HT was offered in Vancouver and other parts of BC. It wasn't long before HT had spread from coast to coast.

Please join us in celebrating the 20th anniversary of HT in BC as we honour the passionate pioneers who contributed by planting seeds, nourishing the soil and shining their light so the roots of HT could be established in Canada.



**Celebrate the
20th Anniversary
of HT in BC by
radiating your light**

Hello Everyone,

Last month we put forward the question, What is Healing?

Mary-Cathrine Campbell, BA, RN, HTI-P, of Oshawa, ON shares her thoughts:

“When I think of healing, I think of it as the optimum response/outcome to some type of "dis-ease" within an individual. Early on in my nursing career, this concept centred around physical illness and its causes... infection, accidents, congenital problems to name a few. Over the years, I have come to believe that "dis-ease" encompasses *emotional, intellectual* and *spiritual*, AS WELL AS *physical* components of our beings. So, for me, healing now must encompass these four aspects of our nature.

It is no longer just a matter of setting a broken bone, for example, or of having surgery. The person affected by the disease process will experience a deeper level of healing by taking responsibility for his/her health; making changes that will affect these aspects of our nature in positive ways. The obvious one to me, is having a cancer patient coming in for chemotherapy who is still smoking! We often will gently explore the various health problems smoking is directly related to: cancer, cardiovascular disease and other lung diseases such as emphysema and how reducing/quitting the amount of smoking will have a positive effect on their treatment/health.

From our Healing Touch we have learned about the emotional impact of negative feelings such as anger and fear. Choosing to "Do the Work" of releasing these negative energies from our lives only enhances our daily experiences and deepens our healing on the physical plane. We become more able to live fully in the moment, radiant and joyful.”

For many, attending an HT class, receiving or giving a treatment can open doors that are life

The next Healing Touch Association of Canada (HTAC) Conference is in Whitehorse, YT April 29 - May 1/11. visit <http://www.heartofthenorth.ca/> for details.

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



photo by Linda Riesterer

Visit HT International's website:

International class postings
Information on HTI

HT International's 15th Annual
Energy Healing Conference &
Instructor Meeting
Creating Wholeness on Earth
October 20-23, 2011
Hawaii

If you have questions about HT please send them to 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.

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changing. Everyone's experience is different yet on some level there is a recognition of the profound level of connection that occurs. Being an active co-creator of a local or larger community of individuals who have walked this path can assist in the awareness and experiencing of what those connections offer.

Alexandra Jonsson, RN, BScN, CHTP/I has taught and practiced HT for over 20 years because of the foundation it is built on. She believes that the HTI Code of Ethics/Standards of Practice for Healing Touch Practitioners are good basic principles for governing our lives if we look at them from a generic perspective.

In a recent conversation with Bev Worbets, RN, BA, CHTP/I we discussed what keeps people coming back to HT. Bev mentioned hearing a CHTP quoting her mentor who said "I am the best person I will ever be when I am doing HT." It still touches Bev deeply when she recalls this and resonates with its truth.

When we align with the foundational truths of Healing Touch we are called to be the best that we can be as we radiate that for others. What an amazing gift that is!

Over the next year we would like to encourage a conscious uplifting of the vibrations on this planet. One way to activate and share this is through images and words that are healing and bring a sense of community and wholeness. We'd like to make a collage of some sort to incorporate how this is represented and fostered across our vast Canadian HT community.

Please send in any photos, artwork or written words that reflect this for you. These will need to be original pieces that are your own or you have the rights to reproduce. With your permission we will include some of these in the monthly E-Connections and on the HT Canada website.

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

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