



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

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### **DID YOU KNOW?**

A special issue of E-Connections is in the works to share stories from the HTAC Conference that was held in Whitehorse.

The inspiring 2nd quarter 2011 issue of the HTI *Perspectives in Healing* is now available. [Download here.](#)

HT Practice Groups are a great way to connect with others to share experiences, encourage one another & practice the art of both giving & receiving. Janet Menten would often comment on the importance of the practitioner being treated.

Healing Touch - HT Canada are listed (p. 18) in the Complementary Medicine Education and Outcomes (CAMEO) Research Program's booklet [\*Complementary and Alternative Medicine \(CAM\) & Cancer in British Columbia.\*](#)



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***Do you change the setting of  
your sails to match the wind  
and the course you are on?***

Dear fellow energy workers,

A big thank you to Elizabeth Lusby for sharing her insights on sailing and balance this month as we focus on the 2<sup>nd</sup> chakra. In *Wheels of Life*, Anodea Judith says this "chakra corresponds to bodily functions having to do with liquid: circulation, urinary elimination, sexuality & reproduction" as well as being a centre of "emotions, sensation, pleasure, movement & nurturance."

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

*Wholeness from the Deck of Madcap* - Elizabeth Lusby, Halifax, NS (HT Level 3 student)

I've spent the last few winters sailing on "Madcap", the Bayfield 36 my husband and I own, and I am becoming more and more aware of the similarities between getting a boat sailing just right, and getting me operating just right. It truly is all about balance, having everything in good working order, being connected to the larger universe, and then moving forward.

On a sailboat, the balance shows up in whether it lists to one side or the other, or tips forward or back - perhaps because of uneven stowage of the heavy and the light. The forestay and backstay and the shrouds keep the mast upright - if they are well tuned, it is strong but if they aren't, it gets wobbly. Balance doesn't matter quite so much when the sea is calm, but it sure counts when things get rough! It is much the same for me. If I'm not centered and balanced, I can get knocked over (literally and figuratively). I am at risk when storms arise. I don't move along as well and lose my ability to respond well to my environment.

Having everything in good working order is much like staying as healthy as I can, getting exercise, eating well, and sleeping enough to restore my body. We do intentional provisioning on the boat - having on board the food and supplies we might need over the winter, and discarding or giving away unneeded or outdated items. I'm getting better at provisioning well for me too - practicing yoga and healing self care, attending to my to-do list, and surrounding myself with experiences, people and "things" that allow me to be the best I can be. I try not to hold on to what I don't need or what isn't helpful.

[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

Archived issues of E-Connections.



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### **Belly Breathing to Take Care of Strong Emotions – from *Creating True Peace, Thich Nhat Hanh***

“When we are caught in a strong emotion, such as fear or anger, we should bring our attention down to our abdomen. At times like this, to remain at the level of the intellect is dangerous. Strong emotions are like a storm, and it is not wise to stand in the open during a storm. Yet our normal reaction is to stay in our head and let our feelings overwhelm us. Instead, we should get rooted in our breathing, focusing on the rise and fall of our abdomen, bringing our attention down to our center.”

“Once we calm our emotions using practices like belly breathing, we can look into the causes of our distress. Often we are trapped by many wrong perceptions and prejudices.”

Sailboats vary just like people do and so the “good working order” is highly subjective. Some are new/young, some are older. Some are racers while others are cruisers. Some come with “defects” right from the start, and some develop problems that might be serious or merely annoying as they go along (and some of those are fixable and some are not). Regular upkeep is the key:

Take care of the sails.

Don't let the stainless steel rust & weaken.

Keep the sheets & halyards, docking lines & life lines in good condition.

Empty the bilge & the holding tank to stay afloat & not get stinky!

Put some wax on the hull & topsides to keep them looking good & protected from the sun.

Apply antifouling paint to the bottom to keep those annoying barnacles & algae away. (Hmmm - I just can't think of a parallel for that last one!)

On the sea, the sailboat must work together with the wind, the water and my skill as skipper. When everything is in sync and connected with the larger universe (I can't say when the boat is grounded, because that has a whole different meaning for boats) the boat performs to the best of its ability. I am at one with it and everything feels just right. In my own life, that comes when I am well grounded - connected to the earth, to the Divine, chakras open, and my best self on watch. It shows up in a feeling of being in the right place at the right time, of being successful, having confidence that whatever comes, I (with a little help from Spirit and my friends) can handle it. It means that more moments of joyfulness and clarity and purpose appear.

And lastly, there is the moving forward part. A sailboat is meant to move forward, sometimes leisurely, sometimes with gusto - and sometimes painfully slowly or exhilaratingly (and maybe even frighteningly) fast! The wind might be strong, but if there is not enough sail, the boat will be sluggish. If the sails aren't set properly to take advantage of that wind, they will flap and rattle and the boat will lose momentum. If there is too much sail out, it gets dangerous and unstable. On the other hand, if there is very little wind, a proper set of the sail determines whether the boat will move along with each little breath of air, or drift, or sit still.

Depending on conditions, “Madcap” can fly along, heeled over on just the right angle - with the waves parting on the bow and the wind filling the sails. When necessary, it can plow through huge waves, banging and pounding until it reaches safe harbour. Or it can poke slowly along when there is no wind or the current is against it, or when I am pointing it in the wrong direction.

[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](mailto:HTCanada@healingtouchcanada.net) & we will get them answered by the appropriate persons. We welcome your feedback & HT news or stories for E-Connections.

It is the same for me. I must put my sails up and commit to what I am doing. If my body is balanced, and I feel connected to the universe, and take care of my health, I'm able to move forward. If any of those things are off kilter (or if I am pointing in the wrong direction) my progress won't be as significant or as comfortable. I may find myself in smooth waters where mostly everything is going well or I may be travelling through a stormy time, but if I pay attention to the principles I have learned in Healing Touch, and the skills I learned on the boat, I can stay afloat and even go somewhere I have never been before.

I'm staying balanced, putting up my sails, connecting with the universe! See you out there!

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