



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

The Canadian HT Foundation (CHTF) offers bursaries to individuals needing financial assistance to attend HT classes. You can support the CHTF and share the gifts of HT by fund raising in your community or making individual charitable donations. Bev Worbets, RN, BA, CHTP/I is offering a series of Level 1 review classes in Comox, BC in June. Instead of a tuition fee Bev is asking for donations for the CHTF.

HT International has recently posted the updated Certification packet on their website and fine tuned the homework assignment for Level 4-5 to provide more clarity.

[2012-2014 certification info](#)
[Updated Homework Sheets.](#)



Hibiscus © A Zaritzky & A Mattos

Visit the HT International website
www.healingtouchinternational.org

It's time to register & make plans for the [2012 HTI Conference](#). We would love to get together with all the Canadians at Conference so please let us know if you are planning on attending

Healing & the Path of Infinite Potential

Broomfield, Colorado
September 27-30, 2012

Dear fellow energy workers,

This month's focus is the 7th or crown chakra, which affects the brain including the cerebral cortex, central nervous system, and biorhythms. It's the place where we realize our universal identity and connect with the "constantly fluid state of the universal system" says Anodea Judith in *Eastern Body, Western Mind*. "To become one with the divine is to dissolve or transcend the boundaries that keep us separate. These boundaries exist in our minds alone." Balancing chakras 1-6 awakens the crown chakra.

An open crown chakra compels us to know ourselves more deeply. It's about thought and understanding or knowing. Anodea also says "attachment is the demon of the crown chakra." Patterns that keep us anchored in time, unable to move forward are out of sync with the wisdom of the 7th chakra and the reality of the fluid state of life.

By being curious about our attachments and deconstructing them we begin to see how they serve us. For example, often when we first start to treat friends and family we want them to feel better and can become really attached to the outcome of our offerings. Without recognizing our needs we project our concern and make it about them instead of working through our own feelings.

I remember Janet Mentgen being very clear in class that we were to give the treatment and then step back and release the healing to the client. This included not calling them later to find out how they were. (Of course if a client has something come up they are free to contact you. It doesn't mean you can't talk with them.) When I first encountered this I was a little surprised at my discomfort with wanting to do things right, not wanting to have people experience pain, and trying to rescue or fix others so I didn't have to feel bad or so I would be accepted or appreciated. I've had many opportunities to dig deeper into my beliefs around physical & emotional pain, illness, etc. and how that fits into the higher order of life on this planet.

Just what is it that makes me think I might know what is best? Often it comes down to resisting the way things are and wanting them to be different so the suffering will be lessened for others and myself. Time has shown me that



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

Visit the HTAC website for membership details & new Board of Directors.

www.healingtouchassociationofcanada.org

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

Nothing centers you in your crown chakra more quickly than focusing on your breath. When you breathe steadily & deeply into your body, you invite your spirit to expand fully into your awareness & you immediately calm the troubled water of your emotions.
Sonia Choquette – True Balance

E-Connections Suggestions

Practical Tips to engage the 7th chakra:

- look for the sacred
- meditate (if only for a few minutes) before going to sleep and upon awakening
- engage in a spiritual practice
- practice paying attention throughout the day
- get curious about your attachments beginning with something small
- begin & end your day with a connection to cosmic consciousness or the divine.



Lavender © K Stewart, HTI-PA

Visit the HT Canada website for a current class schedule.
www.healingtouchcanada.net

this resistance actually adds to the suffering.

There is a big difference between having empathy for someone and having sympathy for them. Healing from the heart involves empathy and detached compassion. It includes being able to trust, be present to and witness what is, while surrendering to that which is beyond our knowing as healing happens on a quantum level.

Opening the crown chakra allows for experiences that enable access to different levels of consciousness. When our attention is focused on the spiritual meaning of life the separation of what is spiritual and what is not begins to erode.

Thank you to Rochelle Graham, RPT of Sidney, BC for sharing some of her 7th chakra insights this month.

Over and over again, I have experienced my life unfolding in ways that have been miraculous and far beyond what I could have imagined simply by following the wondrous wisdom and grace coming from those higher vibrations of the 7th chakra.

When I feel troubled by what appears to be a challenging event, my goal is to stay really present, aware of my thoughts and feelings and then I open to the wisdom of my crown and ask for guidance. I experience the response as a raising up out of the 'muck' and I am able to feel the grace and see the bigger picture, knowing that all will be well.

I compare my crown chakra to a large satellite receiver; I can literally feel it tune in when I move into prayer or meditation. I start and end my day with gratitude and prayer knowing that this profoundly influences how events unfold and how I will experience those events. When I can experience the divine mystery of the crown, I know I am one with all of creation.

As I read the last paragraph from Rochelle I saw the image of a lovely white lotus (satellite) overlaid on a humanlike figure. The stem gently flowed down through the core to connect with the earth while the flower blossomed at the head area. Waves of energy radiated outwards from the entire figure.

Imagine what it's like to be fully present in your body with balanced chakras, conscious of the universe and its fluidity!

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.

To unsubscribe click here and put UNSUBSCRIBE in subject. (We would appreciate any constructive criticism you'd like to share.)