



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

The 1st Sunday of August is Friendship Day. Celebrate your friends and the importance of relationships.

We are happy to welcome back Ava Zaritzky, MSW, RSW, CHTP/I as an instructor. Ava has recently been re-certified after a break from teaching.



Poppy © A Mattos, CHTP

Research continues to build showing the benefits of integrative medicine. A study was done at the Beth Israel Medical Center (NYC) to evaluate the cost impact of an integrative medicine intervention on an inpatient oncology service. For more info go to page 5 on: inspirehealth.ca/files/eResearchUpdates_July2012.pdf

We would love to get together with all the Canadians at the HTI 2012 Conference so please let us know if you are planning on attending



Healing & the Path of Infinite Potential

Broomfield, Colorado

September 27-30, 2012

Visit the HT International website
www.healingtouchinternational.org

Dear fellow energy workers,

As we move from the 1st chakra into the 2nd there is a shift from tribal energy into an awakening of the individual. Our emotional and sensual well-being is located here and drives us to discover other relationships that fulfill personal and physical needs. It is located just below the umbilicus (navel) and governs the lower abdomen, pelvis, reproductive organs and organs of elimination.

The energy of this chakra brings forth duality and change. After experiencing the unity of the tribe we awaken to the realization of difference.

When the sacral chakra is functioning optimally, we are able to trust our emotions and sexuality, have a positive self-image, establish close bonds with others and work through challenges in relationships. This chakra helps us learn how to interact consciously with others.

If you're working with individuals who have relationship challenges, are co-dependent, have uterine, bladder, kidney, or intestinal concerns or experience low back pain, remember to check for imbalances in this chakra.

While we are all interconnected and thrive from the gifts of a supportive tribe, when we move into individual relationships we begin a dance of knowing ourselves without being selfish or getting lost in another person. It takes effort to maintain long-term relationships, just ask anyone who has been in one for a number of years.

At this stage in my life, I'm noticing a different relationship with my sacral chakra. As my self-image matures, I see those around me in new ways.

Sometimes in a relationship one person takes the lead with the other blissfully following until something happens and they wake up to realize they aren't really enjoying what they're doing. Say for instance that I meet someone I think might be interesting and fun to be around. We spend time together and I'm having fun but it seems the other person is usually the one to decide where we're going and what we're going to do. For a while I'm okay with that but eventually I notice my suggestions are usually dismissed. I might begin to get resentful if I don't get curious about what is motivating me and ask:

A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words.
Unknown



HT Level 1 © A Mattos, CHTP

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

E-Connections Suggestions

Practical Tips to engage the 2nd chakra:

- take a walk in the rain and enjoy getting wet
- have things in your home that are uplifting to your senses
- have a potluck dinner with your best friends
- walk, run, cycle or roller blade near water often
- connect with your sensuality



The Language of the Heart
HT Assoc. of Canada Conference
April 25 – 28, 2013
Hôtel Château Laurier
Quebec City, QC

For details visit: www.htac-jm.org

Save these dates and make plans to join us in Quebec.

If there were a touchstone for a healed 2nd chakra, it might be the ability to embrace change without losing one's core stability.
Anodea Judith – Eastern Body, Western Mind

- What do I notice in my body when I think about this relationship? (I am looking for sensations or emotions and not thoughts. What was once joy is now a tightening in my body, frustration and perhaps anger)
- What am I looking for in this relationship? (Let's say it was for companionship and sharing the joy of mutual interests.)
- Are those needs being met? (In this example – no.)
- If not, then why am I continuing to go along? (In the hope that the other person will begin to take interest in what I suggest.)
- Are there other ways to get those needs met? (Yes, by talking about it with the other person and if they really don't share the same interests then finding others who do.)

Once I've looked honestly at the answers to these questions, I try to view it as a learning experience in order to steer clear of further regrets and resentments. As I get on track with how things are, and not how I want them to be, I can be more realistic and make other choices. When I can be fluid and allow for change then this gets easier.

By becoming familiar with our desires we can channel the energy of the sacral chakra into creative endeavours that are inspirational to others and ourselves. There's a big difference between being controlled by one's desires and actually knowing the root of one's desires and responding from that space. Let yourself experience the joy of being alive in a physical body.

Healing the 2nd chakra is largely a matter of encouraging the excess or deficiency to move toward the centre. The basic premise is simple: Where movement is restricted, identify holding patterns and encourage movement. Where movement is excessive, learn to contain, either by releasing emotions so the pressure is lessened or by learning to tolerate increased sensation and excitement. This requires learning to pay attention to the subtle currents and impulses that flow through the body.
Anodea Judith - Eastern Body, Western Mind

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.)