



E-Connections with Healing Touch Canada, Inc.

RR#2, Warsaw, ON K0L 3A0

705-652-0506

www.healingtouchcanada.net



Did You Know?

Claudette Landry, RN, CHTP of Riverview, NB is the most recent addition to the Certified HT Practitioners in Canada. **Congratulations Claudette!**

Emily Devargas is starting a new monthly practice group in Mississauga, ON. The 1st practice will be Sept 5/12. Please email Emily if you would like to attend. edevargas@rogers.com

Mariel Bello also let us know that there is a group in Montreal that meet regularly and are looking forward to the Level 1 & 2 classes in the fall. (see the Practice Group page on the website for contact info www.healingtouchcanada.net)

We have been updating the Practice Group webpage and would appreciate hearing from any communities that are not currently listed or would like to update their information.



© A Mattos, CHTP

Catherine Awai will be offering a **Level 3 class in Hazelton, BC** Nov 10-11/12. If you've taken Level 2 and live in the vicinity you might want to consider this class as they are rarely offered in Hazelton.

Level 4 Memramcook, NB Oct 11-14/12 with Catherine Awai.

Dear fellow energy workers,

Continuing upwards from the 2nd to the 3rd chakra our focus moves to our relationship with ourselves. The solar plexus corresponds to the fire element and combustion. It is located above the umbilicus and below the sternum and influences the spleen, stomach, gall bladder, liver & digestive system. When functioning well it supports a healthy sense of personal power, self-esteem, will-power, and good digestion among other things.

As I prepared to share some thoughts on the 3rd chakra this month the following jumped out at me from Anodea Judith's *Wheels of Life*:

The Chakra System defines power in an entirely different way. As each chakra builds on the ones below it, the third chakra concept of power is one of combination and interaction. It does not deny that there are differences, oppositions, and stresses in the diversity of the world. Instead it capitalizes on them by combining polarity to create wholeness, decreasing separateness with cooperation, bridging difference by appreciating diversity. There is power in diversity when it can be channelled in an integrated manner from a more encompassing level.

In Canada we have a fairly democratic society yet we have been raised in a culture where power is about control and independent thinking is not generally encouraged. Having witnessed & experienced the effects of domination and control it's no wonder that many of us are afraid of power, including our own. As energy workers we are asked to examine this in order to find balance. Consider the difference between having *power over* and *power to*. A balanced 3rd chakra gives us the *power to* and supports a healthy sense of self.

I've been listening to Carolyn Myss' *Essential Guide for Healers* CDs and her viewpoint on the myths and challenges of healers has me noticing patterns in myself. Carolyn describes self-esteem as "the ability to hold yourself in enough respect that you're strong enough not to compromise who you are for the sake of survival, affection or success." It is an earned power or presence within and not something we are born with. We learn little by little that we can "handle the greatest fears of the human experience and still survive." Self-esteem is like mission control and is required to manage our own energy effectively.

To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself.
Thich Nhat Hanh

Classes are added to the schedule each month so visit the HT Canada website regularly or join us on Facebook.
www.healingtouchcanada.net

Healing & the Path of Infinite Potential

Broomfield, Colorado
September 27-30, 2012

Visit the HT International website www.healingtouchinternational.org
Let us know if you're going - Karen Stewart (kasinbc@yahoo.ca) will be there & wants to connect with as many Canadians as possible.

E-Connections Practical Tips

to engage the 3rd chakra:

- Enjoy the yellows in nature
- be honest with yourself about your motives and intentions
- start a project and finish it
- if you are a "yes" person practice saying no and notice what happens.
- if you are a "no" person practice saying yes



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

For details visit: www.htac-jm.org

There is overwhelming evidence that the higher the level of self-esteem, the more likely one will treat others with respect, kindness, and generosity. People who do not experience self-love have little or no capacity to love others.

Nathaniel Branden

When I heard the description of self-esteem I instantly felt my energy drawing in and recognized the countless ways I compromise who I am. I was relieved to hear that we learn little by little that we can handle our experiences and survive and know that to be true from my life experiences.

As energy practitioners it is really helpful to know where we are at each day as we respond to life. Can we recognize what supports us and what takes our power/energy? It's not necessary to be perfect, however, we need to honestly be aware of and embrace our thoughts and behaviours. Remembering that we have as many flaws as those we are working with can be a good reality check. It enables us to pay attention to how we manage our own lives/energy.

We want to be open to receive information for our clients yet often struggle with the intuitive hits we're getting for ourselves. Carolyn suggests making a list of the things you intuitively know you should & shouldn't be doing but don't (both positive and negative things). Spend some time with the list and then pick one "should be" (positive) and one "shouldn't be" (negative) to actually do. This practice enables us to notice where we are losing our power and how we handle our energy. It's about better knowing our self and paying attention to the ways we self-sabotage and why, in a way that empowers us.

Self-care is imperative yet many of us seem to believe that it's selfish to engage in self-care. Would we recommend that our clients neglect themselves or continue on a road that leads to burnout? How often do we make suggestions to clients that we ourselves don't follow?

As our ability to hear or follow our intuition gets clearer we will be congruent more consistently. Our intuition is meant to inspire and empower us and will lead to improved self-care and awareness.

When offering HT to others it is important to be as balanced/centred and neutral as possible. When we are not attached to any outcomes it's easier to receive clear intuition and be respectful of others' boundaries.

This is an ongoing process and I am grateful for the many opportunities to continue to know myself and be compassionate about the journey.

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.)