



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

Congratulations to Lisa Hickey, CHTP/I (Prince George, BC) on recently being approved as a Certified Healing Touch Instructor.

Lisa has decided that as a Certified HT Practitioner & Instructor she would like to be a stellar example of someone who practices self-care. In order to model this HTI core value Lisa is challenging herself to an entire year of daily practice. She has begun a daily blog to help keep her on track & accountable as she finds ways to nourish herself physically, emotionally, mentally, & spiritually. Lisa will be offering ways to nurture our holistic natures & giving suggestions for implementation into our daily lives. Click link if you would like to join Lisa on this adventure – she'd love to hear from you!

<http://healingtouchforayear.wordpress.com/about-healing-touch-for-a-year/>

Level 1 classes are being offered in Oct or Nov 2012 in:

Christina Lake, Kelowna, Nanaimo, Prince George, & Vancouver, BC – Peterborough & Toronto, ON – Montreal, QC – Fredericton & Dieppe, NB – Halifax, NS (go to www.healingtouchcanada.net for details plus Level 2-5 locations & 2013 classes)



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Dear fellow energy workers,

This month we make a quantum leap as we move from the Solar Plexus into the Heart Chakra. This is the central point that unites above and below, within & without. Its task is to integrate & balance the realms of the mind & body. Being a yin chakra it is about receptivity so chances are, when our heart chakras are unbalanced, we are shutting down & have separated from others (perhaps for protection) & the judgements & blame begin to arise.

Pondering the "concept" of what it is to be a heart-centred energy worker or "healer" has brought forward some interesting views. As has been my experience when I focus on something, it usually means there are plenty of opportunities to experience whatever it is from the opposite perspective as well.

I hear many people including "healers" say (or perhaps insist) they are coming from their hearts. It often feels off to me when I hear the flowery language about the compassion & love & light they are sharing. There could be all kinds of projections, judgements & blame tangled up in what is presented as compassion and caring. Sometimes the words are all positive but don't seem to match the actions. This has me looking deeply within & questioning myself. When I do that I'm probably not very receptive & my heart area feels tight so what is going on?

Embarking on this journey I've heard some interesting ideas people have about healers. It seems that many believe a healer should always be happy, selfless, & willing to help whenever necessary. Others think that healers should not get sick or have physical problems. After a while one begins to imagine that real healers are superhuman or at least perfect. Hmmm, that doesn't seem quite right to me. As far as I know, those of us on this path are human just like everyone else. We have wounds that are in need of attention & sometimes we don't even realize we are out of balance. (That's when it's wonderful to have a friend &/or therapist you trust that can go into those places with you. Regular balancing & self-care also goes a long way.)

Healing comes in many forms & is often facilitated by those who have no idea of the impact they've had on others. Sometimes a kind word or gesture offered out of genuine caring for another being can be amazingly

One symptom of an imbalanced spiritual heart is the tendency to feel exclusive, superior or in some way better than other human beings.

The truth is that people with a closed heart chakra are emotionally wounded.
Sonia Coquette

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

E-Connections Suggestions

Practical Tips to engage the 4th chakra:

- Read a funny book or watch a comedy
- Instead of doing things alone ask for help
- Eat lovely fresh green salads or vegetables
- Try some rose essential oil in the bath, in your aura, or over the heart area.
- Forgive yourself or someone you are holding a grudge against.



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.

Remember to give thanks for all that you are.
Happy Thanksgiving!

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powerful. It can be more healing than a technique done by an energy worker who is disconnected from themselves & in denial about their motivations.

For me, to be heart-centred means I need to be willing to ask myself the tough questions & get familiar with my sticky bits or shadow energy. When I want to blame others or judge them for their actions I can go to my heart & ask - does this come from love or fear?

The following from Sonia Coquette's True Balance is a wonderful way for us to recognize when we have isolated ourselves so the world cannot enter, disconnecting from our sources of nurturing & closing our hearts.

"In such an energetic paralysis, everything feels threatening, even dangerous, causing you to become extremely cautious & on guard. Because you feel no connection or kinship with others, you may become critical, suspicious, & defensive which only exacerbates your problem. Having a closed heart sets you up for rejection. Because of your inaccessibility, people feel unsafe around you & naturally put up defences of their own. You may even be paranoid & perceive the world is against you."

Sonia goes on to describe most people with a closed heart as frightened & wounded & compares them to wounded animals who turn vicious as a result of their pain & fear. As most of us know, people like this are not easy to be with. One person with a closed heart chakra can have a negative domino effect on those around them. Being absorbed in their own pain leaves them insensitive to others. Knowing this helps me to be receptive to the pain of others & question any expectations I may have of them regardless of how they are behaving.

Balancing the heart also involves dealing with surplus energy or being overly empathic. This can include being super sensitive to the energy of those around you, possibly to the point of actually absorbing it, which leads to feeling drained psychically or physically. Just think about what it's like to be around dissonant or angry energy.

When we can find the courage to be present with our vulnerabilities & go beyond our pain we open to the blessings of love & forgiveness. This breaks down the walls of separation & softens the shielding around the heart. Healing takes place as we love & forgive ourselves & the world around us seems to change.

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.