



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

While the HTI HT Certificate Program was originally established for nursing continuing education, it is also a wonderful foundation for anyone wanting to learn about the human bio-field & integrative energy work. Whether you're a professional looking for continuing education credits or someone wanting to learn about self-care, level 1 has lots to offer.

It seems that more students are returning to HT after being away for a few years. They have taken various levels & are repeating classes to reacquaint themselves with the work. Personally, I highly recommend this as the experience is different each time & the treatments received during the class are a bonus!

Time after time, students comment on the changes they experience when they commit to their self-care & incorporate regular chakra balancing into their routines.



Level 3 Peterborough, ON Oct 26-28/12
(L-R) Martin, Angela, Beryl, Sonia, Teresa,
Alexandra, Jane, Rosali & Dee. (Missing
are FM & SP) Photo by J Hamilton

Season's greetings fellow energy-workers!

Inner vision, discernment, dreams, open-mindedness, light, colour, visualization, imagination, & clairvoyance are all connected with the 6th chakra, located in the centre of the brow, between the eyebrows. It governs the pituitary gland & eyes & influences our seeing & intuiting.

In *Eastern Body Western Mind*, Anodea Judith says "The purpose of the 6th chakra is to see the way & bring the light of consciousness to all that exists within & around us." She goes on to add "we see the way by learning how to recognize patterns." We discover insight as we recognize patterns. Every time we recognize a pattern we move towards wholeness. "As inner sight develops, illusions are shattered, dreams are integrated, clarity begins, & consciousness extends yet another step beyond what was available through the lower five chakras alone."

Over the past 12 months I've been actively allowing my imagination to play a more important role in my way of being in the world. Exploring new layers of my thoughts & beliefs I bump into ones that are fixed & rigid.

When I notice I'm lost in thought or the stronghold of a belief, I go to the body to find out what's going on with my energy. Is there a tightening or perhaps a disconnecting from the body? Do I feel scattered, beside myself or restricted in my head? Using practices such as focusing on the breath (tracking it as it moves through) brings me back. By noticing whether I'm shallow breathing, holding my breath or my abdomen & stomach are moving & allowing for a complete breath, reminds me to be present in the body. Sometimes a body scan helps me reconnect & lets me know what areas are compromised or out of balance. The mere act of putting attention somewhere or gently touching an area & asking for insight goes a long way. Accessing our intuition doesn't have to be difficult. It can be more challenging to override the stories of the mind.

Not long ago time seemed to be racing. It was difficult to catch up & I was stuck in high gear on that never-ending hamster wheel! As I became aware of the physical sensations in my body & my emotions (tight muscles, fatigue, agitation, etc.) I began to ask - What would it be like if I had more time available? My body softened immediately in response to this. Then I asked - What would it look like if I had more time available? The response was a visual of me doing some of the more

When our personal vision is sharp & balanced, it awakens our ability to look at life with a creative & positive point of view & it stimulates our thirst for knowledge & education in every possible way.
Sonia Choquette

Level 1 classes are being offered
Jan - Mar 2013 in:

Dawson Creek, Nanaimo, Prince George, Victoria, & Vancouver, BC
- Toronto & Peterborough, ON
details plus updates, Level 2-5 locations & more 2013 classes can be found at
www.healingtouchcanada.net

Emptying our lives of unnecessary activity & stress allows us more freedom to enter the "moments between the moments" and experience the eternity of time.
Anodea Judith

E-Connections Suggestions

Practical Tips to engage the 6th chakra:

- Each morning imagine what it would feel, look & sound like if you were to have a beautiful day ...
- For 3 days notice the judgements you make about yourself & others & refrain from speaking them
- Clean your living space
- Create a new food item & serve it on your best dishes.
- Investigate a long held belief & look for new or other ways of seeing it.
- Take in the beauty around you.



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

playful activities I enjoy that engage my creative side ... & I noticed my breathing deepen. As a result I am allowing space to continue exploring my relationship with time & patterns while being creative & activating my imagination. I'm happy to say that I'm experiencing time differently & gradually catching up with things. (When I use simple, open-ended questions it allows my imagination & intuition to come forward, otherwise, I have a tendency to try & "figure it out" within the constraints of my limited beliefs.)

What an interesting journey. Although it can be rather uncomfortable at first, it's well worth the risk of finding out there is more going on than what I'd previously believed or perceived. (It's beginning to actually feel good to be able to admit "being wrong" & it seems to indicate a more open-mindedness as a result of connecting with other perspectives.)

As we practice checking in with our bodies & paying attention to our intuition, clarity develops around the difference between wanting to change things externally & acknowledging them internally. This also awakens compassion for ourselves and allows for softening. As we open, our connections with others strengthen & compassion radiates effortlessly.

With each insight of this nature I can see that I'm far more effective as an instrument of healing for both others & myself when I engage my 6th chakra & look at all aspects of life with discernment.

At this time of year a lot of attention is given to the holiday season & all that entails. It can be experienced as wonderful or incredibly stressful. In Canada, this season is one of reducing daylight & an inclination to be introspective. Regardless of our personal spiritual beliefs, the *Season of Light* can represent the manifestation of light into physical form, whether it's through lighting candles, putting up seasonal lights or recognizing & connecting internally with the divine or universal spark we all embody. As we are drawn into the darkness, what better time to care for & love ourselves, brightening our own lights & letting them shine into the lives of others so they also feel loved & cared for.

Our gift to you this season is one of *encouragement* - allow time to connect with your innate resources of imagination & creativity & let your intuition guide you as you ask - What is being born or sparked in me at this time of year? (Thank you to Karen Stewart for sharing the question given to her by her Spiritual Advisor, Flora Litt.)

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.