

*I wonder if land feels
stepped upon,
If sand feels insignificant,
If trees need to question
their lovers to know where
they stand...*
from Being Human - Naima

More classes have recently
been added to the 2013
class schedule
www.healingtouchcanada.net

If you're ready to attend
Level 4 or 5 see the
schedule online & register
early to ensure your place.



Linda Hallett with the Jaajas
& children

E-Connections Suggestions

Practical Tips to engage the
1st chakra:

- Eat root vegetables & red coloured foods
- Connect with the earth & as your awareness moves downward invite the earth energy to rise up to connect & support you.
- Dance/move to music that brings you more deeply into your body. Remember to breathe.



Linda Hallett and friends at the
hospital in Kabale.

This month Linda Hallett, CHTP, HTI Instructor in Training, of Victoria, BC shares her story of deepening connections in *The Pearl of Africa*.

I've recently returned from a very special trip to Uganda (my 2nd visit) that included visiting a project called Reach One Touch One Ministries & receiving a 40' container filled by the Compassionate Resource Warehouse in Victoria. They did an amazing job of gathering beds, walkers, tables, wheelchairs, clothes & more to help stock two medical centers being built by ROTOM. The excitement on its arrival was well beyond my dreams.

Winston Churchill has called Uganda "The Pearl of Africa." The earth is lush & green & everywhere you look there are cultivated plots of land. Adding to the overall impressions of this country are tropical birds with colourful plumes & loving songs with chickens & goats everywhere.

After Uganda gained independence from Britain in 1962, English remained the national language. Although horrific things (from tribal wars to the HIV/AIDS pandemic) have happened since then my experience has been to witness a people rooted in their country & the red soil that brightens the landscape.

With the amount of work & daily challenges of the project I found that I was very aware of my own need to remain grounded & centered. The dancing & singing of traditional songs of the Jaajas (grannies & grandfathers) always brought me back to Mother Earth & helped keep my energy vibration high. Although the people we served had very little, they generously shared what they had & were so grateful for the generosity of Canadians. We were honoured daily & always offered such respect.

Although the opportunities to offer Healing Touch were limited, occasionally, I was asked to give a treatment. The lessons I received during this trip reinforced for me how much I have to learn about being connected to the earth & living in gratitude daily. It is my wish to return to Uganda & offer Healing Touch or perhaps teach it to the staff.

Let's make 2013 a year to focus on fostering unity. Of moving from a strong foundation through all the layers of our being. When we feel separation & a closing off from, may we gently go deeper into the global tribe & notice from that place.

Angela Mattos, CHTP
On behalf of HT Canada, Inc.

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