



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

Usually there's an opportunity for Canadians attending the HTI Conference to get together to meet each other & network. Please email Mary-Cathrine Campbell, Canadian HTI Board member, if you're planning on attending in Denver, Oct 3-6/13 mc_campbell@sympatico.ca

To be a fully engaged energy being means honouring all parts of the system. From the dense lower chakras up to the lighter upper chakras, each plays a vital role.

Our beliefs are made of interpretations of our experience, but after beliefs are formed, the reverse is true-interpretation is based on belief, forming an inevitable feedback system.

*Anodea Judith, Eastern Body,
Western Mind*



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Have you ever felt connected to everything... if only for a brief moment? If so, what supported that happening?

Check the HTC website for upcoming HTI HT classes
www.healingtouchcanada.net

Dear fellow energy workers,

Here we are in the midst of summer & each time I go outdoors & look at the sky (much more frequently in the summer) I'm reminded of the expansiveness of the 7th or crown chakra, a place of merging with divine consciousness & realizing our true nature.

We are often too distracted by the material world & all its trappings to connect & remember who we are beneath the many roles we play in life. They're definitely significant to our experiences but are they who we truly are? Are we our jobs, cars, clothes, financial status, etc. or are they all ways we express ourselves? In seeing the spiritual nature of all life & its experiences we break down the barriers that cause separation of the physical & spiritual.

Opening the crown chakra is not so much about increasing our own consciousness, as it is about expanding our operating system so that it can embrace a larger portion of the universal field of consciousness. This occurs through meditation, spiritual practice, mystical experiences, altered states of consciousness, study & education, & the elusively simple but profound act of paying attention. Anodea Judith, Eastern Body, Western Mind

As students of HT we learn the importance of being centred & paying attention to the energy as we work. It's necessary that we move beyond our limited personal beliefs in order to offer HT in the way it's intended & uphold the following HTI Code of Ethics/Standards of Practice.

HTI Code/Standard 4: Equality & Acceptance

The practitioner & client are equal partners in the process of healing. Honoring individual autonomy, growth & self-empowerment, clients will be respected & valued at all times regardless of race, creed, age, gender, disability, sexual orientation or health condition. The Healing Touch practitioner respects the individual spiritual beliefs & practices of the client. Healing Touch does not promote a particular spiritual practice.



HTAC members pay discounted HTI Membership fees & receive discounts on some HT classes.

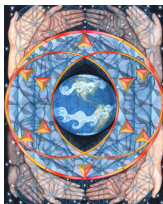
Visit the HTAC website for membership details & other information.
www.htac-jm.org

The 2015 HTAC Conference will be in Gabriola, BC

E-Connections Suggestions:

Practical tips to engage or balance the 7th chakra:

- confusion or too much intellectualizing – try something that’s grounding, meditate or do some vigorous exercise to calm or discharge the excess energy
- visualize moving energy up &/or down your body
- have a regular spiritual practice



Wholeness through Service, Expanding our Vision

The 17th Annual HTI Conference & Instructor Meeting

http://www.healingtouchinternational.org/index.php?option=com_content&view=article&id=255&Itemid=647
 Sheraton Denver West Hotel
 Lakewood (Denver), Colorado
 October 3-6, 2013
 Artist: Francene Hart

We welcome your feedback & HT news or stories. If you have questions about HT send them to HTCanada@healingtouchcanada.net & we'll get them answered.

To unsubscribe email HTCanada@healingtouchcanada.net & put UNSUBSCRIBE in the subject line. (Any constructive criticism you'd like to share is appreciated.)

For example, it's paramount that we're able to be open to the client's spiritual beliefs regardless of whether they fit with our own or not. During the initial intake we ask about their spiritual practice/belief. If they'd like to bring it into their sessions we need to get familiar with their terminology & spiritual connection. What we're looking for is an energetic connection/resonance to work with.

HTI Code/Standard 9: Principle of Healing

Healing Touch practitioners recognize & honor the client's unique self healing process. The individual is acknowledged as a complex being, who is part of a social system, & is interactive with & is acted upon by their internal & external environments.



In honouring the client's unique self-healing process we as students/practitioners are asked to put down our own agenda & work with what the client presents. By establishing mutual goals at the onset of each session an intention is set that works for both client & practitioner. The practitioner has a say in whether the client's requests are within their Scope & Standards of Practice. The goals also need to be realistic & preferably measurable (i.e. if it's about reducing pain or stress levels then be sure to use a scale of some sort, perhaps 1-10 with 1 being very little & 10 extreme. Ask what it is before the treatment, afterwards & again at the next session & look for any changes or patterns.)

Setting measurable, attainable, mutual goals can be really helpful over time in demonstrating how things are changing & to see patterns. It's an important function when working with clients whether for 1 treatment, a series or on an ongoing bases. For Level 4 students this is a requirement as it's one of the components in documenting case studies.

Paying attention to the client (noticing how they move, facial expressions, flushing or pallor, what they say, etc.) together with how they present energetically assists with mutual goal setting & begins to move us into a space of seeing a larger picture. We listen to the requests of the client & as we move into the crown chakra energy we open to information & possibilities that may not have been on the radar previously.

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