



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

Healing Touch International is now Healing Beyond Borders.

Over the past few months, the Board of Directors has considered options for clarifying the organization's identity & purpose, making it easier for visitors to understand our mission & healing therapy itself — & for practitioners, clients, & friends to share our message with others. We voted unanimously in August to change our name to Healing Beyond Borders, reflecting the scope of our individual healing work & the expansiveness of our organization. This becomes effective tonight at our 17th annual conference with the transition from my time in office to the presidency of Mary-Cathrine Campbell. We have selected as our logo the lotus blossom, a powerful symbol used worldwide, reminding us that "the growth of its pure beauty from the mud of its origin holds a benign spiritual promise." Mary O'Neill
Immediate Past President



Congratulations Mary-Cathrine Campbell, BA, RN, CHTP of Oshawa, ON on the HBB Presidency.

Dear fellow energy workers,

On Oct 3/13 Healing Touch International was delighted to announce they were now operating under the name Healing Beyond Borders, Educating and Certifying the Healing Touch™ (see our *Did You Know* column.) Some of you have wondered if this meant Healing Touch Canada, Inc. would be changing its name as well. We want to clarify that it will remain the same as we continue to offer the HTI curriculum.

Congratulations to the 14 eager students who attended Level 5 in Surrey, BC Oct 24-27/13. Many of them have shared what an amazing journey it's been as they offered 100 HT treatments & worked with their Mentors. Not only have they grown in their understanding of energy, the unexpected benefits of focusing on the homework requirements for Level 5 have been opportunities for self-reflection. Whether or not we take it to that level, those same opportunities are there for every student who would like to dig deeper & explore the world of energy.

Although completing this curriculum may not be something you're planning at the moment, why not take a few more steps on this healing journey you've begun as you expand your knowledge & support the work of Healing Touch. (see Tips section)

One of the HT instructors recently went deeper into several solar plexus issues that many of us have in common (self-esteem, identity, & personal power.) Do you ever feel like the cowardly lion in the wizard of oz? Thank you Ava for candidly sharing your journey.

Ava Zaritzky MSW, RSW, CHTP/I attended the 1st Canadian HT Class taught in Canada by Janet Mentgen in Toronto in 1990. Everything changed for her once she discovered this world of subtle energy. She continued to study the curriculum becoming both a Certified Practitioner & Instructor. HT enriched her life as a Medical Social Worker & Ava felt honoured to be able to introduce & offer it to the Wellspring Cancer Resource Centre in Toronto many years ago. As life unfolded Ava found it necessary to take a hiatus from teaching HT but returned to it in 2012.

The curriculum of Healing Touch International, Inc., is the same that was developed by the AHNA education committee in 1989. It grew out of Janet Mentgen's nursing practice & study & adaptation of other healer's work. The curriculum will remain the same & will not alter with the (organization's) name change to Healing Beyond Borders. from the HBB website

Dr OZ had a show on ***The Secrets In Your Chakras: Seven Energy Centers Oct 22/13 & Healing Touch was mentioned. Click below to view online.***

<http://www.doctoroz.com/episode/secrets-your-chakras-7-energy-centers>

E-Connections Suggestions:

- Read or review some of the books on the HT Reading List. There are 7 categories reflecting different aspects of the work.
- if you're not already treating others on a regular basis, consider giving at least one treatment a week. You might be surprised at the opportunities it offers for you & others.
- to strengthen the 3rd chakra try something new that takes you out of your comfort zone.



HTAC members pay discounted HBB Membership fees.

Visit the HTAC website for membership details & other information.

www.htac-jm.org

April 23-26, 2015
HTAC Conference
Gabriola, BC

A Solar Plexus Chakra Riddle by Ava Zaritzky

How do you stand in your truth & power when your knees are knocking like the cowardly lion in the Wizard of Oz? I asked myself this question when I was about to teach HT Level 1 in my new community recently. After teaching for years in huge cities & then moving to a small town I became aware of a different sense of vulnerability. By publicly announcing the class I could no longer remain anonymous & the truth of my heart's passion would be revealed to all. I would be reclaiming a part of my personal power.

These are ways I addressed the riddle & bolstered my courage as I walked the Yellow Brick Road.

- 1) called friends, remembered to laugh & felt less alone
- 2) went to the HTI conference, met old & new friends who shared inspirational stories of empowerment. So many fabulous things are going on & this got me very excited.
- 3) wrote an article for the local newspaper
- 4) stepped out of my comfort zone & asked a friend to help with networking
- 5) gave free HT treatments so people would know about the work
- 6) listened to Janet Mentgen's tapes I had from years ago on how she was able to stand in her power & truth

I'm glad that I did the work. It was a fantastic class! By feeling the fear & walking through it I was able to get back home to my heart. The answer to my riddle was that by pulling back the curtain on my fear, my inner strength was revealed. The cowardly lion found courage & was able to shine.



Sun photo © A Zaritzky.

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

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. (We'd also appreciate any constructive criticism you'd like to share.)