



E-Connections with Healing Touch Canada, Inc.

1215 Douro 1st Line, Douro-Dummer, ON K0L 3A0

705-652-0506

www.healingtouchcanada.net



Did you know?

Apr 26/14 10:00–2:00 in Mississauga, ON Marguerite Langley & Roxanne Higgins are offering *Self-Care and Healing Touch: Spring Renewal Workshop*. A beautiful opportunity to take the time to look at renewing ourselves as healing practitioners through self-care. (no fee)

Tegan MacDonald, HTI-PA will be offering an introduction to Healing Touch & holistic bodywork at Banyen Books in Vancouver, BC Apr 27/14 from 11:30 a.m. – 1:00 p.m.

Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible -- the kind of atmosphere that is found in a nurturing family.
Virginia Satir



Healing Beyond Borders
Educating and Certifying the Healing Touch™

**2014 Healing Beyond Borders
Annual Conference &
Instructor Meeting**

http://www.healingbeyondborders.org/index.php?option=com_content&view=article&id=328&Itemid=10000171

September 4-7, 2014

Movie Night ~ September 3

"Healing Beyond Borders"

Colorado Springs, CO

The great gift of family life is to be intimately acquainted with people you might never even introduce yourself to, had life not done it for you.
Kendall Hailey

Hi Everyone,

After a long, cold, snowy winter in this area, signs of spring are breaking through. The sap is running, birds are returning and the snow is slowly melting. What a great time to be focusing on our roots, uncovering beliefs and seeing them anew.

In many ways, life is a feedback loop. Much as we may strive for autonomy and independence, our existence is dependent on the world around us. Whether it's the food we eat, clothes we wear, technology we use, places we live, or people we interact with, everything comes together to create our life experience. Our foundation impacts what and how we create and express.

This month we're celebrating our wonderful HT community and a few of the many opportunities that being part of a 'tribe' offers. When our 'tribe' is our basic support system and relied on for the necessities of life and/or emotional stability it can have a strong influence on how we experience our world. It's important to be open to questioning the often, unconscious belief systems that are held within families, societies and organizations – whether they appear to be 'positive' or 'negative'.

When I ask myself, *How can I learn from the challenges in my life?* I begin to notice that at the core there are similarities. Whether it's taking a class, trying out a new technique, writing this newsletter or composing a sensitive email to someone, when I'm uncertain of what's being asked of me or what I'm doing and begin to feel insecure, a closing down happens and there's a loss of connection. The more I identify with the uncertainty and try to push it away, the worse it gets and I lose my centre!

Are there times you've stepped into something new and been excited about it while at other times your brain fogs up and you wonder why you're doing it? How can we learn from the different responses we have?



When we're uncertain about what we're offering, or think others may be, finding words that are inviting can be



Father & Sons © A Mattos

E-Connections Suggestions for the 1st chakra:

- While riding on a bus or train, stand up with your knees slightly bent & maintain your balance by keeping your weight low.
- Pay attention to your body while exercising.
- Get a foot massage or Reflexology treatment.
- Get a good night's sleep.
- Slow down, simplify things and focus on one thing at a time.

A beautiful question is an ambitious yet actionable question that can begin to shift the way we perceive or think about something—and that might serve as a catalyst to bring about change.
Warren Berger



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

Visit the HTAC website for membership details & other information.

www.htac-jm.org/

The next HTAC Conference is Apr 23-26, 2015 in Nanaimo, BC.

challenging. Lots of HT students are really enthusiastic and want to share what they've learned but if it comes across as forceful or knowing what's best for others it can turn people off. There's a big difference between saying *I know what will help you - I can fix that* and *I'm a student of Healing Touch looking for volunteers to practice with. Would you be willing to help me out?*

At an HT practice a student shared how tired he was after helping with a treatment. He'd been caught up in the client's story imagining how awful their experience was. Engaging in this way can be emotionally exhausting, especially if we begin to feel helpless and it reminds us of previous experiences. This speaks volumes to the value of centering. Each time any of us notice we've gone off into 'thinking' can we gently come back to centre by focusing on the breath or using other methods? Our role is to offer a healing presence to support the client's healing journey. If we're not, as yet, able to feel energy can we centre and trust the technique until we can follow and let it teach us? Meditation and practice are ways to become skilled at centering. (Refer to page 20 of the 2010 HTI Healing Touch Certificate Program Level 1 Student Workbook – Healing Presence, the 3rd Attribute of the Heart)

Recently Karen Stewart, HTI-P got together with a student in Vancouver, BC who was seeking clarity about her HT experiences and whether she was ready to register for Level 3. As Karen shared some of her HT journey involving her insecurities around her ability to offer HT it became evident to the student that others have walked this path. She realized it was part of the process and began to see it differently. Remember to ask for assistance from peers.

As we come across challenges let's use the foundational teachings of HT to help us see through our limiting beliefs so we can be clear channels and "just do the work". When we ground/centre it's easier to access our intuition and draw on inner wisdom. Encourage this for both clients and yourself.

Breaking with tradition, we've added a third page to this E-Connections - a 21 - 30 Day Healing Presence Experiment. We'd love to learn from your experiences so please email and let us know how this works for you.

From Angela Mattos, CHTP with input from Karen Stewart, HTI-P.

We welcome your feedback & HT news or stories. If you have questions about HT contact us at: HTCanada@healingtouchcanada.net

To unsubscribe email HTCanada@healingtouchcanada.net & put UNSUBSCRIBE in the subject line. (We'd also appreciate any constructive criticism you'd like to share.)



© A Mattos

Reflections:

A 21 – 30 Day Healing Presence Experiment

To learn more about being a *healing presence* and feeling energized after working with others here's something I'm playing with using goals I know are attainable for me. (If this interests you, adjust the goals, etc. to suit you.)

Planning for success allows me to easily go beyond the goals I've set if I choose.

For 21 – 30 days I will:

1. notice if I'm getting sufficient sleep or pushing myself to do more than I can really manage
2. have a daily reflective practice that includes:
an intention to pay attention to when I'm centred. (to notice what takes me away from that & what supports me in staying present.)
noticing my energy level and what my mind is focused on at various times during the day (are there any patterns that I can learn from?)
3. meditate - at least once a day (beginning with 2 minutes each time and adjusting the duration and frequency to support my practice)
4. at least 4 times a week, daily is preferred, try different centering and energy balancing exercises. Notice what works best for me. (I pick ones that I know I'll make time to do. Self-Chakra Connection in bed at night is a great standby & it's okay if I fall asleep midway! A meditation based on Brugh Joy's 4 Attributes of the Heart also seems in order.)
5. when doing HT or other energy work either on myself or with others I'll get curious about the energy, what I notice (no matter how subtle it is) and how it responds as I interact with it. (This is one of the things I love most about energy work. I don't need to have it figured out, I just need to be available to listen and respond to the energy as it arises!)
6. at least a few times during the 21-30 days I will journal some of my experiences and/or share it with a friend/peer.
7. have a checklist or something to remind me!
8. soak in the benefits of focusing and giving attention to something that's important to me. I meet my goals and stay true to my word, not to mention whatever I learn/experience in the process!

Angela Mattos, CHTP