



E-Connections with Healing Touch Canada, Inc.

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Did you know?

Catherine Awai is offering an Intro to Healing Touch on Galiano Island, BC July 12/14 from 1-4 p.m. (by donation) To register contact Karen Stewart - kasinbc@yahoo.ca

Farnaz Michalski, BHSc, BScN, RN HT Level 3 student, reports that the presentation she gave to over 60 staff at Humber River Hospital in Downsview, ON during Nursing Week was well received. Farnaz will be making herself available for HT sessions through their Occupational Health Services as part of their health promotion for staff.

Congratulations!

Bharati Patidar, CHTP Maple Ridge, BC on recently becoming a Certified HT Practitioner.

When I do an examen of my life today, will I be, on the whole, satisfied with the choices I've made and/or use this reflection as an opportunity to learn and grow? This fill in the blank drawing is a reminder my life is my own creation. Karen Stewart



If you don't like something, change it. If you can't change it, change your attitude. Don't complain.
Maya Angelou

Hi Everyone,

Each month my attention is loosely focused on the content of the next E-Connections and the attributes of the chakra we're looking at. This allows time to notice what arises internally and externally. I've been motivated as I shifted from the water and flow associated with the 2nd into the fire and transformational qualities of the 3rd chakra.

As we climb upward in the chakra column, we are slowly moving out of our microcosm and our attention moves away from specific points of focus (our mythical basic particle) to the interaction of these points. We are no longer looking at the tomato seed and salt grains on the football field, but are instead involved with the actual field they create. As we move away from the specific, we become aware of a larger pattern. Nothing has changed except our point of view. Anodea Judith – *Wheels of Life.*

Our sense of being and individuality develops in the 3rd chakra as our will propels us to take action. When something changes that has me questioning my identity then perhaps it's time to support this chakra differently. What makes me believe I'm different when things around me change? What is it that I've hung my identity on?

Does real power come from polarities or is it created through a balanced system? Excesses or deficiencies of either pole decrease power, divide, and emphasize differences. As we learn the gifts of both masculine and feminine qualities we experience the power that is created by incorporating them. It's at the 3rd chakra that we can dig deeper into our sense of self to find a place of dynamic balance between extremes. Working with the foundation of the 1st and 2nd chakras we begin to create movement/energy in the 3rd chakra that propels us to go beyond their duality and transform our ways of being.

There have been many opportunities lately to witness in others and myself a variety of ways that change is navigated.



Healing Beyond Borders
Educating and Certifying the Healing Touch™

**2014 Healing Beyond Borders
Annual Conference &
Instructor Meeting**
<http://www.healingtouchcanada.org/conferences/2014-conference-1000171>
September 4-7, 2014
Movie Night ~ September 3
"Healing Beyond Borders"
Colorado Springs, CO



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We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.

I've learned that you can tell a lot about a person by the way (s)he handles these three things: a rainy day, lost luggage, & tangled Christmas tree lights. Maya Angelou



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 - Nanaimo, BC.

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

Both Karen and I have been reflecting on what it is that's stirred up when life presents us with major change. Some changes are welcomed while others can be totally overwhelming. We've experienced the death of friends recently and are noticing how these losses are impacting our chakras. As we take time to reflect, one of the questions we're asking is, who are we without them in our lives? This is offering us wonderful insights as it transforms some of our strong emotional energy. Yes, there is sadness AND there is great joy and gratitude.

E-Connections Suggestions for the 3rd chakra:

- Eat healthy, nutritious foods that agree with your body.
- Exercise regularly.
- Balance deficient 3rd chakras by engaging with life in ways that are nourishing and supportive.

Notice which activities leave you feeling energized and which leave you feeling drained. What about them is your system responding to?

Get creative about how you can increase the time you make available for activities that energize you.

Notice what happens in your body when you take a risk that throws you into new territory. The shakiness may be brought on by fear or shame but it also increases our energy and aliveness. Doing this consciously helps us to live in the now and tap into our own hidden reserves.

- Over-active 3rd chakras are balanced by discharging or rerouting the surplus to other chakras - perhaps by opening channels for emotional expression and grounding.

Slowing down and stopping or perhaps doing a guided meditation that evokes deep relaxation is encouraged.

Having downtime without goals allows for awareness of a deeper state of being. This can be extremely difficult for those with over-active 3rd chakras and the idea of "doing" something to promote their own health may be useful.

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