



E-Connections with Healing Touch Canada, Inc.

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Did you know?

Healing Techniques - Level 1-4 DVDs created by Anne Day, BSN, MA, HNB-BC, CHTP/I, are available.



These remarkable tools were developed to help HT students hone their skills as they deepen their experiences with

HT. Karen Stewart, HTI-P has been showing the Level 1 DVD at the Vancouver HT Healing Circle/Practice Group and says, *We're working our way through the Level 1 DVD & finding it really helpful. Watching Anne demonstrate & listening to her describe a technique before we head to the tables to treat is a great way to review & support our learning!*

<http://www.thehealingjourneys.com/#/store/c11ji/1/Healing-Touch-Videos/c/10>

For more information & to purchase directly from Healing Journeys click link above.

Congratulations!

Corine Brode, CHTP Windsor, ON & Marilyn Collette, CHTP Moncton, NB, on recently becoming Certified HT Practitioners.

Check the 2015 class schedule & contact an Instructor or HTC if you're interested in offering a class in your area.



www.healingtouchcanada.net/htc/newlevel1-3.html



Healing Beyond Borders
Educating and Certifying the Healing Touch™

2015 Conference Naples, Florida
October 1-4, 2015

<http://healingbeyondborders.org/>

Hi Everyone,

We're now deep into the Holiday Season and for many the opportunities to become intimate with the nature of the solar plexus or 3rd chakra have been more abundant than usual. It's associated with the element of fire and influences our metabolism. Things like personal power, will, autonomy, boundaries, ego and self-esteem are all involved here.

As energy workers, we're part of a caring profession that requires the tempering of the ego in order to put aside judgements and opinions and work from the heart. Adhering to the International Code of Ethics / Standards of Practice for HT Practitioners and Students and working within our Scope of our Practice and training is paramount. Applying these same principles to our day-to-day living will strengthen our integrity, dignity and compassion. <http://healingbeyondborders.org/index.php/education/certification/ethics>

A few prime examples of how our professional ethics/standards can support us have recently been brought to my attention. Conversations with several HT practitioners about using discernment when receiving phone calls or doing intake assessments with potential clients have shown the benefits of being clear about the framework we work within.

If we've been asked to treat someone and we're not feeling up to it, physically or emotionally, then either we reschedule or refer them to someone else. Perhaps what they're presenting with or asking for is not within our scope of practice or we just don't think we're a good fit, again we make a referral. There are times when healing, both for the practitioner and the client, can be uncomfortable. As a practitioner, it's our responsibility to pay attention to what's triggered in us in these situations and seek our own support as needed. (Are we getting on the table regularly?)

A similar process is applicable in personal relationships. There are times when a friend or family member might want to talk but we're just not in a space to listen attentively. It's better to let them know that as soon as we become aware of it



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E-Connections Suggestions for the 3rd chakra:

- Allow the truth 'Honor Yourself' to penetrate your body - then check in to see what's happening in this chakra. How do you feel about yourself? Are you feeling strong, frightened, needing the approval of others? (from a Carolyn Myss Daily Practice)
- Try saying, "I don't have to... I choose to..." Saying this gives you back your will. (*Creating on Purpose*)
- When possible, allow yourself time before making decisions. Saying "I'll get back to you on this" creates space to connect with what's really motivating your choices.



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

**HTAC Conference
Apr 23-26, 2015 - Nanaimo, BC**

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

ourselves. Expressing that we'd like to be supportive but can't right then because of what's going on with us can change the whole interaction. It allows us to be true to ourselves while also being considerate of the other person.

No matter how we're feeling, it seems that when we can be present with the emotion or sensation without judgement or wanting it to change, we can move into the space of the neutral open heart; the space we want to be when offering healing!

As we break through the layers of protection we have around us and are more compassionate with our own humanness it begins to radiate and we're able to find that space in others.

Recently I was gifted *Creating on Purpose*, by Anodea Judith & Lion Goodman and have been enthusiastically reading a section on the 3rd chakra as I put this newsletter together. Traditionally at this time of year many of us reflect on the past year and vision, set goals or make New Year's Resolutions. How many of us take the necessary steps to actualize them? Working with our will and balancing the 3rd chakra can have a huge impact on how we follow through with our ideas. Making tangible plans is part of this if we want something to manifest in physical form. There are some great suggestions and exercises in the book. Click below to purchase through the HTC/amazon online store. <http://astore.amazon.ca/healtouc-20/detail/1604078529>

(purchases made through this site generate a referral fee that helps support the work of HTC - standard amazon pricing)

When you're reactive, you allow others to determine how you respond. Your 3rd chakra is firing on its own, devoid of higher consciousness. Being inactive is to remain passive, without energizing your 3rd chakra. A balanced 3rd chakra is proactive and responsive. Pro means 'first' or 'before'; thus, being proactive is an invitation to act before something becomes a problem, rather than reacting to the problem later.

Creating on Purpose – Anodea Judith & Lion Goodman

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

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