



E-Connections with Healing Touch Canada, Inc.

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Did you know?

International Women's Day is celebrated March 8th each year. It's an opportunity to recognize the achievements of women while calling for greater equality. *Make It Happen* is the 2015 theme. <http://www.internationalwomensday.com/>

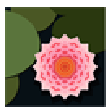
Happy 19th Birthday - March 6, 2015!
Healing Beyond Borders

Margaret M. Moga, PhD, Assoc. Prof., Dept. Anatomy & Cell Biology - Indiana University School of Medicine - Terre Haute is conducting an online survey of HT practitioners & students. Have you ever felt prickly or hot/cold sensations as you moved your hands through a client's biofield? Seen/felt light moving into a client's body or sensed the presence of Guides? The survey takes about 8 min. to complete & Level 1 students - Instructors may participate. <http://HTpractitionersurvey.iu.edu>

To effectively communicate, we must realize that we are all different in the way we perceive the world & use this understanding as a guide to our communication with others.
Tony Robbins

Check the 2015 class schedule for upcoming classes.

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



Healing Beyond Borders
Educating and Certifying the Healing Touch™

2015 Conference
The Joy of Healing -
Naples, Florida
October 1-4, 2015

<http://healingbeyondborders.org/>

Hi Everyone,

There's a point in the creation of each issue of the E-Connections when the same questions come forward. What is it that we're hoping to communicate? Is it interesting, clear and concise enough so individuals will actually read it and try the suggestions? ... Have you figured out yet that this month we're focusing on the throat, 5th chakra, communication and creative expression?

Communication, while it may sound simple, is dependant on many factors. My responsibility is to connect with what's going on within me and be as clear as possible about what I want to convey and why. When choosing to remain neutral in what I'm expressing, being centred and balanced are crucial. After that, it's in the hands of the other person. Their interpretation will be based on their ability to listen openly. It reminds me of a group of friends looking at a painting. While there might be some overlap in what we each see or experience, there are usually unexpected remarks or surprises depending on personal preferences and what gets activated.

One of the main reasons for offering this newsletter and Karen's pieces on the HTC Facebook page is to provide ongoing support as we deepen our experiences and integrate what we've learned in classes or treatments. They also serve as reminders that we're part of a community that connects across Canada and extends globally.

We encourage your participation in raising awareness and acceptance of Healing Touch in communities around the world by celebrating Healing Beyond Borders 19th Birthday on March 6th. It's a great time to share with others how HT has supported your journey or that of someone you care for.

Worldwide Healing Meditation

<http://healingbeyondborders.org/index.php/about/healing-touch-day>

Whether you are part of a community event, or simply honoring Healing Touch on this day, consider joining with thousands of Healing Touch providers around the globe in a world healing meditation.

We start by grounding and centering ourselves and connecting with our own heart. Then we expand this heart-centered energy to fill and hold all beings on this planet in a space of wholeness and healing. We end



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E-Connections Suggestions - 5th chakra:

- When your body & mind are not in sync, notice & work with the throat chakra
- Sing with your favourite music, tone or make whatever sounds you feel inclined to make
- Listen to your internal & external dialogue

Healing means first of all the creation of an empty but friendly space where those who suffer can tell their story to someone who can listen with real attention...

As healers we have to receive the story of our fellow human beings with a compassionate heart, a heart that does not judge or condemn, but recognizes how the stranger's story connects to our own. We have to offer safe boundaries within which the often painful past can be revealed & the search for a new life can find a start.

Our most important question as healers is not what to say or do, but how to develop enough inner space where the story can be received.

Henri Nouwen - Reaching Out



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**

by releasing the outcome and disconnecting. Add your own inspiration, images, and content to this meditation to make it sacred or meaningful for you. Official meditation time is noon (your time) on March 6th, but you can participate at any time on that day.

When Alexandra Jonsson (Sandra Johnson) initially acted on Susan Kosinec's (Mayer) suggestion in Feb 1990 to invite Janet Mentgen to teach in Canada I doubt any of them knew what was about to be birthed here. It's now 25 years later and we're asking you to join in celebrating what all the Canadian HT pioneers began. Everyone who has taken a class, supported a partner or family member, or received a treatment has played an important role.

Beginning with that 1st class in September 1990, Alexandra has drawn students as a result of her natural flare for communicating her passion for HT. (In April 1995 Alexandra became a Certified HT Instructor and began inspiring students in new ways.)

John Hamilton, Alexandra's husband, was recruited that first weekend in Sept 1990 when they welcomed Janet into their home. Not only did he cook & chauffeur, he continued to be a gracious, humorous, host for their many HT houseguests over the years. Eventually he took Level 1, then 2 & 3 and was a Class Coordinator and Helper many times. Although he kept really quiet about it, John was very intuitive and a lovely healer. Alexandra spoke of her gratitude for John's help and support in several classes I attended, both when he was taking part and when he wasn't. It made me realize what a difference it makes to have that kind of support. Given all that Alexandra has done for and with HT I know that John was pivotal to that being possible. (photo of John & Janet - Rochelle Graham)



We celebrate and give heartfelt thanks to John and all the partners, family and friends he represents that play important behind the scene roles. Although John completed his earth walk May 14, 2014 and is no longer here in physical form I often feel his spirit and recall wonderful memories of our times together. He and Alexandra are a few of the many dear friends I've made through Healing Touch. While much of our usual communication is done through words, after all these years, I'm still awestruck by the depth of connection that occurs at HT Classes and during treatments when we're able to communicate energetically and listen from a place of openness.

From Angela Mattos, CHTP with input from Karen Stewart, HTI-P. Connecting hearts across Canada!

To unsubscribe email HTCanada@healingtouchcanada.net & put UNSUBSCRIBE in the subject line.