



E-Connections with Healing Touch Canada, Inc.

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Did you know?

Throughout the month items are posted on the HTC Facebook page related to the chakra of the month.
https://www.facebook.com/pages/Healing-Touch-Canada-Inc/2147330352832758?time_limited_page=true

We're planning Level 4 & 5 classes for 2016 so let us know where you're at if you're interested in attending.

Check the web schedule for classes. Contact an Instructor or HTC about offering a class in your area.
www.healingtouchcanada.net/htc/newlevel1-3.html



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Attachment guarantees that you will wake up every morning with a mission: to prove you are who you think you are—today. But it's a total energy drain. You're so busy performing a role that you miss out on the freedom to improvise, to be real rather than rehearsed.

Being entranced by the ego prevents us from feeling pain; in fact, it prevents us from feeling anything—ecstasy, grief, compassion, anger, shame, love—from feeling alive."

Gabrielle Roth

Connections: The Threads of Intuitive Wisdom

Hi Everyone,

As we focus on the solar plexus this month it seems a great time to re-visit our relationship with self-esteem and self-care and their impact on us as healers/energy workers. Whether we're working with low self-esteem or an inflated ego, it affects our ability to care for ourselves in a balanced way. When the ego is inflated we'll have a tendency to behave selfishly while the converse seems true in times of low self-esteem. That's when we can become martyrs in the guise of caring for others.

Prompted by a conversation with Karen Stewart, HTI-P (about two books she was reading on self-care and really taking to heart) I went online to check out the intro to *The Art of Extreme Self-Care, Transform Your Life One Month at a Time* by Sheryl Richardson. Sheryl shared an experience she had with her coach Thomas Leonard (Coach University) that is applicable to many of us in the healing arts. We're really good at helping others but are convinced that we don't have time for ourselves. Many believe it's more important to care for others and that self-care is actually selfish. Eventually if we don't pay attention to the signs of imbalance, we burn out.

Each of us has a unique life path and rules we live by. Once we find balance in our relationship with self we can apply similar strategies to our relationships with others and with spirit.

In *Simple Self-Care for Therapists* Ashley Davis Bush asks what is self-care anyway? *At the core, self-care practices are the activities that make and keep us healthy and happy. They may be preventative, protective, or curative. They all involve nurturing the self and at their best are the seeds for growing self-compassion.* The practices in this book are meant to relax, restore and energize the reader.

Ashley describes two types of self-care.

Macro-self-care is the traditional stuff that we do for rest, relaxation, entertainment, fitness and rejuvenation. These big activities, as you know, also take larger chunks of time and resources. And sometimes they might feel separate from, rather than integrated into, our daily lives.

Micro-self-care practices, the simple daily tasks that we can do to nurture, protect, and heal ourselves during our regular days, have the integrative capacity to improve our mood, decrease our emotional reactivity, and increase our mind-body awareness.



Healing Beyond Borders
Educating and Certifying the Healing Touch™

2015 Conference Naples, Florida
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<http://healingbeyondborders.org/>

E-Connections Suggestions for the 3rd chakra:

- Schedule time in your calendar for self-care for 30 days (then try for 6 months)
- Create soul-nourishing work & home environments
- Find ways to maintain financial stability
- Make pleasure a priority (flowers, music, small things that bring you joy)
- Avoid making commitments out of guilt or obligation
- Get out in nature in the middle of the day



Visit the HTAC website for membership details & other information.
www.htac-jm.org

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

Next HTAC Conference
April 2017 – Ottawa, ON

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.)

As holistic beings, all aspects of our lives are connected. What we do in one influences the others.

- physical – eg. exercise, eating & sleeping habits
- emotional – eg. noticing what we're actually feeling
- mental – eg. paying attention to beliefs & states of mind
- spiritual – eg. connection to all, the divine

By being aware of and nurturing all of these, over time we develop a foundation of inner peace, compassion and generosity.

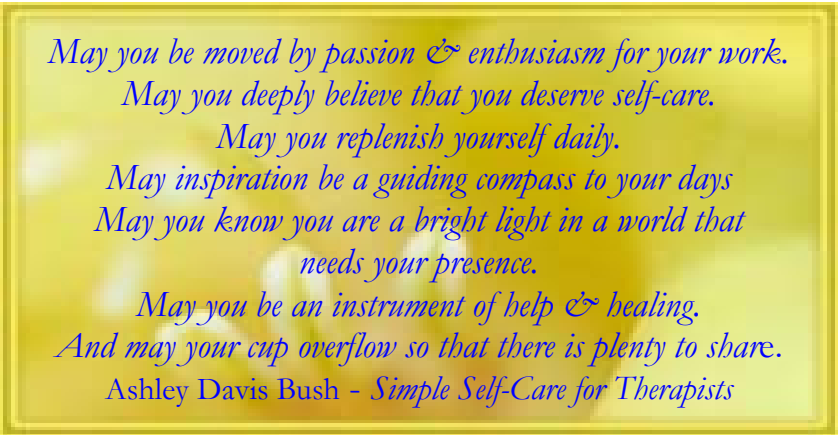
Setting boundaries in our professional lives is required in order to have a balanced life that includes room for relationships, community, hobbies and spirituality. By discovering what is nurturing and doable for each of us we can create work and home environments that support our limits.

Mid June I had the opportunity to be part of an HT Level 5 class in Cobourg, ON. It's always inspiring to witness what the various assignments given in Level 4 offer students as they deepen their HT knowledge and journey of self-discovery. When they share their experiences it's evident that they're learning about what it means to be a healer. Patterns around self-esteem and how we present ourselves to others are ultimately brought forward. Getting to this point in the journey is huge and worth the effort!

When Karen was preparing for Level 5 a few years ago Catherine Awai suggested she reflect on and journal the following after each treatment she gave:

- 1) What did I do well?
- 2) What could I have done differently?
- 3) What did I learn?

Not only did Karen find this practice useful in evaluating her treatments but it also contributed to her evolving self-esteem as an energy therapist. She continues to use it today and has found it beneficial in connection with many aspects of life.



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