



# E-Connections with Healing Touch Canada, Inc.

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## Did you know?

We've started a new monthly piece on Facebook. *Thursday's Teacher Feature*. Ava Zaritzky, MSW, RSW, CHTP/I is the 1<sup>st</sup> one offering a class through HTC in the fall so she was interviewed by Karen and featured 1<sup>st</sup> in the HTC Facebook posting Aug 13/15. Each month a different teacher will be featured.

## Congratulations!

Congratulations to recently Certified HT Practitioner Lindsey Willis, BA, CHTP in Mission, BC.

Recent addition to schedule:

**Level 4 June 2-5/16**

**Surrey, BC** with

Catherine Awai, BEd, Dip Ed, CHTP/I registration info at:

<http://healingtouchcanada.net/htc/newlevel4.5.html>

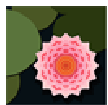
Check the 2015/16 schedule for upcoming classes.

[www.healingtouchcanada.net/htc/newlevel1-3.html](http://www.healingtouchcanada.net/htc/newlevel1-3.html)

*Without knowing what healthy love looks like, we have a hard time creating it in our lives. We hang on to mere shreds of love, sacrifice ourselves on its altar, run in fear when we find it.*

*To heal the heart is to reunite mind and body, the mystical and mundane, self and other into an integrated whole.*

Anodea Judith – *Eastern Body, Western Mind*.



**Healing Beyond Borders**  
Educating and Certifying the Healing Touch™

**2015 Conference Naples, Florida**

October 1-4, 2015

<http://healingbeyondborders.org/>

Hi Everyone,

In the late 80's while taking classes based on Alice Bailey's book *Light of the Soul*, one of the exercises we did was to learn about listening with/to the heart. While I've been practicing this regularly ever since, it seems I'm often distracted from having it as my initial go to in stressful times. The sooner I remember, the sooner I find balance. As my focus turned to the heart chakra this month I was frequently reminded of the value of the heart for finding centre. Now I'm asking **"how can listening to myself, through the heart, be my standard method of operation?"** When I ask questions that are open ended and actionable and check in with my heart, the guidance/feedback is usually very clear and direct. So why aren't I doing it all the time?

Over the years I've been shocked at how little I've actually followed my heart for fear of disappointing others, fear of failure, or perhaps most shocking of all to me was that on some level I believed I wasn't worthy of being truly happy. How many of us have experienced patterns of something similar?

Anodea Judith names some of the basic issues of the fourth chakra as: love, balance, relationship, intimacy, grief and compassion. It's in the heart that the downward movement of spirit into matter and the upward liberation of matter into spirit can integrate and balance.

As our sense of self develops we have the capacity for intimacy. Through knowing our own needs, hopes and fears we learn about self-love. With self-love we're able to offer love to others. We can only give to others that which we can give ourselves.

*To love ourselves is to act respectfully and responsibly towards ourselves, to enjoy our own company when in solitude, to honor our limits and speak our truths. In general, self-love is an act of treating ourselves the way we would treat anyone else that we love – respectfully, honestly, compassionately, with feeling and understanding, pride and patience.*  
Anodea Judith

As energy practitioners, it's especially important to take time before treatments to do a centring practice and bring our awareness to the heart area to prepare to "just do the work."



Tree Frog ©Tim Dyson

**E-Connections Suggestions for the 4th chakra:**

- Give time each day to engage in things that allow your heart to open spontaneously.
- Choose a sound & each time you hear the sound through the day name 3 things you value about yourself.
- Pay attention to your life by listening or being present in new ways.
- Learn to differentiate between the mind/ego reacting/directing and the heart. What are your cues?

*I once asked an old man:  
Which is more important,  
to love or to be loved?  
He replied:  
Which is more important to a bird,  
the left wing or the right wing?  
Author Unknown*

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



Visit the HTAC website for membership details & other information.

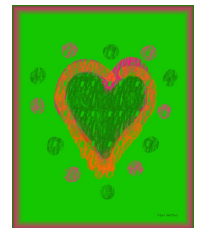
[www.htac-jm.org](http://www.htac-jm.org)

**Next HTAC Conference  
April 2017 – Ottawa, ON**

What do we need to enable us to listen with our hands, ears and hearts and respond from an open heart?

Recently I've been kayaking with a friend on a nearby lake with lots of granite. Even amongst the powerboats, we were able to spend time soaking in the beautiful expansive blue sky with its spectacular cloud formations and the strength of the salmon granite in the lake below. I felt like I was coming home to myself by immersing in aspects of nature I find fully nurturing and supportive. It reminded me of being out in the pacific ocean whale watching a few months ago, deliciously awakening yet powerfully calming at the same time. Truly an opening of the heart and coming into balance both inwardly and outwardly.

Do you have a willingness to follow your heart and venture into the unknown? Try connecting with yourself, become aware of your energy and all your feelings. Whether it's joy, sorrow, comfort, pain, flow or resistance, be with the wonder and authenticity of it. Be with where you're at in the moment. Difficult as it may be to comprehend, what if there is perfection in all of it? What if we realize we are that wonder and authenticity within the imperfections and begin to know the reality of this insight? Perfection is an illusion.



How can you get to know your open heart more intimately? Beneath all the shielding, it's open and receptive, with no attachment to outcome. There are no set beliefs by which to interpret or value circumstances or life events. Whispers from the heart are suggestions and aren't based on rational thinking. Instead there's an openness or spaciousness that invites exploration beyond the known, although thinking about trying something new may evoke fears. We note what is and let it be. Acceptance for what is allows for our experience of reality to shift. We stop forcing our beliefs on life and begin to flow with it as it unfolds.

Take time to bring the balance of the open heart into your self-care as well as time with others. Ask your clients about their heart's desires and how they include them in their lives. (When doing an intake this falls into the category of hobbies, self-care, or stress management - what I like to think of as well-being support.)

Throughout the month Karen will be posting notices on the HTC Facebook page related to the 4th chakra.

[https://www.facebook.com/pages/Healing-Touch-Canada-Inc/214233035258327?sk=timeline&ref=page\\_interna](https://www.facebook.com/pages/Healing-Touch-Canada-Inc/214233035258327?sk=timeline&ref=page_interna)

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

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