



E-Connections with Healing Touch Canada, Inc.

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If you put yourself in a position where you have to stretch outside your comfort zone, then you are forced to expand your consciousness.

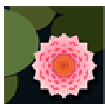
Les Brown



Wheel of Light © A Mattos

When we quit thinking primarily about ourselves and our own self-preservation, we undergo a truly heroic transformation of consciousness.

Joseph Campbell



Healing Beyond Borders
Educating and Certifying the Healing Touch™

**Healing Beyond Borders
20th Anniversary - 2016**

**dates & location of the 2016
Conference to be announced**

Check out the website at:

<http://healingbeyondborders.org/>

Seasons Greetings Everyone,

In this part of the world, as we experience fewer sunlight hours, dropping temperatures and numerous spiritual celebrations, we're conditioned to speed up rather than connect and move with the natural rhythms of the ecosystems we live in. With the darkest days of the year upon us I'm aware of the desire to slow down and go inward. It's contrary to the social norm and makes me wonder why so many of us buy into the busyness and commercial culture associated with this time of year.

With our focus on the Crown chakra this month I'm curious, how would tapping into that expansive, universal energy influence our choices/actions as we navigate our way through the next month? The spirit of the season is one of light and opening our hearts to others through random acts of generosity and kindness. Simple gestures can go a long way, especially at this time of year. (A smile from the heart for others and for us, thank you to a cashier, offering assistance to someone in need, breathing deeply a few times before responding out of frustration, etc.)

When we find it challenging to maintain balance within the busyness that occurs are we interested in bringing more peace to the world by starting within ourselves? Sure it takes some effort but the benefits are worth it!

If we're feeling alienated, bored, confused, depressed or having difficulties learning or comprehending, the crown chakra will be involved. It's located at the top of the head and connected with the pituitary gland, cerebral cortex and central nervous system.

In *Wheels of Life*, Anodea Judith speaks of dividing the Cosmic Consciousness of the crown chakra into two types:

Cognitive Consciousness

- *that which descends & becomes concrete information*
- *actively thinks, reasons, learns, & stores information*
- *it's the mind's interface to the world around us exchanging information with the lower chakras*



amaryllis © A Mattos

What is the Revolution of Consciousness, in a nutshell? Like all great movements in human history, it is based on a single insight: in this case, that we are not separate from one another. We are not material beings limited to the physical body, but beings of consciousness limited by nothing. Like waves in the ocean or sunbeams to the sun, there is actually nowhere where one of us stops and another one starts. On the level of bodies, we're all separate of course. But on the level of consciousness, we are one.

Marianne Williamson



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

Visit the website for membership details & other information.

www.htac-jm.org

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

Happy Holidays!

To unsubscribe email
HTCanada@healingtouchcanada.net
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Transcendent Consciousness

- *that which expands & travels outward toward more abstract planes*
- *it interfaces to a realm beyond the world of things & relationships*
- *it is consciousness without an object, without awareness or reference to the individual self, & without the wide fluctuations that occur in the logical & comparative thought patterns of Cognitive Consciousness.*

Many energy workers report times of being in the Transcendent Consciousness space. A time of being absorbed into all that is/oneness, every-thing & no-thing all at once. As we integrate how it relates, through each of our chakras, to our worldly experiences we're no longer bound by limiting beliefs. We begin to open more to that which we already are and access different vibrations.

Imagine for a few minutes that you're able to go into space and then look back at the Earth. Many of us have been in a plane and seen views from there. Now imagine going far enough to witness what many astronauts have on their moon voyages. It changes their lives and how they think of our home, planet Earth. What would you see? Is there a different awareness depending on how closely you're viewing from?

Several spiritual traditions around the world celebrate light, family (a coming together of community and fostering of unity) and generosity during this time of year. Let's connect with that and be messengers of light as we journey through the holiday season. Whether it's donating food, clothing, a treatment, etc. to those in need or other creative ways we can practice generosity, let's give from the heart. For many, stepping back and viewing familial dynamics from a new perspective may offer opportunities to choose peace over deeply ingrained reactive behaviours.

My mental boundaries expanded when I viewed the Earth against a black and uninviting vacuum, yet my country's rich traditions had conditioned me to look beyond man-made boundaries and prejudices. One does not have to undertake a space flight to come by this feeling.
Rakesh Sharma

Karen will be posting notices on the HTC Facebook page related to the 7th chakra throughout the month.

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.