



E-Connections with Healing Touch Canada, Inc.

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Did you know?

The UN intends to heighten public awareness of the nutritional benefits of pulses as part of sustainable food production, aimed towards food security & nutrition. Pulses are legumes such as lentils, beans & chickpeas but not peas, green beans, etc. that are considered vegetables. They are a great dietary source of proteins, fibres and amino acids. Source: <http://fao.org/pulses-2016/en/>



2016
INTERNATIONAL
YEAR OF PULSES

HT Level 1 Instructor Training is offered at the annual HBB conferences. If you're a Certified HT Practitioner interested in becoming an Instructor then see what's involved at: <http://healingbeyondborders.org/index.php/education/instructor-training-advancement>

We do not exist in isolation. Our sense of community & compassionate intelligence must be extended to all life forms, plants, animals, rocks, rivers & human beings. This is the story of our past & it will be the story of our future. Terry Tempest Williams

E-Connections Suggestions-1st Chakra

- Soak in the red vibrations of clothes, pictures, decorations, etc.
- Eat red foods & root vegetables (strawberries, red cabbage, beets, carrots, ginger, etc.)
- Go for a walk in nature & take in the sights, sounds & smells
- Have a foot massage

Congratulations!

to recently Certified HT Practitioner **Christine Madden**, Hon BSc, CCPE, CHTP, Oakville, ON

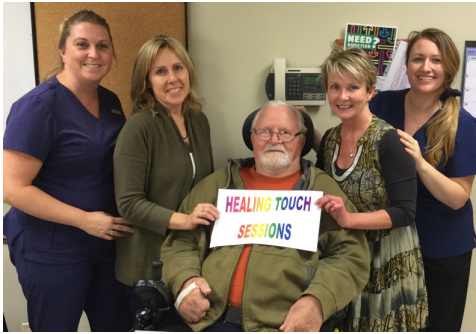
Seasons Greetings Everyone,

As we move into a new year our focus returns to the root chakra, our foundation and connection to the earth and our physical bodies. While it may feel more comfortable to be in the airy, ethereal, upper chakras, without the root we lack grounding and stability. Think of what root systems offer to trees. A tree with insufficient or shallow roots is easily blown over by strong winds. When offering HT it's important to be grounded, centred and able to focus on the client. Consider having a daily centring practice that includes attention to the breath, if you don't already. Eventually, each time you take a deep breath you will automatically begin to ground and centre.

Many thanks to Kate Armstrong, RP-CRA, HTI-PA of Belleisle, NB for sharing part of her journey as she completes her homework in preparation for Level 5 in 2016.

My journey with Healing Touch began in January of 2013, when I reluctantly put in a request for education to attend an HTI Level 1 to my employer. The Dr. V. A. Snow Centre Inc. is a 50 bed, 24-hour care nursing home, in Hampton, NB. I feel very privileged to work there, as the Administrative Assistant, as I have always had a passion for seniors. The Administrator responded with a note stating, "Dear Kate, if this is something that interests you, absolutely!" I was thrilled! I attended Level 1 with Jeanne Balcom, RCRT, nd, CHTP/I and was completely enthralled the entire weekend. Not only did I meet other like-minded people and made life long friends, but my awakening also began. I have had a gift of energy healing for animals since a child, but believed I could only help animals or people in my family that I had a deep connection with. Not in a million years did I ever think I would be able to help people that I did not know nor did it interest me in the least. This was a new beginning for me and the coming out of my comfort zone began!

Fast forward two years, I am mid way through my Level 4 Apprenticeship, treating staff and residents almost daily, with the blessing of the Administrator, to gain experience in becoming the best healer I can be. I am giving back to the employer who saw the potential in me that I did not see in myself. The ripple effect was in motion. The NB Association of Nursing Homes Wellness Committee also funded some of my HT courses and is thrilled to hear feedback of the success.



(l-r) Rachel, Janelle, Otis, Kate & Claudine



Healing Beyond Borders
Educating and Certifying the Healing Touch™

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

Colorado Springs, CO

General Conference: October 6-9/16

Leadership & Inst Meeting: Oct 6/16

Pre-Conferences: Oct 5-6/16

Instructor Trainings L1: Oct 3-5/16

L 2, 3, 4 or 5: Oct 5/16

Check out the website at:

<http://healingbeyondborders.org/>

*Deep in their roots,
all flowers keep the light*
Theodore Roethke



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 New Year!

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

There was a Wellness Fair November 18, 2015 from 1:00 p.m. to 4:00 p.m. for staff, and I was invited to offer Healing Touch treatments. I took the opportunity to invite other Practitioner Apprentices to gain experience in a clinical setting. Janelle Tyler, Claudine LeBouthillier and Rachel Mallet all accepted and volunteered their time. We arrived at 9:00 a.m. for a brief meeting and to set up. To ground us in the work we did a group Etheric Vitality Meditation and gave each other treatments. This was a great way to begin the fast paced day.

For the next hour we treated management and then some of the nursing home residents. Rachel and Claudine each decided to give one on one sessions to two of our younger MS residents. Janelle and I paired up and worked with a retired RN who had cared for residents at the Centre for over 25 years and a young man with a disability. He is not able to speak, but his big smile said it all! These residents were deeply grateful for the experience.



(l-r) Janelle, Matthew & Kate

In the afternoon, during the Wellness Fair, almost every slot was filled for staff sessions. I am sure this was due to curious staff that had heard from others who had received treatments. At the end of the day, one of our elderly residents, who had picked up one of my brochures, asked to have a treatment as he was curious about what we were doing. He was able to move his fingers with less pain after just a mini treatment. We gave 32 treatments during the day collectively, not counting the treatments we gave each other. What a rewarding experience! Every staff member commented that they came away feeling wonderful and there was an enhancement of energy in the nursing home for days. The demand for treatments has increased and I am now up to 75 of the 100 needed for Level 5 and I still have five months to go!

Words cannot express how rewarding this journey of HT has been, allowing me to give back to the compassionate people who so lovingly cared for my mother when she was a resident. Not only do I see a change in atmosphere in my workplace and fellow colleagues, my personal growth has been sensational! Most of the staff and residents I have given sessions had never heard of Healing Touch before. Now those who have experienced this nurturing energy therapy encourage others to try it! And so my journey continues! I cannot wait to see where it takes me next!

Karen will be posting notices on the HTC Facebook page related to the 1st 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.