



# E-Connections with Healing Touch Canada, Inc.

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## Did you know?

February 17/16 is **Random Acts of Kindness Day** in the US. Why not make spontaneous acts of kindness become part of letting your light shine? Participate regularly!

*The ripple effect starts with one. One person to hold open a door. One person to leave a note on someone's car complimenting their awesome parking skills. One person to write a thank you letter to a teacher. One person to be a spark of kindness when another really needs it.* From Random Acts of Kindness website. <https://www.randomactsofkindness.org/about>

*Anyone can nurture. Everyone needs it. Like watering a thirsting plant, we respond to flow, to movement, to the dance of life in its infinite pleasures & mysteries. Through this act, life is renewed and preserved.*  
Anodea Judith

### E-Connections Suggestions-2<sup>nd</sup> Chakra

- Create your own water ritual, meditation, or ceremony. Connect with the importance of water to your body and how it moves through you in different ways.
- Pay attention to sensations in your body and how they might be connected to emotions.
- Pay attention when connecting with or touching others.
- When an emotion or thought suddenly arises ask, *is this mine?* IF you're picking up someone else's *stuff* then give yourself the option of putting it down.

Hello Everyone,

With this new year well underway and winter in full swing in this area I'm appreciative of the opportunity to be outdoors more with the increasing daylight hours.

As the temperature fluctuates above and below the freezing point I'm reminded of the forms, movement and cycles of water. That seems fitting this month as we focus on the 2<sup>nd</sup> chakra whose element is water. Change, movement, emotions, sexuality, nurturance, socialization and clairsentience are connected with this chakra.



Icicle © Angela Mattos

In *Wheels of Life*, Anodea Judith writes that nurturance (caring for, feeding with energy, love and touch) is a fundamental need of our bodies, minds and souls. Thinking of the skin as the outer layer of the nervous system and boundary of the body, consider how it can be affected through the simple act of touching. In *Healing Touch* we learn to connect with others through the energy field as well as with gentle touch.

When working with others we always ask for permission to touch. In some cases, physical contact may not be possible however, like setting mutual goals for treatments, it's a negotiated process. We may notice physical responses or changes in the energy in certain areas but without asking do we really know what's going on for the client? Perhaps they'd like a more substantial touch, lighter touch or none at all. Their preference may vary depending on the technique, location and degree of sensitivity. Listen to the energy field. Does it draw you closer or push you away? Check in with the client and ask for feedback. Don't assume that you know.

As we remember to be present with ourselves and pay attention to our own nurturing, it gets easier to be present with others. By simply reaching out, touching, we can convey that we are there with them. As we move beyond our own sense of separateness,



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

**Healing Beyond Borders  
20<sup>th</sup> Anniversary – 2016**

General Conference: October 6-9/16

Pre-Conferences: Oct 5-6/16

Instructor Trainings L1: Oct 3-5/16

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

Colorado Springs, CO

<http://healingbeyondborders.org/>

*Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has. Margaret Mead*



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

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



Child Playing in Water © Angela Mattos

*No matter what happens, always keep your childhood innocence. It's the most important thing.*  
Federico Fellini

Karen will be posting notices on the HTC Facebook page related to the 2nd chakra throughout the month.

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

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our ego selves, the connection and unity that lies beneath/within is revealed.

Recently a few individuals have talked with me about feeling overwhelmed in a group of people, picking up too much from others, or not being able to distinguish their emotions from other's emotions. Have the clairsentient abilities of their 2<sup>nd</sup> chakras been engaged without the benefit of self-awareness filters?

Anodea writes of clairsentience being *the psychic sense of the 2<sup>nd</sup> chakra, the 1<sup>st</sup> stirrings of "higher" consciousness and the development of greater sensitivity towards others... most people are clairsentient to some degree... it usually occurs more strongly in people who have a proclivity for clairvoyance or telepathy characteristic of the upper chakras.*

The ability to ground and find one's centre is of great importance in helping us sort out the energy we might be picking up. Learning to distinguish the difference between our emotional needs and those of others helps us recognize that our response can be a choice rather than what could seem like a duty. Our awareness of self and awareness of others becomes more balanced.

Students attend HT classes for various reasons and the ways they integrate and use what they learn in their daily lives is influenced by many factors. Regardless of what level you've completed or who you use HT with, we suggest you try doing a daily Self Chakra Connection and see what you notice. Full treatments are encouraged however, when time is a factor, remember the value of centring/grounding and the techniques and principles taught in Level 1. There are many effective techniques that can be done in a short amount of time (Hands in Motion, Laser & Ultrasound to name a few) and are ways of connecting and letting others know you care.

If you find receiving treatments and being with like-minded people nurturing then connect with HT students in your community or build the HT community in your area.

- Organize or attend an event for **Healing Touch Day - March 6/16**. Be creative – perhaps a social potluck, treatment exchanges or introducing HT to others in the workplace or community. <http://healingbeyondborders.org/index.php/about/healing-touch-day>
- Invite a Certified HT Instructor to teach a Level 1 class in your area.
- Let us know if you're planning something & we'll try to help with networking.

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