



## E-Connections with Healing Touch Canada, Inc.

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### Did you know?

**National Volunteer Week, April 10-16, 2016** is a time to celebrate & thank Canada's 12.7 million volunteers.

#### NATIONAL VOLUNTEER WEEK

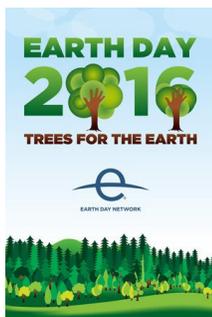
April 10 - 16, 2016

Volunteers are the roots of strong communities



Thank you to all the volunteers in the HT community for creating connections, strengthening bonds & resiliency. Even the smallest volunteer effort creates a ripple and encourages & supports others.

International Volunteer Day, Dec. 5 is the annual global celebration.



April 22<sup>nd</sup> is Earth Day.

What's happening in your area?

<http://www.earthday.org/earth-day/>



**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/>

Hello Everyone,

As most of you know by now, many in the international HT community are grieving the passing of Alexandra Jonsson, BScN, CHTP/I Senior Instructor and co-owner of Healing Touch Canada. Alexandra played a pivotal role in introducing HT across Canada and is sadly missed by many.

Loss touches us in the heart, perhaps our most vulnerable area, going right to the core and can leave us feeling deeply wounded. Everything is affected. We often don't realize that loss can be cumulative if not fully expressed. Grief, if ignored, can be overwhelming, crippling, or even paralyzing.

*When our heart is heavy with grief, it is hard to open, it is even hard to breathe. When grief is denied, we become numb to our feelings and our aliveness. We become hard and cold, rigid and distant. We may feel dead inside. When grief is acknowledged and expressed, however, we find a vital key to opening the heart. Tears are shed, truth expressed, and the heart lightens. The breath deepens. There is a sense of spaciousness that emerges, allowing more room inside for our spirit. Hope is reborn. Coming to terms with our own grief leads us toward compassion for others. Anodea Judith - Eastern Body, Western Mind*

For those of you who didn't have an opportunity to meet and experience Alexandra's inspired teaching, here's a bit of our Canadian HT history. On the suggestion of Susan Morales, Alexandra invited Janet Mentgen (creator of the HT Certificate Program curriculum in conjunction with the American Holistic Nurses Association) to teach the 1<sup>st</sup> Level 1 in Canada back in 1990. She coordinated and attended classes then became Certified as a Practitioner (CHTP) and Instructor (CHTI). Her ability to radiate passion for 'the work' made her a dynamic instructor and networker. She was always on the lookout for potential class coordinators and future instructors who shared her passion and would continue Janet's legacy. This passion moved her to pivotal roles as a founding Board Member of the Canadian Healing Touch Foundation in 1995 and Healing Touch Association of Canada in 2002. Alexandra's time as an HT International Board Member, on the HTI Instructor Training Committee and at many HTI/HBB conferences created ties within the HT community worldwide.

On March 6, 2016 a Healing Beyond Borders 20<sup>th</sup> Anniversary Celebration was held at Alexandra's home in Toronto, ON. Twenty-five individuals attended, mainly from Toronto and surrounding areas, with regrets and well-wishes from many others. HT Instructors, Practitioners

### E-Connections Suggestion 4th Chakra

- Connect with your grief & give it expression (vocalize, cry, draw, journal, dance, etc.). Allow it to move through you as you move through it.

#### See Paris First

by M. Truman Cooper

Suppose that what you fear could be trapped, & held in Paris.

Then you would have the courage to go everywhere in the world. All the directions of the compass open to you, except the degrees east or west of true north that lead to Paris.

Still, you wouldn't dare put your toes smack dab on the city limit line.

You're not really willing to stand on a mountainside miles away & watch the Paris lights come up at night.

Just to be on the safe side you decide to stay completely out of France. But then danger seems too close even to those boundaries, & you feel the timid part of you covering the whole globe again.

You need the kind of friend who learns your secret & says,  
"See Paris first."



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 28-30, 2017 – Moncton, NB  
(Note change in location)**

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

[https://www.facebook.com/pages/Healing-Touch-Canada-Inc/214233035258372?sk=timeline&ref=page\\_internal](https://www.facebook.com/pages/Healing-Touch-Canada-Inc/214233035258372?sk=timeline&ref=page_internal)

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with UNSUBSCRIBE in the subject line.

(including 3 from that 1<sup>st</sup> class in Canada) and students at various stages of the HT journey came together to celebrate with Alexandra. She was thrilled to once again host an HT event, as she would say, *'like back in the day'*. Few realized that just over a week later, on Friday, March 18, 2016, Alexandra would breathe her last breath. She had kept details of her illness quiet over the past year and asked those who knew she was in treatment for cancer to do the same.

Alexandra's health was gradually declining but the process sped up the last month. Donna her cousin said, *'Regardless, she was peaceful, cheerful, and comfortable, and remained lucid until she fell asleep that evening, dying a couple of hours later. Grief is a heavy thing, and is always lighter when borne in community. What I know Alexandra would love for you to do is to turn to your loved ones, and to each other. Cry, laugh, share stories, and speak her name, often, until and after, we gather together.'*



While HT had been a huge focus for Alexandra, it was only one aspect of her full life. She was a daughter, sister, wife, mother, auntie, amma (grandmother), and friend, teacher and mentor to many. Alexandra became a Registered Nurse in 1964 and later received a Bachelor of Science in Nursing. She also taught a variety of classes including Therapeutic Touch, RISE (meditation), and Tai Chi and volunteered with the Aids Committee of Toronto where she shared her many gifts. The arts were also important to her and she avidly supported the Canadian Opera Company, Art Gallery of Ontario and Toronto International Film Festival to name a few.

Family and friends gathered in Toronto, on Saturday, April 2, 2016 to celebrate Alexandra's life. Many of us from the HT community were there to support the family and each other as memories and stories of how Alexandra had touched our lives were shared amidst laughter and tears. The inspiration, perspective and reflection she brought to others was palpable and truly appreciated. Recurring themes were inspiration, optimism and encouragement.

Last month's E-Connections finished with, *For the next month I'm going to focus on my energy and how it's connected to my True Will and see what unfolds. Care to join me?* Well it certainly had me looking more deeply into what is truly important. At times it's so easy to get pulled into believing that our 'responsibilities to others' are more important than connecting with ourselves. Life is filled with opportunities to learn who we are and how we relate to others. Grief can lead us to some raw places and hopefully, by being present to them and feeling them in the body, eventually a knowing and felt experience that we are all, always connected will arise.

Healing Touch Canada continues to offer the Healing Beyond Borders HTI Healing Touch Certificate Program across Canada.

Alexandra's love and energetic connections will live on!

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