



E-Connections with Healing Touch Canada, Inc.

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DID YOU KNOW?

Many of the Canadian HT community are gathering in Whitehorse April 29-May 1 for the HTAC Conference. We hope to share some conference stories with you next month.

If you are a member of the Healing Touch Association of Canada the membership fees with Healing Touch International are substantially reduced.

Celebrate HT by radiating a centred, heart energy as you connect with others and share HT.



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It's not what you look at that matters, it's what you see.
Henry David Thoreau

Visit the HT Canada website:

Recommended Reading List & link for online purchases (a portion of the proceeds from these purchases goes to HT Canada for Canadian HT development.)

A list of the upcoming Canadian HTI classes

Dear fellow energy workers,

With spring just recently breaking through in many parts of our wonderful country it is a time for awakenings and new growth. It's so refreshing for me to hear the birds again as the green returns and buds begin to open.

As I think of planting seeds, in order to have home grown vegetables this summer & fall, I'm aware that it will take decent soil, water, warmth and sunlight for the seeds to take root and grow strong enough to survive. This is also true of people. When we develop strong roots and feel supported in life it is easier to be present and thrive.

In *Anatomy of the Spirit*, Carolyn Myss writes the following related to the Root Chakra:

"Tribal power, and all the issues related to it, are energetically connected to the health of our immune system, as well as to our legs, bones, feet and rectum. Symbolically, the immune system does for the physical body exactly what tribal power does for the group: it protects the entire body from potentially damaging external influences. Immune-related disorders, chronic pain, and other difficulties with the skeleton are energetically activated by weaknesses in personal tribal issues. Difficult tribal challenges cause us to lose power primarily from our first chakra making us susceptible - should a challenge become an extreme stress - to immune-related diseases, from the common cold to lupus."

The body's immune system usually works as an ally but there are times when it attacks its own tissue as foreign matter or overreacts in response to an antigen. Metaphorically this can relate to energetic imbalances that we have developed from our early tribal patterning.

A number of years ago, Alexandra Jonsson, BScN, CHTP/I and I attended a five-day training with Carolyn Myss. Part of our homework was to identify superstitions or beliefs that we still carried from our

Blog with information on various topics

I am a lover of what is, not because I'm a spiritual person, but because it hurts when I argue with reality. We can know that reality is good just as it is, because when we argue with it, we experience tension and frustration. We don't feel natural or balanced. When we stop opposing reality, action becomes simple, fluid, kind, and fearless.

Byron Katie



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[Visit HT International's website:](#)
International class postings
Information on HTI

HT International's 15th Annual
Energy Healing Conference &
Instructor Meeting
Creating Wholeness on Earth
October 20-23, 2011
Hawaii

A thought is harmless unless we believe it. It is not our thoughts, but the attachment to our thoughts, that causes suffering. Attaching to a thought means believing that it's true, without inquiring. A belief is a thought that we've been attaching to, often for years.

Byron Katie

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families/tribes. We decided to help each other out and share what we were coming up with. I must say it was an interesting process. At first we didn't think there were many but as we began to speak them to each other the lists began to grow. Some seemed so insignificant as thoughts and we laughed about them until we felt the impact in the body, especially when we considered something other than going along with the "tribe."

One that was of particular interest to me was that certain clothes or items were only for "best." As I sat with that it was evident to me that as a child I had unconsciously programmed in that if I was not allowed to wear or use something for the sheer joy of it or because it had great meaning to me then perhaps I was not as valued as others. Some may say this is absurd but think about it from a child's mind. Wonderful things were left hidden in drawers until guests came to visit and then we could use them for a brief time. It appeared as though the guests deserved something special that I didn't.

If you were to ask my parents I am certain they would have said that was ridiculous. They had perfectly legitimate reasons for the "good clothes" and "best dishes," etc. that were used only for special occasions yet what I recollected high on a mountaintop in Montana with Alexandra that day certainly didn't reflect that or feel like that in my body. It was a powerful experience that showed me how I had carried the tribal ritual of doing things differently for guests than I would for myself!

By reconnecting with these beliefs and experiences I was able to be present to the old, unconscious programs with a new perspective.

Do you have any of these programs lingering from your past that keep you locked into beliefs that prevent you from experiencing life fully?

Use the energy of the root chakra to strengthen your foundation and move freely from there.

Angela Mattos, CHTP
On behalf of HT Canada, Inc.

[Click here for printer friendly version of E-connections #15 May 2011.](#)

If you have questions about HT please send them to HTCanada@healingtouchcanada.net & we will get them answered by the appropriate persons. We welcome your feedback & HT news or stories for E-Connections.