



E-Connections with Healing Touch Canada, Inc.

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DID YOU KNOW?

Healing Touch International offers self-care forms on their website for Instructors, Practitioners and Students to use with their clients. These are helpful for those who practice daily, either on themselves or with others. [Click here to download.](#)

HT Level 1 is being offered for the first time in Charlottetown, PEI by Jeanne Balcom, RN, CHTP/I Nov 11-12/11. [Class brochure.](#)

If you are ready to complete the HTI HT Certificate Program it's not too late to register for the Level 5 in Prince George, BC Nov. 24-27/11. Email HT_Canada for details.

Bev Worbets, RN, BA CHTP/I is teaching a Level 3 in Comox, BC Nov. 26-27/11 as part of her Level 3 Instructor training. Catherine Awai will be supervising. [Class brochure](#)

[Register](#) by Dec. 9/11 to qualify for the \$50 early registration discount for the Level 4 in Nanaimo, BC Mar 1-4/12.

Visit the HT Canada website
www.healingtouchcanada.net



Lavender © K Stewart

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

Dear fellow energy workers,

As I left home the other night in my car the open sky grabbed my attention to the extent that I slowed down for a better look. The clouds varied so much in shape, texture, colour and elevation that my body responded with that familiar sense of awe as I experienced an opening and connection. It was as if someone had painted a gigantic canvas and hung it in the sky!

Driving along looking at the sky that evening, there was an acute awareness of the impact it was having on the physical, emotional, mental & spiritual aspects of my being. This led to wondering why I let the practical day-to-day aspects of my life distract me from paying more attention to guidance. (Had I not been expected somewhere I would have pulled over and just taken it all in.)

For weeks I'd been listening to Carolyn Myss CDs when driving. One of the questions or practices she puts forward is to notice or ask, what still has power over you that prevents you from hearing your divine guidance?

The seventh chakra is about connecting with spirit/higher power or universal consciousness, higher sense perception, and unity. Possible dysfunctions include: feeling "lost", limited thinking, inability to learn, alienation, confusion, & depression.

Eckhart Tolle in *A New Earth – Awakening To Your Life's Purpose* says, "When you become aligned with the whole, you become a conscious part of the interconnectedness of the whole and its purpose: the emergence of consciousness into this world."

Having recently been in a level 1 class it was wonderful to witness as each student moved from questioning and uncertainty to experiencing their own energy or that of others. As their chakras were balanced the energy in the whole room shifted. While they still had lots of questions, it certainly appeared that something, dare I say, their consciousness had changed.

Anodea Judith speaks of two types of Crown Chakra Cosmic Consciousness. *Cognitive Consciousness requires that awareness be singled out, sorted and assembled in logical order. Transcendent Consciousness requires the*



[click here for HTAC information or to join.](#)

HTAC members pay discounted HTI Membership fees.

The April 2013 HTAC Conference will be in Quebec City, PQ.



Datura © A Mattos

[Visit the HT International website www.healingtouchinternational.org](http://www.healingtouchinternational.org)

How can a three-pound mass of jelly that you can hold in your palm imagine angels, contemplate the meaning of infinity, & even question its own place in the cosmos? Especially awe inspiring is the fact that any single brain, including yours, is made up of atoms that were forged in the hearts of countless, far-flung stars billions of years ago. These particles drifted for eons & light-years until gravity & change brought them together here, now.

These atoms now form a conglomerate- your brain- that can not only ponder the very stars that gave it birth but can also think about its own ability to think & wonder about its own ability to wonder. With the arrival of humans, it has been said, the universe has suddenly become conscious of itself. This, truly, is the greatest mystery of all.

V.S. Ramachandran

opening of awareness beyond information, beyond the limits of focused attention. To perceive higher order implies a greater distancing from the minute and particular. Paradoxically, this opening beyond attention has the result of increasing the scope of our focused attention. (Wheels of Life – pg 376)

As we move through the chakras gathering input at each level we rise through cognition and understanding until we reach transcendence which contains all.

Thank you to FM an RN in Ontario, who recently repeated Level 1, for sharing the following:

The class was very powerful for me. I truly enjoyed repeating level one for various reasons. In summary, I feel much more confident. I have a long way to go, but I am ready to stick my hands out at anyone who complains about anything; and when I do, I cannot get over the awe of the effects!

When I talk about it with others, I am surprised to see some people have already been exposed or have experience of it. My clinical educator at work told me that her mother has been practicing it for 20 years!! and aromatherapy too. One of my friends had surgery in February to remove a kidney and I was able to tell which side it was with an energy assessment!

I gave a treatment to a co-worker who was complaining of headache (I didn't stop while she was on the phone) and she felt so much better. So did two other people in the room!! They said they felt calm and couldn't help smiling. I did the chakra visualization meditation with my husband and it was the first time he actually grounded. He is in disbelief and keeps giggling about it! And the most amazing thing, I can ground and centre in a fraction of a second, once the intention begins to sprout, the rest follows on auto-pilot!

What is inspiring you or connecting you with spirit or universal consciousness this month?

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

[To unsubscribe click here and put UNSUBSCRIBE in subject. \(we would appreciate any constructive criticism you'd like to share.\)](#)

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.