



E-Connections with Healing Touch Canada, Inc.

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DID YOU KNOW?

The Reflexology Association of Canada (RAC) has recently approved the HTI HT Certificate Program Level 1-5 classes for 5 CEU credits each under Category 1. (Retroactive to January 1, 2008) If you are a member of RAC and have taken HT classes since 2008 they are now eligible for 5 CEU credits each. Many thanks to the CHTI who contribute to the HT Canada Development Fund for making this possible.

Complementary HT sessions were another hit at Capital Health's 2nd Annual Health Week – the week of Sept 26/11 in Halifax, NS. Volunteers who helped Donelda Amey give staff treatments were Sister Christine MacDonald, Marilyn Morrison & Carol MacLennan. Sandra Pickrell-Baker also gave a presentation to staff about Healing Touch.

You can help support HT in Canada by ordering books through our [online link](#). A small portion of each sale goes to our Canadian HT Development Fund.



Birch Trees © A Mattos

*Level 4
Nanaimo, BC
March 1-4/12*

Register by
Dec. 9/11 to
qualify for the
\$50 early
registration
discount.

Dear fellow energy workers,

Looking out the window at the trees blowing in the wind I am reminded of the importance of a strong root system. The root or 1st chakra, located at the base of the spine, is related to survival & grounding, being present in the physical world. Matters of security, safety & vitality are connected with the adrenal glands & activate the "fight or flight" response.

Healing Touch grew out of a nursing model & continues to recognize the need for respecting each client's beliefs. As we move into the holiday season may we remember to practice the foundational aspects of Healing Touch.

HTI Code/Standard 4: Equality and Acceptance

The practitioner & client are equal partners in the process of healing. Honoring individual autonomy, growth & self-empowerment, clients will be respected & valued at all times regardless of race, creed, age, gender, disability, sexual orientation or health condition. The Healing Touch practitioner respects the individual spiritual beliefs & practices of the client. Healing Touch does not promote a particular spiritual practice.

We all have a unique way of integrating our beliefs into our experiences and we thank Sharon Dalglish, LSC, MSLC, HTI-PA of Gibsons, BC for sharing the following about her roots & growth ...

One day, when I was very young, I was suddenly aware that nobody else saw or experienced the world the way I did. I don't remember why it happened, or what events led up to my feeling this so abruptly; but, up until then I thought that my happiness & sorrow was everybody else's happiness & sorrow—that we all looked out at the world through the same pair of eyes. All at once I had an amazing feeling of separation from my family & friends, as though I had been kicked out of an elite club that everybody else was still a member, leaving me profoundly lonely & sad.

From that point on the loneliness never really left me. I worked hard to get back to that feeling of connectedness, believing that the world club would accept me back if I performed well. Thus began a life of seeking approval from others & the desire to belong to a whole once again.

I didn't understand it this clearly at the time. I just knew

[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.

Healingtouchassociationofcanada.org



Canadians at 2012 HTI Conf. in Hawaii © R Awai

[Visit the HT International website](#)
www.healingtouchinternational.org

2011 HTI Conference

I stood looking out at the ocean, feeling the soft breeze, my body aware of the unique vibration of the Big Island of Hawaii under me. I wanted to connect in with this land & its people, knowing at a deep level the energy of this place. Asking permission of the land & its ancestors I set my intention to be aware & to be open to whatever experience would come my way during the conference. I was not disappointed.

The conference was well organized with self-care time in the afternoon to swim & be in the warmth & sun of Hawaii. Canada was well represented with 11 participants (from Vancouver Island, ON & NB). It was wonderful to connect with friends from the past, meet new friends from around the world & create a deeper connection with our Canadian family.

that I felt cut off from others, alone & lonely, with a growing anger & resentment for my predicament. Why had I been chosen to be the one on the outskirts? There was even a time when I believed I was some sort of joke; God had cast me out of the fold for a good laugh as He watched me flounder about through life. Fed up with trying so hard & seemingly getting no where, I chose to do everything on my own, never asking for help from anyone.

Before I was born, the Queen Mother toured across Canada, bringing with her acorns to be handed out to all the people who watched her wave from her parade car. My grandmother gave her acorn to my oldest brother who planted it in our backyard. As the royal oak tree grew it became the hub of social activity in the spring & summer—a place for shade & a swing, summer barbeques, pitching our tent, playing games of imagination, backyard gymnastics...

I watched it grow year after year, & soon it was big & strong enough to climb. My best friend & I would climb the tree together, but sometimes I climbed it alone. Sitting in its branches completely hidden from the world, I spied on everyone, feeling protected & safe behind the leaves where no one could find me.

I think that when we are born we still carry with us the sense of belonging to a whole, to Spirit, God, Allah, Universe, Self. And, like the oak tree, Spirit spread its branches far & wide & we all played beneath it together—connected to spirit, connected to the earth, & connected to each other. There was no feeling of separation; &, although we couldn't define this experience or even thought to define it, we were completely connected to our families & friends. Although, our soul chose our body to contain itself in order to stand on the earth, it still desired communion with other souls, remaining connected to Spirit. We danced under the oak tree together believing that we were each other—that we were all seeing the world through the same pair of eyes.

But as we grew we were taught by our parents, our teachers, & society that we must be individuals & learn to compete with each other to survive in this world. We learned that love is conditional—if we behave a certain way we are accepted & loved; but, if we don't, we are rebuked & sometimes punished. Even if we believe that we chose to be born into a certain family to learn something important & to help heal the world, by this time the something important is forgotten; &, we continue our journey alone, feeling separate from the whole. We climb up above the oak tree & let the leaves mask who we truly are & why we were born in the first place.

I spent the rest of my life feeling like I was on the fringe of something important, the odd person out. Sometimes I would search for a group of people to fit in with. I would



Buddha Point Waiakola Hilton Resort
© C Awai

I also enjoyed both the keynote & the workshop with Dr. Rangimarie Turuke Rose Pere, New Zealand Maori elder whose message was of oneness, connection & living in right relationship with the land, especially in these changing times where everything we do, think & feel affects our world. Rose has an engaging sense of humour & kept us laughing with her stories & comments.

*(more in the next issue)
Catherine Awai*



Donna Duff, Rose Pere, & Catherine Awai
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If you have questions about HT please send them to HTCanada@healingtouchcanada.net. We welcome your feedback & HT news or stories for E-Connections.

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mold myself in the image of those I wanted to be most like. Eventually this turned out to be either too hard or unfulfilling & I became bored or overwhelmed. Worn out & sick I would withdraw. I either believed that all I needed was a rest, and then I could throw myself back into the very thing that made me sick in the first place, or to quit & completely isolate myself.

Opening up into deeper communion with others when I spent most of my life protecting myself from others has been painful, stressful, amazing, & awesome. For me it started from the ground up through Mindfulness Meditation & Healing Touch. I have travelled quite a journey of ups & downs, but always closer to that Spirit I once took for granted as a child—whether I'm aware of it or not.

I'm learning the difference between unconditional love & unhealthy co-dependant love (which, turns out, really isn't love at all). The more I learn this, the deeper & clearer my understanding of Spirit. I have moved from a grey-haired old god who sits up in the sky doling out punishments to a creative Spirit living & breathing through me & everything around me. A Spirit who gives birth in me the capacity to love unconditionally, have faith that each moment is unfolding as it should, & to appreciate the beauty of each moment even when it may seem empty of beauty.

Coming back into the fold—which I was never really cut off from in the first place—has been both scary & inspiring. It has taken a lifetime of fifty-five years, but every single moment of my life has led me here—all the physical & emotional pain, all the disappointments, all the sorrow & anger, all the joyful times, all the laughter & tears. Everything has transformed me & opened me up to the realization of my calling to be a healer, & the integrity of each moment shapes my healing practice.

I have climbed down the oak tree & joined the world, dancing, playing, & growing together in its shade. I know that at this point nobody can really see the world through my eyes because all my experiences through time have made my vision of the world unique; however, empathy, compassion, & courage have made me more tolerant of the varying viewpoints under the tree. Relationships here are still challenging but the challenge is my teacher. The more I learn from my relationship with others the more I learn about my relationship with Spirit. I am slowly growing back into to the whole I once knew as a child & the Spirit I took for granted. Through all my experiences my connection to Spirit deepens in appreciation of all I've gone through to get here.

What will you do to deepen/strengthen your root system this month?

All the best for the holiday season!

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