



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

Earth Day is April 22nd & Earth Day Canada is challenging all Canadians to make positive changes to their daily habits for a day, week, month or longer. How will you participate?

www.earthday.ca/takeitup/

April 15-21, 2012 - National Volunteer Week - pays tribute to the millions of Canadian volunteers who graciously donate their time & energy. It is Canada's largest celebration of volunteers, volunteerism, & civic participation. www.volunteer.ca/home

HTC celebrates all those who support their communities as volunteers! Much love & appreciation goes out to all of you who have volunteered with HT in Canada all these years!



© Taylor Ogston

*Oh the comfort, the inexpressible
comfort of feeling safe with a
person, having neither to weigh
thoughts nor measure words, but
pouring them all right out, just as
they are -- chaff & grain together -
- certain that a faithful hand will
take & sift them, keep what is
worth keeping, & with the breath
of kindness blow the rest away.*

Dinah Maria Mulock Craik

Visit the HT Canada website for a
current class schedule.
www.healingtouchcanada.net

Dear fellow energy workers,

After completing the E-Connections each month I shift my focus to a new chakra in preparation for the next issue. This time when I moved from the heart to the throat my attention was on an area of my body that has been injured a number of times over the years. As a result of the ways I support my neck (energy work, physiotherapy, yoga, acupuncture, massage, movement therapy-dance, journaling and meditation/mindfulness practices) it has strengthened significantly, however, this past month my attention has been called there more than usual. This forcefully encouraged me to slow down and connect with the source of tension within the tissues. Just 'hanging out' with the sensations allowed a compassionate communing of sorts as my resistance lessened.

The 5th chakra is a centre of communication & creativity. It is here that we express our beliefs and patterns. On an auditory level our expression varies greatly ranging from restricted to excessive, silent to loud, high pitched & shrill to deep & resonant. Singing and toning are effective ways of getting in touch with this centre and moving energy through.

Communication involves both expressing and listening. When the throat chakra is open and balanced our capacity to take in new ideas and listen to others increases.

The Oxford Dictionaries (online) describes communication as *the imparting or exchanging of information by speaking, writing, or using some other medium*. If our personal expression is about conveying what we are experiencing or wanting to share, then it follows that when we aren't in touch with ourselves our expression and actions will convey that.

Often we speak with others in an unconscious attempt to discover what it is we are experiencing. Unless we specifically ask if someone is available to just listen to us, our sharing may be interpreted as

HTAC members pay discounted HTI Membership fees and receive discounts on some HT classes.

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



Grapevine © A Mattos, CHTP

Creativity involves breaking out of established patterns in order to look at things in a different way.

Edward de Bono

E-Connections Suggestions

Practical Tips to support the 5th chakra:

- Try some neck exercises appropriate for your body (neck rolls, gentle lengthening movements, etc.)
- Experiment with toning, singing, or using your voice in different ways. (In the car alone or the shower are good places to start for those who are self-conscious.) Notice the changes in tone & whether it affects you in any way.)
- Be silent to enhance your ability to listen.
- Communicate through actions, gestures & facial expressions. Remember the idiom – actions speak louder than words.
- Activate or open your heart chakra and express yourself.

Visit the HT International website www.healingtouchinternational.org

2012 HTI Conference
Healing & the Path of Infinite Potential

Broomfield, Colorado.
 September 27-30, 2012

a request for advice by many. This can be a catalyst for further confusion, distraction and frustration. Being truly listened to helps us deepen our connection with the experience, be present to it and at some point, gain personal insight by seeing it more clearly. The clearer our focus and attention - the easier listening and expressing can be. Remembering this and being sure to frequently centre and connect when offering HT is paramount. Listen beyond the words as clients tell you their stories and help them connect with themselves by reflecting back what you have heard.

At times I use journaling or suggest it to clients to help with clarity. *Journal to the Self* by Kathleen Adams, MA is a great resource for anyone not familiar with journaling. I highly recommend trying the Dialogue with the Body and Stream of Consciousness techniques described in the book. Inviting input from the subconscious and unconscious minds stimulates the ability to both listen and express from a deeper level.

Sonia Choquette, author of *True Balance*, says the following of the throat chakra:

Have trouble speaking up or do you feel like you're not being heard? Have really good ideas but hate to fight to get a word in edgewise? That's a fifth chakra imbalance, center of personal expression. Nothing activates the throat chakra like an open heart, and nothing opens the heart faster than singing. Sing in the shower, sing while you're walking down the street. Bring breath into your lungs and vibrate the sound through your whole body, bringing with it healing energy. Make positive predictions throughout your day. And once a day, practice saying, "I am" and filling in the blank with a truth of who you really are and who you really want to be.

At the root of communication is creativity. Through expression we are creating our reality and future in every moment.

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

If you have questions about HT please send them to HTCanada@healingtouchcanada.net & we will get them answered. We welcome your feedback & HT news or stories.

To unsubscribe click here and put UNSUBSCRIBE in subject. (We would appreciate any constructive criticism you'd like to share.)