



E-Connections with Healing Touch Canada, Inc.

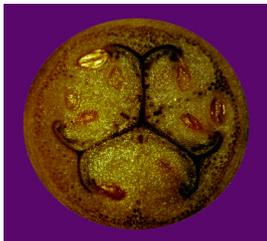
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DID YOU KNOW?

HT students are encouraged to practice what they have learned in class with others. Let people know what it is you are sharing with them and name it appropriately. Janet Mentgen often recommended showing clients, friends and family some of the techniques so they could use them with themselves or others. Keep in mind that only Instructors who are certified with HT International can teach the HTI HT Certificate Program classes that qualify for certification as Certified Healing Touch Practitioners (CHTP).

The next Healing Touch Association of Canada (HTAC) Conference is in Whitehorse, YT April 29 - May 1/11. visit <http://www.heartofthenorth.ca/> for details.

HT Canada has a listing of Certified HT Practitioners on the website. If you are looking for practitioners in a certain area check the website. The HTAC also have a directory that is sent to members.



If you are working on an HT project in your area please let us know. A few people have advised us of opportunities that are developing in their areas and will report back once everything is finalized.

Hello Everyone,

As I sat at my computer weeks ago to begin this issue, *Man in the Mirror* sung by Michael Jackson started to play in the background. Since then I've been on a roller coaster ride struggling to write this piece. How appropriate as it's about the energy of the third chakra, this month's theme. Is there a better time of year to focus on this chakra as things all around us are gearing up for the holiday season?

Two lines of the song kept jumping out at me. **“No message could have been any clearer. If you want to make the world a better place, take a look at yourself and then make the change.”** (written and composed by Siedah Garrett and Glen Ballard) <please pause here and then read the lines from the song again letting them sink in deeper>

While discussing with Karen Stewart what I had come up with so far I kept hearing the words 'reflection', 'mirrors', and 'focusing on self'. Suddenly I remembered the Hall of Mirrors in the Fun House from my childhood and was transported back to that time when each mirror revealed a different me – tall, thin, short, wide, wavy, etc. I wondered if it is possible that as we interact with others, we act as mirrors for each other in similar ways.

It can be so much easier to look outside ourselves at external influences rather than connect internally and be with what is. With Fun House mirrors, the reflected images are determined by us and the mirrors. I remember laughing, feeling intrigued, confused, shocked and a little fearful as I tried to make sense of the various reflections. In the end I was relieved to see my familiar image again. (I can see now how this was all based on the perceptions I had that related to my sense of self.)

There are times when this “others are mirrors for us” concept is really a stretch for me. It's especially difficult when I'm lost in the confines of my mind trying to make sense of what, for me, is a distorted reflection. If I can ask, 'what am I resonating with?' then by keeping the focus on what I am experiencing, eventually there is an ah-ha moment. It becomes apparent that my reactions have originated with me and there is a recognition of the thoughts or old conditioning I've been operating under that I wasn't aware of.

The ego isn't wrong; it's just unconscious. When you observe the ego in yourself, you are beginning to go beyond it. Don't take the ego too seriously. When you detect egoic behaviour in yourself, smile. At times you may even laugh. How could humanity have been taken in by this for so long? Above all, know that the ego isn't personal. It isn't who you are. If you consider the ego to be your personal problem, that's just more ego.

Eckhart Tolle – A New Earth



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.)

Canadian HTI class schedule.

Blog with information on various topics

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

If you can be absolutely comfortable with not knowing who you are, then what's left is who you are – the Being behind the human, a field of pure potentiality rather than something that is already defined.
Eckhart Tolle – A New Earth

Happiness is not something ready made. It comes from your own actions.
Dalai Lama

I'm sure you have all noticed that no matter how much you clean your living space there are always new opportunities coming along which need your attention. The same holds true for our physical nourishment. We eat and then a short time later our bodies require more. There are very few things that are ever truly completed so why is it we fool ourselves into thinking that our egos are balanced and self-care through reflection and other practices isn't necessary? Perhaps finding and actually using supportive practices will help keep us grounded while we walk through the Fun House of life.

In *Wheels of Life*, Anodea Judith says the purpose of the 3rd chakra is transformation and that its task "is to overcome inertia." It's easy to read, listen to or think about making changes but until we take action nothing changes. Experiment with different practices and find something that fits for you!

Here are a few exercises to develop the 3rd chakra (abbreviated from *Wheels of Life*):

Breaking Inertia – *Do something different. If you are sluggish, get moving. If you are hyperactive, be still.*

Attention – *Attention is focused energy. Give it to yourself. Give and accept it from others. Notice where it goes.*

Grounding – *Grounding brings us into the present, into the power within our bodies, and consolidates and focuses our energy.*

Effort and resistance – *If you are in constant resistance to some force, stop. Ask yourself why this force is manifesting in your life at this time. Resistance is often fear, the opposite of power. What is it you are afraid of? Imagine what would happen if you stopped resisting? How can your will protect you with less effort or resistance?*

Janet Mentgen used to speak about the importance of taking care of ourselves in order to be of service to others. Part of that was encouraging regular treatments for all students/practitioners. As Janet would say, "Have you been on the table recently?"

We would like to take this opportunity to wish everyone a holiday season with time for reflection and self-care in order to more fully experience the gift of coming together and sharing love and laughter from the heart.

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