



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

Healing Touch Canada, Inc. was incorporated in 1993 and has been offering the Healing Touch International (HTI) Healing Touch Certificate Program in Canada since 1996. (Due to the growth and diversity of the practitioners, the American Holistic Nurses Association (AHNA) transferred the credentialing of HT Practitioners and Instructors to the non-profit educational organization (HTI) formed initially to administer certification. AHNA continues to endorse Healing Touch.)

Alexandra Jonsson, BScN, CHTP/I coordinated the first Healing Touch class in Canada in Toronto, ON in September 1990.

Forty-two 2012 courses have been scheduled in BC, ON, QC, NB, NF & PE with more on the way.

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

*The world is full of magic things,
patiently waiting for our senses to
grow sharper.*
W.B. Yeats



Peacock © A Mattos, CHTP

Dear fellow energy workers,

Earlier this month several students of the Level 1 class that I was coordinating in Peterborough, Ontario shared their apprehension about attending the class as they were questioning their ability to do energy work. As we explored this further, I let them know it was not necessary to be able to feel energy to do Healing Touch. In fact, the instructor of this particular class didn't feel energy for several years after her first exposure. Some of the students were still a little nervous when they came to the class but as they began doing the first energy exercise it became evident that they were being called to utilize a different way of sensing. Everyone quickly got into it and off we went.

As the group moved from seeing with their eyes into 6th chakra perceiving, it became easier for them to explore and begin to trust what they were feeling. This meant putting aside their usual points of reference and working with the baseline that we are human energy fields and everything is vibrating energy. As they centred, clearing their minds of preconceptions and opinions, they were given the opportunity to open to their innate wisdom and experience new possibilities.

As the weekend progressed, it was heart-warming to witness the transformations. Changes in physical appearance were clearly evident as they gave and received treatments while learning HT.

Now that the course is over, the students have been encouraged to continue to play with energy, give treatments, and notice what happens. They've also been asked to balance their own chakras regularly and when life intervenes and they can't make it to a local practice, make sure they 'get on the table' for treatments.

In another course that same weekend, Vancouver Level 1 students were invited to tell someone about the class within 24 hours, do a treatment within the

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.



Dewdrops on spiderweb © A Mattos, CHTP

E-Connections Suggestions

Practical Tips to support the 6th chakra:

- Put something you find exceptionally beautiful by your bed so you see it last thing at night and first thing in the morning
- Visit a local gallery & experience it with an open mind.
- Finger paint or doodle just for the fun of it.
- Record 3 beautiful things you see each day in your journal
- Journal the silver linings of upsetting situations.
- Wear something indigo
- Create a visualization or meditation to balance your chakras.

Change the way you look at things and the things you look at change.
 Wayne W. Dyer

Visit the HT International website
www.healingtouchinternational.org

2012 HTI Conference
**Healing & the Path of
 Infinite Potential**
 Broomfield, Colorado.
 September 27-30, 2012

first week and 'get on the table' twice within the first month.

As these students are discovering, a well developed or balanced brow chakra can be a powerful ally as we move through life. It allows us to see the big picture and not just the details, to experience and be open to contradictory concepts. This centre is involved with visualization, imagination, perception and intuition. In doing the work of Healing Touch as well as day to day living, intuition is required in order to embrace the mystery that opens us to the larger, cosmic world.

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

- *One of the most important functions of our personal vision is to direct our awareness to the beauty that surrounds us.*
- *A balanced sixth chakra lets us be open- minded and unbiased, willing to see all aspects and learn whatever we can before we decide what to do.*
- *Look for the silver lining. Every time you find yourself in an upsetting situation, practice seeking out the gifts that came disguised in loss, frustration and disappointment.*

Sonia suggests looking for the beauty in all circumstances - no matter how challenging. While that truly can be a difficult task, recently I've been privileged to hear people talk about the gifts that were offered from their most trying times. While they may have been too overwhelmed to recognize them at the time they could more easily appreciate them given some distance from the events. Personally I can say that has been my experience many times – how about you?

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.

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