



E-Connections with Healing Touch Canada, Inc.

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DID YOU KNOW?

HT Canada Sponsored Classes have recently been added to the schedule:

Level 4 Nanaimo, BC Thurs Nov 18 - Sun Nov 21, 2010

\$50 early registration discount until: Aug 26/10

as well as several Level 1 classes [click for information](#)

The Healing Touch Association of Canada (**HTAC**) **Annual General Meeting** is being held in Kelowna, BC April 30, 2010 7-9 p.m. If you are in the neighbourhood please consider attending.

Many HT Communities across Canada have active practice groups. See the HT Canada website for contact information.



[Visit the HT Canada website for:](#)

- Recommended Reading List and link for online purchases (a portion of the proceeds of these purchases goes to HT Canada and is used to support HT development in Canada.)
- a list of the upcoming Canadian HTI classes
- blog with information on various topics

[Visit the HT International website for:](#)

International class postings

Information on the functioning of HT International

Healing Touch International's 14th Annual Energy Healing Conference & Instructor Meeting *Healing, Transforming and Expanding Through the Gateway of Light*

Hello Everyone,

If you have recently taken your first Level 1 HT class welcome to the community! This monthly E-Connection is sent with the intention of sharing information and news and providing links within the HT community across Canada. This month we are looking at the self and self-care.

Knowing the self and self-care are key components of developing as a healer and deepening our practice. As we focus on the various aspects of living in balance we find that rest, reflection/introspection, nourishment & exercise all play a role in our well-being. While it may seem that physical, emotional, mental and spiritual experiences are separate, I invite you to look more deeply at how they are intricately woven together.

When I started with energy work I was concerned that my lack of experience was a handicap until I noticed the expansion and intrigue that was available when I questioned things (beginner's mind) and listened to the energy. Twenty plus years later, I continue to appreciate the opportunities provided by beginner's mind and the freedom from having to "know" what is taking place. Being present to an experience allows for an opening into what is unfolding and the inter-connectedness with life around us (on this planet and beyond) becomes clearer. For example, consider when it rains. The water goes into the ground and feeds the vegetation (which we eat), goes into the rivers and lakes (which provide our drinking water) and waters the trees (which soak up the carbon dioxide we breathe out and produce oxygen which we require when we breathe in.) Without the components that come together to create and sustain the rain and the trees, and there are a lot of them, we would not be able to live! So, while it may seem to us that events happen in isolation – they really don't. SO much has come together to create the present moment! Can I really expect to figure out what those events were and why?

When reflecting on the ways I care for myself it's important that I am aware of my thoughts and belief systems. Am I moving from a place of recognition that my ability to be a caring, compassionate presence is directly related to how I care for myself? How am I expressing compassion and caring for myself?

Suggestions for self-care:

- Look at what brings you joy and how you incorporate that into your life
- Are there ways you can better support how you nourish yourself? (e.g. Quality & type of nourishment)
- Book a Healing Touch or other energy modality treatment monthly (if only for maintenance). Perhaps exchange with friends.
- When setting goals, set attainable ones.
- Be honest, respectful and keep your word with yourself.
- Practice compassion with yourself - later it will flow out to others.
- Participate in some form of physical exercise regularly (yoga, walking, dance, etc.) If done with care your body/whole being will thank you!
- Develop a centring practice, meditate and take time for reflection.
- Find a spiritual friend(s).

"The universe is governed by laws, yet those laws are governed in turn by the Divine. If you can understand that system, you will grasp the essence of healing. Pursue your own mysteries. Never run away from what you do not understand about yourself; that part of you does not evaporate just because you don't want to look at it. Use the grace of Understanding to see yourself



The following are from an article called "Path of Healership, The Importance of Self-Care for the Healer" which was based on excerpts from the conclusion of the keynote address given by Janet Mentgen at the 2nd National Australian Holistic Nursing Conference in 1995. The Theme was 'Partnerships in Ancient Healing'.

1. Physical Clearing: take care of your physical body, your physical existence.
2. Emotional Clearing: express your hurts and pains, your joy and happiness.
3. Mental Clearing: create new habits, new ways of doing things.
4. Sacred space: create your sacred space at home, create sacred space when you are away.
5. Experience Silence: move into quiet, meditation, Holy Silence.
6. Holy Leisure: bring balance into your life, restore your self through leisure.
7. Holy Relationships: commit to yourself and others.

"Live as if you were liberated from ordinary thought, beyond the boundaries of logic and reason. Be bold in your decisions and creative and imaginative in your thoughts. Think and live with the soul of a mystic, seeing the world as a field of grace in which you walk as a channel of light. Live these truths. Become these truths. This is your true highest potential."
Carolyn Myss – *Defy Gravity*

"We can never obtain peace in the outer world until we make peace with ourselves."
Dalai Lama

you don't want to look at it...Use the grace of Understanding to see yourself clearly so that you can serve others with that same grace."

Carolyn Myss – *Defy Gravity* page 130

Getting To Know Your Chakra System From The Yin Side

Jes Markoff, RMT, Contemporary Acupuncture, HTP, Reiki Master

Integrating energy modalities with touch therapy, such as massage, is fairly straightforward but the energy system and techniques used to work with the field can be more difficult for clients to comprehend. As a new RMT, clients often remarked that my hands felt "different" and those who had previous experience with energy medicine would ask if I worked with energy.

As my practice grows, I continue to find tools to engage clients and aid them in the exploration of the energetic body. The Chakra Connection is still the most common self-care exercise I give to any client who wants to develop an understanding of the energetic body.

Yoga, more specifically asana, is a great way to develop body awareness and sensitivity to the microcosm within the macrocosm. Yang style yoga, like vinyasa, can make sensations in the body more accessible to those who spend most of their time in their head. Last October, I studied Yin Yoga with a very talented and inspirational teacher in Toronto and was amazed by the results this practice can yield. Yin yoga targets the connective tissues of the body (ligaments, bone, fascia), which are denser than muscle and require prolonged stretching in order to make permanent changes. The practice focuses on the hips and spine and each posture is held for three to five minutes with care given to entering and exiting each shape. It is thought that chi circulates through the body via connective tissue and therefore a sequence of postures can be strung together to target specific meridians or organs in the body based on illness, season or biomechanical restriction. The chakra system also ties into the practice as certain postures can invigorate or help to balance one or more centres, as they are gateways between dimensions (sensation in the body that corresponds to emotion).

For example, a low squat stimulates the Muladhara (1st) and Manipura (3rd) chakra and stimulates the liver, kidney and urinary bladder meridians. Being in this shape for three minutes allows the practitioner to journey through physical and subtle energy sensations while observing the mind and any emotions that surface. In a squat, the practitioner can reflect on the qualities and abilities of the Manipura chakra to receive, transmit and assimilate information, such as experience of trust, sense of self and will.

It had been a tough year and I was struggling to balance my professional and personal life, especially self-care and spirituality. I committed to practicing yin every day and noted my sequences and experiences. It wasn't long before patterns surfaced and within these patterns I was able to identify where certain emotions, experiences, thoughts and energies were living. With time and practice, I have been able to improve my mental, physical and spiritual flexibility and fluidity in an integrated and gentle way.

For more information about yin yoga visit: <http://www.yinyoga.com/>

If you have questions about HT please send them to HTCanada@healingtouchcanada.net and we will get them answered by the appropriate persons.

We welcome your feedback. Please send your HT news or stories for E-Connections to Angela at: HTCanada@healingtouchcanada.net

Celebrate HT by sharing it with yourself and others,

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