



E-Connections with Healing Touch Canada, Inc.

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DID YOU KNOW?

Last year a leadership council was formed to organize the ongoing HT activities in the Comox Valley, Vancouver Island, BC. The president, vice-president, secretary/treasurer and 2 practice group leaders meet 3-4 times a year to discuss any local HT issues and plan their upcoming activities which include:

- 2 practice groups per month (not during summer)
- Annual retreat day
- Annual pot-luck
- Weekly volunteer clinics at the local hospital for the chemotherapy clients
- Weekly volunteer clinics for Hospice clients, family, friends and staff
- Foot stroking for the "chronic pain group" at the nursing centre Thursday afternoons and Extended Care Unit Tuesdays

In the planning stages are a book club related to healing, a fund raising project and a logo.



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.
John F. Kennedy

Brenda in BC offered the following daily practice she uses.

With every breath, send unconditional love to every particle of your being. Do it as

Hello Everyone,

The purpose of these monthly communiqués is to maintain connections within the HT community across Canada. To share enthusiasm, encouragement and information and to be supportive to practitioners and students of HT in a variety of ways.

If you haven't noticed by now, we are gradually working through the chakra system using it as the monthly focus. This month we're at the throat or 5th chakra. Communication and creativity happen here.

Each month as I "put myself out there" by sharing through the written word I embark on a journey, reflecting on just what it is I am wanting to convey. Some months are much easier than others.

Once I connect with what I am wanting to bring forward my intent is to be clear and concise. Since words are symbols and can represent different things to different people, as well as trigger memories and activate thought patterns, they add a dimension that is beyond the original symbols. Having experienced repeated throat chakra issues since childhood, as I mature I am noticing that it's getting somewhat easier to recognize what is potentially contributing to my ability or lack of ability to freely express or listen with a united mind and heart .

Have you ever considered what influences the way individuals express or don't express and how that creates consequences?

In *Wheels of Life*, Anodea Judith writes "Communication is the means whereby consciousness extends itself from one place to another. Invisible, sometimes even inaudible, communication is the connecting principle that makes life possible. From the DNA encoded messages of living cells to the spoken or written word, from the nerve impulses connecting mind and body to the broadcast waves connecting continent to continent, communication is the heart of coordination among all living things." She goes on to discuss the principle of rhythm entrainment (in the case of similar vibrations) and interference patterns (in the case

long and as often as you feel you need it.

“The beauty is in its simplicity (it only takes a minute and can be done anywhere, anytime). This exercise melts my body—completely relaxes every nook and cranny—and if I need it more in one area, I send extra breaths to that area. This exercise has also been pivotal in helping me to be more responsive and compassionate to others’ interactions and needs.” Brenda Piquette, HTI-PA



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.)

A list of the upcoming Canadian HTI classes

Blog with information on various topics

Visit HT International’s website:
International class postings
Information on HTI

HT International's 14th Annual
Energy Healing Conference &
Instructor Meeting
*Healing, Transforming and
Expanding Through the
Gateway of Light*
September 9-12, 2010
Marriott St. Louis Union Station

*Life is meaningless only if we
allow it to be. Each of us has
the power to give life meaning,
to make our time and our
bodies and our words into
instruments of love and hope.*
Tom Head

of diverse vibrations). (Anodea will be a keynote speaker at the HT International Conference in St Louis in September)

Since all matter is influenced by sound, rhythm and vibration we are constantly effected by not only what is going on inside of us but also by our environment. Consider how you respond when you hear different styles of music. Does this change depending on the mood you might be in? Perhaps the music actually evokes a different mood. Often we use slow, calm, soothing music to help support a state of relaxation during a Healing Touch session. Toning or working with tuning forks, bells or bowls are other ways of supporting the chakras with sound.

Our communication is a reflection of our inner experiences. When we are able to know our truths and speak from a place of integrity and alignment there is an awareness of unity in honouring creation as it unfolds.

At the heart of each of us, whatever our imperfections, there exists a silent pulse of perfect rhythm, a complex of wave forms and resonances, which is absolutely individual and unique and yet which connects us to everything in the universe. The act of getting in touch with this pulse can transform our personal experience and in some way alter the world around us. George Leonard, *The Silent Pulse*

May we each remember and experience the resonance that exists between us when we share our life/light with others.

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

REMINDER: the **\$50 early registration discount deadline** for the **Level 4 in Alma, NB** is **July 22, 2010** [click here for registration form.](#)

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.