



E-Connections with Healing Touch Canada, Inc.

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DID YOU KNOW?

Congratulations are in order for Sherry Bieman & Sandra Coutts of Ontario who have recently become Certified Healing Touch Practitioners!

Canadian connections at the HTI conference - St. Louis September 9-12, 2010

There will be an opportunity to meet and reconnect with other Canadians at Conference. Please email Karen Stewart if you are attending conference. kasinbc@yahoo.ca



The latest edition of the HTI newsletter is available for [downloading by clicking here.](#)

The tree which moves some to tears of joy is in the eyes of others only a green thing that stands in the way. Some see nature all ridicule and deformity ... and some scarce see nature at all. But to the eyes of the man of imagination, nature is imagination itself.
— William Blake

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.)

Hello Everyone,

Have you ever suddenly had clarity around a situation or circumstance and raised your hand up to bump your brow as if to say why didn't I see that before? Well that's your 6th or Ajna chakra, a place of insight, vision and intuition.

In *Wheels of Life*, Anodea Judith writes "In our culture, there is a deep prejudice in favor of light and against darkness, dating back to antiquity when darkness was a time of fear and helplessness. Yet it is only through light and darkness both that we see beyond their polarities to the incredible rainbow spectrum of choices available to us at each moment. To accept the darkness as well as the light, enabling us to perceive without prejudice the vast realm of visual information, is the essence and function of chakra six. When we lose our prejudice over what things 'should' be, we begin to see them as they are." (Anodea will be a keynote speaker at the HT International Conference in St Louis in September)

In *Sacred Contracts*, Carolyn Myss writes the following about the sixth chakra. "This is also the energy center that empowers our attitudes, beliefs, memories and the overall character of our rational mind. Whether we are fair and open-minded or judgmental and limited in our capacity to consider new ideas is a manifestation of how we direct the power of this chakra."

Thank you to Jes Markoff for her contribution this month. The awareness she speaks of can be applied to any experience we have. How much of what we perceive both with our physical eyes and intuitively with the third eye is experienced without adding a layer of interpretation based on past experiences?

Yoga for the Ajna (6th, brow) Chakra

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

Yoga stimulates the chakra system but some postures, due to the shape our bodies make, will hone in on and stimulate one or more chakras. There are several ways to connect with the wisdom, clarity and intuition of the ajna chakra during yoga practice.

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

*The creative individual has the
capacity to free himself from the
web of social pressures in
which the rest of us are caught.
He is capable of questioning the
assumptions that the rest of us
accept.*

— John W. Gardner



*Consciousness is the ability to
release the old and embrace
the new with the awareness
that all things end at the
appropriate time and that all
things begin at the appropriate
time. This truth is difficult to
learn to live with because
human beings seek stability -
the absence of change.
Therefore becoming conscious
means living fully in the present
moment, knowing that no
situation or person will be
exactly the same tomorrow.—
Carolyn Myss, Anatomy of the
Spirit.*

The brow centre is the physical location of the pituitary gland, which is considered as a master gland of the endocrine system, secreting hormones that regulate homeostasis. The sixth chakra's relationship to mental and emotional health manifests in our feelings of adequacy, intellectual ability, self-evaluation and our ability to be open to the ideas of others.

During practice one could look at the belief patterns that surface repeatedly, for example, labelling certain postures as difficult or easy, good or bad, painful or pleasurable. Developing this awareness allows the practitioner to acknowledge the label and self-judgement and begin to move beyond the projection to see that the posture is empty. There is often an expectation placed on the body as to which postures it can and cannot express. By being conscious of these expectations and using the breath to practice fully in the present moment one can allow the body to express itself without restriction (regardless of physical limitations).

Balancing poses such as tree pose (vrksasana) and dancer's pose (natarajasana) and inversions such as the headstand (shirshasana) and shoulder stand (salamba sarvangasana) stimulate this chakra. Balancing postures can quiet the mind and concentrate the body's energies into the central line (sushumna nadi), which connects the chakras. A relaxing Child's pose (balasana) with the forehead on the floor will also stimulate the 6th chakra.

Mechanical stimulation to the brow area is a great way to work with this centre too. China gel, hot or cool stones, and crystals can be placed on the brow during corpse pose (savasana) to help relax the area, release tension and aid in concentration.

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.

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