



E-Connections with Healing Touch Canada, Inc.

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DID YOU KNOW?

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 a CHTP and you would like to be included on the list [click here](#) for more details.

Are you interested in sharing HT with others in your community? If so, consider offering a class in your area. Call or email the office for information on what is involved and how to get started.

HTCanada@healingtouchcanada.net



Can you see what looks like a face in this tree?

“Paradoxically, while the energy of the second chakra inclines us to try to control our lives, the lesson of the second chakra is that we cannot be in control. We are physical beings and energy beings, but since the physical world cannot be controlled, the task before us is to master our inner responses to the external world, our thoughts and emotions.”
Anatomy of the Spirit, Carolyn Myss

Hello Everyone,

As the beautiful array of coloured leaves fall from the trees in this area I am reminded how wonderful a time this is to be outdoors and take in the colours, sounds, textures and smells. A walk in the forest yesterday has me using trees as a reflection for the chakra/energetic system this month.

Starting at the base, I am aware of a strong foundation created by the extension of a solid trunk flowing into an underground root system that both stabilizes the tree and provides a way of receiving nourishment. This nourishment moves upwards through the trunk and into the branches moving outwards to the leaves. The tree grows both up towards the sun and down into the earth.

Within our own energy systems it is beneficial to be aware of the connections between the various chakras. While this month's focus is on the second or sacral chakra, let's also acknowledge how the centres above and below support it.

In *Energy Medicine*, Donna Eden says “Your navel is at the top of your second chakra, and just as it was once the physical cord that connected you to your mother, it is the energetic cord that still connects you to the pure creative energies that nourish your being.”

As we work with the energy of the second chakra let us be reminded of this and acknowledge it in others.

Donna Eden goes on to say “The second chakra is governed by faith and trust in the larger picture. It is artistic in its logic rather than linear, childlike rather than sophisticated, organic rather than doctrinaire, flowing rather than time-bound, innocent rather than cunning, trusting rather than suspicious, and free rather than responsible.”

Imagine how different our experiences with others would be when initiated from a balanced sacral chakra. Cultivate your connections with those types of energy and see what happens in your relationships with others.

Imagine yourself as a tree and bring your awareness from the sacral chakra down to the root. Be aware of the earth energy coming upward and connect with the earth. Now move your awareness upwards, connecting with the energy of the heart and bringing it back down through the solar plexus to the sacral chakra? What do you notice?

Thank you to Bev Worbets, RN, BA, CHTP/I, Comox, BC for the following reflections on the 14th annual Healing Touch International Conference, Sept. 2010 in St. Louis, Missouri.

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 15th Annual
Energy Healing Conference &
Instructor Meeting
Creating Wholeness on Earth
October 20-23, 2011
Hawaii



We must learn not to disassociate the airy flower from the earthy root, for the flower that is cut off from its root fades, and its seeds are barren, whereas the root, secure in mother earth, can produce flower after flower and bring their fruit to maturity.

The Kabbalah

First, I would like to report that Healing Touch International (HTI) is thriving. HTI staff and all the various committees have been working diligently to reshape HTI these past couple of years, and their results are impressive. We now have the long awaited new student and instructor workbooks and guidelines in final draft form. The education committee has also created clear new guidelines for all the levels of instructor requirements with mentorships. Their commitment to being as "green" as possible is evident in the instructors being able to download the various workbooks. Our hats are off to these very hard working Healing Toucher's who are helping HTI move forward in a very positive, heart-felt way!

I particularly enjoyed our instructor's day. Anne Day & Myra Tovey, two of Janet's right hand instructors, who were with her from the very beginning of the creation of HT, started the day with a heart-filled message. They encouraged us to see with our eyes the Divine essence in each other and to practice unconditional love and co-operation. They encouraged all to see our connection and oneness, rather than separation, in all aspects of our lives. Myra Tovey discussed the attributes of the heart, and principles of heart-centered living. She reminded us of the importance of Brugh Joy's advice to meditate just 5 minutes a day on our heart center. As we work more and live more in our heart, we will manifest our intents more quickly. Anne Day told us that she begins each day by attuning to the song of her day in the vibration of love. How good is that!

Dave Ebenhoh, BA, MA led us through the remainder of the day in sharing his gifts of deep listening, teaching, discernment and skills working with individuals and groups. He had a heart-centered, honest, innovative and powerful teaching style which truly was inspiring. He reminded us that global transformational change is really about personal transformational change. It was a welcome message during this time of global environmental uncertainty.

The theme of the conference was "Healing, Transforming & Expanding Through the Gateway of Light" and I feel that those who attended did just that at many different levels – we healed, we transformed and we expanded as we eagerly listened to the many stimulating presentations by internationally renowned & respected keynote speakers and took part in the various workshops. I left feeling renewed, refreshed and re-inspired!

As Brian Luke Seaward, PhD said, "I've been to many healing conferences but this one is unique. Real healing is occurring at this conference. We are not just talking about it." I urge you all to start planning for next year's HTI conference in Hawaii, October, 2011. HTI conferences are well worth your time and effort. I hope to see you there! In Gratitude, Bev Worbets

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.