



Society of Healing Touch of Alberta Newsletter
Issue 24, April 2022

“TOUCHING BASE” - “JUST DO THE WORK”

Welcome to your SHTPA Newsletter for April 2022



April is known for beautiful spring weather, the start of warmer weather, and right about the time when the Easter bunny will make an appearance!

No one is sure how the month ended up with its name, but we do know the Romans named it “Aprillis.”

The etymology behind the word “April” comes from the verb “aperire,” which means “to open.” It’s commonly believed that the word refers to the season of trees and flowers begin to “open” or bloom.

April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year. There’s another one called the Eta Aquariids meteor shower that can be seen onwards from [April 21st](#).

Of course, one of the most well-known dates of April, is April Fools’ Day on the [1st of the month](#). No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer’s story in “Canterbury Tales” called “Nun’s Priest’s Tale.”

The smaller animals that hibernate for the winter in the Northern Hemisphere usually start coming out of their burrows in April.

April is also the month that the birds migrate north and settle down for the summer to mate.



MESSAGE from Verna, Director of Special Events and Grants



Hello Fellow Healers,

I'm so happy to deliver the information of the upcoming **SUPER SATURDAY Conference** dates so we can all gather, learn and build our Healing Community.



Mark your calendars for MAY 7, and JUNE 4th.

The presenters are ready and happy to bring you their skills and wisdom around Crystals, Angels/Intuition, Color & Sound, and inside the body of Fascia & Fractals. LOTS MORE DETAIL BELOW.

On another note of using sound for Healing I've been using my tuning forks for many years now and have discovered through Marsha Read, John Beaulieu who is a true master of the forks. Check him out on YouTube. *'Human Tuning: Neural Coherence'* is the first one I would recommend you check out.

A Healing Story: I want to let you know a wonderful way to support your clients with *Tinnitus*.

Tinnitus is when you experience ringing or other noises in one or both of your ears.

The noise you hear when you have tinnitus isn't caused by an external sound, and other people usually can't hear it. Tinnitus is a common problem. It affects about 15% to 20% of people, and is especially common in older adults (as stated by Wikipedia).

My husband has been suffering from tinnitus for many years. One morning, a few weeks ago, Bill woke up with a heightened ringing in his ear and mentioned it. Okay, I said, "I'll work on you". John Beaulieu says to put the C & G turning forks directly on the coccyx. Now I do use essential oils and Bill has been putting Helichrysum around his ear for awhile now for Tinnitus. I got my turning forks out and started to work on Bill's back as he was lying face down on the bed. First thing I did was check his back and it was fully compromised. I opened his feet, used the Level 2 work on the spine doing spirals up the back. I put the tuning forks on the coccyx until the sound left them and did this 3 times. I was guided to put the Helichrysum directly on his coccyx. The sound changed and become less in volume and Bill went on with his day. Later that day, he said, "I'm glad that worked." So now he wants to get on the table more to lessen the sound and hopefully one day his tinnitus will be gone!

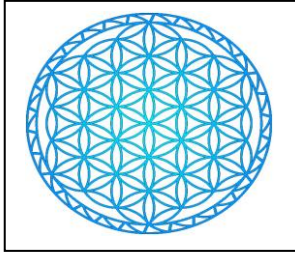
So, as you are all intuitive, emphatic healers, you will feel the frequencies of the Earth planes. I'm thinking the increase in frequencies will heighten the Tinnitus because of the higher frequencies coming through. I might add this was just before the Full Moon last month. Lots of beautiful Energies all around!

I would love to hear your healing stories and how you are being guided and share them with our Healing Community!

Be Well, Be Healthy, BE!

Hugs and Loving Embraces!

MANY, MANY BLESSINGS VERNA, HTCP/I



OPEN FORUMS with Verna



Sacred Geometry 101

April 7, 2022 Thursday 7:30 p.m.

Do you know whenever you use HTProgram techniques you are using Sacred Geometry!

Yes, Come and explore with me where you use them and what the BIG Deal is all about. This is an introduction to Sacred Geometry and how to use it in your practice. The above symbol Flower of Life is particularly intriguing and we could speak about this symbol for hours but will touch on it as a Master Healing Symbol.

I will send the link out on Thursday morning as I use the SHTPA link that has been set up.

Anatomy and Physiology

for Healers 101

April 28, 2022, 7:30 p.m.

The other day, as I finished up with a Client, I realized how much I use my Anatomy and Physiology courses taken with Sue Hovland, Elvie Host, and Jeannette Nienaber. Now you may think of me as a course junkie but I've taken these classes three times as there is always something new to discover and add to your Healer Development. I want to share a few books and a few techniques with you until you can take a class with Jeannette.

I will send the link out on Thursday morning as I use the SHTPA link.



MEDITATION with Cristiana



Wednesdays at 8:00 PM

" Free guided healing meditations for ourselves, our loved ones, and for our planet Earth, will continue every Wednesday at 8 pm, zoom meeting number: 479 430 3282; password: LOVE"

Here is the link with number and passcode for the Wednesday meditations.

Join Zoom Meeting

<https://us04web.zoom.us/j/4794303282?pwd=VDZ5bUtKYzc2QUUs2eStEcjBaYVZBQT09>

HEALING TOUCH CLASSES

- per regulations from our Provincial Officer of Health

- Level 1** – Apr 2-3, 2022 - Calgary, AB - Instructor: Betty Minifie
Contact: [Betty Minifie](#) at: therapeuticbalancing@gmail.com or 403-474-7399
- Level 1** – April 23-24, 2022 – Calgary, AB – Instructor Verna Besselink – In person
Contact: Linda M Martin at: lmartinweeam@hotmail.com or 403 636 0114
- Level 2** – May 7-8, 2022 - Calgary, AB - Instructor: Betty Minifie
Contact: [Betty Minifie](#) at: therapeuticbalancing@gmail.com or 403-474-7399
- Level 2** – Oct 22-23, 2022 - Calgary, AB - Instructor: Betty Minifie
Contact: [Betty Minifie](#) at: therapeuticbalancing@gmail.com or 403-474-7399
- Level 3** – June 4-5, 2022 - Calgary, AB - Instructor: Betty Minifie
Contact: [Betty Minifie](#) at: therapeuticbalancing@gmail.com or 403-474-7399
- Level 3** – Nov 26-27, 2022 - Calgary, AB - Instructor: Betty Minifie
Contact: [Betty Minifie](#) at: therapeuticbalancing@gmail.com or 403-474-7399
- Level 4** - May 26-29, 2022 – Val Marie, SK - Instructor: Betty Minifie
Contact: [Betty Minifie](#) at: therapeuticbalancing@gmail.com or 403-474-7399
- Level 5** – Nov 10-13, 2022 – Calgary, AB - Instructor: Betty Minifie
Contact: [Betty Minifie](#) at: therapeuticbalancing@gmail.com or 403-474-7399

BURSARIES

REMINDER that the SHTPA provides bursaries for Levels 2 to 6 for Healing Touch Program as well as Levels 1 to 6 for Instructor training.



Angelica Rozsa,
SHTPA Treasurer

Bursaries are \$100.00 per year.
Please feel free to investigate more information on our website under bursaries.

<https://www.societyofhealingtouchprogramalberta.ca/upcoming-classes.html>

***“Helping Healing Touch students
continue with their education in the Healing Touch Program.”***



MEMBERSHIP

Hello Dear Members,

If anyone wishes to join the SHTPA, please contact Carley Caruso
at carleycaruso8118@gmail.com.

Currently, we have 28 members and our goal is to continue growing.
New members are always welcome!

“SHTPA thanks you for your continued Support”

With Love and Light,

Carley Caruso, B.Sc., HTPA
Healing Touch Practitioner Apprentice

Director of Membership, SHTPA
<http://www.societyofhealingtouchprogramalberta.ca/>



SUPER SATURDAYS - Day Conferences

Sponsored by
Society of Healing Touch Program
Alberta
and the
Healing Touch Worldwide Foundation



We have lined up four presenters over two Saturdays this spring to bring education, joy and healing to you and your practice.

Come have fun learning more about Crystals, Angels & Self Care, Sound Healing and Fascia & Fractals!

May 7, 2022 Rock your World & Angels for Self care

June 4, 2022 Sound Healing & Fascia & Fractals

Location: FCJ Centre, 219 19 Ave SW, Calgary, AB

Times: 9:00 a.m. - 5:00 p.m.

Your Investment:	1 Day \$95.00 *Members	\$125.00 Non-Members
	2 Days \$170.00 *Members	\$230.00 Non-Members

Coffee/Tea/Snack & Lunch Included!!

*Members of the Society of Healing Touch Program Alberta,
Renew – Call Carley at 403 308 0362 or email: carleycaruso8118@gmail.com
or at: www.societyofhealingtouchprogramalberta.ca

Checks Payable to: Society of Healing Touch Program

Mail to: Verna Besselink, R.R.3, High River, Ab T1V 1N3

Credit Card - + 3.00 on for admin charges

OR e transfer : financeshtpa@gmail.com Q: Verna 403 601 0529

**PLEASE FEEL FREE TO PASS THIS ON AND SHARE WITH
COLLEAGUES AND FRIENDS!!!!**

DAY 1 of SUPER SATURDAYS

SATURDAY MAY 7, 2022

“Rock your World - Deepening Your Personal and Professional Healing Touch Practice with Crystals”

Presenter: **Melanie Sinneave**



Melanie was guided into studying multiple energy healing modalities after her personal experience with illness and trauma ignited her passion to be in service.

With over 12 years of experience, Melanie is a level 5 Healing Touch Practitioner and has completed two Crystal Healing Certifications: Certified Crystal Healer and Advanced Crystal Master.



She is also a Certified Transference Healing Practitioner and Teacher, and is currently completing a Body-mind Coaching Certification in order to help trauma and illness survivors connect back into their body and reconnect to their inner wisdom.

"Angels for Self Care."

Presenter: **Julie Robinson**

BIO: **JULIE HELENA ROBINSON** is an internationally renowned Angel Intuitive, Author of four books and one Oracle Card Deck, inspirational speaker, radio host, energy healer and teacher in self-development, spiritual and psychic growth. Born in Montreal, Quebec, and raised in Calgary, Alberta, Julie is completing her bachelor's degree in psychology from Mount Royal University.



Julie is a fourth-generation Emphatic Psychic Medium and Angel Intuitive who has completed her Usui Reiki levels 1 & 2, Healing Touch level 1, Shambala Reiki Master, mentored by Jeannette Nienaber BSc, MEd, HTCP/I, ATP.

She has been a contributing author to Mosaic Magazine, Health Web Magazine, and The Wellness Universe. Julie has been a guest on several radio shows including X-Zone Radio TV, Different Strokes for Different Folks and Angels and Prosperity. She was an exhibitor at the Body Soul Spirit Expos from 2009 to 2019.

Angels have always been with Julie. Her first experience occurred at age eight when she began hearing and communicating with angels.

Through her early college years, Julie received a message from a colleague prompting and encouraging her to write spiritually based self-help books. That became the steppingstone and awareness for Julie's later success with her writing skills, strengths, and many talents.

"Angels for Self Care."

Self-care is a natural spiritual practice.

We are constantly surrounded by Divine beings who want to support, heal us and help restore us to a state of equilibrium. These beings have many names and serve various roles. They're most commonly called angels.

If you're interested to invoke angels' support for your self-care routine, then Julie's "Angels for Self Care" talk at the Healing Touch Day Conference will help you to learn how to self heal.

Knowing who to call on in the angelic realm may help us experience supernatural healing and unfreeze our ability to nurture ourselves. We can gain a sense of inner power and creative energy surge within our lives, and we gain a greater spiritual connection than ever before.

We will go through the various roles of these angels and explore how to implement their help into our self-care routines. We will practice a "Healing with the Angel's" technique that you can do anywhere and anytime. We will visit the importance of self-care with angels as healing facilitators.

DAY 2 of SUPER SATURDAYS

SATURDAY JUNE 4, 2022

“SOUND HEALING”

Presenter: Marsh Read, Sound Balance~ Putting a song in your soul~

***Bio:** After teaching music in schools and churches for many years Marsha Read moved into Healing Touch becoming a practitioner and Instructor. She added the work of Dr. Mary Jo Bulbrook 's Energy Medicine becoming a Practitioner and Instructor in Energy Medicine. While exploring and developing Sound Healing Marsha also became an apprentice to Standing Bear and learned the Old Ways of healing.*

SOUND HEALING

Sound is energy you hear. Color is energy you see. Explore the use of Sound and Color to find you balance, raise your energy and become the ONE you are already when you honor yourself and see the world as gift. Expand your Heightened Sensory Perception, your clairaudience and clairvoyance and dance on the Edge of Delight with Marsha who after doing Sound Healing for centuries joins us to lead you in this magical mystical adventure.



“Fascia & Fractals: A Fascinating Phenomenon of Living and Healing”

Presenter: Elke Nowicki

This presentation, discussing the relationship between fascia and fractal geometry, is geared to deepen an understanding of health conditions involving our facial system. The human fascia is the system that allows for our range of motion. As either students, certified healers, or instructors of Healing Touch, we understand the wide range of healing and energizing that comes from taking the time to get on a table.

One way of expressing the advantages offered by healing touch comes from specialized knowledge for a target population. In this case the special population would be those dealing with restricted mechanical motion or excessive training. The hands of healing touch therapists emit strong bio magnetic fields which have a direct vibratory effect on our facial system.

The presentation will explore what this fascia is that healers effect and what it looks like. Healer visualization produces a readiness of healing potential. To aid in strengthening that visualization this presentation will incorporate a PowerPoint to illustrate key terms and video clips of the human fascia as filmed during surgery. Self-care is an important component of healing touch and self-care exercises to increase the range of motion, heal scar tissue or perhaps change the effects of aging in which, the intrinsic physiology of the fascia alters will also be offered.

Class participants will receive a typed copy of the presentation.



WORKSHOPS

ANATOMY FOR HEALERS

Contact: Cristiana if interested

Instructor Jeannette Nienaber

Contact: [Cristiana Manole](mailto:Cristiana.Manole) at: luciancris@aim.com or 403-542-1992

Healing Touch Worldwide Foundation



OUR VISION
Advance Healing Touch Worldwide

OUR MISSION
Support Healing Touch research, service
& education through grant opportunities

NEXT Scholarships DUE DATE JUNE 1, 2022



SALE: LEVEL 1 NOTEBOOKS

PRICE: 40.00

Level 1 Technique Cards 20.00 each or 3 for 50.00

Verna – call or text: 402 601 0529.

EASTER BUNNY CARTOONS (Reader's Digest):

Q: What's the Easter Bunny's favorite restaurant? A: IHOP!

Q: What is Easter Bunny's favorite kind of music? A: Hip-hop, of course!

Q: Why are bunnies the luckiest animals? A: Because they each have four rabbits feet.

Q: What the Easter Bunny's favorite dance move? A: The bunny hop.

Q: What day does an Easter egg hate the most? A: Fry-day.

Q: Why does Peter Cottontail go hopping down the bunny trail? A: Because he's too young to drive.

Q: What did the Easter bunny say to the carrot? A: It's been nice gnawing you.

Q: Why does the Easter Bunny hide? A: Because he's a little chicken.

Q: What do you call an egg from outer space? A: An "Egg-tra terrestrial".

Q: What happened when the Easter Bunny met the rabbit of his dreams? A: They lived hoppily ever after.

Q: Why was the Easter bunny upset? A: He was having a bad hare day.

Q: What do you call a mischievous egg? A: A practical yolker.

Q: What happened to the Easter bunny at school? A: He was eggspelled.

Q: What did one Easter egg say to the other? A: Heard any good yolks today?

Q: Where does the Easter bunny get his eggs? A: From eggplant.

Q: How does the Easter bunny stay fit? A: Eggs-ercise.

Q: What did the Easter bunny say about the Easter parade? A: It was eggs-cellent.

Q: What do you call a rabbit with fleas? A: Bugs Bunny.

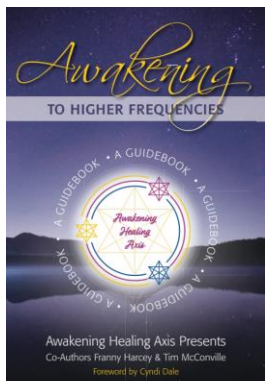


BOOKS to READ

Pick of the month



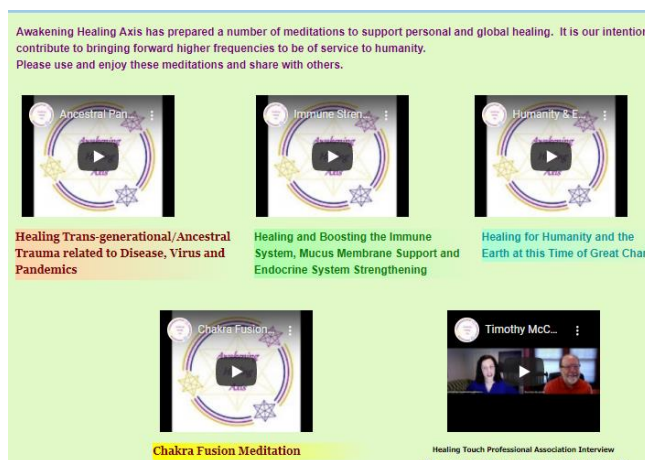
Last month Linda M. Martin shared this book with us:



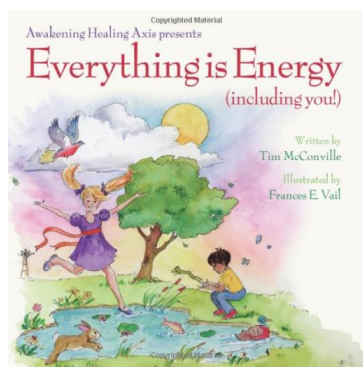
‘Awakening to Higher Frequencies’

co-authored by Franny Harcey and Tim McConville was published in 2021. Franny and Tim are two of the triad of Awakening Healing Axis. Jeannette Nienaber is the third member. Awakening Healing Axis (AHA) have been collaborating since 2016.

Here are some videos to watch based on the above book.



Also by Tim McConville - Here is a great way to introduce Energy to your clients. A book for children but good explanation on our energy bodies for clients and all adults. Wonderful for you “Inner Child”.



SHTPA Board Contact Information:

Current Board of Directors

Current Board Members:	Name	Email	Phone
President - INTERIM	Angelica Rozsa	angelica.rozsa@gmail.com	403-969-0515
VP/Director of Education/Outreach	Cristiana Manole	luciancris@aim.com	403-542-1992
Director of Membership	Carley Caruso	carleycaruso8118@gmail.com	403-308 0362
Treasurer	Angelica Rozsa	angelica.rozsa@gmail.com	403-969-0515
Secretary - INTERIM	Verna Besselink	vernashealingtouch@gmail.com	403-601-0529
Committees:			
Chair of Special Events and Grants	Verna Besselink	vernashealingtouch@gmail.com	403-601-0529
Director:	Linda M. Martin	lmartinweeam@hotmail.com	403 636 0114

SUBMISSIONS FOR “YOUR” NEWSLETTER



Please send submissions to your monthly newsletter to Valerie Hepburn, SHTPA Newsletter at vhepburn@telus.net. Submissions received prior to the 28th of each month will be included in the following months newsletter.

Till next month, Stay Safe and “Just Do The Work”. – *Your SHTPA Board*

We encourage all members to make submissions to “your” newsletter – do you have a healing touch story or a book for the ‘book of the month’ that you would like to include in the April 2022 newsletter.



What have you read recently?

How about sharing with your fellow healing touch practitioners.

So many books, so much learning!