



Society of Healing Touch of Alberta Newsletter
Issue 12, April 2021

“TOUCHING BASE” - “JUST DO THE WORK”

Welcome to your SHTPA Newsletter for April 2021



Note from the President April 2021!

Happy Spring Days! I am waiting patiently for the Needs Assessment Survey to be returned to me. In order to give your input that the SHTPA Board takes, we need your Survey returned by April 15th. I look forward to hearing from you.



Unfortunately, due to covid we are unable to hold our 5th Anniversary/Silent Auction in person. We will still hold the Silent Auction online on April 17. See Membership information below on the next page.



Email or call me: lmartinweeam@hotmail.com 403 636 0114.

Your SHTPA Board wishes everyone a very Happy Easter.

MEMBERSHIP



SILENT AUCTION

[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

We are holding an Online Silent Auction to celebrate SHTPA's 5th Anniversary!

Unfortunately, we are not able to gather in person to celebrate SHTPA's 5th Anniversary as we hoped. We would like to thank everyone who has put the time into planning this event and setting aside donation items for a good cause. We still plan on holding a Silent Auction April 17th; however, it will be held online instead. More details to come on how to access this online event.

Funds raised through the silent auction will go towards our SHTPA Bursaries fund for Healing Touch Program students in financial need. If you would like to support the cause, we are always looking for local businesses to donate items for the silent auction. Please email Carley Caruso at carleycaruso8118@gmail.com regarding the silent auction and donations.

Or if you know someone that wants to join the SHTPA, have them reach out to Carley Caruso as well. Currently, we have issued 45 memberships. Our goal is to continue growing as a Society and new members are always welcome!

For those who do not wish to renew their membership, we are deeply saddened to see you go but we send lots of love and light with you on your next endeavour. Constructive feedback on how we can improve as a Society is always welcome with open arms.

“SHTPA thanks you for your continued Support”

MESSAGE from Verna, Director of Special Events and Grants

Well, well, well, here we are on the front door of spring and the days are getting longer. So uplifting to our spirits and the spirit of life!



Many of our thoughts turn towards out door activities, like gardening, hiking, picnic's, being with friends and family and soaking up the sun! WE welcome Spring. Spring can also be a time of planting the seeds or ideas we have nurtured over winter from our fall harvest or mid-winter ideas for planting and growing for 2021. What are you doing different with your Healing Touch journey this year?

It's time to take those ideas that we have nurtured and add some water, inspiration and grow. Grow your knowledge base of Healing Touch and Energy work. Grow your Self-care practice. Grow your personal skills. Grow your client base. Be engaged! How you may ask?

There are many tools available through Healing Touch Program, through their Newsletter or a more local idea is to come and talk with other practitioners on OPEN FORUM. The Last Thursday of each month come and share ideas, talk and discuss energy work. Where are you on your Journey. Where do you need support. The last month we talked about “Marketing your Practice”, or even the concept of healing touch energy work. Come and join, learn, ask questions and listen to what your peers and colleagues are talking about. And it's Free.

Mark your Calendar!

Topic: Open Forum “You and Your Practice”

Time: Apr 29, 2021 08:00 PM Edmonton

Join Zoom Meeting

<https://us04web.zoom.us/j/71300609312?pwd=dXI0c0RKQUFLZGZRcXhUdjhUYINyUT09>

Meeting ID: 713 0060 9312

Passcode: S2DsE0

(I will send another invite on the day of the Zoom)

I would like to invite you to also check out the Healing Touch World Wide Foundation



www.healingtouchworldwidefoundation

The HTWF has been around for over 20 years and gives out grants and scholarships to name a few services available to support your ideas! They have generously sponsored our “Deepening Conference” and the “Palliative Care Day” that were postponed. They recently supported several Level 6 students in the last Canadian Instructors class and they are there to help! Scholarship Deadlines: May 1, Aug.1, Nov. 1

Lastly, as always, take good care and you all know that you must take care of you first to serve others! Many Blessings as we enter Easter and a Beautiful Spring.

With gratitude and love,

Verna

QUOTES – to inspire you!

“Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings.”

THE DALAI LAMA

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” Albert Einstein

“This is a wonderful day. I have never seen this one before.”

Maya Angelou

“If the family were a fruit, it would be an orange. It’s a circle of sections, held together but separable – each segment distinct.”

Letty Cottin Pogrebin

“People often say that motivation doesn’t last. Well, neither does bathing. That’s why we recommend it daily.”

Zig Ziglar

FUNNIES – to make you laugh!



Winter Fat

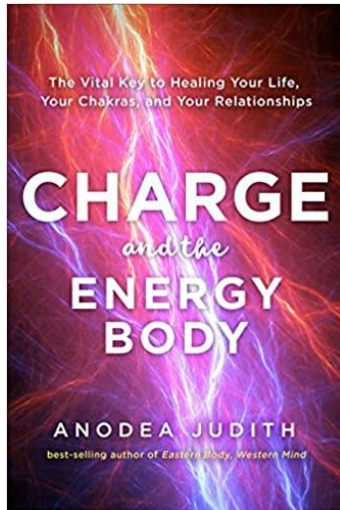
January 28, 2021 by laffgaff

Finally my winter fat has gone...Now, I have spring rolls.

CHARGE and the ENERGY BODY,

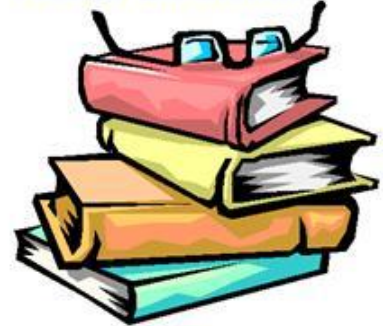
by Anodea Judith

Contributed by Valerie Hepburn



THIS BOOK IS FOR INDIVIDUALS SEEKING NEW HORIZONS OF WELLNESS AND SELF-UNDERSTANDING AS WELL AS PROFESSIONALS WHO GUIDE OTHERS IN THEIR PATH OF HEALING.

Pick of the month



We all know what it's like to have a “charge” about something. It's a feeling of excitement, fear, sexual arousal, or irritation. But what we don't currently know is how to use charge for the behaviors we want to create. This book makes an important contribution to the growing field of Energy Medicine by looking at charge as the interface between mind and body, and the missing ingredient in Mind-Body healing. *Charge and the Energy Body* is a comprehensive explanation of how we can become “overcharged” or “undercharged” and how to bring about balance through practices of charging and discharging.

BONUS EXERCISES, MEDITATIONS, AND INTERVIEWS TO ENHANCE YOUR READING EXPERIENCE!

CHAPTER EXERCISES THAT GO ALONG WITH THE CHARGE BOOK:

- **A visual standing Meditation practice for Charging up your Chakras**
- **“What Does Charge Feel Like?” For Opening up the Hand Chakras**
- **Charging and Discharging the Legs and Opening the Leg Channels**
- More exercises on Tapping, pelvic pulses, and more!

CHARGE BOOK – MEDITATIONS:

- **Harvesting Your Day Into Your Chakras:** *A meditation for going to sleep. It invites you to look at your day from the lens of each chakra, working your way from the top down, and harvesting its jewels into your chakras.*
- **Opening the Inner Temple:** *A longer guided meditation for a deeper journey that takes you through each chakra, from the bottom up.*
- **Opening the Heart Chakra: (Chakra Breathing exercises)** *This is a meditation that takes you on a sweet journey into the softness of the heart, for the purpose of healing and expansion.*
- **Tracking Your Charge:** *An exercise from the book that teaches you how to monitor your own charge in difficult situations, and how to soften the blocks that make that charge difficult. A great skill to learn for charge management and harvesting the energy into your tissues.*

I just finished reading this book and thoroughly enjoyed it – so much to learn and think about and use in our daily lives and help us with our clients too. If you have a book that is healing touch/energy related please feel free to share it with us. Thank you.

MEDITATION on WEDNESDAYS



MEDITATION with Cristiana on Wednesday at 8:00 PM

Please join me on Wednesdays via Zoom, for a healing meditation for ourselves, our dear ones and the world. We will be starting at 8:00 pm every week until June 23, 2021.

Apr 7, 2021	May 5, 2021	Jun 2, 2021
Apr 14, 2021	May 12, 2021	Jun 9, 2021
Apr 21, 2021	May 19, 2021	Jun 16, 2021
Apr 28, 2021	May 26, 2021	Jun 23, 2021

Join Zoom Meeting

<https://us04web.zoom.us/j/75628339176?pwd=d3RFek5lZFR3ejM1VFcwSTdYL1l0QT09>

Meeting ID: 756 2833 9176

Passcode: LOVE

From my experience, I think it is easier to use your smartphone if you have zoom downloaded Zoom on it. Open the Zoom, click on join, then insert the meeting ID, then the password provided.

Cristiana Manole, SHTPA VP/Director of Education/Outreach

HEALING TOUCH CLASSES - per regulations from our Provincial Officer of Health

Level 1 – TBD – Sundre, AB – Instructor Verna Besselink

Contact: Linda M Martin at: lmartinweeam@hotmail.com or 403 636 0114

Level 1 – June 5-6, 2021, Calgary, AB – Instructor Verna Besselink

Contact: Linda M Martin at: lmartinweeam@hotmail.com or 403 636 0114

Level 3 - Sept 18-19, 2021 - Calgary, AB - Instructor: Betty Minifie

Contact: Betty Minifie at: therapeuticbalancing@gmail.com or 403-474-7399

Level 4 – Nov 11 -14, 2021 – Calgary, AB - Instructor: Betty Minifie

Contact: Betty Minifie at: therapeuticbalancing@gmail.com or 403-474-7399

Level 5 – TBA – Calgary, AB - Instructor: Betty Minifie

Contact: Betty Minifie at: therapeuticbalancing@gmail.com or 403-474-7399



Angelica Rozsa,
SHTPA Treasurer

- provided by SHTPA
- for Healing Touch Program Classes

Read about the SHTPA bursaries at:

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

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

UPCOMING CLASSES

“Healing Connections Through the Vibratory Grid” and “Healing Trans-Generational Trauma”

*******Jeannette Neinaber will be offering these courses Nov 6 and 7, 2021*******

NOTE: These workshops are for experienced energy healers. It is strongly recommended that participants have taken the Vibratory Grid Workshop and at least Healing Touch level 3.

ANATOMY FOR HEALERS – Contact Cristiana if interested

Instructor Jeannette Nienaber

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

“ZOOMING” right along

During the month of March 2021 I registered for Cindy Palajac’s “The Taste of Energy Healing”. This class was an hour and a half once a week for four weeks. Although I have completed the Healing Touch Program and am an HTP, I took this course partly for review and partly to see how she uses this to teach people what they could do for themselves in their homes – this is just what Janet Mentgen wanted. Colleen Roberts was co-host and so many she knew took this course to learn to help themselves after having treatments with her. It was all new information for those who had no/little healing touch education and a good review of the basics for one who has taken some healing touch. Various ideas were given on ways to use the healing touch tools in our tool box for healing that I’d not even considered using – for instance have you ever used Pain Drain at night to get a good night’s sleep. Each session is recorded and you are able to watch the sessions in ‘Membervault ‘from prior months - December, January and February as well as the sessions you participated in so well worth taking. I really enjoyed taking this course with Cindy and Colleen and it was great to see the others who took it see the value in healing touch and the many uses they could already do and had benefited already from for themselves – and it was an encouragement for many of them to take the Healing Touch Program itself.



Thank you Cindy and Colleen for advocating for Healing Touch and moving Janet’s dream forward.

Contributed by Valerie Hepburn, Secretary, SHTPA

SHTPA Board Contact Information:



*We welcome
Shawna
Wood
Coleman to
the SHTPA
Board!*



Current Board Members:

	Name	Email	Phone
President	Linda M. Martin	lmartinweeam@hotmail.com	403-636-0114
VP/Director of Education/Outreach	Cristiana Manole	lucciancris@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/Newsletter	Valerie Hepburn	vhhepburn@telus.net	403-620-7051
Director	Shawna Wood Coleman	swc68@hotmail.com	403-771-3748

Committees:

Chair of Special Events and Grants	Verna Besselink	vernashealingtouch@gmail.com	403-601-0529
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SUBMISSIONS FOR “YOUR” NEWSLETTER



Please send submissions to your monthly newsletter to Valerie Hepburn, Secretary/Newsletter, SHTPA at vhhepburn@telus.net Submissions received prior to the 21 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 book for the book of the month that you would like to include in April’s newsletter.

