



Society of Healing Touch of Alberta Newsletter
Issue 16, August 2021

“TOUCHING BASE” - “JUST DO THE WORK”
Welcome to your SHTPA Newsletter for August 2021



President’s Message August 2021!

August is here already. This year is flying by. Many of us have been fortunate now to be out in nature, enjoying the parks, the rivers and the camping. One truly appreciates this after not being able to get out last year. We have had many 30 degree plus days already this year - another unusual thing for us. Hopefully we can get together in the Fall to share stories of healing touch and summer adventures.



Just a Reminder – please keep this in mind.



The Board is still looking for new members to join the Board. This is a wonderful community. Being on the Board certainly brightens my days when are able to see each other and share our stories, great ideas, and work together in service. Think about it! Contact any Board member.

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

THE BOARD INVITES YOU TO:



**“COME”
“GATHER”
“BE PRESENT”
“RECEIVE OR GIVE
SHORT ENERGY SESSIONS”
OR JUST SIT AND CHAT!**



GLENMORE PARK (PARKING LOT A)

AUGUST 7TH SATURDAY BETWEEN 2 - 3:30 PM



(FOLLOW THE BLUE BALLOONS)



We will be sitting under the canopy of the big trees, close to the Parking Lot A

Bring a lawn chair/water.

GATHERINGS - MARK YOUR CALENDARS

MEMBERS

PLEASE MARK YOUR CALENDARS

FOR OCTOBER 23, 2021

SOCIETY OF HEALING TOUCH PROGRAM ALBERTA

ANNUSL GENERAL MEETING (AGM)

2:00 p.m. - 4:00 p.m.

Parkdale Community Hall

GUEST SPEAKER: Barbara Dobbie – “Challenges of Being a Healer”

Barbara shares with us her professional career and wisdom developing as a Healer.

Barbara brought Healing Touch Program to Calgary long before 2000.

(more to come.)

VISIONING PLANNING MEETING (Board)



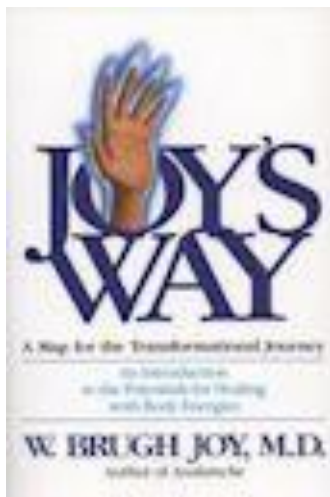
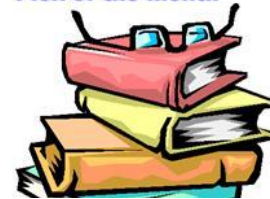
May 2021

Angelica, Cristiana, Verna & Linda

Missing from Photo – Valerie as she was on zoom call with us!

BOOK REVIEWS

Pick of the month



Joy's Way: A Map for the Transformational Journey: An Introduction to the Potentials for Healing with Body Energies

Author: W. Brugh Joy
Date of Publication: 1990 (Special 11th Anniversary Edition)
Publisher: Jeremy P. Tarcher/Putnam
a member of Penguin Putman Inc
City: New York
Category: **Healing Touch**

This is one of our mandatory books to read. I read it every year and each time I gain more awareness of what is being said in a clearer way. I realized that as I 'do the work' with the energy that what is shared in this book becomes more alive to me.

Reading the book this time, the most valuable information for me to utilize was how to train myself to do the hand scanning. Prior to this I merely let my hands flow from over the head down to past the feet at an even pace and seldom felt anything so tended not to do the hand scan preferring to use the pendulum alone. I learned that the speed at which my hand moves is critical as too fast a pace will not allow the mind enough time to register the sensory input and too slow a pace will result in mostly feeling my energy reflected back at me. The effective, practical speed recommended is usually a foot every two seconds. This helped me pace the scanning better with explanation as to why to do it at those speeds. Setting the intention to 'feel' the energy and 'allow it to enter my awareness' were other helpful pointers rather than 'trying' to feel the fields. Brugh Joy also recommended 'feeling for the client's pulse at the right wrist to attune one's consciousness to the client' helped me to shift my awareness to the heart-chakra level and move into a receptive state where my attention is focused entirely on the scanning hand. To scan down the body and from off to one side of the body and work back and forth across the body finally imprinted into my awareness that this pattern would help me to attune to the field energy easier and become more sensitive to it. The importance of keeping my hand in constant motion so that it passes in and out of the fields to help become more attuned helped as well as little will be felt if one stays in a field too long. Hand scan both front and back and after pendulum for pre and post assessments. Rereading this was very beneficial for me to really get into why to hand scan and how to actually do it.

Contributed by: Valerie Hepburn, HTP

WORD SEARCH

Here's some fun. Find the words listed below and the remaining letters will spell out a message for you. Enjoy!

N	D	O	C	E	N	T	E	R	T	T	R	A	E	H
W	H	H	L	O	T	H	R	O	A	T	I	E	N	T
O	A	E	E	K	R	E	S	A	L	A	N	B	O	O
R	N	M	A	G	N	E	T	I	C	U	O	U	T	O
C	D	V	R	L	O	L	S	C	T	M	I	N	D	R
S	S	U	I	N	I	T	E	T	I	E	T	I	R	S
A	S	R	N	I	C	N	A	N	A	R	C	A	G	C
C	T	A	G	F	H	O	G	R	T	R	E	P	H	I
R	I	L	E	J	A	N	E	T	S	D	N	H	H	H
A	L	O	T	P	K	N	E	P	O	N	N	I	T	T
L	L	S	P	I	R	A	L	A	B	U	O	P	B	E
M	E	D	I	T	A	T	I	O	N	O	C	O	R	H
O	N	E	T	A	C	O	V	D	A	R	A	H	O	I
A	O	Y	T	I	L	A	T	I	V	G	R	D	W	M
S	C	O	P	E	D	N	U	O	S	A	R	T	L	U

- | | | | |
|------------|--------------|------------|------------|
| ATTUNE | CROWN | HOPI | SACRAL |
| ADVOCATE | ETHICS | JANET | SCOPE |
| BROW | ETHERIC | MAGNETIC | SOLAR |
| CENTER | GROUND | MEDITATION | SPIRAL |
| CHAKRA | HANDSSTILL | MIND | THROAT |
| CLEARING | HARA | LASER | ULTRASOUND |
| CONE | HEALINGTOUCH | OPEN | VITALITY |
| CONNECTION | HEART | PAIN | |
| CORESTAR | HIM | ROOT | |

MESSAGE from Verna, Director of Special Events
and Grants



*MESSAGE from Verna, Director of Special Events
and Grants*

Hello Society Members and Board! Well, well well! Here we are in August 2021. Are we not blessed or what! Yes, we have gone through some really trying times that may or may not be linger on for us and others but here we are in the Middle of Summer 2021!

Looking forward – keep promoting the classes to your friends and colleagues as we not only have Healing Touch Curriculum courses coming up we also have much more to support your growth and development into becoming an even better Healer!

Marsha and Morag have agreed to teach a one Day conference in September,

Supporting the Dying Process for those Transitioning and their Families

as we are grateful to be able to gather again!

This One Day Conference is the first in a series of Three
to replace our conference that was dissolved in 2020 due to covi.

Please see details later in this Newsletter!

Stay Healthy, Stay in the flow, Stay and BE! See you in August!

Love and Light be with you all,

Verna



OUR VISION
Advance Healing Touch Worldwide

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

SCHOLARSHIPS

– Healing Touch World Wide Foundation

Did you know that there are scholarships available to support you through your Healing Touch education?

The Healing Touch Worldwide Foundation is offering scholarships to help those who are interested in advancing their Healing Touch education, but may not have the financial means.

Scholarships are awarded four times a year.

Next application due date August 1!

For details and online application go to:
www.htwfoundation.org/scholarship-program

Questions? email htwfoundation@aol.com

OPEN FORUM with Verna



Topic: Open Forum: “Trauma, PTSD & Energy Work”

Let's start the conversations. Review or new to HTP, Stress Release and techniques with in HTP. Other energy techniques from Vickie Slater's work with “Veterans” and Sue Hovlands find the Joy at the amygdala in the brain and how to incorporate into your practice.

Time: September 30, 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)

MEDITATION with Cristiana



MEDITATION with Cristiana on Hiatus for the Summer

Cristiana will not be holding the Wednesday Meditations for the summer, Meditations will resume in September.

They will be a mix -
(not just for people from SHTPA and just with Healing Touch background.)

Meditation will be on Mondays at 12:15 pm (noon) for 30 minutes.

Cristiana Manole, SHTPA VP/Director of Education/Outreach

MEMBERSHIP



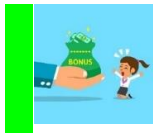
Hello Dear Members,

I hope you all are enjoying a wonderful and safe summer, taking advantage of this beautiful weather.

Come join us August 7th between 2:00 and 3:30PM for Healing Touch in the park! North Glenmore Parking Lot A, visit or enjoy healing sessions in nature. Invite non-members to come down and give Healing Touch a try for themselves.

If anyone wishes to join the SHTPA, please contact Carley Caruso at carleycaruso8118@gmail.com or come see her in person at the park. Currently, we have 54 members and our goal is to continue growing. New members are always welcome!

“SHTPA thanks you for your continued Support”



BURSARIES.....



**Angelica Rozsa,
SHTPA**

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.

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.”***



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 - Sept 18 - 19, 2021 - **ONLINE** - London, ON - Instructor: Cindy Palajac

Contact: Cindy Palajac at: cpalajac@rogers.com or 519-630-6758

Level 1 - Oct 2 – 3, 2021, Whiskey Hills Farm – Okotoks - 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

SHTPA CONFERENCE WORKSHOPS



First of Series of 3

Supporting the Dying Process for those Transitioning and their Families

With Morag MacLellan & Marsha Read

Come and join Morag and Marsha for this experiential workshop and learn to support those who are at the end of Life's journey and their families. These experienced healers bring compassion, love, joy, hope and peace to the process. Learn the principles that will help you to be there. Expand your awareness of the Souls Journey. As you deepen in you healing practices you will need these tools.

September 18, 2021

Saturday 9 – 5 p.m.

Calgary, AB

**Your investment: 60.00 Society Members early before Sept 4, 2021 (includes lunch),
Members 75.00 after Sept 4.
75.00 non-members**

**Cheques Payable to: Society of Healing Touch Program
Mail to: Verna Besselink R.R.#3, High River, AB T1V 1N3**

Credit Card - + 3.00 63.00 and 78.00 respectfully (see Website)

E-transfer: financeshtpa@gmail.com

QUESTIONS: Verna 403 601 0529



www.societyofhealingtouchprogramalberta.ca

PLEASED FEEL FREE TO PASS THIS ON AND SHARE WITH COLLEGUES AND FRIENDS!

ONLINE WORKSHOPS

“Taste of Energy Healing”

Would you like to learn how to release anxiety, have more energy and sleep better at night?

These hands-on techniques from Healing Touch help you to achieve your goals by using your heart and hands. For over 30 years people have benefited from these proven techniques.

This 4 week session is focused on Self-Care techniques to improve your energy level, boost your immune system and create more joy in your life. One of the main skills you will learn is how to use your heart to send energy to your hands to heal yourself.

Do you have family and friends who would benefit from knowing more about Healing Touch?

▼ **Dates:** Wednesdays, September 8, 15, 22 & 29, 2021

7:00 pm - 8:30 pm EST

4:00 pm - 5:30 pm PST

5:00 pm - 6:30 pm MST

6:00 pm - 7:30 pm CST

8:00 pm - 9:30 pm AST

Investment: \$97 CAD (Includes Recordings)

Special Rate when you sign up with a friend \$77 each

Deadline: September 1, 2021/Check with Cindy

Location: Zoom Online

Zoom link will be emailed to participants after registration is received and payment is made, approximately 3 days before the start of Class One.

The recording will be available the next day for all paid participants. If you cannot attend the workshop you will receive the recording and handouts.

Week 1: Energy Healing: Experience Sensing & Feeling Energy

Week 2: Chakras, Auras & Balancing Your Energy

Week 3: Clear Mind & Setting Clear Intentions

Week 4: Pain Management Relief

Objectives For Participants Are To:

1. Feel and sense energy in your hands.
2. Clear energy blocks in the energetic field.
3. Discover how to centre, ground and attune.
4. Learn how to use self-care treatments to balance.
5. Release pain from the body using energy healing techniques.

e-transfer to cpalajac@rogers.com - Or contact Cindy to pay by credit card.



What else is possible – that you've never imagined?
www.cindypalajac.com

What else is possible that you have never imagined?

Cindy Palajac, HTCP/I

HTP Instructor Levels 1-5, Advance Practice

Sound Healing Certified Facilitator

Shamanic Practitioner Apprentice

519-630-6758

cpalajac@rogers.com

www.cindypalajac.com

WORKSHOPS

" For all interested in taking Jeannette Nienaber's courses in person, in Calgary on November 6 and 7, 2021 Healing Connections through the Vibratory Grid & Healing Trans-generational Trauma just a reminder to register for them before August 31 in order to take advantage of the Early Bird price of \$144 each.

Regular price after August 31, 2021 is \$169."

Healing Connections Through the Vibratory Grid



Learn how to connect and attune the chakras, meridians and bio-field to the universal and multidimensional energy grids through the profound Vibratory Grid Activation.

This experiential course was developed by Sue Hovland and is based on Janet Di Giovanni's axiatonal (sound lines) therapy. It is a gentle yet powerful healing tool that can be used alone or in conjunction with other modalities. Participants will experience both giving and receiving this amazing work!

Instructor: Jeannette Nienaber MEd., HTCP/I

Date: Saturday, Nov 6, 2021

Time: 8:30 AM to 5:30 PM

Place: Calgary, AB

Early Bird \$144 (until Aug. 31, 2021) Regular \$169

Healing Trans-Generational Trauma



This experiential workshop builds upon the work of the Vibratory Grid and culminates with a transformative full-body technique for Healing Trans-Generational Trauma. Beginning with Foundational work designed to repair, expand, and anchor your Hara, you will learn to elevate your core star and connect intimately with your divine essence. This leads to techniques for Healing Trans-Generational Trauma and repairing your Incarnation Grid. Deeply anchored in the unconditional love of your heart chakra this work will change your life!

N.B. This workshop is for experienced energy healers.

It is strongly recommended that participants have taken the Vibratory Grid Workshop and at least Healing Touch level 3.

To Register please contact:

Cristiana Manole at 403-542-1992 or

at luciancris@aim.com or at

song.of.the.sea.cristiana@gmail.com

Instructor: Jeannette Nienaber MEd., HTCP/I

Date: Sunday, Nov 7, 2021 - Time: 8:30 AM to 5:30 PM

Place: Hotel Blackfoot, Calgary, AB

Cost: Early Bird \$144 (until Aug. 31) Regular \$169

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

SHTPA Board Contact Information:



Current Board Members:

	Name	Email	Phone
President	Linda M. Martin	Immartinweeam@hotmail.com	403-636-0114
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/Newsletter	Valerie Hepburn	vhepburn@telus.net	403-620-7051

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 vhepburn@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 September’s newsletter.