



Society of Healing Touch of Alberta Newsletter
Issue 8, December 2020

“TOUCHING BASE” - “JUST DO THE WORK”

Welcome to your SHTPA Newsletter for December, 2020



December Notes from the President!

Thank you to all who attended the AGM and for having the confidence in me to steer our Society for one more year! A special THANK YOU to this current Board of strong women. I would not be here if not for YOU!!! We had a wonderful circle sharing with Heather Plaizier facilitating. As we all learned listening and sharing from the heart are skills we can use as healers. And, how very powerful a circle can be to our healing, growth and deepening connections with each other.

I would like to welcome Carley Caruso as our newest Board member. Carley brings to the Board some wonderful talents and is taking on the role of Director of Membership. Welcome Carley!!! Carley has an announcement for current members. Read On!!!

I would just like to add Thank you to those of you who always show early and volunteer to keep things running smoothly. You know who you are. Again, I thank you from my heart to your heart.

Last month I shared a bit about Brugh Joy's book 'Joy's Way'. He has given us insights to help us manoeuvre the recent Covid guidelines. Delete the need to know and let go of the outcome. As healers we use these insights daily. Just bringing them back into our focus can help us diffuse the confusing times we are living through....

Stay Healthy and Safe!

“MERRY CHRISTMAS”

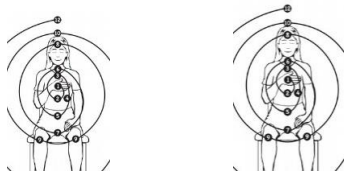
“THE TWELVE DAYS OF A HEALING TOUCH CHRISTMAS”

On the first day of Christmas my true love sent to me



ONE "H-T-P"

On the second day of Christmas my true love sent to me



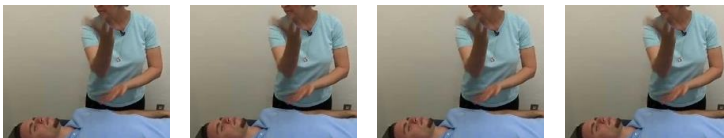
TWO "SPIRAL MEDITATIONS"

On the third day of Christmas my true love sent to me



THREE "HANDS ON" HEALING

On the fourth day of Christmas my true love sent to me



FOUR "HANDS IN MOTION"

On the fifth day of Christmas my true love sent to me

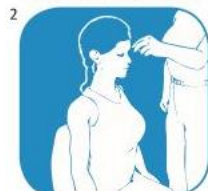
FIVE "ULTRASOUNDS"



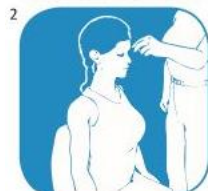
Ultrasound to Congested Area



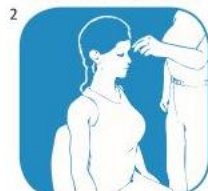
Ultrasound to Congested Area



Ultrasound to Congested Area



Ultrasound to Congested Area



Ultrasound to Congested Area

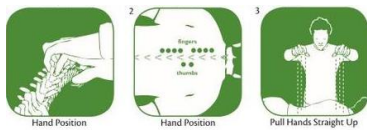
On the sixth day of Christmas my true love sent to me



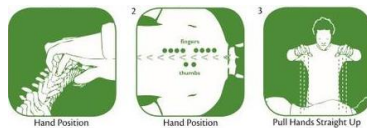
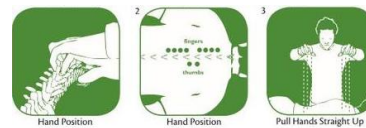
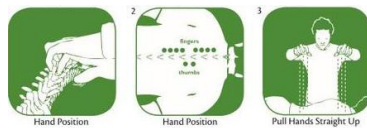
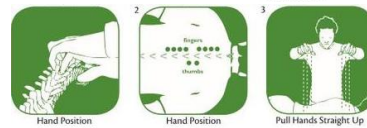
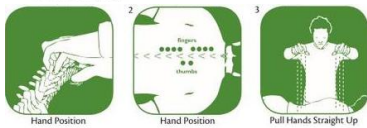
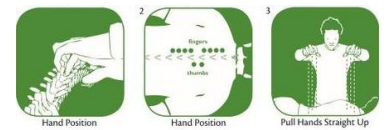
SIX "CHAKRA SPREADS"



On the seventh day of Christmas my true love sent to me



SEVEN "HOPI TECHNIQUES"



on the eighth day of Christmas my true love sent to me



EIGHT "ETHERIC TEMPLATE CLEARINGS"

On the ninth day of Christmas my true love sent to me



NINE "MIND CLEARING" SESSIONS



On the tenth day of Christmas my true love sent to me



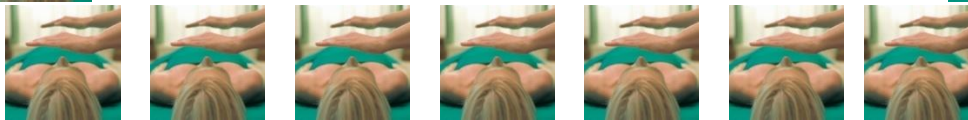
TEN "MAGNETIC CLEARING" CLEANSSES



On the eleventh day of Christmas my true love sent to me



ELEVEN "CHAKRA CONNECTIONS"



On the twelfth day of Christmas my true love sent to me

TWELVE "HEALING TOUCH" SESSIONS



Healing Touch Class in progress.



Healing Touch Class in progress.



Healing Touch Class in progress.



Healing Touch Class in progress.



Healing Touch Class in progress.



Healing Touch Class in progress.



Healing Touch Class in progress.



Healing Touch Class in progress.



Healing Touch Class in progress.



Healing Touch Class in progress.



Healing Touch Class in progress.



Healing Touch Class in progress.

COVID UPDATE for INDOORS – Practices and Courses by Verna

Practices – If you are practicing out of a clinic than you already know the rules as outlined last June 2020. Wear a Mask, Client wears a mask. Strip and use clean bedding between clients. Wash your hands. You are permitted to continue to see clients as long as you wear a mask. You are part of their Health Care Team! Continue to be clean & respectful of social distancing in your Healing Space.

Check out www.healingtouchprogram.com for a wonderful support page for Healers!

MESSAGE from Verna, Director of Special Events and Grants

As we move into the Holiday season, remember for what we are all are grateful for and do diligence to be healthy and well.

Yes, we had to cancel the Nov. 28th Event with Marsha & Morag. The Society is giving a full refund on this event! E Transfers and cheques coming to your inbox soon. Thank you for registering. We are sitting with the idea of maybe doing a online course in the New Year. Time to sit and wait and regroup ideas and our abilities to be patience. Stay Tuned!

Have a very relaxing, wonderful Holiday Season and Enjoy this beautiful Winter we are being blessed with!

Love & Light and many Hugs,

QUESTIONS: VERNA 403 601 0529
www.societyofhealingtouchprogramalberta.ca

Stay Tuned for “three” - One Day SHTPA Conferences in 2021.

Many Blessing – Verna L. Besselink, HTCP/I

POSITIVE BED TIME AFFIRMATIONS FOR BETTER SLEEP SHARE with your clients!

Affirmation #1

- I have the ability to accomplish any task I set my mind to, with comfort and ease.

Affirmation #2

- Being myself involves no risks. It's my ultimate truth, and I live fearlessly.

Affirmation #3

- I have infinite patience when it comes to fulfilling my own destiny.

Affirmation #4

- I'd rather be loathed for being who I am than loved for who I am not.

Affirmation #5

- I am a divine creation, a piece of God. How can I be undeserving?

Affirmation #6

- My essential nature is perfect and flawless. It is to this nature that I return.

Affirmation #7

- I am connected to an unlimited source of abundance.

Affirmation #8.

- The right circumstances and the right people are already here and will show up on time.

Affirmation #9

- I am open and willing to attract all that I desire, beginning here and now.

Affirmation #10

- I have access to unlimited assistance. My strength comes from my connection to Source.

Affirmation #11

- I'm a creation of the Divine mind, all is perfect, and I am a genius in my own right.

Affirmation #12

- I'm an infinite being. The age of my body has no bearing on what I do and who I am.

Affirmation #13

- I live my life according to my own Divine rules.

Affirmation #14

- I think only about what I can do right now. By thinking small, I accomplish great things.

Affirmation #15

- I feel passionately about my life, and this passion fills me with excitement and energy!

Affirmation #16

- I live in the moment, and am grateful for all my life experiences. All of them.

Affirmation #17

- As I declutter my life, I free myself to answer the callings of my soul.

Affirmation #18

- I can accomplish anything I put my mind to because I know I'm never alone.

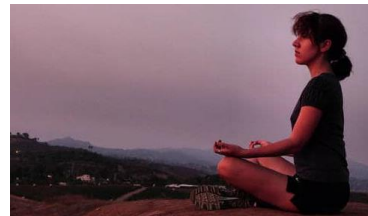
Affirmation #19

- What I've done today is enough. I am enough, and I deserve to allow myself time to rest and recharge.

Affirmation #20

- I am grateful for everything that I've accomplished in this life.

MEDITATION on TUESDAYS



MEDITATION with Cristiana on Tuesday at 7:45 PM

Please join us for a Meditation online on ZOOM. Cristiana is organizing this for us. Make yourself a refreshing drink/snack and join us for an online chat and meditation.

Zoom meeting on Tuesday at 7:45 pm, zoom ID meeting: 323 - 193 - 2477; Password: LOVE

Download the zoom app on the phone/computer, and 5 minutes before the meeting open it and add the ID and the password.

OPEN FORUM



Verna is inviting you to a scheduled Zoom meeting for SHTPA.

Thank you those of you who choose to come on Zoom for reflection and check in as we manoeuvre our way through challenging times

NEXT FORUMS

December 31, 2020 (Happy New Year!)

January 28, 2021

Thursday evenings
8:00 p.m.

Join Zoom Meeting

<https://us04web.zoom.us/j/9563051729?pwd=TTVrOXpPdmRSOHJHL2Z5eGp3eitUZz09>

Meeting ID: 956 305 1729
Passcode: Calgary

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

- Level 1** – January 30-31, 2021 Sundre, AB– Instructor Verna Besselink
Contact: Linda M Martin at: lmartinweeam@hotmail.com or 403 636 0114
- Level 1** – March 7-8, 2021 – Instructor Verna Besselink
Contact: Linda M Martin at: lmartinweeam@hotmail.com or 403 636 0114
- Level 1** – May 1-2, 2021 – Instructor Verna Besselink
Contact: Linda M Martin at: lmartinweeam@hotmail.com or 403 636 0114
- Level 2** - January 23-24, 2021 – Sundre, AB – Instructor Elke Nowicki
Contact: Linda M Martin at: lmartinweeam@hotmail.com or 403 636 0114
- Level 3** - Feb 27-28, 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

CONGRATULATIONS TO:

“6 New Healing Touch Practitioners!!!”

Back Row: Deana Sanderson, HTP; Valerie Hepburn, HTP; Linda Pattison, HTP;
Jessie Comeau, HTP; Pauline Geoffrion, HTCP/Helper
Front Row: Melanie Sinneave, HTP; Betty Minifie, HTCP/Instructor; Shawna Wood Coleman, HTP



UPCOMING CLASSES

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: Sat Feb 20, 2021

Time: 8:30 AM to 5:30 PM

Place: Hotel Blackfoot, Calgary, AB

Cost: Early Bird \$144 (until Dec. 10) 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!

Instructor: Jeannette Nienaber MEd., HTCP/I

Date: Sun Feb 21, 2021 - **Time:** 8:30 AM to 5:30 PM

Place: Hotel Blackfoot, Calgary, AB

Cost: Early Bird \$144 (until Dec. 10) Regular \$169

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

ANATOMY FOR HEALERS – Contact Cristiana if interested

Instructor Jeannette Nienaber

Contact: Cristiana Manole at: luciancris@aim.com or 403-542-1992

Sounds of Healing

"Presence: Putting the Song in Your Soul"



*Let 2021 be your time to become a sound presence for yourself and others.
Sing your soul song in harmony with the songs of creation.
Start your year feeling grounded and attuned to your sound calling.*

In this deep dive you will learn the power of using these tools to enhance your soul's journey & become healing presence.

1. Mantras/chants
2. Toning
3. Drums/rattles
4. Bowls
5. Tuning forks
6. Movement and more

**Join Marsha and Cindy for this amazing journey.
Where the big questions about being a healer will be answered.**

Classes start January 13, 2021

Dates: Jan. 13, 20, 27. Feb. 3, 10, 17 & 24, 2021

7:00 - 8:30 pm EST

4:00 - 5:30 pm PST

5:00 - 6:30 pm MST

6:00 - 7:30 pm CST

8:00 - 9:30 pm AST

Registration Deadline: January 2, 2021

Location: Zoom Online

Investment: \$197

***EARLY BIRD RATE: register by December 15, 2020 at only \$177
for 7 Week Course***

e-transfer to cpalajac@rogers.com

Or contact Cindy Palajac for how to pay by credit card.

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

All sessions will be recorded if you are not able to attend.

This workshop series is a beacon of light to motivate individuals to go deeper as healers.



“A Sound Balance” is Marsha Read’s Mantra. Marsha has taught music for over 30 years, been a HTP Instructor, led Shamanic Drumming Circles and developed her own Sound Healing Practitioner course. She lives in Calgary, Alberta and enjoys time in nature, drumming, being in community, playing with her grandchildren and helping others to heal.



The Sound Healing Institute is based on Natural Sound.

Natural Sound is the school of Sound Healing that uses natural instruments such as our own voice, drums, rattles, tuning forks, crystal and metal singing bowls to restore missing frequencies to our bodies.



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

BURSARIES

- provided by SHTPA

- for Healing Touch Program Classes



Angelica Rozsa

Read about the SHTPA bursaries at:

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

MEMBERSHIP

Hello fellow members,

For those of you I haven't met yet, my name is Carley Caruso, and I'm honoured to announce that I have transitioned into the Director of Membership role. I'd sincerely like to thank Carla Evers for her hard work and dedication to this role and I would also like to thank the Society for welcoming me into such a warm, loving community. Just as my heart has grown since joining SHTPA, our membership total has also grown from 56 in August to 62 in November.



Carley Caruso

Membership Renewal Reminder: yes, it is that time of year again... but we are happy to announce that for our current members, there's a \$5 renewal discount for the month of December!

Membership Renewal Fees for 2021: Special Discount only offered until the end of December 2020

- \$25 – Regular members (Min. L1 Healing Touch Program)
- \$40 – Directory members (L5 or Certified Practitioner) includes website biography

Membership Application Fees for 2021:

- \$30 – Regular members (Min. L1 Healing Touch Program)
- \$45 – Directory members (L5 or Certified Practitioner) includes website biography

“SHTPA thanks you for your continued Support “

SHTPA Board Contact Information:



Current Board Members:

	Name	Email	Phone
President	Linda M. Martin	lmartinweeam@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*