



Society of Healing Touch of Alberta Newsletter
Issue 20, December 2021

“TOUCHING BASE” - “JUST DO THE WORK”

Welcome to your SHTPA Newsletter for December 2021



***Wishing you a very
Merry Christmas
and a Happy and
Healthy New Year
in 2022!***

SHTPA: Our society objective.

“The Society of Healing Touch Program Alberta promotes Healing Touch Program through Leadership, Education, Information, and Community Projects by bringing Healing Touch Program into our communities and providing educational and personal growth opportunities for those in Healing Touch Program. The SHTPA contributes to founder Janet Mentgen's dream of Healing Touch in every home, school, and hospital by ‘Just doing the work’.”



MESSAGE from Verna, Director of Special Events and Grants



MESSAGE from Verna, Director of Special Events and Grants

Hello Members! December – Our festive season. A time where there are longer nights and a time where we yearn for more sunlight even though it shines right in our eyes in the late afternoon. A time to remember the balance of tasks to be completed with our festive celebrations and the inner knowing to welcome the shortest night of the year and reflect on our spiritual practices. Throughout the festive season, my hope and prayer for you is that you take time to journey inward and silence the head, drop into the rhythmic sound of your heart, and centre your soul. Remembering who you are, remember to balance your life dance with all there is and all that will be.

As I welcome and balance the light and dark and look forward to this month's Open Forum, 'The Use of Essential Oils in your Practice'. This season we smell pine, spruce, cinnamon and frankincense! As well as Christmas Baking and Festive meals.

I've put in a proposal to offer a “Stand Down” in the New Year for our veterans and I will keep you posted on this event to be of service as Healers to this community. A “Stand Down” is a day where Healers come and offer sessions to veterans in our community. These events have taken place in numerous cities in the US and I am willing to coordinate one for our Veterans in Alberta. Please call if you would like more information.

Enjoy the Festive Season. You Matter, We Matter and together as Healers, will continue to pour out love and joy into our world!

Be Well, Be Healthy, BE!

Hugs and well wishes,

Merry Christmas

Verna

How to Make Stainless Steel Polish:

1/2 cup olive oil
1/2 cup white vinegar
20 drops of essential

STEP 1: Put 1/2 cup olive oil in an 8 oz or larger spray bottle tip: be sure to use a spray bottle that's safe to use with essential oils.

Options: glass, stainless steel, or certain types of plastic (PET #1 or HDPE #2) tip: any kind of olive oil will work; you don't need to use your best cooking one.

STEP 2: Add 1/2 cup white vinegar

Tip: If you don't like the smell of vinegar, you can use less, but do use some vinegar. It's a great natural cleaner that helps cut through the fingerprints, smudges, dirt and grime.

STEP 3: Add 20 drops of essential oil tip: I blend 10 drops lemon essential oil and 10 drops orange (wild or sweet) essential oil. You can substitute other essential oils. Citrus oils work best as they cut through the dirt, grease, and grime to really make your stainless steel appliances sparkle. Here are some to consider: grapefruit, lime, bergamot, lemon, tangerine, orange, and mandarin.

STEP 4: Label. Print on regular, plain printer paper. Then I attach it to the spray bottle using packing tape. I find that this method does a great job of keeping the label adhered to the bottle and makes it waterproof so that it stays looking great for a long time.

How to use

- shake well to mix
- spray on stainless steel appliances (works great on refrigerators, stoves, microwaves, dishwashers, toasters, coffee makers, etc)
- wipe with a soft cloth following the grain of the stainless steel

This really Works and I absolutely LOVE IT! My kitchen is full of Stainless Steel Appliances and now they look so clean!

Enjoy, Verna

FUNDRAISER for SHTPA BURSARY PROGRAM



SHTPA Tees for a fundraiser for the Society Bursary Program.

\$20.00 each (payable by check or e-transfer from our website)

Colors: Onyx, Charcoal, Amethyst, Dusk, Indigo, Olive Green, Sky, Red Jasper, Denim, Dawn, Lapis

I have the following in stock: 1 Large, Dusk (blue)
2 Medium Denim, Charcoal

The large fit me and the small are about a size 5/6.

I will take orders and when there are 12 or more purchased then I can put in a ORDER.
They are ladies TEES! This is the style. You can call me at: 403 601 0529.

SALE ENDS FEBRUARY 2022.





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 FEB 1, 2022!**

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

Questions? email htwfoundation@aol.com

Healing Touch Worldwide Foundation has scholarships for HTP students, HTAnimals students as well as grants for Research in Energy Medicine using HT techniques. If you know anyone looking for information on these grants please direct them to the website: www.htwfoundation.org follow the links. Verna now sits as a board member and they do make a difference! Fall Raffel coming out in Fall: Passionate about Selfcare! Just securing online courses, readings, products around self-care. If you have anything to offer as a donation. Contact Verna at 403-601-0529!

RECAP OF NOV 6 and 7, 2021, WORKSHOPS – Healing Through the Vibratory Grid and Healing Transgenerational Trauma



Healing Through the Vibratory Grid:

Grid therapy - facilitates the return of the light body to its optimal attunement and ensures all energy grids from the cells to multidimensional space are connected and work in harmony. These grids may be disconnected or inactive due to trauma, illness, surgeries, and life experiences both past and present. Reactivation and reconnection with the vibratory grid strengthen our connection to the soul, enables us to receive energy from the universal energy grid, and helps us assimilate all aspects of self into an integrated unit.

Vibratory grid work utilizes and integrates acupuncture meridians, major chakras, earth grids, and astronomical flows. It provides practical and experiential skills for working with a fundamental energy system that supports all styles of healing and energy work. It assists individuals in consciously merging their own grids with the planetary and cosmic grids. The vibratory grid energy is high vibration energy that flows through and connects all levels of creation in the universal energy grid. The grid lines are described as "tones of sound" that naturally surround the physical body as well as "planes of light" which reinforce the light body.



Healing Transgenerational Trauma:

The purpose of this technique is to support the client in:

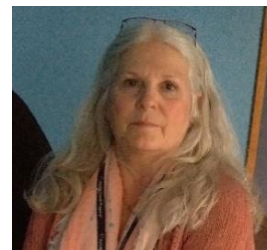
- * Transmuting patterns and trauma held in the physical, emotional, mental and spiritual bodies related to family lineage.
- * Aligning with the highest elements of a pure trans-generational path forward and back.
- * Purifying the soul field and incarnation grid to facilitate releasing of trauma in the multidimensional aspects of being.

Both classes were structured with teaching time and with experiential one on one healing practice time. Students received hand-outs for each of the courses. There were break-out sessions and also time for questions. Both classes had 7 hours of Energy Medicine CE's which is acceptable for HT certification and/renewal and each participant received certificates of course completion. Additionally, interested participants could obtain official nursing CE's for the Healing Transgenerational Trauma workshop through Taylor College for a small fee. I highly recommend the workshops to anyone who wants to advance his/her knowledge in the Healing Arts and wants to expand his/her healing methods toolbox. "

Submitted by Cristiana Manole

OPEN FORUM with Verna

Verna Besselink is inviting you to a scheduled Zoom meeting.



Thursday Dec 27, 2022 at 8:30

“The Use of Essential Oils in your Practice”

Essential Oils 101

Bring your questions, bring your oils and let's explore the use of Essential oils in our lives. I will go over, proper use – topical or diffused, purchasing oils, storing, using with clients/self and more!

08:30 PM Edmonton

Join Zoom Meeting

<https://us02web.zoom.us/j/84858882940?pwd=ZWxOMGQ4WittbWsvOWhtSFg0eXJxZz09>

Meeting ID: 848 5888 2940

Passcode: 040758

MEDITATION with Cristiana

Cristiana Manole is inviting you to a scheduled Zoom meeting.

Topic: Free Guided Meditation for Healing

Time: This is a recurring meeting Meet anytime



Here is the link with number and passcode for the Wednesday meditations, at 7:45 pm

Join Zoom Meeting

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

Meeting ID: 479 430 3282

Passcode: LOVE

MEMBERSHIP



Hello members,

Membership Renewal Reminder: Annual Membership Application Renewal Due January 25, 2022.

Yes, it is that time of year again... but we are happy to offer our early bird special! There's a \$5 renewal discount for the month of December!

Early Bird Renewal Fees for 2022: Special Discount only offered until the end of December 2021

- \$25 – Regular member (Min. L1 Healing Touch Program)
- \$40 – Directory member (L5 or Certified Practitioner) includes website biography
- **\$25** – Associate member (no Healing Touch courses required, no voting privileges)

Membership Application Fees for 2022:

- \$30 – Regular member (Min. L1 Healing Touch Program)
- \$45 – Directory member (L5 or Certified Practitioner) includes website biography
- **\$30** – Associate member (no Healing Touch courses required, no voting privileges)

What is included with the membership?

- A website directory listing for HTCP,
- Biography on website (optional for Directory Members),
- Instructor biography for HTCI,
- Mentor biography for those wanting to mentor students,
- Educational resources and course information available to students (practice groups, regular guided meditations, class schedules, mentoring opportunities, newsletter, workshops, lending library),
- Bursary opportunities for students,
- Discounts at partnered businesses that support Healing Touch,
- Voting privileges within SHTPA, and
- Network through social gatherings, monthly coffee house greet and meet, online forums, and various workshops.

Where to send your fees?

Please make your cheques payable to Society of Healing Touch Program Alberta (SHTPA) and mail to Linda M Martin, Site 110 Box 4 RR#3, Sundre, AB T0M 1X0 or E-transfer amount to financeshtpa@gmail.com.

Where to send your updated application form?

Please scan the completed application form and email them to Carley Caruso at carleycaruso8118@gmail.com or any questions you may have.

Our membership total at the end of 2021 was 55 and our goal is to continue growing as a Society. New members are always welcome!

“SHTPA thanks you for your continued Support”

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 – February, 2022 TBD – Calgary, AB – Instructor Verna Besselink – In person

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

Level 1 – Jan 22 – 23, 2022 - London, ON - Instructor: Cindy Palajac

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

Level 1 – March 26 - 27, 2022 - London, ON - Instructor: Cindy Palajac

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

Level 3 – Feb 5 – 6, 2022 - Calgary, AB - Instructor: Betty Minifie

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

Level 3 – Feb 19 – 20, 2022 - **ONLINE** - London, ON - Instructor: Cindy Palajac

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

Level 5 – TBA – 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.”***

**Healing Touch for Animals:**

Level 1 – Apr 1-3, 2022, Edmonton, AB, Canada

<https://www.healingtouchforanimals.com/product-p/11-edmontonab-4.2022.htm>

**The Early Registration Tuition Price
ends on March 6, 2022.**

WORKSHOPS

ANATOMY FOR HEALERS

Contact: **Cristiana** if interested

Instructor Jeannette Nienaber

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

Cindy Palajac On-line Classes

Pendulum Tips Jan. 12th

How to use the pendulum more effectively to ask questions, clear brain fog and clear energy in your home.

7-8:30 pm EST

\$25

Develop Your Intuition-Do you want to trust and not doubt messages you receive? Learn how to tap into your intuition on a more regular basis and trust your knowing.

Jan. 19th

7-8:30 pm EST

\$25

Taste of Energy Healing- Learn the basics of Self Care for more optimal health.

Feb. 2, 9, 16, 23

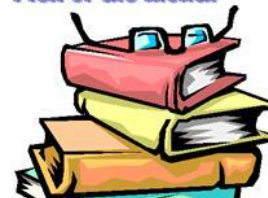
7-8:30 pm EST

\$77

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

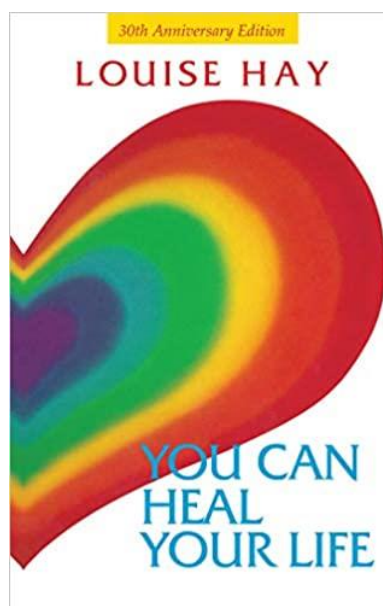
BOOKS to READ

Pick of the month



From Healing Touch Program – Recommended Reading/Bookstore Page

NOTE: The following 3 articles are sourced from the internet – the first from Goodreads and the last two as indicated by their author.



Louise L. Hay, bestselling author, is an internationally known leader in the self-help field. Her key message is:

**"If we are willing to do the mental work,
almost anything can be healed."**

The author has a great deal of experience and firsthand information to share about healing, including how she cured herself after being diagnosed with cancer.

An excerpt from *You Can Heal Your Life*: "Life Is Really Very Simple. What We Give Out, We Get Back, What we think about ourselves becomes the truth for us. I believe that everyone, myself included, is responsible for everything in our lives, the best and the worst. Every thought we think is creating our future. Each one of us creates our experiences by our thoughts and our feelings. The thoughts we think and the words we speak create our experiences."

Editorial Reviews

Review

"An excellent book for restructuring one's life and finding self-esteem and self-love."

— **Bernie S. Siegel**, M.D., author of *Love, Medicine & Miracles* and co-author of *Help Me to Heal*

About the Author

Louise Hay was an inspirational teacher who educated millions since the 1984 publication of her bestseller *You Can Heal Your Life*, which has more than 50 million copies in print worldwide. Renowned for demonstrating the power of affirmations to bring about positive change, Louise was the author of more than 30 books for adults and children, including the bestsellers *The Power Is Within You* and *Heal Your Body*. In addition to her books, Louise produced numerous audio and video programs, card decks, online courses, and other resources for leading a healthy, joyous, and fulfilling life. Websites: www.louisehay.com, www.healyourlife.com, and www.facebook.com/louiselhay

Review of YOU CAN HEAL YOUR LIFE (by author Louise Hay)

March 28, 2021 review by Master Michael Qunn

You Can Heal Your Life, Louise Hay's 1984 groundbreaking self-help book, is a manifesto focused on radical self-acceptance. Central to the work is the dedicated use of affirmations—swapping out negative thoughts for positive ones. “What we believe about ourselves and about life becomes true for us,” Hay writes. No one is beyond help. Even if we think we hate ourselves, Hay points out, “it’s only a thought, and a thought can be changed.”

Hay's writing is simple, direct, and full of personality. “I can remember when I used to awaken in the morning and say with a groan, ‘OH GOD, ANOTHER DAY.’ And that is exactly the sort of day I would have, one thing after another going wrong,” she writes.

Hay had reason to grumble. Born in California shortly before the Great Depression, she was abandoned at 18 months by both parents after their divorce. Her newly-single mother boarded her while she took work as a live-in domestic. Little Louise cried for three weeks straight, pushing her caregivers to the breaking point.

Reluctantly reunited with her child, Louise's mother then married a violent man who brutalized them both. At five, Louise was raped by a neighbor—and was then told it was “all your fault.”

At 15, she ran away from home. At 16, she gave birth to a daughter she put up for adoption. She drifted across the US, eventually finding work in New York City as a showroom model, and a husband. After 14 years of marriage, he left her for another woman. Hay found support in the Church of Religious Science, writing, “While their message was new to me, something within me said ‘Pay attention.’”

Any problems we have in life stem from resentment, criticism, guilt, and fear, Hay believes. We can't change the past, but we can change our thoughts about it. Forgiveness is key. Quoting Helen Schucman's seminal work, *A Course in Miracles*, Hay agrees that “all dis-ease comes from a state of unforgiveness.”

It was Hay's own cancer diagnosis (“in the vaginal area”) that really put her ideas to the test. She believes we create illness in our bodies. “Older people's faces show so clearly a lifetime of thinking patterns,” she writes. Forgoing traditional treatment, Hay instead focused on changing her negative thought patterns and releasing resentment, especially about her rotten childhood. “We are all victims of victims, and [our caregivers] could not have possibly taught us anything they did not know,” she writes.

Having adhered to a new diet and other alternative therapies (including foot reflexology and colon treatments), “six months after my diagnosis[,] I was able to get the medical profession to agree with what I already knew—that I no longer had even a trace of cancer!” Hay writes. (While expounding on her methods later on, she adds, “If cancer or any other illness returns, I do not believe it is because they did not ‘get it all out,’ but rather that the patient has made no mental change.”)

You Can Heal Your Life includes a long table of “probable mental patterns that create illness in the body” coupled with their remedies. Suffering from an earache? Hay interprets that as “anger about what is heard.” The affirmation? “I listen with love to what is pleasant and good.”

Ulcers are connected to fear. (“We can’t stomach who we are.”) Tumors result from nursing an old hurt. Being overweight is feeling in need of protection.

Hay’s ideas feel especially radical connected to AIDS. She equates gay men’s preoccupation with youth and beauty to a death wish: “It is almost better to die than grow old,” she writes, pointing out that “while it is often deplorable the way straights treat gays, it is *tragic* the way many gays treat other gays.” During the height of the AIDS crisis, she created a weekly support group in Los Angeles called “The Hayride,” an opportunity for gay men to come together and support one another while practicing self-acceptance.

Hay’s goal, then as now, is to get us to love and approve of ourselves exactly as we are. She believes that “our experiences are just outer effects of inner thoughts,” and that the word “should” is “one of the most damaging words in our language”— “*could* gives us a choice, and we are never wrong.”

Hay begins by having us inventory our limiting beliefs. “I’m not good enough,” one might think. Is it true? she prompts. Pay attention to what you think, she says, and halt the negative thoughts— “Out!” she cries. “Thoughts are only words strung together. They have NO MEANING WHATSOEVER. Only *we* give meaning to them,” she explains.

Of crucial importance is the willingness to change. “Each old layer must give way in order to be replaced with new thinking. Some of it is easy, and some of it is like trying to lift a boulder with a feather,” she writes. Hay recommends reading the book twice, the second time slowly, in order to do the prescribed exercises.

Hay uses a technique called “mirror work,” where we’re directed to look ourselves in the eye (speaking to the little child within) and say things like “I am willing to change” and, most important, “I APPROVE OF MYSELF.” “Do this three or four hundred times a day, at least,” she writes. Repeating this mantra is “a guaranteed way to bring up everything buried in your unconscious that is in opposition,” she writes.

Hay’s one-size-fits-all approach sometimes makes people angry, she writes. They think it’s too simple, that she doesn’t understand the enormity of the problems they’re facing or the trauma they’ve endured. For Hay, all that’s beside the point, since the solution is the same for everyone: positive thinking; expressing gratitude; meditating; doing exercise you enjoy; and eating healthy, nourishing foods.

There isn’t always a cure, a wise teacher of mine once pointed out, but healing is always possible. Hay’s pioneering work reminds us that we already have everything we need to begin.

YOU CAN HEAL YOUR LIFE BY LOUISE HAY – BOOK REVIEW

MAY 6, 2014 [BOOK REVIEW LOUISE HAY REVIEWS](#) BY: [DZHINGAROV](#)



Louise Hay managed to become a successful motivational author after overcoming poverty, cancer, depression and many other negative life moments. “*You Can Heal Your Life*” is her flagship book, being released in 1984 and having sold 3 million copies in the first years after the launch. After appearing on The Oprah Winfrey Show, the book instantly became a New York Times Best Seller and now has over 50 million copies sold around the world after being translated in over 30 languages.

What Is The Book About?

You Can Heal Your Life stands out as a personal message from an abused author with a victim based mentality during childhood and adolescence. The main appeal is for women that have a similar history and the true essence of Louise’s teachings stand in self love, guilt evaporation and various mental aids that can have an influence on physical health.

In order to give you a better understanding of whether or not you should buy the book, here are some of the important points that are discussed:

1. Disease

Hay refers to this as “dis-ease” and sees it as a state of mind product. Louise tells us that an inability to forgive would be illness root cause. In order to get healed, thought patterns need to be changed. In most situations we are told that problems are not real problems and superficial things we do not appreciate will mask a really deep belief we do not see each other as being good enough. Self healing is showcased as a process that starts with actually loving yourself and there are mentions about various illnesses and associated mental blockages.

2. Prosperity

Many motivational speakers and authors talk about the plateau we reach when we remain stuck on debts instead of thinking about the future. Similar ideas are showcased by Louise Hay. The growth that we can achieve is connected to the gratefulness we express for what we have and income stands out as a prosperity channel, not a source of prosperity.

3. Affirmations

Louise shows us about the power of remembering who we really are. The basics lie in trusting affirmation power in order to manifest wishes. We learn that we need to always remain positive and stick to now instead of yesterday or tomorrow. This is connected to the positive thinking approach that many speakers showcase.

4. Security

You Can Heal Your Life talks about security as being the ability to get in a connection with cosmic powers that are responsible for the creation of all things. We are told that if we can invoke peace feelings and still the mind, we can realize the fact that we are not alone and remove the feeling of insecurity.

5. Self Love

We left this as the last fact mentioned but it is definitely one of high importance. Everything is connected in life with this self-love principle. Hay teaches readers to stop criticizing themselves. This is really good advice and the way in which she offers it can help people to avoid negative thinking while staying focused on real personal development.



Final Thoughts

You Can Heal Your Life is a book that you either love or hate. Some people swear that their life was changed while others will tell you that you are looking at a fraud's ramblings. The truth is always in the middle and we can say that all the teachings offered by Hay are valuable for us in order to develop and grow. If we remain objective and we look at the book with different eyes, it is impossible not to find things that will help us live a happier and more fulfilling life.

FUNNY CHRISTMAS JOKES:



1. What did the stamp say to the Christmas card? Stick with me and we'll go places!
2. What do reindeers say before they tell you a joke? This one's gonna sleigh you!
3. What do you call Santa's little helpers? Subordinate clauses.
4. How do you know when Santa's around? You can always sense his presents.
5. What do you call an elf that can sing and dance? Elfis.
6. What did the beaver say to the Christmas Tree? Nice gnawing you!
7. What's every parent's favorite Christmas Carol? Silent Night.
8. What do snowmen eat for breakfast? Frosted Flakes or Ice Crispies.
9. What do you get if you eat Christmas decorations? Tinsil-itis!
10. What does the gingerbread man put on his bed? Cookie sheets!
11. What does an elf study in school? The elf-abet.
12. What is a [bird](#)'s favorite Christmas story? The Finch Who Stole Christmas.
13. What kind of motorcycle does Santa like to ride? A Holly Davidson!
14. What did one snowman say to the other snowman? Do you smell carrots?
15. Why didn't Rudolph get a good report card? Because he went down in history.
16. What does Jack Frost like best about school? Snow and tell.
17. What's the Grinch's least favorite band? The Who!
18. Why was the snowman looking through the carrots? He was picking his nose!
19. How much did Santa pay for his sleigh? Nothing. It was on the house!
20. What do snowmen wear on their heads? Ice caps!
21. What did Adam say the day before Christmas? "It's Christmas, Eve!"
22. How does Santa keep his bathroom tiles immaculate? He uses Comet.
23. What is Santa's favorite pizza? One that's deep-pan, crisp and even!
24. What do you say to Santa when he's taking attendance at school? Present.
25. Who is never hungry at Christmas? The turkey because he's always stuffed!

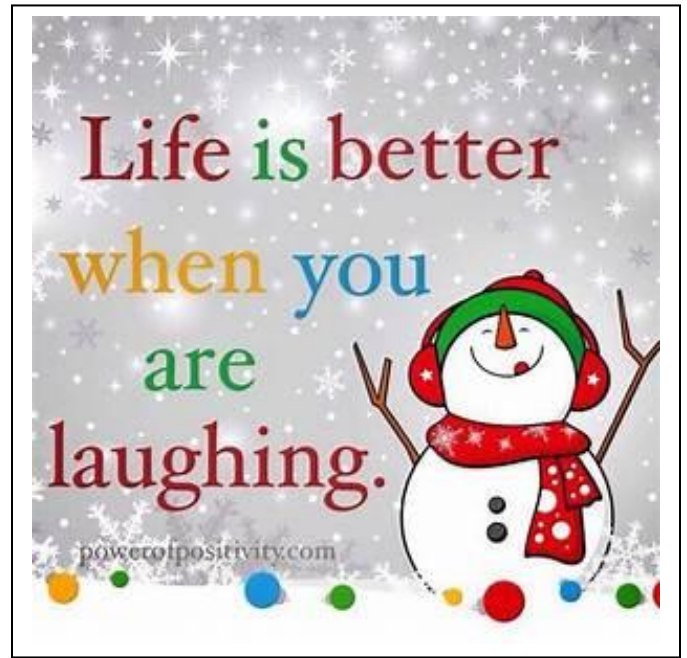
These funnies found on the internet at: <https://parade.com/1059328/marynliles/christmas-jokes/>



kiki and company

CHRISTMAS
LUNCHBOX LAUGHS

www.kikicommin.com



SHTPA Board Contact Information:

Current Board Members:	Name	Email	Phone
President	Open		
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	Open		
Committees:			
Chair of Special Events and Grants	Verna Besselink	vernashealingtouch@gmail.com	403-601-0529

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 book for the book of the month that you would like to include in the January 2022 newsletter.





SOCIETY OF HEALING TOUCH PROGRAM ALBERTA

Website: <https://www.societyofhealingtouchprogramalberta.ca>

Membership Application: *(Renewable Annually in January)* Date: _____

- Make cheques Payable to Society of Healing Touch Program Alberta (SHTPA) mail to:
Linda M Martin, Site 110 Box 4 RR#3, Sundre, AB TOM 1X0 or
- Scan application to: carleycaruso8118@gmail.com and E-transfer amount to: financeshtpa@gmail.com

☐ Regular Membership \$30 (minimum Level 1 Healing Touch Program) - Level 1 HTP students are free from their class date to January the next year.

☐ Directory Membership \$45 (Level 5 or Certified Practitioner) includes website biography

Name: _____

Address: _____

City/Town: _____ Prov. _____ Postal Code _____

Email: _____

Phone: h _____ w _____ c _____

Any member is allowed to see another members contact information upon request in compliance with Society Bylaws.

Healing Touch Program Level completed: _____

Membership Directory: Permission to have your membership information published on the website.

Signature: _____

Photo Release: Permission to publish photos on website or in newsletter.

Signature: _____

Areas of Interest:

Volunteer _____ SHTPA Events _____ Courses _____ Board Member _____

Board Director _____ Team Leader _____ Youth/Teens _____ Children _____

Hospice/Palliative _____ Addictions _____ Mentoring HTP Students _____

PTSD/First Responders _____ Women's Shelters _____ Stand Down (military) _____

Rehabilitation _____ Refugees _____ Accidents _____ Disaster Services _____

Outreach _____ National or International _____ Other _____

Membership Benefits

- Website directory listing for HTCP
- Listing of practice groups
- Course information
- Membership renewal
- Instructor biography
- Future online Newsletter
- Mentor biography
- Voting privileges
- Discounts at partners

Networking and Mentoring

- Social gatherings
- Mentoring for students
- Monthly coffee house - conversations on HT

Education

- HTP class schedule
- Practice groups
- Bursary to help with financing HTP Level 2 and up
- Lending library
- Workshops ie. Creating abundance, How to talk about Healing Touch, Self-care, Essential oils, herbs, and HT for animals

Service Projects for the Future

- Disaster recovery PTSD
- Stand Downs (military)
- Hospice/palliative
- Rehabilitation
- LIFT
- Mental health

For more information on discounts from your favourite businesses, visit the website below:

<https://www.societyofhealingtouchprogramalberta.ca>

“ The Society of Healing Touch Program Alberta promotes Healing Touch Program through Leadership, Education, Information, and Community Projects by bringing Healing Touch Program into our communities and providing educational and personal growth opportunities for those in Healing Touch Program. The SHTPA contributes to founder Janet Mentgen's dream of Healing Touch in every home, school, and hospital by "Just doing the work".”