



Society of Healing Touch of Alberta Newsletter
Issue 10, February 2021

“TOUCHING BASE” - “JUST DO THE WORK”

Welcome to your SHTPA Newsletter for February 2021



February Notes from the President!

Greetings Everyone – As a healer, we are ever growing, expanding and experiencing. Over this past year we have had many ups and downs. I must say that I, the one who is eternally joyous, went through a very dark time for about 2 weeks after Solstice. *Descansos - what is this?* Through my Shamanic training I was given a tool to view my lifeline. It wasn't called *descansos* but I have borrowed the word from Clarissa Pincola Estes who speaks of it in “Women Who Run With Wolves”. *Descansos* are those white crosses that we see along the road or on a mountain pass or even on a street corner. Sometimes they are inscribed with a persons name or decorated with memorabilia of a person who's life was ended abruptly. I highly recommend the exercise. A simplified version is to draw a horizontal line on a piece of paper. This represents your life from birth to present moment. Along the line you mark the events that changed your life. Some will be celebrations and some will be losses. If you have white paint you can mark the losses as *descansos*. To expand on the exercise, you can break the timeline into 5-10 year spans and then journal all that happened in those years. So, I have marked my timeline with *descansos* after Solstice 2020. A place to be remembered and honoured.

On a lighter note, everything is chunking along at the Society. We will send out a survey soon so we will have updated information from members for strategic planning in May. We are planning a spring gathering and Carley will speak of that. We will be looking for volunteers. And the Society is in need of some members to step into Board positions. It's a growing, expanding experience!!!

It would be nice to hear your voice and words of wisdom. Call me at 403 636 0114.

COVID 19 UPDATE for ENERGY HEALERS

The following was taken right off the Government Of Alberta Covid-19 web page, Business and Services section, states the following and highlighted in Green is what applies directly to us. As non-regulated health care providers information that pertains to Energy Practitioners fall under Massage Therapists updates for future reference.

“Effective January 18, 2021, non-regulated health care providers can open by appointment only as long as public health orders and sector guidance is followed. Appointments should be limited to one-on-one services. This includes:

- Massage therapists (a prescription or referral is no longer required to access massage therapy services)
- Manual osteopaths
- Kinesiologists
- Athletic therapists

Home-based businesses should follow the restrictions for the type of service they provide.”

In addition to the above it's about wearing your mask, one on one clients, washing your hands, washing your bedding and staying 6 feet apart whenever possible and no group healing at this time.

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

February 25, 2021
March 25, 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



SELF CARE TIP

Using Essential Oils in your BATH.

Are you ready for the bad news? There's a pretty long list of oils that **should never** find their way into your bathtub, according to Dr. Snyder, such as:

- Black pepper
- Peppermint
- Cassia
- Spearmint
- Wintergreen
- Cinnamon and cinnamon bark
- Clove
- Hyssop
- Camphor
- Summer Savory
- Oregano
- Thyme

Luckily, there's an even longer list of essential oils that are **great** for bath time, like:

- Bergamot
- Myrrh
- Ylang-ylang
- Clary sage
- Rosemary
- Sandalwood
- Melaleuca
- Lemongrass
- Roman chamomile
- Frankincense
- Lavender
- Rose
- Jasmine
- Basil
- Marjoram
- Cardamom
- Eucalyptus
- Wild orange
- Grapefruit
- Geranium
- Juniper berry
- Geranium
- Lime
- Cedarwood
- Cypress
- Patchouli

Ready for the perfect winter bath recipe? Add about 1 to 2 cups of Epsom salts along with 1 tablespoon of your carrier oil (you can use coconut, jojoba, or sweet almond, among others) or soap to a tub of *warm* water before adding no more than 3 to 6 drops of essential oils (ylang-ylang or rose) and swirling the bathwater before you jump in. Then, soak for about 20 minutes, and, of course, don't forget to breathe in slowly through your nose to savour the smell of whatever oil you chose. Enjoy!

SPECIAL EVENTS AND GRANTS – MESSAGE from Verna Besselink, HTCP/



Hello Fellow Healers! As the days and weeks go by it's hard to keep our wits with clients, working on ourselves and loved ones and keep doing what we do best as Healers. So, live in Grace and be grateful!

I'm grateful for this time. It's been time to slow down and sit in reflective meditation with spirit and self. There has been no other time in my life have I ever had so much wonderful time at home and focus on life. It's been such a blessing to evaluate and catch up on projects that have been put aside for years! And then to realize it time to release some that, perhaps have become not as important any more. It's such an eye opener to grasp onto the probability that I would have never gotten to so many of these projects anyway. Ever.

So, clear your clutter, rethink your projects and LIVE. I live in deepening my spiritual practice, reading, exercising, being creative in meal preparation and the list goes on into the enjoyment of living! Yes, just being and enjoying the time! Find your balance and continue to practice staying grounded.

People wanted more time so many of us have just that.... use it wisely by rejoicing and rejuvenation on every level – Physical, Emotional, Mental and Spiritual!

One task dear to my heart that I am not ready to set aside is the opportunity to serve and support the Society and healers in our community. I'm so looking forward to some courses and seminars when we are permitted in person! Can hardly wait to hug you all!

So, as your chair of grants, I would ask that all of you that have volunteered in the past with the Society, to please send me your hours (estimated) briefly outlining the volunteer activity and add the Month / Year.

Example:

NAME: Verna Besselink

LOCATION: Calgary

Volunteer Activity: SHTPA Board

Date: 2020 **Hours:** 60 hrs

If I could have feedback **by Feb. 15th** that would be wonderful. Also, if any of you would like to support the Special Events & Grants committee please contact me directly. 403 601 0529 or vernashealingtouch@gmail.com Thank you Kindly.

Many Blessings,
Verna

REFLECTION FROM CRISTIANA

Cristiana offers the following reflection, which relies on the language of Christianity. No specific religious spiritual belief or practice is promoted in the Healing Touch Program, as per its Code of Ethics.

Fear is the absence of Faith.

What is Faith?

Faith is the deep knowing that there is a Creator, a Higher Power overseeing everything. This Higher Power is the Source of our supply of what we need.

Our job, as humans, and moreover, as energy beings and as Healing Touch practitioners, is to stay aligned with the Creator and to allow ourselves to become pure channels for the Creator's love, wisdom, light, and peace to manifest through us.

We are provided for by our Creator if we trust and therefore we raise our vibration. When we fear, we block the connection with the Divine, therefore we block the supply.

We are part of the Higher Power, and one with the Higher Power. We are like droplets of water outside the ocean. We believe we are separate from the ocean, and sometimes, some of us, human fellows, might believe that there is no ocean, as we are totally oblivious about the ocean. However, someday, the droplets of water will return to the ocean, and we will return to the higher power, to the Creator Almighty.

Feel free to use this tested and tried prosperity prayer, saying it aloud for 9 days, 3 times per day, morning, noon, and evening:

God is the source of my supply.

Wherever I am God is.

The substance of His Spirit in me
is Eternal and Unchanging.

Accepting this to be true there is nothing in my consciousness to obstruct or prevent the free-flow of new,
rich, and resourceful ideas.

I expect these unlimited ideas to unfold through my mind right now.
With faith and courage, I follow the guidance of Infinite Intelligence.

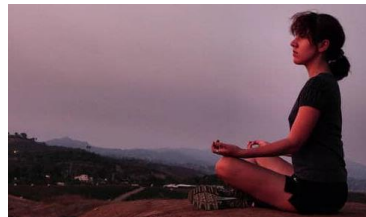
I keep in harmony with
the working of the Law.

I work with the Spirit of Abundance,
which is quick and powerful,
and I give thanks
that all things are possible.

And so it is.

(Prayer was given by Granny Guru to Patricia Eddleman)

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.

Topic: SHTPA Meditation
Time: 08:00 PM Edmonton

Feb 3, 2021 08:00 PM
Feb 10, 2021 08:00 PM
Feb 17, 2021 08:00 PM
Feb 24, 2021 08:00 PM
Mar 3, 2021 08:00 PM
Mar 10, 2021 08:00 PM
Mar 17, 2021 08:00 PM
Mar 24, 2021 08:00 PM
Mar 31, 2021 08:00 PM
Apr 7, 2021 08:00 PM
Apr 14, 2021 08:00 PM
Apr 21, 2021 08:00 PM
Apr 28, 2021 08:00 PM
May 5, 2021 08:00 PM
May 12, 2021 08:00 PM
May 19, 2021 08:00 PM
May 26, 2021 08:00 PM
Jun 2, 2021 08:00 PM
Jun 9, 2021 08:00 PM
Jun 16, 2021 08:00 PM
Jun 23, 2021 08:00 PM

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** – Mar 13-14, 2021, Calgary, AB – 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** – March 27-28, 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
- Level 5** – TBA – Calgary, AB - Instructor: Betty Minifie
Contact: Betty Minifie at: therapeuticbalancing@gmail.com or 403-474-7399

UPCOMING CLASSES

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

**Jeannette Neinaber has postponed these classes
until October of 2021– hoping to offer them in person**

NOTE: These 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.

ANATOMY FOR HEALERS – Contact Cristiana if interested

Instructor Jeannette Nienaber

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

ONLINE WORKSHOPS

“Taste of Energy Healing”

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

This 4-week session will present the basic principles of energy healing and teach participants selected Healing Touch self-care techniques.

With an enhanced understanding of energy healing, your clients will be better equipped to complete their plans for self-growth assigned in HT sessions. It may also motivate them to adopt more effective self-care routines.

From a marketing perspective, a more knowledgeable client will be better able to recommend your services to others. They will be able to make qualified referrals as they will be able to more clearly explain what HT is and its benefits.

Taste of Energy Healing 4 Week ONLINE Adventure

Dates: Tuesdays, March 2, 9, 16 & 23, 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

Registration

Deadline: February 26, 2021

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

BURSARIES

- provided by SHTPA

- for Healing Touch Program Classes



**Angelica Rozsa,
SHTPA Treasurer**

Read about the SHTPA bursaries at:

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

MEMBERSHIP

Membership Renewal Reminder Alert!

If you haven't done it yet, there is still time...

Hey Loyal Members, do you actually know what's included with your SHTPA membership?



Obviously, it comes with your membership renewal but it also provides you with:

A website directory listing for HTCP.

Biography on the website for directory members, which requires the member to have L5 or are a HTCP. Directory members can opt out of this if they wish.

Listing of practice groups and mentoring opportunities for students.

Course information and class schedules, as well as additional educational resources.

Instructor biography for HTCI.

Future online Newsletter packed full of resources.

Mentor biography for those wanting to mentor students.

Voting privileges within SHTPA

Discounts at partnered businesses that support the work we do, which are listed on our website.

Network and mentoring opportunities through social gatherings, monthly coffee house greet and meet, online forums, and various workshops.

Bursary opportunities for students.

Access to SHTPA lending library, and

Access to service projects for the future, such as helping with disaster recovery or mental health.

Reminder members, if you have not paid your 2021 membership, there is still time...

Membership Renewal Fees for 2021 are due:

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

If you know someone that wants to join, please share the Membership Application Form, which is available on the SHTPA website, or pass on my email. Our membership total at the end of 2020 was 62 and currently we have received 31 membership applications/renewals. Our goal is to continue growing as a Society and new members are always welcome!

Also note that our 5 year Anniversary Silent Auction has been rescheduled for Saturday, April 17, 2021 at the Parkland Community Centre! We will comply with Covid19 guidelines in place at the time of the event. Come on down and celebrate with us! We would love to see some new faces.

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 contact myself via email regarding silent auction donations.

“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*

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 March’s newsletter.

