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*Society of Healing Touch of Alberta Newsletter*  
*Issue 22, February 2022*

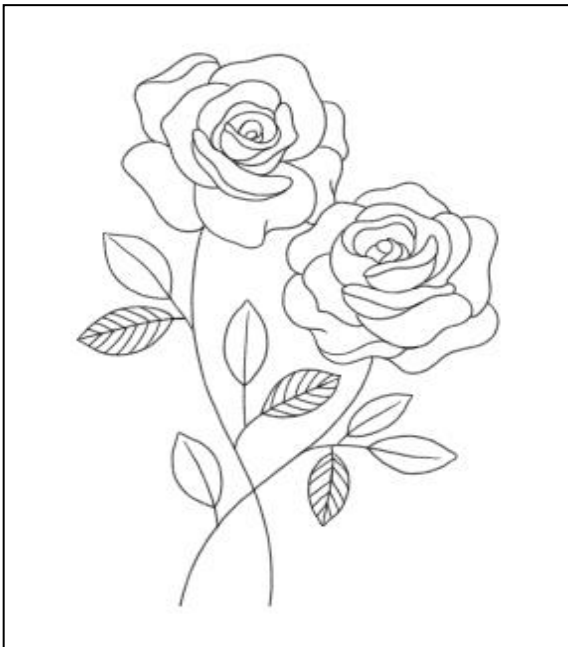
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**“TOUCHING BASE” - “JUST DO THE WORK”**  
**Welcome to your SHTPA Newsletter for February 2022**

***“Happy Valentine’s Day!”***

*It is said that Valentine’s Day was for all kinds of love. And the relationship you have with yourself is one of the most important—if not the most important—one there is! After all, you’re only able to show up fully for others if you’re taking care of yourself.*

*And if you’d like a bit of quiet time - find a crayon and enjoy some “self care” by coloring these pictures for yourself.*



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



### LOVE FREQUENCY 528 Hz



Hello Members! I hope this finds you all well and keeping your frequencies up to and vibrations healthy! I miss you all and I know you miss our SHTPA gatherings. Let's send lots of love out there so we can gather again and continue to live in love.

Last month I talked about balance. How's that going for you? Remember not to be hard on yourself and go with the flow of what balance means to you. Everything is in moderation. I just cut myself off from doing solitaire online especially when the day was full of everything. How good is that? I found myself reaching for the online game instead of deep breathing, sitting in silence, or drinking some water. Putting Self-care first. February....the month of LOVE!

Love – the frequency of love is one of the highest frequencies for us to take and give through our hearts. 528HZ. The 528 Hz Frequency, the love frequency, is thought to resonate at the core of everything; connecting our heart, our spiritual nature, and the divine harmony. Where do I find this frequency you may ask?

One of the best ways to receive this frequency is through sound. The Internet has hundreds of 528 tapes to listen to. The 528 Tuning Fork is a must-have for healers. Not only for yourself but for your clients. Also, there are some love tuners that are like whistles that you blow through. Both can be carried easily, again these can be found online.

Love – if you are finding it hard to love then like Janet Mengten said, “Get on the Table”, Healers are wonderful at filling you full of love. Unconditional, divine, universal LOVE!

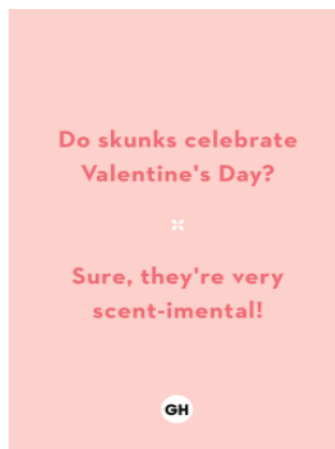
You Matter, We Matter together as Healers, we will continue to pour out LOVE and joy into our world! It's the right thing to do!

Be Well, Be Healthy, BE!

Hugs and Loving Embraces!

MANY, MANY BLESSINGS

VERNA, HTCP/I





## OPEN FORUM with Verna



**Verna Besselink is inviting you to a scheduled Zoom meeting.**

**Thursday, February 24, 2022 at 8:30 PM (MT)**

**TOPIC: “Using Sound in your Practice  
Where do I start?”**

<https://us02web.zoom.us/j/89748861979?pwd=WUN1dVRJb2FBSGthOURnVnc5dE1vZz09>

Meeting ID: 897 4886 1979

Passcode: 891688

One tap mobile

## MEDITATION with Cristiana



**Wednesdays at 8:00 PM**

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.

Join Zoom Meeting

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

Meeting ID: 479 430 3282

Passcode: LOVE

# MEMBERSHIP

Hello Loyal Members,



Just a friendly reminder to renew your Society of Healing Touch Program Alberta membership for 2022. The SHTPA membership application form can be found on the website and renewal was due January 25, 2022. If you have already renewed or are a Lifetime Member, please disregard this reminder and



thank you!

## Membership Application Fees for 2022:

- \$30 – Regular member (Min. L1 Healing Touch Program)
- \$45 – Directory member (L5 or Certified Practitioner) includes website biography
- \$50 – 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 (excluding Associate memberships), 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](mailto:financeshtpa@gmail.com).

## Where to send your updated application form?

Please scan the completed application form and email it back to me at [carleycaruso8118@gmail.com](mailto:carleycaruso8118@gmail.com). If you have any questions or troubles with the form, please reach out via email.

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

**“SHTPA thanks you for your continued support and wishes you all a healthy and Happy New Year”**

With Love and Light,

Carley Caruso, B.Sc., HTPA  
Healing Touch Practitioner Apprentice

Director of Membership, SHTPA  
<http://www.societyofhealingtouchprogramalberta.ca/>

# HEALING TOUCH CLASSES



- per regulations from our Provincial Officer of Health

- Level 1** – February 5-6, 2022 – Calgary, AB – Instructor Verna Besselink – In person  
Contact: Linda M Martin at: [lmartinweeam@hotmail.com](mailto:lmartinweeam@hotmail.com) or 403 636 0114
- Level 1** – March 26 - 27, 2022 - London, ON - Instructor: Cindy Palajac  
Contact: Cindy Palajac at: [cpalajac@rogers.com](mailto:cpalajac@rogers.com) or 519-630-6758
- Level 1** – Apr 2-3, 2022 - Calgary, AB - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto:therapeuticbalancing@gmail.com) or 403-474-7399
- Level 2** – Mar 5–6, 2022 - Calgary, AB - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto:therapeuticbalancing@gmail.com) or 403-474-7399
- Level 2** – Oct 22-23, 2022 - Calgary, AB - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto: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](mailto:cpalajac@rogers.com) or 519-630-6758
- Level 3** – June 4-5, 2022 - Calgary, AB - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto:therapeuticbalancing@gmail.com) or 403-474-7399
- Level 3** – Nov 26-27, 2022 - Calgary, AB - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto:therapeuticbalancing@gmail.com) or 403-474-7399
- Level 4** – May 26-29, 2022 – Val Marie, SK - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto:therapeuticbalancing@gmail.com) or 403-474-7399
- Level 5** – Nov 10-13, 2022 – Calgary, AB - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto: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.



Bursaries are \$100.00 per year.  
Please feel free to investigate more information on our website under bursaries.

Angelica Rozsa,  
SHTPA Treasurer

<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**

### **FOR HEALERS**

**Contact: Cristiana if interested**

**Instructor Jeannette Nienaber**

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



## **Cindy Palajac On-line Classes**



***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](mailto:cpalajac@rogers.com) or 519-630-6758







OUR VISION  
Advance Healing Touch Worldwide

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

I know most of you know I sit on the HTWF board and they have wonderful opportunities for programs as well as scholarships & grants to carry HTP forward. Consider joining their newsletter for the latest updates and news. Here is a clip from the last one.

[www.healingtouchworldwidefoundation.org](http://www.healingtouchworldwidefoundation.org). Or Facebook page.

### **FREQUENCY FORECAST SERIES 2022 – YEAR OF THE HEALER**

<https://www.energetic-forecast.htwfoundation.org/home-2022>

This entire 2022 year promises to ignite that spark in Seasoned Healers and Awaken New Healers into the world.

Join us with Nancy Rebecca as she presents.....you are gifted with several major expansion times, with 4 of those potent surges of light happening on the Spring Equinox, Summer Solstice, Fall Equinox, and finishing on a spiritually high note of the Winter Solstice!

Navigate Your Year's Energetic Potentials helping you to transform lives including your own!

HTWFoundation: **NEXT Scholarships DUE DATE JUNE 1, 2022**

### **SALE: LEVEL 1 NOTEBOOKS**

PRICE: 40.00

Level 1 Technique Cards 20.00 each or 3 for 50.00

Verna – call or text: 402 601 0529.



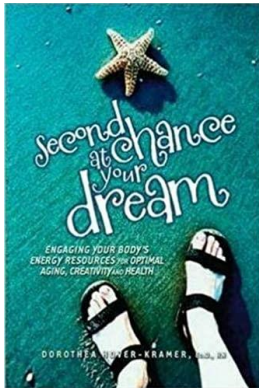


## BOOKS to READ

Pick of the month



From Healing Touch Program – Recommended Reading/Bookstore Page



Healing Touch Program, GOODREADS, Amazon.ca and HAYHOUSE all quote:

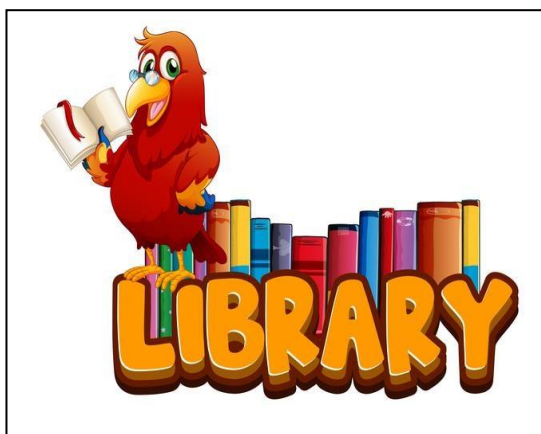
This book provides a new template for the second half of life, one that it is bursting with energy, health, power, creativity and new beginnings.

Rather than settling for less than our dreams, it fills us with the expectation that this period is our second chance to do, and to be, all the things we've ever dreamed of-and more!

This is the first book to apply the breakthrough insights of Energy Psychology to aging.

Energy Psychology is an exciting new healing method that changes the body's electromagnetic energy fields to produce immediate psychological shifts and physical well-being. It involves a simple set of breathing and touching exercises, and can be learned quickly by anyone. After just a few minutes of applying these methods, you can amaze yourself with how much better you feel!

Energy Psychology pioneer Dorothea Hover-Kramer explains its basic principles in ways that are easy to understand. She shows how energy methods can liberate us from many of the typical problems of aging, such as low energy and reduced motivation.



SHTPA Library books available for loan to Members –

Contact [Judy Allan judester@shaw.ca](mailto:judester@shaw.ca)







## VALENTINE JOKES:

1. Who always has a date on Valentine's Day? **A calendar.**
2. What do you call a colorful heart that loves books? **"Well-red."**
3. What Valentine's message can you find in a honeycomb? **"Bee mine."**
4. Why did the magnet hit on the refrigerator? **He found her to be very attractive.**
5. What's the best recipe for a perfect morning on February 14? **A hug and a quiche.**
6. What did one piece of toast say to the other? **"You're my butter half!"**
7. Why didn't the two dogs make serious Valentine's Day plans? **It was just puppy love.**
8. What message is on candy hearts for cats? **"You're purr-fect!"**
9. How did one drum tell the other about its feelings? **"My heart beats for you."**
10. How did the vegetable politely ask for a date? **"Peas be my Valentine."**



"Happy Valentine's day!  
Who says you have to  
be in love to share the  
chocolate?"





## SHTPA Board Contact Information:

### Current Board of Directors

Current Board Members:	Name	Email	Phone
President - <b>INTERIM</b>	Angelica Rozsa	<a href="mailto:angelica.rozsa@gmail.com">angelica.rozsa@gmail.com</a>	403-969-0515
VP/Director of Education/Outreach	Cristiana Manole	<a href="mailto:luciancris@aim.com">luciancris@aim.com</a>	403-542-1992
Director of Membership	Carley Caruso	<a href="mailto:carleycaruso8118@gmail.com">carleycaruso8118@gmail.com</a>	403-308 0362
Treasurer	Angelica Rozsa	<a href="mailto:angelica.rozsa@gmail.com">angelica.rozsa@gmail.com</a>	403-969-0515
Secretary - <b>INTERIM</b>	Verna Besselink	<a href="mailto:vernashealingtouch@gmail.com">vernashealingtouch@gmail.com</a>	403-601-0529
<b>Committees:</b>			
Chair of Special Events and Grants	Verna Besselink	<a href="mailto:vernashealingtouch@gmail.com">vernashealingtouch@gmail.com</a>	403-601-0529
<b>Director:</b>	Linda M. Martin	<a href="mailto:lmartinweeam@hotmail.com">lmartinweeam@hotmail.com</a>	403 636 0114

## SUBMISSIONS FOR “YOUR” NEWSLETTER



Please send submissions to your monthly newsletter to Valerie Hepburn, SHTPA Newsletter at [vhepburn@telus.net](mailto: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 March 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](mailto:carleycaruso8118@gmail.com) and E-transfer amount to: [financeshtpa@gmail.com](mailto: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

☐ Associate Membership \$50 (no Healing Touch courses required, no voting privileges)

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".”**