



Society of Healing Touch
Issue 9, January 2021

“TOUCHING BASE” - “JUST DO THE WORK”

Welcome to your SHTPA Newsletter for January 2021



January Notes from the President!

Hello All You Beautiful Healers! Joyous New Year!

With Christmas passed we can look hopefully into the new year. Apparently with the conjunction of Saturn and Jupiter our future is looking much brighter with all of us visioning the unfolding new world where community means more than just the place you live.

Our Anniversary/Silent Auction will be postponed until later in the spring. We, SHTPA, are five years old this year. Congratulations to all!! I am looking forward to seeing you all in person again. In the mean time, with the many disappointments of cancellations, your Board is making plans for the future. We are moving forward by putting one foot in front of the other in love and gratitude.

There will be Board positions open at the end of October 2021 that include President, Vice President, Secretary, and 2 Directors. It's good to get a feel for the Board positions by getting in NOW. Meetings are open to members. There are courses available in board development. If you have just a slight twinge of getting involved please call or email me. We have a lot of laughs and some tears too. I think you may have all heard the old adage that 'many hands make the task lighter'. Even if you don't have a slight twinge call me, let me know your visions for your Society. It would be nice to hear your voice and words of wisdom. Call me 403 636 0114.



LEARNING CIRCLES

FROM



It was an honor to share in two rounds of circle with SHTPA members following the AGM! Following is some of what I shared as we prepared to circle:

In the 1980's, several Nehiyaw/ Cree Elders from Treaties 6 and 8, including the late Lorraine Sinclair of Edmonton, and the late Dorothy McDonald, long time Chief of Fort McKay First Nation, started an organization they named the Mother Earth Healing Society.

One of the activities they facilitated was traditional Talking Circles for women. It was challenging for First Nations women to welcome white settler women into these sacred spaces, most of us 'moniyaw' being quite oblivious to our privilege, and the prejudices of our unexamined and dominating cultural beliefs. Apparently, many Indians thought there was not much point, nor was it a good idea, to include white folks in healing traditions that they were so recently reclaiming for themselves. Lorraine consistently made these spaces inclusive for all of us however, in spite of tensions, and struggles with the arrogance and ignorance I know she encountered among us. Speaking from our own experience, from the heart, and learning the value of listening with no interruptions or commentary, were key.

We worked at healing.

During the circles, community members can expect to enter a circle of peers. We are invited to quietly connect with our own centre of awareness, and then take uninterrupted turns to share our reflections on the topic, issue, or question being considered. There are beautiful applications of this process in the fields of conflict resolution, restorative justice, family, work and community dynamics.

We are asked to listen attentively, and with respect for different paths and experiences. We are invited to share only to the extent that we feel trust in the group, with the knowledge that depth of sharing may grow as depth of understanding and trust builds.

What is shared in circles is confidential to the people present. Participants in the circle can choose to listen only, and pass on speaking for any round of sharing. After the final round of sharing, circles open with informal conversation and sharing of simple food.

Those regularly occurring circles, where we cleansed and smudged, then took turns sharing, were my first significant exposure to the power of attentive listening, and the experience of being held in the patient energy of a group of people doing our best to give each other our full respect and consideration.

The wisdom of the talking/sharing/listening circle process, and the depth of learning and healing it cultivates, have continued to guide my life on many levels. With both direct and implied consent from Indigenous leaders, I have stepped into roles of co-hosting and facilitating many circles in a variety of settings. I will always seek to share the role of facilitation, or participate under the guidance of other trusted facilitators, or full group leadership. There is never a charge to participate in circles.

I am repeatedly inspired to encourage sharing circles in various settings, and to co-create consistently occurring spaces where we can listen, share, heal, and sow the possibilities of deepened and enriched understandings and relationships among people of varying cultures, backgrounds, ideologies, worldviews... acknowledging also the legacies of our historical relationships.

In honor of Lorraine and Dorothy, and the many unnamed leaders who precede us, I invite you to find places to circle, to listen.

Heather Plaizier



IN MEMORIAM – JAN COLLINS

It is with great sadness that we honour one of our Healers, from Calgary, Jan Collins, who passed in Dec. 2020.

Jan was very active with Healing Touch through the early years and served several years on the Board of Healing Touch Calgary as well as practising the Pathway at Parkdale United Church. Jan did many courses in Energy work including Energy Medicine, Healing Pathway and Healing Touch. We are grateful to her dedicated service on the Board and her service to her Healing Community. In her journey through her illness she became a Certified Chi Gong Practitioner and used Chi Gong, Healing Touch as well as crystals to work with herself as well as others. She was a Healer. Her obituary is below for you and the link so you may view her full service. I raise my Hands high to Honor Jan the Healer and much more. May light shine upon her family as they remember Jan. (Verna Besselink)



Obituary of Janice Susan Collins

September 27, 1956 – Calgary, Alberta

December 14, 2020 – Calgary, Alberta

Janice Susan Collins passed away on Monday, December 14, 2020, following a long journey with metastatic breast cancer at the age of 64.

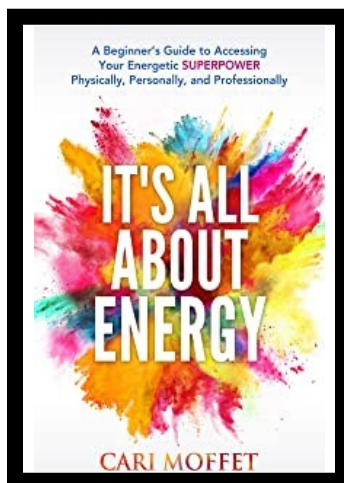
Janice died in peace and dignity in her home surrounded by her loving

family. She will be missed greatly and remembered as a loving and dedicated wife and mother and a great friend to many. Janice was very social and spent much of her time as an active volunteer throughout the community, member of the church, and advocating for those with cancer. She enjoyed the arts of yoga, tai chi, healing touch and spirituality. She had a green thumb and everyone admired her inside and outside garden paradise. Jan loved to travel and enjoyed her many adventures with friends and family. Janice was born in Calgary, September 27, 1956, to parents Duncan and Elsie Menzies.

Janice is survived by her husband Kevin Collins, children, Patrick, Shauna, and Kendra; mother Elsie and brother Cameron Menzies (Jane). She was predeceased by her father Duncan. The family would like to thank Dr. Douglas Stewart for seventeen years of care and compassion.

A small private service will be held with immediate family. Any donations in remembrance of Jan may be made to Wellspring Calgary, <https://wellspringcalgary.ca/>. Condolences, memories and photos may be shared and viewed on Janice's obituary at www.McInnisandHolloway.com.

NEW - BOOK REVIEW



READERS CORNER!

January Pick of the Month!

ITS ALL ABOUT ENERGY

By Cari Moffet

First of all, I would like to thank Heather Plaizier for her donation of

this book to our Society Library. As I started to read, I was saying to self "Good work...exactly what I wanted to write about!" I laughed out loud as I'm not a writer but who knows what lies ahead. And Cari is CANADIAN! Yes!



This book is a delightful insight into lots of energy happenings that people experience and do not want to talk about - unless you are an Energy Worker. It is an easy read and one could pick it up at any chapter and find yourself alongside of Cari and her experiences with "What just Happened?" Eyes wide open Cari talks about energy and how it's all around and it's okay to talk about it, enjoy, use and experience the everyday discoveries as we come face to face with interesting encounters that can not be set aside. It reminds me of Janet Mengten's words.... "once you are on the path there is no looking back. You may venture off but you will come back!"

The only disappointment was around the chapters on the Chakra's as there is so much more in your Level 1, 2 & 3 Healing Touch Notebooks but these are her words not mine.

Out of a rate of 1 to 5, in my mind, I would give it a 3.5.

"Happy New Year" and "Keep Reading".

*We invite you to submit your Book Reviews to
vhepburn@telus.net for Next Month's Newsletter*



Check it out of our Library by
contacting Judy Allan – 403 708 3890

(don't worry Judy – Verna will get it to you soon)

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

Jan 6, 2021 08:00 PM
Jan 13, 2021 08:00 PM
Jan 20, 2021 08:00 PM
Jan 27, 2021 08:00 PM
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>

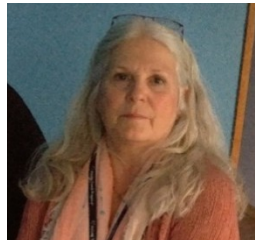
Meeting ID: 756 2833 9176

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

OPEN FORUM



Hello Fellow Healers! Wow, is all I can say to 2020 as we dive into the New Year. In reflection of the past year and keeping true to ourselves in developing as healers, I posed these questions to Healers in the Open Forum evening of Dec. 29th. I was moved deeply by spirit to have the Open Forum on the 29th instead of the 31st. – it could have been the full moon – it could have been someone I needed to connect to or it could have been “just follow and see what happens! I've included the questions below from Dr. Caroline Myss's Website where you can find more additional inspiration related to the questions. <https://www.myss.com/7-questions-for-the-new-year/>

SEVEN QUESTIONS to ask yourself according to Dr. Caroline Myss

Question One: What do you hope for this coming year that is different from other years?

Question Two: How do you want to improve your life this year?

Question Three: What do you want to contribute to your community to make it a better place?

- Question Four:** **How do you want to be different by the end of the year?**
- Question Five:** **Whose life do you want to improve and how will you do that?**
- Question Six:** **What changes are unfolding in your life that you need to cooperate with and what does that mean?**
- Question Seven:** **In what way or ways do you want to deepen your spiritual life?**
-

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

January 28, 2021
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

**MESSAGE from Verna Besselink, HTCP/I,
Chair of Special Events and Grants**

As, the Chair of Grants, I would ask that all of you please send me your hours (estimated) and Month / Year that you have volunteered for the Society. This will be asked of you yearly and I've supplied below a suggested outline.

SOCIETY OF HEALING TOUCH PROGRAM

RECORD OF VOLUNTEER HOURS

Example:

NAME: Verna Besselink

LOCATION: Calgary

Volunteer Activity: SHTPA Board

Date: 2020 **Hours:** 60 hrs

If I could have your feedback *by Feb. 15th* that would be wonderful. I will send a reminder. Remember this includes, meetings/events/special projects ie Conference. I'm getting a portfolio ready with documentation outlined by Grant workshops, to be ready on the "Drop of a Dime" to apply for grants and have information at our fingertips which includes VOLUNTEER HOURS. Also, if any of you would like to support this committee please contact me directly. 403 601 0529 or vernashealingtouch@gmail.com

Thank you Kindly.

Love & Light and many Hugs,

Verna

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 13-14, 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

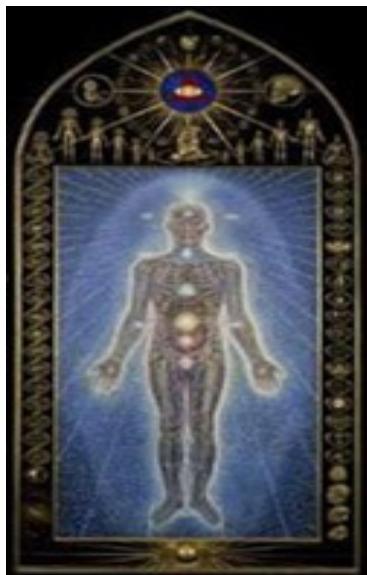
Contact: Betty Minifie at: therapeuticbalancing@gmail.com or 403-474-7399

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



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: Regular \$169

Healing Trans-Generational Trauma



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.

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: Regular \$169

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

ONLINE WEBINARS

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

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.



The Sound Healing Institute is based on Natural Sound. “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, 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,
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...



Membership Renewal Fees due Jan 25, 2021: Our Special Membership Loyalty Discount or \$5 has been extended until the end of January 2021!

- \$25 – Regular members (Min. L1 Healing Touch Program), \$30 starting Feb. 2021.
- \$40 – Directory members (L5 or Certified Practitioner) includes website biography, \$45 starting Feb. 2021.

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 is 62 as of December and we are always happy to welcome new members with open arms.

Membership Application Fees for 2021:

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

*Unfortunately, due to recent Covid19 Restrictions
our 5th year Anniversary/Silent Auction
has been postponed until further notice.
We thank everyone who helped plan this event.*

“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*

