



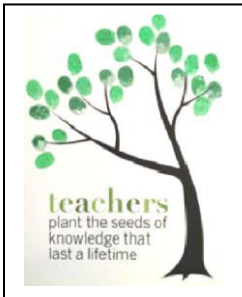
Society of Healing Touch of Alberta Newsletter
Issue 11, March 2021

“TOUCHING BASE” - “JUST DO THE WORK”

Welcome to your SHTPA Newsletter for March 2021



President’s Message March 2011!



Well spring is in the air! I have already bought garden seeds. Rumour has it there may be a shortage, nothing like the run on TP last March. Ha!! As we look over the past year, I hope we will remember that still place within as things begin to open and we start to gather with friends and family. One of the foundational concepts in Healing Touch is Centering. Remembering that spirit of Attunement and carrying it forward into our Healing Touch sessions and then out into the world as we recreate the world as we know it can be. IMAGINE living in the present moment connected to your Higher Self and Higher Power from a compassionate heart/mind.

The Board welcomes Shawna Wood Coleman. Shawna is a Healing Touch Practitioner working towards Certification. Until you, the members, elect Shawna in the fall she will be helping Carley with membership and the upcoming Anniversary/Silent Auction, April 17th 2-4pm. Come and celebrate our 5 year Anniversary!!! We would love to see you in person.

Congratulations to all who have completed Levels of Healing Touch recently. Keep the energy flowing! Consider volunteering as a community project. We have many areas that you can use your talents, in varying amounts of volunteer time from 1 hour/week up to infinity, to keep this Society rolling. Email or call me: Immartinweeam@hotmail.com 403 636 0114.



APRIL 17

2 - 4 PM



9 AREAS of WELLBEING

– MESSAGE from Verna Besselink, HTCP/I



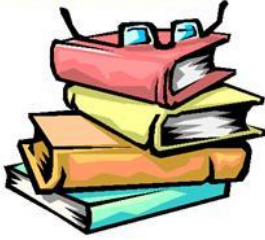
Hello Healers, I send you all love, light and beautiful energy balancing as you read this newsletter. We talk extensively in Healing Touch the levels that we need to balance - Physical, Emotional, Mental and Spiritual. Here is a little something more to think about 9 Areas of Wellbeing. Some of these categories will fall under one of the PEMS or a few. Even if you are not working look beyond the circle of Occupational perhaps "Who you are". Instead of "What you are". This area can be filled with - Our occupation as a Healer is to maintain balance to the whole. Balanced love, balanced relationships, and balanced on this Earth by sending the highest frequency out there we can which is "Love". So be whole, be balanced, be love!

Thank you to all the volunteers who sent their hours to me for Grant Proposals. Wonderful!

Soon, so soon, I hope and send loving energy to the world in finding balance so we can all meet again, laugh, share healing stories and hug it out! I am so grateful that we will one day have the courses that have been postponed and a coffee with our colleagues! Until then, keep your chin up, head held high and a giggle in your step because you are a healer!

Love & Blessings,
Verna

Pick of the month

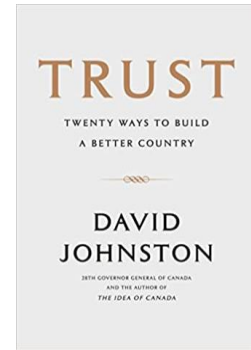


**NEW – a BOOK To Think About
- Contributed by Valerie Hepburn**

In February my bookclub read and discussed the book “TRUST” by former Governor General of Canada the Rt. Hon. David Johnston.

He is such an advocate for all of us - the people of Canada, our businesses and our country.

*All his knowledge and examples can be used in our lives,
in our practices and in
ADVOCATING for HEALING TOUCH.*



Following are his 20 Ways to Build a Better Country being the titles of each chapter.

Think how these can reflect TRUST in our healing touch work.

*20 ways to be trustworthy for ourselves (personal),
our clients (community) and our country and globally.*

Make Yourself Worthy of Trust (Personal)

***“Eight ways to think an act so that other people
view you as trustworthy.”***

1. Never Manipulate
 - Trusting relationships depend on full, and plain disclosure, and a commitment never to distort or deceive.
2. To Thine Own Self be True
 - Getting a firm fix on your values is the surest guide to trusting behaviour.
3. Listen First
 - Trust grows when you take time to understand the thoughts and feeling of others before you act.
4. Be Consistent
 - Trust builds when you bring the same temperament and character to your public and your private behaviour.
5. Do the Right Thing, not just the thing right
 - Adhering to the moral imperative ahead of the operational imperative builds and maintains trust.
6. Rise Above the written rules
 - Laws grounded in fairness and informed by wisdom enable us to strive toward justice, the pursuit of which fosters hope, dispels despair, and elevates trust.
7. Find some Faith
 - Service and belonging to a wider world is the passport to a life of greater fulfillment and trust.
8. Follow the Golden Rule
 - Doing unto others as you would have them do unto you is a determinant and test of trust.

Build Trust Around You (Community)

“Six ways to think and act that will engender trust in you, your communities, businesses, and organizations.”

9. Show Up, not off
 - Being present establishes rapport, breaks down hierarchy, and creates solidarity and trust around a shared cause.
10. Act in the First-Person Plural
 - Putting we before me is the fastest way to build trust.
11. Be a Barn-Raiser
 - Neighbours who help each other with no expectations of immediate return build more trusting communities.
12. Know There is More Than One Right Way
 - Pluralism enables people to remain united, encourages them to work together, and engenders trust.
13. Tell Everyone the Plan
 - Successful teams are trusted to fully consider, improve, and execute ideas and proposals.
14. Depend on Those Around You
 - Top leaders trust in the knowledge and talents of others.

Create a Trustworthy and Trusted Country

******This could also fit for **ADVOCATING FOR HEALING TOUCH*****

“Six ways to think and act that will strengthen trust in your country’s public institutions or Healing Touch Advocacy and international reputation.”

15. Recognize a Present Peril
 - Dramatic changes in how people communicate and share information weaken their trust in institutions and in each other – at least temporarily.
16. Invite Others to Dance
 - Trust grows when diversity becomes inclusion.
17. Apologize
 - Expressing regret is a necessary first step on a long journey to restore trust.
18. Honour Our Teachers
 - Applauding those who exhibit widely cherished values builds trust.
19. Be a Knowledge Diplomat
 - Sharing knowledge across academic disciplines, cultural barriers, and political borders is the surest way to promote peace, spread prosperity, and build trust among all the people of the world.
20. Start now
 - Each of us can begin strengthening trust and, with our actions, make our country better.

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 FORUM

March 25, 2021

Thursday evening

8:00 p.m.

Join Zoom Meeting

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

Meeting ID: 956 305 1729

Passcode: Calgary

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.

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

Join Zoom Meeting

<https://us04web.zoom.us/j/75628339176?pwd=d3RFek5lZFR3ejM1VFcwSTdYL1I0QT09>

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** - Sept 18-19, 2021 - Calgary, AB - Instructor: Betty Minifie
Contact: [Betty Minifie](mailto:Betty Minifie at: therapeuticbalancing@gmail.com) at: therapeuticbalancing@gmail.com or 403-474-7399
- Level 4** – Nov 11 -14, 2021 – Calgary, AB - Instructor: Betty Minifie
Contact: [Betty Minifie](mailto:Betty Minifie at: therapeuticbalancing@gmail.com) at: therapeuticbalancing@gmail.com or 403-474-7399
- Level 5** – TBA – Calgary, AB - Instructor: Betty Minifie
Contact: [Betty Minifie](mailto:Betty Minifie at: therapeuticbalancing@gmail.com) at: therapeuticbalancing@gmail.com or 403-474-7399



- 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>

*“Helping Healing Touch students
continue with their education in the Healing Touch Program.”*

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

“ZOOMING” right along

This past year due to the covid-19 pandemic resulting in us not being able to meet in person at classes or events, computer programs such as ZOOM have made a huge difference in our lives.

I, Valerie, being a life-long learner, have watched and participated in several webinars in a wide range of topics to continue learning, growth and awareness of many energy medicine courses, consciousness webinars, drum circles, shaman courses and of course any healing touch complementary courses I could find.



January and February of 2021, Marsha Read and Cindy Palajac presented the 7-week webinar
Sounds of Healing: "Presence: Putting the Song in Your Soul"

This was an exciting, informative, fun and live action participation get-together over the internet and a truly wonderful experience. Learning how to tone and hum, chant and use mantras, use tools such as the drum, rattle, crystal bowls, Tibetan bowls, tuning forks all to bring one into living in joy and in the present moment was a very uplifting and rewarding experience. And all of this was presented with a basis in healing touch and how you can use these tools in your healing touch practice.

Meeting old friends and making new friends within the healing touch community in a group setting and then in break out rooms for discussions and sharing was a wonderful way to stay in touch with fellow healers. A grateful thank you to Marsha and Cindy for offering us this treasure of learning, joy and fun and staying “PRESENT” while we are living in the restrictions of the times.

Have you been ZOOMING? What experiences have you had? What healing touch webinars did you participate in? How has this helped you with healing touch and learning or refreshing your information and skills? Let us know – we’d be happy to include your internet experiences with healing touch in our newsletter.

We welcome your sending your sharing contributions to vhepburn@telus.net

Contributed by Valerie Hepburn, Secretary, SHTPA

ONLINE WORKSHOPS

“Taste of Energy Healing”

Would you like to learn
how to release anxiety, have more energy
and sleep better at night?

These hands-on techniques from Healing Touch help you to achieve your goals by using your heart and hands. For over 30 years people have benefited from these proven techniques.

This 4 week session is focused on Self-Care techniques to improve your energy level, boost your immune system and create more joy in your life. One of the main skills you will learn is how to use your heart to send energy to your hands to heal yourself.

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

Dates: Tuesdays, March 9, 16, 23 & 30, 2021

7:00 pm - 8:30 pm ES 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) <i>Special Rate when you sign up with a friend \$77 each</i> Registration Deadline: March 5, 2021
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: <ol style="list-style-type: none">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

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.



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

MEMBERSHIP

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.
- 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, guided weekly meditations, 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 community, such as helping with disaster recovery or mental health.

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 40 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:



*We welcome
Shawna
Wood
Coleman to
the SHTPA
Board!*



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	vhopburn@telus.net	403-620-7051
Director	Shawna Wood Coleman	swc68@hotmail.com	403-771-3748

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 vhopburn@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 April’s newsletter.

