



Society of Healing Touch of Alberta Newsletter
Issue 19, November 2021

“TOUCHING BASE” - “JUST DO THE WORK”

Welcome to your SHTPA Newsletter for November 2021

Message from Two Founding Members and Past Presidents!

Thank you to all of you who came to the Zoom AGM! What a joy to hear Dr. Barbara Dobbie speak!!! We have had two Board members step down so we are left with three Board members; treasurer, Angelica; membership, Carley; and education/outreach, Cristiana. These board members will continue with volunteers to put out a newsletter and are happy to give you a 5% discount if you renew in December. Memberships are due in January 2022. We appreciate your positive comments over the past years and we look forward to your continued support until we can meet in person and enjoy all that the society has to offer our community of Healers. As things open up again we look forward to working towards 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’.”

Looking forward to a brighter future when we have a full Board, can meet in person, and do in person healing! Our day will come!!!

Verna and Linda



AGM – October 23, 2021 Via Zoom:

The SHTPA AGM was held over zoom on Saturday, October 23, 2021 with 17 members online.

Our Guest Speaker this year was Dr. Barbara Dobbie

Dr. Barbara Dobbie, BN PhD. was introduced to Therapeutic Touch and the concepts of energy fields in 1977 when Dolores Krieger, the founder of Therapeutic Touch gave a workshop in Calgary to the University of Calgary Nursing Faculty and nurses from the Calgary General Hospital. In the 1980's, she completed all three levels of the Therapeutic Touch (TT) program and practice sessions with nursing colleagues from the University of Calgary and family members. In the late 1980's she completed all three levels of Reiki and every 6 months had practice sessions with her teacher before doing sessions with friends and other people gained through word of mouth. In 1993, at a Holistic Nursing Association Conference in Denver Colorado she met other Canadian nurses and through Sandra Johnson and heard about Healing Touch program being taught in Toronto. Janet Mentgen (founder of Healing Touch) and Sandra asked Barbara to coordinate the Level 1 Healing Touch course in Calgary in September 1984. She then completed the remaining four levels of HT from 1995 to 1999 and became certified in September 1999. Barbara feels it has been a privilege to have known and been taught Healing Touch by Janet Mentgen. From 1991 through the next 23 years Barbara taught the Canadian Holistic Nursing Course for the Canadian Holistic Nurses Association. Currently she still has her practice operating and with Covid she does distance healing with clients.

Dr. Barbara Dobbie sharing “Challenges of Being a Healer”

Barbara opened her presentation by defining challenge from Webster's New World Dictionary as:

“Challenge” - is anything that calls for special effort.

The call to become a Healing Touch Practitioner has many challenges and lots of special efforts. This call comes with an invitation to be consciously connected and aligned with the light and energetic oneness of the transcendent Other (God, Buddha, Source, Higher Self, etc). The call also introduces the reality of what it means to embrace that “everything is energy” and we are an energy field. We all, as a human being, have a personal energy field that radiates our thoughts, emotions, physiology and spirit out and constantly receives information back from the greater environment.

Being a Healing Touch Practitioner is more than learning the Healing Touch Program techniques. A practitioner has a personal obligation to them selves and others to create inner harmony and balance within themselves prior to entering a client's energy field.

Her first challenge was creating Sacred Space and Safety for clients. You need to personalize your space, keep it private and quiet, pleasant and uncluttered, soft colors and soft lighting. Place a comfortable chair near the door so your clients will feel safe and could exit if they wanted to. Place your massage table so that should the clients sit up, they can see the door. Their being able to see the exit is important. Orient them to the washrooms. Give them time to look around the space and talk about it. You have an obligation as a practitioner to be engaging, welcoming and fully present when you open the door. Make sure you smile and that your smile reaches your eyes – and more-so when

wearing a mask. This is a major cue that the person is warm and welcoming. Your tone of voice needs to be calm, soft toned and you need to engage with them. Once they sit down it is important to maintain an open posture and let them settle into their chair before you get too active. Be sure your clients are comfortable with touch.

Barbara took a course from two HTP – Bonnie Thompson and Kristi Joy titled “Polyvagal Theory for Healers”. She found it interesting and that it contained all the things she mentioned above.

The second challenge is self preparation to create harmony and balance in our field before any social engagement with others and especially with clients. My two chosen techniques are:

- 1) Using a grounding practice to be aligned with the transcendent Other and the earth. To feel embodied and in harmony within ourselves. There are many ways to ground and you all likely have a personal choice. On request she shared her grounding practice as follows. Sitting or standing I call in the light, love and energies of the “ONE” through my Crown Chakra to spiral down connecting with my heart, soul, and inner eternal light flowing throughout every cell in my body. Then moving the light down my central column and out the soles of feet and root chakra anchoring the light in planetary earth. Now connecting with the vibrational frequencies and electromagnetic energies of planetary earth that I need for this day I intentionality them up through the soles of your feet and my root chakra into the central column activating each chakra and balancing the positive and negative ions in each cell of my body...knowing I am radiating out light, love, energy, harmony, gratitude, appreciation, compassion and care.
- 2) Using HeartMath Institutes Quick Coherence Technique to create a physiological state called coherence that supports balanced interactions between my heart, mind, emotions, spirit and physiology. It is a highly efficient system in which all of our body systems align to the power of the heart (p3). Using the following two steps your breath will help transform your consciousness and uplift your spirit.

The Quick Coherence Technique

1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Finding an easy rhythm that's comfortable.
2. As you continue heart-focused breathing, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

You'll know you are done when you have a feeling of calmness and then you know you will be ready for your client. Ensure you do this before your client arrives or before you do distance healing work

The third challenge to consider is improving your heart connections and communications with others. In our personal field environment “we have the capacity to change our personal, social or planetary field environments. When [we] intentionally activate heart feelings of love, appreciation, care, or compassion, the coherent emotional energy radiates through your heart's electromagnetic field and your body into your personal field environment. It then radiates out into your social field environment”

(p,9) say the client's field environment and you can feel the resonance with them, a special bond or union with them. One on one connection through heart connection is a very moving experience.

Research by HeartMath "has shown that the energetic field that each member of a group generates creates a social field environment. Therefore, each group member's heart coherence contributes to the group's collective coherence." (p.9). As individuals we can intentionally increase our own heart coherence before we step into a meeting, attend a social gathering or go shopping. The HeartMath Heart Lock – In Technique (p.11) will help us learn to intentionally radiate coherent heart energy into our social field environments for the better good of all.

Heart Lock – In Technique

1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual, Find an easy rhythm that's comfortable
2. Activate and sustain a regenerative feeling such as appreciation, care or compassion.
3. Radiate that renewing feeling to yourself and others.

Reference Source

Improving Your Heart Connections and Communications: The Energetic Connections of Our Lives. A HeartMath Institute e-booklet 2021.

The website for HeartMath is <https://www.heartmath.org>. e-mail is [info @heartmath.org](mailto:info@heartmath.org).

Q&A - When not in your own space such as a client home, a clinic or hospital – you can take sacred objects with you. Close the hospital curtain around the client's bed, or in a home have client choose the space in their home, turn off the TV /radio and tidy up the area so you can move about as needed. Open with a breathing technique with your client. Get in touch with your inner self and tell client you will call in the light to be present with us. Suggest to the client to close their eyes and allow their thoughts/mind to flow and unravel. We also discussed the power of intentions to move energy or commit us to action with our desires for ourselves and others. We can set intentions around desires and goals eg. I intend to practice 3 times a day. I intend to be to be less judgmental of my self and others. Be resilient and flexible. Set Intention for selfcare. You don't gain competency if you don't intend it.

Another area to pay attention to is "Research" – Quantum Physics – new information is coming out by Gregg Braden, Nassim Hamein and others.

<https://www.resonancescience.org/about-nassim-hamein>

<https://www.heartmath.com/quick-coherence-technique/>

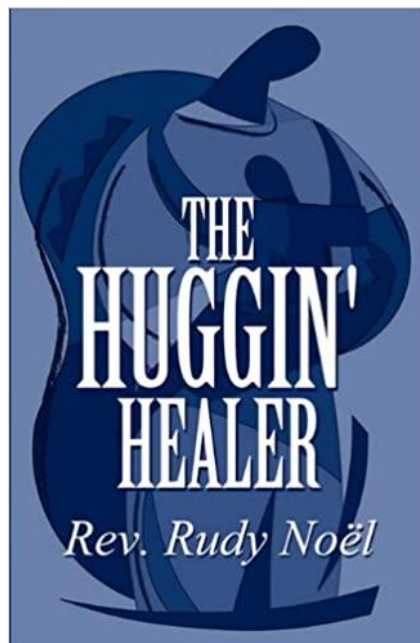
<https://www.heartmath.org/articles-of-the-heart/love:advanced-mode-intelligence/>

BOOKS to READ

Pick of the month



From Healing Touch Program – Recommended Reading/Bookstore Page



The Huggin' Healer

By Rev. Rudy Noël

Paperback: 60 pages

PublishAmerica (May 16, 2011)

There are times in our lives when we are invited to circumnavigate the rules; times when we must allow ourselves to search for the deeper meaning of something in order to gain a richer experience. Rev. Rudy Noël's *The Huggin' Healer* is an open invitation to do just that. If you are willing to dive beneath the surface you may be very pleased with the pearls you find below. Rev. Rudy Noël offers a simple, no-holds barred, plain English perspective with regards to healing ourselves as well as others. In addition, you receive handy, easy-to-follow directions for his world renowned "Mind Clearance" and "HOPI" techniques, both of which are utilized in the Healing Touch Program.

Rudy Noël is an adept who was rigorously trained in the healing arts by Master Healer, Reverend Rosalyn Bruyere. He draws us in and regales us with his stories, experiences and insights; then tosses out morsels of advice, self-awareness and keen observation. Sometimes, he even surprises us by answering questions that we haven't even thought to ask yet. These pearls of wisdom may appear to be bite-sized, but they are well worth their weight in gold. Healers of every degree will appreciate and benefit from having *The Huggin' Healer* in their "toolbox".

Copied from Amazon writeup: (Book is out of print – limited availability – able to get on a Kindle)

"This book is a narrative of the journey Rev. Rudy Noël took from a glamorous life in the theatre to a spiritual life as an ordained Minister of the Healing Light Center Church. You might say ""From One Stage To Another."" His goal is to share his life's experience with other healer's and hopefully answer some of their questions. The book covers Body Symbology, Reflexology, Mind Clearance, The Hopi Spinal Technique and much more. In sharing his life's experiences he hopes that the reader will become aware of several different situations that are not taught. How does one work with friends and family? How do you handle a petite or grand maul seizure? What do you do when it is an emotional problem that is causing discomfort? These and much more are addressed in this book and that includes a very big HUG!"

MESSAGE from Verna, Director of Special Events and Grants



MESSAGE from Verna, Director of Special Events and Grants

Hello Members! As we enter November lest we not forget the fallen Soldiers of Canada. Remembrance Day will always be remembered by our family as our Father was a WWII Veteran. I recently visited his grave site in Nanton, Alberta and am so touch by the Local Legion that puts a white cross with a Poppy on all the Veteran's sites. Canadian Men and Women served to keep our Country and other countries of the world FREE. Let us not forget and Remember "We have Freedom". So, when you wear a Poppy it's about REMEMBERING our FREEDOM and those who served and are still serving.



Be Well, Be Healthy, BE!

Hugs and well wishes,

Verna

CHECK THIS OUT

At the AGM on zoom on October 23, 2021 the Board showed off our SHTPA Tees
(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

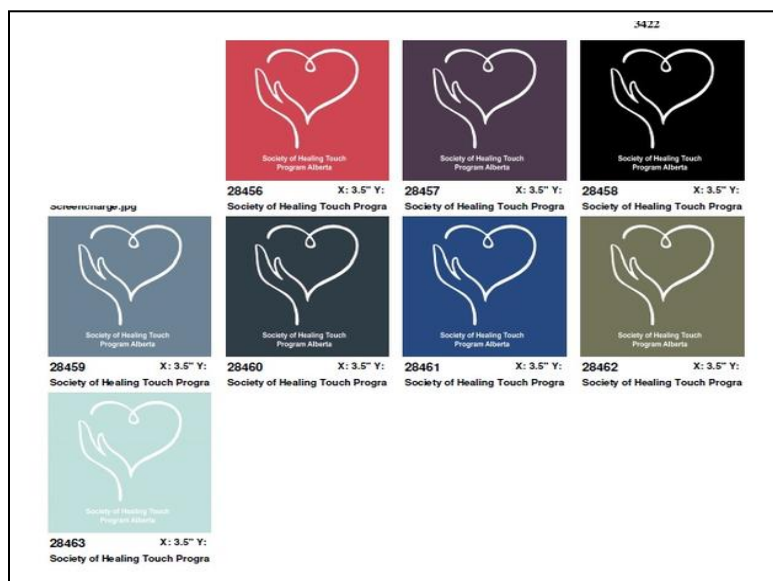
I have the following in stock: 3 Large Amethyst, Lapis, Dusk (light blue)
3 Medium Denim, Charcoal, Sky Blue

The large size fits me and the small size is about a size 5/6.

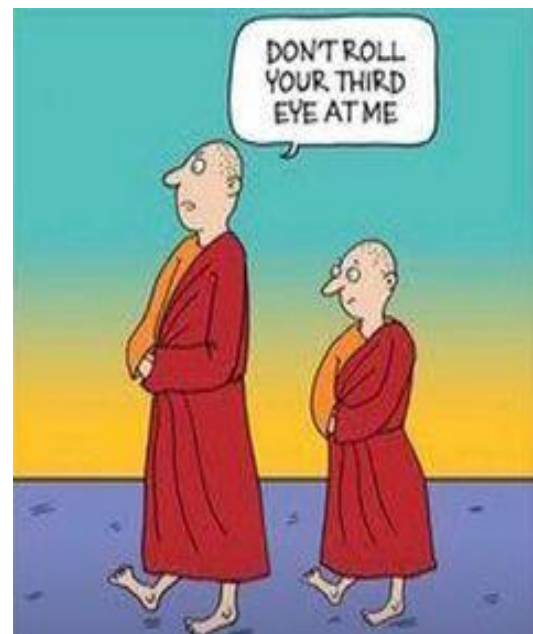
I am taking orders and when 12 or more have been purchased I will put in the ORDER.

They are ladies TEES! This is the style. You can call me at: 403 601 0529.

SALE ENDS FEBRUARY 2022



Laughs all Around:





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.

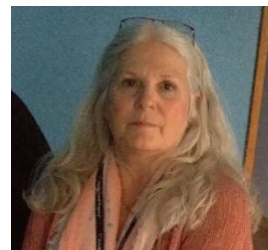
Scholarships are awarded four times a year. **Next application due date FEB 1, 2022!**

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!

OPEN FORUM with Verna



Verna Besselink is inviting you to a scheduled Zoom meeting.



TOPIC: *Cosmic Energy. Universal Energy. Earth Energy.*
Energetic Forecasts? What are they about?

Time: NOVEMBER 25, 2021 08:30 PM Edmonton

Join Zoom Meeting

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

Meeting ID: 848 5888 2940

Passcode: 040758

Energy is all around us. Let's talk about these energies.

Are they useful, disruptive or uncomfortable?

What are you doing to keep your Aura healthy during these challenging times?

What do our mentors say?

Time to talk about it. What's working for you and what's not.

Come join me in discussing these energies and finding balance
for your clients and YOU!

(I will send another invite on the day of the Zoom)

MEDITATION with Cristiana



MEDITATION with Cristiana



Meditations Wednesdays at 7:45 pm.

The meditation will be open to all who would like to make a difference, including non-members of SHTPA. The object of the meditation is: Grounding, Centering, and sending Healing to Humanity and the Earth.

Cristiana Manole, SHTPA VP/Director of Education/Outreach

MEMBERSHIP



Hello Dear Members,

If anyone wishes to join the SHTPA, please contact Carley Caruso at carleycaruso8118@gmail.com.

Currently, we have 54 members. Our goal is to continue growing.

New members are always welcome!

Membership renewal is January 2022. 5% discount if renewed in December.

(Forms can be found on the website or at the end of the newsletter.)

“SHTPA thanks you for your continued Support”



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**

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

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

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** – **2022** TBD – Calgary, AB – Instructor Verna Besselink – In person
Contact: Linda M Martin at: lmartinweeam@hotmail.com or 403 636 0114
- Level 1** – Nov 27 - 28, 2021 - **ONLINE** - London, ON - Instructor: Cindy Palajac
Contact: Cindy Palajac at: cpalajac@rogers.com or 519-630-6758
- Level 1** – Jan 22 – 23, 2022 - **ONLINE** - London, ON - Instructor: Cindy Palajac
Contact: Cindy Palajac at: cpalajac@rogers.com or 519-630-6758
- Level 2** – Nov 27 - 28, 2021 - Calgary, AB - Instructor: Betty Minifie
Contact: Betty Minifie at: therapeuticbalancing@gmail.com or 403-474-7399
- Level 3** – Nov 6 - 7, 2021 - **ONLINE** - London, ON - Instructor: Cindy Palajac NOTE Class is Full
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 – 21, 2022 - **ONLINE** - London, ON - Instructor: Cindy Palajac
Contact: Cindy Palajac at: cpalajac@rogers.com or 519-630-6758
- 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



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

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: Saturday, Nov 6, 2021

Time: 8:30 AM to 5:30 PM

Place: Online

Regular \$169

Healing Trans-Generational Trauma



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!

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.

Instructor: Jeannette Nienaber MEd., HTCP/I

Date: Sunday, Nov 7, 2021 - Time: 8:30 AM to 5:30 PM

Place: Online

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

WORKSHOPS

ANATOMY FOR HEALERS

Contact: Cristiana if interested

Instructor Jeannette Nienaber

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

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 Decembers’ 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".”