



---

*Society of Healing Touch of Alberta Newsletter*  
*Issue 18, October 2021*

---

***“TOUCHING BASE” - “JUST DO THE WORK”***  
**Welcome to your SHTPA Newsletter for October 2021**

***Message from the President October 2021!***



October is here and I am on the last leg of my Presidential journey and looking forward to being in a support role to the new Board.

As mentioned in last months newsletter we are looking for a volunteer for the position of secretary. It's a great step into the SHTPA Board and Val will be there to advise you.

Also looking for a webmaster volunteer for the SHTPA website and I will be there to help out.

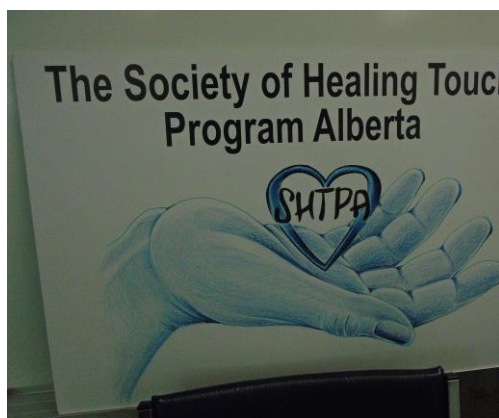
The Board would appreciate some new ideas and presence on the Society Board.

Those of you who are apprentices in the HTP can use the Board experience as a community project.

Please contact any Board member asap as you will need to be elected in October at the AGM that is being held over ZOOM with guest speaker Dr. Barbara Dobbie speaking about

***"Challenges of Being A Healer".***

Email or call me: [Immartinweeam@hotmail.com](mailto:Immartinweeam@hotmail.com) 403 636 0114.



**OCTOBER IS HERE**

**SHTPA - AGM**

**October 23, 2021**

## **MARK YOUR CALENDARS**

PLEASE MARK YOUR CALENDERS  
FOR OCTOBER 23, 2021  
SOCIETY OF HEALING TOUCH PROGRAM ALBERTA  
ANNUAL GENERAL MEETING (AGM)

**Will be held on ZOOM**

**You will receive an information package in the next week.**

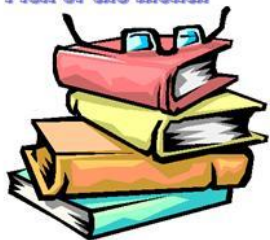
### **GUEST SPEAKER: Barbara Dobbie – “Challenges of Being a Healer”**

Barbara shares with us her professional career and wisdom developing as a Healer.  
Barbara brought Healing Touch Program to Calgary long before 2000.



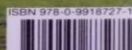
# BOOKS to READ

Pick of the month



Experiencing grief and loss is part of the human condition. This book of heart stories, songs, poems and musings will help you to go to those places you may have been avoiding. Grief is a mixture of many emotions and sometimes we get stuck in our grief. Although this book deals with the subject of loss through death, we often grieve other losses and times of transition. Once we have faced the ultimate truth that our physical self will die, even though many believe that the soul and spirit are eternal, you will find a new zest for life. Your courage will emerge to help you to stay alive to dance along your path with joy, and to sing your songs in harmony with the Songs of Creation. The time of death is really only the death of time as we know it. Love doesn't end at the time of death. AND There's MORE.

The songs on the CD were chosen by Marsha from the many heart songs she has written for people who have passed over. Writing songs and poems for those who have gone on ahead, has always been part of her Grievin' Time. Listen and let your tears flow freely and your laughter be loud. Your passionate emotions enhance your power. May you give yourself permission to take the time you need to grieve your losses. To grieve is human, to love eternally is Divine.



“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, playing with her grandchildren and helping others to heal.

***The Sound Healing Institute is based on Natural Sound.***

Natural Sound is the school of Sound Healing that uses natural instruments such as our own voice, drums, rattles, tuning forks, crystal and metal singing bowls to restore missing frequencies to our bodies.

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



Oh! what a wonderful day we had with Marsha and Morag Sept. 18<sup>th</sup> Day Conference at FCJ Centre on **Supporting the Dying Process for those Transitioning and their Families.**

The group meditated, laughed, vented and role-played into a delightful day of discover and insights! Thank you for all your Support and Interest.



The next two - Day Conferences will be probably this spring as we navigate through the Covid 19 health mandates and restrictions. All will be well, all will be well, all will be well over a matter of time. All will be well.

Contact: Marsha Read at [mlread@telus.net](mailto:mlread@telus.net) and

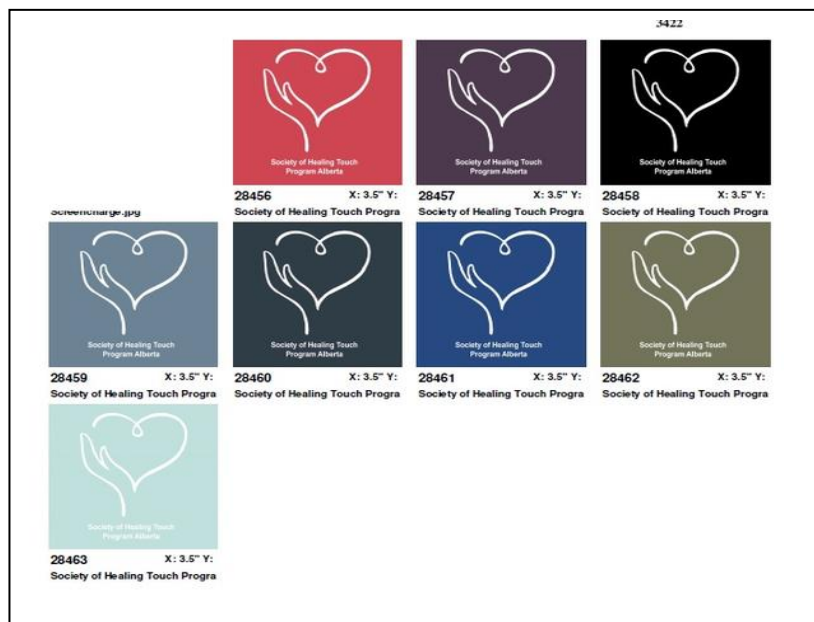
Contact: Morag MacLellan at [conversazione spiritus@gmail.com](mailto:conversazione spiritus@gmail.com)



Chin up healers and keep receiving and sending love and divine energy to our beloved fellow humans and the world in a whole.

## YOU are making a difference.

And with those words I would like to **invite you to come to the AGM October 23 - (maybe on Zoom)** where we have guest speakers, words of wisdom and TEES to show off with our logo on them to sell which you can purchase through me. I will take orders and when there is a Batch of 12 or more to be purchased then I can put in a ORDER. Yeah. They are ladies TEES! These are some of the COLORS and the black one is the STYLE! You can call me at: 403 601 0529.



Love and light to you all as we journey together as we unite as Healers!

Verna



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 NOV. 1, 2021!**

**For details and online application go to:**  
[www.htwfoundation.org/scholarship-program](http://www.htwfoundation.org/scholarship-program)

Questions? email [htwfoundation@aol.com](mailto: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](http://www.htwfoundation.org) follow the links. Verna now sits as a board member and they do make a difference!

Contact Verna at 403-601-0529!

# CARTOONS & JOKES – thanks Verna



Third-eye exams

JOKE TIME: How did the physic cross the Road?

Answer to Joke: With HELP from the other side! HA! HA!

(Anonymous from one of our SHPTA members.)

## HAPPY HALLOWEEN HEALERS

And two last laughs!



## OPEN FORUM with Verna



Verna Besselink is inviting you to a scheduled Zoom meeting.

**Topic: SHTPA Open Forum Anxiety/Stress**

**Time: Oct 28, 2021 08:30 PM Edmonton**

Join Zoom Meeting

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

Meeting ID: 848 5888 2940

Passcode: 040758

Well, don't we all feel stress and anxiety from time to time. Time to talk about it. We have many wonderful tools to use and it's all starts with the intake of your clients.

Come join me in discussing this large subject to find balance for your clients and YOU!

## MEDITATION with Cristiana



### **MEDITATION with Cristiana resumed in September**

Meditations on 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](mailto:carleycaruso8118@gmail.com).

Currently, we have 54 members and our goal is to continue growing. New members are always welcome!

Come join us on ZOOM on October 23 for the SHTPA Annual General Meeting  
to see your fellow SHTPA Members.

If you are not already a member, you can sign up to become a SHTPA member by checking for the Membership Form on the SHTPA Website or see pages 15/16 below for the attached Form.

***“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.

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



**Angelica Rozsa,  
SHTPA**

***“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](mailto:lmartinweeam@hotmail.com) or 403 636 0114
- Level 1** - Oct 2 - 3, 2021, Whiskey Hills Farm – Okotoks - Instructor Verna Besselink  
Contact: Linda M Martin at: [lmartinweeam@hotmail.com](mailto: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](mailto: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](mailto:cpalajac@rogers.com) or 519-630-6758
- Level 2** – Oct 16 - 17, 2021 - **ONLINE** - London, ON - Instructor: Cindy Palajac NOTE Class is Full  
Contact: Cindy Palajac at: [cpalajac@rogers.com](mailto:cpalajac@rogers.com) or 519-630-6758
- Level 2** – Oct 23 - 24, 2021 - **ONLINE** - London, ON - Instructor: Cindy Palajac  
Contact: Cindy Palajac at: [cpalajac@rogers.com](mailto:cpalajac@rogers.com) or 519-630-6758
- Level 2** – Nov 27 - 28, 2021 - 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 6 - 7, 2021 - **ONLINE** - London, ON - Instructor: Cindy Palajac NOTE Class is Full  
Contact: Cindy Palajac at: [cpalajac@rogers.com](mailto:cpalajac@rogers.com) or 519-630-6758
- Level 3** – Feb 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 3** – Feb 19 – 21, 2022 - **ONLINE** - London, ON - Instructor: Cindy Palajac  
Contact: Cindy Palajac at: [cpalajac@rogers.com](mailto:cpalajac@rogers.com) or 519-630-6758
- Level 4** – Nov 11-14, 2021 – Calgary, AB - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto: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](mailto: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.**

# FUTURE ONLINE WORKSHOPS

## “Taste of Energy Healing”

**Next Taste of Energy Healing  
will be in January as October & November are full right now.**

**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?*

**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.



*What else is possible – that you’ve never imagined?*  
[www.cindypalajac.com](http://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](mailto:cpalajac@rogers.com)  
[www.cindypalajac.com](http://www.cindypalajac.com)

# CURRENT ONLINE WORKSHOPS



## Rock Your Crystals

**Toning, Tuning Forks with Crystals**

*4 weeks of combining energy healing, and sound with crystals experience*

**Tuesdays, October 5, 12, 19 & 26, 2021**

**7:00 - 8:30 pm EDT**

4:00 - 5:30 pm PDT

5:00 - 6:30 pm MDT

6:00 - 7:30 pm CDT

8:00 - 9:30 pm ADT

**Early Bird Registration Deadline:**

**September 5, 2021**

**Location:** Zoom Online

**Investment: \$127**

Early Bird Price by Sept. 5th: \$107

### Week 1

Grounding with Smokey Quartz & Tourmaline, Shungite, Black Sheva, Mobi, Obsidian  
How do you stay grounded with a raised vibration?

### Week 2

Open Heart Passion with Rose Quartz & Green Calcite  
What brings you JOY?

### Week 3

Clarity of the Mind with Clear Quartz, Yellow Calcite & Citrine  
What brings you CLARITY?

### Week 4

Spiritual Truth Telling– Speak UP with Kyanite, Blue Calcite & Sodalite  
What brings you AWARENESS?

**e-transfer to [cpalajac@rogers.com](mailto:cpalajac@rogers.com) - Or contact Cindy to pay by credit card.**



Cindy is excited to be facilitating this workshop with Marsha Read. Their friendship began in 2001 when they trained together to become HTP Instructors. In 2010-2011 Marsha's Sound Healing training was brought to London, ON over three weekends. Through that training Cindy became a Certified Sound Healing Practitioner in 2011. Since then, Cindy has incorporated Sound Healing into her practice and her teachings. All instruments are wonderful and if she had to pick her favourite(s) it would be her drum and wind chime.



# WORKSHOPS

" For all interested in taking Jeannette Nienaber's courses in person, in Calgary on November 6 and 7, 2021 Healing Connections through the Vibratory Grid & Healing Trans-generational Trauma just a reminder to register for them before September 21 in order to take advantage of the Early Bird price of \$144 each.

Regular price after September 21, 2021 is \$169."

## 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:** Calgary, AB

**Early Bird \$144 (until Sept 21, 2021) 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!

**To Register please contact:**

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

[song.of.the.sea.cristiana@gmail.com](mailto:song.of.the.sea.cristiana@gmail.com)

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:** Hotel Blackfoot, Calgary, AB

**Cost:** Early Bird \$144 (Sept 21, 2021) Regular \$169

# WORKSHOPS

## ANATOMY 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

## SHTPA Board Contact Information:



### Current Board Members:

	Name	Email	Phone
President	Linda M. Martin	<a href="mailto:lmartinweeam@hotmail.com">lmartinweeam@hotmail.com</a>	403-636-0114
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/Newsletter	Valerie Hepburn	<a href="mailto:vhepburn@telus.net">vhepburn@telus.net</a>	403-620-7051

### Committees:

Chair of Special Events and Grants	Verna Besselink	<a href="mailto:vernashealingtouch@gmail.com">vernashealingtouch@gmail.com</a>	403-601-0529
------------------------------------	-----------------	--	--------------

## SUBMISSIONS FOR “YOUR” NEWSLETTER



Please send submissions to your monthly newsletter to Valerie Hepburn, Secretary/Newsletter, SHTPA at [vhepburn@telus.net](mailto:vhepburn@telus.net) Submissions received prior to the 27th 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 Novembers’ 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

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".”**