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*Society of Healing Touch of Alberta Newsletter*  
*Issue 17, September 2021*

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**“TOUCHING BASE” - “JUST DO THE WORK”**

**Welcome to your SHTPA Newsletter for September 2021**

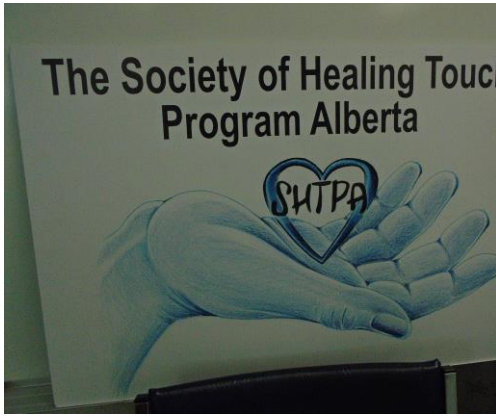


***Message from the President September 2021!***

Hello everyone! Hope you have had a blessed summer. So great to see and hug some of you at the gathering in Glenmore Park. I am on the last leg of my Presidential journey. I am looking forward to being in a support role to the new Board. There are so many gifts I have received over the past year, as well as some wonderful lessons. One full on lesson is: you can't please everyone, so you got to please yourself. Remember the 'Garden Party' by Ricky Nelson. Oh, most of you will be too young.

Those were his words in that infamous 1972 hit song. I am requesting now, 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. I am looking forward to Marsha and Morag's workshop on September 18<sup>th</sup>, sponsored by the SHTPA and the Healing Touch Worldwide Foundation. As members you receive a discounted price of \$60 until September 4<sup>th</sup>. Don't miss this opportunity!!! Mark your calendars for October 23<sup>rd</sup> and enjoy Dr. Barbara Dobbie speaking about "**Challenges of Being A Healer**" at the AGM. Come and vote. With all that I have said, it's been an honour to serve our Healing Touch community over the years, as Founding member, secretary, Director of Membership/VP and President. I am now completing the circle. Thanks for all the memories!

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



**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)  
2:00 p.m. - 4:00 p.m.

**\*\*\*Parkland Community Hall\*\*\***

505 Parkvalley Rd SE, Calgary, AB. T2J 6M4

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

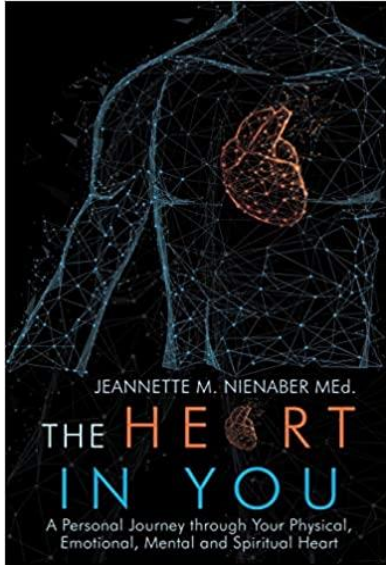
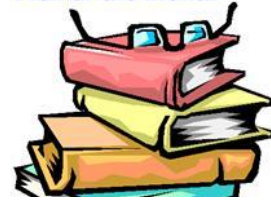
Barbara shares with us her professional career and wisdom developing as a Healer.  
Barbara brought Healing Touch Program to Calgary long before 2000.

*Closing ceremony: Spiral Dance lead by Heather Plaizier*



# BOOKS to READ

Pick of the month



Explore the amazing realms of your heart as they are eloquently braided through the worlds of science and spirituality. The narrative begins with, the genesis of your heartbeat and the roles played by your heart's rhythms. As this tapestry unfolds, you are taken on a personal journey that continues to reveal the multidimensional nature of your heart. Topics range from the nature of your heart's energy field and the chemistry of love, to strategies for mastering stress, and the importance of forgiveness, wonder and compassion. Designed to deepen your connections to self and others this unique book is thoroughly researched, and provides insightful self-exploration activities steeped in wisdom that transcends both ancient and scientific knowledge. Engaging yet practical, it will change your life!

**BIO:** Jeannette M. Nienaber BSc., Dip.Ed. Prof.Bacc., MEd., HTCP/I:

Since childhood, Jeannette's curiosity and intuition have resulted in many journeys of exploration. Her passion for wanting to know more led her to study all fields of science and resulted in a fulfilling career (35 years) as a secondary teacher and athletics coach. Her sensitivity to energy, on the other hand, guided her to study spirituality and for many years she strove to find ways to integrate science with energy medicine. Eventually she found a certified, heart centered training in energy medicine for nurses and other therapists called Healing Touch Program. Currently, she works as their Instructor Manager and is responsible for the professional training and development of over 200 instructors worldwide. She presents internationally on many topics bridging science and energy medicine.



**This book is from her heart  to yours.**

***See Workshops on page 13 – Jeannette facilitates both the “Healing Connections Through the Vibratory Grid” and the “Healing Trans-Generational Trauma” workshops (November) and the “Anatomy for Healers” course.***

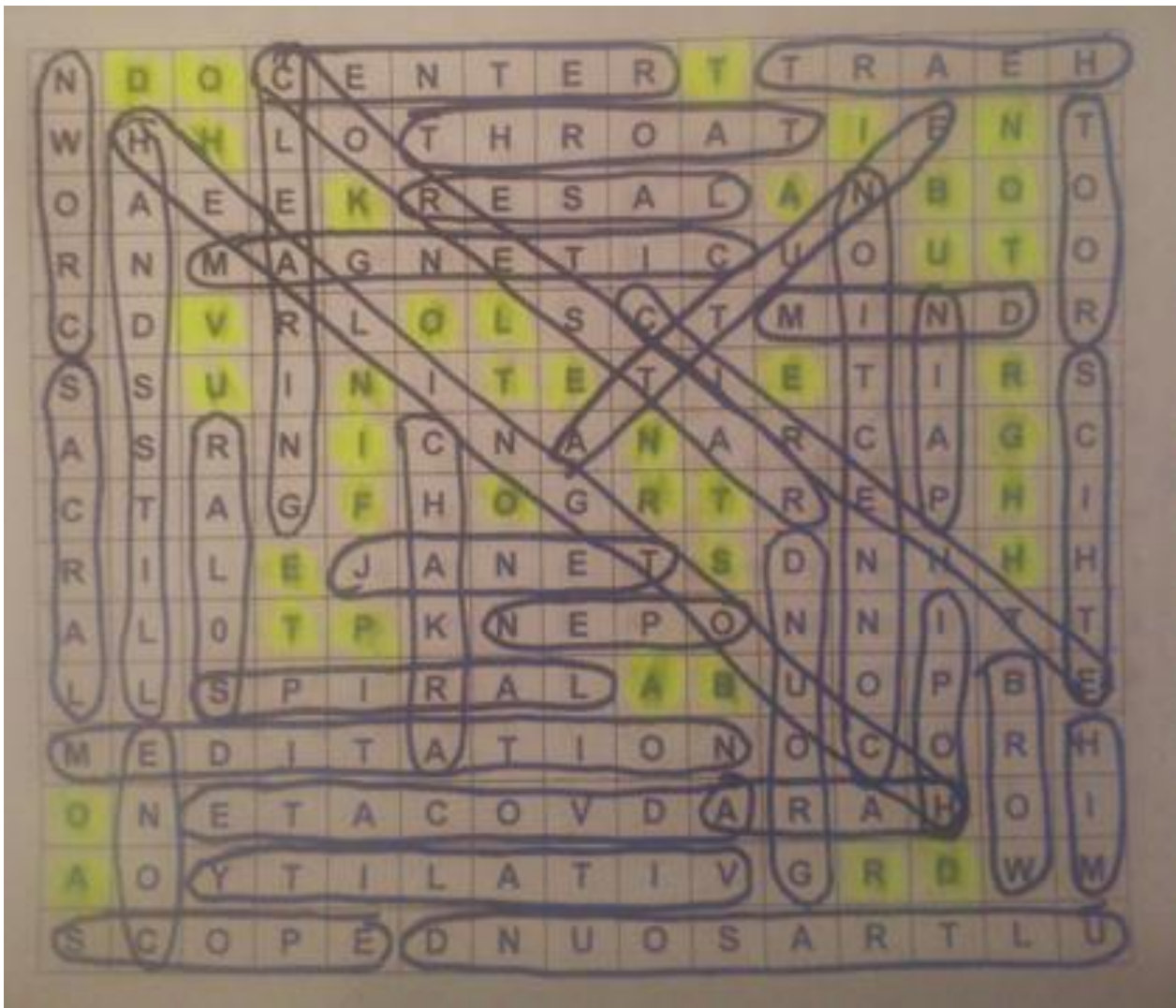
## CHECK THIS OUT

Healers can check out this YouTube video that is so wonderful to talk to family and friends about! It's called:

*“21 Tiny Habits to Improve Your Life in 2021 Effortlessly”*

## ANSWER TO WORD SEARCH

The message from the remaining letters was:



**“Do think about volunteering for the SHTPA Board.”**

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



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



Hello Society Members and Board!

Well, Well, Well here we are in Sept. 2021. As we continue to look forward and stay in the flow of blessings all around I ask you to reflect on the upcoming courses and AGM this fall for the opportunity to gather and feel like family again!

Marsha and Morag are teaching a one Day conference in September

**Supporting the Dying Process for those  
Transitioning and their Families**

This One Day Conference is the first in a series of Three to replace our conference that was dissolved in 2020.

**Please see details later in this Newsletter!**

With the lock down behind us let continue to join in spreading the love and light, as Healers do, to our Family, Friends, Colleagues, and this beautiful world we share together!

I look forward to sharing and talking about PTSD on the Open Forum Sept 30<sup>th</sup> at 8:00 pm. (details below)

Stay Healthy, Stay in the flow, Stay and BE! See most of you Sept. 18!  
Love and Light be with you all,  
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! 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**



### **Topic: Open Forum: “Trauma, PTSD & Energy Work”**

Let's start the conversations. Review or new to HTP, Stress Release and techniques with in HTP. Other energy techniques from Vickie Slater's work with “Veterans” and Sue Hovlands find the Joy at the amygdala in the brain and how to incorporate into your practice.

**Time: September 30, 2021 08:00 PM Edmonton**

**Join Zoom Meeting**

**<https://us04web.zoom.us/j/71300609312?pwd=dXI0c0RKQUFLZGZRCXhUdjhUYINyUT09>**

**Meeting ID: 713 0060 9312**

**Passcode: S2DsE0**

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

## **MEDITATION with Cristiana**



### **MEDITATION with Cristiana resumes in September**

Meditations starting Wednesday, September 8, 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



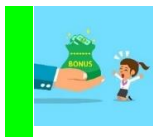
Hello Dear Members,

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 October 23 at the SHTPA Annual General Meeting to meet your fellow SHTPA Members and if not already a member, to sign up to become a SHTPA member.

***“SHTPA thanks you for your continued Support”***



## 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**

<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](mailto:lmartinweeam@hotmail.com) or 403 636 0114

**Level 1** - Sept 18 - 19, 2021 - **ONLINE** - London, ON - Instructor: Cindy Palajac

Contact: Cindy Palajac at: [cpalajac@rogers.com](mailto:cpalajac@rogers.com) or 519-630-6758

**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 2** – Oct 16 - 17, 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** - Sept 18 -19, 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

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 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 is reflected below and ends on March 6, 2022.**

# SHTPA CONFERENCE WORKSHOPS



## First of Series of 3

# Supporting the Dying Process for those Transitioning and their Families

With Morag MacLellan & Marsha Read

**Come and join Morag and Marsha for this experiential workshop and learn to support those who are at the end of Life's journey and their families. These experienced healers bring compassion, love, joy, hope and peace to the process. Learn the principles that will help you to be there. Expand your awareness of the Souls Journey. As you deepen in you healing practices you will need these tools.**

**September 18, 2021**

**Saturday 9 – 5 p.m.**

**FCJ Center, 219 19 Ave. S.W., Calgary, AB**

**Your investment: 60.00 Society Members early before Sept 4, 2021 (includes lunch),  
Members 75.00 after Sept 4.  
75.00 non-members**

**Cheques Payable to: Society of Healing Touch Program  
Mail to: Verna Besselink R.R.#3, High River, AB T1V 1N3**

**Credit Card - + 3.00 63.00 and 78.00 respectfully (see Website)**

**E-transfer: financeshtpa@gmail.com**



Accommodation is available at FCJ Centre or Billets (call 403 601 0529)

REGISTRATION: [www.societyofhealingtouchprogramalberta.ca](http://www.societyofhealingtouchprogramalberta.ca)  
under EVENTS!

**QUESTIONS: Verna 403 601 0529**

**PLEASED FEEL FREE TO PASS THIS ON AND SHARE WITH COLLEGUES AND FRIENDS!**

# 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:** Wednesdays, September 8, 15, 22 & 29, 2021

7:00 pm - 8:30 pm EST

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)

*Special Rate when you sign up with a friend \$77 each*

**Deadline: September 1, 2021/Check with Cindy**

**Location:** Zoom Online

***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.**

**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.

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



*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)



## 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!

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.

**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)**

**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
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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](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 Octobers’ newsletter.***