

inTouch

The Therapeutic Touch Network of Ontario



Level One Guelph

Mimi Craig RT, Feb 28, March 1, 2015

Left to right, Johanna Partnoy, Guelph, Gail Douglas, Belfountain, Trish Meekins, Owen Sound, Diana MacLennon, Goderich

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MEDITATION

The Practice Day this year has us thinking a lot about intention; to this end I am reading *The Intention Experiment* by Lynne McTaggart. She mentions an early technique that can be used with our clients and/or self, one that is easily committed to memory and taught to the clients we feel would benefit from using it. First, some words from *The Intention Experiment*, followed by the process itself. You might like to use the exercise in your next practice group meeting.

“Like biofeedback, Autogenic Training, the technique developed by a German psychiatrist named Johannes Schultz to relax the body and slow the breathing and heart rate, also demonstrates that a wide variety of the body’s functions are under our conscious control. Those who practice the technique are able to lower blood pressure, raise temperature in extremities, and slow heartbeat and breathing. Autogenic Training has also been used to treat many chronic conditions besides stress, such as asthma, gastritis and ulcers, high blood pressure, and thyroid problems. There is even evidence that autogenic training can work effectively in groups.”

Page 137, The Intention Experiment Lynne McTaggart

AUTOGENIC TRAINING

My arms and legs are heavy and warm.

My heartbeat is calm and regular.

My breathing is free and easy.

My abdomen is warm.

My forehead is cool.

My mind is quiet and still.

In guiding self or another person through this exercise, the instructions are:

At the mention of the body part, the breath is inhaled.

At the mention of the activity, the breath is exhaled.

Each statement is repeated five (5) times, without rushing.

The voice of the facilitator should be low, calm and well modulated.

At the end of this exercise, clients need the opportunity to rest and relax. They may fall asleep.

This can be used on a daily or occasional basis.

Evelyn MacKay

inTouch

is the newsletter of

The Therapeutic Touch Network of Ontario

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The opinions and ideas expressed by the writers in this publication are their own and are not necessarily endorsed by The Therapeutic Touch Network of Ontario.

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1/3 page	Horiz: w 7.5" x h 3.25" Vert: w 2.5" x h 9.75"	\$60.00	\$7.80	\$67.80
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Classified Ads	per words	\$00.50	\$0.06	\$00.56

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PUBLICATION DATES AND DEADLINES

in touch is published four times a year
Spring • Summer • Autumn • Winter

Next Issue: Summer 2015

Deadline for submissions: May 15, 2015

Late submissions may be held for the following issue.

Articles may have a maximum of 850 words.

Please send submissions to TTNO office with "Newsletter + which issue + the nature of the submission" in subject line; e.g. "Newsletter Summer 2015 – Report from...." Advertising must be JPEG or MSWord submitted by deadline for issue requested. TTNO members will be billed for this service, while non-members are required to submit payment in advance with their ad request.

inTouch the newsletter of The Therapeutic Touch Network of Ontario, is sent to TTNO members and subscribers from other Canadian TT Networks.

Canadian Publications Mail
Agreement #40034150



The Newsletter Pages of...

The Therapeutic Touch

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SURRENDER AND LET THE MIRACLES HAPPEN

2015 has been challenging for me on several levels.

Returning to Windsor on Jan 2 after spending a wonderful 2 weeks with my family in North Carolina, I was feeling stressed because I knew that in 3 weeks I would be leaving again for 6 weeks. There was so much to get done...reports, Board meeting, local volunteering, responding to weeks of emails, so many loose ends...I was feelingwhelmed.

Four days after I returned, my eighty-six year old parents experienced some health issues that required me to go to Woodstock and try and sort things out. Part of the sorting out involved moving my parents to my house in Windsor where there was more sorting out and settling.

At the December Board meeting I had asked the Board members what their intentions were in terms of continuing on the Board. All said that we would like this year to be our last. Oh no...What does this mean for the future of the TTNO? Here we have this relatively healthy and vibrant provincial network, with no one to lead it!

Between my parents and the TTNO I thought of nothing else and was feeling over-whelmed.

A wonderful friend of mine from Windsor, Cynthia Gall, "happened" to drop by my house and said she was thinking of me and gifted me with two sessions on a "Crystal Bed". I was desperate to do anything that would give me some peace time and was fortunate to experience this unique healing treatment.

During this healing session I heard "surrender".

Over the next little while I thought about "surrender" and how this could look and work in my life at this time.

To understand this concept of "Surrender" a bit more I googled it and was introduced, through a publication called The Daily OM, to an article by Kathy Cordova who wrote a book called **Let Go, Let Miracles Happen: The Art of Spiritual Surrender**.

I read that "Spiritual surrender is not about defeat; it is about acceptance, joy, and faith. It is about admitting that we're not in control. It's getting ourselves out of the way and trusting a Higher Power to guide us. Spiritual surrender gives us answers to difficult dilemmas, points us in the right direction, and grants us peace."

Further, Spiritual Surrender is not about doing nothing, it is what the Buddhists call "compassionate action: working with rather than struggling against; keeping your heart and your mind open to whatever arises".

"Wow", was all I could say and feel.

Figuring I had nothing to lose, I decided to start practicing "surrender" in my life by saying daily the following: "I am grateful and appreciate this new day. I surrender this day and affirm that Divine Order will unfold in the highest and best way for all people and circumstances in my life".



So what have I experienced since making this conscious decision to surrender six weeks ago?

Every day I feel more centered and peaceful and experience increased amounts of joy.

For the most part my parent's health issues have disappeared and they have even said that they are going to look at moving to Windsor!

And just this week, a long time TTNO member has notified me that she is strongly considering taking on the role of Vice Chair in 2016 and Chair in 2017. As well, 4 of the 5 existing Board members are rethinking that they may stay for another year.

Again, Wow, Wow, Wow and thank you, thank you, thank you is what I am saying and feeling.

If it feels right to you, in terms of the TTNO, I ask you to join me in surrendering and letting the miracles happen.

My very best regards,

Sharron Parrott, Chair

TEACHERS LIAISON COMMITTEE

Greetings from sunny but cool Florida...I'm not complaining there is no snow...I think that this will be the first time I will come home from Florida never having been in the ocean (I did put my toes in) and with no tan....oh, well.... too much sun will only increase my age spots...which are plentiful already.

As always, TTNO teachers have been busy and I am pleased to congratulate the following teachers:

- Donna Logan Van Vliet: The Continuing Education workshop submitted by Donna Logan Van Vliet entitled Beyond Your Practice: Inside the Heart of Therapeutic Touch has been approved by the Teachers Liaison committee. She will be presenting this workshop at the EIGHTEENTH ANNUAL EASTERN ONTARIO THERAPEUTIC TOUCH® RETREAT The Galilee Centre, Amprior, Ontario Friday June 5, 4 p.m. to Sunday June 7, 4 pm.

The following is a comment from Donna's review:

"... it is much enriched from the usual and if attendees learn a portion of this, they will do well. I say that not because it is over days, but because it has a breadth and depth that will require time to put into practice. Actually, the stretch of time will no doubt prove to be the best format..."

- Charlotte Harris: Charlotte's TTNO Level 3 submission has been approved by the Teacher Liaison committee. Her teacher mentor is Carolyn Wray from London. Congratulations to both of you. I continue to be impressed with the caliber and quality of submissions.

Julia von Flotow: Julia's Continuing education workshop, Kaizen Healers' Circle: Therapeutic Touch® Practitioners Mentorship Program offered over one year has been approved for 25 educational hours. The pre-requisite is Level 3. Reviewers comments:

"Your incredibly organized and detailed workshop shows a dedication to the deepening of the Therapeutic Touch experience for your students and the strong focus on community experience will be beneficial to both the students and the community. The self-reflective topics and weekly-suggested readings will take students deeper into their own healing and the Therapeutic Touch process." It is extremely well done!

The 2015 Practice Day submission "Intention and Therapeutic Touch" was reviewed and approved for distribution across the province. Special thanks to the Practice Day committee...remember this day raises funds for the TTNO and attendance at the Day can now be used to achieve and/or maintain RP status.

Plans are in the works for two Teachers Days in the province in May...the Central Teachers day has been confirmed and will be hosted at the Dorothy Ley Hospice on Sunday, May 3. Special thanks to Laura Pokarodi who will facilitate this day...watch for topic details on the TTNO website under Member News – Teacher's Collective and Teacher's Day.

We are changing venue for the Southwest Teachers Day thanks to the efforts of Jitka Malec. It will also be in May...all teachers will be notified of the date and address of the new venue. In 2016, we will be looking at a Spring date for Central Teachers Day and a fall date for the Southwest region.

Who can attend Teachers days?

"**Membership** in the Teachers Collective is open to all Recognized Teachers and student teachers who have submitted their letter of intent to teach and are working on their curriculum under the guidance of a supervising teacher, and those Recognized Practitioners who have an interest in becoming a Recognized Teacher." Retired Teachers are also welcome.

And speaking about retired Teachers...a letter will be going out to those teacher members who have left teaching, asking for input/feedback as to what role, if any, that they see themselves having in retirement. We value their experience and expertise and hope they would continue in a way that serves the network and its members, in some capacity of their choosing. Be assured we would welcome any input from these valued members.

Student teachers and teacher mentors will also be receiving a letter from the TLC. Currently we have 11 student teachers and mentors. The letter will focus on encouragement and support as they work on submitting their Level One material. As teachers decide to leave the role of teaching and/or give up RT status, it is critical that others take their place.

I have been advised that the following individuals will no longer be teaching Therapeutic Touch - Melinda Whitehead and Helen Spangenberg from the St. Thomas area. Also, Ellen Abernathy from Waterloo, Grant Hallman from Huntsville and Pat Hall from Roseneath. We thank each of them for their past commitment to the practice of Therapeutic Touch and the TTNO. We offer to each their continued success. You will be missed.

One of the goals of the Teachers Liaison committee is to see a return of Teachers Day attached to our annual event. Volunteering to investigate this possibility are Evelyn MacKay, Helen Will and Arlene Cugelman. Plans are in their infancy and you will be kept advised of their progress. The big question however is, "How many teachers will attend if an additional day is added to the TTNO annual event?" As we plan, numbers will be important ...please think about whether



you can participate...we will be polling teachers soon.

In the next issue of the *inTouch*, I will be reporting on the TTIA Teachers Day and Annual Congress being held in April 2015 in Seattle, Washington. It's going to be exciting...

And hold on to this thought: "Once you make a decision, the universe conspires to make it happen." - Ralph Waldo Emerson

Flo Hartleib, Chair

PRACTITIONER LIAISON REPORT

Ahhh Spring! Frozen in the clutches of Winter we feel as if Spring will never arrive, but it always does. Doesn't the air smell sweeter and the colours look brighter for all that we endured? Spring is a time of renewal (hopefully we have all already renewed our memberships!), awakening and growth.

We have had the Winter to reflect. As we usher in Spring are we ready for the growth and renewed spirits within?

There are some wonderful offerings out there for us, and if you haven't already, consider Practice Day! The committee, headed by Pat Tamosetis, has created a wonderful and reflective Day. Many Thanks to Pat and the whole committee for their hours and hours of work. Their dedication is evident and very much appreciated.

Spring is a time for planting seeds....I would like to plant some seeds with you and we can nurture them together. It's not always easy to maintain a garden the size of the TTNO, but many hands make light work and if we all offer a little of our talents to the garden, imagine what we could grow! We, the Board, are hopeful stewards and we have been blessed by volunteers who are willing to share their time and talents to help our garden grow. What are you inspired to offer? What are you passionate about? What special skill do you have to offer to your TTNO garden? Perhaps your Practice Group would like to be involved in a project? YOU have so much to offer. YOU are the garden and the gardener, and we value YOU!

Little acorns into mighty oaks grow...

Who knows what our spring plantings may yield? I am looking forward to a lush and bountiful harvest...

Namaste,

Laura

PERSONAL REFLECTIONS ON THE THERAPEUTIC TOUCH PROCESS

As a healers we learn to recognize the possibilities for transcendence and transformation of life conditions. It's what our practice sensitizes us to, over time.

Being present without judgment is a state of openness. It's this openness when centered in compassion – in caring, that the healee recognizes and appreciates. It's the quality of our presence that

inspires the healee to say yes, to give permission to us, to proceed with the session.

It's in the fine points of the introduction to a Therapeutic Touch healing session by which the healer creates the conditions for healing, establishes the agreement and fosters a relationship of trust. The practitioner's capacity for openness, compassionate intent for the healee, and belief and confidence in her own inner resources and the universal healing field built on direct experiential knowing, that help to set the stage for the healing moment.

In my experience with Therapeutic Touch, I've become aware of distinct stages or shifts in my awareness within the structure of a session. Once I've embarked on a particular healing interaction, which means I've centered myself, connected deeply to my own inner resources, opened my heart of compassion and asked to become an "Instrument of Healing", I sense my own energy field meshing with that of the healee's. Our fields seem to flow together becoming one for the duration of the healing moment. This "moment" is experienced as timeless....it's as if I am operating from a more heightened state of consciousness while the healee, having had an initial relaxation response, seems to have entered a healing "zone." While my state of consciousness is actively aware, the healee's state seems to be one of receptive awareness, not asleep, yet not "awake" in the everyday sense of the word.

The Assessment and Rebalancing phases of Therapeutic Touch are conducted in this heightened state of awareness. During grounding, whenever that may occur, I've noticed my consciousness shifts again – as if shifting into a kind of neutral where I process the experience just lived and allow my field to guide my next step. Intuitively, while grounding, I sense when the healee's field seems rebalanced through a perceived improvement to the quality of flow.

During the Re-assessment phase, I notice my consciousness shifts again. At this stage, while still attentive to what I'm perceiving, noticing what's different now, I feel a deep sense of honour and privilege for the intimacy shared in this healing moment. A flood of appreciation for the knowledge and practice of Therapeutic Touch as a kind of language of love and light that we've just shared in, deepens my sense of rootedness strengthening the flow of compassion.

At the final grounding, I intuit the end which often announces itself to me as a feeling of fulfillment and completion often accompanied by an image of the healee joyous and happily smiling down at me.

A restful period of integration follows. Deliberately ending the session, I become aware of the unmeshing of the two energy fields, the healee's and my own. During this process, I've noticed the healee often exhibiting a cascading relaxation response and then settling into a deep rest.

I too like to take a few moments to sit with myself and reflect on the experience I've just lived. Both, the healee and I, through our own unique processes, take time to integrate our experience. What a pleasure...what a joy...what a learning, healing and personal growth journey is Therapeutic Touch.

Julia von Flotow is a Therapeutic Touch Recognized Practitioner and Teacher and founder of the Therapeutic Touch Institute, dedicated to the training and development of Therapeutic Touch Practitioners. www.therapeutictouchinstitute.com





THERAPEUTIC TOUCH AND SEIZURES

My friend, her family and I took a one day local excursion this summer. The trip was interesting and we had a fun day. On our way back home my friend's teenage son had a seizure. This apparently was his third seizure this summer. The pediatrician suspected the seizures were partly due to rapid growth cycles; they had observed him having one growth spurt of more than 2 ½ inches in less than 30 days following the first seizure. A similar experience had followed his next appointment.

At the time of his third seizure, my friend had to drive the vehicle safely off the road onto a side street; we were able to have her son lie down on the bench seat. He had jerking and spasms of his body muscles, his lips were bluish and he was foaming at the mouth. His mother called EMS immediately, and attempted to keep her son comfortable and safe. I have been giving Therapeutic Touch® to this family for many years and during this time I have received a standing permission for Therapeutic Touch as I see necessary. (I should mention that prior to this I have never used Therapeutic Touch during a seizure). My intuition at the time was to give Therapeutic Touch to his lower legs and feet. I quickly centered and guided the energy down his knees, to his feet and out. I felt the energy moving quickly down toward his feet and out toward the ground. I noted the jerking and spasms first decrease in his legs and then in his arms and body. His mother remarked that his seizure was much shorter this time. He was tired but became alert quite quickly and, with assistance, was able to move to the mid-seat by the door. Upon arrival at the hospital, he was even more alert and complaining of hunger (this had never before been noted following a seizure). During our journey home, my friend and I discussed her son's seizures and the circumstances which may have contributed to the onset of the latest one.

He was complaining of tiredness that morning and had clearly needed to sleep longer before the long road trip; he sat in the rear seat of the van, which can be a rougher ride (and perhaps cause nausea for some); he had been attempting to read in the vehicle; at mid-afternoon he had complained of light sensitivity and decided to wear his sunglasses; and a hour before the seizure he was unable to finish his ice cream cone due to an upset stomach.

We also discussed the results of the Therapeutic Touch treatment given during his seizure. These were noted as a decrease of muscle spasms, a shorter seizure time, and a quicker recovery time.

Muriel Richer RT
Redbridge, ON

Therapeutic Touch Quiz

Therapeutic Touch is considered to be:

- a) an alternative therapy
- b) a complementary therapy

Dr Krieger says: "...better to underdo than overdo"

- a) true
- b) false



Evelyn MacKay, TTNO sharing a great moment with TTIA Pres. Sue Conlin Oct 2014 at Fall Event and AGM 2014!!

ARE YOU DANCING TO YOUR OWN RHYTHM?

I became aware of intentional work with rhythm of energy flow when, years ago, Margaret Pennesi presented on it to our Therapeutic Touch® group.

Krieger and Kunz are not getting into details on the topic. Krieger, in her Inner Workbook, pg. 57 says that chakras are regulating frequencies and rhythms of the field energies...there is a constant rhythmic intake, processing and outflow that serves to engage and organize the human energy fields.

I realized that I need to pay attention not only to working with rhythms in Therapeutic Touch, but also to observing rhythms that affect my own self.

In ancient times, people were very much aware of this phenomena, used the knowledge in everyday life.

There are several ways to study rhythms. Depending on resources, some data/numbers may be inconsistent.

Chronobiology: a field of biology that examines periodic phenomena in living organisms and their adaptation to solar and lunar-related rhythms. These cycles are known as biological rhythms. The most important is circadian (roughly 24 hrs.). That includes diurnal (active at day time), nocturnal (active at night time) and crepuscular (active during dawn and dusk).

Other common rhythms studied are Infradian – longer than 24 hrs. (menstrual cycle) and ultradian - less than 24 hrs. (90 min REM sleep, 4 hrs. nasal cycle).

Biorhythms: an ancient practice, currently considered pseudo-scientific. Starting with the birth date, there is 23-day physical cycle, 28-day emotional cycle and 33-day intellectual cycle.

Based on the individual charts, one can choose the right timing for certain actions.

Astrological rhythms: astrology is another ancient body of





knowledge, practiced amongst all cultures. Current scientific world does not accept it as valid.

What kind of rhythms can we observe/measure/influence in the physical body?

Your doctor may order electrocardiogram (ECG) to check how your heart works, or EEG (electroencephalogram) to evaluate the patterns of your brainwaves.

Nurse would check your respirations (number and quality of breaths/minute) and pulse (number and quality of pulses/minute).

We know that all above is affected by Therapeutic Touch. Since Therapeutic Touch is a “normalizer”, the respirations become more regular and deeper, circulation improves and with it oxygen saturation. When you treat someone at ICU, you can follow the changes on the monitor.

Research done at HeartMath tells us that both, heart and brain waves/rhythms can be entrained to each other and to those of the receiver. The most common path is meditation and practicing healing arts.

Healers of various modalities can trace and aim to correct/balance your craniosacral rhythm (characteristics of pulsation of cerebrospinal fluid circulation), or abdominal rhythm (less known energy pulses that are affected by strong emotions, normally 3/minute).

I am not aware of someone working with the rhythm of lymphatic circulation. I tried it on my own: put hands on two opposite parts of my body and set intention to receive impression of the state of my lymphatic circulation. And I did!

Julie Motz, in her Hands of Life, mentions synovial fluid as one of the bodily fluids. We can work with it even though it does not circulate, with the intent to improve the joint function. Classical would be exercise and walking: rhythmical movements enhance the creation and distribution of synovial fluid.

Clear intention is the key to healing work. We ask the question; the answer is granted - providing we pay attention to what comes forth.

We can influence our individual rhythms by intentional practices like breathing, meditation, exercise, and – of course – by practicing Therapeutic Touch.

Right/Left brain dominance, if not interfered with, switches every 90-120 minutes. How do we know where we are at? When the right brain is activated, we are breathing predominantly through the left nostril. We are in Alpha mode (7-14 cycles per minute), therefore giving the body a chance to restore balance through relaxation response.

Having the knowledge, we will not label the slowing down “tiredness” and rush out for a cup of coffee!

We can influence the Right/Left brain phases by specific nostril-breathing practices. In certain life situations that may prove to be a very practical skill.

Breathing evenly through both nostrils indicates full alignment of R/L brain.

What do we know about rhythms affecting our energy fields/flow throughout the body?

As suggested above, there are universal rhythms that affect us beyond our sphere of influence.

In addition, we have our own individual/innate energy patterns that are set only partially; the rest is continually changing depending on our present state.

That’s why, in the treatment, we always have to treat according to assessment cues. We respond to that which presents self in that very moment. One more reason to realize we have to work with the field and field only and trust it fully, regardless of our preconceptions and outward appearances.

TTNO Glossary of Terms mentions rhythm as one of the aspects of the field we modulate using various means. Arrhythmia/dysrhythmia lead to loss of energy balance and, if not corrected, to health challenges. Our intent is to assist the field in returning to balance/harmony.

In the treatment, we move our hands through the field in a dance-like rhythmical manner.

The rhythm can change during the treatment; in response to the cues we can intentionally even it up, slow it down, quicken, or balance uneven local rhythms. Faster movements tend to stimulate, slower sedate. We can also listen to the field and follow its calls intuitively.

When working with the partner, we need to work together in intentional synchrony.

Ideally, in the end, the overall INDIVIDUAL rhythm of energy intake and output that is THE BEST POSSIBLE FOR THE RECEIVER AT THAT TIME, has been restored throughout the field. It can be evidenced by rhythmic regular simultaneous waves of energy leaving the body while grounding, change of breathing patterns or by intuitive knowing on the side of healer.

In some instances, we start the process and leave the field knowing the balance has not been restored fully. The field can either accomplish it in the period of rest and in the following days – or does what it can, recognizing its’ limitations caused by the person’s state of wellness.

The effects over the time are unknown. Every minute shift in the field will have consequences. The whole system has to adjust to that minor shift. It can be started by single treatment and take years to reorganize into increased integrity of the system.

It is good to know that some degree of relaxation always happens. That means receiver benefits and we do not need to know how or when.

In Therapeutic Touch, we are working with the Life Principle that is a Force of Nature. We are intending to support the basic underlying order of the universe. Rhythm is one of the aspects of this order.

Jitka Malec RT, January 2015



TT PRACTICE DAY 2015 (#2) IN GUELPH: "INTENTION AND TT"

On February 21st we gathered for the second of three Practice Days held in Guelph each year to accommodate the needs of the relatively large number of TT Practitioners in our area. Co-facilitated by Evelyn MacKay and Mimi Craig, the work of the day was intense, fascinating, and productive, occurring --as it always does-- in a loving atmosphere of mutual support and non-judgmental encouragement.

Evelyn's opening meditation asked all of us to honour our unique qualities, to notice the peace, beauty, and joy around us and to seek clarity and a sense of purpose and worth in achieving whatever goals we personally had set for the day. We were asked to begin our process by each identifying ourselves and mentioning something in our recent past which was exciting and remarkable. As we went around the room sharing our individual stories it was apparent to all that the TT lifestyle is a rich one, in which our practice is useful in innumerable ways, including our work in palliative, mental and physical health care; in the spiritual and emotional support of ourselves, our families, friends, and clients; and even in home renovation and old house restorations!

I'm recounting here some of the key thoughts and impressions I have in remembering the day. I'm in no way presuming to speak for my TT colleagues who have their own unique perceptions and insights.

Our work was organized around the handouts provided by the Practitioner Liaison Committee, beginning with quotes by Dora Kunz and Dolores Krieger over the years on Intention. We were reminded that Dr. Krieger had said that the three most important things in TT are Intention, Motivation, and the ability to know yourself. Although both Dee and Dora seemed to use the words "intention" and "intentionality" interchangeably over time, our group worked to clarify and articulate what we perceived the distinctions between the two. As Dora points out, "When you use your hands to send the healing energy, your intention is pouring out toward a previously determined goal." Krieger echoes this link between intention and the achievement of an intensely desired goal. It seems that setting our intention sets the parameters of the treatment while setting the goal (facilitating the restoration of order, balance and harmony in the client's field), then letting us step away from our ego (described by Wayne Dyer as "...an idea that we construct about who and what we are"), and detach from outcome.

After eating what Evelyn calls our "favourite lunch", i.e., the one we bring ourselves, Mimi opened the second half of the day with a beautiful meditation with a restatement of purpose and an evocation of peacefulness with the re-assuring affirmation that "everything will take care of itself". We were given updates on the TTNO terms for achieving and maintaining practitioner status, as well as a virtual tour of the TTNO website to demonstrate the user friendly nature of the "new" and improved site. We were encouraged as members to engage with the organization more frequently by visiting the website when we want specific information and downloadable documents and/or dialogue with other members on the members-only blog spot. Mimi's science and math background enables her to explain the website with its various functions. Her humour and great communication skills make her presentation of this extremely useful resource clear and compelling.

When we returned to the handouts to reflect on intention in our everyday lives, there were references to the role of visualization, conscious use of the breath, and the powerful connection with the heart

chakra in the setting of Intention, as well as the impact of Intention in allowing our Intuition to function deeply and effectively during TT sessions. Various citations shed further illumination on the nature of Intention, including Dyer ("Intention is a field of energy that flows invisibly beyond the reach of our normal, everyday patterns"); the PL Committee ("...intention is not something you do but...is a force that exists everywhere—an invisible source of energy—"); Jack Kornfield ("setting a long-term intention is like setting the compass of our heart..."); and Lynne McTaggart, author of *The Intention Experiment*, ("Frame your intention...then let go of the outcome...Remember this "power" does not originate with you—you are its conduit. Think of it as a request you are sending to the universe.")

During the day we had two practicums. In the first we visualized ourselves in the past when we had experienced an illness or injury that wasn't healed at the time. We were encouraged to offer ourselves TT sessions using our deeper awareness of the role of intention in the practice, and noting everything that occurs in relation to this dimension of our work. I chose a childhood illness to address, and was amazed at the profound healing I experienced and the insights I had about the causes of the illness. The second practicum took place in the current moment and focused on how intention impacts a session from the perspectives of each of our separate roles, in turn, of practitioner, receiver/client, and observer. The alternating sessions took place in silence, which I think helped to deepen our insights by keeping us focused on the inner nature of each experience.

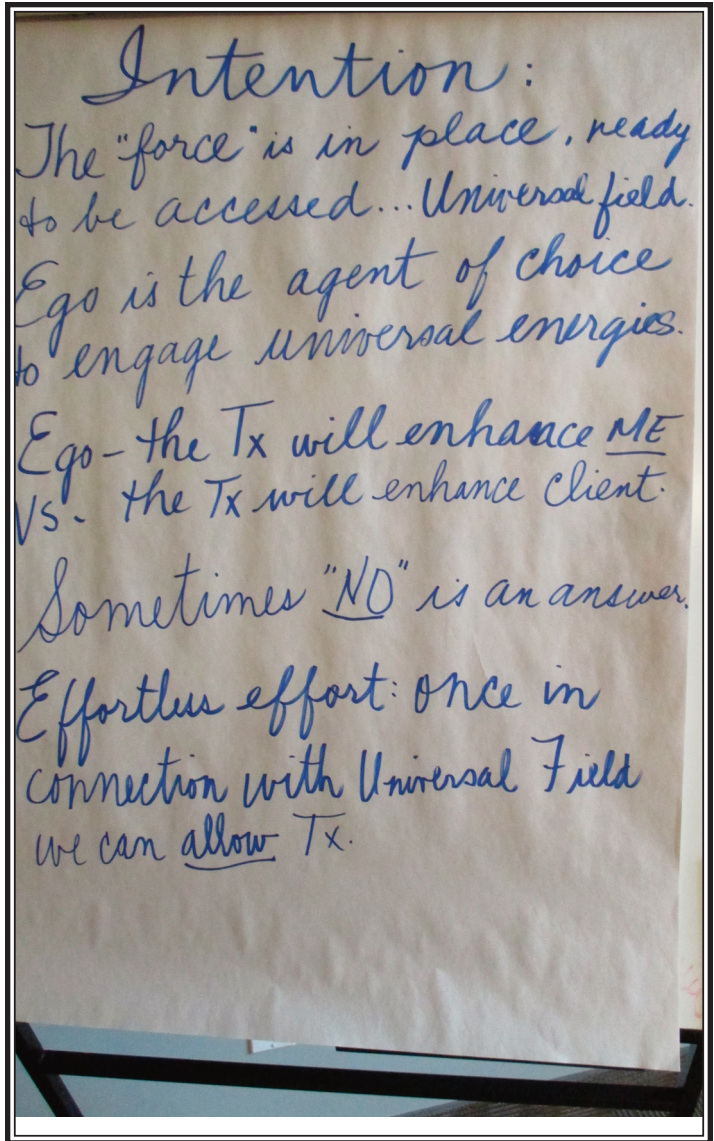
To wrap up the day we gathered into a grateful circle to thank Evelyn and Mimi for their guidance and grace and each other for so generously sharing our wisdom and insights. Being aware of the very palpable presence of a profound and sacred Healing Energy with which we had collectively connected, we took the opportunity to send this Energy by intention to all of those we knew to be in need of healing, including ourselves as well as the earth and all of her creatures.

In the aftermath of this, for me, very important day I realize that I have a new relationship to what I think of as the "Intention Dimension". A few days ago, I was called to take a friend to the Emergency Department at Guelph General Hospital—a place I'd visited many times before, usually with trepidation/ concern for my own health or that of the person I was accompanying. This time, however, was different. As I sat waiting for my friend to be processed through triage, I suddenly became aware that--- instead of sitting in discomfort and fear about the outcome for my friend (or the possibility I would catch a cold/flu as I sat there with people coughing and wheezing), I could, and did, just reach out to the great, omnipresent and always available Energy Field of Intention, and set the intention for the Highest Good of all in that environment--- "patients"/ clients/ visitors, nurses, nurse practitioners, doctors, volunteers, police, paramedics, and security staff--- all of us humans on the same stage, living a common drama. I am conscious of being in the zone of Kornfield's "long-term intention" which he calls "dedication". I feel calm and at peace, and I know where I'm headed. Thanks to TTNO for organizing and sustaining our annual practice days in this loving, healing community!

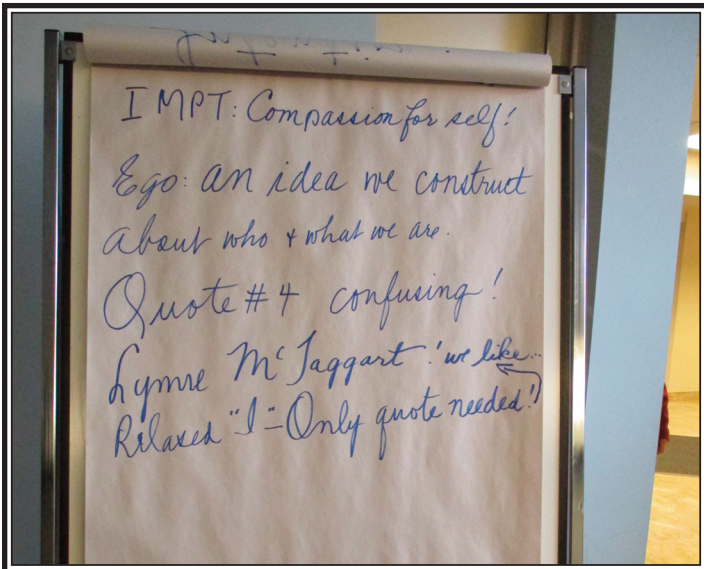
Fran Gallagher-Shuebrook, RP



Deb Hobson, Sue Frid



Discussion Notes from flip charts



Left to right: Susan Blair, Wynne Christie, Katherine Dick, Susan Leuty Back to camera Fran Gallagher-Shuebrook

ATTENTION TO INTENTION

The focus of the TTNO's Practice Day 2015 is Intention and Therapeutic Touch.

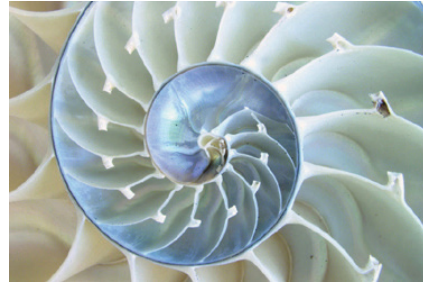
Dora Kunz says in *The Spiritual Dimensions of Therapeutic Touch* 2004, p. 153,

"If you do Therapeutic Touch with a deep intent, and are in harmony, you can send energy in a very positive way."

Fortunately there is research which supports the idea that intention is a specific activity. The article, "Attention to Intention", was published in *Science*, 20 February 2004, Vol. 303 [5661] 1208-1210. The authors are Hakwan Lau, Robert Rogers, Patrick Haggard and Richard Passingham. A précis of the article can be found in *in touch* Summer 2007 page 25. In their research they used functional magnetic resonance imaging to compare conditions in which participants made self-paced actions and attended either to their intention to move or to the actual movement. "When they attended to their intention rather than their movement, there was an enhancement of activity in the pre-supplementary motor area (pre-SMA)."

If you want to learn more, go to Google, type in Scholar and when Google Scholar 'comes up' type in the name of the first author, Hakwan Lau. And there is the article! Actually Google Scholar is a great resource which enables you to quickly access research on outcomes of Therapeutic Touch.

Lead With The Heart Live Your Practice



Therapeutic Touch Basic Level Workshops

<http://www.kaizenleadershipinstitute.com/events/2014-09/>

Continuing Education

<http://www.kaizenleadershipinstitute.com/therapeutic-touch-continuing-education-programs/>

Kaizen Healers' Circle, training, mentoring & peer support

Practice Development, Life and Leadership Coaching

<http://www.kaizenleadershipinstitute.com/kaizen-healers-circle/>

<http://www.kaizenleadershipinstitute.com/services/>

Julia von Flotow, RTTT, CPC

416 686 6463

www.therapeutictouchinstitute.com

<http://www.kaizenleadershipinstitute.com/therapeutic-touch-institute/>

TTNO DONATION REPORT SPRING 2015

With Gratitude and Appreciation we thank and acknowledge the following for donations received:

In Memorial:

- Audrey Fletcher in loving memory of her brother John Doepping
- Alison Cooke and Crystal Hawk in memory of Shirley Dalglish's husband, Murray
- Sharron Parrott in memory of Penny Craig's mother
- Crystal Hawk in memory of Maureen McKenna's mother
- Alison Cooke in memory of Carol Holt's husband, Andy
- Trish Dean, Evelyn MacKay and Mei-fei Elrick in memory of Crystal Hawk's sister, Eunice Mouckley

In support of our members:

- Janey Green thankful to Arlene Cugleman for all her years as Practice Group Leader
- Sandy Bogart Johnston thankful for Maria Rossiter-Thornton's kindness
- Wynne Christie in honour of Evelyn MacKay "for her dedication and inspiration to both our Network and our local (Guelph) TT Group. What a woman! Tireless, supportive, funny, level-headed and deeply knowledgeable about our modality.
- Diane Shepherd in support of the "TTNO and all the very fine teachers who have taught me over the years, not just the technique, but the compassion and wisdom that are integral to this very holistic, very human form of healing facilitation. You have enabled me to help my sister-in-law during her 3 year battle with breast cancer when little else could give her comfort. For this, I and my family are very grateful. With sincere gratitude and big hug to Everyone."

In support of the TTNO:

- Janey Green in honour of the wonderful TTNO Board Members
- Windsor Essex Practice Group
- Brampton Practice Group
- Huntsville Practice Group through fundraising at the Huntsville Health Fair.

PLAN TO ATTEND THE 2015 ANNUAL EVENT

Friday October 23rd to Sunday October 25th

THEME AND CONTENT

You gave us your feedback. Thank You. The Huntsville Practice Group has the privilege of facilitating the 2015 Annual Event and has designed it, in part, based on the feedback from participants from the 2014 "Event". Expect a big change. Even the name has changed. The only thing that remains the same is the location.

Over the past 3 years, the theme of the "Fall" Event has been "Expanding Our Vision". We have explored transcendence and transformation from a personal/individual perspective. Last year we included a dual stream; a left brain option with theory and practice and a right brain option with a creative arts exploration of the theme.

And we have grown individually. The feedback we have received has commended the creative arts exploration and recommends that we continue to offer this option.

The other message we received was a *desire for change*. We then must ask how we can continue to "expand our vision" in the spirit of change.

There is a great opportunity to travel through the self and move into the Self or the "ALL" or "Oneness" of who we are collectively. This leads to the exploration of "Unity Consciousness"; a connectedness that is heart centered, telepathic and intuitive and is very much in tune with our Therapeutic Touch® practice.

We will explore the field, the flow of consciousness, by transcending into the expansive nature of the field to unify with one another and move beyond all sense of separation, individuality, personality and ego and into the pure space of LOVE.

We will "practice the presence of Consciousness" that is always there, but is experienced when we have moved through what is personally ours and into what is universally Ours.

In the spirit of Oneness, we have also decided to change the structure of the event to allow all participants to attend both right and left brain workshops. There will still be two workshops but you will not have to make the difficult choice of which one to attend. We will all have the "ONE Experience".

CALL FOR PRESENTERS - IF.....

If you are passionate about the 2015 Annual Event Theme and Content, are an RPT or working towards that designation, you are eligible to present. Each presentation should be 2.5 hours in length.

If you possess a background of study or have expertise in "unity consciousness" and would be willing to teach the theory you now have an opportunity to do so.

If you practice in the visual arts, sound or vibrational healing, dance, movement or other creative expression and have ideas about how to explore this topic from a creative perspective we would love the opportunity to learn from you.

If this is the chance you have been waiting for and you want to present at the 2015 Annual Event, you are invited to submit a brief overview or agenda of your workshop to Shirley Boon at shirleyboon@suren.net before April 10, 2015.

The Annual Event Committee welcomes all proposals and is very grateful for your time and contribution to this wonderful network of Therapeutic Touch® practitioners.



Barrie Kempenfelt Conference Centre

LOCATION

The event will be held at the Kempenfelt Centre in Barrie. We have chosen to return in 2015 for two reasons. We know the location has served us well in the past and they have graciously maintained 2014 prices so that we can do the same for you.

MEMBER NETWORK TABLES

The TTNO continues to support its members and their individual services and creative talents by providing a designated area and tables for advertising and sales.

This year we are requesting that 10% of all sales be donated to the TTNO as a fee instead of a price per table. If there are no sales, there is no cost to the member.

SILENT AUCTION

The silent auction is back again this year. We learned from last year that the members enjoy this feature so we are bringing it back in a bigger way. The funds from the Silent Auction are applied to the TTNO Scholarship Fund which can be used to help you attend this event. Let us all keep this on our radar screen.

For more information about the Annual Event, contact shirleyboon@suren.net or Mary Jane Phillips at mjc.yinyangstudios@gmail.com.

THE VALUE OF USING IMAGERY WITH THERAPEUTIC TOUCH

10 years ago when my friend Anne M broke her ankle and was in a cast for several months, I had her do an imagery of walking for about 5 minutes or more every day. She was not to see herself walking but to feel every movement of her feet and legs as she took each step.

I took her to the hospital for her third cast. I was treating her daily and she kept needing new casts. They took the cast off and I took her in a wheelchair to have her X-ray. The X-ray man looked at her two legs and said, "Which is the broken one?". Her legs looked identical and she had been in a cast at that time for months.

Norman Doidge, M.D. talks about someone with Parkinson who learned to walk by using his mind. I remember once when Dora - 20 years ago - was treating a TT practitioner who had developed MS. She told her to stay in bed until she could imagine herself stepping out of bed with a firm step and taking firm steps, one at a time, and thinking of how she was doing it. She was saying the same thing Doidge is now saying.

People don't realize how amazing & powerful Imagery is. I guess that's why so many TT'ers are enjoying my "TT and Imagery" workshop.

Crystal Hawk, RT

Dr. Doidge offers this explanation:

"What these "imaginary" experiments show is how truly integrated imagination and action are, despite the fact that we tend to think of imagination and action as completely different and subject to different rules. But consider this: in some cases, the faster you can imagine something, the faster you can do it. Jean Decety of Lyon, France, has done different versions of a simple experiment. When you time how long it takes to imagine writing your name with your "good hand" and then actually write it, the times will be similar. When you imagine writing your name with your nondominant hand, it will take longer both to imagine it and to write it. Most people who are right-handed find that their "mental left hand" is slower than their "mental right-hand". In studies of patients with stroke or Parkinson's disease (which causes people's movements to slow), Decety observed that patients took longer to imagine moving the affected limb than the unaffected one. Both mental imagery and actions are thought to be slowed because they both are products of the same motor program in the brain. The speed with which we imagine is probably constrained by the neuronal firing rate of our motor programs."

Page 207 Norman Doidge, MD The Brain That Changes Itself 2007 Viking, New York

Therapeutic Touch Quiz Answer (page 6)

Question 1. b
Question 2: a



RNAO COMPLEMENTARY THERAPIES NURSES' INTEREST GROUP

Healthy Work Environments: Caring for Yourself While Caring for Others

Presented by Darka Neill RN, BScN

Darka Neill was the first recipient of the CTNIG award of excellence. Readers may remember from an interview by Mary Simpson, and reported in the spring 2013 in touch, that Darka was first introduced to Therapeutic Touch® in the mid-90s and has continued using it (and other complementary modalities) in her work at the Hospital for Sick Children in Toronto. Darka will be presenting at the AGM and breakfast meeting on Saturday, April 18, 2015 at the Hilton Toronto. For more information contact Darka Neill @ darka_neill@sympatico.ca

Seventh Annual, Advanced Intensive Therapeutic Touch™ Retreat "Inspirations & Echoes"

June 11 to 14, 2015

New Location

Crieff Hills Retreat Center

Puslinch, Ontario

www.crieffhills.com

Facilitators:

Laura Pokoradi & Diane May

Credit for maintaining or achieving RP status

More information contact:

Laura: peaceandlight334@gmail.com

Registrar: Gary: pokerman@sympatico.ca

905-385-9217

SO MANY BOOKS, SO LITTLE TIME

BEING MORTAL Medicine and What Matters in the End

(2014) by Atul Gawande

Modern medicine allows wonderful miracles, as we all know. A patient can be moved along the decision-making path so quickly that one simply feels bewildered and, in the moment, perhaps makes decisions pressured by what seems necessary. Some may make no decisions at all; saying “yes” to the medical system may be the easier route through a health challenge.

Gawande cites the work of the philosopher, Ronald Dworkin, who felt whatever limits and difficulties we face, we want to retain autonomy, and with this, the freedom to “be the authors of our own lives”. Then the author very interestingly leads readers through many situations that reinforce Dworkin’s premise.

In elaborating on the present system of care for the difficult situations faced by many seniors, about where they –and their families- look for care in late years and the shortcomings of many care facilities. He cites the lack of humanity in housing the elderly in disagreeable conditions. He also cites some more positive ways of making end-of-life more acceptable and even pleasant! These seem well worth examining.

Dr. Gawande suggests we each have an obligation to ourselves and our loved ones to honestly face how this life of ours should end. He further suggests each of us should ask certain questions of ourselves as guidelines for our own end of life and to make these decisions known to our loved ones and to attending medical personnel:

1. Do you want to be resuscitated if your heart stops?
2. Do you want aggressive treatments such as intubation and mechanical ventilation?
3. Do you want antibiotics?
4. Do you want tube or intravenous feeding if you can’t eat on your own?

This author moves us through the challenges he faced while seeing his father through a serious health challenge, to the death of this parent. The book is an excellent read; it has already elicited much discussion among my friends. I suspect it will do the same among yours.

Evelyn MacKay RT

Addendum: Dr Gawande can be seen and heard as he delivers an excellent Ted Talk on the topic: How Do We Heal Medicine? You can google this at your convenience.



I should have gone South....



**THERAPEUTIC TOUCH®
CENTRAL TEACHERS' DAY
IN TORONTO**

DATE: Sunday May 3, 2015

**TIME: 9:00 am to 4:30 pm
LOCATION**

**The Dorothy Ley Hospice
220 Sherway Drive
Etobicoke, ON M9C 0A7**

NOTE THE CHANGED DATE!

NOTICE ABOUT THE APRIL CONCERT

MUSICAL PERFORMANCE

**This performance will take place at
Harcourt Memorial United Church
located at 87 Dean Avenue in Guelph
on Saturday April 11 at 7:00 pm.**

Featuring Makiko Tomita, Cello and Seiichi Ariga, Flute

**Tickets are available at the Community
Desk of Hospice Wellington or from a TT practitioner..
Tickets are \$20 with proceeds supporting Hospice Wellington's programs and services.**

These musicians are performing:

April 10:00 - 7:00 p.m.. at St. Paul's United Church, Dundas

April 11:00 - 7:00 p.m. at Harcourt United Church, Guelph

April 12:00 - 10:00 a.m. at St. Paul's United Church, Dundas

The cellist, Makiko Tomita, began taking violin lessons at age 5, and, at age 13, she switched to cello. When she was a student at the Tokyo University of Arts, she received a Master of Music degree. She then enrolled in the Franz Liszt Academy of Music in Budapest and took lessons from László Meső, the cellist of the Bartók String Quartet. Ever since, for more than ten years, she has been active in solo recitals and also managing and performing, in collaboration with various instrumentalists, in a production entitled "The Concert where You Can Taste the Richness of Chamber Music".

Currently, Ms. Tomita is working to understand music and her instrument at a deeper level, by using a set of gut strings and the most relevant performing style for each era. She feels called to promote the delight of chamber music and a tonality that speaks to body, mind and soul.

The flautist, Seiichi Ariga, began his study of the flute when he was in his teens. While being educated first in engineering and physics, then theology and then psychology he continued to study and play the flute. He is currently principal flautist of the Dundas Valley Orchestra.

AN INTERVIEW WITH SEIICHI ARIGA

Seiichi Ariga RP became a member of the Therapeutic Touch Network of Ontario in January 2006.

He and Makiko Tomita will be giving a concert on April 11 in Guelph. Playing the flute is only one of his many accomplishments. *InTouch* thought it was time to interview him.

What prompted you to decide to learn KK-TT?

In 1993 I got burnt out due to overwork as a minister of a United Church in Toronto. I was declared disabled and released from the congregation. I began to take an extensive therapy from Dr. Rowsell, a very nice psychiatrist. He eventually sent me to a training school for the neuro-linguistic programming (NLP), where I earned first a certificate for the Practitioner, then the Master Practitioner of therapeutic application of NLP. In 1995 Dr. Rowsell moved his office to the same building in which Diane May was operating her Venture in Harmony school for TT. They were friends, so I was introduced to Diane. This was my first contact with Therapeutic Touch

What is it in Therapeutic Touch you find most interesting?

As a boy grown up in Japan, I was familiar with the concept of energy flow (the flow of Ki/Qi), and acquired skills of such traditional modalities as shiatsu, massage, tapping, etc. TT, as a healing modality was, therefore, nothing particularly new to me, but I was interested in how the North Americans would interpret such an Asian concept and put it into practice.

What continues to intrigue you as you offer TT?

Because I know it works. The fundamental mechanism of healing behind the TT is the same as those Asian healing modalities, although I am not sure if Ki is an energy field as TT claims.

You are from Japan, did you consider learning Reiki?

I did, and I still do, but probably not in Canada. I prefer to learn it in Japan or another Asian country where it has much longer history.

Some background e.g. where were you born, studied etc???

I was born in Kyoto, Japan in 1939. After high school, I first studied electrical engineering (B.Eng. and M. Eng.), then plasma physics (Ph.D. in physics). I worked at Kyoto University and the Max Planck Institute for Plasma Physics (Germany). I came to Canada rather accidentally because my superior at Max Planck Institute recommended me to University of British Columbia (Dept. Physics) where I was a research scientist specializing in the application of high power laser for nuclear fusion research.



NOTICE ABOUT THE APRIL CONCERT (CONT...)

While working at UBC, I made up my mind to go into Christian ministry and trained at Vancouver School of Theology, an ecumenical seminary within UBC. Ordained in 1981 to the order of the United Church of Canada, I have served four congregations (rural BC, Toronto, Brantford, and Hamilton) as a pastor. I was campus minister at Mount Allison University in New Brunswick in mid-1980s and at UBC in BC in early 2000s until I retired in 2005. The university in NB also appointed me assistant professor of physics.

After my retirement I took the opportunity to study psychology through a distance education program. I eventually earned an M.A. in psychology. A few months ago I completed my dissertation, entitled "A Case Study on Altruistic Personality: People who Helped Jews in Nazi-controlled Europe".

You have had a life which moves from physics/nuclear fusion/psychology, what prompted you to become a minister in the in the United Church of Canada?

In one word, I accepted the call from God while I was attending a United Church in Vancouver.

You have lived all over Canada, how did you decide to settle in Dundas, Ontario?

When I got burnt out in 1993, my wife was already a full-time lecturer of Japanese language and literature at McMaster University. We had to move out of the manse in Toronto, and Dundas was our natural choice, a cosy town close to McMaster University.

How did you decide to attend Practice Group in Guelph?

Several years ago I met Evelyn McKay at a TTNO annual conference in Toronto. She encouraged me to join the group in Guelph. I tried and immediately fell in love with the group.

What about living in Japan do you miss?

Japan is a much older country than Canada. It has a unique culture and tradition. For better or the worse, people maintain their traditional mentality and values. They are gentle and kind - well, most of the time. At the same time, they are not afraid of trying something quite new, and they are very good at it. They produce cars and trains, electronic and other kinds of devices, even musical instruments, of supreme quality.

What about living in Ontario do you like/value?

It's a lively, yet relaxed society. People are helpful but not invasive, so we can still enjoy a great deal of personal freedom and maintain a peaceful life. Scenery has beauty of its own (although very different from that of Japan.) The multi-cultural aspect of Canadian society is making good progress. These days, I feel less stressful in living as a visible ethnic minority than 30 years ago.

Music

You play the flute and will be doing that at the April 11th concert. What about the flute do you enjoy? (I had mentioned to Seiichi that I chose the flute because I could carry it back and forth to school)

I like the tonality of the flute - gentle, mild, sweet, warm. It offers the audience a peaceful, meditative, even prayerful atmosphere. Portability is certainly an advantage, but not essential. I would not mind carrying the cello if I were good at playing it!

How did you get to know the artist who is coming to play here in Guelph on April 11?

Makiko Tomita is my niece- in- law (my nephew's wife.) I met her in Japan several years ago at a concert when she was "just a friend" of my nephew's. A few years later they got married.

AND what would like to be asked that I haven't asked.....??

Too many to talk about - science, pseudo-science and cult of TT; faith and TT; psychology and TT; etc. - Better not to do now.

I told Seiichi that I hope another time we could talk about those 'other questions'.

Mei-fei Elrick



THERAPEUTIC TOUCH NETWORK OF ONTARIO

WORKSHOPS BY TTNO RECOGNIZED TEACHERS

For workshops which may not be listed here, please contact individual Teachers.

(Refer to the list on page 23 of this issue of *inTouch*)

For email addresses please consult the website at www.therapeutictouchontario.com

LEVEL 1 (Introductory / Beginner)

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	PHONE	EMAIL
Barrie	Saturday	April 11	9:00 – 5:00	Arlene Cugelman	Her	705-790-0159/	acugelman@rogers.com
Burlington	Saturday	March 15	9:00 – 5:30	Mary Simpson	Her	905-825-0836/	mary.simpson@cogeco.ca
Burlington	Saturday	March 28	9:00 – 5:00	Mary Simpson	Her	905-825-0836/	mary.simpson@cogeco.ca
Chatham	Saturday	March 14	9:00 – 5:00	Charlotte Harris	Her	519-351-1025/	charlotte.harris@ciaccess.com
Elora	Saturday	March 21	8:30 – 4:30	Deborah Gould	Her	519-846-2770/	gdgould2@gmail.com
Golden Lake	Saturday	March 21	8:45 – 5:30	Patricia Tamosetis	Her	613-625-2277/	earthwalks@distributed.net
Guelph	Sunday	April 12	8:30 – 5:30	Martha Hoey	Her	519-823-5847/	info@elmtreecentre.com
Guelph	Saturday	May 16	8:30 – 5:30	Martha Hoey	Her	519-823-5847/	info@elmtreecentre.com
Guelph	Sunday	June 14	8:30 – 5:30	Martha Hoey	Her	519-823-5847/	info@elmtreecentre.com
Hamilton	Saturday	March 21	8:30 – 4:30	Laura Pokoradi	Her	905-385-9217/	peaceandlight334@gmail.com
Hamilton	Saturday	May 9	8:30 – 4:30	Laura Pokoradi	Her	905-385-9217/	peaceandlight334@gmail.com
Huntsville	Thursday	April 16	8:30 – 5:00	Shirley Boon	Her	705-789-7434/	shirleyboon@surenet.net
Kingston	Fri evg & Sat	May 1 & 2	6:30 – 9:30	Alison Cooke	Her	613-395-3691/	adcooke@xplornet.com
			8:30 – 4:30				
London	Saturday	April 25	9:00 – 5:00	Carole Wray	Her	519-668-0272/	carolewray@rogers.com
Ottawa	Saturday	May 16	8:30 – 4:30	Gail Lafortune	Her	613-834-4524/	c-g.tt@sympatico.ca
Toronto	Saturday	March 28	8:00 – 5:00	Julia von Flotow	Her	416-686-6463/	julia.vonflotow@gmail.com
Toronto	Saturday	May 2	8:00 – 5:00	Julia von Flotow	Her	416-686-6463/	julia.vonflotow@gmail.com
			9:00 – 4:00				

LEVEL 2 (May be taken 1 month after Level 1, although this may vary with teachers.)

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	PHONE	EMAIL
Barrie	Saturday	May 23	9:00 – 5:00	Arlene Cugelman	Her	705-790-0159/	acugelman@rogers.com
Burlington	Sunday	April 26	9:00 – 5:00	Mary Simpson	Her	905-825-0836/	mary.simpson@cogeco.ca
Caledon	Friday	March 20	8:30 – 4:30	Deborah Gould	Her	519-846-2770/	gdgould2@gmail.com
Chatham	Saturday	April 18	9:00 – 5:00	Charlotte Harris	Her	519-351-1025/	charlotte.harris@ciaccess.com
Golden Lake	Sunday	March 22	8:45 – 5:30	Patricia Tamosetis	Her	613-625-2277/	earthwalks@distributed.net
Guelph	Saturday	March 28	9:00 – 5:00	Mimi Craig	Her	519-827-1819/	mimicraig@gmail.com
Guelph	Friday	April 17	9:00 – 5:00	Valerie Morrell	Her	519-821-4006/	al.val.morrell@gmail.com
Hamilton	Saturday	March 28	8:30 – 4:30	Laura Pokoradi	Her	905-385-9217/	peaceandlight334@gmail.com
Hamilton	Saturday	June 27	8:30 – 4:30	Laura Pokoradi	Her	905-385-9217/	peaceandlight334@gmail.com
Huntsville	Tuesday	May 26	8:30 – 5:00	Shirley Boon	Her	705-789-7434/	shirleyboon@surenet.net
Kingston	Fri evg & Sat.	May 22 & 23	6:30 – 9:30	Alison Cooke	Her	613-395-3691/	adcooke@xplornet.com
			8:30 – 4:30				
London	Saturday	May 9	9:00 – 5:00	Carole Wray	Her	519-668-0272/	carolewray@rogers.com
London	Tue evg X 5	March 31	6:30 – 9:00	Jitka Malec	Her	519-668-2409/	jitkamalec@gmail.com
Niagara Fall	Thur evg X 4	April 9, 16, 23 & 30	7:00 – 9:30	Doreen Sullivan	Her	905-354-8873/	doreensullivan@gmail.com
Ottawa	Sunday	May 17	8:30 – 4:30	Gail Lafortune	Her	613-834-4524/	c-g.tt@sympatico.ca
Peterborough	Saturday	March 28	8:30 – 5:30	Craig Niziolek	Him	705-740-2157/	craigniziolek@gmail.com
Sarnia	Saturday	March 28	9:00 – 5:00	A. Murray & K. Armstrong	Ashley Murray	519-336-0941/	amurray.elementsoflight@gmail.com
Toronto	Saturday	April 11	8:00 – 5:00	Julia von Flotow	Her	416-686-6463/	julia.vonflotow@gmail.com
Toronto	Saturday	May 16	8:00 – 5:00	Julia von Flotow	Her	416-686-6463/	julia.vonflotow@gmail.com
Windsor	Saturday	March 14	9:00 – 5:00	Claire Massicotte	Her	519-948-9453/	claires.care@sympatico.ca

LEVEL 3 (May be taken 6 months after Level 1)

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	PHONE	EMAIL
Barrie	Saturday	March 21	9:00 – 5:00	Arlene Cugelman	Her	705-790-0159/	acugelman@rogers.com
Belleville	Fri evg & Sat.	May 8 & 9	6:30 – 9:30	Alison Cooke	Her	613-395-3691/	adcooke@xplornet.com
			8:30 – 4:30				
Golden Lake	Saturday	April 18	8:45 – 5:30	Patricia Tamosetis	Her	613-625-2277/	earthwalks@distributed.net
Guelph	Saturday	April 11	9:00 – 5:00	Mimi Craig	Her	519-827-1819/	mimicraig@gmail.com
Huntsville	Thursday	June 11	8:30 – 5:00	Shirley Boon	Her	705-789-7434/	shirleyboon@surenet.net
London	Saturday	May 30	9:00 – 5:00	Carole Wray	Her	519-668-0272/	carolewray@rogers.com
London	Tuesdays X 5	May 26	6:30 – 9:00	Jitka Malec	Her	519-668-2409/	jitkamalec@gmail.com
Niagara Falls	Thur evg X4	May 7, 14, 21 & 28	7:00 – 9:30	Doreen Sullivan	Her	905-354-8873/	doreensullivan@gmail.com
Ottawa	Sunday	April 19	8:30 – 4:30	Gail Lafortune	Her	613-834-4524/	c-g.tt@sympatico.ca
Sarnia	Saturday	June 6	9:00 – 5:00	A. Murray & K. Armstrong	Ashley Murray	519-336-0941/	amurray.elementsoflight@gmail.com
Toronto	Sat & Sun	May 30 & 31	9:00 – 4:30	Julia von Flotow	Her	416-686-6463/	julia.vonflotow@gmail.com
Windsor	Saturday	June 13	9:00 – 5:00	Claire Massicotte	Her	519-948-9453/	claires.care@sympatico.ca



PRACTICE DAYS

LOCATION	DAY(S)	TIME	DATE	TEACHER	CONTACT	EMAIL	PHONE
Guelph	Friday	9:00-5:00	April 10	Valerie Morrell	Her	Al.val.morrell@gmail.com	519-821-4006
Belleville	Saturday	8:30-4:30	April 11	Alison Cooke	Her	adcooke@xplornet.com	613-395-3691
Toronto	Sunday	9:00-5:00	April 12	Crystal Hawk	Her	Crystal.hawk@sympatico.ca	416-922-4325
Brampton	Sunday	8:30-5:00	May 3	Mary Simpson	Lillian Hutchinson	lillianhutchinson@rogers.com	905-457-2211
Grimsby	Saturday	9:00-5:00	May 23	Rose Philip	Her	vipoma@cogeco.ca	905-309-4755
Windsor	Saturday	9:00-5:00	May 30	Flo Hartleib	Michelina Busico	michelinab@cogeco.ca	519-979-1228
Peterborough	Saturday	9:00-5:00	June 6	Craig Niziolek	Him	craigniziolek@gmail.com	705-740-2157
London/Arva	Saturday	9:00-5:00	July 4	Jitka Malec	Ellen Edmondson	Wa.edmondson@sympatico.ca	519-660-0559
Hamilton	Saturday	8:30-4:30	July 11	Laura Pokoradi	Her	Peaceandlight334@gmail.com	905-385-9217
Chatham	Saturday	9:00-5:00	September 19	Charlotte Harris	Her	Charlotte.harris@ciaccess.com	519-351-1025
Huntsville	Saturday	9:00-5:00	September 26	Shirley Boon	Tammy Chochlowsky	imuptowngirl@hotmail.com	705-641-0537
Orleans	Saturday	9:00-5:00	September 26	P. Tamosetis & G. Lafortune	Gail Lafortune	c.g-tt@sympatico.ca	613-834-4524
Niagara Falls	Sunday	8:45-5:00	November 15	Doreen Sullivan	Her	4doreensullivan@gmail.com	905-354-8873

WORKSHOPS FOR CONTINUING EDUCATION

ENERGY FIELD INTERACTIONS

Prerequisite – Level 2

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	EMAIL	PHONE
Moffat (Guelph Area)	Saturday	April 18	9:00-5:00	Mary Simpson	Martha Hoey	info@elmtreecentre.com	519-823-5847

THE LAST GIFT: A PEACEFUL TRANSITION

Prerequisite – Level 3

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	EMAIL	PHONE
Guelph	Saturday	May 30	8:30-4:30	Evelyn MacKay	Her	esmackay@xplornet.ca	519-822-4174

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Questions and Answers About Therapeutic Touch®

Both your Questions and Answers are very welcome ... Please let us know yours!

While there may be differences in the answers people send, they are all based on Therapeutic Touch's assumptions and concepts. As we all bring our own experiences to Therapeutic Touch, we may understand the modality somewhat differently. Hence, practitioners are encouraged to study with a variety of TTNO Recognized Teachers.

Please send your response to the question for the next issue 2014 *inTouch* to the TTNO Office
ttno.membership@bellnet.ca or 290 The West Mall, Suite # 4 Etobicoke ON M9C1C6

Question: In the December 2014 issue the following was submitted and responses were invited from the membership. We again offer the question so the answers make a more complete insight.

"I have been to London twice this week for my 92 year old aunt while she was dying in the hospital ...

While sitting with my dad(her brother) and my cousins in the hospital room, her breathing had a pattern but my dad told me it was the laboured phase and then a calm phase would happen just before she passed.

My cousin asked me if I could do anything to help her mom. I did Therapeutic Touch as she lay in a fetal position. There was no field detected until I got down to the knees but it extended about a foot past the soles of her feet. Since the group had not seen this (Therapeutic Touch) before it did cause the room to go quiet. I was told she had 'restless leg' and pin and needles sensations in her lower legs most of her adult life. **Was her field gone and the chronic health condition lingering?**

Then some of us left to bring back dinners. When we got back my cousin said her breathing suddenly became quieter and less laboured, right after we left the room.

Was the calming of the breathing part of the change my dad said was normal or did TT have an impact? She quietly died 4 hours after we left. " Submitted by Pamela Wilkie

"I don't believe her field was gone. When giving Therapeutic Touch® to a palliative person, I often do not sense the field near the body. Near death, they are doing much in their spiritual field. I try to sense the edge of that field. Close to death, the edge of this field may be 3 to 4 feet above the patient's body. Once I find the 'edge', I send peaceful and calming energy. My hands move quite slowly down the field from head to toe (at the edge of the field) and with the utmost respect. I may only do 3 or 4 clearings and I am finished. I will ground at the feet if I sense that is appropriate. There is not always a long calm 4 hours of breathing near death. I would think your treatment session helped in the calming of her breath. In being non-attached to outcome though, I would not question if my treatment had caused this. It happened and that is a good thing, whether by your treatment or by her own processes."

Mimi Craig RT, Guelph

In my experience I find a difference in the field of a palliative client and a "near death" palliative client. My experiences with calming the breath and the resulting calm after the treatment are different.

I sense a stronger field in the palliative clients who are not so close to death. The near death palliative client, with a labored breathing situation, I tend to feel more in the field closer to the feet. I work slowly and steadily with a lot of hand holding for grounding and comfort. My experience with this type of treatment on a near death palliative client has been that shortly after the treatment they have passed within an hour.

The palliative client whom I treat for labored breathing, and calm them to a peaceful breathing pattern will go on to sleep for quite a few hours after the treatment.

Ann MacKenzie RP , Guelph

Please respond and we will share your responses so that other practitioners can learn from you.

Question for next issue:

As a beginner I feel quite positive that I can help a body heal physically; with mental stresses I feel inadequate. I think I can encourage energy to flow more smoothly which in my mind helps facilitate physical healing, but a mental healing seems like a whole different area in that maybe she has to change something in her life and I hesitate to advise

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BELLEVILLE PRACTICE GROUP REPORT

The Belleville Practice Group meets the third Wednesday of the month at Eastminster United Church. Over the past few years, our group has established a consistent and effective distant Therapeutic Touch practice that supports friends, family and each other. Over the course of the month, Nancy Sherk, the group facilitator, receives requests or updates about clients who have asked the group for treatments. Some people may be undergoing surgery, have chronic conditions, or may be experiencing emotional or mental health issues associated with physical illness or grief. Some members of the group choose a particular day of the week to send treatments, while others send treatments when they can. This ensures that there is usually a treatment sent on a regular basis. We find this commitment and service to be a very rewarding part of our living Therapeutic Touch as a life-style. Offering distant TT allows one to practice with ease at a time that is convenient. It can take place from your own home, from a tranquil spot in nature, or from any other kind of sacred space. In fact, one of our members sent our group a photo of the place in Hawaii from which she sends TT! It is effective and beneficial to be able to set aside a special time and place to send distant TT. If a client is uncertain of the effectiveness of TT, offering distant TT may be just the "ice-breaker" that is needed. This type of practice also is a way to improve visualization and interpreting cues which can allow an opportunity for personal growth and increased confidence.

The following is a first-hand example of the feedback that Nancy received from one of the members of our practice group who had asked for distant TT. "At the time of the operation, my right ankle was broken out again with my capillaritis, so it was quite painful and I couldn't wear any socks and only my Birkenstocks. Thus, the night before the operation, I asked that, if anyone had parked a healing for me, I would like to receive one, but I would like it to go to my ankle to get rid of the pain. The pain left.

An anesthetic is quite problematic for me so at the time of the operation, I asked for a healing to keep me still so for 7/8 of the operation, so he was able to do the work without an anaesthetic. After the surgery, I had some pain in my eye and my ankle, so I asked for a healing for both pains and both disappeared.

Next, given that I had been a tad tense about having anesthetic, I got a chest pain from my costochondritis, (inflammation of the cartilage) between my ribs, so I asked for a healing to allow the inflammation to recede and the costo to quit hurting. It did so.

I tried to redirect the surplus energy and I found that it worked each time. So thank you one and all for your healings. My next surgery is on March 3 and if I get some healings the night before up till I see the surgeon a week later I should be able to heal the right one just as quickly as the left has healed."

Barbara Burger

Lois Williamson was born on February 11, 1934 and died March 24, 2014. Her husband, Robert Williamson, recently wrote an article about her life as a wife, mother, nurse, bridge player and Therapeutic Touch practitioner and teacher. In the early 1970s she was "a pioneer in the use of TT". He also mentions that she went to Pumpkin Hollow and met Dr. Krieger. The article was published in The Ottawa Citizen on February 27, 2015. If you want to read more, go to The Ottawa Citizen's Website <http://ottawacitizen.com/life>

THE LAST GIFT: A PEACEFUL TRANSITION MAY 30, 2015 GUELPH

Increasingly TT practitioners are called upon to offer treatment to those in life-limiting situations. Therapeutic Touch® sessions help in alleviating the physical pain and the inner suffering felt by those who are making their transition from this life as well as providing a measure of comfort to the bereaved. Evelyn has been using TT with clients for many years and brings to her teaching a wide and varied background in palliative care. Her extensive experience gives this class great depth and her openness makes it possible for participants to share their own experiences, concerns and hopes.

For more information, email
esmackay@xplornet.ca
or speak with Evelyn at 519-822-4174

Sometimes we pick up a book that we've read before and the eye will be drawn to a particular passage that, on first reading, was underlined or bolded. Today that happened with Richard Gerber's book which is quite familiar to many of us and recalls a time when he spoke to us in Toronto, several years ago. This passage drew my eye:

"At a symbolic level, the circulation of blood is metaphysically tied to the circulation of love toward oneself, and between self and others. The heart chakra, and the organs it supplies subtle energy to, are strongly affected by the love nature of the individual. When there are negative self-images and self-messages that are unconsciously being replayed by an individual's bio computer memory banks, the internal image of self and the balance and openness of the heart chakra are affected. Because the heart chakra has an energy link to the thymus gland, and thus the immune system, the psychospiritual elements of self and self-love are intimately tied into the cellular expression and maintenance of bodily self integrity."

Page 433, Vibrational Medicine, Richard Gerber 1988

WINTER WEBSITE REPORT



Suzette Morgan and I have now got into a good routine for handling the website. She does all calendar and user updates, and I look after News, Members Area, and all other pages. Thank you Suzette!

Thanks to Laura Pokoradi, Shirley Boon, Maureen Smith, Sharron Parrott, and Donna Logan Van Vliet for sending in news and keeping our website refreshed and interesting

<http://www.therapeutictouchontario.org/index.php/news-events/news>

Check out the Photo Gallery section. A new format for photos makes them easier to access and you can see the full photo! Check out the Practice Group section to see the Belleville Practice Group hard at work at the Belleville Dialogues.

I need your help in making our website better at educating people about Therapeutic Touch. One way to get people's attention is to post compelling testimonials. We have several, but it would be good to have more so that I am able to rotate, providing change. Check out the testimonial page at <http://www.therapeutictouchontario.org/index.php/feel-better/testimonials> to find ideas. If you provide Therapeutic Touch, ask your clients if they would be willing to add their testimonial to our website. They would need to agree to have their name or initials and city on the website – without that information, the testimonial is not credible.

For the Members Area I ask, once again, that you send in photos for the Photo Gallery. Why not have a photo of your Practice Group members?

We have Google Analytics on our site so this month I'm giving you some interesting information from that tool.

- Last month we had 1363 visitors to our site, 958 new visitors and 405 returning. The majority of our visitors are from North America, but we also have visitors from Brazil, India, Germany, the UK, Indonesia, France, Italy, Austria, China and even Oman.
- Pages viewed were 6,629.
- The average time spent on a page is 51 seconds. Anything over 30 seconds is considered good.
- Our visitors are spending 5 to 10 minutes on our Learn How pages and 8 minutes on "What to Expect". So we our audience is learning about Therapeutic Touch.
- The "Research At a Glance" page has an average session time of over 3 minutes. Again, excellent!
- Very popular pages are the Calendar pages and Find Practitioner/Teacher pages.

All in all, our website is accomplishing its goal of spreading the word about Therapeutic Touch.

If you have any suggestions for improvements for our website – let me know – this is your website and we want you to visit it often!

Alison Cooke, TTNO webmaster.

adcooke@xplornet.com

BENEFITS - WHO OR WHAT BENEFITS FROM THE TTNO??

We've all seen the list of Benefits to Members of the TTNO. It's a long list. And each time I look at it I realize that we have it backwards. I think that the main Benefit of the existence of the TTNO is to support Therapeutic Touch in the world. By adding our membership to the Network we assure its protection and together we carefully add our support to the structure which creates this protection, so that it can go out to those in need in its most effective form. Care goes into how knowledgeable our teachers are, how we teach it and how we offer it. Our Network membership is the most effective way we can continue to support this amazing modality at its best.

I belong to several organizations whose conferences I can never attend. I support those organizations with my membership because I believe in their mission and want to join in the support of their mission. I wish that members of that TTNO would begin to think in those terms. Instead of "what benefits do I get with my membership?", I would love to have them begin to say, "With my membership I join with all those who want to protect and support this incredible healing modality called Therapeutic Touch."

Crystal Hawk, RT

To ALL TTNO Members from the Therapeutic Touch Networks of Canada

As a member of TTNO you are entitled to receive the quarterly Emailed Newsletter of the Therapeutic Touch Networks of Canada (TTNC).

The TTNC Newsletter publishes interesting articles and lets us know what is happening throughout our country - and the world.

It is sent to you from the TTNO office.

If you have Email and have never received the Newsletter, please check with the office.

Due to the printing/mailing costs involved, TTNO members without Email have not received it.

➔ If you do not have Email
please contact your closest Practice Group to find a member near you who would be willing to print a copy for you. (Please offer a donation to cover the cost of their ink and paper.)

When the TTNO office sends this newsletter out the subject line will read
"Your Canadian TT Newsletter".

CURRENT NEWS AND VIEWS FROM CRYSTAL HAWK

416-922-4325

E-mail : crystal.hawk@sympatico.cawww.therapeutictouch.com

OUR WONDERFUL PLASTIC BRAIN - WE HAVE IT, LET'S USE IT

I'm sure that by now most of you have read Dr. Norman Doidge's first book, *The Brain That Changes Itself*. If not, you are missing some very important information about your own brain and your possible life. It's available at your library. In it, Doidge explains that our brains can change their own structure and function in response to mental experience. This was the phenomenon of neuroplasticity. His new book, *The Brain's Way of Healing*, shows how the amazing process of neuroplastic healing really works.

As I listen to him talk, the words he uses are very much like those I use when teaching Imagery for Healing.

He talked about our brains being seamlessly connected to our bodies. He talked about someone who "flooded his brain" to turn off pain. He talks about "pain gates" and "stopping the pain signal". Recently a man came to see me with a terrible pain in the back of his neck. He had gone to the Philippines to a noted healer who had helped him. On his return to Toronto he was in a car accident and the pain returned. I taught him this Imagery and the pain left. He emailed me that it was gone all day and that he slept well. It returned in the morning and as he was reaching for his pain pills he remembered the Imagery, decided to try that instead, and was once again without pain. Here is that amazing Pain Imagery.

PAIN REMOVAL IMAGERY

(This is an imagery with which you can create something positive for yourself --- to use any time you need it and as often as you need it. This Imagery works effectively to reduce or eliminate all pain and discomfort - physical, emotional, mental or spiritual. You may want to repeat this imagery exercise several times.)

Get into a comfortable position, either sitting or lying down, take off your shoes....loosen your belt.....remove your glasses*.....and pay attention to your breathing, don't change your breathing, just pay attention, watch your breath as it comes into your body and leaves your body and follow its flow. Now allow yourself to focus in on your pain (or tension, or emotion) and for a few moments allow yourself to feel it in its fullness, then, without forcing allow a shape to emerge which represents for you for today this pain. Don't create it, just allow it to emerge and notice the shape. Now allow the shape to have a colour, don't give it a colour, just allow it to happen, and notice if the shape has a texture, is it flat, or textured, shiny or woven. And also notice if it has a smell or a sound.

Now allow the shape to shrink. Don't direct it, just allow it to shrink, smaller and smaller until it's the size of the head of a pin and then, without forcing, just allow it to leave your body through any opening it chooses or, create an opening for it. And allow it to flow out of you and into the larger open spaces around you, rising up into the room you are in and allow it to leave that room from a magical opening on the ceiling and then allowing your shape to drift up and out into the sky above and take as much time as you need to allow this to happen..

Now, slowly coming back to the room, first by feeling your physical body and how you are connected to the chair you're sitting on and noticing how your feet are connected to the floor (or if lying down, become aware of how your body is coming in contact with whatever you are lying on) and before opening your eyes, go inside and check out what changes you've made.

* when conditions are ideal, otherwise just do it!

The power of mental imagery is unparalleled and unrivaled in our world. Imagery is a mental process that shows us new ways to approach life and life's problems. It's a unique process in that it's independent of any external influence or intervention. This means that imagery isn't affected by anything going on outside of us. Imagery happens by going inward to ourselves and accessing this inherently available power. The images directly impact our physical functioning, as we are, as Doidge says we are, a biological-mental unity.

DORA KUNZ'S IMAGERY FOR ALLOWING PAIN OR UNWANTED EMOTION TO LEAVE THE BODY...

Centre yourself. And for one moment become aware of the pain (or unwanted emotion) and allow yourself to feel it fully. Then imagine the pain is leaving your body as an energy wave and see it moving away from your body in a semi-circle of fine energy. Moving over the city - over the province - and disappearing over the horizon. Coming back to yourself and before opening your eyes, check out to see the difference you've been able to make.

OUR BODIES RESPOND TO THE THOUGHTS AND IMAGES WE HAVE IN OUR MINDS.

Crystal Hawk RT



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The Therapeutic Touch Word is Out!

Where we've been... who we've been talking to...

Compiled by Jodi Cole

905-731-4713

Email: jodi.cole@rogers.com

I must begin this Spring edition of my *inTouch* submission with an apology to Elizabeth Creighton and her fellow Therapeutic Touch® volunteers at St. Joseph's Hospice in Sarnia. For some reason I got it in my head that the hospice was in Windsor. Thank goodness Flo Hartleib put me straight. Elizabeth has already graciously accepted my apology for the error but I want to make it official. St. Joseph's is a ten bed residential hospice in Sarnia, not Windsor. Once again congratulations to the group. Well done!

Next I would like to thank Janet Devine, Past Chair of Bereavement Ontario Network for bringing this to our attention: the following poster has been published in 'Canadian Virtual Hospice': [Therapeutic Touch™ in a Geriatric Palliative Care Unit - A Retrospective Review](#): Helen Senderovich (MD, MCFP, PI); Mary Loulp (RN); Lynda Dunal (MSc, BScOT, OT Reg (Ont); Helen Kuttner (RP); Anna Berall, (RN); Jurgis Karuza, (Ph.D.); Michael Gordon (MD, FRCPC); Joshua Tordjman (RA); Daphna Grossman (MD, CCFP (EM), FCFP) Baycrest, Toronto, Canada.

No doubt many of you will recognize the name Helen Kuttner. Helen was one of the original Therapeutic Touch Practitioner Volunteers at Toronto East General Hospital and went on to pioneer the work at Baycrest. This presentation was previously reported in this column when it appeared as a poster in a medical conference. That in itself was a great achievement, however the fact that it has also been republished in this format is worthy of once again acknowledging a job well done!

And Julia von Flotow has sent the following heads-up: "The Kaizen Healers' Circle, a group of dedicated Therapeutic Touch practitioners is excited to be offering TT sessions at Google Headquarters in Toronto as part of Google's Staff Wellness Challenge, March 4 and 11; and again on April 2nd at Heart House Hospice in Mississauga to palliative patients and their caregivers." Looking forward to hearing more about this in our next edition.

That's not the end of Julia's news. She is looking for volunteers to help with a hands-on and distance healing team for fellow TTNO member and Workbook Practitioner Heidi Pospisil. With Heidi's permission Julia writes "In June 2011, Heidi had a benign meningioma surgically removed from the top of her spinal column. Therapeutic Touch both pre and post-surgery were part of her healing journey. Brilliant medical professionals, family, friends and generous Therapeutic Touch practitioners lovingly offering healing support which resulted in a very positive outcome.

In November 2014, Heidi received news that the remaining bit of tumour in her head has grown and that her team of doctors would like to see her again. The aim of our healing team is to provide Heidi with two Therapeutic Touch sessions a week for the next three months and build a distant healing team to help her strengthen her sense of inner peace, to strengthen and prepare her body, mind and spirit for whatever she may face in the coming weeks and/or months. Anyone interested in joining Heidi's healing team, please contact Julia von Flotow at 416 686 6463 or by email at julia.vonflotow@gmail.com

CENTERING: GETTING TO KNOW YOURSELF

The point of entry into the therapeutic touch process is the act of centering your consciousness. Centering is an act of self searching a going within to explore the deeper levels of yourself. In this act of journeying inward, you can learn, like a yogi, to trace or follow the energy flows of your own consciousness in the quest to understand your own being and your relationship to the universe.

The importance of centering is the fact that, in therapeutic touch, you, as the healer, are the sole determiner of what will happen during the therapeutic process. It is you who initiates the interaction. How the process proceeds depends upon your ability to discriminate among the subtle cues of the healee's energy field dynamics finally, it is your considered judgment that will decide when the therapeutic touch process is to be terminated and how this shall occur. The insubstantiality of the energy flows that you are dealing with makes it imperative that you feel quite sure of your judgments which are largely subjective in nature.

Page 17 Accepting Your Power to Heal by Dolores Krieger, PhD, RN

ONTARIO THERAPEUTIC TOUCH™ NETWORKS RECOGNIZED TEACHERS

Teachers will travel to other areas on request.

The Therapeutic Touch Network of Ontario sets its own criteria for curriculum and teaching.

* indicates a teacher of all levels.

(Information on this page is accurate at the time of printing)

	ONTARIO	
Ajax:	Janet Fallaize*, RN	905-683-9264
Barrie:	Arlene Cugelman*, RN	705-790-0159
Belleville:	Alison Cooke*	613-395-3691
	Jean Dunnett	613-969-7483
Brighton:	Marian Wierenga	613-921-7595
Carrying Place:	Donna Logan Van Vliet*, RN	613-962-1004
Chatham:	Charlotte Harris	519-351-1025
Elora:	Deborah Gould*, RN	519-846-2770
Golden Lake:	Patricia Tamosetis*	613-625-2277
Grimsbys:	Rose Phillip, BEd	905-309-4755
Guelph:	Mimi Craig*, B Ed	519-827-1819
	Evelyn MacKay*	519-822-4174
	Michelle McMillan	519-837-0038
	Valerie Morrell*	519-821-4006
	Regina Sheere	226-785-1894
Glencoe:	Martha Hoey	519-823-5847
<i>near Moffat:</i>	Laura Pokoradi*, RN	905-385-9217
Hamilton:	Shirley Boon*, RN	705-789-7434
Huntsville:	JoAnne Lacroix-Campling	519-474-0998
London:	Jitka Malec*, RN	519-668-2409
	Carole Wray*	519-668-0272
	Helen Will*, RN	705-534-1101
Midland:	Doreen Sullivan*, RDH	905-354-8873
Niagara Falls:	Mary Simpson*, RN	905-825-0836
Oakville:	Gail Lafortune*, RPN	613-834-4524
Ottawa:	Linda Nelson*	705-745-2849
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	Karen Marks, RN	905-649-3030
Pickering:	Ashley Murray*	519-336-0941
Sarnia:	Kathy Armstrong*	519-354-8141
	Pamela Beach*	905-852-6440
Stouffville:	Marlene Burfield*, RN	416-438-7720
Toronto:	Jodi Cole*, RN, M Ed	905-731-4713
	Crystal Hawk*, M Ed	416-922-4325
	Diane May	909-553-2035
	Maria Rossiter Thornton*, RN	416-926-8944
	Julia von Flotow*	416-686-6463
Thunder Bay:	Jean Riddell	807-622-7790
Wawa:	Aldona Mitrikas	705-856-1889
Windsor:	Flora Hartleib*, RN	519-974-2157
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PRACTICE/SUPPORT GROUPS

The people listed below will give you information about Practice/Support Groups.

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Carrying Place:	Kathy Armstrong*	519-354-8141
Chatham:	Charlotte Harris	519-351-1025
	Nancy Lee Johnston	705-445-4032
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Golden Lake:	Regina Sheere	226-785-1894
Glencoe:	Rose Philip	905-309-4755
Grimsbys:	Evelyn MacKay	519-822-4174
Guelph:	Trish Dean	519-823-5847
	Martha Hoey	705-457-9560
<i>near Moffat:</i>	Marilyn Mighton	905-385-9217
Haliburton:	Laura Pokoradi	705-641-0537
Hamilton:	Tammy Chochslowsky	519-885-5388
Huntsville:	Peggy Hallman	519-668-2409
Kitchener:	Jitka Malec	705-534-1101
London:	Helen Will	905-712-8119 x225
Midland:	Debbie Abate	905-356-2884
Mississauga:	Pierrette Guise	905-356-2884
Niagara Falls:	Jocelyne Greenfield	905-825-0836
North Bay:	Rita Sutherland	613-834-4524
	Mary Simpson	519-534-1234
Oakville:	Gail Lafortune	705-342-5769
Ottawa:	Lynne Rusk	613-687-2921
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Names in this section are included only if a signed PIPEDA form is on file with the Therapeutic Touch Network of Ontario at the submission deadline.

USING *inTouch*



With changes from print to electronic we must all adapt new routines to ensure we do not miss the great stories, articles and news that are lovingly assembled into our quarterly newsletter!

However, I have been caught out! By me!!

What did I do? I received my electronic copy of *InTouch* saved to file of the same name, then the next one arrived, beautifully saved! Good so far?

Not! Something missing? How about going back and actually reading them, cover to cover? Oops! Also noted when preparing to teach a class that my demonstration copies were a little 'old'! Not good either, just to have them on file!

Action: all copies now printed, read, and highlighted! It only involved buying some plastic report covers with slide on closures, and all my copies are now available. The slides can come off, but I like them better than staples, paper clips or duotangs!

Today I have been updating all my TM to [®], and changing my *InTouch* to *InTouch*, and updating the references to the website as .com instead of .org! It does help to read all the articles!!

How do you read your *InTouch*, on the computer then delete? On the computer and save, or print and read!!! Am sure *InTouch* would be interested to have your feedback too!

Valerie Morrell Recognized Teacher

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