



Pictured above are the members of the 2012 TTNO Board. Left to right, Patricia Tamosetis, Sharron Parrott, Julia von Flotow, Gail Lafortune, Janet Fallaize, Trish Dean, Jane Graham, Judith Kanee, Annefrances Morris, Igor Jankovic, Jan Goodfellow.

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MEDITATION

Finding your body in a place of comfort, supported... your back straight... your breathing even and easy.

Taking a few moments to think about the strands of your life... what makes it as it is.... thinking of family...of relationships.... thinking of work.... of home life.... of community... of your healing work...thinking of any threads of your life that make up the fabric of your being.

Thinking of the strongest influences.... thinking of those things that impact you most fully...those things that bring meaning and depth to your life...bringing to mind those aspects of life that are giving you great joy and for which you have special appreciations.

Now recalling what others brought to you in the last few weeks and months, that pleased you most Thinking of the companionships you shared that were most meaningful to you... how you were sharing an experience that was most joyful.....seeing again the faces of those who are special to you.

And recalling those things that you felt needed in your life, small and large things that added to your joy ... gifts or purchases, it matters not...thinking of your joy in acquisition.

All these aspects of your life to which you have turned your consideration... they make up the fabric of your life... so if you can, see everything you have recalled and are recalling now as a thread of your life... seeing all threads woven into a wonderful, colourful cloak that covers you fully. Some threads are larger and take up a lot of space, some are smaller, some seem like a single thread...

Seeing those threads as colourful and strong.... covering you, warming you.... seeing this cloak cover you just as protectively as you would like, this beautiful cloak made of the threads of your life.... seeing it glowing as it wraps you, protecting you...seeing it as a strong yet lightly resting on your body even as it warms and covers you completely.

And feeling how this cloak, these threads of your life... the gifts that wrap you ... feeling the security of being where you need to be.... seeing reason and purpose and satisfaction.... that you are where you are in purpose and learning and growth.

Your life wraps you... feeling it a perfect fit... each activity, each relationship supporting you and your interactions with others.... seeing how your life fits you.

Being aware of your easy breathing now.... And a deeper one as you sigh out your inner calm to the place surrounding you.... and when you feel ready, opening your eyes to this present space.

Thank you.

E. MacKay, RT

in touch

is the newsletter of

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Please send submissions to TTNO office with "Newsletter + which issue + the nature of the submission" in subject line; e.g. "Newsletter Summer 2012 - 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.

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Address changes, Membership Renewal forms,
Practitioner Workbooks, teaching materials,
extra Newsletters, Brochures, resources

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SPRING

A time for renewal

Spring is coming, yet in many areas we feel we have not even had winter. As with so many things right now, the weather feels changeable and unpredictable. In the TTNO, we as an organization continue to support and represent our members in a solid and familiar way while at the same time recognizing the sense of change in the air. One of the familiar activities of the TTNO is our annual membership renewal. Currently Hala Riad, our Office Manager, and Janet Fallaize, Membership Chair, are busy processing the renewals at the office. They are pleased that the process this year is going smoothly. Thank you to everyone who has already sent in your annual renewals; to others, there is still time to renew your membership for 2012!

As the Board moves forward with plans for the TTNO's future directions, it has been ably guided and supported by Brita Ball. Brita is a Recognized Practitioner, living in the Guelph area, whose professional life includes knowledge and skills about organizational development. This, combined with her knowledge of Therapeutic Touch™ and commitment to the TTNO, makes Brita an excellent resource to us during this time of reflection and planning for the future. The Board met with Brita on two separate occasions, over a period of two days to discuss and review our organization's vision, mandate, and values, board functioning and direction. We discussed ideas for gathering important information from our membership, ways to optimize the resources from our community and from people and organizations outside the TTNO who might support us. As well as currently acting as a consultant to the TTNO Board, as a way to give back to the TTNO community, Brita is our PIPEDA/privacy officer and is the official representative of the TTNO to our newly incorporated Canadian association, TTNC. These are the some of the ways that members are supporting the TTNO. Thank you to Brita for her part.

This really is an exciting time for your Board and for our organization as a whole, as we focus our intention for the highest good of the TTNO and the belief that anything is possible!

Until next time, when we are "in touch",

Jane Graham, *Chair*

THERAPEUTIC TOUCH NETWORK OF QUEBEC

The Therapeutic Touch Network of Quebec had their elections for 2012 and we are proud to introduce our new President, Marie-Claude Poupart, RPT. Marie-Claude has been our French Liaison for the past few years, has translated our Practitioner Workbook and served on the Board as French Liaison and Webmaster. She has created a new website in both French and English and is constantly working on improving our image on the web by creating links for TTNQ on Facebook, Twitter and Linked-in. Welcome, Marie-Claude, we are confident that you will be successful and are looking forward to working with you.

Monique Gregory has been President for the past 5 years and is pleased pass the mantle of Presidency to Marie-Claude Poupart. She will stay on as V.P., Treasurer and Practitioner Liaison as well as Coordinator for the "TTNQ" articles for the **in touch** Newsletter.

On April 28th, 2012, TTNQ is organizing a workshop on "Helping others to understand and manage their grief". This event will be held from 9:30 am to 4:30 pm at the "Holleuffer Chalet", 75 Charlevoix, Kirkland, Quebec. This workshop is open to public, all are welcome.

As we are about to enter Spring, I'd also like to take this opportunity to thank two exceptional ladies that are active in our Therapeutic Touch Network of Quebec.

Susan Hamilton, my mentor, who took the Network from infancy and made it into what it represents today. Her passion and devotion are always a source of inspiration. She is currently working on growing our membership base. Thank you for your zeal.

Monique Gregory, under your gentle presidency and through your hard work, your solicitude has shown through and has rallied us all. Since January, she has been working side by side with me. Monique, I thank you for your devotion.

I hope to be worthy of your confidence.

Marie-Claude Poupart, *President*
Therapeutic Touch Network of Quebec

Follow us on Facebook, Twitter or via our website: www.TTNQ.ca

Bonjour du Québec,

En ce début de printemps, je profite de l'occasion pour remercier deux femmes exceptionnelles impliquées dans notre Réseau du Toucher thérapeutique du Québec.

Susan Hamilton, mon mentor, qui a pris le Réseau et l'a amené de l'état embryonnaire à ce qu'il est devenu aujourd'hui. Sa passion et son dévouement sont une source de grandes inspirations. En ce moment, elle travaille à l'accroissement du nombre de nos membres. Susan, merci pour ton zèle.

Monique Gregory, ta présidence a été sous le sceau de la gentillesse et du dur labeur. Par ta grande sollicitude tu nous as rassemblés. Elle m'épaule depuis janvier. Monique, merci pour ta dévotion.

J'espère être à la hauteur de votre confiance,

Marie-Claude Poupart, *Présidente*
Réseau du Toucher Thérapeutique du Québec

NB: Notez à votre agenda le 28 avril 2012. Notre journée d'atelier, ouvert à tous, aura pour thème: Le deuil et la relation d'aide.

Suivez-nous sur Facebook, Twitter ou notre site web : www.toucher-therapeutique.org

THERAPEUTIC TOUCH NETWORKS OF CANADA (TTNC) / RÉSEAUX DU TOUCHER THÉRAPEUTIQUE DU CANADA (RTTC)

Through personal contacts and networking, Crystal Hawk and Mary Simpson were the impetus that brought Therapeutic Touch™ to Canada. Simultaneously, a Therapeutic Touch Network was organized in Ontario by those individuals who were eager to share their knowledge about Therapeutic Touch. News of this wonderful modality spread to other parts of Canada by workshops and conferences with the help of members of NH-PAL.

There is a story to be told by each Network. What is the history of Therapeutic Touch in your province and of your Network? Who were the major personalities involved with bringing Therapeutic Touch to your area? It is important to record the threads of this history before it is forgotten. What activities were organized to engage the public about Therapeutic Touch? Strong bonds were created among Therapeutic Touch practitioners with face to face interactions and sharing Therapeutic Touch experiences.

In today's reality the information highways on the WEB are used to contact many individuals quickly and over great distances at no cost. We communicate via email, SKYPE, Facebook, Twitter, blogs, etc., again at no cost and instantaneously.

Let us not lose the essence of Therapeutic Touch with the modern technology.

LinkedIn has been mentioned several times in this column as a way to have more efficient communication with others for your business, practice groups, and Boards of Networks. TTNO has launched their Therapeutic Touch Yahoo Group for on line communication within their Network. Is your Network researching ways to communicate on line? Do you need suggestions or help to set up online discussion groups? Contact Leo Gregory, Vice-president, Communication @ 514-714-6994 or info@ttnc.ca for more information.

In the Summer 2011 Edition of the **in touch**, page 15, Crystal Hawk in her article titled "How are all Therapeutic Touch organizations connected or not", alludes to the challenge that a newly formed federal organization such as TTNC has in connecting the well-established Regional Networks across Canada.

The goal of TTNC is to act as an umbrella organization for the Canadian Networks assisting them with common issues and their unique challenges and problems; also to establish national

guidelines for teaching and recognized practitioners.

Using the symbol of the circle (as in Sacred Geometry), imagine TTNC as the hub with each Network represented by a circle intersecting and forming a link with each other. Growth and support is possible through sharing and communication by building on the experiences and strengths of each Network. In time the overlap of the circles can increase to become a cohesive National Therapeutic Touch Community with each link being vibrant in their area.

By now I hope you have signed up for (or are considering) the Liability Insurance that is available to all Therapeutic Touch practitioners in good standing with their Network. For updated information please read the separate article on the Insurance which appeared on Page 15 of the Winter 2011 **in touch**.

Marion Cameron, *Secretary*
Therapeutic Touch Network Society

BC THERAPEUTIC TOUCH NETWORK SOCIETY

Hi to everyone across the country from all BCTTNS members. The sun is shining and it's time to soak in the rays and revitalize ourselves. Along these lines Marie-Paule Wiley, our Education Chair has been planning a wonderful retreat for us April 27-29th in Langley, B.C. She has organized some great speakers with an emphasis on nurturing and supporting ourselves. How many times do we recommend this to our clients but fail to put our own needs of self-care and nurturing at the top of our list? For many of us other things seem to crop up and our needs often go unmet. This will be an opportunity for our members, and anyone who wants to join us, to a role model for our clients. When we feel truly nurtured and supported we have a greater ability to nurture and support our clients.

On other fronts the finishing touches are being placed on our revised website. Thanks to Jean Ruttan, our webmaster, who has worked with Brian Kohler to make the changes!

Another piece of news is we now have grant proposals submitted and are working with our teachers and various hospices and cancer agencies around the province to provide Therapeutic Touch training to staff and volunteers. We've had a lot of interest and it seems it will be a win-win situation for all those involved!

With spring around the corner it's time to awaken and continue to do the wonderful Therapeutic Touch work that we all do.

Cheryl Larden, RT, *President*
BC Therapeutic Touch Network

ATLANTIC THERAPEUTIC TOUCH NETWORK

Greetings from Atlantic Canada to all other Canadian Networks!

A number of our dedicated Practitioners have represented ATTN at the following events: Well Women's Clinics at Hospitals in Liverpool and Lunenburg, N.S. During Nurse Week in May at the South Shore Regional Hospital, our Practitioners will be offering Therapeutic Touch sessions to Nurses in that area.

Our Teachers will gather in the Board Room at the QE11 Health Sciences Center in Halifax, N.S. on February 18, 2012 for our first Teachers' Meeting of 2012. Practice Groups are eagerly awaiting the arrival of CD's from the November 2011 Therapeutic Touch Network of Ontario Vision & Reality Conference. Teachers' classes are being updated on our Website and Practice Days are also being scheduled for various areas in our Network by Cherry Whitaker, Education Chair.

Judy Donovan Whitty and Lisa Gallant are currently in the process of a major upgrade to the ATTN Website, which involves new software and re-keying all text at present. The posting of a List of Registered Practitioners on the Website has been temporarily delayed for this reason. This matter has been further delayed due to the late return of 2012 Membership Renewals and Privacy Forms.

A very thorough review/revision of ATTN Policies and Procedures is well underway. All Board Members have been busy working with Kathy Putnam, who has offered to do the documenting. Dale Forgeron, Mike Thompson, Gail MacDougall and I serve on this Committee. As I shared at the 2010 AGM, part of my vision for our Network is that we produce a solid set of Bylaws, Policies and Procedures in the form of a Manual. This document will clearly reflect the need for Board Members to work together with their Committees. It is our certitude that if Policies and Procedures are respected and adhered to by all, regardless of position in our Network, conflict will be avoided.

At the end of December 2011, detailed information and Application Form pertaining to Liability Insurance protection through BFL Canada Inc. was received from The Therapeutic Touch Networks of Canada. This was sent out immediately to our members for their attention.

Preparation for our May 2012 Spring Conference has begun. Rev. David Maginley has obtained the lovely "Weather Watch Room" at the QE11 for this purpose. If any of our colleagues from across Canada are in our area at that time, please consider joining us! These are always educational and inspiring events, as well as great opportunities to reunite with old friends and meet new ones!

We continue to collect photos and "histories" of various aspects of our Network for our "Archive Collection". These are then displayed during our Spring Conference together with a Plaque inscribed with the names and dates of all of our Past Coordinators.

In closing, may I take this opportunity to thank our gifted Practitioners, Teachers, Practice Group Leaders, members who support these groups, and all of the generous folks in our Network who dedicate their time and energy in any way, whether that is in making and energizing capelets for cancer patients, serving on our Board, representing ATTN at Health Fairs, or those who offering healing energy with intention for the highest good of the Network. Your contribution is deeply appreciated. Together we continue to reflect the Light in our world which is so desperately needed.

Peace & Light,

Janet Manthorne, *Coordinator*,
Atlantic Therapeutic Touch Network.

TTNO COMMITTEE REPORTS

TEACHER LIAISON COMMITTEE

This space usually is filled by the Committee Chair, Sharron Parrott. As Sharron is attending to other matters, it is a pleasure for me, as a member of the Teacher Liaison Committee, to share some interesting teaching and learning news with you.

We (Mimi Craig and Evelyn MacKay) held two Practice Days in Guelph, on the 21st and 28th of January, with a total of 70 people attending. During the earlier January event, we had an excellent example of the importance of feedback. Reading Mary Simpson's submission on this very topic as an editor of *in touch*, I felt that sharing the experience from Practice Day might provide an insightful confirmation of this very important concept.

The 2012 Practice Day theme is Centering and Being Centered. One of the most thought provoking incidents happened in a Practice Day triad and in the feedback during and following practicum. One group of three, A, B and C, centered thoughtfully and began the treatment session following the protocol described in the material. A, as recipient, felt very much overwhelmed at having B doing assessment and clearing at the usual distance of a few inches. In fact, B, to keep the client comfortable, felt it necessary to work at a considerable distance from client A. C, as observer and also centered, was near by, her role of observing not impacting A's discomfort. A, who described herself as 'sensitive to energy' was feeling congested in her lungs, was somewhat anxious and unable to breathe easily when B was 'too close'.

The facilitator, looking in on the triad, asked each to describe their respective roles. A felt unable to breathe and felt somewhat anxious when B came closer than was comfortable. B, working several feet away and wanting to offer an appropriate treatment, carefully maintained her centre and was clearing gently, moving the energy down the body beyond the feet, directing the cleared energy into the earth. At the teacher's suggestion, B changed her intent. While centered and clearing as before, B facilitated the flow of energy well beyond the feet with the intention of allowing it to return to the Universal Field from which it came.

Immediately, as B began to clear while holding the new intention, all three members of the triad felt a profound alteration in the energetic impact of the session. In fact, each felt a sense of discovery! A, who knows she is sensitive to energy, felt her breathing to be easier, the oppressive feeling lifting. B said she felt much relief within herself, claiming a greater affinity to the concept of 'air' as opposed to 'earth' in her own self awareness.... this new intention felt much more compatible with her own being. C felt the difference in energy as a calming effect as A and B accepted the simple adjustment.

Later, as this triad shared the experience with the larger group, another attendee who is also sensitive to energy suddenly felt an energetic shift and realized a new comfort in her own awareness. She too had the habit of grounding energy into the earth and on hearing the insight of the others, felt that her own discomfort could be considerable altered by changing her way of grounding.

In the sharing, we all were reminded that openly giving and receiving feedback even during a treatment is essential to our

learning. As you read Mary's article on page 14 you will gain more insight into the importance of giving and receiving feedback.

At the Practice Days there was no gift exchange as such. However, the names of attendees were written on slips of paper and a container holding the names was circulated. Each drew the name of another attendee and when that drawn name was called, the one named voiced what they felt was an inner need, such as "joy", "insight", "wellness", "concentration". The idea was that in the following four weeks, as each practiced their centering for approximately five minutes per day, they would send to the one whose name they had drawn, whatever attribute had been requested.

One person responded with this message: "I appreciated the request...oh, how clever you both were, we would more likely comply to a promise to someone else sooner and stronger than a promise to our selves. So if we were non-daily meditators, this was a trick and a 'gift' to create an improved pattern of daily practice. I should thank you for the inspiration!"

Thanks to Sharron for sharing this space!

Evelyn MacKay, RT
Teacher Liaison Committee

Mark March 26, 2012 on your calendar for the South Western Ontario (SWO) Teachers Day in London, ON. Sharron will facilitate "A few of my favourite things". This will be a participant driven teaching session where those present will share with each other what part of a Therapeutic Touch Workshop they like to teach best; why and how. The SWO Teachers welcomes Susan Keith, member of the TTNO Public Relations and Communications Committee, who will unfold for the first time the "Communication Tool Kit". If you are planning on attending please contact Eilleen Yoryish with your intentions. eilleeny@rogers.com

COMMUNICATIONS

These are exciting times to be a member of the TTNO! The 25th anniversary of the TTNO is promising to be one of growth – growth in awareness, connectivity and organizational capacity. To achieve this, we will be developing a "Habit of Communication" to get to know you better and create opportunities for feedback and information sharing amongst our members and between our members and the Board.

To achieve this objective, we're very happy by the growth of the Communications Committee – we now have a committee structure in place and members stepping forward to take on specific roles! Let me tell you what all's been happening and what we have in mind for the coming months...

Susan Keith leads our Resource Development Group and has been

busy developing the TTNO Communication Toolkit - our intention is to enable and empower members to promote Therapeutic Touch and the TTNO with confidence, consistent language and message. The Toolkit will be piloted this spring. We plan on developing a Training Program to orient interested members to the materials and ways to use them to promote Therapeutic Touch and TTNO in their communities later this year.

Alison Cooke, TTNO webmaster in conjunction with Dori Nicholson, and Crystal Hawk, one of the co-founders of the TTNO, have launched the TTNO YouTube Review Committee this January – the vision – a TTNO YouTube Channel for video shorts, produced and submitted by members featuring a link back to our website, www.therapeutictouchontario.org.

Dori Nicholson, keeps Therapeutic Touch in the public eye with regular posts on Twitter and Facebook helping us grow our public profile through Social Media. We encourage you to sign-up to receive these social media feeds and “Like” Dori’s posts to support our promotional efforts and join in the conversation.

Mary Simpson is taking on the interim role of Community Events Coordinator, responding to community interest and requests for TTNO participation or presentations at their events. As our awareness of our members, their strengths, interests and desires grow over the coming year, we expect to be in a much better position to be pro-active in our public relations efforts by 2013.

The TTNO Yahoo Group, launched last April with Joni Cass, providing technical assistance to members wanting to join this Members-only online forum, is growing again. We’re thrilled that Mary Simpson, TTNO co-founder and editor of **in touch** for many, many years, will be our TTNO Yahoo Forum “White Owl” sharing her knowledge, moderating conversations and responding to member enquiries. Look for an email invitation to join the member-only TTNO Yahoo Group in the near future.

Therapeutic Touch Gains New Awareness in the Artistic Community.

Those of us that were at the Vision and Reality Conference or Teacher Day got to hear about Heather Gurd’s H’artt Project because it was first announced there. Today the website for Myra’s Story: <http://www.myrasstory.com/> is up and running. Check it out! Tell everyone that you know about it and send them this link. The idea is that the first 180 people to donate to this fundraiser for the Arts community get a complimentary ticket which entitles them to several things including a Therapeutic Touch™ treatment any time over the rest of this year. You may go directly to the H’artt page on the website: <http://www.myrasstory.com/team.html> and see for yourself the wonderful team of volunteers from our network serving this fundraiser. If you have any questions, do not hesitate to contact Heather Gurd directly. We are very excited by this creative and innovative member-driven project and wish Heather and the H’artt Team every success.

As with everything, many hands make light work. As the Communications Committee grows, so do the initiatives that we can take on to promote awareness of Therapeutic Touch as a self-care, health promotion and energy healing, complementary modality. As we grow in connectivity and capacity, we will also grow in confidence to inspire and engage our families, friends, colleagues and the public to experience and learn Therapeutic Touch.

If you’re interested in contributing or developing your talents in a

range of areas: communications, writing, editing, promotional, project management, or organizational skills and want to get involved, please don’t hesitate to contact me.

Julia von Flotow, *Communications Chair*

PRACTICE GROUP LIAISON COMMITTEE

Dear Practice Groups,

Hope that you brought in 2012 with the best of intentions and may it be your best one yet. I get a very strong sense that this is a time of introspection and connecting with the Inner-self to be all that you are.

This is the year of the Water Dragon as the Chinese so describe it: These Dragons are better equipped to take a step back to re-evaluate a situation because they understand the art of patience. Like the dragon the TTNO is moving forward and taking stock of how well it is doing things and what can be improved to better serve its members (YOU).

Part of the plan is to be more mindful and cost efficient on how we distribute the newsletter. As you might have guessed, changes are in the works, and you will eventually receive this publication either by Canada Post or by e-mail. After this issue of the **in touch**, as a member of the Therapeutic Touch Network of Ontario you will be given the opportunity to choose how you would like to receive the upcoming **in touch** newsletter. The newsletter is one benefit to you as a member of the TTNO. It keeps us connected and informs our membership in many wonderful ways.

Membership is the driving force behind this organization. Please continue to encourage your Practice Group members to join the TTNO by becoming a Network member, if they are not one already. After all, the TTNO sets and upholds the standards of practice of Therapeutic Touch™ for us all. Support them so they can continue to support you in your Therapeutic Touch.

In previous issues you were asked to do something special in your practice groups to mark 25 years of excellence in Therapeutic Touch. Please share these special moments with me as I would like to believe that they all contribute in making this modality even better. I invite you to continue e-mailing me your stories so we can write them up in the **in touch** and share them with the rest of our ‘family’.

Let’s hold a vision of expansion and growth. Please join me in envisioning Therapeutic Touch in every home, ALIVE and THRIVING.

Thank you for all that you do, to bring Therapeutic Touch into people’s lives.

Yours in Therapeutic Touch,

Gail Lafortune, *Chair
Practice Group Liaison*

THE JOURNEY CONTINUES

Thoughts from The Practitioner Liaison Committee

I am always excited to receive a workbook in the mail. Not only is it always fun to find something in one's mailbox, but I also know how much effort the workbook practitioner has put into its completion. I often hear back from those individuals about what a rich learning journey the process of becoming a Recognized Practitioner has been. Our newest Recognized Practitioners are Lorna Gleeson (Pembroke), Heather Hilliard (Toronto), and Carol Holt (Cobourg). Congratulations to each of you, and thank you, Carol, for helping us pilot some of the new workbook case studies.

Speaking of the workbook, the Practitioner Liaison committee is continuing to work on the latest revision. We are also beginning to gather materials for the 2013 Practice Day. I sometimes feel like a magazine editor working nearly a year in advance. I am grateful for a wonderful committee who do so much for the Therapeutic Touch community, from reviewing the workbooks, to planning/reviewing the Practice Days, to being my sounding board on various topics.

Recently at a workshop, I was brought back to something I hear often in the Therapeutic Touch world. Many of the participants were concerned they had not experienced the meditation properly; one participant felt peaceful but did not see anything so was sure she did not do it correctly, another heard music but was unable to visualize what the facilitator had described. We are often so tied to our expectation or to what someone else describes that we lose the gift of our own experience.

What we feel, sense, know, hear, or see is uniquely our own experience. Society has ingrained in us that we must compare ourselves to others and sometimes we cannot seem to get out of our own way. We may want to have great visuals, or hear awesome music, when all that is being asked for is that we "lovingly respond to that which presents in the moment" (D. May). When doing Therapeutic Touch, we receive the cues from the field in exactly the right way, for us, in that moment. What is important is to be present; your inner self does not make mistakes.

As always, if you have any questions, please feel free to contact me!

Happy Spring

Patricia Tamosetis, *Chair*
Practitioner Liaison Committee

FROM CONFERENCE CHAIR

Vision & Reality Conference 2013

Our Annual TTNO Conferences have always been important events for our Network members. They have provided an opportunity for us to come together to celebrate our community, and this coming together has often inspired and nurtured our individual growth and development, as well as that of our community. It has also supported our membership by providing an opportunity to present and share our learnings and experiences.

Last year's Conference was particularly special as we celebrated 25 years honouring Mary Simpson and Crystal Hawk, our co-founders, and having a Skype 'visit' with Dee Krieger, one of the developers of Therapeutic Touch™.

Our Conferences also generate the revenue our Network requires for

our overall operations and for the Scholarship Fund which provides financial assistance to members, making it possible for them to attend conferences, retreats and/or workshops throughout the year.

We are pausing our conference operations for this year. Between the cost of holding it and the declining numbers of our membership we feel that it is necessary for us to take the time to look at all aspects concerning this event. We want to be able to continue to offer a TTNO Conference that members can both afford to, and want to attend.

Your Conference Committee for 2013 will be meeting this spring to look at the feedback we've received and to plan how we can best achieve our goals.

There are many questions to address:

Do we use the same Hotel? If not, where should we hold it?

Do we plan for 3 days or for the usual 4?

What could be an alternative to the Banquet?

Are there changes which would improve the program?

You can have a say in these decisions by joining your Conference Committee, or by sending us your suggestions and ideas. Please contact the office at: ttno.membership@bellnet.ca or me at: 4annefrances@sympatico.ca

I'm looking forward to hearing from you, and wishing you a Spring of Hope and Renewal.

Annefrances Morris, *Chair*
TTNO Conference

TTNO DONATION REPORT SPRING 2012

Memorial Donations:

- Janet Fallaize in memory of Dianne Bussmann's husband, Peter
- Anna Brisson and Janet Fallaize in memory of Sue Einarson (Parry Sound)
- The Niagara Therapeutic Touch Practice Group in memory of Beverly Monaghan's husband, Peter

In appreciation for Therapeutic Touch sessions that were given:

- Shawn Dales in appreciation of Alison Cooke
- Barbara Reynolds in appreciation of Claire Stark
- Ericka Braun in appreciation of Margaret Deane

In Gratitude:

- Donation by Monica Gilles

In appreciation for Teaching:

- Peter Cheshire in appreciation for Helen Will

This year, the Practice Day focus is on Centering and Being Centered. These words of Dr Krieger, from *Accepting Your Power to Heal* support this concept:

"Centering experiences range widely, from the grounded feeling of physical centeredness to awareness of the transcendent functions of consciousness. As the process of centering is experienced over time, it brings the various aspects of the human energy field into resonance with one another. It integrates the various aspects of your personality. You then feel more of one piece, more focused." Page 20

RESEARCH IN THERAPEUTIC TOUCH

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."

- Marcel Proust

I want to take this opportunity to introduce myself as the new Research Chair on the Board of the TTNO. Firstly I would like to acknowledge the inspiring work of our previous Research Chair, Mei-fei Elrick, whose very substantial shoes I hope to be able to fill. Among many other accomplishments Mei-fei recently compiled and up dated an Annotated Bibliography for the TTNO. This is an important resource on published Therapeutic Touch™ research. I recognize that I also stand on the achievements of all the previous Research Chairs whose accumulative hard work has done so much for the TTNO.

In 1989 when I first began learning and studying Therapeutic Touch, I came realize that not only was I learning a skill but that I had also embarked on an amazing voyage of discovery that continues until today. Every day is an opportunity to see that Therapeutic Touch is a unique healing modality. Each time I apply what I have learned, I find new ways of seeing, experiencing and discovering. Therapeutic Touch Research informs what I do and how I do it. I know that my knowledge and practice is based on the firm foundations laid down by Dora Kuntz and Dolores Krieger. They developed and articulated their ideas about healing, the human energy field and the practice of Therapeutic Touch through their research.

Research continues to be the base and strength of Therapeutic Touch. Therapeutic Touch practitioners have conducted research for their Master's Thesis, Doctoral Dissertations as well as conducting research in labs, hospitals and in other institutions. Over the years practitioners' curiosity and commitment to gain knowledge about Therapeutic Touch, how it works (because as we know "it works") or how to develop best practices for teaching and practicing, has helped Therapeutic Touch to be accepted by people in hospitals, hospices, Long Term Care facilities, clinics and private homes as well as many other settings around the world.

However, it is also every individual, on a daily basis, who does a treatment, applies Therapeutic Touch first aid or teaches someone to sense their energy field that continues this re-searching and knowledge building. In our practice of Therapeutic Touch, when we reflect on and write up a treatment or do a case study, we are discovering valuable information about our practice. In the long run these experiences and insights also contribute to the accumulated knowledge base of Therapeutic Touch.

Case studies are a recognized form of research. They may provide us with detailed information about one particular situation. This one case can stimulate our curiosity to go more deeply into a question or concern. Several case studies may show a trend and point the way for more research. In other words each of us is a valuable resource for expanding the field of Therapeutic Touch.

In this column I will be sharing articles from peer reviewed journals as well as other worthy publications. I would also like to get your questions and ideas about researching Therapeutic Touch. I look forward to hearing from you, so please let me know what you would like to learn about and how I can help make this space meet your needs.

Judy Kanee, *Chair*

Research and Professional Practice

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ARTWORK BY MARI BIEHN

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 27 of this issue of *in touch*)

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

LEVEL 1 (Introductory / Beginner)

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
Belleville	Fri evg/Saturday	October 13 & 14	Alison Cooke	Her	613-395-3691
Burlington	Fri evg /Saturday	March 30 & 31	Mary Simpson	Her	905-825-0836
Burlington	Wed evg X 3	April 4, 11 & 18	Mary Simpson	Her	905-825-0836
Carrying Place	Tues Evg X 4	Mar 6, 13, Apr 10 & 17	Donna Van Vliet	Her	613-962-1004
Chatham	Saturday	April 21	C Dickson/L Brodie	Louise Brodie	519-354-0534
Cobourg	Thur Evg X4	May 3 – 24	Pat Hall	Fleming College	905-372-6865
Golden Lake	Saturday	April 14	Pat Tamosetis	Her	613-625-2277
Grimsby	Friday night/Sat.	April 20 & 21	Rose Philip	Her	905-309-4755
Grimsby	Saturday	May 19	Rose Philip	Her	905-309-4755
Guelph	Sat. & Sunday	March 3-4	Mimi Craig	CEUGSB	519-836-7280
Guelph	Wed. Evenings	Mar 14, 21 & 28	Martha Hoey	Her	519-823-5847
Guelph	Wed. Evenings	May 2, 9 & 16	Martha Hoey	Her	519-823-5847
Guelph	Wed. Evenings	June 6, 13 & 20	Martha Hoey	Her	519-823-5847
Guelph	Friday thru Monday	August 17, 18 ,19 & 20	Martha Hoey	Her	519-823-5847
Haliburton	Mondays	April 16 & 23	Marilyn Annie Mighton	Her	705-457-9560
Huntsville	Wednesday	March 28	Shirley Boon	Her	705-789-7434
Kingston	Saturday	April 14	Alison Cooke	Her	613-395-3691
London	Saturday	May 12	Carole Wray	Her	519-668-0272
London	Thur X 5	March 1	Jitka Malec	Her	519-668-2409
Mississauga	Saturday	May 19	Susan Keith	Rami Shami	905-712-8119X238
New Hamburg	Friday & Saturday	April 27 & 28	Ellen Hadley	Her	519-503-6277
Niagara Falls	Thurs Evg. X 4	Sept 20, 27 & Oct 4 & 11	Doreen Sullivan	Her	905-354-8873
Ottawa	Saturday	April 14	Gail Lafortune	Her	613-834-4524
Peterborough	Sat & Sun	May 5 & 6	Linda Nelson	Her	705-745-2849
Thornhill	Saturday	March 24	Jodi Cole	Her	905-731-4713
Thornhill	Saturday	September 22	Jodi Cole	Her	905-731-4713
Toronto	Saturdays	April 21	Julia von Flotow	Her	416-686-6463
Windsor	Fri Eve/Saturday	April 13 & 14	F. Hartleib/S. Parrott	S. Parrott	519-258-0440

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

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
Belleville	Fri evg & Saturday	November 2 & 3	Alison Cooke	Her	613-395-3691
Burlington	Saturday	May 5	Mary Simpson	Her	905-825-0836
Carrying Place	Tues Evg X 4	May 1, 8, 15 & 29	Donna Van Vliet	Her	613-962-1004
Golden Lake	Sunday	April 15	Pat Tamosetis	Her	613-625-2277
Guelph	Saturday	April 14	Mimi Craig	Her	519-827-1819
Huntsville	Wednesday	April 25	Shirley Boon	Her	705-789-7434
Kingston	Saturday	April 28	Alison Cooke	Her	613-395-3691
London	Saturday	March 31	Carole Wray	Her	519-668-0272
London	Saturday	July 14	Carole Wray	Her	519-668-0272
London	Tues X 5	April 10	Jitka Malec	Her	519-668-2409
Mississauga	Saturday	June 9	Susan Keith	Rami Shami	905-712-8119 X 238
Niagara Falls	Thurs Eve X 4	Oct 18, 25, Nov 1 & 8	Doreen Sullivan	Her	905-354-8873
New Hamburg	Saturday	June 2	Ellen Hadley	Her	519-503-6277
North Bay	Saturday	May 26	Mary Simpson	M. Giles	705-724-5163
Ottawa	Sunday	April 15	Gail Lafortune	Her	613-834-4524
Peterborough	Sat & Sun	May 26 & 27	Linda Nelson	Her	705-745-2849
Roseneath	Sunday	April 29	Pat Hall	Her	705-924-9320
Roseneath	Sunday	June 24	Pat Hall	Her	705-924-9320
Thornhill	Saturday	May 5	Jodi Cole	Her	905-731-4713
Thornhill	Saturday	October 27	Jodi Cole	Her	905-731-4713
Toronto	Saturdays	May 5	Julia von Flotow	Her	416-686-6463
Windsor	Fri/Saturday	May 4 & 5	F. Hartleib/S. Parrott	S. Parrott	519-258-0440

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

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
Belleville	Saturday	May 19	Alison Cooke	Her	613-395-3691
Carrying Place	Tues Evg	June 12 to Oct 11	Donna Van Vliet	Her	613-962-1004
Golden Lake	Sunday	April 28	Pat Tamosetis	Her	613-625-2277
Guelph	Saturday	April 28	Mimi Craig	Her	519-827-1819
Huntsville	Wednesday	May 16	Shirley Boon	Her	705-789-7434
Kingston	Saturday	November 10	Alison Cooke	Her	613-395-3691
London	Saturday	April 21	Carole Wray	Her	519-668-0272
London	Saturday	August 18	Carole Wray	Her	519-668-0272
London	Tues X 5	June 5	Jitka Malec	Her	519-668-2409

Mississauga	Saturday	September 8	Susan Keith	Rami Shami	905-712-8119 X 238
New Hamburg	Sat & Sun	May 5 & 6	Ellen Hadley	Her	519-503-6277
Niagara Falls	Thurs Evg. X 4	Apr 19,26,May 3 & 10	Doreen Sullivan	Her	905-354-8873
Ottawa	Saturday	April 21	Gail Lafortune	Her	613-834-4524
Roseneath	Sunday	March 25	Pat Hall	Her	705-924-9320
Thornhill	Saturday	June 16	Jodi Cole	Her	905-731-4713
Thornhill	Saturday	December 1	Jodi Cole	Her	905-731-4713
Toronto	Friday	March 30	Rossiter-Thornton/Moore	Theresa Moore	416-493-7646
Toronto	Saturdays	June 2	Julia von Flotow	Her	416-686-6463
Windsor	Fri/Saturday	June 8 & 9	F. Hartleib/S. Parrott	S. Parrott	519-258-0440

PRACTICE DAYS

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
Toronto	Sunday	March 25	Crystal Hawk	Her	416-922-4325
Toronto EGH	Friday	April 13	Marleene Burfield	Her	416-438-7720
Barrie	Saturday	April 14	Evelyn MacKay	Margaret Cottle	705-719-1463
Etobicoke	Saturday	April 14	Susan Keith	Her	905-278-6970
St. Thomas	Sunday	April 15	Helen Spangenberg	Her	519-769-2374
Guelph	Friday	April 27	Valerie Morrell	Her	519-821-4006
Brampton	Sunday	April 29	Mary Simpson	Lillian Hutchinson	905-457-2211
Windsor	Saturday	May 26	F. Hartleib	Sharron Parrott	519-258-0440
Peterborough	Saturday	June 16	Linda Nelson	Her	705-745-2849
Arva	Saturday	July 7	Jitka Malec	Ellen Edmondson	519-660-0559
Pembroke	Saturday	September 8	G. Lafortune & P. Tamosetis	Marguerite Centre	613-732-9926
Roseneath	Sunday	September 16	Pat Hall	Her	705-924-9320
Hamilton	Sunday	September 16	Rose Philip	Her	905-309-4755
Niagara Falls	Sunday	November 11	Doreen Sullivan	Her	905-354-8873

WORKSHOPS FOR CONTINUING EDUCATION

LEVEL 2 & 3 REPEAT: Prerequisite – Level 3

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
Niagara Falls	Saturday&Sunday	April 21 & 22	Mary Simpson	Doreen Sullivan	905-354-8873

THE MAGIC & MYSTERY OF THERAPEUTIC TOUCH: Prerequisite – Level 2

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
Toronto	Sunday	May 6	Crystal Hawk	Her	416-922-4325

ENHANCING ASSESSMENT: Prerequisite – Prerequisite – Level 2

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
North Bay	Sunday	May 27	Mary Simpson	Monica Giles	705-724-5163

A BELATED AND DISTANT THANK-YOU

The Place: Sheraton Toronto Airport Hotel.

The Occasion: November 2011 Vision & Reality Post Conference Workshop. 'Applied Mindfulness' – a wonderful day of information and meditation shared with Tony Murdock.

The Set-up: Imagine a closing meditation in a large room filled with individuals experiencing a deep 'stillness' and quiet throughout the room. Suddenly, unexpectedly, someone begins to cough uncontrollably and is unable to stop.

Well that was me. No cold and no sniffles during the entire conference but in those last moments, wouldn't you know. The more I struggled to contain the disruption, the worse it got. Needless to

say, my attention was no longer on calming my mind; and I was very conscious that I most likely was disturbing others nearby. However, several minutes later, I began to feel a soothing sensation directed my way. Not only was there an absence of judgement but there was a sense of what I can best describe as a feeling of love.

I have been a Practitioner for several years and have consequently participated in numerous Therapeutic Touch sessions. It has been an honour. I must honestly say though that I have never been 'touched' by something so unique or beautiful. I will be so bold as to say this was 'distant healing'. In return, I sent a thank-you out into the universe.

Pamela Kaufman, *RP*

THE LEARNING NEVER STOPS...

Wednesday is Wellness Group at our local Hospice. This means clients are invited to come for Tai-chi followed by Meditation, then Therapeutic Touch™ or Reiki. Attendees may be caregivers for someone who is ill at home, or clients may have a diagnosis of life-limiting illness and undergoing therapy or treatment. Others may be experiencing bereavement.

One particular Wednesday I was assigned to treat a woman who was dealing with severe back pain as a result of metastases to the bones of her spine and ribs. She shared that her pain was severe in her shoulders and the ribs at her back.

As one would, treatment began with a general treatment and then, attention to her shoulders and back seemed appropriate. As clearing was being done down her arms and beyond her hands, I noticed a 'spurt' of energy from the side of her right thumb nail into the palm of my hand. I re-assessed it several times and with each pass over her hands, that same dart of energy was felt in my palms, the right being considerably more intensely felt.

Since the thumb area was felt so specifically, I began to work first on the left thumb, which responded quickly to clearing, and then on the right. In clearing the right thumb area, the 'dart' of energy diminished but more slowly. I asked the client whether she was feeling any sensation in her thumb. She responded: "Yes, a bit but not so much in my thumb.... I notice the pain is leaving my back!" As I continued clearing her thumbs, she said the pain level altered in intensity and soon, she felt it not at all in her rib area. In that session I taught this client how to clear her hands and thumbs so she might use this as a way of her own pain control, which she could do right away.

That seemed surprising to me. In thinking over what happened, my sense was that I had 'tuned in' to a meridian as described in Chinese medicine. One report tells me the Lung Meridian moves through the upper body and ends at the outer tip of the thumb. Since I am open to this respected Chinese method and since the meridians have an energetic signature in the field as well as in the body, it is quite

possible that we did tune in to a meridian 'signal' in the situation described above.

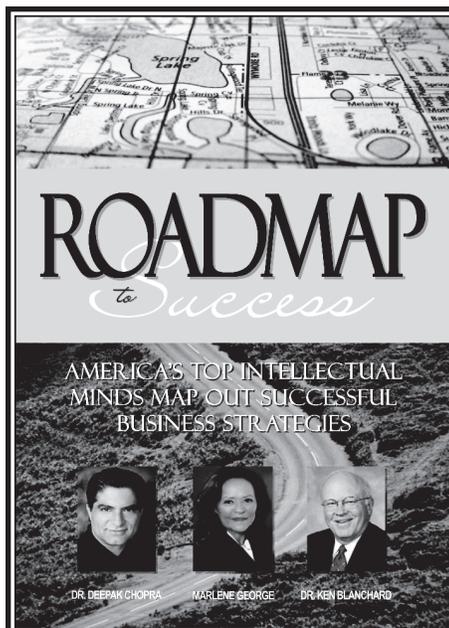
Presently I am one of several practitioners attending a client who has had a shocking fall. She feels the distress in her back responding positively to the work being done at her thumbs, which is very helpful since turning is painful and access to her back area is difficult. Of course involving the whole field in the treatment session is important. Still this little addendum to treatment is helpful and is a reinforcement of my ongoing learning as a practitioner.

Since having learned this some years ago, similar cues have manifested in the field of other clients. When imbalance shows itself, I clear at that site. Often a nerve or a body organ or any body part, for that matter, expresses itself so fully in the field by way of a small and unexpected cue that it is possible to trace such a cue to the place of origin. Such awareness can teach us much.

The clue is noted, the practitioner pays attention, assessing by testing and retesting, and engaging the client by asking: "As I work at this site, are you aware of sensation elsewhere in your body?" They may tell me where that place is, often remote from where I have picked up the tiny imbalance. Sometimes an inner sense tells me where that resonance arises. It is as if the clue to their distress is hidden away, remote from the place of pain or discomfort or more obvious field imbalance.

Sometimes that very small clue reveals a painful event that is more easily tucked away than expressed, hidden in a place remote from the initial trauma. I do wonder whether such a clue is not 'released' into the field until the client is willing, consciously or unconsciously, for it to be found. Therapeutic Touch works, and works best when it allows for new learning!

Evelyn MacKay, *RT*
Guelph.



Look for Marlene George's insightful analysis of personal and professional success contained within the pages of this ground breaking book.

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Contact Marlene George, mgeorge@marlenegeorge.com or 905-796-0101 for more information

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TAKE THIS TO HEART

I can't count the number of times that I've heard Mary Simpson say to someone "Now you should write that up for **in touch**. So here's my story.

I had plans to attend the Conference this year in order to fulfil the Therapeutic Touch Activities section to maintain my Recognized Practitioner Status. Well the Universe and my heart had other plans. Instead, I had a heart attack that week.

I had three episodes during that week and did a Therapeutic Touch treatment on myself after each. My intent was to relax and release any stress. After the Therapeutic Touch I felt better.

What finally sent me to the Emergency Department was my volunteer fireman son. After taking my blood pressure twice he said "Uh, in my professional opinion Mom, you should get checked out".

So there I was Friday night in Emergency thinking that maybe by morning when I felt better I could still make the Conference on Sunday. Well two blood tests later I found myself talking to our hospital's cardiologist. "You have had a heart attack and most likely a 90% blockage somewhere. We are going to keep you until Southlake is able to do an angiogram and whatever it takes to fix you". Hmmm so there goes the conference!

A statement like that should have scared the daylights out of me. However, after the first indeterminate blood test result I had given myself a Therapeutic Touch treatment. My intent had changed to "so my heart is hurting, let's fix it".

Now that I was under orders to bed rest, I had no further episodes. I spent the next three days in ICU where I could be monitored. Other than tiring more easily, I did not feel sick. In fact I was allowed to roam around in my civvies. I continued to do Therapeutic Touch treatments on myself.

My experience at Southlake could at best be described as surreal. As they rolled me into the PCI lab, I heard strains of the 2001: A Space Odyssey dancing in my head. It isn't every day that one gets to look at an image of their own heart, let alone watch the angiogram hardware traipse the light fantastic. I was given a light sedative to take the edge of things...Ha!

Initially I wasn't doing any self Therapeutic Touch treatment because I was so fascinated by everything. However when the surgeon inserted the first stent, things became tense. The dialogue became stilted...I could hear everything. The surgeon wasn't satisfied with how the insertion was going so he pulled it out.

At this point I decided that some Therapeutic Touch would be a really good thing to do. My treatment involved working with the whole lab. Personnel, machines, equipment, tools and, of course, myself. I visualized us surrounded by a pale, silvery, blue globe. My intent was to enable each of us to do our part as well as we could and for the procedure to flow smoothly. I my mind I hummed the Blue Danube waltz.

I felt the tension ebb away. The dialogue flowed, equipment performed smoothly and when it was all done the surgeon stepped back to admire his handiwork. I released the field gently

when I realized the procedure was completed. The surgeon pronounced himself "quite pleased with how the two stents were seated". He admitted that the blockages, one 80%, the other 90%, were awkwardly situated.

Upon leaving, I thanked the surgeon. I told him I was glad he was satisfied because by my calculations, I needed at least another 25 years to complete my life. I also told him that I practiced something called Therapeutic Touch and that I had been doing it during the procedure. He replied "Oh, is that what happened? It went well."

All in all, I would say that the PCI procedure was no more uncomfortable than a complicated dental procedure.

So here I am, on the road again so to speak. 8 weeks post stent insertion. I wondered why this happened to me. I had a non-ST elevation MI in my left artery. Aside from taking some heavy duty meds and doing cardiac rehab, my cardiologist says that I am normal and that I "dodged a bullet".

I regularly do Therapeutic Touch on my heart now. At night before I go to sleep, I visualize holding my heart in my hands and surround them with a light pink colour. Then I visualize the two stents as shiny, smooth little culverts for essentially that's what they are. I use this imagery because I do not need anything sticking to them. My intention is for continued good health and successful assimilation of the two stents.

Apparently this kind of heart attack doesn't usually have a happy ending. Thus, I have decided to share my experience so that someone else may live. If you experience a burning sensation in your chest as well as breathlessness, fatigue, dizziness or just not feeling well don't assume anything until you get medically checked out. You owe it to yourself.

Nancy Lee Johnston, *RP*



THE GIVING AND RECEIVING OF 'FEEDBACK' IN THERAPEUTIC TOUCH™

This is an art which must be consciously developed.

By Mary Simpson, R.N. (Ret), TTRT

In Therapeutic Touch™ workshops and Practice Groups or whenever you are exchanging a session with a Therapeutic Touch™ colleague, you are required to give and receive feedback. Only through thoughtful feedback from a colleague can we truly understand the effect which our session can have on another person. Good constructive feedback is the most useful and beneficial to the receiver because it provides encouragement, support, corrective measures and direction.

Although their comments are valuable, we cannot rely on clients to give verbal feedback. They may be unconscious, a baby or asleep - or a four-legged friend. Nevertheless, the client comments after their session and relaxation should be recorded on the case study form.

Giving Feedback

The compulsory period of undisturbed rest following a session allows the physical body to respond to the changes in its energy field. During this time we may be sleeping or imaging a beautiful place in nature and thinking of ourselves as whole and healthy. It is not really an appropriate time for reflecting on our Therapeutic Touch™ experience because in our recall we run the risk of disturbing our newly rebalanced field! When we regain alertness it is the time of recall and inner exploration so that effective and constructive feedback may be given to the practitioner.

Feedback is an art which is developed through practice. It requires paying attention to the process inside us, and having the ability to recall the experience in detail. In becoming an astute observer, you:

- are required to be totally present to the session. This may be a challenge because the session creates a relaxation response making it difficult to be aware of what is happening;
- become aware of sensations, both obvious and subtle, physical and emotional, throughout your body and its energy field.
- will pay attention to the practitioner's presence in your field, which should be comforting but may in fact, be irritating, unpleasant or invasive. A point of consideration here: if you, as the practitioner, have any peculiarities which may disturb the client during the session (i.e., cracking knees, chronic cough, etc.) you should mention it during the introduction.

When it becomes necessary to give "negative" comments allow it to be "constructive" feedback. If you are uncomfortable doing this because you are afraid of offending the practitioner, or if you can't express yourself in a kindly - but firm - way, you must accept this as your problem! Learn terminology that the practitioner will receive as constructive rather than insulting or demeaning.

Remind yourself that this practitioner will be giving sessions to other people and deserves your honest feedback about his/her Therapeutic Touch™ session.

Receiving Feedback

In a Practice Group or workshop your colleague/recipient has an obligation to give feedback about your session. It is a valuable part of the experience. Your ability to receive and respond to this valuable feedback is improved through practice.

During the session watch for non-verbal feedback - a sigh and improved colour which indicates the onset of relaxation, as well as facial movements or body changes which indicate relaxation is not happening.

Recipients may have difficulty expressing themselves, or be shy about 'critiquing'. Be alert for evasiveness which may indicate that the person has had a negative experience, but is reluctant to tell you. Explain how important feedback is for improving your Therapeutic Touch practice. Ask for clarification, or gently coach them in accessing a deeper level of awareness - which will be easier if you personally practice your art of feedback.

Accept constructive feedback graciously. If criticism is difficult for you to accept, it is essential for you address this issue as part of your personal healing path. Always thank the recipient for giving you feedback.

In a "Reverse Case Study" found in the TTNO Practitioner Workbook, the recipients give a careful account of their personal experience during the session.

Suggested questions for feedback

- List positive aspects of your session Identify contributing factors.
- List any uncomfortable aspects of the experience Identify the contributing factors.
- Were you comfortable giving feedback to your practitioner? Why/Why not?
- Insights gained relative to your own practice.

An excellent website for feedback information:
<http://www.expressyourselftosuccess.com>

Feedback allows us to become better Therapeutic Touch™ practitioners.

Mary Simpson, RN, TTRT

will present the following workshops
in your community, on request . . .

Therapeutic Touch™ - 3 Levels, Repeats & Reviews
and Advanced workshops:

"Enhancing Assessment"

"Energy Field Interactions"

"Chakras: their Implications in Health and Illness"

905-825-0836

mary.simpson@cogeco.ca

THREE OTHER FIELDS - AN UNDERUTILIZED RESOURCE IN THERAPEUTIC TOUCH™

In Level 3, the Therapeutic Touch student learns about the Emotional, Mental and Intuitional field in addition to the Etheric energy field which is the more dense and felt closest to the physical body. We learn to locate them and work in them, but in my experience these fields do not receive much further attention - theoretical or practical - in Therapeutic Touch practice.

I have come to the conclusion that this means a loss of opportunity to both practitioner and client.

A couple of years ago, I started working on these fields more regularly and I would like to share some of my observations.

There are a few key points that stand out:

- Each field has a particular 'feel' or quality that shows a certain consistency relative to that field.
- The space occupied by each field is a mystery.
- Treating with a specific intent makes a big difference to what one finds during the assessment.
- Working on each of these four fields has profound effects.
- The treatment may last longer than 20 minutes.

Let me start with the space the fields presumably occupy. I remember when I took Level 3, now close to 10 years ago, we started approaching our partner's field from the far side of the room and would then try to sense the outlines of the field. That worked. When I am treating, experience has taught me that if I intend to assess the Intuitional Field at whatever distance I am standing from the client, that is the field I will sense. I may then move only very little, holding the intention to assess the Mental Field, and that is what I will sense next. Are the outlines of the particular field where I sense them, are they elsewhere, or am I asking the wrong question - I do not know. What I do know is that my experience is consistent.

I have discovered that there are certain general characteristics typical of each of the fields. We all know what the field closest to the body feels like, whether we name it the Physical or the Etheric Field. (I call it the Etheric Field). The energy is usually palpable. The Emotional Field always makes me think of clouds. There is a softness to it that I imagine clouds to have. It is very pliable. The Mental Field usually reminds me of an eggshell, in its feel and shape. The Intuitional Field also has a particular feel that I find hard to put into words. It is finer, but still very much "there".

I have often worked on these four fields using a particular intention for the treatment, e.g., freeing each field from "left-overs" of particular traumatic experiences. When I have a specific intention and assess the fields for remnants of certain resentment the client is carrying, what I sense during the assessment is very different - in each field - than if I did a general assessment. The difference of what I find always strikes me, because my rational mind would say: the resentment is there, so I will pick up its traces in the field even during a general assessment. My experience tells me otherwise. The results of working on these four fields and working with a particular intention are consistently profound.

I have also found that working on several fields can make it appropriate to extend the length of a treatment, with the consent of the recipient. The well being of the client is the ultimate arbiter. The rest period must be extensive as well - it takes time to integrate a four- field treatment!

Last year I treated a lady in her eighties. She was suffering from heart pounding, sweating, boredom, grief, guilt feelings and a number of other things than can accumulate when one has been a wife, mother, grandmother for many years. We shared 19 sessions over a period of 8 months, always working on every field. There was continuous improvement with some normal ups and downs (apart from one or two periods when it seemed she booked the treatments too far apart and had a setback). Her heart pounding decreased, she became less hard on herself, less repressed with her husband and less depressed as well. Grief and guilt feelings lessened and she became more outgoing. During our initial conversation at each appointment I usually would get a sense of what the particular intent should be for the session. If that was not the case, I would ask for guidance after centering and act on the information I received. It worked.

I would encourage everyone to make more use of valuable four-field knowledge we all received during our training!

Barbara Schuster, *RP*

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**Contact: Doreen Sullivan, 905-354-8873
E-mail: 4doreensullivan@gmail.com**

THE LEGACY

We all know the value of teaching the basics of Therapeutic Touch™ to anyone with a willing heart; I have to say that the most rewarding experiences I have had are when teaching young children. They are so authentic and heart centred, and their intent is always pure.

My own sons are just two of those children and, of course, they were the first. They were just four and six years old when I began my Therapeutic Touch journey and so were very open and trusting when I shared it with them.

I am also grateful for the two major 'miracles' in their journeys that came about because of my use of Therapeutic Touch.

One child had a cup of boiling water spilled down the side of his face and neck – I know in my heart that he would be scarred today if I had not been there to spend those 20 minutes clearing the energy from his lobster red face (there is no trace of the episode – not even a memory for him). The other child had a glass jug shatter near him, piercing and cutting him in many places, but most seriously at the base of his finger, so deeply that I knew he needed stitches. Because of his tender age, we were both reluctant to be further traumatized by getting those stitches – so he agreed very maturely to take great care with the tape I wrapped tightly, pulling the edges of the wound together. I monitored it and gave him multiple Therapeutic Touch treatments over the next few days. In retrospect, I have a hard time believing that the two of us could work from such a centred, responsible place, but the wound healed in record time with minimal fuss, and he has no evidence of it, not even a scar.

I remember this same son rescuing me as I literally crawled in the front door after injuring my back while shovelling snow – with his pure intentions he cleared that energy as I knelt on the floor inside the door, and I was able to stand upright within a couple of minutes and not need further medical attention. He was probably 6 years old at the time.

Now just this past week, at 21 years of age this son came to my rescue again when I managed to spill oily boiling water on my hand and up the inside of my wrist. Since first learning Therapeutic Touch I have had many episodes of stove burns – which, of course, never amount to anything because I immediately use Therapeutic Touch on them. This time I was doing as I always do (including some cold water as first aid), but the area was big and getting pulled in by the pain, I was losing my centre. As soon as I realized this, I went to my son and asked him for help. Well, the angry red was the size of a dime within 3 minutes! Of course, I had no trace of it at all later that evening.

I just love how, by offering my sons Therapeutic Touch and them offering it to me, we have come full circle. If these young men have children, they too will receive the gift of Therapeutic Touch and the legacy will carry on.

Please don't ever think a child is too young to learn – the payoff for sharing with them is enormous.

Deb Hobson, *RT*

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

Theme:

Healing Sounds of Therapeutic Touch
Credit for maintaining or
achieving RP status

June 7 to 10, 2012

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Laura Pokoradi & Diane May
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More information contact:

Laura: peaceandlight@sympatico.ca
Linda: lindanelsonstt@gmail.com

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May 4th, 4 p.m. to May 6th, 4 p.m., 2012

Facilitated by:

Patricia Tamosetis & Gail Lafortune
Special Guest, Jitka Malec

BE RESPONSIBLE FOR THE ENERGY YOU BRING

The Teacher's Day before the Vision and Reality Conference was the best I have ever experienced.

My first conference was in 1996 and I have not missed one yet. (I was pretty sure I would miss 2012's, so I was quite relieved to hear that there would be a well-deserved break for our board of volunteers. The patience and love and professionalism of the board is quite wonderful to see. They are our wise people, and I agree with their choice to take time out and reboot.

The conference is about to change – and I believe it will be for good. I have not seen The Therapeutic Touch Network of Ontario make a mistake yet – but rather grow for good. What the conference and pre Teacher's Day has given me is the opportunity to network with all practitioners from across the country. It has become like a reunion for me. I love these people and not just because they give the greatest hugs in the world. It is amazing to learn from them. There were 6 things about the Teachers Day that gifted me as a teacher, a student, and a practitioner.

The first was the meditation. It was profound. Thank you Arlene Cugelman.

The second was Sharon Parrott's message: "Be Responsible for the Energy you Bring" which is the message from Jill Bolte Taylor who wrote My Stroke of Insight. If you have not seen her on Ted Talks, a 10 minutes or less blurb – I highly recommend it. http://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight.html

In any event – this message rivals Caroline Myss's line in 1999 in Egypt where she said: "What if your purpose in life is simply to be as sweet as you can be?"

Dora and Dolores said it first. That is why the first step in Therapeutic Touch is to centre. Thank you Sharon! What a wonderful word bite to remember. "Be Responsible for the Energy you Bring."

The third thing was a film of Dora while being interviewed. Two things really landed in my soul while hearing her: 1) that as a healer, she thought of her body as a vessel ("and I use that term loosely" she immediately hastened to say.) What she did was align herself with perfect order and then bring it through herself and "impose" it or project it onto the healee. (Of course she was in a deeply centered state.) 2) She said that "there is something about the rhythm that makes it all work. Moving your hands with rhythm.... "This video is clear and inspirational. I hope it becomes available for all to share. The fourth thing was that during the practicum, while I was giving Therapeutic Touch, I consciously remembered to use my hands in rhythm, and the receiver and I came into such harmony that in my head, beautiful music started to play. It was at that moment her field blossomed. I could feel very easily where the imbalances were. They then washed away effortlessly, and her core strengthened, and her field became clear as silk. In discussing it after the practicum, we had pretty much the same awareness of the experience.

The 5th thing that was really brought home was that this Therapeutic Touch Network of Ontario truly is a network. No one person within is greater or lesser. Everyone is equal and that is that. The TTNO is an incredibly functional community in my opinion. In university I took a sociology course that taught what were the earmarks of a functional community and the TTNO is it in spades. As in all communities there are gifts and there are challenges. Everyone has

gifts and challenges. If everyone shares – the community grows and strengthens, because everyone's challenges are met and everyone's gifts are used.

The 6th thing was when after our presentation on New Media, Crystal Hawk sat in front of us and said: Here is all you have to do. Get a person in your community – like a student from a local college course into media – to video you doing some aspect of Therapeutic Touch, and put it on YouTube. For example, you could teach a person how to feel the field, and then introduce yourself as a Therapeutic Touch Teacher, and that this is a part of Therapeutic Touch which you offer classes in – and for more information they can go to the website of The Therapeutic Touch Network of Ontario. Brilliant!

Thank you to the Network, to the Teachers Committee and to the Board.

Thank you for 16 incredible back to back Vision and Reality Conference experiences, where I met the greatest people – from the likes of Dan Millman, Richard Gerber and Belleruth Naparstek, to all of the people I feel are close friends today.

Heather Grace Gurd, RT

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DIFFERENCES IN BLOOD PRESSURE BETWEEN ARMS COULD INDICATE VASCULAR RISK

A systematic review and meta-analysis, published in The Lancet online, found that differences in systolic blood pressure between arms could be a useful indicator of the likelihood of vascular risk and death. The findings further support the need for both-arm blood pressure checks to be the norm — not least because most cases are 'clinically silent' and such checks would better identify those at risk.

Dr. Christopher Clark, Clinical Academic Fellow at PCMD and a GP in Witheridge, Devon, UK, led the study. He said: "We set out to investigate whether there was an association between differences in systolic blood pressure between arms and vascular disease and mortality. Our findings indicate a strong association..... More research is required in order to transfer our findings to clinical practice, but in the meanwhile we will be flagging the results of our review to the UK Vascular Check programme."

MINDFULNESS AND INSOMNIA

Imagine if no one ever had to depend on medication to help manage depression, chronic pain, or insomnia. In the case of insomnia, recent studies are showing how mindfulness is just as effective as side-effect loaded medications.

One study, conducted by Cynthia Gross, PhD and her colleagues from the College of Pharmacy at the University of Minnesota, found some inspiring evidence that mindfulness may be just as powerful as the insomnia prescription medication, Lunesta.

This randomized, controlled trial was conducted at the University of Minnesota's health center where thirty adults, diagnosed with insomnia, were split into two groups. Twenty participants took an eight week MBSR (mindfulness-based stress reduction) training course, and ten participants were put on a daily regimen of 3mg of eszopiclone (Lunesta).

The folks in the mindfulness course had one 2.5 hour session a week for eight weeks, one full day retreat, and were provided with homework assignments designed to help them stay focused on their mindfulness practices.

Participants' quality of sleep was measured using the Insomnia Severity Index, the Pittsburgh Sleep Quality Index, and sleep diaries. These tests were performed before and after the initial eight weeks and then again three months after the study.

Results show that mindfulness and the sleeping medication had comparable results on several measures total sleep time, how long it took for participants to fall asleep, and sleep efficiency (percent of time spent asleep compared to total time in bed).

After eight weeks of training, the MBSR group fell asleep more quickly than the medication group and this was still true at the three month follow-up and some of the improvements in quality of sleep continued to rise as time passed.

THE BENEFITS OF EXERCISE FOR THE BRAIN

When the weather seems to discourage physical activity, perhaps we need to be reminded about the myriad of benefits to our brain that exercise can bring.

Among the motivating evidence:

1. In elderly men with poor physical function, increasing general physical activity may potentially confer a protective effect or delay the onset for dementia. (Taaffe DR et al., *J Gerontol A Biol Sci Med Sci*, 2008 and Ahlskog JE et al., *Mayo Clinic Proceedings*, 2011)
2. According to an NIH study, regular aerobic exercise can modify the brain environment in such a way that the neurons are protected and may help prevent brain damage from diseases like Alzheimer's Disease. (Harry GJ et al., *Brain, Behavior, and Immunity*, 2011)
3. Regular exercise increases mitochondrial numbers in brain cells, a potential cause for exercise's beneficial mental effects. Mitochondria produce the power for our cells, and have a role in cell growth and death. (Steiner JL et al., *American Journal of Physiology Regulatory, Integrative, and Comparative logy*, 2011)

Posted in Brain Science, February 13th, 2012 5 Comments

DEEPAK CHOPRA LEADS US IN MEDITATION AS A PATH TO TUNING IN

Many people think that meditation is a time to tune out. Deepak Chopra tells that it's not to tune out; rather he talks about meditation being a time to tune in. He suggests we use mediation to get in touch with ourselves, to get into what he calls the 'space between the thoughts'. He said the pathway to this place is meditation and on this site he leads us through three levels of meditation. This is worth listening to.

<http://www.doctoroz.com/videos/deepak-chopra-meditation>

SIZE MAKES A DIFFERENCE

This web site gives us an extraordinarily perceptive account of size. To gain full benefit from this amazing site, make sure you scroll in and out, zoom in and out and use the scroll bar on the bottom. I think you'll find it's worth the trouble and your children and grandkids will love it. <http://htwins.net/scale2/>

OUR AMAZING HUMAN SPINE

Here's a fascinating demo of how our spine affects our bodies. You can roll your mouse over any of the 24 vertebrae in this picture of the human spine and learn how it affects other areas of your body and your life!!! Roll slowly so you don't miss any information. http://www.chiroone.net/why_chiropractic/index.html



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

Well hopefully by the time your read this column it's Spring. I mean really Spring and not the Spring-like weather of this Winter of 2012! Bizarre eh? Not that I'm complaining you realize but still! Strange! Anyhow, I'm not here to report on the weather but to bring attention to all the wonderful things our members are up to as they spread the word about Therapeutic Touch.

First is a report in from Shirley Boon who wrote: "Members of our Huntsville Therapeutic Touch Practice Group participated in the Seniors Health Fair at our local mall yesterday, Thursday Feb 2, 2012 from 9:30 to 3pm. We had a display and gave out information and brochures to the public as well as Therapeutic Touch sessions. Five of us participated - Eva-May Ferrier, Cathy Nystrom, Mary Jane Phillips, Gwen Jones and me.

The fair was well attended and we were busy the whole time with 2 or 3 people receiving Therapeutic Touch sessions simultaneously. Many people were trying it out for the first time and others came specifically looking for a treatment because they had had them before and wanted a session. " Well done!

Next congratulations are in order to Muriel Allen and her husband Jim. Muriel and Jim have both received the "June Callwood Circle of Friends Award" honouring their many years of providing various services to the Hart House Hospice, a hospice serving

Brampton and Mississauga. Congratulations Muriel and Jim.

Congratulations also go to Nancy Hall, a past member of the Brampton group and currently the Manager of Resident Care of Bethel Hospice in Caledon, for receiving a "Women of Achievement Award". Well done Nancy! And much deserved for sure.

This next item isn't about Therapeutic Touch but I'm going to include it as I'm sure we would all like to congratulate Adeodata Czink for the recent Special Edition article in Macleans magazine on her "Business of Manner" work. Check it out on page forty.

Finally, I'd just like to acknowledge the work that Aldona Mitrikas is up to in Wawa, Ontario. Aldona is working on developing policy and guidelines for using Therapeutic Touch in the local hospital with cancer and long-term care patients as well as providing educational session to staff and physicians. The CEO of the hospital has designated five hours weekly for her to develop and implement this comfort care measure. How exciting! Aldona, please keep us up-to-date with the program as it rolls out.

So that's all for now. Take care.

Jodi

THERAPEUTIC TOUCH™ IS IN GOOD HANDS...

My great niece, Sydney, developed a weeping eye shortly after her birth. Crowned in auburn curls, her beautiful hazel eyes flashed at me from the crook of her mother's arm. I noticed fluid seeping from her right eye and suggested I try a Therapeutic Touch treatment. After a few more treatments by me, the weeping stopped.

"Since the treatment worked so well on Sydney's eye, do you think it will help to reduce her teething pain?" her mother asked, several months later during a visit to their home. I showed Sydney's mother how to clear her daughter's field when the pain reoccurred.

By the time Sydney celebrated her 2nd birthday, Sydney requested Therapeutic Touch when she went to bed at night. "Mommy, please give me TT".

When her mother came down with a migraine headache, Sydney offered, "Mommy, I give you TT, too." Starting at her mother's head, she passed her tiny hands over her mother's body. Her hands in perfect rhythm, after a few finishing strokes, Sydney announced, "Feel better, Mommy". It was a statement, not a question, and then she skipped off to play.

Uncle Dave, I've got dino-rhea", said 4 year old Sydney, to my son after his arrival at the family gathering for Boxing Day. She was coming down with the stomach flu, so I offered another Therapeutic Touch Treatment to help Sydney feel better for the holidays.

Perhaps Sydney will grow up to become a Therapeutic Touch Practitioner or Teacher .. If so, the future of Therapeutic Touch is in good hands.

Marlene George, *RP*

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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 Summer 2012 **in touch** to the TTNO Office
ttno.membership@sympatico.ca or 290 The West Mall, Suite # 3 Etobicoke ON M9C1C6

Question: If I do Bits and Pieces of the Therapeutic Touch form, like I may just unruffle the area of my son's knees when he falls, can I still refer to what I am doing as Therapeutic Touch?"

Responses:

I like this question, because I like accuracy. I think it is best to say "I am doing a piece of Therapeutic Touch form." if you are asked. We practice bits and pieces of the Therapeutic Touch form all the time in practice days and workshops for example. Otherwise there may be confusion as to whether or not you are "giving a Therapeutic Touch Session." which treats the person as a whole.

What defines a Therapeutic Touch Session is not length of time, or what we appear to be working on, but rather the 4 steps: Centre, Assess, Rebalance and End. These 4 steps can be done in moments. An effective session may be astonishingly brief.

What defines Therapeutic Touch differently from every other healing, holistic, or energetic modality that I have studied, is the very first step: centering. It is the cornerstone.

Centering facilitates the Therapeutic Touch Practitioner to be: peaceful, present, neutral or non-judgemental, have clear intuition, full detach, prevent exhaustion and strengthen the self.

When the Dalai Lama said: "Be the change you want to see." he unwittingly was supporting what Dee and Dora taught us right from the start. We change ourselves first. We center. It is foundational to a Therapeutic Touch Session.

Heather Gurd, *RT*

A Therapeutic Touch™ session does not have to be long. In fact, when working with those in palliative care, the very ill or very young it should not be. Dora Kunz said we only have to tilt the field slightly. What is needed is being centered, setting an intention, and getting out of the way (un-attachment to outcome). A session may take a full 40 minutes (which includes the 20 rest/integration period) or it may take very little time, only a minute or two.

I have found myself in situations where someone needs (and wants) Therapeutic Touch but for whatever reason there is "no time." so after centering, I do a little work, and go on my way. Often less is more.

Pat Tamosetis, *RP*

RESPONSES LETTER TO THE EDITOR

This Letter to the Editor contains an idea that often arises in our discussions about promotion of the Therapeutic Touch modality we all practice. We think it is worthy of your input and so we invite you to respond with your own feelings and thoughts around the profile of Therapeutic Touch as opposed to that of other modalities. Thank you.

This discussion is, in my opinion, long due. Let us talk. Roslyn says: "I think that we appear just too ordinary and normal by comparison" (to Reiki).

I practice both, Therapeutic Touch and Reiki. I think they both are ordinary and normal, at the same time magical and mysterious.

They both work with an energy field, using different technique. In Therapeutic Touch, we actively work with the energy flow and believe that everyone with a sense of compassion can learn it. In Reiki, we believe that, after being attuned to the universal energy, we can simply invite it into the field.

For my Hospice clients, the choice between the two is often based on whether they like to be touched or not. What they really want is relief from suffering and they get it from both, Reiki and Therapeutic Touch.

I think what Roslyn refers to is ego involvement in healing work. In this time and age, many people are drawn to healing work. It offers something they are missing in their lives and in the way our society functions. It draws us back to the basic human qualities, to recognizing our connectedness and our responsibility to be there for each other.

That is only beginning, a first step on the way. Continuing education, practice and self-work are needed to take the ego out of the healing process.

Our Network established ethical standards for practicing and teaching Therapeutic Touch. Knowing them may not necessarily mean that we practice them. There are many catches along the way, the most insidious being a sense of power and pride over one's achievements. How that affects the client, we all know. I am talking about any and all healing methods.

Perhaps one of the Reiki teachers amongst us can explain what Reiki Association requires of the members and whether its premises and practices are similar to our Network's.

I also think that Roslyn refers to Reiki being more known. I believe that the difference is just in numbers.

At Wellspring, Therapeutic Touch is rather private 1:1 encounter, while Reiki practitioners work in a group. They love to volunteer and love to talk about Reiki.

That leads me to the question: What is it in us that prevent us from doing the same? Is it the original nursing spirit that is dedicated to serving without making big fuss?

I believe that people that practice healing work either grow with it or disappear from the scene. It is a humble service, in which we grow while giving and receiving from the places of compassion, skill and dedication. The growth happens within and reflects without. It may be challenging and uncomfortable. There is no glamour and it can not be done for money or fame.

Do we need to spiffy up our image? From my heart, I say big NO. We do need to practice Therapeutic Touch and talk about it. Wax poetic as much as Reiki practitioners do.

As for our relationship to practitioners of other modalities: cooperation is what will move our world to a better place – as opposed to competition.

Most importantly, let us teach the public what healing is about and how to make informed choices in the steadily increasing jungle of CAM. That is where I see our mission right now.

Re-read the lovely article from Mary Simpson in Winter 2011-same issue- and think about how you – the reader - can contribute to more public knowledge of Therapeutic Touch. We all have to chip in!

Jitka Malec, *RT*

I am so glad that Roslyn brought up this age old Reiki challenge to Therapeutic Touch™: “Is there something we can do to spiffy up our image....?”

I would suggest this:

The **number one** thing we can do to spiffy up our image is that when we say such words as Recognized Practitioner or Recognized Teacher, or Therapeutic Touch Healer, we give those words the proper respect that is fully deserved. We know that by the time one becomes a recognized practitioner for example, that one has gone way beyond the bar of what it takes today to become a Reiki Master. In fact, one can become a Reiki Master over the computer.

Since the Reiki symbols went public long ago, and with computer technology, along with the fact that there is no regulating association for Reiki Masters, anyone can get a Reiki Master's degree, anytime. Anyone. No actual practice is required. So sadly, the term Reiki Master holds not as much integrity as it once did. Its value is quite diluted. I am not saying that there are not superb Reiki Masters out there. There are. But they are very hard to find as there is no standard. With Therapeutic Touch you know the level of skill and ability you are getting with a recognized practitioner and or teacher and it is every bit as profound as the most accomplished Reiki Master, in my experience.

The second thing we could do is raise our prices. My daughter was stunned at the fact, that though we belong to a regulated organization there are no suggested regulated prices for treatments and classes across the province. It is often the first thing that an organization does for its members. May I propose here and now that the suggested cost of a level is \$200, and the suggested cost of a treatment from a recognized practitioner is \$50 and a teacher \$60. Yes we must be affordable – but devaluing what we have will not

get us anywhere. I can pay a healer in town \$80 to \$120 for a treatment as good as I can give or receive from a TT teacher. I am not saying those other healers are not worth it, I am saying Therapeutic Touch Healers are worth it.

Becoming a TT recognized practitioner is a lot of work, (amazing though) and it takes time and incredible dedication. If treatments paid enough, more people would be able to make Therapeutic Touch available to their local community a few hours every week, as well as maintain their status which would help the TTNO grow.

The third thing we can do? Lighten up and live well. Engage in educational conversations full of laughter and come from a place of generous spirit. That too will ‘spiffy up our image’. Conversations change the world. Yes it is true that people at first often judge others harshly. Many continually mistake using talents as showing off, or they mistake the personal choice of appreciation, honesty, peace, goodwill and joy as being stupid, shallow, and possibly worse. So the sad truth is that some people may judge you very harshly for living well and coming from a place of a generous spirit. But hang on and remember – a generous spirit does not have to mean that all you do is charity. Deepak Chopra says that charity is ultimately never the answer. It is just not sustainable.

I consciously looked for a healing method, and I consciously chose Therapeutic Touch after much observation, 10 years of daily meditation and private yoga practice. My observation in the early 90's was that Therapeutic Touch practitioners and teachers were practical beings capable of having strong families, (this takes remarkable communication ability, and patience) capable of having a job (this takes remarkable loyalty, sincerity and physical stability) and were, all in all, quite a functional group. I watched and saw other healing modality teachers and practitioners have full breakdowns, and become delusional as well as addicts to prescribed medications. I personally have never seen this in a recognized Therapeutic Touch teacher or practitioner within our network.

Ultimately they are people of reason and wisdom. They are true archetypal nurses. There may be differing opinions, and heated debates, and hurt feelings at times, but still in my opinion – the TTNO is highly functional.

The answer is education. If we take the time for kind and generous conversations about Therapeutic Touch and its accomplished recognized healers with deep respect, perhaps education will grow, and we will see a day when OHIP pays Therapeutic Touch recognized practitioners and teachers well for their work. Because of regulation, we have a chance. That would definitely spiffy up our image.

Heather Grace Gurd, *RT*

Question for Summer 2012

As a new practitioner I am confused about journaling... should I do it and what is the benefit to me?

PRACTICE GROUP REPORTS

THE CARRYING PLACE PRACTICE GROUP

Since the last update in the Spring of 2010, the Carrying Place Practice Group has been learning and growing. Three members of the group completed their workbooks to become recognized practitioners, and three former members have returned to the group. Donna Logan Van Vliet gifted those doing a level 1 review with a copy of her CD entitled Empowering the Healer Within. This is a wonderful resource for self-care and healing. We were lucky to have a young lady from Germany with us for several months and were pleased that she was able to continue learning with Diane May when she returned to Germany. Many members were able to attend the 2010 Practice Day on Self-Care and 2011 Practice Day on Boundaries conducted by Alison Cooke, as well as the Jitka Malec workshop on The Fine Art of Communication in Therapeutic Touch held in Belleville.

We have been introduced to several interesting developments in the Therapeutic Touch world such as Dr. Krieger's website and Knowledge project, the TTNC website, Facebook and YouTube channel, the updated curriculum and the application of the CARE (Center, Assess, Rebalance, End) process. Our group is focused not only on allowing adequate rest time to allow the energy field to rebalance but are using the sharing time after treatments to discuss what was different or new, what was learned and how we may have changed. We are making a specific effort to reflect on the opportunity that Therapeutic Touch offers to promote self-awareness. Several times Donna referred to her early experiences in the two year long course she completed. Despite having to fill out three pages of questions, the most important questions referred to self-reflection and awareness. They are: What issues were present for you, BEFORE you began treatment that relate to this interaction? Include the role you saw yourself playing, expectations, attachment to outcomes, fears. Describe any changes you perceived in yourself during the interaction or following and describe any personal issues and/or attitudes that developed for you during or after the interaction.

Our opening meditations sometimes included those printed in *in touch*, for example the Meditation for the Earth. On one occasion, Donna invited us to create a sense of spaciousness prior to our treatments. Most of us were delighted to retell our experiences such as a feeling of expansiveness, a sense of giving and receiving or the physical sense of being a blimp tethered, bubble wrapped or visions of colours. Another time she introduced us to the work of Masaru Emoto and his water crystal cards. We each chose a card with various pictures of water crystals that were formed with a specific word intention. We were asked to focus on the card and word while the music (Vibrational Oneness) of one of our members was played in the background. In this way we are using many senses to create an intention or an opening to our awareness to enhance our Therapeutic Touch sessions.

As we concluded our meetings for 2011, Donna encouraged everyone to continue to support the efforts of the TTNO and to renew our membership. There is no doubt that as we travel this road of transformation created through Therapeutic Touch, we are constantly encountering doorways to new paths.

Barbara Burger

FERGUS PRACTICE GROUP EXPERIENCES CONFERENCE ACTIVITY

At our January meeting, members of the group got to experience an activity from the Therapeutic Touch and Expressive Arts Therapy workshop held during Conference 2011. We introduced the activity with the information from the Conference brochure which was provided by Susan Keith and Cher Curshen, facilitators of the workshop at conference. It was then time to doodle!

In pairs, group members drew on their papers. Discussion followed. Different from the Conference, we did a second time around. Each pair centered together, as we would when giving a Therapeutic Touch treatment with two working on a client. After centering, doodling on a clean sheet of paper began. The discussion after this activity focused on the differences from the first activity - in our drawings, how we felt, the change in our connection with our partner. It was mentioned that after centering together, the drawing became more like a dance, just like when giving a Therapeutic Touch treatment together.

The activity pointed out the importance of being in-tune with our partner. It also highlighted that we as practitioners will be brought to the Therapeutic Touch session and could influence our treatment. This was a fun activity to share with our practice group and brought forth a lot of ah-haws as members identified with the connectivity between Therapeutic Touch and Expressive Arts Therapy. Many thanks to Susan and Cher for introducing this topic to us at Conference.

Yvonne Browning *RP* & Susan Leuty *RP*
Members of the Fergus Therapeutic Touch Practice Group

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**This retreat is credited by TTNO
toward achieving and maintaining RP status**

MY EXPERIENCE WITH DYE

I had an experience lately that was different and I was asked to share it in the **in touch**.

Over two years ago, my health began to deteriorate. I had to sleep more and had losses of energy through the day, but not always at the same time. Trying to discover the cause was like chasing smoke.

Of course, Therapeutic Touch™ relaxed and calmed me, but I had to find the source.

In the summer of 2011, I began to feel worse. The only change I could think of was the addition of a pale pink blood pressure pill. Thinking I could be eating something that would counteract this pill, I went to Google for information about the medication.

I found no foods that could cause my problem. However, the list of ingredients showed the dyes red, blue and yellow. It was then I remembered I had previously had a problem with dark red dye, a few years ago.

I decided I would remove the dye from the pill. So the next morning I dampened a tissue and started to wipe the dye away.

This takes a certain amount of finesse! If you use a tissue which is too damp, the pill will disintegrate. If you hold the pill too tightly, tiny thing that it is, it flies across the room in its best imitation of a tiddy-wink!

Things started to change. During the day, I began to feel lighter, I had more energy, was more clear in my thinking, and my sense of humour increased. I was so thankful I could correct the problem.

The pink blood pressure pill was 5 mg, and my pharmacist told me the 10 mg pill was white. So the prescription was written for a 10 mg to be cut in half. Another problem solved.

I hope this helps someone.

Judy Wills, *RP*
Guelph, ON

SEA OF REPOSE MEDITATION

At a small group discussion during a practice day last year, I mentioned a meditation I do frequently, and the group members suggested that I share it. I usually do this meditation at bedtime.

It took me some time, over a period of many months, to frame this meditation until it felt right, but once I did that, I have found it to be increasingly powerful for myself.

The name of it, and the “watery” nature of it, came from a memory of floating in the Mediterranean, where the sun was so warm and the water so buoyant that there was no effort at all in just lying back, relaxing and floating. It makes me feel supported, centred, at peace, calm, open – that kind of “one with Source” feeling that I get when centering. (I imagine that people would need to feel comfortable with water for this meditation to work for them the way it does for me.) When I do this meditation, I “place myself” in the same sort of

buoyant, warm water, and envision a large, deep sea gently holding me and rocking me, as if the waves are just gently moving me. This immediately relaxes me and is useful for helping me sleep. After doing this meditation for some time, I realized that others might benefit from the same environment. So, in sort of a parallel way of doing a distance healing, I would “invite” my family members, friends, and anyone I knew who was going through a rough patch, to enter this imaginative Sea of Repose. I didn’t push this at all, just thought their names to myself and invited them, much as we would put people’s names into a circle at the end of a practice group sometimes. The same restful “you are taken care of” feeling was the same or even intensified.

At one point I thought of someone who was having a difficult time, but it was someone I had had challenging times with during my life. However, I decided to try inviting them into a small “bay” in the Sea of Repose, just to see what happened. That seemed fine, as if I was both protecting the sea and also offering help to that person. What surprised me was that once the person was “in,” I was able to let them into the sea itself, not only in one area. (The time for this level of comfort differed from person to person.) It was as if compassion was much stronger than any sense of judgment, and I myself was able to be very much at peace despite my day-to-day feelings towards the particular person. If you remember doing a “see the beauty in this person” exercise that occasionally comes up at practice days, it was like that feeling, with compassion flowing, even surging, and judgment melting away. I’ve been able to truly welcome some individuals to the Sea of Repose, even though in the past they might have been people who hurt me deeply. I’ve never felt that they would hurt me again, during the meditation, or felt that I had to hold myself apart.

I find this fascinating in terms of the power of compassion, and akin to what I feel while offering a Therapeutic Touch session, where judgment is reserved and compassion simply flows. I have also found this useful for requests for healing energy that I occasionally get from a web group called HT Connects [emails re Healing Touch practice], where people post requests for healing energy for friends and family. And on my walk from Union Station to the office each morning/evening I encounter half a dozen or more people who are asking for money or who are sleeping on the street. I may not always have money for them, but I do, in my mind, think of them in the Sea of Repose, and say a silent blessing as I pass.

I have also found that if I’m in a stressful situation, recalling the feeling I get during this meditation helps me get centred. (I used it recently when I was about to give a 50-minute speech with minimal time to prepare it.) Sometimes centering works best for me, sometimes this meditation does. I certainly sense that the two have much in common.

I offer this meditation to anyone who thinks they might find it useful. Regarding people you’ve had prior difficulty with but decide to invite into the Sea of Repose, I suggest going slowly with this part of the meditation, and making sure it feels right for you. I’ve been quite surprised at how it works for me and can actually change how I relate to these people day by day — more compassionate and less judgmental. It’s a kind of “taking Therapeutic Touch™ out into the workaday world” that is different from offering a treatment, but I think the centering and compassion and sense of peace are very similar.

Sandy Bogart Johnston, *RP*

SO MANY BOOKS, SO LITTLE TIME

The Intimate Life by Judith Blackstone

Judith Blackstone, Sounds True 2011

Recently, I've had the pleasure of enjoying two really useful books from Sounds True. *The Intimate Life* adds a new dimension to human interaction. Through a series of exercises, the author, Judith Blackstone, PhD, leads readers deeper into a relationship with themselves and others by bringing to awareness the fact that we resonate at various frequencies within ourselves and with each other. This book reflects what many intuitives like me know to be part of the evolutionary process happening at this time. We are beginning to recognize in an experiential way that we are indeed energy, and that we interact with each other through vibrational frequencies. It's one of the reasons that we sometimes meet people who look very familiar even though we've never actually met before. We're vibrating on the same frequency, so there is a sense of recognition as a result.

If your desire is to understand better how your energy influences and affects people around you, then I highly recommend this book. It will change the way you experience yourself, and it will enhance your relationships with others, since many of the exercises are designed to be used with a partner. *The Intimate Life* has inspired me to use these ideas during the beginning meditation in some of my yoga classes, so that we all vibrate on the same frequency at the start of the class, thus we truly get to feel the union that yoga engenders.

The Path of the Yoga Sutras

Nicolai Bachman, Sounds True, 2011

It's standard practice in yoga to study the Yoga Sutras of Patanjali, but *The Path of the Yoga Sutras* is the first version I have encountered that presents the Sutras with great clarity and using practical exercises to anchor the truths into one's practice. Nicolai Bachman, also author of *The Language of Yoga*, offers an understanding of the yogic principles and the nature of suffering, and provides the remedies by clearly explaining the eight limbs of yoga along with personal practices and inner development. The book is designed to give the reader a comfortable comprehension of the Sutras through a path that deepens that awareness and creates motivation for its full expression in yoga. A refreshing, inspiring read.

Bonita Kay Summers, RP
BCTTN



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Teach Us To Sit Still

Tim Parks, Rodale

Tim Parks is a novelist, essayist and translator well known in Europe. He was once on the short list for the Booker Prize. But this is not a novel. It's a riveting account of an illness, a chronic pain that conventional medicine could not relieve. As he says in the foreword of the book "...just when I seemed to be walled up in a life sentence of chronic pain, someone proposed a bizarre way out: sit still, they said, and breathe. I sat still. I breathed. It seemed a tedious exercise at first, rather painful, not immediately effective. Eventually it proved so exciting, so transforming, physically and mentally, that I began to think my illness had been a stroke of luck. If I wasn't the greatest of skeptics, I'd be saying it had been sent from above to invite me to change my ways."

It's his skepticism and his complete honesty that makes this book so fascinating. As well, he is a wonderful writer, weaving throughout the book themes of art and literature, and also white water kayaking. Part way through the book I felt I knew what would happen but the outcome was more astonishing than I imagined.

I feel this is an important book because Tim Parks is such a well-respected writer and consequently it has been favourably reviewed by major newspapers. I read about it on the Guardian's website and found it at the Toronto Public Library. I highly recommend it.

Linda LeRoux, RP

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THERAPEUTIC TOUCH IN A CHURCH CONGREGATION

"We're people that the congregation know, so they are willing to trust us."

"There is a certain comfort level, knowing that we are part of the church family."

Thoughts and ideas came slowly at first, then more quickly, words tumbling over one another. Our practise group was considering our experiences of being a Therapeutic Touch™ team, offering sessions to our congregation and community free of charge as an outreach church ministry.

When we were reminded that The Therapeutic Touch Network of Ontario was celebrating its 25th anniversary, we realized that our team had been in existence for about one third of that time – we are in our eighth year as a covenanted outreach ministry. We had quite a large group of people in our church who had either already studied Therapeutic Touch or who wanted to, and Evelyn MacKay taught a Level 1 course to get us started. This was followed by subsequent levels when the team was ready. Our clergy was enthusiastic and supportive, and offered the possibility of Therapeutic Touch as an option to congregation members whom they felt could benefit from it, thus raising awareness of the benefits of the modality within the church.

Over our eight years, the reaction of our congregation has changed dramatically. We all had stories to tell of the early days, when people accepted our offer of Therapeutic Touch treatment sessions largely, perhaps, because they wanted to be kind to us and not hurt our feelings rather than because they really felt that it would do much good! In time that experience changed dramatically.

Before too long, we were getting requests for treatments for a variety of reasons! Our team has offered Therapeutic Touch pre and post-surgery, for support of cancer patients, to assist in the healing of injuries and fractures, for palliative care, support of seniors, stress reduction, support during grief, as care for the caregiver, to assist in pain management, and to support those with long-term illnesses such as Multiple Sclerosis and Parkinson's Disease, to mention only a few. There are times when our team is stretched to the max, seeing as many clients as we possibly can manage. This makes us happy!

We all felt that the biggest factor in the acceptance of Therapeutic Touch by members of the congregation was word of mouth. Congregation members who had received sessions were happy to share their experiences with others – fellow parishioners and others from the community alike - who then were more willing to try it themselves. Some clients even decided to tell the entire congregation on a Sunday morning! As time went on, the comfort level of the congregation grew. The team spoke of feeling a spiritual connection with our clients, and getting to know them in a very different way than we might have otherwise. It helps to build a caring community, where all are valued.

For our team, Therapeutic Touch feels like a deep spiritual connection, in motion, or action. We acknowledged how honoured we feel to be able to bring comfort, relief, and support to those in need. And this spiritual aspect is definitely not limited to those with

similar beliefs – people of many different faiths have requested and received treatments from our team members.

While we do not charge for our visits, some clients like to make donations to the team, and because the church is a charitable organization, they receive a tax receipt in return. We have been given generous amounts of money over the years, which we use to support aspects of the church ministry that can benefit others. We have been able to buy yarn for the prayer shawl ministry, and send money to Japan after the tsunami, for example.

Other churches have heard about our Therapeutic Touch team, and come to talk to us about starting their own teams. How wonderful! A final observation of the team was that our opportunity to offer treatment sessions through the church has not only changed the congregation's perception of Therapeutic Touch and of us, it has changed who we are, as we walk with others in this way on their journey. And for that, we feel immensely blessed.

Ann Osborne, *Guelph*

OUR NEWEST BOARD MEMBER IS TRISH DEAN!

On the front cover of this issue of **in touch** there is a recent picture of our present Board Members of The Therapeutic Touch Network of Ontario. Many of those will be familiar to you, including our newest board member. **Trish Dean**, of Guelph, is now the Secretary.

Trish has been an active member of the Network in several ways. Since taking Level One in 1996, she has been a warm support to the Practice Groups in her area, as well as being consistent in her attendance at Practice Days and Retreats; she frequently attends the South Western Teacher Days. In addition, Trish has served the Network as editor of the Conference Book every year but one since 1996. So you can see her interest and commitment to this Network has been consistently strong!

Since joining the Board, Trish shared that she has felt a welcoming warmth and acceptance from the more experienced members. "Everyone listens to others; we work together to support one another. It feels like the right place for me to be, at this time in my life."

She finds the most helpful part of working with the other Board members is that together, they are looking to the future, which is appreciated by her. "Everyone agrees, the Network is so valuable.... Helping to keep Therapeutic Touch growing and staying open to future possibilities... that makes the time together interesting and meaningful. "

Trish adds "I am honoured to follow in the footsteps of our founders Crystal and Mary and the many others who have helped to develop and serve this organization in many, many ways and I look forward to the future with excitement!"

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