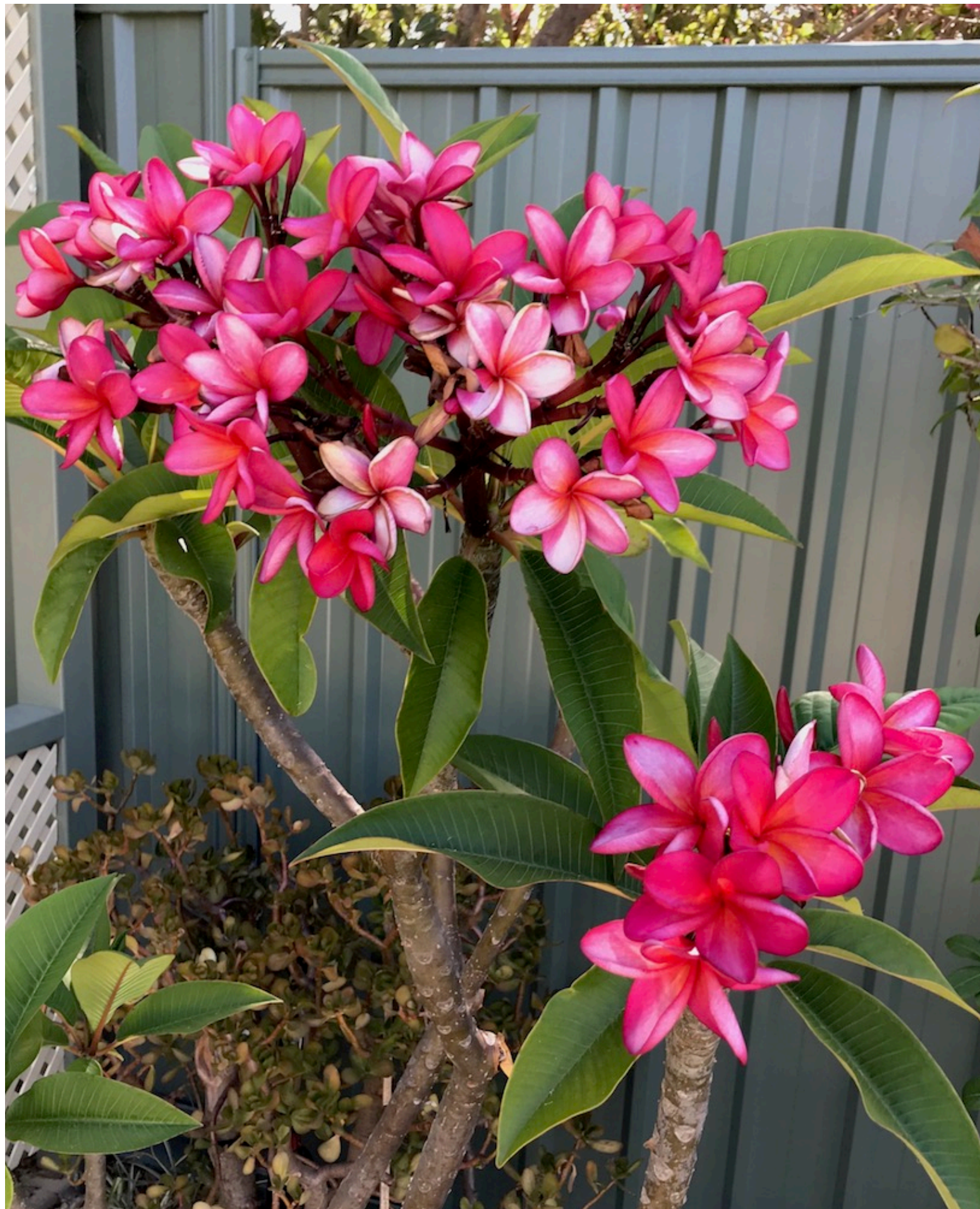


HTWA Inc. Newsletter

Issue 34/Jan 2020



Note from the Editor

Happy New Year to all our Healing Touch Community. 2019 was a busy and productive year for us with volunteering at Homeless Connect, Lily day and our ongoing commitment at Solariscare Cancer centre. Plus fundraising and Healing Touch Units being taught. We're expecting more of the same for 2020 and can't wait.

Our two newly qualified practitioners received their certification and we held a pinning ceremony before our Christmas celebration in December. Congratulations to you both.

We're excited to hold a Unit 4 in February at the beautiful Shoalwater Bay, which is also the venue for our upcoming retreat in March.

Our hearts go out to those suffering through the terrible bush fires raging throughout our beautiful land. We send you much love and pray for relief.

Alison

Contents

Christine's Review of 2019	4/5
Homeless Connect	6/7
Newly Qualified Practitioners	8
Experiences Completing Unit 5	9/11
The Gift	12/13
Birds and Bees	14
Cauliflower and Kale Salad	15/16
Library News	17
Class Schedule	18
General Info.	19

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Vision

A Community inspired to practice self-care and well being through Healing Touch.

Mission Statement

Promote the benefits of Healing Touch as a natural healing therapy.

To raise the awareness of Healing Touch to the wider community.

To raise the profile of Healing Touch as an ongoing educational modality.

To support the needs of practitioners and students in their study and practice of Healing Touch.

Creating therapeutic relationships by connecting people through bio energy activities.



Dear Healing Touch Community,

I hope you all had a Joyous Christmas and welcomed in the New Year of 2020.

Now, with the 2019 celebrations for Christmas and New Year over, we start looking towards our calendar for the new year ahead.

As a community we have much to be grateful for and give thanks to our wonderful colleagues we all have the privilege of working with, our council whose spirit, vision, commitment and energy keeps our foundations strong for Healing Touch Western Australia for the future. It is always a tradition of ours to take that look back to recognize the healing work that we do, provide continuing education and support resources for students and practitioners, to recognize the achievements of our community and give grateful thanks to those we have the privilege of providing Healing Touch to.

Our year of 2019 started with council meetings, Prac and advanced practice days, with educational classes throughout the year. A big congratulations to those who completed units 1,2 & 3 and looking to take unit 4 this new year. Also a huge congratulations to our newly certified practitioners and welcome to our new unit 1 Instructor.

The annual retreat in March is held for advanced learning, techniques, fun, laughter and of course food for the body and soul which there is plenty of, and is a great way to meet up with other practitioners to network.

The outreach volunteer program for the organizations Healing Touch supports were well supported and will be continuing for the new year, fundraising events for the year was a great success and is an integral part of providing our scholarship grants fund to students and practitioners for their further personal and professional education with HT.

We now have our new uniforms and badges, and are looking forward to completing our new design for our brochure this new year. Overall it has been a Positive and Successful year with so much to look forward to and be grateful for.

On behalf of the HTWA council I would like to thank everyone for your support through the year, please spread the word about the wonderful healing art of "Healing Touch" it is an Inspirational educational program for holistic learning for self and others.
Have happy, healthy and safe holidays.

Blessings,
Christine
Chair HTWA Inc.

What you get by achieving your goals
is not as important
as what you *become*
when achieving your goals

Henry David Thoreau

Homeless Connect



Eagerly waiting for clients to arrive

Healing Touch practitioners from HTWA attended Homeless Connect for the 6th year. This year we also had three Unit three members participate which was special. I feel this year the energy was different with clients inquiring about Healing Touch from the time the doors opened along with the Volunteering WA staff also bringing clients in for a Healing Touch session. At times we had a waiting list for which the Volunteering WA staff were very organised in taking the client over to another service and then bringing them back for a Healing Touch session. The timing this year allowed the whole day to simply flow with Clients tending to request relaxation, balance or back techniques as you would expect. We were so fortunate in being given the lovely little room we had the previous year which was perfect for Healing Touch. Does get a little cramped but even that seemed to have some sort of organisation to it as we shuffled around each other. I feel the members new to participating at Homeless Connect found it to be equally as gratifying as we continue to feel each year we participate. Homeless Connect is very special and we are very fortunate for the wonderful lives we live.

By Bridget

Homeless Connect

I participated at Homeless Connect Perth event this year for the first time. The event itself was very impressive. It was very well organized and everything seemed to be going smoothly. I didn't quite know what to expect but considering the amount of people involved, thousands including homeless people, service providers and volunteers, I did expect some chaos, stress and surely sadness. What I experienced instead was joy and many friendly, warm people peacefully enjoying the day in a big area both outdoors and indoors, despite the queue's, in a very hot day. It was hard to believe for me that all those people were homeless.

I volunteered at Ruah center with five other HT practitioners and students. We had two tables set up for Healing Touch sessions. I must admit with so many different services provided, I didn't expect many people would come to our room to try HT therapy. I was very wrong. We were busy the whole day. Homeless people of all ages and genders kept coming steadily to try HT and have treatment. Some slept, some talked, some just relaxed and some had tears in their eyes. We received so much positive feedback and so many thanks. I definitely felt that what we were doing meant a lot to everyone on the table receiving HT therapy and consequently to each of us who were practicing HT. The whole experience not only changed my perception of homeless people, it also motivated and encouraged me as an HT student to continue learning and practice HT further.

By Ozlem

Thanks to Bridget, Anita, Leanne, Ozlem, Alison and Cathy for volunteering their time and energy.

We celebrated the end of 2019 with a Christmas lunch following our final meeting for the year. There was lots of delicious food and wonderful friends to chat with. It's always good to catch up especially as not everyone can make the meetings throughout the year. Once again Glen provided her delicious relishes. Great company and great food. What more could you want.



Bridget and Anita travelled to Port Macquarie in September for the unit 5. They then finalised their practitioner certification packet in record time and sent it off to the US within a month. Confirmation came through and so we were able to present them with their certified healing touch practitioner certificates and pins before our xmas lunch. It was a proud moment for us all. It was my great privilege to mentor Bridget throughout the process leading up to unit 5 and certification. Well done ladies. You'll be in capable hands with these two for sure.
Alison

Unit 5 Port Macquarie

By Bridget Nyhu

Port Macquarie, where we gathered for Unit 5 is a gorgeous town on the east coast where a lot of early settlement was established following colonisation. Most of the 7 practitioners lived reasonably locally but also as far away as Cairns and Perth. Perth group (2) arrived early so we dropped our bags off and caught a taxi out to the Koala Hospital and joined in on a tour around the hospital. Very interesting specialist work for the Koala population which is threatened by bush fires, urbanisation and predatory animals such as dogs off leads.

Gathering back at the resort to meet the rest of the unit 5 group, for which 6 of us decided to share an apartment together, which was very cosy, lots of laughs and bonding. Was great to meet other students and make a connection as a group. We had a great teacher of course and a wonderful support team. The 3 days flowed along quickly at a comfortable pace. Lunch breaks long enough to visit the local shops or just have a rest. Some of the group attending were also doing final touches to the AFHT Inc. conference which was commencing a few days later.

The group blended nicely and we all enjoyed the experience, with some socialising in the evenings. The venue of course was on the top level of the resort so the views were magnificent of the bay. Which allowed for peaceful moments to reflect on accomplishments and life changes made through out the course.

Best wishes for the next group following in past foot steps of which you will all have a different journey.

Unit 5 and working towards our accreditation.

By Anita Kaskens

Luckily Bridget and I have been working according to the home work required for the accreditation. However Unit 5 is a bit of a different set up than for accreditation, so we had to change our homework to match Unit 5 requirements. Bridget and I both had all our homework done, mind you we are both working full time. For unit 5 we had to go to Port MacQuarie. Upon arrival, we dropped our suitcases at the hotel and then we went quickly to the Koala Hospital, as advised by my daughter, and I'm so glad we did this.



The koala hospital was amazing and we learned a lot about Port MacQuarie and the ongoing fires due to burning peat, from the taxi driver. After our quick visit to the koala hospital we went back to the hotel in time for our first meeting. Everybody introduced themselves and we all got along with each other very well.

The unit was full on, but of course under the guidance of our lovely Rosalie van Aken assisted by Glenda, it was intense but fantastic. We had time to read one of our case studies for comments in little groups, which was very much appreciated. After we finished Unit 5 and receiving our certificates we went back home, to do more home work and tweaking our home work and case studies. Again it was a lot of hard work to finalise the case studies, I decided to do one case study all over again at the end.

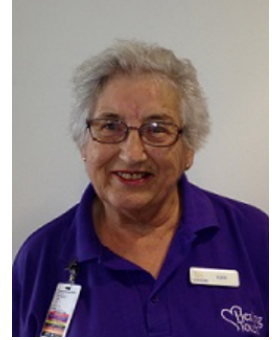
Both Bridget and I handed in our application for Certified Healing Touch Practitioner and we were both rewarded with this Certificate by the end of 2019. Great ending of 2019 and superb beginning of 2020! It was hard work, especially because we both work full time and we both do volunteer work at Solaris Cancer Care (which we love) as Healing Touch Practitioners. It was nice that Bridget and I worked as healing buddies together towards our certification. I feel very blessed to have had Rosalie as my mentor. All the hard work paid off and I am so happy that I am finally a Certified Healing Touch Practitioner, a dream come true, fulfilling my pathway.

Bridget and Anita receiving their **Certified Healing Touch Practitioner** Certificates



The Gift

By Glennys Kirk



In our library we have a book by Caroline Myss called 'Invisible Acts of Power.' These are stories of little happenings either instigated by a person to others, happening to the person themselves or, the greatest blessing, a giving and a receiving at the same time.

My own happening involved a visit to Perth just before Christmas. I loved the David Jones Food Hall, the lights and window displays but particularly the street artistes.

One Christmas there was a Queen. Dressed all in gold, her dress was full-skirted with puffed sleeves while behind her neck rose an enormous, decorated ruff. Her skin and hair were also gold; she wore gold netted gloves and carried a little golden bag on her left wrist. She was truly majestic. She did not speak but managed to interact with her audience with movements that were performed very slowly and artistically.

Whenever a child put a donation into her bowl, the Queen would beckon them forward then, opening her gold bag, she would take a pinch of 'Fairy Dust' and put it into the child's hand. The ceremony became a 'Thank you' and a very grand occasion.

A woman brushed past me with two little girls about 8 and 10 years old trying to keep up with her. I found myself ignoring her frown. "Excuse me", I said, "would one of your girls kindly put some money in the bowl for me?" The eldest girl took a step towards her Mother, but the younger one said brightly, "I'll do it!"

So Mother and sister stopped, saw the gift being given, but were then surprised to see the little girl beckoned forward to receive her pinch of Fairy Dust. I was suddenly aware and sorry to see the elder sister standing very straight and stiff with disappointment beside her Mother.

But the Queen had seen the whole thing and as the younger girl bounced back with excitement, the artiste beckoned her sister forward. Very slowly she opened her bag and put a pinch of Fairy Dust into her palm.

Over their heads I mouthed, "You are beautiful" to the Queen. Her eyes deepened and she inclined her head very slightly in acknowledgement. Then the Mother turned to me, smiling, and said, "Thank you."

The circle was complete. The spirits of the bystander, the harassed Mother and the compassionate street Artiste touched the magic of Christmas and soared together for one infinite moment.

Then the Mother went on her way with her daughters showing each other what they had got; the Queen very slowly turned to acknowledge the gift from the next child and I went home with a gift beyond words.



How to help birds and honey bees keep cool in the heat of the summer

Provide several birdbaths around the garden, preferably in a shady spot. It doesn't have to be fancy a large plastic plant saucer will suffice. For safety reasons fill the birdbath to a maximum of 5cm to prevent drowning. Placing a stone or rock as a perch will help the smaller birds. Clean regularly to prevent mosquitoes breeding.

Plant trees and bushes at differing heights to provide shade and avoid pruning in the summer when cooler, shady areas are most needed. A quick spray of water into the bushes will moisten the internal foliage as some of the smaller birds like to freshen up there.

When it comes to bees then birdbaths can be risky. Try filling a saucer with pebbles or marbles and fill so it covers 2/3rds of the pebbles. The bees will love it. It's estimated that bees take back around 3 ½ liters of water a day to the hive to keep the eggs cool.



Roasted Cauliflower and Kale Salad



Roasted cauliflower florets
½ cup quinoa
mixed salad leaves
handful of kale, shredded
1 cup grapes, sliced
cherry tomatoes
1 tbsp pomegranate seeds (optional)
¼ cup roasted sliced almonds or hazelnuts
feta or parmesan to serve
cooked chicken (optional)
raspberry vinegar
olive oil
salt and pepper to taste

Roasted cauliflower

1 large head cauliflower
4 garlic cloves, minced
2 tbsp olive oil
1 tsp cumin
1 tsp paprika
1/2 tsp turmeric
1 tsp salt
1/2 tsp ground black pepper

vinaigrette

2 tbsp raspberry vinegar (or more)

4 tbsp olive oil (or more)

salt and pepper

Preheat oven to 230C.

Chop the cauliflower into florets.

In a large bowl, mix the cauliflower and garlic with the olive oil, cumin, paprika, turmeric, salt, and black pepper.

Place the cauliflower in a single layer on a lined baking tray. Roast for 25-35 minutes or until the cauliflower is tender and browned, turning once.

While cauliflower is baking, cook quinoa in a small saucepan with 1 cup of water. Cover, bring to boil and simmer for 15 minutes. Turn off heat and leave to sit for 10 minutes. Fluff up with a fork.

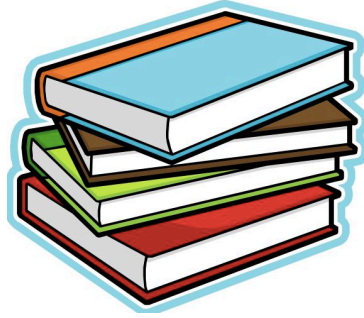
Whisk vinaigrette ingredients together and alter according to taste.

Shred kale and massage with a little of the vinaigrette to soften.

To serve

Place mixed leaves in a bowl. Add quinoa, kale, grapes, cherry tomatoes and pomegranate. Toss through vinaigrette and sprinkle over nuts and feta/parmesan. Serve with roasted chicken if liked. (Can use the same coating as the cauliflower when baking).

Library News



So now the Christmas and New Year celebrations are over with some good memories, I hope, tucked away along with the decorations. I have dusted off our books, including four 'new' ones donated by Rosalie, and given the list to my daughter, Elizabeth, who has put them on our web site. So now everything is prepared for a flood of book borrowers.

All the books, now arranged in their separate sections of Energy Medicine, Personal/Professional Development, Spiritual Development, Quantum Physics, Healing Touch and General Reading, will appear on the site in those sections which will make it simpler to decide which area you'd like to cover.

Healing Touch practices at Attadale make it easy to come and browse, but let me know which particular books you want before the practices at Solaris and I will bring them with me.

Meanwhile you are very welcome to come to my house at any time, but it would be best to phone first in case I'm out.

Remember, Members get to borrow books for free, non-members must pay \$4 per book loan.

Looking forward to a great 2020.
Cheers,

Glen jki20418@bigpond.net.com

CLASS SCHEDULE

Perth

Unit 1-Foundations of Healing Touch

Date - 7th-8th March + 14th-15th November
Venue – Solariscare, Sir Charles Gairdner Hospital
Instructor - Rosalie van Aken 0410 286 287

Unit 2-Energetic Patterning & Clinical Applications

Date - 13th-14th June
Venue – Solariscare. Sir Charles Gairdner Hospital
Instructor - Rosalie van Aken 0410 286 287

Unit 3-Advanced Healer Preparation

Date - 29th-30th August
Venue – Solariscare. Sir Charles Gairdner Hospital
Instructor – Rosalie Van Aken 0410 286 287

Unit 4-Case Management & Professional Practice

Date - 6th-9th february
Venue – Shoalwater Bay
Instructor – Rosalie van Aken 0410 286 287

Unit 5-Self-Evaluation & Professional Development

Date - TBA
Venue –
Instructor – Rosalie Van Aken 0410 286 287

Practice Groups/Study Days

Study day

Practice 1-4pm

Saturday 1st February - Attadale

Saturday 18th April –Attadale

Saturday 23rd May - Solaris

Dates & Reminders



Council Meeting -1030 Saturday Feb 1st– Attadale

1030 Saturday May 23rd - Solaris

Sausage Sizzle – Sat. June 6th- Bunnings, Armadale

Retreat – 27th-29th March – Shoalwater Bay

OGM – 29th March – Shoalwater Bay