



inTouch

The Therapeutic Touch Network of Ontario



Autumn is a season of great beauty, but it is also a season of decline: the days grow shorter, the light is suffused, and summer's abundance decays toward winter's death. Faced with this inevitable winter, what does nature do in autumn? She scatters the seeds that will bring new growth in the spring – and she scatters them with amazing abandon.

Parker Palmer

Meditation

Fill This Space

The *inTouch* is in search of unpublished or self-published meditations to be shared in future issues. A reminder that contributions to the newsletter can be used in the maintaining of Recognized Practitioner and Recognized Teacher status.

In the meantime, enjoy this meditation from the Winter 2009 *inTouch* that Evelyn Mackay adapted from M. Adai's *Meditations for Everything Under the Sun*.

The following exercise is one for the active imagination. It may help you focus on the sensitive matters of your past and encourage further growth. Begin by being seated in a way to keep your back straight, feet on the floor.

Moving into the quiet... paying attention to your breathing, move into inner silence... Again, attending to your breathing, deeper into inner stillness... maintaining this stillness, in a place of no talking or inner chatter, no thinking, no feeling, just the stillness for a few minutes.

Bring into your mind a particular area of your life you would like to improve. How would you like it to be? If you could create it however you wanted, what would you like this area of life to be like? Create an ideal vision of how this would be. What are you doing in this vision? Get to know that... how will this help you... picture how your vision will help others... make it plausible... the more plausible, the more powerful. Give yourself permission to see that it will be as you dream. Take time with this vision.

Now project yourself into this vision. Feel what it's like to be inside this reality. Focus on a specific scene. Don't be concerned now about how this happens. Imagine it is already true. Experience it as if you are in the midst of it. Become familiar with it. Notice how it impacts others; make any needed adjustments.

You can manifest the changes you choose. Imagine moving forward being very gentle and patient with yourself in your success, being steady and strong, each day welcoming your success, manifesting your ideal. One day, you find that you and your ideals are one and the same. Expect it.

As you return your attention to your breath, tell yourself that change is coming, you are ready for it; you welcome it. Deep breath again - and back to awareness of the space around you, and when you are ready, open your eyes.

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

Board Reports



Chair

I hope everyone's summer has been an extraordinary one. I was absolutely thrilled with the many mornings I enjoyed my meditations outside under the trees in my bare feet and experienced the warmth from the sunshine. My flower gardens continue to provide lots of beauty and colour. I have been able to share my bounty of cherry tomatoes and cucumbers with family and friends – no comparison in the flavour from those available in grocery stores. A sure sign that our summer is about to transition; our first fall fair in my surrounding area was held yesterday in Dunchurch. Today has brought us a major thunderstorm with lots of rain, so much needed. Lots of nitrogen for the earth and my gardens. By the time you read this I will be in the midst of prepping my gardens for the coming winter.

Even Lana (my Great Pyrenees dog) likes to pause during our daily nature walks. The leaves on this maple tree are beginning to change colour. Yesterday my sister and brother-in-law had the pleasure of seeing a mamma bear and three tiny cubs cross in front of them, today a coyote.

What is the message of autumn? Beyond its scenic beauty, autumn carries profound symbolism, mirroring the transitions we experience in our own lives. Embracing the fall season can be a powerful teacher, urging us to embrace change, let go of what no longer serves us, and find beauty in the impermanence of life. (May 2023).

The TTNO Board took a well-deserved break from meetings during the month of August, however, business continued as usual. Registrations are coming in for our first hybrid Annual Conference (November 1 to 3), Transforming our Therapeutic Touch® Practice by Transforming Ourselves. For those who plan to attend in-person ensure you register soon as occupancy is filling up quickly. We hope you are planning to join us. You can find specific details on our website at www.therapeutictouchontario.org/news-events/conference-2024.

The fall is a very busy time for the TTNO. In addition to the Annual Conference, we are preparing for our Annual General Meeting (Thursday, November 21). Teachers Day for 2024 has been cancelled.

We continue to reach out to our members who may wish to take on a role in the TTNO, large or small: Board positions currently available - Vice, Professional Practice, Finance, and Membership Chairs; and specialized projects or areas of interest, such as social media or mentorship. If you have an interest in any of these areas or know of someone who may be interested, please contact me.

Thank you for your ongoing support and commitment to Therapeutic Touch® and the TTNO.

In gratitude,
Deb Brear



Communications

As we welcome the crisp air and vibrant colors of fall, I hope you're finding joy in the changing seasons and taking time for self-care and renewal.

I'm excited to share some key updates regarding our new online store and website enhancements. We officially launched our online store earlier this year, making it easier for TTNO members and non-members alike to access Therapeutic Touch products. We're eager to hear your thoughts and experiences, as we are currently gathering feedback to ensure the best possible shopping experience. You can find our store at <https://www.therapeutictouchontario.org/online-store/>. I would encourage all of you to help spread the word about the store and its offerings!

I also wanted to remind everyone about our Referral Service, a great resource designed to connect individuals seeking Therapeutic Touch practitioners with our skilled members. If you know someone who could benefit from Therapeutic Touch, please encourage them to use this service by contacting the TTNO office. It's a wonderful way to expand our community and share the healing benefits of this practice with others.

Thank you for your continued engagement, and I wish you a wonderful and restorative Fall!

In kindness, Kerstin

Board Reports

Practitioner Liaison Chair and Workbook Coordinator

As I write this the weather is beginning to shift to some cooler temperatures. It is likely there are still warm summery days ahead, but it is a reminder that Autumn is

on its way. I do love how each season brings its own special touch to the world, inviting us to experience life from a different perspective.

For the past while I have been spending a lot of time thinking, reading, and dialoguing about the concept of holding space. What does it mean and when does it happen, and how do we incorporate it with consciousness into our lives? Who knew that one little phrase could be so profound. Part of my exploration of holding space is because of our Professional Development Day Committee work. Yes! You guessed it; it revolves around the concept of holding space. If you have any ideas or articles about 'holding space' please send them to me. (I do have the articles by Heather Plett and Gail Lafortune.)

This summer has been relatively quiet with only a few questions and clarifications coming my way. One workbook practitioner and I had quite a wonderful chat. She had for all intents and purposes completed her workbook. She did not, however, submit it. It turns out that she thought she did not have enough hours and that she had to submit all of her certificates. After our talk she realized that she truly was finished the requirements and can now move forward with confidence. I am sure that this is not an unusual situation. The hours may seem a little confusing, especially now that the requirement for becoming a Recognized Practitioner includes Foundations of Therapeutic Touch and Transpersonal Nature of Therapeutic Touch.

Please do not hesitate to contact me if you have any uncertainties about your progress or questions of any sort.

On another note, the mailing costs for Practitioner Workbooks that are dated earlier than 2023 do not reflect the current postal rates. When you are ready to send in your workbook please contact the office for current charges. Below I have attached the information from the most current edition (2023).

Contact the TTNO office for the name and contact information of the current workbook coordinator. This information is also available from the TTNO website www.therapeutictouchontario.org, or in a recent edition of *inTouch*. Once we receive your workbook, it will be processed and returned to you by Expedited Parcel, Xpresspost or a flat rate box. Tracking information will be provided. Shipping and handling costs are determined by the method of mailing. Payment must be received in advance and is accepted by credit card, e-transfer (memberships@ttno.ca), or cheque payable to The Therapeutic Touch Network of Ontario (TTNO).

I trust that you will take some time to enjoy the beauty and introspection that fall brings.

Yours in TT,
Patricia Tamosetis,
Practitioner Liaison Chair

Have a question for the TTNO Webmaster?



New email address:

ttno.webmaster@gmail.com

Al is happy to take your questions and entertain your suggestions.

Congratulations!!!

***Newly Recognized
Teachers of Transpersonal:***



Martha Hoey
&
Deb Brear

Clarification Corner

When writing up your Therapeutic Touch case study be clear about what imagery you picked up during your Assessment and how you responded. When Rebalancing, what imagery did you use and why?

Board Reports



Teacher Liaison

Here's to the summer, bringing you some extraordinary experiences and pleasant memories. Earth, humanity, and the TTNO are all going through some challenging times, and, like all change, it can be a struggle. Just a reminder that struggle builds character and adversity is how we get healthy. These ideas help me to embrace change and, let's face it, change is the only thing that is constant.

Paradoxes aside, the times we live in are designed to get humans to become aware of their surroundings by being present. There seem to be three aspects to being human. First is that we are all Actors. We often believe and do what people tell us. But usually after some severe trauma we wake up to awareness and realize that we are also the Director. We realize that 'I am more than what others say and I can decide what I need to do'. This realization evokes our free will. The third aspect to being human is to understand that we are also the Writer. We can co-create our reality by asking the universe and being patient as we watch for the manifestation. People who practice Therapeutic Touch have such a great life tool in centering which helps us get closer to our inner self. The deception 'out there' is helping us realize the only solid, unchanging foundation we have is 'within'. So be a witness to world events while you cozy up with your inner self and allow your vibration to soar. Ask for what you want in order to build your own space of love, so you experience life in a calm and relaxed manner.

I am always looking for ideas for Teachers Day. I really enjoy it when teachers contact me because, like most, I love a good question. Past Teachers Days have covered aspects of teaching, new curriculum, and how to run a business teaching Therapeutic Touch. A decision has been made to postpone this year's Teachers Day until early 2025. This will allow the TTNO more time to develop the new curriculum and the teachers can get together to review and help fine tune it. Please note that since Teachers Day will be in 2025, it cannot be used to maintain Recognized Practitioner status in the upcoming renewal cycle.

Namaste,
Craig Niziolek

TTNO Annual Conference – November 1 to 3, 2024

Details can be found on pages 12 and 13.
Registration forms available on the TTNO website
or through the TTNO office.

**In-person spots
almost
SOLD OUT**

Donations Report

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

In Memoriam

- ◇ Anonymous, in memory of William Canning, Mariann Canning's father
- ◇ Chatham Branch, in memory of Frank Van Oirschot - Loving father of Pam Lacek
- ◇ Marita Concil, in memory of Karen Marks' husband John who recently passed away

In Support of our Members

- ◇ Kathy Armstrong, In Gratitude to All those who gave me in-person and distant TT after my accident, THANK YOU!

Condolences to

- ◇ Karen Marks, in the loss of her husband, John Marks
- ◇ Pam Lacek, in the loss of her father, Frank Van Oirschot

Spring Fling 2024

- ◇ Windsor and Leamington Branches

Special Donations – 2024 Annual Conference and Retreat

- ◇ Anonymous, to assist someone to attend
- ◇ Anonymous, to cover audio-visual expenses



Therapeutic Touch Networks of Canada Report



Autumn is a time of harvest, of reaping what we've sown over the past year. I didn't think that I'd be reaping anything at all from my vegetable garden, after a nasty hailstorm in early August. Golf ball size hail shredded and flattened most of it, along with the crops around me. However, nature is truly amazing - incredibly resilient. A few of my beans, sheltered by the caraganas, survived, along with some of the squash and fennel; even some of the root crops are sprouting new leaves.

We humans are a part of nature and can be incredibly resilient despite the hailstorms of our lives. Therapeutic Touch has taught me the wonderful power of being grounded and connecting with universal energy, of being kind and loving, and offering unconditional love for all those around me – and for myself. Feeling and expressing my gratitude have an amazing way of bringing me *more* of that for which I am truly grateful. The energy I put out there seems to come back to me in spades; anger and resentment bring the same anger and resentment in response. So, too, with love and kindness. I am learning to be more aware of the energy I bring to my workplace, to the grocery store, the restaurant. Life is so much more serene and pleasant when I am in a positive frame of mind.



Photo courtesy of Betty Whitney

After the summer break, I look forward to resuming work on TTNC's many projects. We've updated the Therapeutic Touch brochures and created new rack cards (see the TTNC website to download them). We will also be working on another version, which focuses more on a younger audience. And the TTNC now has our own YouTube channel (thanks go out to Lisa Gallant), for storing videos of our many education events. It is still a work in progress but will be available to the public in the future. Our number one goal is to "continue to encourage collaboration between the networks regarding increasing and retaining membership."

Upcoming events for 2024:

TTNC Cross Country Check-In: October 29, 2024: TT and Mental Well-Being.

TT Teacher Chats: October 9 and December 11, 2024.

TT Education Day: Saturday, February 15, 2025, Topic TBA.

See our website, www.ttn.ca, for our calendar with details about these and other events and courses. To post your Therapeutic Touch events on our calendar, contact Marion Cameron at mumcam@telus.net.

Betty Whitney,
TTNC President

TTNC's Vision Statement: Our vision is that Therapeutic Touch® will be the first choice for energy-based healing in Canada; teachers and practitioners will be easily accessible to all; and a harmonious Therapeutic Touch community will have a positive influence on the well-being of people across the country.
Thanks TTNO, for being part of that harmony.

Save the Date

Fourteenth Annual, Advanced Intensive
Therapeutic Touch® Retreat
"Inspirations & Echoes"

June 5 to 8, 2025

Laura: peaceandlight334@gmail.com

905-385-9217

Inspirations



Recall

Meadow

Walking through tall grass
on a narrow path, my fingers
spread wide to pull through the seedheads.
As if to touch is to be touched.
As if, with open palms,
I could pull this beauty
inside me and carry it with me
until I give it to you...
as if I could somehow
slip a whole meadow into your pocket
so you could unfold it anytime
and wander through grass
as high as your chest
and feel how the vastness
reminds us who we are.

~ Rosemerry Wahtola Trommer ~
wordwoman.com



Photo courtesy of Liz Corbett

I was encouraged to write in and submit my story on the concept of Recall. It is hard to explain the concept of Recall and perhaps my story may help others. I actually have two sessions to recall.

Therapeutic Touch session recall one

I was attending a Therapeutic Touch retreat at the Marguerite Centre, in Pembroke, Ontario. We were working in triads doing our TT sessions. I knew one of the women in the triad, D. However, I did not know the other woman. I asked the woman's permission to do a session with her. She agreed. However, I hit a cement wall when I entered her field. I took a deep breath and decided to greet her in an Indigenous tongue. (My father and his brothers and sisters learned Ojibwe from their friends and spoke it quite fluently. My grandmother was called upon to be a midwife to many of the Indigenous women in Northern Ontario.)

Once I said *aanii* – a greeting and acceptance of Indigenous peoples – the woman's field opened up and was expansive. As I was doing the session with her, I kept getting an image: a hand on a car window, looking out to a horizontal white slatted fence. After the session I related the image, not knowing what it meant to the woman, who said nothing.

Fast forward twenty years. I was watching a documentary on reconciliation, and how the government took the Indigenous children to the residential schools. In the documentary, an Indigenous girl taken from her parents put her hand on the car's window towards her family. In the background was a horizontal white slatted fence.

Therapeutic Touch session recall two

I did a Therapeutic Touch session on a woman in our Branch. I received an image of a black mass. The mass had two bursting hills, like volcanoes, and the other areas were bubbling. I had no idea what this meant.

Six months later, I had an afternoon off, a rare occurrence for me, and I sat down and watched Dr. Oz. He was explaining with a visual diagram ovarian cancer. He described a black mass and depicted on the diagram bursting volcanoes. The depicted diagram on Dr. Oz's show was exactly what I saw in the TT session.

Respectfully submitted,
Maureen Mills

Questions and Answers About Therapeutic Touch

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, or pose a question that's been on your mind, by November 15, 2024 for the next issue of *Touch* to Paula Neilson at pmneilson@gmail.com

Question:

After surgery, a healing partner was participating in Therapeutic Touch sessions with a Recognized Practitioner and giving positive feedback for a week. Then the healing partner said he wanted to stop the sessions as he was afraid that TT would mask his symptoms so that he wouldn't be able to describe them to his doctor at his next appointment. Is there anything that confirms that there are any grounds for the healing partner's concerns? If you have experienced something similar with a healing partner, how have you responded to their concerns?

Answer: While there may not be any confirmation regarding the healing partner's concern, still we must pay attention! The healing partner is always in charge, and in offering Therapeutic Touch we listen to our client even when we may not agree or understand. So, I would tell this client, "You are making a thoughtful decision. I respect your concern. Should you choose to resume the TT sessions after your visit with your physician, please let me know."

Such a choice seems to signal a deep appreciation of Therapeutic Touch sessions, yet the physician's confirmation of progress is still paramount, and should be because the physician is the one who is considered to be responsible for recovery.

Evelyn MacKay, RT, RP

Answer: I have experience with Therapeutic Touch masking symptoms. Here's my story: My mom was having flu-like symptoms. She had nausea, pressure in her abdomen, and was not eating well. When consulting the doctor by phone, he assessed that it was the flu and recommended lots of fluids and rest. I was doing TT at least five times a day to relieve the pressure in her side and sternum area.

Well, after four days, I felt strongly that she needed more assessment. I took her in to see the doctor. We were sent directly to the Emergency Department at Guelph General Hospital.

After seeing her in Emergency, there was only pressure in her left side and stomach and not much pain. "Only pressure" was always her answer to the doctors who assessed her. Well then, after the ultrasound, she was diagnosed with gallstones passing and, as I recall, some pancreatitis. She stayed in the hospital for a few days while the IV, etc., worked. It was a shock to me that Therapeutic Touch could smooth away that much pain.

After speaking with Evelyn MacKay, we decided that sometimes Therapeutic Touch can mask the real symptoms that need to be assessed. Since this experience, I am aware and now realize that during the TT sessions that are given often, there could be a hidden problem that is not seen or addressed.

Martha Hoey, RT, RP

Answer: I have never heard of this from a healing partner within the realm of Therapeutic Touch; however, as a reflexologist, there are contraindications for providing a Reflexology session.

Contraindications may include:

Someone under a doctor's care while stabilizing a condition.

◇ This could be a new condition

◇ And/or the prescription of a new medication for an existing condition

The reason is that the reflexology session may interfere with the stabilization of a condition which is being treated allopathically.

Perhaps the healing partner has had a different complementary modality with this contraindication stated and believes the same would hold true for TT.

Diane MacDonald, BAA, RCRT, TTRP, QTTP

Questions and Answers

Answer: Therapeutic Touch is a co-creative process. As TT practitioners we offer energy to facilitate healing, but the healing partner is the one in charge. If a healing partner is concerned that Therapeutic Touch could mask their symptoms before a doctor's appointment, we must respect their choice not to receive TT.

I understand it is puzzling for the practitioner that the healing partner would choose to stop Therapeutic Touch after giving positive feedback following surgery, but it is a reminder for us to let go of any attachment to outcome. I would not take it personally nor would I try to dissuade the healing partner, but I would leave the door open in case they would like to resume TT sometime later.

Paula Neilson, RT, RP

Question for next issue:

Now that we are dealing with COVID and more of us are doing distant Therapeutic Touch sessions, has anything changed for you with regards to giving TT to someone undergoing chemotherapy treatment: the way you give the TT session, the information you receive from the field, and the feedback you get from your healing partner?

Please send your response to Paula Neilson at pmneilson@gmail.com

Professional Development Day – Spiral Writing

During the Professional Development Day at Ruby House on August 24, we did a spiral writing exercise based on the poem "I Will Listen" by Tama Recker. I am a lifelong journaler and took the challenge literally, writing my words in three batches in an inward spiraling free-thought string of words that ended at the middle of the page. It took me out of my head and while challenging to read it was an interesting and insightful exercise.

For ease of neck, I have un-spiraled the words.

I will certainly use this exercise again and again to dive into the inner turnings of my heart and mind.

Anne Davies

Spiral Writing Inspired by Poem "I Will Listen"

I stand at the edge of the shore, my toes in water cold and clear, up to my ankles in sand made by glaciers and these gentle waves on a day of another face of power unimaginable in rumbling whooshing spraying crashes drawing chunks of rock to stones to grit to sand of colours changing white to black to red and sizes grading from powder fine to baseball and there my heart splits open like... (pause, last three words and go)

... a fissure in those rocks, older than humanity, rugged and beautiful, holding tight to twisted pines that bend and sway to forces most powerful—more force than what mere humans can offer. I hear the laughter of children and smell the smoke of fish curing across 1000's of years of rock and wind and people celebrating your beauty and harvesting your bounty and you endure... (pause, last three words and go)

... and you stand with me, welcoming the sun and my love as tithes, as we whisper together like children under a blanket on a beach beneath the stars and dancing borealis, sharing all our secrets, dreams and sorrows. Here we are one and here we are wholly at peace within the tempest and here where the water meets the sand – we heal.

Words gathered by Jane and Anne at the end of the Professional Development Day at Ruby House

nourishing, pause, calming, rejuvenating, affirming, repatterning,
possibilities, family, accepting, welcoming, comforting, cookies,
connecting, inspiring, attachment to nature, necessary

Huntsville Branch News

It has been a busy summer at the Huntsville Branch. We are holding two in-person Branch meetings each month; our afternoon group which is open to the public for those who wish to experience a Therapeutic Touch session and our evening Branch group for our members.



We offered an in-person Transpersonal Nature of Therapeutic Touch® course in early June to four individuals. What an awesome two days and learning experience for all of us.

Exciting happenings and an even busier fall!

We were approached earlier in the year by the Life Enrichment and Volunteer Coordinator of Muskoka Landing LTC to explore our interest in

offering Therapeutic Touch to their residents as part of their life enrichment programs. We provide a total of six hours per week and see a total of 15 individuals during that time.



We were invited to meet with the Family Council of Muskoka Landing LTC to provide them with an understanding of Therapeutic Touch and its benefits. We offered individual sessions which were graciously declined as everyone experienced the relaxation benefits of the demo session and time was limited.

We were invited by the Manager of Programming and Volunteers, Enliven Cancer Care Muskoka to submit a proposal for a Self-Care with Therapeutic Touch program. It was approved and included in their 2024 Fall Program. Enliven Cancer Care Muskoka is a charitable organization that enhances the quality of life for those

affected by cancer and are 100% funded by philanthropy. Shirley Boon and I will be offering this program over a four-week period, 1½ hours/week, mid-September to mid-October.

Our 2024 Professional Development Day is scheduled for the end of September, in-person.

We were invited and approved to participate as a vendor in the 2024 Muskoka Healthy Living Expo for Muskoka Seniors in mid-October.

Just recently we were approached by Huntsville Hospice to offer Therapeutic Touch at their facility. Dialogue is in progress.

Deb Brear

Stratford Outreach

The Stratford Branch attended the Stratford Lakeside Active Adult Association Wellness and Multicultural Fair on September 7. Elizabeth Edwards, Deb Van der Meer, Jennifer Brion, and Nancy White from Stratford and Heather Gurd, who came to help from Kitchener/Waterloo, were there to spread the word about Therapeutic Touch. It was a very successful outreach event with lots of mini sessions and much discussion and interest.

Jennifer Brion



Photo courtesy of Jennifer Brion

A Thank You

Like many of you reading this, I have been offering Therapeutic Touch, for over 28 years, to family, friends, people in hospital and hospice, and anyone in need. In all these years, I have witnessed first-hand the power of healing and how amazing Therapeutic Touch and energy work truly is.

However, on February 7, 2024, I was the one in need. I was out on a sunny afternoon on my daily walk when I was hit and run over by a truck. I sustained multiple fractures to my pelvis, a fractured right ankle, trauma and nerve damage to my left leg, and a ruptured bladder that was not found for 11 days.

My daughter, Ashley Murray, who is also a Recognized Practitioner and my teaching partner, quickly sent out word to her Sarnia-Lambton Branch group as well as the Chatham Branch group. Word reached the Windsor and Leamington Branch groups and then they contacted the Board members of the Therapeutic Network of Ontario. From the very beginning I received many, many distant sessions and some in-person sessions. Some of the Windsor Branch group members generously opened their home to my family from out of town while I was at the Windsor Hospital. And my mentors and longtime friends Sharron Parrot and Cheryl Dickson were able to be there for me. I had a big cloud of energy sent along with kind words, prayers for my recovery. I always had energized cloths on my lower body as well.

My pelvis surgery was 11 days later, on February 18 in Windsor as Chatham does not do pelvis surgery. My family was told that my bones were soft and not to expect healing for 12 to 15 weeks and then to slowly start to walk. I was transferred back to Chatham one week after the surgery to remain non-weight bearing and to recover.

Miraculously, on March 23, nine weeks after surgery (not the 12 to 15 weeks that were expected), the x-rays showed that my pelvis had healed and the next day I was walking, at first with a walker, then using a cane. On May 17 I walked out of the hospital just using a cane.

I will still need lots of physio and medical appointments, but the progress has been amazing. I usually had such a big cloud of energy that I let gently rain down on me, on the room, and on my room mates if their body accepted it. I often had staff tell me that they loved coming into my room. Sadly, the nurses at both the Windsor and the Chatham Hospitals, who took care of me, didn't know anything about Therapeutic Touch, but they do now.

I will be forever grateful for Therapeutic Touch, the Network, and all those who were able to be part of my healing. It helped with not only bone healing but wound healing and helped with pain management, grounding, and sleep, just like we teach. Also, my two leg clots are gone.

Although it was believed that due to the sacral nerve damage along with the ruptured bladder, I would be incontinent for life, I am back to my old nurse's bladder that can hold it for some time. I had a nerve stimulation test recently, and although my original CT scan showed crushed sacral and lower lumbar spine, my neurologist was very surprised that it showed minimal nerve damage that he feels will heal with physio and time.

From the bottom of my heart, I want to thank everyone for their kindness shown to me and all their distant sessions. Without these many distant and in-person sessions my recovery would have been much slower. I am an example of what Therapeutic Touch can do and the importance of belonging to a Network.

With Gratitude,
Kathy Armstrong, RP, RT

Visit the Members Area of the TTNO website

Plenty of resources to support Therapeutic Touch
in Ontario as well as your personal practice.

www.therapeutictouchontario.org

A Wedding Story

At my son's wedding, a guest became very sick in the washroom after drinking too much and was nearly passing out. My daughter considered calling an ambulance, but I chose to try Therapeutic Touch (TT). The guest was nearly lying on the floor, barely conscious. With his friend's help, we sat him up, and I began clearing and balancing his energy, focusing on grounding it through his feet and hands. I also gently stroked his head and held his hands, with a strong intention to help him recover. After about 20 minutes, I asked if he could stand with our help, and he did. Once he was up, I continued to clear his energy, and when he was ready, we walked out of the washroom. He was stable and feeling much better.

Pilar Bresani



TTNO 2024 THERAPEUTIC TOUCH

Transforming Our Therapeutic Touch® Practice By Transforming Ourselves

Saturday November 2, 8:00 – 9:00 AM: Keynote Speaker: Dr. Yvonne Kason MD



Dr. Yvonne Kason MD, MEd, CCFP, FCFP, is the President and a Founder of Spiritual Awakenings International and the Past-President of IANDS. She first coined the phrase “Spiritually Transformative Experiences” or “STEs” in 1994. She is the Group-Leader and Co-Founder of Toronto Awakenings Sharing Group. Dr. Kason has had five Near-Death Experiences (NDEs), two in her childhood and three in her adult life, as well as multiple Spiritually Transformative Experiences (STEs) of many kinds. She is a retired family physician and transpersonal MD-psychotherapist, previously on faculty at the University of Toronto, and an internationally renowned medical expert on NDEs, Kundalini Awakening and other STEs. In 1990, Dr. Kason was the first Canadian medical doctor to specialize her medical practice in the research and counseling of patients with diverse types of STEs for over 40 years. She co-founded the Kundalini Research Network in 1990, was the Chair of the Kundalini Research Network’s Questionnaire research project, with results published in *Explore*, July 2020. She co-founded the Spirituality in Health-Care Network in 2000. Dr. Kason has six published books, her most recent, [Soul Lessons from the Light: How Spiritually Transformative Experiences Changed My Life](#) (2022), and [Touched by the Light: Exploring Spiritually Transformative Experiences](#) (2019). She has made hundreds of professional presentations, has given scores of media interviews, and is in demand as a keynote speaker.

Kundalini Awakening & Spiritually Transformative Experiences: A Global Spiritual Awakening

Kundalini Awakening/Spiritual Energy Awakening is a sacred universal potential present in all people. It is described with different terms in diverse mystical traditions: Kundalini Awakening in Yoga; Holy Spirit quickening or Holy Spirit activation in Christianity; Holy Wind or Shekinah in Judaism; Chi activation in Daoism; Dumo Fire in Buddhism; and other terms. For more than 40 years, Dr. Yvonne Kason has been researching and experiencing Kundalini Awakening and other Spiritually Transformative Experiences (STEs). She will describe the key features of a Kundalini Awakening, and its numerous after-effects on body, mind, and spirit. She will explain how Kundalini Awakening starts a long-term process of spiritual transformation of consciousness, punctuated with many STEs, gradually expanding the range of normal consciousness. Dr. Kason concludes that the long-term transformation goal, which usually takes many lifetimes of purification and spiritual deepening, is to attain a sustained expanded state of spiritual consciousness while able to fully function in the world—nirbikalpa samadhi, aka ongoing cosmic consciousness.

WORKSHOP A: Saturday, November 2, 9:15 AM -1:00 PM



Diane May, RN, QTTT, RT, is a true healer for our time, blending entrepreneurial skills with her passion for teaching to help others help themselves. The author of the popular **Therapeutic Touch Handbook** series, she brings over 30 years of experience with TT and combines her extensive background in the field of human energy work, and management and administration to create highly successful workshops worldwide. Diane is the Past President of both TTNO and Therapeutic Touch International. (From the Conference Chair: *If you have never attended a workshop with Diane, you have missed an unforgettable experience.*)

Transformational Self-Care

A shift in consciousness can occur in a variety of ways. An external event like trauma can trigger it. Krieger said that jumping into cold water or laughing uproariously could, too. Most healers have had experiences during their sessions that are hard to explain (mystical perhaps?) and these are often triggered by specific internal states. We will explore how to create these mystical experiences yourself (and more consistently) rather than waiting to respond to whatever external events present themselves.

Historically, to have a mystical experience a person was told to separate from the world and sit back and wait—sometimes for a very long time. In contrast, Dr. Renee Weber, former philosophy professor from Rutgers University and friend of Dora Kunz, thought there was another way, a more proactive way. She thought that in TT it is possible for a practitioner to have a mystical experience at every session. What makes the difference between responding and internally creating is functioning centered and working with intention. These two parts of the TT process create a state that is conducive to mystical experiences.

We will explore various methods of centering — sound, breath, kinesthetic, your meditation practice, maximizing conscious intention — and much more. The exercises will provide and reinforce transformational self-care tools to incorporate into your own Therapeutic Touch® practice.



RETREAT AND CONFERENCE

Workshop B, Sunday, November 3, 8:30 AM to 12:30 PM



Heather Grace Gurd, RT: *When Therapeutic Touch® (TT) legend Cathleen Fanslow-Brunjes asked us: “What was your first experience with death as a child”? I replied. “My own.” She smiled and said: “Ah – what a gift. You will have no fear of death.” This is true. I was also left with the ability to see auras, angels, have dreams about things that are happening in real time, hear “earth song”, “know” when people are sick, receive clear guidance through dreams and inspiration, and write backwards and in rhyme. I thought everyone could do this. By the mid 70s I was practising Hatha yoga. By the late 80s I found Therapeutic Touch, which I considered light years ahead of other healing modalities. I was like the proverbial duck to water. I have practised daily and taught TT for 35 years. I am honoured to return as a workshop facilitator for this conference, and am excited to explore giving and receiving touch through new exercises and a presentation from the Relationship, Love and Death Trilogy for Children co-created with my 10 year old granddaughter. For education and TT work bio go to: <https://www.therapeutictouchontario.org/member/heather-gurd/>*

Putting the “Touch” Back in Therapeutic Touch®

Touch is something that human beings need to thrive yet sometimes we only feel safe at a distance, especially so since the pandemic. What do you need to feel safe? What do you require in order to touch and be touched? While a professional setting and good communication help, there is more. When we feel safe, we are our fastest, strongest and most creative. Our energetic wings can spread. Through an original presentation and interactive components, we will glean concepts and tools that facilitate centering, safety, and efficacy through this act of intimacy that is *the “Touch” in Therapeutic Touch*. It is our natural human potential. It is a dance with oneness and the music is love. These exercises are for anyone from the new mother with child to someone holding the hand of a loved one in hospice and everything in between. They include: **My Trees say Hello to your Trees** (Meditation), **Fairy God Mother and Granny with their Usual Flair**, **A Pyramid A Mouse and A Little White Hare**, (Child’s Play), **Hathor’s Wings** (Movement Exercises) and **A Dance of the Hands** (How-to and hands-on exercises including: Reflexive, Grounding, Clearing, for the Dying, and from the wheelchair).

A healing partner is required for the Dance of the Hands exercises. If you are attending via Zoom, please have someone close by to practise with. A Full Therapeutic Touch practicum will complete this workshop.

All conference hours can be used for maintaining RP status.

MORE HAPPENINGS

Silent Auction: One of the most popular activities at our in-person conferences has always been the silent auction. The funds raised by this auction go to our “Scholarship Fund” which has helped many members attend workshops, conference, PD Days and other eligible expenses. Whether you plan to attend in person or not, your auction item can be dropped off at the TTNO. We accept new or used items (in good condition), gift certificates, artwork and other items that you feel would be loved by members.

Raffle Draw: **Item 1:** The ‘TT Quilt of Hands’, has been proudly hanging in our office for several years and after moving to a smaller office we did not have the wall space that it deserves. It truly represents the TT family and friends. **Item 2:** A garden stone made by Dr. Dolores Krieger with an imprint of her hands, and the energy in those hands, embedded in the stone. Stay tuned for information about how to buy your raffle tickets. The draw will occur on Sunday, November 3 and the winner will be notified and sent their prize.

Optional Activities: We will be offering optional activities that are designed to connect you to nature, to silence and to each other in spiritually awakening ways. We hope you enjoy the extra time allotted for the “retreat” experience – it is totally up to you.

Book Exchange: Bring your books and exchange for another or purchase a used copy by donation.

Member Tables: If you wish to book a member table to showcase items for sale, the price is \$50/table. Book in advance please.

Be sure to visit the TTNO website at www.therapeutictouchontario.org for more information about this event. The registration form will be available on our website and through the office and will be attached to conference highlights emails throughout the summer. In person attendance is limited to 55 at this venue so register early to avoid disappointment. Zoom attendance is available for the continuing education workshops. Look forward to seeing you at conference this year.



A Poem of Before, and After The Touch of Therapeutic Touch

by Heather Grace Gurd: Presenter of Putting the Touch Back in Therapeutic Touch. (<https://heathergracegurd.ca/>)

Before: (A memory)

There once was a lass, roots from Scotland and France, who grew up in the Way of Love.
She died in the arms of her Mama one day and experienced the freedom “Above”.

She grew with the knowledge that she was eternal and all were connected through “God”
Meanwhile on the farm, in her little home village, she was safe but decidedly “Odd”.

Her gifts of “seeing’ and “feeling’ and “healing” were there as light as a feather,
And so it was by the time she was six, she came to be called Nurse Heather.

Despite life’s hurdles she pursued her studies of people and science and art.
She followed her knowing, her quests, and her duties, and always her “inner soul” heart.

Still, life became harsh with challenges galore, it was easy to get quite panicky.
Things were starting to split, there was rage, there was pain, and despair for the endless insanity.

Then it happened one day, at a restaurant, she ran into one befriended.
Deb was shocked and cried out, “I’ve been thinking of you since this healing class I attended.....”

After: (now here)

Therapeutic Touch saved my marriage, my health and my kids, it gave wings to my conscious
journey.

It led me back to The Way of Love, a practice that grounds me firmly.

After 35 years of practice and study I’ve picked up on what works, with great tips.
It all comes back to centering, and true relationships.

The Conference (coming up)

This November 2nd I will share how to ground and centre with perfect ease.
I’ll illuminate safety, and walking in grace, and how touch can transform one from tortured to
peace.

After Zoom and Covid and Distant TT, we will actually get to “Touch”.
Right there in person. A first in so long. Surrounded by beauty? There will be so much.

It will be for newcomers as well as the wise, taught through movement and play and art.
History may even repeat itself, giving someone new hope in their heart.

Therapeutic Touch® Awareness Week

Compassion: Reaching into the Heart of Your Community with Therapeutic Touch

Images from Windsor-Essex





Cambridge

In May, for Therapeutic Touch Awareness Week, we had a table set up with information and it was well received! We were in the main corridor and just opposite the elevator. Many people chatted with us and asked questions and took information. We even met a few TTers.

The facility coordinator who was my contact at Langs Community Health Hub was hosting an adult day program event. Many asked if we could come on another day and do a Therapeutic Touch presentation, so we did!

Kerstin Kramer and I jointly presented and demonstrated TT at Langs Live and Laugh adult day program. There were about 20 or so attendees, and the questions and answers were quite lively.

Kerstin and I provided Therapeutic Touch to two audience members (you could have heard a pin drop), and near the end of the presentation someone asked the question, "So, if I wanted to learn how to do this for myself at home, how do I do that?" I held up Alison Cooke and Crystal Hawk's book, *Be Your Own Healer*, and sold five copies before I ran out! I reminded the purchasers to start at the beginning and go through the book, and suggested they also watch the YouTube videos which are very helpful.

This was a great event and I look forward to presenting more, probably in the New Year.

Susanne Storer, RP

Therapeutic Touch Volunteering in a Hospital

Your hospital needs you. You are the person with the knowledge and skills in your hands to calm, relax, and provide respite to patients, caregivers, family members, and staff at times when they can benefit most from your experience.

I volunteer weekly at Michael Garron Hospital (formerly Toronto East General Hospital) in Toronto and am part of a Therapeutic Touch team of five. Michael Garron Hospital has had a TT team for over thirty years. I have been welcomed and supported by the TT Team, the Volunteer Services Department, nurses, physicians, and patients.

We provide Therapeutic Touch in various areas of the hospital: patients' rooms, treatment areas, hallways, and meeting rooms. People can leave requests on our voicemail and we will be there as soon as we can. Team messages are left in our binder for the next person in to make a visit to a patient or staff member.

Therapeutic Touch is what I do, but I also have interesting conversations with patients. Some ask me about general relaxation, using breathing to reduce stress, and discuss their mindfulness meditation practice. Others talk about their families or recommend books, movies, music, and recipes. Mmmm banana bread with toasted coconut, try it!

Why volunteer? There are many reasons to volunteer. For me, it is to give back to my community. It makes me feel good to know that I have used my skills to help someone every day I am at the hospital. It is satisfying to see someone relaxing, deeply breathing, their shoulders releasing, and hear, "I feel better."

Our team meets twice a year where we have discussions about our Therapeutic Touch practices, make observations, and discuss how to improve. I have increased my skills as a Recognized Practitioner. After all, no one knows everything!

Your hospital or healthcare community could use your help. If you aren't sure about volunteering, contact a volunteer you know for a discussion about how they work, what is expected, and how they feel. I guarantee you will be surprised; make that decision and become a volunteer.

Michael Garron Hospital is looking for more Therapeutic Touch volunteers. If you are interested, visit their website www.tehn.ca and click on the volunteer tab. Don't hesitate to contact the TT team so that we can answer your questions and fast-track qualified TTers. BONUS, as a team, we will mentor those completing workbooks once they become Michael Garron Hospital volunteers.

Patricia Petruqa, ppetruqa@hotmail.com
Michelle Wales, mkwales@bell.net

REPRISE — A periodic revisiting of former insights

The following article originally appeared in the Spring 2003 issue of *inTouch*. Adapted and submitted by Pat Tamosetis.

ABOUT TOUCH

Therapeutic Touch is a non-touch and/or light touch energy therapy. As such, we may wonder what the value is of physical touch and when is it appropriate to use it during a session?

The need for human touch is a common factor for all of humankind. It goes to the core of who we are as human beings. The primary importance of touch is connection; someone being touched has a sense of being connected. The loss of human physical contact creates feelings of loneliness, frustration, and a lack of emotional warmth.

A gentle touch brings a flood of warmth and vitality that conveys physical, emotional, and psychological support and healing. Through touch, a sense of togetherness is created and a very strong non-verbal message is sent. Being touched conveys a sense of caring, compassion, and understanding. Through this action, a healing process begins which can include, for some, a new way of seeing things.

When we experience illness – physical, emotional, or mental – we say we feel “out of touch”, which usually means that we feel isolated, alone in our pain, and in a place no one can understand. During times of severe illness, people feel out of touch with normal life, with whom they were before the illness, with family and friends, and even with their God.

In the case of terminal illness, this may be a beginning of progressive isolation. For many with a terminal illness, social roles have changed or been lost and relationships have altered. For them, touch plays a crucial role in reconnecting with others and perhaps creating new connections.

Being touched can be something that our healing partners want, or it can be something they may fear or feel awkward about. Therefore, touch begins with asking permission.

People who are experiencing Therapeutic Touch for the first time are frequently skeptical. They may be mentally searching for something physical to happen and the psychological barriers they set up make it difficult for them to feel any effect at the time of the session. Of course, as practitioners, we know there is always a therapeutic response. The use of light touch, once permission has been granted, can provide a tangible guide for a healing partner, that allows them to focus on a specific area and/or on the direction of energy flow.

As you slowly move out into the ‘energetic field,’ again, and continue to clear and modulate the field, healing partners are surprised to sense something happening. They begin to experience the energy movement without physical touch. Thus, skepticism begins to wane and the healing partners become more receptive.

It has been my experience that light touch is used during many Therapeutic Touch sessions. In ‘extreme’ hospital settings, such as intensive and/or critical care units, support is obviously essential at every level of consciousness. In these locations, most individuals who receive Therapeutic Touch sessions are experiencing the sessions as well as the concept of energy therapy for the first time. Frightened and frequently in pain, they feel isolated and alone, separated physically, emotionally, mentally, and spiritually. A light touch makes a connection which can act as a physical guide and emotional support. It offers a frame of reference for energy movement and encourages an awareness of the healing power within.

Essential to the Therapeutic Touch session is a sense of reverence with a respect for the healing partner’s needs and wishes. Having an understanding of their background will provide insight into the assessment. A person who has suffered abuse at the hands of others may not welcome being touched in any way. Discomfort with being touched can also arise from a lack of past touching experience, such as growing up in a ‘formal’ family where hugging was not familiar. Although healing partners might say they wish to be touched, they may still feel a level of discomfort.



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Growing a TTNO Branch - From a Seedling to a Shade Tree, Part 3

(Editor's note: Part 1 of this series appeared in the Spring 2024 inTouch. Part 2 of the series, Leadership, appeared in the Summer 2024 inTouch.)

Communication:

***“The right information brings knowledge and knowledge is power.
Sharing it is empowerment.”***
~ Seth Godin ~

Staying in touch with your Branch members is a key, and sometimes that becomes a difficult task as the group grows (the Windsor-Essex Branch (WE-TTNO) currently has over 40 members). The WE-TTNO has two meeting locations (Windsor and Leamington) that meet monthly. Flo Hartleib and Sharron Parrott are Windsor's Branch leaders, and Penny Craig the one for Leamington group. We are blessed to be able to use rooms at the local hospice locations for our meetings. Having a good relationship with our local hospice has served us and them.

To truly build a Branch and membership requires a good flow of information and communication. For many years, and still today, it is through the use of email we have been able to share the bulk of information to our members. Primarily, emails are the way we share our Branch meeting notices and minutes, educational days, membership reminders, workshops, events, and so on. When someone is not tech savvy, we have reached out by phone to keep them informed, or by using snail mail when necessary. And many members get together between meetings. Though as the world progresses, so does how we communicate; social media now has a large presence.



In 2017 the Branch established a private Facebook group for members called “Therapeutic Touch Windsor/Essex”. We found this to be a safe place to share information and photos that are not necessary to share with the public. Though not everyone who is a member has or wants access to Facebook, it is just another way we communicate and network. Things that we post on the site include reminders of the upcoming meetings; new events being offered by the TTNO, such as our conferences, Professional Development Days, and Therapeutic Touch Awareness Week news; links to our website, and more. We also share photos of one another taken at meetings or events. Inspirational quotes are often shared. All members are encouraged to share their photos and comments so everyone can see them.

In 2022 a seed of an idea started to root and the plans for our own local website was planted. It was then I started to play with the idea, and in early 2023 we launched our own local website called Windsor-Essex TTNO Branch (WE-TTNO). We developed it through a free web service. Though being free means we do not have all the bells and whistles of a paid site, our members feel it gives us and the public what they need. Members must know the website URL (address) in order to find it given it is free. Part of our 2024 goals is to make it more widely known to others in the community, especially those interested in either getting a Therapeutic Touch session or taking a workshop. The goal is to add our URL address to our local flyers, activities, pamphlets we share, and even in our email signatures.

Take a moment to view the WE-TTNO website URL: <https://windsorressexttno.wixsite.com/branch>

Our home page clearly identifies who we are, with some current events links at the top. As you scroll down the page, we have a short introduction into who we are here in Windsor-Essex County. As you proceed further you see some benefits we note in becoming a WE-TTNO Branch member. Next, we share information on the TTNO, with a direct link to the provincial website page – where, of course, you can get a wealth of

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REPRISE

Even with permission, slow gentle movements are necessary. The practitioner must continually monitor the reactions to touch, assess its' effectiveness, and determine if it can continue to be used as a rebalancing method. At the same time, healing partners need to understand that they are the directors of their own healing process and, as such, have control over whether or not touch will be used. This allows healing partners the freedom to adjust to the experience of being touched and provides an opening to discontinue if they wish.

Whether or not we, as practitioners, use light touch in our sessions is completely relevant to the healing partner's needs and direction. As facilitators, we follow the healing partner's lead. Through assessment of not only the energy field but also of the healing partner's level of awareness, acceptance and comfort will prove effective in our sessions.

by Susan Keith

Growing a TTNO Branch - From a Seedling to a Shade Tree, Part 3

information. Our goal is not to duplicate the TTNO website, but to identify activities and news for our members. Throughout the website we share pictures of various Therapeutic Touch activities or members (which get updated at least quarterly, if not monthly). Testimonials are also shared from Branch members as to why they value belonging. As we receive more testimonials they will be switched out. And in various places we have some great TT quotes.

Other tabs include:

Therapeutic Touch Awareness Week: visible once we start planning, and through the event week (up until July for you to view).

Events: educational offerings, retreats, social events, TT Workshops, TT Conferences, membership reminders, etc. It is here we also provide any links to the paperwork for the events – they would just need to click, download, and copy it off.

WE News: includes details on awards, our TT Awareness Week report, info on a technique we reviewed (e.g. Hand Heart Connection), special guests or books, obituary notices, help wanted (like in writing this series of articles), post-event details, and more.

TT Offerings: here we list the established clinics where we currently offer sessions to members of a group or the community – everything from our Distance Healing Group, sessions at our local hospice residences, Hospice Energy Clinic, senior center, and more.

Windsor & Leamington: under each tab are details specific to that meeting location including date, time, building, map link, pictures, Branch leader contact info, specifics to the location, and meeting dates.

Contact Info: can be found at the bottom of each page. You can find links to take you directly to the Branch location you want to find out more information about, or even to our Facebook page.

Our 2023 survey was also piloted as an online survey, and this year we had 17 responses, which was an improvement over the last few years. Rich detail and comments were obtained, including some testimonials. A few glitches occurred, though hopefully our next try will produce similar good results. It is our goal as the WE-TTNO to stay in touch with our members and to provide them with key information at their fingertips or a direct link to where they can find it on the TTNO website. It is the member's responsibility to share the information with the Branch leaders and the website manager for anything they feel would benefit all. So far, we are finding this a welcomed addition. If you are interested in learning more, you can reach out for more information on how I did this.

Like the roots of all trees, we must reach down and ground ourselves in the knowledge of the earth to grow big and strong. Communication is nourishing to the soul – it fills us up and sustains us – especially as a Branch.

Submitted by Kim Watson

Echoes of the 'Inspiration and Echoes' Retreat

The "Inspiration and Echoes" retreat June 6 to 9 was a big success. We did Therapeutic Touch sessions, had discussions and classes, laughed, and shared.

The participants submitted comments about their experience that were specifically gathered to submit to *inTouch* to share with the Therapeutic Touch community.

They are as follows:

- ◇ Experiencing the connection; sessions brought it forward and felt the connection. It was a new person yet felt connected
- ◇ In-person treatment for the first time in many years was blissful and from someone who cared about them
- ◇ Safety for discussion, total acceptance and non-judgement, people of like mind, open minded, the quality of laughter. Lots of belly laughs and laughter will shift consciousness
- ◇ No expectation that you must know everything. The joy is the people; connect and re-connect
- ◇ Time to process and integrate experiences and knowledge
- ◇ Stepping out of structured day and the roles of routine life. Not having to meet other people's expectations
- ◇ Good break in daily routine: demands/appointments/work/duty
- ◇ Role models for newcomers to Therapeutic Touch but also to all people in the world (peacefulness, calmness that we carry with us)
- ◇ Plans and suggestions for developing Therapeutic Touch in other areas
- ◇ Escaping other people's expectations and our own
- ◇ The power and the richness of Therapeutic Touch!
- ◇ Enjoyed daily meditation
- ◇ Amplification, due to the daily sessions and meditations
- ◇ Laughing all weekend
- ◇ Learned more about sound
- ◇ Open to universal energy
- ◇ Leave refreshed
- ◇ Honesty, trust, respect, acceptance
- ◇ Developed true relationships
- ◇ Trust
- ◇ Developing confidence and re-enforcing confidence
- ◇ Validation
- ◇ Open, frank, safe discussion
- ◇ Talking with colleagues, being together with people and talking freely
- ◇ Re-union and re-connection...priceless! Ultimately, it's safe
- ◇ The retreat is enchanted. Four days of sessions and a community of respect, trust, acceptance, and honesty is where one is safe and can grow and heal. The playfulness, amazing food, in a glorious setting



Photo courtesy of Laura Pokoradi

Submitted by Laura Pokoradi



HPCO Conference Complementary Therapies

Once again this year, Therapeutic Touch was a key feature of the complementary therapies offered to participants of the Hospice Palliative Care Ontario conference in June. Over two days of the conference, complementary therapies were offered throughout the day and the TT roster was full both days. Hospice staff from across the province were able to sample a variety of energy healing modalities, including TT. For many, it was their first experience. But the line ups at the complementary therapy table of returning conference participants looking for sessions was a testament to the benefits experienced.

The Sunday TT practitioners, l to r: Joanne, Mary Ann, Jim, and Pat
Photo courtesy of K. Ratchford

Reflections on the TTNO Professional Development Day

This August an exuberant group of fourteen people from across Canada met on Zoom to explore the role of intention in our Therapeutic Touch practice by participating in this year's Professional Development (PD) Day with facilitator Alison Cooke. The PD Day provided an opportunity to listen deeply and share in small and large groups; introduced creative ways to understand intention; included meditations, poetry and music; and culminated in a practicum with an observer.

One of the most exciting aspects of the day was something called Spiral Writing. In this exercise we were instructed to listen to a poem by Tama Recker three times. We were then asked to enter into a stream of consciousness writing; no editing, no censoring for a period of time. The second time the poem was read aloud, we were asked to pick up from our last sentence and continue writing, and again after the third time. Then we were put into small groups and were able to read our writing to each other without comment. Only when both had shared were we able to discuss how that felt. One thing I liked about this experience was the ability to simply write about how the poem made me feel, what it evoked in me, what I noticed. The opportunity to share without being interrupted was something special as we don't often receive such deep listening in a judgement-free environment in our daily lives.

Another thing I enjoyed was the chance to read the various quotes and then dialogue with others in the group. Each person was able to offer their views about what the quote might mean. In this way we were able to clarify our own ideas and build upon or modify them with new perspectives and knowledge. The questions that piqued my curiosity the most had to do with the balance between the heart-centered focus and the intellect/thinking mind and the importance of recognizing "muddy motivation".

As an aspect of professional development to increase our knowledge of Therapeutic Touch, we were provided with some new updated terminology. The phases of TT (CARER) are becoming fleshed out as our understanding of the interior shifts of consciousness that take place during a TT session are deepening. The one that stood out the most to me emphasizes the importance of creating a connection (**Psychodynamic Corridor**) between the practitioner and the healing partner as part of the Outreach of the Assessment phase. I was also struck by the emphasis on the use of **Reflection** to inform our practice. There were some very instructive comments based on personal experiences regarding the use of **Recall** (a thought or insight that comes later in a dream, reverie, or other subtle aspects of memory) to shape intentionality within a session.

Thank you to everyone who worked hard to bring this special day to us. I offer these personal reflections in the hopes it will encourage others to participate in this PD Day.

by Barb Burger

Workshops and Continuing Education

PROFESSIONAL DEVELOPMENT DAY 2024

LOCATION	DATE	TIME	TEACHER	CONTACT INFORMATION
Alma	Sat Oct 19	8:30-4:30	Deborah Gould	519-830-9770 / dgould1@outlook.com
Brampton	Sun Sept 29	9:00-5:00	Jim Metson & Dale Cimolai	Lillian Hutchinson: lillianhutchinson@rogers.com
Chatham	Sat Oct 5	9:00-5:00	Ashley Murray & Kathy Armstrong	519-336-0941 / amurray.elementsoflight@gmail.com
Guelph	Sat Nov 09	8:30-4:30	Valerie Morrell & Deborah Gould	519-821-4006 / valeriemorrell7@gmail.com
Hamilton	Sun Sept 22	8:30-4:30	Laura Pokoradi	905-517-2714 / peaceandlight334@gmail.com
Huntsville	Sat Sept 28	8:45-5:00	Debbie Brear	705-382-1961 / debbear@outlook.com
Hybrid Zoom & In-Person (Toronto)	Sun Sept 29	9:00-5:00	Paula Neilson	416-447-1600 / pmneilson@gmail.com
Ottawa	Sun Sept 29	8:45-5:00	Gail Lafortune & Terri Lacroix	613-834-4524 / c-g.tt@sympatico.ca
Stratford	Sat Nov 09	8:30-4:30	Jennifer Brion	905-867-4226 / jbrion1957@gmail.com

Workshops and Continuing Education

Workshops are being continuously added or adjusted.

Visit the TTNO website regularly for the latest updates. Confirm dates and times with the appropriate teacher.

Listings are in-person workshops unless indicated otherwise.

In-person workshops may have limited capacity and COVID protocols. Confirm details with instructor.

WORKSHOPS FOR CONTINUING EDUCATION

Stilling the Restless Mind, Mindfulness Training for Healers

Toronto, Sat Nov 23 9:00-4:30 Julia von Flotow 416-686-6463 / julia.vonflotow@gmail.com

FOUNDATIONS OF THERAPEUTIC TOUCH

LOCATION	DATE	TIME	TEACHER	CONTACT INFORMATION
Elm Tree Centre	Sat Nov 9 & Sun Nov 10	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
Golden Lake	Sat Nov 23	8:45-5:30	Patricia Tamosetis	613-625-2277 / tearthwalks@yahoo.com
Lakefield	Sat Nov 9 & Sun Nov 10	9:00-5:00 9:00-1:00	Craig Niziolek	705-651-1010 / CraigNiziolek@gmail.com
Stratford	Sun Oct 6	8:30-4:30	Jennifer Brion	905-867-4226 / cjbrion@rogers.com
Toronto	Fri Oct 4 & Sat Oct 5 & Sun Oct 6	7:00-10:00pm 9:00-4:30 9:00-4:30	Julia von Flotow	416-686-6463 / julia.vonflotow@gmail.com
Toronto	Fri Nov 8 & Sat Nov 9 & Sun Nov 10	7:00-10:00pm 9:00-4:30 9:00-4:30	Julia von Flotow	416-686-6463 / julia.vonflotow@gmail.com
Virtual via ZOOM	Sat Nov 17 & Sat Dec 1	9:00-5:00	Alison Cooke & Paula Neilson	613-395-3691 / adcooke141@gmail.com 416-447-1600 / pmneilson@gmail.com

TRANSPERSONAL NATURE OF THERAPEUTIC TOUCH

Elm Tree Centre	Sat Nov 23 & Sun Nov 24	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
Newmarket & Zoom	Fri Nov 8 (Zoom) & Sat Nov 9 & Sat Nov 16	6:30-8:30 9:00-4:00 9:00-4:00	Nancy Hall & Jim Metson	www.mypalcare.org/workshops to register 647-863-0095 / metsonj347@gmail.com
Toronto	Sat Oct 26 & Sun Oct 27	9:30-4:30	Julia von Flotow	416-686-6463 / julia.vonflotow@gmail.com
Virtual via ZOOM	Sat Sept 21 & Sat Sept 28	9:00-5:00	Alison Cooke & Paula Neilson	613-395-3691 / adcooke141@gmail.com 416-447-1600 / pmneilson@gmail.com

LEVEL ONE

Alma	Sat Oct 26	8:30-4:30	Deborah Gould	519-830-9770 / dgould1@outlook.com
Elm Tree Centre	Sat Sept 28 & Sun Sept 29	8:30-5:30	Martha Hoey	519-823-5847 / info@elmtreecentre.com <i>(focus on humans and basic for animals)</i>
Hamilton	Sun Oct 6	8:30-4:30	Laura Pokoradi	905-517-2714 / peaceandlight334@gmail.com
Ottawa	Sat Nov 16	9:00-5:00	Gail Lafortune	613-834-4524 / c-g.tt@sympatico.ca

LEVEL TWO

Alma	Sat Nov 30	8:30-4:30	Deborah Gould	519-830-9770 / dgould1@outlook.com
Hamilton	Sun Oct 20	8:30-4:30	Laura Pokoradi	905-517-2714 / peaceandlight334@gmail.com
Ottawa	Sat Sept 28	9:00-5:00	Gail Lafortune	613-834-4524 / c-g.tt@sympatico.ca

LEVEL THREE

Ottawa	Sat Oct 26	9:00-5:00	Gail Lafortune	613-834-4524 / c-g.tt@sympatico.ca
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Teachers

Recognized Teachers

The Therapeutic Touch Network of Ontario sets its own criteria for curriculum and teaching. Notations below indicate level of teacher qualifications:

- F* - Foundations of Therapeutic Touch
- T* - The Transpersonal Nature of Therapeutic Touch
- ◇ - Level 1
- ◇◇ - Levels 1 & 2
- ◇◇◇ - Levels 1, 2 & 3

Teachers will travel to other areas on request.

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

Alliston	Nancy Hall: <i>F, T, ◇◇</i>	519-938-7759	nancyhall634@gmail.com
Ancaster	Evy Cugelman: ◇◇◇	289-239-7036	evycugelman@gmail.com
Barrie	Arlene Cugelman: <i>F, ◇◇◇</i>		
		705-790-0159	acugelman@rogers.com
Bell River	Penny Craig: ◇◇	519-727-4784	2pennyc@bell.net
Burks Falls	Deb Brear: <i>F, T</i>	705-382-1961	debbrear@outlook.com
Caledon	Jim Metson: <i>F</i>	647-863-0095	metsonj347@gmail.com
Chatham	Kathleen Armstrong: <i>F, ◇◇</i>	519-354-8141	dkarmstrong@bell.net
Elora	Deborah Gould: ◇◇◇	519-830-9770	dgould1@outlook.com
Golden Lake	Patricia Tamosetis: <i>F, T, ◇◇◇</i>		
		613-625-2277	tearthwalks@yahoo.com
Guelph	Valerie Morrell: ◇◇◇	519-821-4006	valeriemorrell7@gmail.com
Hamilton	Laura Pokoradi: ◇◇◇	905-385-9217	peaceandlight334@gmail.com
Huntsville	Shirley Boon: <i>F, T, ◇◇◇</i>	705-784-0969	sngboon1@gmail.com
Kitchener	Kerstin Kramer: ◇◇	226-336-9280	kerstin@kitchenerhealer.com
Midland	Helen Will: ◇◇◇	705-534-1101	helenwillart@yahoo.com
Moffat	Martha Hoey: <i>F, T, ◇◇◇</i>	519-823-5847	info@elmtreecentre.com
Oro-Medonte	JoAnn Lacroix-Camping: ◇		
		705-229-9013	jlcamping@gmail.com
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Peterborough	Craig Niziolek: <i>F, T, ◇◇◇</i>	705-651-1010	craigniziolek@gmail.com
Sarnia	Ashley Murray: <i>F, ◇◇◇</i>	519-336-0941	amurray.elementsoflight@gmail.com
Stirling	Alison Cooke: <i>F, T, ◇◇◇</i>	613-395-3691	adcooke@xplornet.com
Stratford	Jennifer Brion: <i>F</i>	905-867-4226	cjbrion@rogers.com
Thunder Bay	Jean Riddell: ◇◇	807-622-7790	thundermanitou@yahoo.ca
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	Maria Rossiter Thornton: <i>F, ◇◇◇</i>		mgthor@hotmail.com
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Windsor	Flora Hartlieb: ◇◇◇	519-974-2157	theteagranny@hotmail.com
	Sharron Parrott: ◇◇◇	519-258-0440	sparro9491@gmail.com

The TTNO wishes to acknowledge, with gratitude, the service of retired Recognized Teachers who over many years enthusiastically spread knowledge about Therapeutic Touch throughout Ontario.

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Guelph/Willow1	Susan Blair	591-836-3252	seblair@uoquelp.ca
Guelph/Lilac	Mimi Craig	519-827-1819	mimicraig@gmail.com
Guelph/Trinity	Valerie Morrell	519-821-4006	valeriemorrell7@gmail.com
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Windsor	Flora Hartlieb	519-974-2157	theteagranny@hotmail.com

* This Branch is an important part of the Network but serves a specific population and is unable to accept new participants at this time.

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WHO TO CONTACT

For address changes, membership renewal forms,
Practitioner workbooks, teaching materials,
extra newsletters, brochures, resources

Contact the TTNO Office
Tuesdays and Thursdays

Therapeutic Touch Referral Service

Contact the TTNO office

Webmaster **new email**

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inTouch

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PUBLICATION DATES AND DEADLINES

inTouch is published four times a year
Spring • Summer • Fall • Winter

Next Issue: **Winter 2024**

Deadline for submissions: **November 20, 2024**

Late submissions may be held for the following issue.

Distribution to members mid-September

Articles may have a maximum of 850 words.

Please send submissions to the inTouch Editor

Jim Metson (metsonj347@gmail.com)

With the subject line

“Newsletter + which issue + the nature of the submission”
e.g. “Newsletter Winter 2024 – Report from...”

*The opinions and ideas expressed by the writers
in this publication are their own and are
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inTouch

is sent to TTNO members and subscribers from other
Canadian TT Networks.

Canadian Publications Mail
Agreement #40034150

Requirements for Advertisers

- All advertisements are to be submitted to the TTNO office by email with the following information in the “Subject” line of the email: “Newsletter + which issue” (winter, spring, summer, fall)
- Indicate the size of the ad you are requesting.
- Advertising must be in JPEG or MSWORD format.
- The submission must be received on or before the deadline for submissions.
- The newsletter is published quarterly in March, June, September and December.
- Deadline for each issue is 45 days prior to the particular publication i.e. November 1st for the December issue. (This allows time for the bookkeeper to generate an invoice and for payment to be received).

Please note that if a submission is not received by the deadline date, it will not be published until the next issue.

TTNO members will be billed for their ad placement. Note: Payment is due in “net 30 days” from the invoice date, following which a 10% surcharge will be added and new invoice sent.

Non-members are required to submit payment in advance along with their ad request. Advertising rates are as follows:

Member Rates: Per Issue

Size	Dimensions	Cost	HST	Total
1/3 page	Horiz W 7.5" x H 3.25"	\$60	\$7.80	\$67.80
	Vert W 2.5" x H 9.75"	\$60	\$7.80	\$67.80
¼ page	W 3.5" x H 4.75"	\$50	\$6.50	\$56.50
Bookmark	W 2.3" x H 4.5"	\$40	\$5.20	\$45.20
Business Card	W 3.5" x H 2"	\$35	\$4.55	\$39.55
Classified Ad	Per Word	\$0.50	\$0.06	\$0.56

Non-Member Rates: Per Issue

Size	Dimensions	Cost	HST	Total
1/3 page	Horiz W 7.5" x H 3.25"	\$75	\$9.75	\$84.75
	Vert W 2.5" x H 9.75"	\$75	\$9.75	\$84.75
¼ page	W 3.5" x H 4.75"	\$70	\$9.10	\$79.10
Bookmark	W 2.3" x H 4.5"	\$50	\$6.50	\$56.50
Business Card	W 3.5" x H 2"	\$45	\$5.85	\$50.85
Classified Ad	Per Word	\$0.60	\$0.08	\$0.68

Annual Rate: Pay for one year on any ad and get your ad seen in four issues for the price of three. No edits or revisions are permitted for these ads. All payments are due prior to the Spring edition.