



Healing Touch New Zealand

Gathering Energy

Issue 7

December 2018



*We are all connected in this web of life, nothing stands alone
When we change ourselves we change everything, because we are everything*

- Little Bird 2018-



Yardi Ya

Ho! Ho! Ho! Merry Christmas to you all!

Wow another year has speedily gone by!

We would like to take a few moments to thank all those who have contributed to the newsletter, and the Healing Touch New Zealand team, who have provided us with fabulous learning opportunities for our professional development, and advancement as Healing Touch Practitioners.

As the festive season draws closer, we hope our readers may have a little time to sit down, put your feet up and read the final issue for this year. Issue 7 peeks at the web of life, the way we communicate between earth and universe, and with each other and selves. How is your web? Tangled or ordered? Only you will be able to answer that one!

Do let us know of any special topics you would like to see in the newsletter. Or perhaps you have an item you would like to contribute? Short or long. It makes no difference. It is all about the content. Send it in anyway and we can go from there.

Best Wishes from us both

The Editors – Gwyneth & Karen

Ho Ho Ho
Merry Christmas



karen@ocarroll.co.nz and gwyneth75@gmail.com

Contents

National	2
Committee Speak	
Chairperson’s Report	
Inspiration.....	5
The Winds of Change	
International.....	6
Core Values, Current Events and Healing Touch	
Editorial	7
Supply and Demand	
Toolbox	8
An Energy Exercise	
What’s Happening	9
Healthy Living Festival	
Courses for 2019	
Practice Nights	

Covering Our Butt

Amateur editors, slightly quirky, both new to this game

So if we stuff up, every now and then try not to focus on
blame

When we oops on content and copyright, smile

Send us love and pink light and heart centred suggestions

Please be aware of interesting material presented with pure
intention

Always look out for the nuts, do not discard,

they are the best part

Instead throw caution to the wind

But if by chance we slip up and shock you

.... Ground and centre and forget about the doctor



Committee Speak



Our HTNZ Committee

- Chairperson:** Deb Carter
- Vice Chairperson:** Ian Thurlow
- Administrator:** Sharon Gardiner
- Treasurer:** Carol McDonald
- Committee:** Annette Gillespie

If anyone wishes to be part of our team of hard- working committee members you are welcome to contact us. It may be that you have a gift that you would like to offer to the team, to support them in their roles, and lessen their loads. This would be greatly appreciated. Some examples of roles that members are assisting with are: Membership Administrator, Facebook Administrator, Newsletter Editors and just newly joined to our ranks is our Proof Reader for the Newsletter.

Chair's Corner

By Deb Carter, Chairperson, CHTIP, CHTII



Kia Ora Koutou

I have been sitting in a quiet space reflecting on the most recent loss of young Grace, the Irish girl, in Auckland, and reflecting on the huge impact it has had on New Zealanders. I see impassioned communities rising up to speak against “breach of boundaries”, speaking honestly to all, about what they

see and feel. I see communities building in strength and united vision to have a voice for respect, kindness and a place for life. They are making a difference.

I witness every day the place that Healing Touch has in the community, and the way it provides space for individuals to make profound changes when they are ready. You are all an intricate part of this Community with the gifts you bring alongside Healing Touch to share, move, comfort, and assist those you walk beside. You make a difference.

As each year moves faster, the draw to step into the “Healing Waka” to work together, to know the heart that draws you close, to be the speaker of gentle truths, grows stronger and more necessary. You must do your inner work.

Ask yourself if you can find quiet stillness amidst chaos when the sights and sounds around you threaten to throw you off balance, and call you off your centre. Ask yourself if you can hear taunts, from those closest to you without letting your ego rise and suffocate you. Ask yourself if you can rise above the petty things, to see the bigger picture in life which reveals simple truth and perspective. Ask yourself if you can hear the rhythm of another’s paddle next to yours, so they may dip as one.

Quieten the busy mind... take a long and calming breath...feel your heart centre like a golden halo around you.....welcome aboard.... (Continued next page)

Christmas at



Phew... wondered how I might segue back down into the head reality, as now I would like to offer some 'welcomes' and 'congratulations.'

Welcome to Dionne Norman and Belinda Spratt as our new North Island Course Coordinators, who are based in Tauranga. A huge vote of thanks to Pam, who has done a wonderful job creating a smooth handover.

Congratulations to our latest HT Practitioners who have just completed Unit 5 on Banks Peninsula - Jo Henderson (Dunedin), Sue Snell (Christchurch), Gary Smith (Granity), Wendy Cross (Rolleston) and Ian Thurlow (Oxford). I am looking forward to connecting with the huge group growing in numbers around NZ, for the Unit 4 in Banks Peninsula in 2019, with Annis Parker.

We were lucky enough to have Dr Rosalie Van Aken from Australia to take the Unit 5 Course in November, and before that she taught a day of Advanced Healing Touch Techniques. Most valuable.

I would like to extend a massive thank you to all those unseen people, who work tirelessly away behind their computers, assisting HTNZ to run smoothly and efficiently. The Course Coordinators Jane, Maureen, Berylla and now Dionne and Belinda, who keep you informed and motivated. The Instructors, Annis, Gwyneth and me, who keep the word on the street, and the healing on the tables. Thank you to Chris Tuite with all her talents and the wearing of many hats. Thank you to all those who have stepped forward to lead and guide Healing Touch practice in their area, and to those who have had an idea and are sharing it in the community. Most of all I would like to thank the Committee for its support and hard work over this year. I look forward to co-creating further community projects together in 2019.

Be present, open and unconditional. Together we make a difference.

May you have a safe and festive season and happy holidays.

Namaste

Deb

Unit Five at Akaroa



off the mark.com by Mark Parisi



© Mark Parisi, Permission required for use.

Good morning client. Now where was that chakra again? Oh, your ovaries are a bit grumpy, are they?

Well I suppose it is egg laying time. Ultrasound this afternoon so we can check out what is going on for you.

Clambering over the tank into the garden is probably not the best option. Back to sea as soon as it can be arranged. This will take a moment or three.

Welcome to my World!!!!

Annis



“Snippets from the Breakfast Table”



Inspiration

The Winds of Change

By Annis Parker, RN, ADN, DipEd., CHTIP, CHTII



This time I am writing from the Coral Coast of Western Australia. What to write? Is the question. However, my inspiration usually comes from the natural world and nothing is changed in that. At this time of the year, in this part of the world, there is a change in temperature (heading upwards – which makes me happy,) there is also wind. It blows through the night, strong in the morning and evening. Where I am at present we are slightly protected. If we go to the seaward side of this finger of land poking out into the Indian Ocean, then one needs a jacket of some sort. This area is a large National Park and an Ocean Sanctuary so there is much fun to be had in my world of all creatures.

What does this mean for those of you who are reading this? Change is everywhere, getting faster, and there is very little consistency in anything. This asks us to not only invoke and embrace great flexibility of Being on a daily basis, but also to think very seriously how we integrate a very solid balance deep within ourselves. This is not only the act of grounding which you all know we do ‘harp on about’, but clearing from yourself that which no longer serves you. What does that mean? Sit and think about this. As this occurs in your emotional and mental fields you will find there is more space. Space to breathe, to observe but NOT act. Stop being frenetic. This takes practice. It enhances your ability to send love or to recognise when you do not. Nor are you being asked to fix everything. To do that is to deprive another soul of their own growth. Think about that.

It is very clear that the chaos of the third dimension in which we reside, is overpowering and impinges on us at all levels. Being prepared for changes is uncomfortable for so many and I understand this. It is tiring being buffeted by the wind. Being able to create space to enable you to flex at speed if you need to, whilst resting peacefully within yourself. This is a key.

There is a management theory from Lewing, which I have used in the past in people management. He stated that people tend to prefer being ice blocks, where they know what the boundaries are and what they are doing. The idea of encouraging change was to melt the ice block so that it became like water flowing everywhere. This was profoundly uncomfortable for the majority of people and caused many to move. Then the water was allowed to begin to freeze, but only until it could form slush. Slush has some form but also maintains the ability to move in any direction. This is a dynamic state. My perception is, this is where we need to be at this time, in this world.

From an international level, many of you will have read Joel Anderson’s (President of HBB) piece on Mental Health. It is a superb and timely reminder to us all, maintaining the Codes, Scope and Standards of Practice to which we hold dear and sets HT apart from many modalities. Along with your selfcare, maintaining flexibility, a broad vision, and not forgetting to rest, are all I would ask of you.

Go well...Annis Parker





Core Values, Current Events and Healing Touch

As students, practitioners, and instructors of Healing Touch, we subscribe to [standards of practice](#), [core values](#), and [a code of ethics](#) that guide our behaviors as healers and light workers. These standards, values, and ethics are in alignment not only with the attributes of the heart, but also with declarations from the United Nations related to [human rights](#). Recent statements by [health care organizations](#) around the world that acknowledge the [dignity and well-being of all of humanity](#) regardless of [characteristics and traits](#) speak out against these identities being used as tools of divisiveness. Such actions are antithetical to [a paradigm of holism](#).

It's very easy these days to look to the news and see stories that tug at our hearts. You may find yourself wrestling with feelings of anxiety, stress, fear, anger, resentment, and despair. Fear, a powerful tool and control mechanism, has been used for centuries as such and is being used prolifically now. In the face of these events, it is important to stay centered, focused, and resolved to live our values as healers. Our personal responsibility is to recognize fear, resist and rise above it, and refuse to perpetuate it. As we do this, it is necessary to pay attention to what is happening around us so as not to be ignorant, but also not to pick up and perpetuate nonsense. [Clearing our lower three chakras](#) and mastering those qualities, while also acknowledging that we each have both positive and negative attributes, enables us to support balance within our lives. In so doing, we are better able to tap into [the power of our collective energy](#) and to foster a healing presence-to be a [being of peace](#).

It is incumbent upon us during times that challenge compassionate norms to reflect upon what it is that we truly believe, what we can support, and what we cannot defend. As global citizens, as well as students, practitioners, and instructors practicing a heart-centered therapy like Healing Touch, we must constantly strive to hold true to our core values that flow from the attributes of the heart: compassion, innate harmony, healing presence, unconditional love, and service.

In light,
Healing Beyond Borders Board of Directors



International

Nurture

Mother Earth is connected to, and nurtured by, the Sun the Moon and planets, to create balance within her.

Our Human bodies are nurtured by the Earth's attempts to connect and create balance within us.

Don't resist. Go with it and blend.

All life on this Earth benefits by absorbing the magnetism of the Moon, the warm healing rays of energy from the Sun, and moisture and salt from our oceans, atmosphere and land.

All these gifts offered provide life- giving properties. They are necessary in maintaining balance, health and well-being

Don't resist. Go with it and blend.

Is it any wonder why each month the full moon causes chaos within some humans? If only they were aware the Moon is attempting to readjust and rebalance the Earth, and the emotional beings who inhabit it.

If our Earth is not in balance, how can the equilibrium of Humans be?

How free we feel when we walk barefoot on the Earth.

Make friends with the Moon

Don't resist. Go with it and blend.

Feel the results for yourself.

It is our complex Human ego emotions which attempt to undermine our connection and balance, separating us from what is real and what we need most in our lives.

Peace.

Nurture creates connection and balance.

Don't resist. Go with it and feel the blend.

Then, you will truly realise you are connected to all. That you are in fact "All"

Seed Scatterer 2018



My Teacher asked me to ponder supply and demand.

So, this is My Ponder

Supply and Demand

By Karen O'Carroll, CHTIP, Co-Editor



Editorial

I enjoyed pondering supply and demand. I have decided they are both an inseparable matched pair. If we **create or provide** something people need or want, make it available, this creates demand, and demand creates supply. When the quantity of goods or services supplied, equals the quantity demanded by consumers, a price **balance equilibrium** occurs. As we all know **disruption in supply can cause chaos, causing erratic delivery of supply, and doubt about the source of supply.**

The wording in blue applies to the so called basic laws of supply and demand in our external material lives, and it also applies to what people often refer to as, their spiritual lives.

It crossed my mind that anyone looking down upon our world must surely find humans quite confusing or amusing, or just plain crazy as we appear to run around sourcing, supplying and demanding, Christmas time is an example of this. What a sight!



Many people know what it's like to worry if they will have everything they need to survive. If they can pay the rent or mortgage, buy food, save for the future, if they will be secure. At the root of this preoccupation is **fear**. Even when lack and insufficiency in our

external lives seems to be all around us, there's a way to feel safe, but it begins not with what we manage to save, but with what we think.

The demand isn't for money or things, but for ideas to **manifest solutions** to this "so called" lack. For instance, when I'm short of funds, first I need a **peaceful frame of mind** to help **break down any fear or panic** to enable me to **think more deeply**, and far beyond the surface of supply and demand **out of balance**.

Everything on that surface is external to us, wants or needs for material items, or looking toward others whom you think could supply you with something to change your life. **Creating a deeper awareness** of how **change** needs to come first from **ourselves will change our life. We are beings who thrive best when in balance.**

We all know change is constant. Each event blending into the next. None are separate. With these changes come the need for **changes in the supply and demand within ourselves**, flowing on to also change our external material world. If we are to keep up with changes, we will need to **tap into** an understanding of how to **stabilise our inner**

supply source. Like gravity, this inner supply cannot be seen, but its effects are indeed quite real and can be felt in tangible ways. As in our external material lives, understanding the true source of our supply becomes vital. Consider the old biblical scriptures "ask and it shall be given" "Seek and ye shall find".

Unlike external material supply sources which dry up eventually, demand will never exceed supply from our **internal supply source**. Understanding you are indeed your own endless supply source will help **you create and manifest supplies**. Whatever you ask for is already here and you completely deserve it before you ask. We who reside within this physical body have access to everything **All source is available to us. We are free to manifest whatever we need.**

The only thing preventing us from a constant supply source is ourselves. Obstacles we are often not aware of can be standing in our way. **The biggest issue is self-sabotage**. People may squelch their flow and block their good from coming into their reality as the manifestations they desire, but the storehouse is always full and ready to grant you total access. Do you notice, or are you aware what your fears are? What behavioral patterns you have formed in your life? Emotional issues still to be resolved can **hold back supply**, or create an **erratic delivery of supply**. These ego emotions are often major obstacles that could keep you in lack.

Overcome these obstacles by understanding **the ego source** by which they manifested and shaped your life in the first place. Becoming aware of the root causes of our ego emotions is always revealing and transformative, opening us to receiving every supply we need.

While lying in bed pondering my Ponder I heard a baby's cry. "Ah of course!". The life force enters a baby's body, and its first cries at birth set off the chain of supply and demand. We are the source and supplier of everything our baby demands/needs. I refer to the basic needs of all humans, water, food, shelter, safety, touch, love etc. We are the supply source to help our child become aware of how to manifest its own needs throughout its life. Like an absorbent sponge, the child also watches us running around sourcing, supplying and demanding in our external material lives too. Eek!!

Every living thing on this planet is the source, the supply, and the demand. The three cannot be separated. As you touch more consciously "The Source" of your supply, you will see how simple it is to create and design a life of complete freedom both personally and professionally.

Just as you would in your external life, choose your internal supply source with awareness.



And that's my Ponder



An Energy Exercise

Sit or stand with your feet firmly grounded.

Take your root chakra deep into the earth.

Draw earth energy up through the root chakra into the central channel of the torso, the heart, head and into the individuation point.

Allow the earth energy to sit there a moment with the universe energy.

Take a straight line from the ID point to the back of the heart.

Draw the energy into the heart, feel it expand.

Draw the energy up to the shoulders, down the arms and out of the hands.

Do this exercise several times and feel what it does to your energy.

Did you know?

It takes 21 days to change your energy field through affirmations, energy exercises, by doing whatever you choose to do on a daily basis.



What's Happening



Ruth Mansford and Krystal Cullen

Magnolia Minerals Ltd
172b Greerton Rd,
Greerton, 3112.
TAURANGA.

Magnolia Minerals 07 571 3981
A/Hours 07 571 6743
Krystal 027 4576812

Email: healthylivingbop@gmail.com

Hello, My name is Krystal Cullen, my Grandmother Ruth Mansford has been running Healthy Living Festivals all over the Bay of Plenty for over 23 years and now we are joining together to create a informative and exciting Festival where people from all walks of life can try new healthy ways of improving their lives and the lives of their loved ones.

Healthy Living Festival

Taking place for over 23 years in the beautiful Bay of Plenty

The Tauranga Healthy Living Festival's next event will be held

Saturday 9th and Sunday 10th February 2019

from 10am – 5pm

At the Queen Elizabeth Memorial Hall (corner of Devonport Road and 11th Ave, Tauranga)

People from all walks of life will have the opportunity to learn of new healthy ways in improving their lives.

We thought this would be a fantastic opportunity to showcase Healing Touch to the community, and to demonstrate Noel's Mind Clearing and Field Repatterning on people who are willing to participate.

We will talk about Healing Touch and promote our courses to the Tauranga community, especially as we are offering Foundations of Healing Touch Unit 1, four weeks after this event.

If you are in Tauranga and you would like to take part by assisting the team, or just pop in to say hello, please do!

Annis and the team would love to see you!

Courses 2019

\$50.00 Early Bird discount available in all classes

If paid 6 weeks before the class starts

**Full payment for all classes is
due 4 weeks before class starts**

Please visit Current Course Fees and Discounts webpage for further information

Please [register your interest](#) on the HTNZ website, we will contact you when numbers are sufficient for a class to run
If you don't see a class scheduled in your area, please register your interest on the website and we will contact you

SOUTH ISLAND COURSES

[Please register online your interest in a class.](#)

Christchurch 2019

Unit 1: Foundations of Healing Touch

Instructor: Deb Carter

Venue: Addington Haven, 19 Church Square, Addington

Date: 9 - 10 March and 22 – 23 June

Cost: \$400.00

Unit 2: Energetic Patterning and Clinical Applications

Instructor: Deb Carter

Venue: Addington Haven, 19 Church Square, Addington

Date: 6 – 7 April and 12 – 13 October

Cost: \$450.00

Unit 3: Advanced Practitioner Preparation

Instructor: To be advised

Venue: Addington Haven, 19 Church Square, Addington

Date: 10 – 11 August

Cost: \$500.00

Unit 4: Case Management and Professional Practice

Instructor: Annis Parker

Venue: Wainui YMCA Banks Peninsula

Date: 17 - 20 May

Cost: \$600

NELSON 2019

Unit 1: Foundations of Healing Touch

Instructor: Deb Carter

Venue: To be advised

Date: 2019 To be advised

Cost: \$400.00

Unit 2: Energetic Patterning and Clinical Applications

Instructor: Deb Carter

Venue: QuinDental, 14 New Street, Nelson

Date: 23 – 24 February

Cost: \$450.00

Unit 3: Advanced Practitioner Preparation

Instructor: Annis Parker

Venue: To be advised

Date: To be advised

Cost: \$500.00

Dunedin 2019

Unit 1: Foundations of Healing Touch

Instructor: Deb Carter

Venue: To be advised

Date: To be advised

Cost: \$400.00

Unit 2: Energetic Patterning and Clinical Applications

Instructor: Deb Carter

Venue: To be advised

Date: To be advised

Cost: \$450.00

Unit 3: Advanced Practitioner Preparation

Instructor: Annis Parker

Venue: To be advised

Date: To be advised

Cost: \$500

NB all classes

[Please register online your interest in a class](#)

\$75 discount incorporates early bird plus Membership.

Early bird is \$50 discount if paid 6 weeks prior and Membership \$25.

Repeating a class? 50% discount

[Course Discount information available on HTNZ's Course Fees and Discounts web page](#)

NORTH ISLAND COURSES

[Please register online your interest in a class](#)

Auckland 2019

Unit 1: Foundations of Healing Touch

Instructor: Annis Parker

Venue: Browns Bay Community Centre

Date: To be advised

Cost: \$400.00

Unit 2: Energetic Patterning and Clinical Applications

Instructor: Annis Parker

Venue: To be advised

Date: 2019 date to be advised

Cost: \$450.00

Unit 3: Advanced Practitioner Preparation

Instructor: Annis Parker

Venue: Browns Bay Community Centre

Date: 2 – 3 February 2019

Cost: \$500.00

Unit 4: Case Management and Professional Practice

Instructor: Annis Parker

Venue: To be advised

Date: To be advised

Cost: \$600.00

Tauranga 2019

Unit 1: Foundations of Healing Touch

Instructor: Annis Parker

Venue: Masonic Centre

Date: 9 – 10 March and 12 - 13 October

Cost: \$400.00

Unit 2: Energetic Patterning and Clinical Applications

Instructor: Annis Parker

Venue: Masonic Centre

Date: 13 – 14 July

Cost: \$450.00

Unit 3: Advanced Practitioner Preparation

Instructor: Annis Parker

Venue: Masonic Centre

Date: To be advised

Cost: \$500.00

Unit 4 Case Management and Professional Practice

Instructor: Annis Parker

Venue: To be advised

Date: To be advised

Cost: \$600.00

Unit 1: Foundations of Healing Touch

Instructor: Annis Parker

Venue: New Plymouth Vet Group, 235 Devon Street East

Date: 6 – 7 April 2019

Cost: \$400.00

Unit 2: Energetic Patterning and Clinical Applications

Instructor: Annis Parker

Venue: To be advised

Date: To be advised

Cost: \$450.00

Unit 3: Advanced Practitioner Preparation

Instructor: Annis Parker

Venue: To be advised

Date: To be advised

Cost: \$500.00

Napier 2019

Unit 1: Foundations of Healing Touch

Instructor: Annis Parker

Venue: To be advised

Date: To be advised

Cost: \$400.00

Unit 2: Energetic Patterning and Clinical Applications

Instructor: Annis Parker

Venue: To be advised

Date: To be advised

Cost: \$450

Unit 3: Advanced Practitioner Preparation

Instructor: Annis Parker

Venue: To be advised

Date: To be advised

Cost: \$500.00

Wellington 2019

Unit 1: Foundations of Healing Touch

Instructor: Deb Carter

Venue: To be advised

Date: To be advised

Cost: \$400.00

Unit 2: Energetic Patterning and Clinical Applications

Instructor: Deb Carter

Venue: To be advised

Date: To be advised

Cost: \$450.00

Unit 3: Advanced Practitioner Preparation

Instructor: Annis Parker

Venue: To be advised

Date: To be advised

Cost: \$500.00

**NB:- Course Discount information available on
HTNZ's Course Fees and Discounts web page
Register online**

PRACTICE NIGHTS 2019

Christchurch

When: Second Tuesday of the month

Venue: "The Addington Haven", 19 Church Square, Addington, Christchurch

Time: 7:30 - 9:30

Cost: \$7 per person. Please bring a pillow and blanket.

Call: Anita Young 021 338 017

Call Backup: Deb Carter 0276 016 800

Auckland

To Be Advised

Tauranga

When: 3rd Tuesday of the month (mostly)

Venue: 10A Taramea Rise, Pyes Pa (Note new venue, until further notice)

Time: 7:00 – 9:00

Cost: \$10 per person

Contact: Annis Parker 021 607 584 or annis.parker8@gmail.com

Taranaki Healing Touch Support and Practice Meetings

When: First Wednesday of the month

Venue: Egmont Village Community Hall

Time: 7:30 - 9:30

Call: Yvonne Geeraedts 06 755 2998

Wellington/Kapiti Coast

When: Third Monday of the month

Venue: Pukerua Bay/Paraparaumu

Time: 6:30 – 9:00

Cost: \$5 per person

Call: Berylla 021 047 2913 or Janet 021 963 666

HTNZ's Course Coordinators

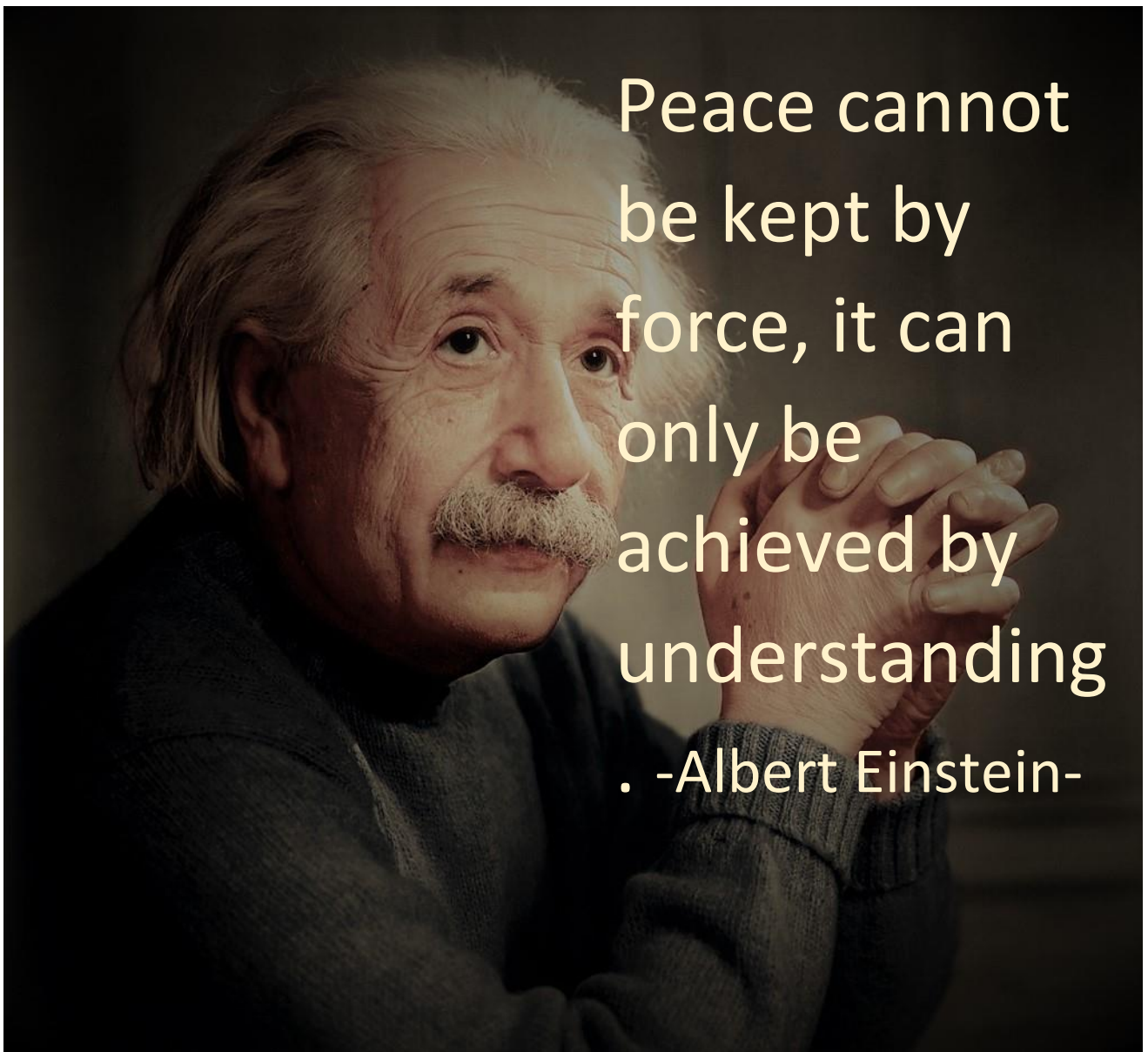
Wellington	Rest of the North Island	South Island
Berylla Jones 021 047 2913 berylla@ts.co.nz	Dionne Norman northislandcoord@healingtouchnz.com and Belinda Spratt northislandcoord@healingtouchnz.com	Jane Carter 021 130 6563 southislandcoord@healingtouchnz.com Maureen Stone 027 441 2373 stone-m790@xtra.co.nz

Join Our Facebook Discussion Page

Members can apply to join our closed Facebook Page, Healing Touch New Zealand Discussion Group. Here various topics are introduced by members. <https://www.facebook.com/groups/128667297212276/>



Who will have the last say?



Peace cannot
be kept by
force, it can
only be
achieved by
understanding
-Albert Einstein-

