

An Advance Practice Weekend in London, Ontario

by Cindy Palajac, Hon. B.A., Dip. Adult Ed., HTCP/I

Two years ago I asked a group of Level 3 students, “What else do you need to enhance your Healing Touch skills?” The result is this Advance Practice Workshop.

Gathered on a beautiful spring weekend in April were 30 magnificent healers from Southern Ontario who traveled from Windsor, Kitchener and Toronto to the workshop in London, Ontario. Throughout the weekend we held the question, “What else is possible?” .

It was an honor to have Healing Touch Program Director, Cynthia Hutchison, travel from Boulder, Colorado to be the instructor. As one participant stated on her evaluation, “Cynthia’s compassion, understanding and guidance were key to this learning environment. I appreciated her openness and true interest in each participant.”

As the coordinator of the Advance Practice Workshop, I want to thank my core group of healers from London, Ontario who kept pushing me out of my comfort zone over the last two years with persistent requests for this course. There are four key words that describe what this weekend was about -- Comfort Zone, Community, Connection and Compassion.

COMFORT ZONE: In stepping outside my comfort zone, I learned how to feel comfortable coordinating a more complex workshop. From an organizational standpoint, there were more details to handle from my normal workshops such as accommodations, travel directions, massage tables, registration logistics and whether people were coming for one or two days. Comfort Zone is a metaphor for the healing journey that all of us are on. Sometimes we have to break through our “stuff” to realize that it was binding us and preventing us from realizing our full potential.



Above: (Top) Advanced Practice Level 1; (bottom) Advanced Practice Level 2

COMMUNITY: There is nothing like a community of like minded people coming together in love and compassion to share, ask questions and grow. We began the weekend with a two hour Social Gathering on Friday night. This gave the attendees an opportunity to meet Cynthia, to ask questions about Healing Touch Program and to connect on a social level. Everyone enjoyed the time together and especially enjoyed being able to reconnect with friends and colleagues they had not seen for awhile. It set a great tone for the weekend workshops.

CONNECTION: These workshops are like family reunions without the drama. There is an openness conducive to speaking freely about energy healing. This is not always available in our day to day lives. In this openness we are free to be who

we truly are and share the love of this work. More experienced practitioners learned from younger practitioners as they relived the excitement of their own journeys - enabling them to fully appreciate how far they have come. Younger practitioners heard the stories of the more experienced to realize that they know more than they thought they did -- and that there is always more to learn. How wonderful! Mentorship in all its forms was evident -- instructor to instructor, instructor to student, student to student, certified practitioner to certified practitioner, certified practitioners to Level 4 students and so on and so on.

COMPASSION: What a gift Healing Touch has brought to all our lives - allowing us to honor the divine within us, as well as, the sacredness of this work. The compassion shared during the treatments and during conversations was evident throughout the weekend. As one participant stated in her evaluation, "This work is a gift. Excellent weekend. I will remember this experience all the days of my life." Another stated, "WOW! This was amazing and so informative. It has been awhile since I have participated in the HT community. I'm back!!"

In summary, it was a fabulous experience to coordinate the Advance Practice Class, host Cynthia in our community and watch the level of confidence and compassion for the work grow among all the healers in attendance. This workshop helped to infuse healers with new techniques, new excitement, and new connections with other healers - encouraging everyone to move forward with their healing practices.

The only question that remains is, "What else is possible?" to build our community of healers.

About the author:

As an Energy Healer and Facilitator, Cindy Palajac, has studied and practiced many forms of healing and energy work since 1987. Her credentials include Hon. B.A., Diploma in Adult Education, and Healing Touch Certified Instructor (HTCI). Her thirst for knowledge led to training in Reflexology, Healing Touch, Emotional Freedom Technique, Ear Candling, Medical Intuition, Guided Imagery, Shamanic Journeying and Meditation. Self-Esteem Counselling for adults and children is another facet of her training.