

**Dates:****Next Exec Committee Meeting -**

Tuesday Feb 12th 7.30pm (on Zoom)

**Next TT Teachers Meeting -**

Tuesday Feb 26th 7.30pm (on Zoom)

**Exec Committee Retreat -**

March 15th-17th, 2019

# *TT VIBES NEWSLETTER*

## Update from the Editor:



Hello TT Community,

Many of us have experienced a very busy year and we all continue to marvel at how quickly the year passes.

I have continued a theme of self care & introduced headings of Meditation Practice & Intuition. These gentle reminders also help to deepen our TT Practice of which Marg mentions in her message on Page 3. Jenny has also contributed with her insights while doing Meditation training at The Gawler Foundation. Jane has shared her

thoughts about TT as a mindfulness process & the importance of Centering.

We are still keen for 2 members to join our energetic & enthusiastic Exec Committee. You will be welcome to attend at our Exec Retreat which is on March 15-17th, 2019. Please make contact with either myself or one of the other committee members so we can give you more details. We will be exploring lots of ideas for the new year and would love your fresh thoughts & insights!

I hope you all have a wonderful relaxed & joyous festive season as well as a safe & prosperous New Year...

Go gently with love & peace,

Virginnia (Vice-President & Newsletter Editor)

## Events of Interest:

### *Melbourne Soul Star Festival*

**February 16, 2019**

*Charlie Goldsmith is appearing at the Holistic Soul Star Festival at the Melbourne Exhibition Buildings on Saturday, 16th February 2019. It includes a wellness market, classes and presentations by a variety of inspirational speakers.*

[http://www.soul-star.com.au/melbourne\\_soul\\_star\\_festival-2019/](http://www.soul-star.com.au/melbourne_soul_star_festival-2019/)

### *TTIA's 5th International Congress - Evolving with Therapeutic Touch: The Future-Consciousness of Healing Worldwide (Toronto, Canada)*

**October 18-20, 2019**

The venue is the Kingbridge Conference Center and Institute in King City (Toronto). The Congress Committee and TTIA Board have confirmed the keynote speakers are Dolores Krieger, PhD, RN; Crystal Hawk, MEd, RT, QTTT and Peninah Abatoni.

Contact TTIA for more details or check their website for more information as it becomes available.

(From the Cooperative Connection - Newsletter of Therapeutic Touch International Association, Vol. XXXVIII, No. 9 – Spring/Summer 2018)

### **Worth a look:**

Sue Gregory shared an inspiring article that is really worth reading...

<https://www.sbs.com.au/news/the-feed/expert-opinion-traditional-indigenous-healers-should-work-alongside-doctors-to-help-close-the-gap>



#### PLEASE NOTE:

The Membership Application Form (New Members & Renewals) now has a tick box to accept "I undertake to comply with TTAA Code of Conduct and Ethics."

Please refer to the TTIA website to access the forms and see the Statement of Ethics & Conduct.

<http://www.therapeutictouch.org.au/images/EthicsConduct2018.pdf>



*Quote:*

The dream of my life is to lie  
down by a slow river

And stare at the light in the  
trees...

To learn something by being  
nothing a little while but the  
rich Lens of attention.

From:

*Entering the Kingdom*  
by Mary Oliver



## A message from our President:

To share TT is a huge blessing in my life and I am always amazed by the process and the outcome. I have learnt much in the 16 years since first seeing TT demonstrated.

We all experience times when we are in situations that require immediate attention. I will use the following examples of a simple cut to the hand, a blister to the hand, a burn while cooking, a sprain or strain, heightened blood pressure or a post operative wound, a bruise to the body. All these situations require immediate action of first aide, some clearly needing more immediate treatment than others.

I have always found that in any of these situations that I can use TT immediately and the first thing I really notice by using my hands over the area is the slow removal of the pain from the site through my limbs either through the hands and fingers or through the feet as the body releases what the body does not want. Often I feel it moving down and out of the body. It's clearly noticeable that there is a reduction in the pain and ultimately there is an improvement in the healing time.

Not everyone feels something when they receive TT but I always feel a change in the body of the person or myself when I give TT. I love that TT is totally portable with no need for any equipment other than my hands, my compassion and the intention to promote good health.

To use TT is to promote healing and wellness and clearly being present at the time and place of need.

I would encourage everyone to use TT as often as you can for your own self care. We have the ability to care for our own body and also share how we have healed with others.

I encourage everyone to practice TT often and to be able to share their experiences with others. Often we just forget to share the simple ways we can use TT.

May I also take the opportunity to thank all TT'ers around the world who gift their compassion and TT to others using distance healing through intentionality. The experience is very calming.

I often feel this intention in my own life through the National executive here in Australia and from others around the world.

We have a wealth of experience with the teachers in this country and it is my dream to grow TT so that others can experience and share TT with confidence and compassion.

I am mindful that it takes many in a community to raise the profile of care, compassion and peace for others and to ensure that we are in the best place to support each other socially, emotionally and physically.

I wish you all well as we look forward to further practice and training in 2019

Margaret graham  
President TTAA



## Meditation Practice:

While researching types of meditation, I went onto the Meditation Australia Website & discovered a number of accredited courses and workshops that may be of interest. Jenny Cameron attended 2 of the courses run at The Gawler Cancer Foundation. Please see her article below and check out the Meditation Australia Website.

<http://meditationaustralia.org.au/>

Another wonderful website & magazine which has loads of inspiration, is **Spirituality & Health**. This is an interesting article on taking time out & pause in our busy lives....

<https://spiritualityhealth.com/blogs/downward-blog-a-life-in-yoga/2018/11/22/why-we-need-to-stop>

In October, I attended a wonderful Buddhist Retreat in Queensland. It was run by a Buddhist Nun, Tenzin Chodron, from Chenrezig on the Sunshine Coast. I highly recommend it for affordable self care...quite reflection time and learning about buddhist philosophies. There are regular retreats & courses, which are at the following:

1. Chenrezig Institute (Meditation and retreat centre on the Sunshine Coast - weekend courses, nice cafe!)

33 Johnsons Rd, Eudlo QLD 4554

[\(07\) 5453 2108](tel:0754532108)

[www.chenrezig.com.au](http://www.chenrezig.com.au)

2. Atisha Centre (Country Victoria, meditation, Weekend Courses, on-site Accommodation)

25 Sandhurst Town Road, Myers Flat, VIC 3556

[\(03\) 5446 3336](tel:0354463336)

[www.atishacentre.org.au](http://www.atishacentre.org.au)

## Mindful meditation teacher training 2018

This year has pushed me at times to what I thought were my limits – my redundancy from my nursing job after 30 years at the one hospital, and then a full abdominal rectus muscle repair, with reoccurring pneumonia and shingles in the recovery stage. The birth of 3 grandchildren and the demands that this was placing on me, and then finally the fact that I was running my private practice and home while recovering, began to take its toll on me.

Last year, while still employed; the hospital had agreed to support me in doing the Mindful Meditation Teacher training at the Gawler Foundation in the Yarra Valley, to implement into the Oncology rehab program. Obviously this did not happen! During the year I decided that I needed to save up and attend the courses for myself, and was lucky enough to attend the Guided Imagery Training (level 2) in October and then in November I returned for the Mindful Meditation Training (level 1). In usual form I did the courses back to front, but timing was perfect placed between the births of 2 new granddaughters. Both these courses were live in for a week each time, with large groups of 20 students from all over Australia, and New Zealand, from very diverse backgrounds. I was grateful for the time to be quiet, with minimal phone contact and beautiful healthy vegan food grown locally, and the chance to meet with likeminded people.

I found the course in Guided imagery wonderful and supported me so beautifully. This program is a 6 week course, designed to support and guide people through a series of meditations. Paul and Maia Bedson were wonderful teachers. The guided program gives the space and support to develop your own program and then take it out in to the community.

Over the next 4 weeks I continued to work with myself and practice the meditation and as they say “practice makes perfect”! I then felt excited to move forward with the Mindful Meditation component of the program. I found I had more resistance in this program, but Paul continued to guide and support each and every one of us. I had been using Ian Gawlers CDs and often found it frustrating, as I listened to Ian going deeper and deeper into his meditative state, being rather anal, this was frustrating, because I couldn’t match him. Paul taught this practice in a way that really worked for me, and I could see how it could work for others. I was truly excited about my mediation practice for the future.

Following the course, I travelled to Berrigan to support Marg Graham in a wellness weekend for the Finley community. The reality of the effectiveness of the course came on this Friday afternoon when I got very lost, in fact very lost and the 3 ½ hour trip took 7 hours as I tried to make my way north. I never once got anxious or frustrated as I would have done in the past, I just made my way, breathing and remaining calm. Neither my car sat nav worked nor my phone and I arrived as cool as a cucumber. I was so lucky to spend a wonderful weekend with Marg and Garry, as well as a deep meditation and journey with Garry at “boat rock” grounding and returning to Jesse and Emily creek in the east MacDonnell ranges, which continues to hold me in good stead on my return to Ballarat.

I would highly recommend these programs to those who are wanting to extend their meditation program or indeed teaching the program. Jenny Cameron (Assistant Secretary, TTAA)

## **Intuition:**

Last year at the Portsea Retreat, Diane May facilitated a workshop on “Intuition in TT and Energy Healing”. She helped us to deepen an understanding, through awareness, of our own inner knowing. We explored the different levels of Intuitive awareness: the Physical, the Emotional, the Mental and the Spiritual and then Diane lead us through as series of exercises to get to know our “Inner Self”. It was a rich discovery of connecting with our 6th sense and tuning in to ourselves as well as our TT clients. (See Diane’s book *“The Therapeutic Touch Handbook: Advanced Practice”* for more details)



I find that when I need to tap into my intuition, I take a walk in nature. My farm is a great source of wisdom for me but I also love to walk in the forests surrounding our property and when I can, I spend time at the beach. Through intention, I hold a question in my thoughts and in my heart and then let the elements, insects and animals, etc. catch my attention to connect and communicate with me. It may be a gust of wind or a song from a bird. Insects such as butterflies, dragonflies and bees have beautiful messages and of course, what they say to each of us will be different.

Suggested further reading:

*Instant Intuition* by Anne Jirsch and Monica Cafferky (2007)

*Your Sixth Sense, Unlocking the Power of Your Intuition* by Belleruth Naparstek (1997)

*The Field* by Lynne McTaggart

*The Psychic Pathway: A workbook for Reawakening the Voice of your soul* by Sonia Choquette (1995)

*The Intuitive Way: A Guide to living from Inner Wisdom* by Penney Pierce (2002)

## **TT and CENTERING: MINDFULNESS PRACTICE IN ACTION**

Therapeutic Touch has been at the forefront of mindfulness related activities since its inception over 40 years ago. In fact we have been ahead of our time. Long before the current emphasis on mindfulness TT taught centering as the core of practice.



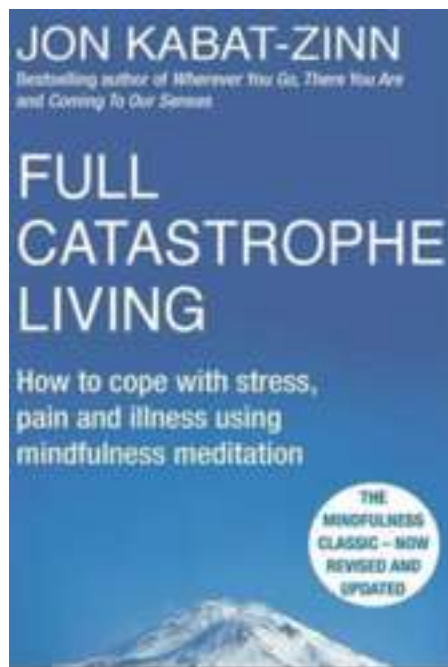
Centering is essentially mindfulness plus. Centering means being in the NOW, it means being able to let go of the everyday thinking mode and come from a place of peace and calm. All this is part of mindfulness. However, TT goes further teaching that we have a deeper self or inner self which can be accessed when we still and calm our everyday thinking mind. From our inner deeper self we are able to access deeper levels of knowing about ourselves and others. We learn to work with intention to support energetic flows toward balance and harmony. TT teaches that this intention comes from a compassionate place with a focus on healing, in other words our intention rides on the power of compassion at the level of the inner self to support balance in the other person. Therapeutic Touch requires us to go beyond dualistic, 'either or' thinking to a view of life as a movement toward living out of wholeness.

The ability to Centre needs to be developed and grown. This happens in two key ways - by doing TT, and by regular meditative practices plus personal growth activities.

There are many ways to meditate and grow, and a plethora of material available via printed and social media, the Internet, and Apps to choose from. How do we select? What questions can we ask to help us discern what would best help us grow as TT er's? I would suggest one important consideration is whether the approach assists us to connect to the inner self. Another consideration is whether there is guidance on how to experience wholeness, the oneness of all things.

We can look at the great wisdom traditions of the world to provide some valuable pointers. The wisdom writings, traditions and teachers from the east in Buddhism, Zen Buddhism, from the

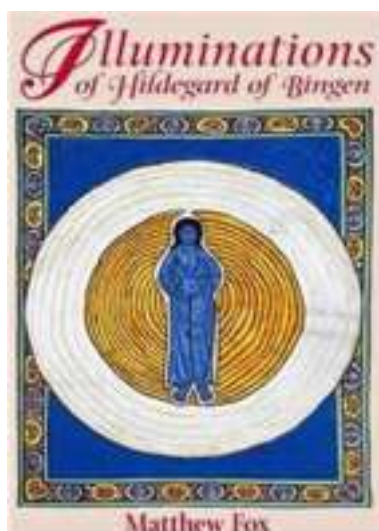
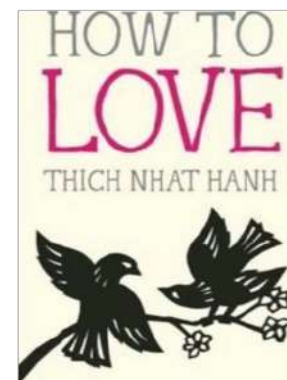
Indigenous world in shamanism and from the west in the contemplative practices of Christianity have many tried and true resources.



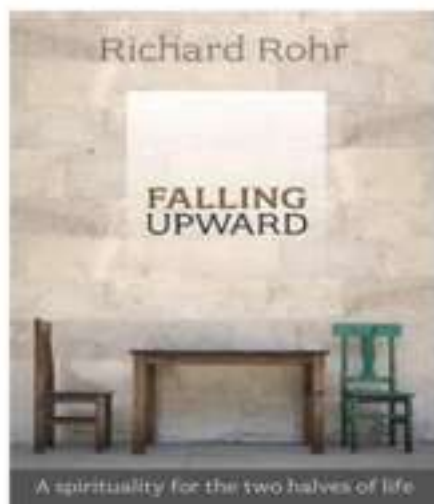
The mindfulness movement grew out of one doctor's personal experience of Buddhist practices. Jon Kabat Zinn started to apply these in his medical practice. He found such good effects that he began to research the use of mindfulness and the rest as they say is history. His work is encapsulated in his first major book '*Full Catastrophe Living*'. Our own Dee Krieger has been sustained and informed by Buddhist practices and wisdom. The writings of the Dalai Lama e.g. *Becoming Enlightened*; Jack Kornfield e.g. *Path with a heart*; Suzuki e.g. *Zen mind, beginners mind* and Vietnamese monk

Thich Nhat Hanh e.g. *The Miracle of Mindfulness* and *How to Love*; are just some of the resources worth exploring.

While the Eastern traditions can offer us much it's also valuable to recognise and access what is available from Western traditions. In the West there has been a strong history of what is known as contemplation a form of meditation focused on the direct experience of the divine or Oneness. The middle eastern desert fathers way back in the 4<sup>th</sup> century explored and wrote about this. The Eastern orthodox traditions have been particularly good at building on their heritage.



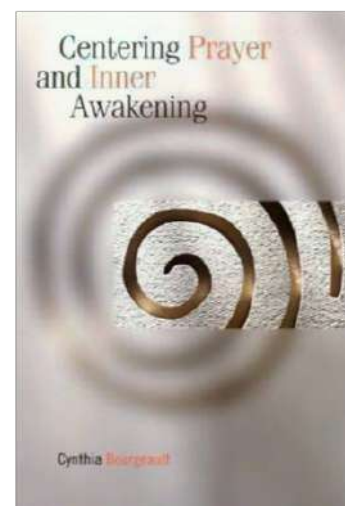
As well we have the writings of the great mystics such as Hildegard of Bingen, Julian of Norwich, Meister Eckhardt, Theresa of Avila and John of the Cross. A mystic offers us a combination of both knowledge and the experience of what it is to be in direct relationship with the divine or unitive consciousness (oneness).



So where might one find some interesting material to start with? Perhaps some modern wisdom teachers is a good place to begin. I would suggest having a look at some YouTube videos of two very interesting writers and speakers. The first is Richard Rohr - a Franciscan friar and priest who also brought us the Enneagram (more of that another time). Richard has written over 30 books and founded the Centre for Action and Contemplation over 40 years ago. Have a look at what he says about compassion in *Silent Compassion*; living the rich second part of life in *Falling upward*; and dealing with addictions (including to work) in *Breathing underwater*. His advice on meditation and contemplation is pure gold and very comforting and practical!

The other is Cynthia Bourgeault who like Richard teaches a modern version of contemplative practice called Centering Prayer eg *The Heart of Centering Prayer*. Cynthia is an Episcopalian (Anglican) priest. Both Richard and Cynthia say some very interesting and valuable things about compassionate living, stilling the self and being peace.

Their view and experience of the Divine is inclusive, loving, non-judgmental, compassionate and devoted to healing. I have found both have provided me with valuable insights into myself, and my healing practice. This article is really just a start – it would be wonderful if TTAA members could respond to this material and add their own sources of wisdom and enlightenment. The world needs so much love today let's not hang around but get out there and grow and teach compassion and love.



Jane Hall  
Healing Dimensions



Please check out our Facebook Page for updates....

<https://www.facebook.com/groups/TTAAMembers/>

Those who have not joined our group page, I have sent an email inviting you to join. It is a "Secret Group" only visible to group members. Please let me know if you haven't received the invite & we can organise joining the group...[virginia@intotheheart.com.au](mailto:virginia@intotheheart.com.au)

We are excited to announce that a **New "Public" TTAA Page** is coming soon....

Details will be revealed in the New Year!



## ***TT Executive Committee 2018 / 2019***

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***Geraldine Milton***

***(Non-Executive Position)***

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***Mobile 0413 370 722***

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## Practice Groups:

<b>(Please let me know of New practice groups, or of any changes to Practice Group information - <a href="mailto:virginia@intotheheart.com.au">virginia@intotheheart.com.au</a>)</b>		
<b>NORTHERN TERRITORY</b>		
<b>Monthly</b>	<b>On mutually decided Tuesdays at 6pm to 7:30pm.</b>	<b>Sue Gregory Alice Springs 0419 119 744</b>
<b>TASMANIA</b>		
<b>Monthly</b>	<b>On the fourth Tuesday of the month at 6pm to 7:30pm.</b>	<b>Geoffrey Dunlop Hobart 0429 970 143</b>
<b>VICTORIA</b>		
<b>Monthly</b>	<b>On the second Wednesday of the month at 7pm to 9pm.</b>	<b>Jenny Cameron Ballarat 0419 391 488</b>
<b>Monthly</b>	<b>Kew/Clifton Hill on 3<sup>th</sup> Sunday of each month from 4pm to 6pm. Contact Jane Hall on 0400 226 286</b>	<b>Alina Gorris Kew/Clifton Hill/Pascoe Vale South 0424 642 109</b> <b><a href="mailto:leighandalina@optusnet.com.au">leighandalina@optusnet.com.au</a></b>
<b>Monthly</b>	<b>On the second Saturday of the month at 1pm to 5pm. All are welcome.</b> <b>If you would like to arrange for a free treatment for family or friends, please contact Gerry for an appointment between 2:30-3:30pm on practice day.</b>	<b>Gerry Milton Seaford (03) 9773 6320 0413 370 722</b>
<b>Monthly</b>	<b>On the 2<sup>nd</sup> Tuesday of the month at 7:30pm</b>	<b>Judy Peppard Port Melbourne (03) 9645 6700 0411 018 124</b> <b><a href="mailto:peppardjudy@gmail.com">peppardjudy@gmail.com</a></b>

## Training Dates for 2019

### Dates for 2019 TT courses to be offered in Seaford (Vic) by Geraldine Milton

Courses offered on-site or by arrangement.

#### Foundations of Therapeutic Touch (Basic)

Foundations of Therapeutic Touch (Basic) 2 day course in 2019  
(\*Professional pathway includes Day 3)

2nd and 3rd February 2019 \*3rd March 2019

4th and 5th May 2019 \*2nd June 2019

6th and 7th July 2019 \*4th August 2019

#### Therapeutic Touch MENTORSHIP

Including monthly meetings offered over a 12 month period in 2019.  
If living non-local or interstate. Video-link (e.g. Skype or Facetime) and  
teleconferencing may be included as part of the TT mentorship course.

#### Transpersonal Nature of Therapeutic Touch (Intermediate)

Three day course, by arrangement with students. Prerequisite - Foundations of  
Therapeutic Touch (Basic) and usually student has started TT mentorship.

\*Please contact Gerry for more information or enrolment in the above courses.

\* For experienced TT practitioners, Gerry welcomes interest from students  
considering enrolling in Advanced TT, Advanced TT Mentorship and TT Teacher  
Training.

\* Advanced Mentorship and TT Teacher Mentorship can be offered throughout  
2019, (on site and on-line) by arrangement.

Contact Gerry on [\(03\) 9773 6320](tel:0397736320) or [0413 370 722](tel:0413370722)

Email: [geraldinmilton@optusnet.com.au](mailto:geraldinmilton@optusnet.com.au)

## Therapeutic Touch Program 2019 by Jane Hall QT TTAA

### Foundations of Therapeutic Touch Course (Formally Basic Level TT)

Choose one of the following options to suit your learning needs:

**TT Foundations -2 day Series - \$330.00**

Therapeutic Touch for personal growth, self- care, friends and family

**TT Foundations Professional - 3 day series - \$450.00**

Therapeutic Touch for professional development to enhance your current health and wellbeing practice – come to the **2 day series** or expand to the **3 day series**

**TT Foundations Professional/Practitioner Plus - 3 day series with TTAA competency based accreditation - \$490.00**

Therapeutic Touch for use as a health and well-being modality. To begin your training as a practitioner of Therapeutic Touch come for our **3 day series and complete the detailed competency based accreditation process**

*The Therapeutic Touch Basic Level program is flexible and designed to meet a range of needs. The third day can be undertaken by distance mode.*

*Payment by Instalments and Student and Concession rates are available on application*

**Details of the next courses:-**

**When:**

TT Foundations (Basic) - June 1& 2 and June 30th

TT Transpersonal (Intermediate) - November 23 & 24 and December 15

TT Mentorship 2019 - 2020 - Commences March 2019

Bookings & enquiries: Jane Hall on Mob: 0400226286; Phone 0393722247

Email: [janehall@healingdimensions.com.au](mailto:janehall@healingdimensions.com.au)

#### Course Teacher

Jane Hall QT TTAA - for more information on Jane see [www.healingdimensions.com.au](http://www.healingdimensions.com.au)

**Resources: For more on TT go to [www.therapeutictouch.org.au](http://www.therapeutictouch.org.au)**

#### Mentorship Program

12 month program commencing anytime after Basic level by negotiation

Advanced TT - Applications of Inner Process of TT - Dates TBA



## **Foundations of Therapeutic Touch (Basic Course)**

Facilitated by Marg Graham (Berrigan, NSW)

Training Dates:

30th & 31st March, 2019

20th & 21st July, 2019

For more details, please contact Marg on 0427858251 or by email; [margrg@hotmail.com](mailto:margrg@hotmail.com)

Website: <http://www.therapeutictouch.org.au/>

For all website enquiries, please contact our

Website Officer: Lainie Rawlins on (08) 8388 5204

or by email: [lainiebee@hotmail.com](mailto:lainiebee@hotmail.com)

