

# Healing Nexus

February 2009

Volume 1, Issue 1

## Healing Nexus

Tong Ren Healing

Quantum-Touch

Your Life—No Limits

KEWBits

Kathy's Blog Site

A Healers Journey  
Dennis' Blog

## *What's NEW ?*

Discussion Board

Newsletter

Upcoming Events

Toronto Healing Circle

Blogging

Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

*Chief Seattle, 1854*

## *Welcome*

We are very pleased to be bringing you this inaugural issue of our Newsletter, and look forward to continuing this "New Tradition".

We have been privileged to meet the most amazing people at our workshops and in our travels. Almost since the beginning we have been asking "How we keep in touch with people after the workshops are over? How can we create a community to support and further the journey we are all on? How do we tell people about our new discoveries and developments in our modalities? How can people share with us and each other?"

You will notice some new features as you read this newsletter and the Healing Nexus web site. These include this Newsletter itself, an inter-

active Discussion Board on the website and Blogs as well as a section listing our upcoming workshops across the country and events where we will be in attendance.

We will also be featuring articles from other contributors, including some of you. The Discussion Board will give us all a place to post our thoughts, connect with other members of this wonderful "Family" and to share new discoveries and techniques as we work with people, animals, and the nature kingdoms.

Welcome to the first Issue of the Healing Nexus Newsletter.

Namaste—All my relations  
*Dennis & Kathy*

## *All My Relations*

"All My Relations" is a closing of one of the prayers in the sweat lodge. I believe it was originally primarily used by "Plains People" but has become more widespread and is used fairly widely. The phrase represents our connection to our relations as we pray for them and in their name.

"All My Relations" as used here refers not only to our own Family Relations – father, mother, siblings, aunts, uncles, cousins, grandparents etc. It refers to more than other human beings. "All My Relations" is everything that exists – All of the people on earth, all life forms, animals, plants, insects – all that is, including rocks, water, nature spirits. Absolutely everything!

When we begin to use and think about the phrase consciously and subconsciously, our life changes. When we consider everyone and everything as our "Relation" our actions toward them changes. Everything and everyone is our family. We become softer in our actions, more heart centered and more accepting. We also become good stewards of the earth or "Earth Keepers" without conscious effort. Try it for a few days. You will be surprised at the outcome.

All My Relations *Dennis*

## Scheduled Events

Feb 21- 22	Quantum-Touch	Tisdale, SK
Feb 21- 22	Quantum-Touch	Toronto, ON
Mar 7 -8	Quantum-Touch	Limerick, SK
Mar 10 – Apr 28	Tong Ren Healing Tele-Class	World Wide via Conference Call
Mar 14 – 15	Dowsing	Tisdale, SK
Mar 14 – 15	Tong Ren Therapy	Toronto, ON
Mar 21 - 22	Quantum-Touch	St. Paul, AB
Mar 28 – 29	Tong Ren Therapy	Edmonton, AB
Mar 28 – 29	Tong Ren Therapy	Montreal, QC
Apr 3 - 5	Quantum-Touch	St. Walburg, SK
Apr 19	Psychic Surgery	St. Walburg, SK
Apr 18-19	Dowsing	Toronto, ON
Apr 25- 26	Quantum-Touch	Edmonton, AB
May 5- Jun 23	Tong Ren Healing Tele-Class	World Wide via Conference Call
May 23-24	Quantum-Touch	Toronto, ON

### Check often for Updates

[www.healingnexus.com/?module=events](http://www.healingnexus.com/?module=events)

June 12	Quantum-Touch - Intro	Geneva, NY
June 13-14	Quantum-Touch	Geneva, NY
June 6 - 7	Dowsing	Edmonton, AB
June 28	Psychic Surgery	Edmonton, AB
Aug 15-16	Quantum-Touch	Toronto, ON
Sept 1– Oct 20	Tong Ren Healing Tele-Class	World Wide via Conference Call
Nov 21- 22	Quantum-Touch	Toronto, ON

### Ongoing Events:

**Toronto ON**  
**Quantum Touch Healing Circle**  
 First Thursday of Each Month 7-9 pm

**Tele-Call (World Wide)**  
**Tong Ren Healing Call** - Wednesday Nights 9-10:30 EST

**Register online for one of our life changing events near you and move your life to one of no limits. Spring is a time of renewal and rebirth – give yourself this gift today!**

## Check out these “NEW” Links

**The Healing Nexus Community Discussion Forum**  
 Join like minds to share your healing journey.  
<http://www.healingnexus.com/forum>

**A Healer’s Journey**  
 Join Dennis as he shares his thoughts, theories, discoveries and the occasional rant.  
[www.healingnexus.blogspot.com](http://www.healingnexus.blogspot.com)

**KEWbits**  
 Kathy’s Personal Adventure Site.  
[www.kewbits.com](http://www.kewbits.com)



### Meet Leon

On the left is Leon; regal, aloof, watchful. semi-approachable and a much lighter cat judging by the pile of cat hair on the right.

One of the channeled messages that has been coming in clearly over the last year for all of us is to clean house, lighten the load. Get rid of that is holding us back, doesn’t serve us or makes us stuck. Feng Shui our lives! Looks like our Leon has a head start.

## What's Up With . . .

### Tong Ren Therapy

**R** We are seeing great growth and exciting developments with this modality which both professionals and novices can use to help healing with clients, friends and those we care most about.

The Tong Ren Healing Method: A Survey Study by the Dana-Farber Cancer Institute has been published with exciting results.

Words can't explain how this blend of eastern and western works. You have to experience it for yourself You can experience/learn Tong Ren via

- [Tele-Class](#)
- [Tong Ren Seminar](#)
- [Private Sessions](#)
- [Group Healing—No Cost Via Internet or Conference Call](#)

### Quantum-Touch®



This will be our 6th year of hosting and facilitating Quantum-Touch Basic Workshops across North America coast to coast.

Kathy continues to hold the Toronto QT Healing Circle—a community of both novice and experienced practitioners share an evening of powerful energy and connections. Dennis is speaking at Health Expos in Saskatchewan and Alberta.

Both Dennis & Kathy are doing a number of QT workshops in new and familiar locations. Looking forward to seeing old friends and meeting new.

Quantum-Touch now has practitioners in over 50 countries world wide.

### Dowsing

Dowsing is one of the most powerful and fun workshops we teach.

Everything that exists is energy and all energy has frequency. A part of Dowsing is the reading of frequency and then changing it to the most beneficial state. Dowsing is something we can all learn to do if we move into "Allowing".

Both Dennis and Kathy are busy teaching as well as having extensive healing practices, with clients world wide.

Kathy is active on the Executive Board of the Canadian Society of Dowsters. She has been invited to be a presenters at this year's Annual June CSD Convention in Toronto, Canada.



## Our Next Issue . . .

**Orbs** Over the years we have been seeing orbs in our workshops. We find they move around the room with a definite shape. What are they? Are energy reflections, backscatter, camera reflection or moisture particles? We've got some ideas!

## Picture Gallery



**Orb** - Holland Centre ON



**Richard Gordon & Kathy Wilson** North Bay ON



**Dennis Barnett** Healing Flute Music in Vancouver



**Sun Star QT Workshop**  
Tibetan Cultural Centre - Bloomington IN

# Healing Nexus

## *Connection Healing Transformation*

*Healing Nexus is the "Healing Connection" for you and the people in your life.  
Our events open the doors to the unlimited potentials and possibilities that exist for each of us.  
Here you will find the way to better health, relationships, life purpose and abundance*

### *The Journey: Being in the Moment*

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Exhale · Inhale

"Breathe"

Now is all we have. Right this moment. The past is the past. We can not change what has happened. The future will always be the future which is not yet here. As time, once in the future, becomes the present it is no longer the future. Our power is always in the moment, and in our breath.

As we think our thoughts jump moving back and forth through time. Our monkey mind shifts gears from present, to past, to future. We tend not to differentiate where these thoughts come from. They are thoughts. Whether we are remembering the past or dreaming of the future our subconscious mind can't tell the difference. All gets mixed together like one big pot of pea soup. Thoughts mixed with thoughts. These thoughts stimulate emotions or have an emotional charge which impacts us in the "now". Like anchors these emotions

from "all times" fix us to in places that make it difficult for us to be and do what we really want. They hold an "energetic charge" that prevents us from seeing clearly. Lots of these thoughts are not real. They could be conversations that haven't yet happened; voices replayed which were given to a child from an adult long gone.

Meditation is a wonderful tool. It will allow you to be present in the moment. You don't have to do anything but sit quietly and be. Be relaxed, be present, and be in the moment. No time you say? Those that meditate find that time expands; their day has more time to accomplish the things they want to do. They become more focused, more productive and with more clarity in their lives.

These are lots of way you can meditate. For the beginner here are some techniques you can use to still the mind. Sit Quietly and Relax. Quiet the mind. (1) Watch your breath as you naturally breathe in and out. Just observe. No force, no judgment no, expectation. Focus quietly on your breath as it goes in and out. Breath is life. (2) As thoughts arise— identify them as "this is thinking" and let them go without attachment to them; and return to watching your breath. (3) Or as thoughts arise—you can put them in bubbles and let them rise up to the surface or gently let them rise and expand to the universe.

Meditation is a gift you can give yourself every day.

*My meditation  
is my soul's  
soundless conversation  
with my inner pilot.*

*Sri Chinmoy*

♥ - Kathy

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