

Healing Pathway is an experiential spiritual and healing practice that supports well-being and resilience by promoting energetic alignment to all aspects of our being – physical, emotional, mental and spiritual. Programs are supported locally and nationally by the Healing Pathway Society.

*This workshop is sponsored by the Eastern Ontario Ouataouais Healing Pathway Regional Council ([HealingPathwayEast@gmail.com](mailto:HealingPathwayEast@gmail.com))*

## Phase 1 – An Introduction

This Phase 1 level course introduces participants to the basic concepts of heart centred, hands-on healing within the Christian tradition, with an emphasis on learning to be a healing presence and instrument of God's healing power.

Participants learn and practise specific healing sequences, elements of self-care, and how to centre themselves through prayer and meditation. They also discuss the application of a healing ministry within a congregation or faith community.

We can learn to tap into Universal or Divine energy and use it to heal. We can learn to be more connected to Universal energy, more grounded, more centred, creating more resiliency for ourselves and others.

All of this helps both in healing what already needs to heal in our bodies and helps keep us healthy, like exercise keeps us healthy.

## Location

Barrhaven United Church, 3013 Jockvale Road, Ottawa, ON, K2J 4E4

## Healing Pathway Society

is the national governing body of all Healing Pathway in Canada. The Society oversees the Curriculum, code of ethics, and standards for all Healing Pathway practitioners and instructors.



Visit: [healingpathway.ca](http://healingpathway.ca)

Contact: [healingpathwaycanada@gmail.com](mailto:healingpathwaycanada@gmail.com)

# HEALING PATHWAY

## Phase 1 workshop An Introduction

Friday, October 20, 7 pm - 9 pm

Saturday, October 21, 9 am - 5 pm

Sunday, October 22, 1 pm to 5 pm

at Barrhaven United Church  
3013 Jockvale Road, Barrhaven

Healing Pathway  
Eastern Ontario Ouataouais  
Regional Council



Join us in a safe, quiet place as you learn about and explore energy in new ways. Leave feeling empowered to support yourself and others in the challenges of everyday life.

In this workshop you will experience techniques both for working with others and for self-care that focus on heart centred energy healing as a spiritual practice.

At this experiential workshop you will:

- ❖ The primary principles for a healing ministry.
- ❖ The traditional, scriptural and spiritual sources of Christian-centred healing.
- ❖ Review of the Healing Pathway Code of Ethics.
- ❖ The elements of self-care.
- ❖ Centring and grounding through prayer and meditation.
- ❖ Experiencing being a heart-centred instrument of healing.
- ❖ Introduction to a Healing Sequence and specific healing techniques.
- ❖ The application of a ministry of healing within the church and community.

#### **What past participants shared:**

"Healing Pathway is a spiritual practice . . . a healing balm in my life."

"I am connected in body, mind & spirit."

#### **Instructors:**

Come, be inspired, and immerse yourself in a workshop course with two experienced, heart centered facilitators – Cathy Murphy and Howard Clark. Together they offer years of wisdom and healing experience. Share in their passion for this transformative practice.

#### **Cathy Murphy**

Retired after 35 years + in social services and child welfare, she has been involved with Healing Pathway since 2010. Cathy is now enthusiastically sharing this work as an Instructor, and looks forward to sharing energy work with you! She is active in the Healing Pathway practice at Barrhaven United Church, Ottawa.

#### **Howard Clark**

... a retired U.C. minister, whose intentional journey with Christ-centred healing began over 50 years ago. He finds a real congruence with the Healing Pathway program, to which he has been committed for the past 20 years. It is a prayerful gift in line with the oldest traditions of Christian healing. He is active in the Healing Pathway practice at First United Church, Ottawa

#### **Registration Information:**

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

Initial deposit of \$50 required

The balance is due on the first day of the workshop.

Early bird - \$250 by September 15<sup>th</sup>

Full fee - \$275 after September 15<sup>th</sup>

Repeater fee - \$150 (\$175 after September 15<sup>th</sup>)

#### **Cheque for a deposit of \$50 made payable**

**to:** Healing Pathway Eastern Ontario  
Ouataouais Region

#### **Mail registration and payment to:**

Healing Pathway  
1081 Ambleside Drive Unit 611  
Ottawa, ON, K2B 8C8

#### **OR**

Register at [HealingPathwayEast@gmail.com](mailto:HealingPathwayEast@gmail.com)  
and eTransfer the payment to:  
[treasurer.eoorc@gmail.com](mailto:treasurer.eoorc@gmail.com)

#### **Food**

Snacks and drinks will be provided. If you have special dietary needs, please let us know or bring food for yourself. Please bring your own lunch each day

#### **Clothing**

Please dress in comfortable clothes and shoes.

#### **What to bring**

Bring a pillow and a blanket.