

**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 Phase 1 introduction 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, body, mind and Spirit.

## Location

**Trinity United Church,**  
41 Market St N, Smiths Falls, ON K7A 2E7

### **The Healing Pathway Society, Canada**

is the national governing body. 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

2026

Friday, Sept 18, 9:00 am - 5:00 pm

Saturday, Sept 19, 9:00 am - 5:00 pm

Trinity United Church  
41 Market St N, Smiths Falls,  
ON K7A 2E7

Healing Pathway  
Eastern Ontario

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."

"I enjoyed this time to focus on healing energy."

**Instructors:** Come, be inspired, and immerse yourself in a workshop course with two experienced, heart centred facilitators – Barb Loynes and Cathy Murphy. Together they offer years of wisdom and healing experience. Share in their passion for this transformative practice.

#### Barb Loynes, Perth ON

took her first Healing Pathway course in 2011 and completed the last one in 2016. For many years she was a practitioner at Glencairn United Church, before her move to Perth in 2016 and her subsequent move to become a Healing Pathway instructor. Healing Pathway enriches her life as she offers this heart centred ministry to others

#### Cathy Murphy, Ottawa ON

Retired after 35 years + in social services and child welfare, Cathy 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. and pastoral care team at Barrhaven United Church, Ottawa.

Phase 1 – 18/19 Sept, 2026

#### Participant Registration:

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

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

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

**Course fee \$250 if you register before August 21<sup>st</sup> (\$300 after August 21<sup>st</sup>). Repeater fee \$150 (and \$175 after August 21<sup>st</sup>)**

#### How to pay Send \$50 deposit\*

##### 1) Electronically (*Preferred Method*)

Send an email with the course name plus your name, email address, and phone number to:  
healingpathwayeast@gmail.com

**and** send the deposit by an etransfer to the same address:  
healingpathwayeast@gmail.com

##### OR

##### 2) By Mail

Mail deposit and registration form to:  
Healing Pathway East  
611 – 1081 Ambleside Drive,  
Ottawa, ON K2B 8C8

**\*The Balance of the Fee is due no later than August 21<sup>st</sup>, 2026. Payment is by the same method as the deposit.**

**Food** Snacks, water, coffee and tea will be provided. If you have special dietary needs, let us know or bring food for yourself. Please bring your own lunch - **lunch is not provided.**

**Clothing** Please dress in comfortable clothes and shoes.

**What to bring** Bring a pillow and a blanket.