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LETTER FROM THE BOARD



Dear Members

The fourth board meeting of RAA Ltd. took place on 3-4 April 2004 in Brisbane. We welcomed our newest board member Pat Mclean who replaced Sara Higgins. It was a very spirited and productive meeting I believe and you will find out further in this issue from Jan Williams our President as to the changes that will be implemented by the Association.

Brigitte Johnson from WA gave us an update on the RAA Bi-annual conference being held in Fremantle 17-19 September, which sounds fantastic. Topping the list of speakers is Father Josef, Dr. Martine Faure-Alderson, Sharon Stathis and a wonderful trip into the bush with Graham Ellis to experience the "Dreaming Land". Spring is the perfect time to visit WA with the wildflowers at their best, some fantastically cheap airfares and local reflexologists offering to billet you - so why not make this a rewarding experience, as well as a chance to get your CPT points for the year. You will meet like-minded professionals and learn new and exciting techniques to enhance your business and let you grow as a person.

Lastly, it is never too early to start planning for World Reflexology Week in September (my aren't we going to busy). Your Association has approached the Starlight Foundation to help raise awareness of reflexology in the community and will be volunteering to work in the Starlight Express Room situated in the Children's Hospital in your state on Saturday 4 September 2004. We will be working on the parents of seriously ill children who are usually very stressed and need the type of nurturing we can give. Hopefully the medical staff will be wanting to experience reflexology as well and if we can have as many reflexologists on hand to spread the word through touch as possible, we will not only be helping the Starlight Foundation but also raising awareness of reflexology in the wider community.

We need to raise \$4000 to grant one wish to a seriously ill child so I hope you will all be able to do some fund raising individually or in groups Australia-wide so we can make this happen. Please contact your State Director or PR person for more details.

In October we will be volunteering a day to Carer's Australia, a National Government funded organisation to help carers in need of treatment themselves. Their theme this year will be Health and Wellbeing which gives us another opportunity to spread the word about reflexology and the wonderful benefits of regular treatments. Hopefully this will lead to a better of reflexology in Government organisations. More information will be available in your local newsletter in the very near future. I do hope you will be able to spare a few hours.

Kind regards

Natalie Baker, Vice President



RAA Board of Directors 2003-2004

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This issue:

Cover picture: Mesheril ManyFeathers (see article p8) has kindly allowed us to use her chakra picture for our front cover. .

REFLEXOLOGY ASSOCIATION OF AUSTRALIA LIMITED

The RAA Limited was incorporated in 2002 as a company limited by guarantee (ACN: 101 412 319)

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RAA

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If you require a reflexologist in a particular area, town or state, the RAA National Referral Service is able to assist.

We can put you in touch with a qualified reflexologist in most states of Australia

Phone: RAA on:
(0500) 502 250

Mission Statement of the RAA

Our Vision

For reflexology to be highly regarded by the general community in the promotion of health.

Our Mission

- To promote awareness and understanding of reflexology within the community.
- To attain and maintain a high standard of professional practice across all states.
- To be a central information and resource body on matters pertaining to reflexology.
- To provide ongoing professional development and support for our members.

Meeting of the RAA Board of Directors—April 2004

by Jan Williams, (President)

The second and final face-to-face meeting of the RAA Board of Directors for this membership year was held in Brisbane over the weekend of the 3-4 April, with all members present. Prior to this meeting Sara Higgins from Queensland had resigned her position and the Queensland Branch had elected Patricia Maclean as her replacement. Pat has assumed the responsibility of the Research Sub-Committee. Those present were; Chere Sue Waters and Karen Pike, NSW, Emma Bettles and Natalie Baker, Victoria, James Flaxman, SA, Brigitte Johnson, WA (standing in for Anne Clark), Vicki Delpero, Tasmania and Pat Maclean and Jan Williams, Queensland. We were attended by Jenn Cooper, who offered her expertise as minutes secretary.

It seems important for me to take this opportunity to explain why the last two face-to-face meetings have been held in Brisbane. The reason is purely financial! There are two Queensland directors and the membership co-ordinator to transport to these meetings which would result in expensive air travel. Accommodation is much less expensive in Brisbane than other eastern seaboard states and our endeavour is always to spend your money wisely. These meetings are essential to the smooth and forward progress of the RAA and result in great ideas and outcomes as the creative energy is encouraged to flow and is captured. However, this situation is not permanent and if another state wishes to host the April meeting next year please let us know and we will look at the costs and decide. The September 2004 board meeting and RAA AGM will be held in conjunction with the conference in WA.

The main focus of this board meeting was to finalise and agree to the changes to the Continual Professional Training Programme. A three-hour limit was placed on the discussion as most of the preliminary work had been done at a branch level after the first draft had been produced by Vicki Delpero. As WA, NSW and Queensland branches all have very definite views regarding CPT, all branch directors were given the opportunity to voice these opinions. As a result of this detailed and at times passionate debate, we have a programme and accompanying documentation which will provide members with an appropriate method of compliance. The state directors have been charged with the responsibility of providing the necessary education so that everyone understands the latest requirements. For those regional members and others who find attending meetings difficult, you will be pleased to know that the documentation is clear in its description of the programme. It is also intended to publish the requirements of the programme in at least two issues of Footprints each year. A decision was made to deliberately withhold details of the new programme until the beginning of the new membership year to avoid any confusion for members at renewal time. You will receive your new documents after paying your annual membership subscription. I can assure you that you will find the new programme simple to understand and more lenient in requirement!!

James Flaxman reported that the Education Sub-Committee

has been formed and is ably led by Lyn Hatswell of WA. A group of fourteen interested reflexology educators will debate the process of ensuring all members attain the same level of education through a RAA system of endorsement of schools and courses. This will be achieved through the following process:

- Refining the RPL system and approval of current RPL documents
- Developing first an examination paper and then a curriculum based on the RAA draft units of competency
- Developing a simple process of endorsement of schools / courses which does not try to mimic the government accreditation process. It should consider minimum hours of face-to-face tuition and supervised clinic hours among other things.

The sharing of views and information from members of the sub-committee is expected to provide a solid base from which to develop the process.

As a result of some of the expected changes to education requirements it is proposed to amend some parts of the constitution. This will be achieved following set guidelines and through voting at the AGM in September. All relevant documentation is included in this issue of Footprints.

News from Pat Maclean regarding the progress of the research sub-committee is that it has been slow to get going and could use a few more interested members. Pat has a vision to create an electronic database that can be accessed by members from the RAA Website. This should allow for searches to be undertaken through existing research topics, providing vital material to practitioners and researchers alike. It is expected that the progress of this sub-committee will be steady and precise.

Natalie Baker has negotiated for all states to work with the Starlight Foundation during World Reflexology Week. All proceeds of events will go toward the foundation and as it costs \$4,000.00 to provide a wish for a seriously ill child, that will be our target amount. Your director will have all the news required to get this project up and running, in order to make a difference to a sick child. Natalie is also responsible for promotional material and is always alert for any useful opportunities.

At this Board meeting it was agreed by all present that the RAA should contract a professional, independent webmaster. As the job becomes more demanding, it was considered inappropriate for this important task to be the responsibility of a volunteer. The RAA website is an important public face of our organisation and will become more so in the future. Our sincere thanks go to all those volunteers who started off this project.

As this report is restricted to a precise amount of space available in Footprints, I am unable to cover every topic from the meeting! Please be encouraged to read the tabled minutes at your next branch meeting and ask questions of your directors, I shall refer to other topics in my next letter to members in September.

Facial Reflexology

By Lone Sorensen Lopez assisted by Jayne Lundholme, UK

Lone began her study of reflexology in Denmark in 1978. She was amongst the first (student number 59!) to study the discipline. She also studied acupuncture and laser therapy then ran a clinic and school in Denmark for about ten years. She was always very interested in facial acupressure points because of the success of her work with children with hyperactivity and learning difficulties. With them, she used a combination of 16 facial pressure points and reflexology on the feet. She also felt disappointed with the lack of results from foot and hand reflexology when trying to treat certain conditions. She found that working on the face gave results more quickly, which pleased her clients! Lone believes that facial reflexology is so effective because it works in such close proximity to the brain and central nervous system. She feels only using reflexes in the feet is less effective because of the distance between the feet and the brain.

Lone moved to Argentina, to find that reflexology was completely unknown there. She began to practice and teach reflexology and zone therapy on the feet, hands and face. While visiting a town called Cophau in the mountains between Argentina and Chile she noticed American Indian women practising a form of facial zone therapy. It was from these women that she learned the facial reflexology technique which she now uses as a diagnostic tool. Lone remained in Argentina for twelve and a half years during which time she founded three reflexology schools.

During further travels in Cuba, Lone learned a system using 564 nerve points and 31 acupressure points in the face, which she combined with the technique learned in Cophau. She also met Dr Chun, a Vietnamese doctor, who worked with the oriental system of charting the face to reflect body organs and systems. She then incorporated his methods and experience into her treatments.

Following her research Lone began to work with the Dr Philippe Pinel Institute in Buenos Aires, developing new therapies for brain-damaged children. With a system called *Stimulation Temprana* (early stimulation) Lone has achieved excellent results. She never claims to be able to cure, but she has been able to help patients who were unable to walk, talk or eat to gain or regain these faculties – thus greatly improving their quality of life. She has also helped coma patients, and people suffering with such conditions as MS, Downs Syndrome, and Motor Neurone Disease. The more serious the disease or condition, the more intense the treatment. Lone has worked three hours per day, seven days per week on some of her more acute cases. She trains parents and carers in her method so they can continue the treatments and provide the regularity and continuity needed to gain optimum results.

In 2001, Lone was presented with three honorary titles from the OMHS (Argentina). She is the first reflexologist in the world to achieve this award for her work in zone therapy.



Jayne Lundholme and Lone Sorensen Lopez

Her current method of facial reflexology and face mapping has been developed over twenty-three years of work with clients. It combines the following techniques:

1. **Acupressure** to stimulate nerve endings, the meridians, the blood circulation and lymphatic drainage.
2. **American Indian Zone Therapy** to stimulate the nervous system and identify any blockages or irregularities within the body systems.
3. **Chinese Traditional Medicine** to stimulate the general release of tension in facial reflexes and the clearing of any blockages within corresponding vital body organs.
4. **The Oriental/Vietnamese System** to stimulate:
 - a) the brain cortex to improve movement in the physical limbs
 - b) the brain cortex to improve the function of the senses
 - c) the brain cortex to relieve pain, and to improve pain control
 - d) the brain cortex to improve the general psychological state

The ONLY contra-indication to using facial reflexology is if there is severe damage to the brain stem, simply because nerve impulses from the central nervous system will be unable to reach the body. However, Lone and her colleague Jayne Lundholme who works with Lone in Denmark and helps her with English translation, both stressed that it is quite normal for clients to experience healing crises after treatment. This is because facial reflexology is such a powerful and effective therapy and because it has such an immediate effect. It is therefore important to reassure the client so that the healing process will not shock or scare them. Less severe conditions or those involving non-serious health problems require treatments of lower intensity on a less frequent basis.

At this workshop in the UK, Lone explained and demonstrated the routine involved in a facial reflexology treatment. She stressed, however, that it was necessary to have a comprehensive knowledge of the nervous system and of the meridians in order to practice effectively and to achieve meaningful results. She urged us to study the facial nerves in great detail, as this knowledge would form the basis of future success as practitioners of her method. She also explained that no two clients were the same, and that she always based her treatments on the individual client and their state of health. Sometimes she would treat only the face, and sometimes she would combine facial reflexology with foot and/or hand reflexology.

Each facial reflexology treatment has 7 Steps (see illustrations), all of which must be followed. Lone has developed this sequence from her own experience and believes it to be the most effective way of achieving significant results. Lone suggests the ideal position for the client is lying on a couch, although the treatment can be received in a seated position.

Facial Reflexology (cont)

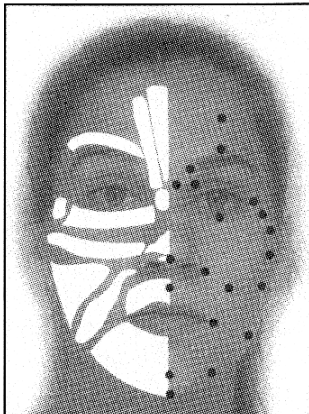
The therapist always works from behind the client. Lone uses a wild rosehip cream which she buys from her American Indian friends in Cophau, but any cream or oil is suitable. It is used only as a lubricant for the practitioner's fingers.

Except for the initial contact, and then again in Step 7, it is important to touch the face with only one or two fingers. This is because the brain will be confused if nerve endings other than those specific to the zone or meridian are being stimulated.

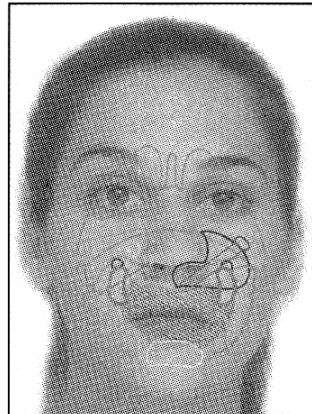
STEP 1 – Facial Acupressure Points to stimulate nerve endings:

Open up the treatment by making contact with the face with some soothing massage movements. Then commence the Acupressure sequence. Stimulate both sides of the face together working around the face starting at the jaw line working up to the brow line. Work each point with 8-10 large, outward rotations using firm but not painful pressure. The points located along the medial line should be worked with only one finger, but in both directions. The medial line is worked from brow line to jaw line. Note that the Ex. Spleen point is actually located on the underside of the jaw bone. Lone stresses the importance of learning to locate the points with absolute accuracy.

STEP 2 – American Indian Zone Chart to assess state of body systems as reflected in face:



Step 1-2



Step 3

Use a stretching movement using either the two index or two middle fingers. Pressure should be firm but never painful. The sequence is as follows and can start on either side of the face:

1. Hormonal zone, stretching in horizontal direction
2. Lung zone, stretching in vertical direction
3. Colon zone, stretching in vertical, slightly diagonal direction
4. Stomach zone, stretching in horizontal direction
5. Kidney zone, stretching in horizontal direction under the eye
6. Gallbladder zone, stretching in vertical direction
7. Heart zone, stretching in horizontal direction over the brow line
8. Bladder zone, stretching in vertical, slightly diagonal direction
9. Small intestine zone, stretching in vertical direction

10. Small intestine zone, stretching in horizontal direction
11. Spleen zone, stretching in diagonal direction
12. Liver zone, stretching in vertical direction

Having completed one side of the face commence on the other side, but in reverse from 10 back to 1, finishing on the spleen and liver zones (close to the medial line of the face).

During Stage 2, you will have observed any irregularities in the zones. Lone categorises them as follows:

1ST GRADE: "Sand"-like grit in facial zone – not serious indicates usual tension in body system or relevant meridian

2ND GRADE: "Rice"-like grit in facial zone – indicates considerable tension in body system or along relevant meridian and should not be allowed to get worse

3RD GRADE: Swelling or tenderness in facial zone indicates a problem in the corresponding body system or along relevant meridian

4TH GRADE: "Pearl"-like lump in facial zone – indicates potentially serious health problem in the corresponding body system or along relevant meridian

5TH GRADE: "Stone"-like lump in facial zone – indicates serious health problem in the corresponding body system or along relevant meridian

According to the responses in the facial zones, you will decide upon a treatment plan.

STEP 3 – Chinese Traditional Medicine System of vital body organs reflected on the face, to treat any irregularities identified in Step 2:

Choose to work with the reflexes of the body organs within which any irregularities occur. Eg: if you have picked up problems in the stomach zone in Step 2, then work the areas in Step 3 which reflect the stomach, spleen and pancreas vital organs. Continue the stretching movement, but use a shorter movement with more pressure and work for longer than in Step 2.

The body organs are worked as follows:

- Stomach/Spleen/Pancreas
- Lungs/Colon
- Heart/Small Intestine
- Kidney/Bladder
- Liver&Gall Bladder*/Kidneys&Adrenals
- Endocrine/Circulation*

*As the gall bladder is not considered as a vital organ there is no reflex for it on the face, so under this system substitute the Kidney/Adrenal reflex. Also, in Chinese Traditional medicine, there is no reflex or meridian for the endocrine or circulatory systems so work the Heart/Small Intestine areas to stimulate these systems.

STEP 4 – Vietnamese zone method to stimulate brain cortex controlling movement of limbs and function of senses:

Continue stretching movement of Step 2 but shorter and more intense as in Step 3. Start on medial line with foot and work along leg and arm to hand, finishing on the reflexes

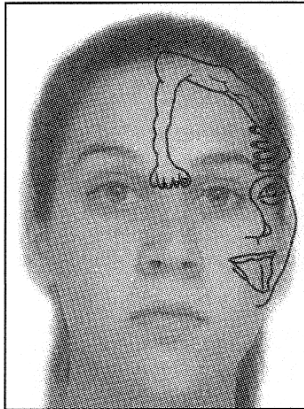
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Facial Reflexology (cont)

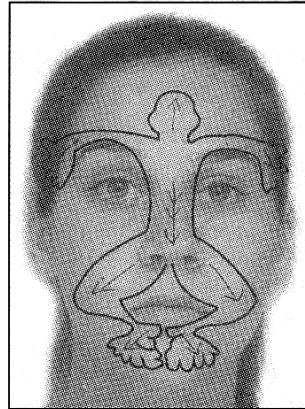
for the senses. Do one side at a time.

STEP 5 - Vietnamese zone method to stimulate brain cortex controlling pain response:

Continue stretching movement of Step 2 but shorter and more intense as in Step 3. Start on reflexes above browline. Work the spinal reflex down nose from brow (cervical spine) to end of bone in nose (lumbar spine) with



Step 4



Step 5

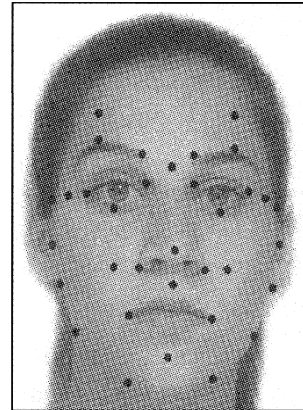
the lateral edge of the thumb. Then work thigh and leg reflexes either side of mouth and finish on feet reflexes on chin and jaw line with stretching motion as above.

STEP 6 – Facial Acupressure Points to stimulate lymphatic drainage:

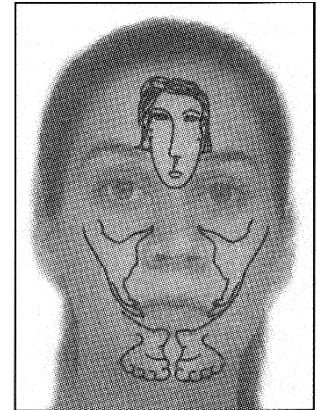
Stimulate both sides of the face together working around the face starting at the jaw line working up to the brow line. Work each point with 4 large, outward rotations as before, followed by 4 pressures. The points located along the medial line should be worked with only one finger, but in both directions followed by 4 pressures. The medial line is worked from brow line to jaw line. Again, Lone stressed the importance of precision in acupressure work.

STEP 7 – Balancing the psychological “body”: Hold the face with the fingers pointing downwards toward the jaw

line and work the forehead with the thumbs, using large circles. Drain across the face from under the eyes down to the jaw line with soothing, sweeping movements working



Step 6



Step 7


from medial to lateral.

OFFER CLIENT DRINK OF WATER AND DISCUSS POSSIBLE PHYSICAL AND PSYCHOLOGICAL REACTIONS TO TREATMENT (as per reflexology).

Lone demonstrated a full treatment for us while we practiced on one another. Her model said that the treatment felt “stimulating” and “very pleasant”. He said that, although it may have looked as though he was receiving a very firm pressure massage, it never felt at all uncomfortable.

Lone, helped by Jayne, runs courses in Sweden and Denmark. It takes 5 months (1 weekend per month, Friday, Saturday and Sunday) for a reflexologist to qualify in Facial Reflexology. Lone and her husband also run three-month courses in Barcelona and at the University of Madrid. The course takes a maximum of 24 students. Write or email Lone or visit her website for more information:

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Health at Work

By Liza Thomas, USA

As therapists, our main focus is on helping our clients with their ailments and lifestyle changes, however, our dedication to our clients often is at the expense of our own wellbeing. It is vital that therapists take time to sit back and review their own health and well-being and implement changes if necessary.

Ergonomics: tips for a safer and healthier working environment

What is ergonomics? Most people have heard of ergonomics and think it is something to do with seating or with the design of car controls and instruments.

It is ... but it is much more! Ergonomics is the application of scientific information concerning humans to the design of objects, systems and environment for human use. Ergonomics comes into everything which involves people. Work systems, sports and leisure, health and safety should all embody ergonomic principles if well designed.

Everyone can benefit from the application of ergonomic principles in their daily lives - to prevent injury, improve safety, and increase ease and efficiency. Successful ergonomic design can be measured by improved productivity, efficiency and safety as well as by the approval of consumers/clients.

The following are a few principles that are simple to implement, but can make a huge difference in your life:

Avoid standing still for extended periods of time. This makes it difficult for your circulation to perform efficiently causing blood to pool in your legs, contributing to varicose veins. If standing is necessary, try to walk around a little, sit down periodically, or perform some ankle exercises to increase circulation in the lower legs.

Repetitive motions, particularly in bodywork therapy can cause injury. If this type of motion is unavoidable, try not to contort the body or any joints. Take periodic stretch breaks. 'Variety.' In other words, change posture and activities often. If possible, take breaks before getting tired. Extremely short breaks can be very helpful if frequent enough. A "break" doesn't have to be a rest break; it can simply involve doing something else for a while.

Ensure that the equipment you are using is correct for you and positioned to avoid unnecessary strain. For example: ensure that your therapy bed is the correct height for you; ensure that your products (cotton wool, creams, oils, etc) are easily and readily available - within a comfortable reaching distance to avoid unnecessary stretching and possible muscle strain.

For those therapists who use computers for administration work (and I am sure it is almost everyone) ensure that you sit with your feet flat on the floor and your knees at a 90° angle. Arrange your computer so that the centre of the screen is at eye level, and make sure that there is adequate lighting. Also, ensure that there is no glare.

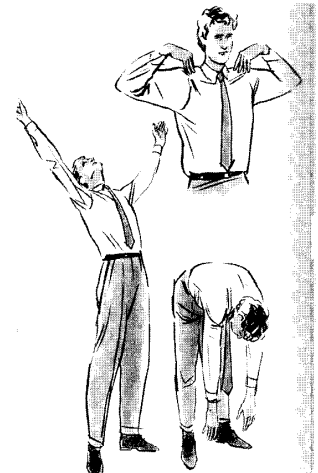
Quick Relaxation Techniques - it only takes five minutes to do them whilst working:

Chest and back stretch

Stand up straight with neck and shoulders relaxed and feet slightly apart. Slowly raise arms, bend elbows and touch fingertips to the breastbone.

Next lower the arms and straighten them out behind you as high up as you can, hands clasped together and head tilted as far back as possible.

Stretch the back by bending forward, raising your arms up over your back and allowing your neck to relax and hang down. Hold for a few moments, then slowly straighten up, unclasp hands and drop arms to your sides.



Whole body stretch

Stand up straight and take a deep breath to fill the lungs right to the bottom. Throw your arms out behind you and tilt your head back to look at the ceiling. Relax, breathe out slowly and bend forward from the waist with knees slightly bent, hands hanging loosely down and neck relaxed. Hold for a few seconds, slowly straighten up and return to first position, inhaling deeply.

Shoulder rolls

Sit comfortably in a chair, fingers pressing down onto shoulders. Keeping shoulders down, circle elbows up away from the body, back, down and forwards several times. Repeat in opposite direction.

Neck turns

Sit on a fairly low chair at a desk or table and place elbows on the surface, about 150-200mm apart with hands clasped together at the back of the head.



Slowly press the head down until your chin touches your chest. Close your eyes and hold the position for a few moments. Unclasp hands and turn head slowly until chin rests in palm of right hand.



Push slowly down with the left hand and up with the right to turn head as far as possible. Hold for a few moments, return slowly to centre and relax. Then repeat in the opposite direction.

(Continued on page 17)

Chakras

by Mesheril ManyFeathers, NSW

Mesheril Manyfeathers is a Shamanic Healing Guide & Marriage Celebrant. She is a Reiki Master/Teacher, Crystal Healer, Past Life Regressionist, & has developed her own healing modality called Micro-Fusion, which incorporates OrthoBionomy, Cranio-Sacral therapy, TimeLine Journeywork & Chakra Balancing. In addition Mesheril also uses many of the traditional methods used in Shamanism; Reflexology, Polarity & Metamorphic Balancing.

The chakra system is an ancient system, known to many cultures for thousands of years. Chakra (pronounced CHUK-ruh) means wheel or circle in Sanskrit. In Tibetan Buddhism the centres are called channel wheels. Taoist yoga is a complex discipline based on the control and circulation of these vital energies seen as vortexes.

Chakras are also called lotuses, which gives us some idea of the nature of the chakras. The lotus with its exquisite flowers blooming on the surface of the water, under the light of the Sun (spirit) has its roots buried in the muddy darkness of the depths (the physical). Just like the lotus blossom, the chakras can be closed, in bud, opening or blossoming, active or dormant.

Each one of the major 7 chakras corresponds to a physical system and its related organs and glands. Sound, colors and crystals are assigned to each chakra, though the colors and functions of each chakra vary somewhat according to different traditions. The first or base chakra, located at the area of the coccyx at the base of the spine, relates to the adrenals, large intestines and rectum. This is what I call the 'Tail Gate' and is of major importance, regulating what I call the 'Universal Breath'. It shares responsibility of the kidneys with the 2nd chakra. Its color is red, crystals: garnet, smokey quartz, and its note is middle C. It is known as the kundalini or serpent's fire, and is one of the ways we ground ourselves. It relates to survival and often struggle, family identity, bonding and loyalty. The lesson of the first chakra is that of Oneness rather than separation.

The second or sacral chakra, located midway between the public bone and naval (some traditions see it at the naval), relates to the testes, prostate and ovaries. Color: orange, note: D, crystals: tiger eye, carnelian. It is the creative center and relates to sexuality, power (personal power when it is in balance and ego domination when it is unbalanced) and money or abundance.

The third or solar plexus chakra relates to the pancreas, liver, gallbladder, stomach, spleen and digestion. This is where our unresolved emotions are stored and is therefore the place where we 'digest' our emotions, or not. Color: yellow, note: E, crystals: citrine, golden topaz. This chakra relates to will-power, self-respect and honoring of self. Many people give their power away through the third chakra.

The fourth or heart chakra, located in the center of the chest between the nipples, relates to the thymus gland & heart. This chakra is the chakra of love of self and others, compas-

sion and forgiveness. Color: pink, for self-love, green, for love of others. We must first love ourselves before we can love another. Note: F; crystals: rose quartz, green aventurine and malachite. We could call thymus gland chakra, located halfway between the heart and throat chakras, 4a. It is the 'higher' centre of unconditional love and universal connectedness and is often called the star tetrahedron heart chakra.

The fifth or throat chakra, located at the base of the throat, relates to the thyroid and parathyroid, voice and the neck. Color: blue, note: G, crystals: blue lace agate, turquoise and aquamarine. It relates to our ability to speak our truth, trust, and is where we allow love into our lives. It is where we exert our will over others or give our power/will away to others.

 * It is said that the *
 * physical body takes *
 * twice as long to *
 * heal as our *
 * emotional, mental *
 * & spirit bodies. *

* The sixth or brow chakra, often called the *
 * third eye, is located between and slightly *
 * above the eyebrows. It relates to the pin- *
 * eal gland and spiritual sight, and the abil- *
 * ity to articulate vision and inspiration. *
 * Color: purple, note: A, crystals: amethyst, *
 * sugelite. *

* The seventh chakra is located at the *
 * crown and can be found by 'drawing' a *
 * line up from the top of the ears to the top *
 * of the head and straight up from the tip of *
 * the nose. It relates to the pituitary gland *
 * and is our direct connection to spirit and higher consciousness. Color: white, note: B, crystal: clear quartz. *

These seven chakras, along with many other major and minor chakras, make up perhaps the most important interface between our spirit and physical bodies. The chakras directly interface with our nervous system, hence the importance of clearing both systems. It is vital for the nervous system to be clear so that we can be in alignment with our Soul. In other words, our nervous system is an instrument of our Soul, when it is clear.

It is said that the physical body takes twice as long to heal as our emotional, mental and spirit bodies. I have observed over the years, that our physical body is very often left out of the healing process altogether. We often think of our body as a burden and think that we have to 'work' on our spiritual aspect and rise above the problems of the physical. However, we *are* Spirit having a human experience, not the other way around. So, in essence, we must bring all of our bodies into alignment with one another to be truly balanced. This is where observing our patterns (attitudes, values and beliefs) gives us clues as to what chakras are imbalanced, so that we may bring our physical body into alignment with our spirit.

Chakras (cont)

Balances

The chakra system is an energetic data storage system, very like a computer, which many healers feel or see. It is the spiritual interface between the physical body and our etheric body, while the nervous system is our physical interface, communicating with all aspects of us. The chakras function as transmitters of energy from one level to another, distributing Qi or prana (Universal Life Force energy) to the physical body.

While there are many minor chakras in the body and at our joints, it is recognized that there are seven major chakras between the groin and top of the head, with an additional major chakra known as the thymus gland chakra, the centre of unconditional love and Christ Consciousness. There are two other chakras of major importance located approximately 18 inches above (the Soul Star) and below (the Earth Star) the physical body. These two chakras directly relate to what we could call 'Universal Breath', the flow of energy

from the Universe down through the Kundalini Channel (as the flow between the spine and chakras is called), to the Earth, and simultaneously from the Earth up the Kundalini Channel to the Universe. There are sixteen major chakras that I balance in a Shamanic Healing, from the Earth Star all the way to the Soul and Divine. Each of five higher chakras (8-12) stores very important information related to the Soul, including past life information. The lower chakras relate more to the physical body and the current incarnation.

While personal experience is a vital part of western acceptance, our "I'll believe it when I see it" syndrome, there are many reported incidences where people have had physical pain, in the heart for example, with no physiological reason found. When these people went to have a crystal healing and chakra balance, their pain was found to be connected to a past life injury and resolved after the balance. Many healers believe that physical ailments have their root in mental and emotional imbalances.

The ancient western alchemical tradition used the chakra system, with metals and planets being assigned to the chakras in an elaborate system of correspondences which formed the basis of the alchemists' quest for spiritual transformation. With the decline of alchemical arts, knowledge of the chakras faded also. Interest in the chakras re-emerged in the west with the appearance of the Theosophy movement in the late nineteenth and early twentieth centuries.

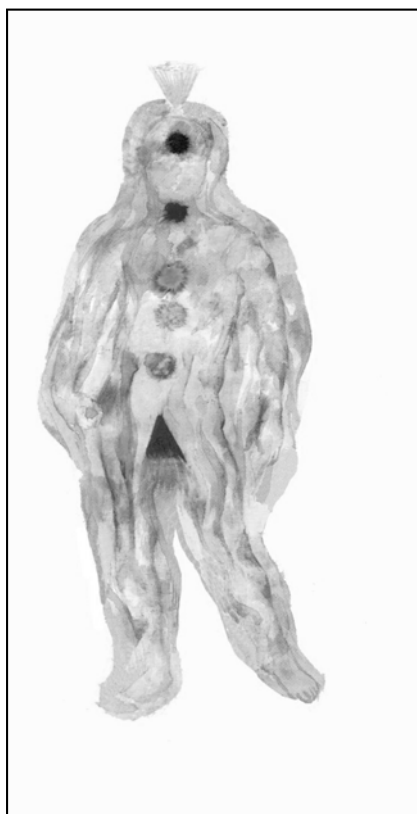
Imbalances

My first hands-on experience with the Chakra System was when I studied Crystal Healing in 1991. We learned to sense or feel the chakras and how to balance and open them using crystals. Most importantly I experienced a crystal healing from my teacher and had my own personal experiences in the session, having very physical reactions and sensations at each chakra. I also had my first past life memory and connected with a place somewhere deep within me where I remembered how to use crystals and balance the chakras. Hence, a major part of my healing work is on balancing the chakras.

Physical pain associated with chakra imbalances is very real. Having worked with people as a practitioner and healer for 13 years, I have seen many instances where physical pain has been relieved or released during a healing session. I have found that we carry our past predominately in our backs, literally behind us!



People often experience a physical sensation related to a 'broken' heart. They may experience pain around their mid spinal region between the shoulder blades, and upon visualizing their emotional heart, 'see' either an image of something protecting their heart (eg: a box or cage) or 'see' it as broken. When a person has money issues and feels unsupported in that or some other area of their life, they may experience low back pain.



Visualization and Journey Work are very powerful healing techniques for resolving past traumas and emotional hurts. OrthoBionomy, a therapy developed by Osteopath Dr Arthur Pauls in the 1070s, similar to CranioSacral Therapy, is also a very powerful therapy which aligns the spine, releases muscles in spasm, anywhere in the body, and releases the trauma which is stored on a cellular level associated with accidents, injuries or emotional stress. ©

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The Relaxation Response

By Daniel Redwood, DC, USA

Herbert Benson's research into meditation at Harvard in the early 1970s led the way. Benson's impeccable credentials and university affiliation, along with the world-class quality of his work, led to the publication of breakthrough articles on meditation in the *Scientific American* and the *American Journal of Physiology*. His book, "The Relaxation Response" topped the best seller lists in the mid-1970s, and is still widely read.

In "The Relaxation Response", Benson concluded, based on his research, that meditation acted as an antidote to stress. The body's physical response under stress is well known; when a real or imagined threat is present, the nervous system activates the "fight-or-flight" mechanism. The activity of the sympathetic portion of the nervous system increases, causing an increased heart beat, increased respiratory rate, elevation of blood pressure, and increase in oxygen consumption.

This fight-or-flight response has a purpose. If you need to run quickly to escape an attack by a wild animal or need increased strength to battle an invader, you will be better equipped to do so if the fight-or-flight mechanism is turned up to maximum intensity. But this mechanism functions best when used occasionally, for brief periods only. If activated repeatedly, the effects are harmful and potentially disastrous. It is not uncommon for people in modern societies to maintain high stress levels most of the time. The current epidemic of hypertension and heart disease in the Western world is in part a direct result.

Benson demonstrated that the effects of meditation are essentially the opposite of the fight-or-flight response. Benson's research showed that meditation:

- Decreases the heart rate
- Decreases the respiratory rate
- Decreases blood pressure in people who have normal or mildly elevated blood pressure
- Decreases oxygen consumption

These basic findings have been replicated by so many subsequent studies that they are not in dispute. They also established once and for all that meditation is physiologically distinct from sleep. In sleep, oxygen consumption drops about 8 percent below the waking rate, and this decrease occurs slowly over a period of five or six hours. In meditation, it drops 10 to 20 percent in minutes. Moreover, alpha waves, which indicate a state of relaxed alertness, are abundant during meditation, and rarely noted in the sleep state.¹

Meditations' Effects on Muscle Tension and Pain

Numerous studies have shown a decrease in muscle tension during meditation. As Michael Murphy points out, this contributes to the body's lowered need for energy, the slowing of respiration, and the lowering of stress-related hormones in the blood. In some studies, the decrease in muscle tension as

a result of meditation even exceeded the impressive effects of biofeedback training. One interesting study measured the electrical patterns in muscles, and demonstrated that the lotus position (seated with legs fully crossed), a traditional posture for meditation, is the only position in which the body's muscles are as relaxed as they are when lying down.²

Meditation has also been shown to aid in the alleviation of pain. Extensive studies on chronic pain patients have been conducted by John Kabat-Zinn, Ph.D., the founder and Director of the Stress Reduction Clinic at the University of Massachusetts Medical Center, and Associate Professor of Medicine in the Division of Preventative and Behavioural Medicine at the University of Massachusetts Medical School. Kabat-Zinn and his program were featured on the American public television (PBS) series "Healing and the Mind", with Bill Moyers.

Dr. Kabat-Zinn's studies have demonstrated decreases in many kinds of pain in people who had been unresponsive to standard medical treatment. A large majority of the patients in Kabat-Zinn's studies who were taught to meditate improved, while control groups of similar patients showed no significant improvement. Various related studies have shown improvement in pain from muscle tension, headaches, dysmenorrhoea, and other conditions.³

Changes in Brainwaves and Enhanced Perception

It should come as no surprise that among the well-documented effects of meditation is the alteration of brain-wave patterns. Dozens of

studies have shown an increase in alpha rhythms, which are correlated with a state of relaxed alertness. In addition, numerous studies have shown enhanced synchronization of alpha rhythms among four regions of the brain: right, left, front, and back. This may be an indication of increased coherence of brain-wave activity.⁴

Some researchers have demonstrated positive effects of meditation on mind-body coordination, exploring this area by measuring such parameters as visual sensitivity to light flashes,⁵ response to auditory stimuli,⁶ and ability to remember and discriminate musical tones.⁷ There are indications that during meditation the function of the right hemisphere of the brain (generally correlated with creativity and imagination) is enhanced, while that of the left hemisphere (generally correlated with linear, intellectual thought) is inhibited.⁸

Despite the encouraging trend of increased research attention to the subject in recent years, scientific evaluation of meditation is still in its early stages. While certain benefits have been proven, much remains untested. Furthermore, the technology may not yet exist to validate many of the most profound effects of meditation. It is likely that research in the coming decades will take us far beyond our current knowledge, just as today's level of understanding far exceeds that which existed prior to 1970.



The Relaxation Response (cont)

Meditation Methods

Now that the value of meditation has been established, one might reasonably ask next: What exactly is meditation, and how do I meditate? Ironically, these questions are not easy to answer, because there are so many different approaches.

Most widely used meditation methods evolved as part of religious traditions and, as such, each of them may be controversial for people who do not identify with the tradition in which the particular methods developed . . . I want to tread lightly when discussing religious meditation. I personally have found value in meditative techniques of religious origin, whether it has been the Vedic roots of Transcendental Meditation, the Judeo-Christian orientation of Edgar Cayce's method, or the Buddhist origin of various Tibetan, Chinese or Japanese practices. I have personally practised several of these techniques and feel that I have benefited from each. But out of respect for all who have qualms about mixing their health care with religion, when I speak to patients about meditation, I always encourage use of a method consistent with their beliefs. I usually say something like, "I'm not selling a particular brand." I also emphasize to my patients, and wish to reiterate here, that physical health benefits of meditation can be attained through the practice of any of the methods below, and through other methods as well.

The Relaxation Response

Aside from generating groundbreaking research, it may be that Herbert Benson's most lasting contribution is the development and popularisation of a meditative technique with no religious overlay. This approach allows those who are not religious, or whose beliefs may appear to conflict with the teachings connected to a particular meditation system, to nonetheless participate fully in this worthwhile, health-giving activity.

According to Benson, the relaxation response technique produces the same physiological changes as does Transcendental Meditation, the method which has been most fully researched in scientific settings.

Here are Benson's directions for evoking the relaxation response.

- (1) Sit quietly in a comfortable position.
- (2) Close your eyes.
- (3) Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them relaxed.
- (4) Breathe through your nose. Become aware of your breathing. As you breathe out, say the word "ONE" silently to yourself. For one example, breathe IN... OUT, "ONE"; IN... OUT, "ONE" etc. Breathe easily and naturally.
- (5) Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes open. Do not stand up for a few minutes. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling upon them and return to repeating "ONE." With prac-

tice, the response should come with little effort. Practice the technique once or twice daily, but not within two hours after any meal, since the digestive processes seem to interfere with the elicitation of the relaxation response.⁹

Transcendental Meditation (TM) & the Use of Mantras

TM was brought to the Western world in the mid-twentieth century by Maharishi Mahesh Yogi, an Indian spiritual teacher. The Maharishi's method has been taught to hundreds of thousands of people, and is widely credited with being the first form of Eastern meditation to be practised on a mass scale in the West.

Herbert Benson's original research subjects were TM practitioners (they were the ones who approached him with the idea of doing research on meditation), and it is TM that Benson used as the basis for formulating his relaxation response method. The relaxation response incorporates many of the principles of TM, but with the Indian tradition removed. TM organizations assert that something significant is lost when the traditional methods are not followed in full.

I cannot provide a step-by-step series of instructions for TM as I did for the relaxation response, because those who receive instruction in TM agree not to reveal the details of what they have learned. I feel it is appropriate to share certain general principles of the TM teachings, however, since they may well be applicable elsewhere. TM is presented as a method that involves neither concentration nor contemplation. That is, unlike some meditative practices, you do not attempt one-pointed focus on an idea or a visual image nor do you pursue trains of thought, however interesting, worthwhile, or inspired they may seem.

Instead, you use a mantra (a seed-syllable or primordial sound) given to you by a TM teacher. The sounds used for mantras, which are derived from Sanskrit, do not have a verbal meaning, and thus are not intended to engage the cognitive mind. The mantra is a sound you say silently to yourself, which functions something like the ringing of a bell. Just as Benson used the word "ONE" in the sample directions given for the relaxation response, TM practitioners use their Mantras to help still the mind when distracting thoughts intrude.

The internal chatter created by these thoughts is a normal occurrence. (What shall I wear this morning? How will I ever solve that problem at work?) But meditation time is not for working on problem solving. When the thought arises, you should acknowledge it, and then let it pass, silently repeating the mantra to yourself.

Eknath Easwaran, an Indian-born meditation teacher, philosopher and author, speaks of the purpose of the mantra in his book "Meditation". He says, "Our aim, remember, is to drive the mantra to the deepest levels of consciousness, where it operates not as words but as healing power."¹⁰

For those who do not practice TM, some possible Mantras from various traditions are:

- Peace
- Love
- Om Mani Padme Hum
- Om Nima Shivaya

The Relaxation Response (cont)

So Hum
 Hari Om
 Tat twam asi
 Thank You
 The Lord is My Shepherd
 Thy Will Be Done

It is common for beginners at meditation (of all types) to experience a great deal of mental chatter and clutter. If this happens to you, it does not mean that you are doing anything wrong. Just notice each thought as it comes, and then let it pass on by, using the mantra to, as it were, break the spell. As a rule, people who are patient enough to continue the practice of meditation for months or years note gradual changes in the ratio between silence and internal chatter. Step by step, there is more silence and less chatter. Even experienced meditators, however, are likely to have periodic increases in the amount of internal chatter, especially in times of stress.

Deepak Chopra on Meditation and Health

Deepak Chopra, MD, is a physician and author who practices TM. Trained as an endocrinologist, he now practices traditional Indian Ayurvedic medicine (which emphasizes the use of herbs and meditation) in Massachusetts, and has authored several best selling, highly influential books on holism, the best-known of which is "Quantum Healing". Dr. Chopra also serves on a review panel for the National Institute of Health Office of Alternative Medicine.

In his book "Unconditional Life. Discovering the Power to Fulfil Your Dreams", he provides a set of questions with which to evaluate meditative practices.

There is any number of important issues to consider when evaluating a form of meditation - above all: Did my mind actually find the silence I was seeking? Was I psychologically comfortable during and after meditation? Did my old self begin to change as a result of having meditated? Is there more truth in myself?"¹¹

For Dr. Chopra, TM provided what he sought. Similarly, I know people who have practised TM for years, enjoy it greatly, and find it to be supportive of their physical wellbeing and personal growth.

I interviewed Dr. Chopra, and asked how he views the relationship between meditation and healing. His answer draws on some of the concepts explored in depth in Quantum Healing.

"Our bodies ultimately are fields of information, intelligence and energy. Quantum healing involves a shift in the fields of energy information, so as to bring about a correction in an idea that has gone wrong. So quantum healing involves healing one mode of consciousness, mind, to bring about changes in another mode of consciousness, body.

"Meditation is a very important aspect of all the approaches that one can use in quantum healing, because it allows you to experience your own source. When you experience your own source, you realize that you are not the patterns and eddies of desire and memory that flow and swirl in your consciousness. Although these patterns of desire and memory are the field of your manifestation, you are in fact not

these swirling fluctuations of thought.

"You are the thinker behind the thought, the observer behind the observation, the flow of attention, the flow of awareness, the unbounded ocean of consciousness. When you have that on the experiential level, you spontaneously realize that you have choices, and that you can exercise these choices, not through some sheer will power, but spontaneously."¹²

I asked Chopra whether he felt that TM was superior to other forms of meditation, and his answer reflected a broad-minded respect for other approaches:

"I feel that all forms of traditional meditation which are time-tested are worthwhile. My experience is with TM, therefore I am best qualified to speak about TM. My experience is that it is effortless, easy, and spontaneous. It allows the mind to simply transcend to its source. This does not mean I think Zen is not a good form of meditation, or that Vipassana is not. They are all authentic forms of meditation. That is why they have survived over thousands of years."¹³

The quest for profound inner silence and stillness is the essence of meditation. Chopra illumines this beautifully in the following passage from *Unconditional Life*, as he converses with a patient who has had anxiety attacks since childhood. The man is concerned that he never actually experiences periods of silence in meditation.

"... But intellectually," I (Chopra) said, "you realize that the mind can be silent?"

"Not mine" he said.

"Why not?"

"It's too quick."

"But even a quick mind has gaps between thoughts," I pointed out. "Each gap is like a tiny window onto silence, and through that window one actually contacts the source of the mind. As we're talking here now, there are gaps between our words, aren't there? When you meditate, you take a vertical dive into that gap."

"Sure, I can ace that," he rejoined, "but I don't think I experience it in meditation." I asked him what he did experience. He said, "The only thing that makes meditation different from just sitting in a chair is that when I open my eyes after twenty minutes, I often feel that only two or three minutes have passed - I am intrigued by that."

I said, "But you see, this is the very best clue that you have gone beyond thought. When you don't have thoughts, there is silence. Silence does not occupy time, and in order to contact the Self, one has to go into the field of the timeless. Your mind might not be able to register this experience at first, because it is so accustomed to thinking. You may feel that time has simply flown by, or that it was lost somewhere. But the 'lost' time was actually spent immersed in the Self."¹⁴

Meditation as Taught by Edgar Cayce

The Cayce method was my first introduction to meditation, and is one to which I have returned in recent years. I am particularly attracted to its underlying intention - the integration of body, mind, and spirit. The goal of meditation, say the Cayce readings, goes beyond attunement within the

The Relaxation Response (cont)

individual; it includes service to humankind and a heightened relationship to God, or the Creative Forces.

“What is meditation? It is the attuning of the mental body and the physical body to its spiritual source. It is the attuning of physical and mental attributes seeking to know the relationships to the Maker. That is true meditation.”¹⁵

Cayce said that we must learn to meditate, just as we once learned to walk. It is very important not to mistake beginnings for failures. We each must begin at the beginning, and should understand that we may falter in some of our early steps. The place to start, Cayce asserted, is not with technique but with an examination of our purpose. “Find your ideal”, he urged, “so that your practice of meditation will be grounded in a positive purpose.” This ideal might be 'love', 'compassion', 'serving others', or any of a host of other worthwhile guiding principles. What matters most is that it truly be an ideal that embodies service, and that it be something you have a sincere commitment to live up to.

In her book, *Healing Through Meditation and Prayer*, Meredith Puryear offers a clear and concise introduction to Edgar Cayce's approach to meditation. Before laying out a specific set of directions, Puryear asks us to remember why we are meditating, and offers suggestions on how to enhance the effects of meditation. “When we ask how to meditate, the real question we are asking is: How do we learn to commune with God? The answer lies not in some technique, though every activity will have some form to it, but with the desire of the heart to know our oneness with Him. To awaken this desire we must feed our soul and mind a more spiritual diet. We must begin to take time to listen to beautiful, uplifting music, to read inspirational poetry and prose and the great scriptures of the ages: the Bible, the Koran, the Talmud, and the Bhagavad-Gita.

“Even five minutes a day with some uplifting word will change the direction of our lives. We must also make some real choices about the kind of reading, TV, and movie diet we choose. These choices involve voluntary use of time, energy, and money; they also entail involuntary glandular involvement, because the glandular centres and secretions play a part in every activity of our lives. With every activity in which we engage we are building toward something either constructive or destructive. The choices themselves may at first be a matter of discipline; but as we continue to do with persistence what we know to do, we will find it becoming easier and easier, because the process of meditation or communion changes our desires, and we begin to want different things and activities than we had heretofore.”

The following set of directions for meditation is adapted from Puryear's book, which in turn is based on the Cayce readings.¹⁷

- (1) Set the ideal
- (2) Set a time - be regular, persistent and patient
- (3) Prepare - physically, mentally, spiritually.

Immediate Preparation:

- A. Posture: spine straight (feet on floor, or lying on back, or sitting cross-legged)
- B. Head-and-neck exercise
- C. Breathing exercise

- (4) Invite protection
Surround yourself with the consciousness of the presence of the Christ Spirit
(Alternatives might include surrounding yourself with the love of God, a pure white light, or any other healing and uplifting Image or thought)
- (5) Use an affirmation
Cayce recommended beginning with the Lord's Prayer. This may be followed by a specific affirmation, such as “Make me an instrument of Thy peace.” (You may, as always, substitute a phrase which has deep meaning for you)
- (6) Silence!
- (7) Return to the affirmation (or a shortened version of it) as distracting thoughts arise. Continue for 10-30 minutes, or whatever period of time feels intuitively appropriate to you
- (8) Pray for others

What is called the "affirmation" in these directions is the structural equivalent of the mantra in TM, and the word *One* in Dr. Benson's relaxation response method. It is the meditator's all-purpose tool; the one used for prying ourselves out of all the dead-end nooks and crannies the mind invents to distract us from the depths of silence, and the heights of revelation.

Edgar Cayce said that “meditation is listening to the Divine within.”¹⁸ May we all become good listeners.

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Reflexology Association of California (RAC)

by Cathi Harley, USA

Cathi Harley is a practicing holistic healer with modalities that include reflexology, pranic healing, hot stone massage, shamanic journeying, and aromatherapy massage. After serving 2 years as the Vice President of RAC, she is currently the President of RAC.

History: In March 1989, the first statewide meeting was held to discuss issues facing the field of reflexology. Three authors, eight teachers, five schools or methodologies, two associations and three states were represented among the thirty participating reflexologists. Over the next three years, meetings were held in the Los Angeles area and Sacramento to discuss by-laws, legislation, membership, communication, licensing, standards and goals. Since its founding in April 1992 by a small core group of practitioners, teachers and supporters, the Reflexology Association of California has grown to become a globally recognized organization known for its integrity and dedication to reflexology.



Current: Today the RAC is one of the largest associations of its kind in the country with over 100 members (second only to New York state with over 400 members). It is committed to advancing the profession of reflexology through continuing education, legislative activity, and developing public awareness of the benefits of reflexology.

Each member receives a copy of the quarterly RAC newsletter, prominent placement on the RAC "Find a Reflexologist" website, full voting rights at Full/Professional level, and discounts on RAC sponsored events. We have a bi-annual conference (now done jointly with neighbouring states such as Arizona and Nevada) with our next conference in May 2005.

Two new things this year for the RAC members are:

- **Reflexology Association of America Conference** will be held in Nashville, Tennessee May 7-9, 2004. We will not be having a state conference this year, but are encouraging our members to attend the RAA conference and network with other reflexologists from around the United States. For general conference questions, please visit the conference forum webpage at www.reflexology-usa.org.

- **RAC Educational Assistance Program** was initiated this year to enable RAC members who may require financial assistance in the form of a no-interest tuition loan to attend workshops or/and conferences. EAP funds will grow over the years through member donations and fund raising events which will enable increasing numbers of deserving RAC members to have the assistance needed to attend conferences and workshops.

We have 3 levels of membership:

Professional Membership which includes the following: reflexology certification by examination or certificate of completion of training from a reputable school of reflexology; national certification by the ARCB; and over 100 hours of reflexology classroom instruction with proof of attendance.

Full Membership which includes 100 hours of combined reflexology classroom instruction and continuing education in reflexology related subjects including anatomy, physiology, and subjects dealing with feet, hands, or ears and reflexology practice.

Associate Membership which is open to any and all reflexologists, and those who support the field whether they are in the profession or not.

Most of our members are trained at the American Academy of Reflexology in Burbank, California where we are trained on foot, hand and ear reflexology that includes an integrated routine of all three. Most reflexologists are also massage therapists, energy workers, or holistic healers with reflexology being one area of practice for them. If you would like more information at the Reflexology Association of California, please visit our website at www.reflexcal.org or write to us at RACCalifornia@aol.com.

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2004 workshops

with

Sharon Stathis RN

Sydney 7,8 August
 Freemantle 17 September
 Brisbane 27, 28 November

Enquiries

Sharon Stathis

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Email sharon@feel-good.com.au

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7 STEPS TO A HEALTHY PRACTICE



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- 

1 RAA OFFICIAL RECEIPT BOOKS

Places for all information required by major health funds. \$15 + \$4.50 P&H
 Contact: **Olive Lane (03) 9803 1565** (GST incl)
 or post chq or MO with your name, address and Memb.No to
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ONLY AVAILABLE TO CURRENTLY REGISTERED PROFESSIONAL MEMBERS

- 

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 principles, benefits, history, what to expect from a session. 200.....\$47.50
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- 

3 RAA POWER POINT PRESENTATION \$20.00 ea

PC based - a must for any presentation or promotion of reflexology. (incl P&H/GST)
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Great promotional tool - see flyer/order form this issue. 1000.....\$270.00
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 for continuity of presentation 400mmx300mm
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- 

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State Matters

WA

WA Conference Alert!!

By the time you receive this issue of FootPrints one lucky member will have received news that they have won the prize of a **FREE CONFERENCE FEE**. The "Western Vibrations" National RAA Conference is foremost on our minds and we do hope that you take full advantage of participating and mingling with our National Board Members, International guest speakers, as well as our special offers, 4 workshops, billet accommodation etc. Our full Conference fee includes Welcome Reception on Friday evening, September 17, lunches and refreshments for days 18-19. Remember, you are welcome to bring along guests to any Speaker segment of the Conference, at an extra cost [\$30] per speaker. **(Check your Booking Form for precise details on the extra costs involved.)**

We extend our **DINNER INVITATION** to all delegates, partners and friends to join us on the evening of Saturday 18 at "Maria's on the Terrace". This function center is located in the heart of Fremantle and oozes traditional Italian hospitality. The sumptuous buffet (\$70 per person) offers a tantalising array of foods to suit all tastes, including wine, beer, soft drinks, tea and coffee as well as chocolates and our choice of live music. Don't forget your dancing shoes! The dinner will be a great place to chat, relax, rekindle old friendships and make new friends and contacts. So come along and join in, you will be made most welcome.

The 4-star Esplanade Hotel, containing the newly appointed conference facilities in Fremantle, overlooks green parklands and is adjacent to the shores of the shimmering Indian Ocean and Fishing Boat Harbour. The seafood and other restaurants will dazzle you. The galleries, market bazaars and numerous historic attractions are all within strolling distance of the hotel.

For a range of accommodation, see our ad on page 19. Remember WA members are keen to welcome you into their homes. For further details contact Jane Ponsonby jane.ponsonby@bigpond.com or (08) 9386 4264. Take time to travel a little north of Perth, to see the stunning display of wildflowers, the best in all Australia. WA members and look forward to welcoming you to their state and your National Conference and we do appreciate the other states input in advertising the conference on our behalf. Check the WA section of the RAA national website, www.reflexology.org.au for updates and information. Email us at reflexologywa@hotmail.com we will be most happy to answer any questions.

Our ABM will have now passed and a new committee will be in place. I take this opportunity to thank all the committee members for the work they have put in and extend a hearty welcome to the newly elected WA Committee. I send my wishes further across the states and hope that all the new committees have a wonderful new term, filled with enthusiasm, support, confidence and most importantly, Communication.

See you at the Conference!

Richard Bird, WA Chair

QLD

The year 2004 has been one of volunteering for the RAA in Queensland. Our members have supported a number of expos, spreading the word of reflexology throughout our community. The Commonwealth Carer Respite Centre, which is Australian Government funded, has organized a number of mini expos and approached the RAA to provide reflexology sessions. The purpose of the expos is to promote health and well-being for people in a caring role; a 'one stop shop' for carers looking for community health, professional services and practical advice. Our members, usually five or six have responded to these events held at Mt. Gravatt, Strathpine and Redlands working non-stop throughout the day, leaving many carers relaxed, refreshed and delighted with their experience of reflexology.

Other groups for which our members have volunteered include the Cancer Support Group, Ipswich Hospice Care and the Wesley Hospital Kim Walters Breast Cancer day. This day is very popular with the breast cancer ladies and our stand is always booked out within the first few minutes. The Look Good, Feel Good Expos were well supported. They were held at Beenleigh, south of Brisbane, Ipswich to the west of Brisbane, and at Caboolture closer to the Sunshine Coast.

Queensland members will be supporting the Mind Body and Spirit Festival during May and the AMAQ (Australian Medical Association Qld) event held in July. These are further activities where our volunteering members have the opportunity to promote reflexology, their own business and gain CPT points before the end of June. Two of our RAA professional members were approached at a carers' expo to provide reflexology at a Day Respite Centre, and are now employed two days per week

We would like to thank the many Queensland professional members who have responded to the call to volunteer. This is a good way meet new people, gain experience in a public arena, have fun, promote your business, and feel a sense of achievement in knowing that you are helping others.

Queensland's ABM will be held on Sunday 13th June, including a luncheon/networking time and two dynamic speakers, Dr John Ryan and Gabrielle McKay. Dr Ryan is a medical practitioner specialising in stress management and preventative healthcare, and in treatments favouring the avoidance of drugs and surgery. Dr Ryan is presently Queensland President of the Australian Integrative Medical Association (AIMA) and is a member of the Wellbeing Committee of the Brisbane North Division of General Practice. He is the medical representative on the Board of the College of Nutrition Pharmacy. Dr Ryan is Deputy Chair of the Council of the Australian College of Natural Medicine (ACNM) and he sits on the Academic Board of ACNM and chairs its Research Ethics Committee.

Ms McKay is a certified flower, gem and shell essence practitioner and will speak on "Shell Essences used to support ongoing change and growth in our lives".

We look forward to welcoming a large turnout of associate, intermediate and professional members to a very informative day.

Julie Bidwell

State Matters (cont)

TAS

It's been a very cold year in Tas since Christmas. The sun has shown itself in small doses and the clouds are plentiful. We love it all the same.

In March we held our first General Meeting for the year. It was lovely to see a good turnout of members, including some we hadn't seen for years and a couple of new faces. It was bought to our attention at this meeting that a group of people from a naturopathic and physiotherapy background are getting together to start what they call the New Health Network which will incorporate a diverse group of health practitioners and their aim is to "care for, cooperate with and communicate fully and freely with each other and their patients". A series of seminars are already in place for the year and yes I have offered to present reflexology to be incorporated into the next series of seminars.

After our lovely lunch, donated by various members, our speaker was Vicki Sauvage who is a leading Feng Shui professional in Hobart. We were informed on how to work out and use our power numbers. Vicki spoke about where the front door of our home or business is situated and how it effects the energy flow in that environment as well as angles of buildings and much more. It was a very interesting talk.

We have our ABM coming up at the end of May and it's that time again to shuffle our committee around. By the time this is published we will have a new team so I will take this opportunity to whole heartedly thank those who have given up their time and effort for RAA in Tas. We have a small membership but are no less hard working. I would like to thank Vicki Delpero for her energy and mental ability that keeps us all informed on the more important issues of the RAA. Vicki is a tireless worker and we are grateful to her for all she does for our Branch and the National Board issues as well. We are working on building a big raffle to be drawn at the end of the year Christmas function, it has already attracted some nice prizes. Let's not think about Christmas just yet, there is still the WA conference to look forward to, so hope to see some of you there.

Gaye Webb, Tas.Chair

(Continued from page 7)

Lower back and leg stretch

Sit on a low chair and draw one leg up so that the foot rests on the chair seat. Keep back straight and clasp knee as close to the body as you can. Hold for a few moments, relax, lower foot and repeat with the other leg.



References:

1. Reader's Digest South African Family Guide to Natural Medicine
2. Fernme-well Magazine

Reprinted from ICR Newsletter, March 2004 with kind permission

VIC

Hello from Victoria. I am pleased to be able to report on our last general meeting on 2 April. It was our second ANNUAL STUDENT WELCOME NIGHT, and a good attendance of 50 members and 18 students were there. The students warmly welcomed and invited to join as associate members with two financially free months. We gave them a copy of "footage", our local news letter. I gave an outline of the night's events which gave exciting possibilities to ask questions and learn from practising members.

We began by spending time in prayer and reflection for one of our members who had recently died. Anna Cazalet had given so much to the world of reflexology, by sharing her skills wisdom and energy. She gave much, always willingly, throughout her membership of the RAA. A beautiful article was written by Patricia O'Shannassy titled "Thank You Anna" and was printed in our last branch newsletter. We made a collection this night of \$200, to be sent to the Gawler Foundation in memory of Anna.

Two of our committee members **Catherine Spratley** and **Pam Jenkins** gave a sparkling 45 minutes of "How to grow and promote your business". Catherine talked passionately of building her business, what works, what grows business. She emphasised the need for appropriate attire when attending clients, both corporate and private, especially the wearing of RAA shirts and badges. Pam spoke informing us how, when giving workshops, to use our overheads and materials which the Vic branch has to hire. This way we may be authoritative and clear in our teaching and practice of reflexology, especially when working with the medical profession.

Dee Leamon gave a wonderful 30 minutes on "the need to protect ourselves at all times" working with this wonderful modality. She talked of the need to first be responsible for ourselves; to know our strengths and weaknesses; to look to our nutrition and to attend to our emotions. She referred to several aspects: the use of meditation, affirmations, chanting, clearing with light, using bush flower essences such as Angels Sword for space clearing.

Dee also gave us a "Burning for clearing using the trinity and the four elements" This is ritual to deal with heavy negative emotions, perhaps psychic, that affect us or our clients. It is to be used before or after a session, if necessary, to commit them to the Universe. I would love to share this more fully but space and time limits. The energy after experiencing this presentation was clear and lovely.

We then split into two groups: - **Lyn Fava** leading discussion around working in the corporate area, and **Tina Cant** on working with the elderly. Much was shared and discussion was lively and very informative.

Emma Bettles - our chair and state director, and **Natalie Baker** - state director - were both attending the RAA Board Meeting in Brisbane. I was glad to chair our Branch General Meeting, and especially pleased to join the rest of the committee in presenting such a lively occasion to welcome our new prospective members.

Helen Mugg, Vice-chair/Education, Victorian Branch

Book Review

by Graeme Murray

Hand Reflexology

By Michael and Louise Keet

Published by Hamlyn.

ISBN: 0 600 60816 6, Price \$34.95

Michael and Louise Keet are registered reflexologists in the UK. As well as treating patients, they run regular training courses for reflexologists at the Central London School of Reflexology.

An eye-catching front cover of three colour photographs of different hand holds is echoed inside this 128 page soft-cover book, where each chapter is colour coded. This makes finding your way round this book very easy, as the colour is taken to the edge of the pages.

Each chapter in the "Contents" page is subdivided into headings which are also reproduced in large type at the top of each page, making it easy for those of us with diminishing eyesight to see which area we wish to refer to!!

The book covers the usual topics such as: history, theories behind reflexology, anatomy and physiology, treating common conditions, and balancing body systems, etc.

Some interesting subjects are covered in the chapter on specialized reflexology, such as: pregnancy from weeks 14 to 40, babies, young children, menopause, the golden years, terminal illness, coping with stress, etc.

The illustrations and pictures throughout the book are on the whole very good. Under the chapter on A&P, each system has a coloured diagram of that system, along side a written description. Under "Basic Techniques", pictures of a variety of movements used on self or with a partner are displayed beside a written description and a symbol. These consist of a butterfly, hook, bird's head (beak), caterpillar, tearing and tornado, each representing a basic move.

There are also symbols for working pressure, direction, pressure points and times for each movement.

Each page has a brief description of five different areas to work. Below this are five pictures showing different holds, working action, pressure and time, plus a written description.

On the surface, this looks great, until you look more closely and see that all the pictures are of left hands only. The authors do say that the sequences used are for both hands, which works in theory, but not in practice, as the description for working the liver/spleen area is perfect for the spleen, but not for the liver. Also, you find the same descriptions/symbols being used throughout the book to work the same area for a variety of conditions and ages.

All this is a great pity, as this could have been a great book, but I most certainly do not recommend it for students. Professionals need to read it carefully and use some common sense in its application.

A to Z of Terminology

This section is intended as a regular feature to help make us more familiar with some of the technical terms we may come across.

Abbreviations used:-

A.S.	Anglo Saxon	L.	Latin
D.	Dutch	L.L.	Late Latin
Fr	French	M.D.	Middle Dutch
Ger.	German	M.E.	Middle English
Gr.	Greek	O.Fr.	Old French
Jap.	Japanese	Sp.	Spanish

Gait (gât) [M.E. gait, passage] Manner of walking.

- a. g, ataxic: gait characterized by staggering and unsteadiness
- b. g, cerebellar: A staggering movement seen in cerebellar disease.
- c. g, double step: Gait in which alternate steps are of a different length or at a different rate.
- d. g, drag: Where the feet are dragged to the crutches rather than lifted.
- e. g, equine: This is characterized by high steps, related to peroneal paralysis.
- f. g, festinating: Where patient walks on toes as though pushed. Starting slowly, but increasing and may continue until he/she grasps some object in order to stop.
- g. g, gluteal: Leaning of the trunk to the affected side while walking, caused by paralysis of the gluteus medius muscle.
- h. g, heel-toe: The normal non-pathological gait where the heel touches down first and the toe last.
- i. g, helicopod: Where the feet or foot describes a half-circle with each step. Sometimes seen in hysteria.
- j. g, hemiplegic: Gait involving flexion of the hip, because of footdrop and circumduction of the leg.
- k. g, hip extensor: an abnormal gait of the gluteus maximus and other hip flexor muscles. With each step on the affected side, after the heel strides the floor, the hip is thrown forward and the trunk and pelvis are thrown back.

:Source of material: A medical dictionary.

Note that no bars appear over letters in the pronunciations. This is due to the unavailability of these symbols.



Health Funds Overview

Health Fund Coverage	Contact	Apply	Prov No	Rebate Package	Rebate	Annum
AHMG (Inc: Govt Employees; Illawarra Hlth; Aust Country Hlth; Mercantile Mutual; Senior Advantage; Aust.Union Hlth; Better Health; Aust.Hlth Mmgmnt; Health Bonus)	1300 366 868	Yes - by phone quote RAA No	RAA No on official recpt	Various packages in group	Approx \$20 - \$25	Varies
Aust. Unity Health	13 2939	Yes	Yes	Natural Therapies	\$25	\$350,\$600Fa
AXA (Incl: HBA, Mutual Community; ANZ; AXA Hlth Insurers)	131 243	Yes	Yes	Alt. Therapies	\$15	\$100
Credicare Health	07 3365 0022	No	RAA No on official recpt	Alt. Nat. Ther. (Top Extras)	\$24	
Druids Health Benefits Fund	02 9267 9141	No	RAA No on official recpt	Ther. Massage (Ancillary)		
Grand United	02 9370 6888	Yes	Yes	Ultra Care	\$25	\$500
Grand United Corporate	1800 800 245	Yes	Yes	Ultra Care (Nat. Therapies)		
Health Partners (SA)	08 8223 7588	Yes	Yes	Naturals + (Gold & Select	\$12	\$150
IOOF	1800 813 326	No	RAA No on official recpt	Extras Cover PA PB PD	\$20	\$500
IOR	1800 803 784	No	RAA No on official recpt	Alt. Therapies (AP Cover)	80%	\$120
Manchester Unity	13 13 72	No	RAA No on official recpt	Any cover with Nat.	Approx \$20	
MBF	132 623	No	RAA No on official recpt	Any cover with Nat.	70%	\$200
St Lukes Health Insurance	1300 651 988	—>	Reflexology no longer	recognised		
CommonWealth Bank Friendly Society	1300 654 123	No	RAA No on official recpt	Mid Extras; Top Extras	\$22 ; \$30	
Defence Health	1800 335 425	No	RAA No on official recpt	Basic Extras; Top Extras	\$18; \$25	\$150 ; \$200
Naval Health Benefit	1800 333 156	No	RAA No on official recpt	Ancillary Naturopathy Facility	85%	\$220
NSW Teachers Federation	1300 728 188	No	RAA No on official recpt	Ancillary Cover (Nat. Ther)	\$29	\$300
Railway & Transport Employees (NSW, Qld)	02 9745 3900	No	RAA No on official recpt	Ancillary Comp Hlth	\$20	\$200
Reserve Bank	02 9551 9037	No	RAA No on official recpt	Top Ancillary		
Teachers Union Health & Union Shopper Health	1300 360 701	—>	Reflexology no longer	recognised		
Transport Friendly		No	RAA No on official recpt	Natural Therapies Ancillary	\$22	\$350
Druids Friendly Society	03 9329 5144	—>	Reflexology no longer	recognised		
Medibank Private	1800 188 188		Hospital and extras - new	bonus package covers as	health-related	expense
Mildura Dist. Hosp. Fund	03 5023 0269		Will cover in-patients			
Phoenix Welfare Ass.	1800 028 817		Recognise reflexology via	ATMS or ANTA membership		

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**Restricted
Health
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RAA 2003/2004 CONTINUAL PROFESSIONAL TRAINING (CPT) PROGRAMME

- Professional Members (PM's) are required to collect 25 CPT units over a twelve month period from July 1 to June 30 each year (pro-rata where 1st year as PM begins later in the membership year – 2 CPT units per month). To be recorded on CPT Log Card received with membership package / renewal.
- Send completed Log Card to: Administration Officer – RAA Limited, P.O. Box 253, Wynnum Central QLD 4178
- Please retain all certificates or receipts.

Category 1 Activities: (minimum of 10 units, maximum of 25 units) (Note 1 Hr. of Activity = 1 CPT Unit) (Endorsement & Validation required)

- 1A Attendance at RAA Meetings presenting speakers. Includes all meetings hosted by RAA. Presenting speakers – AGM, ABM, General, Committee
 - 1B Attendance at Reflexology Conference. National or International conference. Units available per conference hour.
 - 1C Reflexology Workshops / Seminars/ or attendance at training modules offered within a Reflexology course Validation required
 - 1D Study of Anatomy / Physiology / Pathology to Australian Qualification (AQF) standard at Registered Training Organisations (RTO). Validation required.
 - 1E Upgrading Reflexology Qualifications to Australian Qualification Standard eg. Certificate level (1 to IV), Diploma, Post Graduate, etc. Please note AQF levels can only be offered by a Registered Training Organisations (RTO). Validation required.
 - 1F Further study of Reflexology Theory or Practice. Reflexology training opportunities relating directly to Reflexology, which do not offer AQF levels of attainment. eg: Col-our, Maternity, Ear, Hand, Face, Meridian and Body Reflexology. Endorsement preferred. Validation required.
 - 1G RAA endorsed Study Groups Structured training/educational component must be demonstrated. eg: presentation of Case Studies, Reflexology speaker, Peer discussion on efficacy of Reflexology, Technique, Networking etc. Study groups CAN be a component of Practicum Exchange Groups. Attendance Recorded.
 - 1H Presenting Workshops/ Case Studies related to Reflexology Theory and Practice to peers at RAA Meetings
 - 1I Formal Report on Clinical Research on the efficacy of Reflexology or publication of Reflexology book/text
Either of these will satisfy 25 hrs annual CPT requirements. Evidence required for Validation.
 - 1J Written review of Reflexology / Anatomy & Physiology Books. Text presented to RAA with option to publish. (5 CPT units per review) Minimum 500 words. Focus on details of text is essential.
 - 1K Purchase of Reflexology / Anatomy & Physiology Books and or annual subscription to Reflexology Publications and or Annual Membership to other Reflexology Associations. (1 CPT unit per purchase) Copy of Receipt required for validation.
 - 1L Published articles/Case Studies on Reflexology. (1 CPT hr per article)
- NB:** Mention of the RAA or use of the logo in publishable material must be sanctioned by the Board or Branch Management Committee.

Category 2 Activities: (maximum of 15 units) (No validation slips required – just record on log card)

- 2a Attendance at RAA Meetings Includes all meetings hosted by RAA. - Executive, General, Regional, ABM or Committee. Attendance recorded.
- 2b Practicum Exchange Attendance recorded.
- 2c Representing RAA or Reflexology in Public Arena - Members intending to represent RAA require endorsement.
Delivering - reflexology workshops, lectures or presentations to interested groups (Not for paid Teachers)
Attending - voluntary Reflexology programmes at Nursing Homes, Hospitals etc.
Displaying - Reflexology Techniques at exhibitions, fairs etc.
- 2d Study to enhance Professional / Personal development as Health Care Worker includes: Naturopathy, Homeopathy, Massage, Aromatherapy, Nutrition, Palliative Care, Counselling, Communication, Business Skills etc.
- 2e Elected positions to RAA Management Committees including Regional or Sub Committees. (1 CPT unit per hour of meetings attended. Max 12 CPT units per year)
- 2f Travel Time for members travelling over 100km in one direction to attend CPT opportunities. (1 CPT unit per 100 km travelled)

Further details of Cat. 1 or Cat.2 activities, or explanation of terminology refer to your CPT Programme received in Membership package / or Membership renewal.

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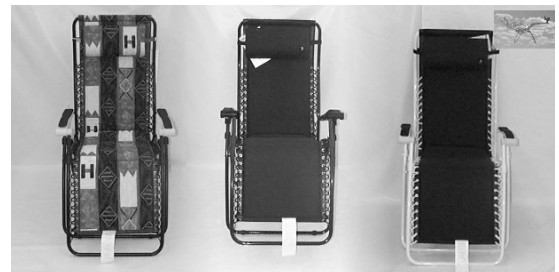
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Enquiries: Ph/fax: **02 6584 6122** - email: bsarno@midcoast.com.au

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Phone: **07 3396 9001**
and request a membership form

What are the benefits of professional membership?

- Quarterly FootPrints Journal
- Referral exposure via the internet & 0500 line
- Subsidised workshops & training
- Health fund registration (for client rebates)
- Network with over 1,000 members nationwide

How much does it cost to become a professional member?

\$110pa incl. GST
(plus joining fee)

Events 2004-5

For those travelling here is a list of events that are occurring both here in Australia and abroad.

- 22-24 Jul AoR Reflexology Conference, Univ. of Coventry, Warwick, UK
Ph: +44 (0) 1278 733393
- 17-19 Sep RAA National Conference, Perth, WA
reflexologywa@hotmail.com,
www.reflexology.org.au + workshops:
- 17 Sep *Ayurvedic Reflexology*, Sharon Stathis
- 20 Sep *Experience the 'Dreaming Land'* Graham Ellis-Smith.
- 21-2 Sep *Cranio-sacral Reflexology* Dr. M. Faure-Alderson
- 25 Sep *Intuition and Sound Reflexology* Helen Mary Perkins
- Oct Reflexology Assoc. of Canada, AGM and Conference,
www.reflexologycanada.ca
- Sep 2005 Intl. Council of Reflexologists Conf., Netherlands. www.icr-reflexology.org

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Half page	13 cm deep x 18 cm wide	\$ 77
Quarter page	13 cm deep x 8.5 cm wide	\$ 40
Eighth page	6.5 cm deep x 8.5 cm wide	\$ 25

RAA members receive 10% discount on the above rates. *Copy deadlines – see page 24*

Inserts

Per A4 sheet: to all States \$164; to an individual State \$0.50 per copy

Networking Page

\$25 per line

Advertising Policy

- ◆ *As only a limited number of advertisements and inserts can be accepted it is advisable to book early.* Please check with the Editor (02 4976 3881) regarding space availability.
- ◆ Display advertisements must be submitted by the copy deadline (see p24) on high quality paper using 600 dpi laser print or by electronic transfer.
- ◆ Advertorials will not be accepted.
- ◆ FootPrints is distributed around the end of the month of issue. The distribution date cannot be guaranteed.
- ◆ All advertising must be paid for at the time of booking.
- ◆ A copy of all inserts and display advertisements must be sent to the Editor at the time of booking.

FootPrints Journal

ISSN 1039 – 2092

Published by the Reflexology Association of Australia, Limited

Postal address (publisher)

PO Box 366
Cammeray 2062
NSW
Australia

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Guidelines for Articles

Contributions of articles, case studies, book reviews, personal experiences and letters to the editor are welcome. The following guidelines will be helpful if you are planning an article, as they will make the editing and publishing process easier for all:

1. Articles can be chatty and informal, or more formal and educational. They must however be accurate, well researched and fully referenced (if applicable).
2. Articles that have not been booked by the editor for a specific issue will appear in an issue decided by the editors, as space and topic allow. To appear in a specific issue an article must be submitted for consideration up to 3 months in advance of the issue date.
3. Articles may be sent by email or on a floppy disc (IBM compatible in Text File or Word for Windows File) to the editor (see address above). Faxed articles are not acceptable as they do not scan well. Pictures can be sent as TIF files or JPG files.
4. If an article has been previously published, written permission from the author/other publication will be required. The editors must be informed if an article is currently under consideration by another publication.
5. Any graphics, diagrams, graphs and photographs that are not the work of the author must be accompanied by written permission by the original author for their use in FootPrints.
6. The editors reserve the right to make alterations to, or reject an article for publication. Where substantial changes have to be made, the editors will show the final copy to the author, time permitting.
7. Advertorials will not be accepted.

Copy Deadlines

March issue	February 1	June issue:	May 1
September issue	August 1	December issue	November 1