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LETTER FROM THE BOARD



Hi Everyone,

The only constant in life is change - some embrace it, some try to avoid it, some seem to thrive on it, but it ultimately affects us all. June is the time of year we make our significant changes as an association. It is when some serving committee and board members come to the end of their term in office and when others take on a new role and become involved – maybe for the first time. It is a very exciting time - a time when the old and new are able to

merge together.

Last year I was able to witness many new people coming on board in official capacities in all branches and, over the year, catch up, hear about or speak to many to see how they were going. It was such a privilege to be a part of that process and I thank everyone who helped our association and our members develop over the past 12 months. I sincerely hope you have found it to be a rewarding time.

This week we have finally gone over the 1000 members mark – a very significant moment – we have always just stayed underneath 1000 members which was a source of frustration to myself but finally, because of our professionalism as an industry, the commitment of our members, the hard work of our volunteers chasing up those who hadn't renewed and our active campaigning of students to join, we have finally reached that milestone. Yahooo !!!!!!! ☺ Thank you everyone for your assistance with this.

This milestone was not reached overnight and is the result of many people actively working together for our industry. From one who has been heavily involved for many years, please do not underestimate, undervalue or take for granted the work that is done behind the scenes. So many people give up their own time to serve each other, whether it is providing the refreshments at a branch meeting, organising guest speakers or venue hire, publishing a branch newsletter, or chairing a meeting, it is all done because the volunteers believe in teamwork and helping each other. Sometimes a task can seem so huge that it's difficult to know where to start – this is when I remind myself 'how to eat an elephant' – eating an elephant is in itself a big task – where do you start? Well **one bite at a time** – eventually you get there. Collectively, as an industry, everyone who undertakes any role or task for the association is, in effect, helping to eat that elephant.

This piece is one of my final duties as the current President. As many of you know, at the start of this year I made the very difficult decision to stand down from all my official roles in the association to enable me up to concentrate on more personal and professional pursuits. I have so much admiration for my colleagues and our members who give so much of themselves, year in and year out, for our association and acknowledge for the final time my predecessors, Brigitte Johnson and Jan Williams for their work – only the three of us, at this stage, truly know what is involved in the role of President.

I also warmly welcome and acknowledge all the new members, chairpersons and branch committees who will be taking on a role for maybe the first time this year and also to my replacement as President. I sincerely wish you all a very successful and rewarding year ahead.

Finally, I thank you for entrusting our wonderful association in my care and for allowing me the honor and privilege of leading it forward.

With Love
Emma Gierschick

Board of Directors 2006-2007

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June 2007

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CASE STUDIES REQUIRED

Have you been getting good results with particular clients lately?

Footprints is looking for case studies to publish. The studies should be approximately 900 words.

Email case studies to: jan.cullen@mallesons.com

Send your articles to Jan Cullen

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TREATMENT OF CHRONIC FATIGUE/FIBROMYALGIA WITH CRANIOSACRAL REFLEXOLOGY *By Kim Rusten. Sydney*

Jenny, a 44 year old occupational therapist was referred to my clinic by another client. She presented on the verge of nervous collapse with chronic fatigue/fibromyalgia and wondered if reflexology could help. I had just finished the Basic Craniosacral Reflexology post graduate workshop and decided to take Jenny as a case study.

This was a particularly complex case with life pressures inhibiting progress of the treatment.

Case History:

- Pain suffered for 20 years
- Current intensity 6/10
- Current frequency daily and constant
- No diagnosed condition for resulting pain
- Extreme fatigue yet no rest from work or family commitments
- Tendency for headaches and migraines
- Medication: Panadol or Panadeine or Ibuprofen daily. Vioxx regularly. Zolof for reactive depression
- Surgery- Hysterectomy for adenomyosis 1995
- Physical trauma - traction injury at work in 1987 whilst manually handling patient resulting in right sided neck and shoulder pain

- Emotional Trauma
 - 1985 marriage crisis
 - 1990 post natal depression (went undiagnosed) and Cytomeglavirus
 - 1994 birth of 2nd child resulting in sleep deprivation and Cytomeglavirus (second time)
 - 2000-2003 major life changes. Husband emotionally unstable, changing careers, bought a new business, drop in income, moved house, became the carer for an ill family member

What is the difference between Chronic Fatigue Syndrome and Fibromyalgia?

Fibromyalgia and chronic fatigue syndrome (CFS) share a number of symptoms and the names are often used interchangeably in the medical literature. If you're confused about the difference between the syndromes, you're not alone. Even doctors are confused. Many experts, however, think fibromyalgia and CFS are the same - or are at least variations of the same - pain and fatigue syndrome.(1)

Research shows that between 50% and 70% of people with fibromyalgia also fit the criteria for CFS and vice versa. Because the symptoms are so similar, the difference between one diagnosis and another may be simply a matter of degree. Most patients with CFS have some kind of pain (a symptom of fibromyalgia) and most patients with fibromyalgia report fatigue - a symptom of CFS. Both involve a high frequency of sleep and cognitive disturbance.(1)

What is the advantage in using Craniosacral reflexology over other reflexology techniques?

Craniosacral reflexology addresses lesions in the Primary Respiratory Mechanism (PRM). The PRM is, in healthy individuals, a constant, rhythmic, cyclical motion. The movement of the brain and spinal cord, cerebro-spinal fluid, meninges and bones are all synchronous with each other forming one large integrated unit of function.(2) Restrictions and dysfunction of this system influences central nervous system function with potential adverse effects on the body by way of disease.(3) Lesions of the PRM result from disturbance, misalignment, restriction or fixation anywhere in the cranio-sacral system, especially around a fulcrum (a pivotal point in the system). These factors may arise from life events including birth, falls, accidents, illnesses and emotional traumas.

Rhythmic craniosacral motion is also expressed in every tissue throughout the body. In the peripheral regions, this expression is seen in the fascia. The fascia also reflects and transmits pulls, twists restrictions and resistances throughout the body.(3) Abnormality in a fulcrum would be expected to manifest problems in the fascia. Craniosacral reflexology addresses fascial problems using Fascial Unwinding- a very subtle, virtually painless way of restoring full mobility and pain free movement.(4)

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TREATMENT OF CHRONIC FATIGUE/FIBROMYALGIA WITH CRANIOSACRAL REFLEXOLOGY *By Kim Rusten. Sydney*

Hearing Jenny's case history, it was obvious to me that an "unwinding" of her condition and a restoration of the flow of the cerebro-spinal fluid was necessary for her to heal her illness. We began the treatment process.

Treatment Process

Session 1 - Week 1

Full Basic protocol Craniosacral Reflexology (CSR).

Note: Left hand side, cerebro-spinal fluid (CSF) flow totally blocked; right hand side blocked in the cervical region.

Client feedback: Treatment was "excruciating". Afterwards she felt lighter and the pain was "different".

Session 2 - Week 2

Full Basic protocol of CSR.

Note: Left hand side, cerebro-spinal fluid flow totally blocked; right hand side blocked in the cervical region. Reflexes C1-C7 painful. T4 to coccyx very tight/very painful. Occipital sutures much looser. CNs III, V, VI tight and tender.

Client feedback: Same light feeling afterwards.

Session 3 - Week 3

Jenny presented lethargic, skin hypersensitive, aching feet and hands, sore joints, upset stomach and a bad headache.

Full Basic CSR protocol. CSF still blocked.

Reflexes excruciating so I lightened the pressure. CNs I-IV very tight.

Client Feedback: Felt "better" after the treatment.

Session 4 - Week 4

Jenny presented with sore neck, shoulders and eyes. Not as painful as usual. Visited a chiropractor between now and last visit.

Full Basic CSR protocol. CSF blocked Left hand side and L1-coccyx on Right hand side.

CNs I-III and IX, X tender. CSF flow restored after treatment.

Client Feedback: Actually "enjoyed treatment" not as painful now.

Session 5 - Week 5

Jenny says she is feeling a lot better.

Full Basic CSR protocol. CSF only a little blocked around sacrum. Right hand side a little blocked in cervical. Treatment not painful now.

Progressive Survey (5 weeks)

- Current Pain Frequency daily and Intermittent
- Current Pain Intensity –variable 1/10 to 6/10
- Medication Panadol or Panadeine every 1-2 nights
- Other changes:
 - greater ability to cope
 - more positive attitude
 - no change in energy levels although it was admitted that she able to do more
 - more peaceful, less anxious, fewer panic attacks
 - higher degree of movement
 - more aware of arthritis type pain in DIP joints and elbows (Vioxx had been withdrawn from the market and Jenny was surprised at how little pain she had experienced since not taking it)

Full Basic Protocol of CSR continued for the next twelve months with sessions spread out to monthly as Jenny was still working and had moved out of the area. It was a huge time commitment for her to continue therapy and was presenting as a stress in itself (feeling guilty for spending time on her recovery). We both accepted that the results would come more slowly particularly as Jenny's life was not becoming any easier.

Session 6 - Week 7

Jenny has made a decision to wean off Zoloft. Feels better in herself. Feels good and is not in as much pain. Effect of treatment lasting 5 days now.

Session 7 - Week 8.5

Constant neck pain is a thing of the past but still has some restriction in turning her head. Also has no back problems this last week. Jenny is very impressed with CSR.

Session 8 - Week 13

Jenny presented with sinusitis. Felt relief immediately. Continued to work with CSR. The CSF flow continued

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TREATMENT OF CHRONIC FATIGUE/FIBROMYALGIA WITH CRANIOSACRAL REFLEXOLOGY *By Kim Rusten. Sydney*

to show minor blockages on presentation, but flow was restored by the end of the treatment. Improvement in movement and reduction in pain continued.

Sessions continued 4 weekly for 6 months

Progressive Survey (30 weeks)

- Current Pain Frequency – occasional body pain, monthly migraines developing.
- Current Pain Intensity – almost no pain. Variable 1/10 to 4/10.
- No medication most of the time. Pain killers for headaches if they develop. Precautionary Imogrex when migraine expected enabled 100% normal function.
- Other changes:
 - Continued improvement in coping ability
 - Continued ability to take on more activities/commitments
 - Quicker recovery time in response to illness (contracted mild glandular fever in this period)

Sessions continued monthly for 6 months.

Further stress with family illness, business and financial problems for the husband, work pressures for Jenny as well as contraction of viruses after the glandular fever contributed to slow progress in this period.

Progressive survey (56 weeks)

- Generally muscles are pain free. Occasional Lower Back Pain and/or neck restriction
- Energy levels are much improved.
- Monthly headaches severe if reflexology is not received in the 3rd week of the 4 week cycle.
- No medications.

Conclusion

This case is particularly complex. As Jenny was treated with Craniosacral reflexology, the presenting symptoms were peeled away to manifest other pain and headaches.

Five weeks of intensive treatment showed dramatic reduction in intensity of pain and broke the “continual” nature of the pain giving rise to more positive attitude to life in general and a feeling there was some hope in achieving recovery from this illness.

It took twelve months of treatment before Jenny was functioning at a high level in a pain free state. This timeframe was mainly due to her circumstances, i.e. being the main income earner and not being able to take any time off work for recovery. Additional stressors continued to manifest during this time which made recovery slower but also highlighted that reflexology treatment served an important role as “time out”, “download” space and “support” in a difficult time. These difficult circumstances could easily have

resulted in a relapse had Jenny been unable to continue with reflexology.

Jenny has come from a “western” medical background and the fact that she persevered with reflexology is a credit to the effectiveness of this modality in treating chronic fatigue/fibromyalgia.

References:

- (1) www.arthritis.org
- (2) www.osteohome.com
- (3) Seminar Manual Top to Toe - *A basic course in Craniosacral Reflexology* Dr Martine Faure-Ilderson
- (4) Reflex Therapy Total - *Craniosacral in Reflexology Advanced* - Dr ML Faure- Alderson



**PRICE
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Commencing September 2007 Issue

It has regrettably become necessary to increase the advertising charges in Footprints as follows:

<u>Advertise- ment size</u>	<u>Current charge per issue (including GST)</u>	<u>New charge per issue (including GST)</u>
1 page	\$200.00	\$250.00
Half page	\$110.00	\$137.50
Quarter page	\$60.00	\$75.00
Eighth page	\$40.00	\$50.00

- The new charges will take effect from **1 July 2007**.
- Members of the Reflexology Association of Australia receive a 10% discount on the above rates only.
- Inserts
 - per A4 sheet to all States, from \$200.00 to \$250.00
 - to an individual State, from \$0.50 per copy to \$0.63 per copy.

STRESS – THERAPY’S WORST ENEMY?

By Dorthe Krosgaard and Peter Lund Frandsen, Denmark

This article provides a few tips for working with your stressed clients and describes the importance of being able to convey new knowledge to clients about stress.

Most people in the industrialized parts of the world encounter stress as part of their daily life. Looking through Danish newspapers from the past couple of months hardly a single issue has arrived in the mailbox without an article about stress.

In the USA the National Safety Council estimates that every day one million Americans are absent from work because of stress. This costs society an impressive \$150 billion a year.

The past decade has seen a veritable boom in consultants and therapists offering advice to stressed individuals. "Stress management" has become an integral part of a modern vocabulary.

Reflexologists have an important role to play in this development. We possess excellent tools to help people reduce their stress levels.

Grounding

First of all, the fact that we are working on the feet helps our clients in returning to a state of feeling connected to the roots – they are being grounded. This may sound – and is indeed – very simple, but nonetheless comprises an important first step in reducing stress.

Stop thinking

In our experience it is a good idea to ask stressed clients to focus on the body and especially the feet during the treatment. Ask them to "leave the head" and stop thinking. Our energy fields are highly influenced by our thoughts and concentration has been scientifically validated by many researchers.

We find that the therapeutic outcome is greatly enhanced when we include clients in the practical work by asking them to focus their attention as well as intention on the client-therapist interplay and allow themselves to feel their energy fields both inside and around the physical body.

In our opinion, the session will be more efficient if clients don't fall asleep; the energy of their consciousness strengthens the healing power.

Stress is also a chemical reaction

Many people believe stress is an entirely psychological phenomena and are surprised to learn that it also has to do with body chemistry. The physiological side of stress is governed by the autonomous nervous system and the hormones adrenaline and cortisol.

If we encounter stress for a prolonged period of time - and feel like chronically haunted prey - we will end up in a state of exhaustion. The bodily systems cannot keep up the high pace and the stress hormone cortisol

loses its effect after about one hour and begins to inhibit our immune system and many other processes. If the stressful situation continues some people suffer a complete break down, where it often takes months for symptoms to disappear. Memory loss is common and may last up to one year because the nerve cells in the brain are recovering slowly.

The Autonomic Nervous System

As the autonomic nervous system (ANS) plays such an important role in stress, we will look at ways to address this system with reflexology techniques.

The ANS is the unconscious part of our nervous system consisting of two parts: the sympathetic and the parasympathetic nervous systems. These two halves play opposite roles and a proper balance between them is crucial for normal bodily functioning. The sympathetic part is active when we are burning energy - the "fight or flight" response. The parasympathetic system, on the other hand, is responsible for restoring our depots, digestion, repair processes and reproduction.

In a state of stress the seesaw has tipped to the sympathetic side with too much activity going on in this system. This is the physiological side of stress.

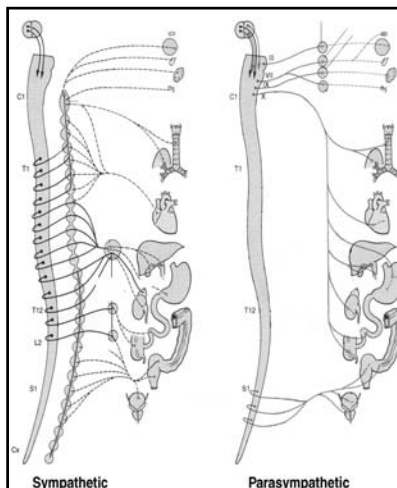


Figure 1
The autonomic nervous system

Looking at the anatomical layout of the ANS (Figure 1), pay special attention to the origin of the two parts in the brain stem and spinal cord. The sympathetic nerve cells are found in the spinal cord between Thoracic 1 and Lumbar 2, whereas the parasympathetic has its origin in the brainstem and in the sacrum between Sacral 2 and 4.

Reflected to the feet these are the same areas we use

for treating the ANS.

Notice To All Presenters of Workshops

For inclusion in the CPT Calendar of Events, please plan ahead with your Workshop dates. The closing date for the quarterly issue is the 1st of the previous month, prior to publication.

Place your paid advertisement in Foot Prints
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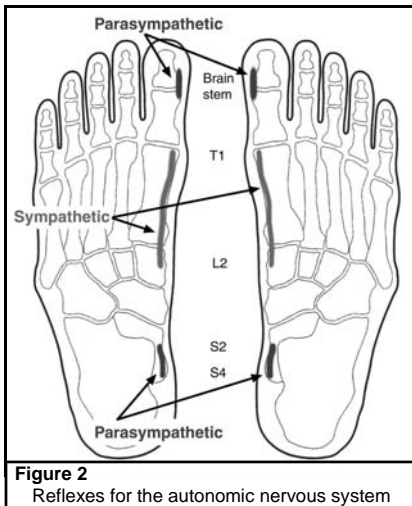
STRESS – THERAPY’S WORST ENEMY?

By Dorthe Krogsgaard and Peter Lund Frandsen, Denmark

Stress and Stiff Muscles

Besides innervating the organs as shown, the sympathetic nervous system sends nerve fibres to the smooth muscle cells in all arteries and arterioles. This is how blood flow to the various parts of the body is being controlled and this is also the mechanism behind symptoms such as stiff, painful muscles and other signs from the musculo-skeletal system often seen with stressed persons.

Reflexes for the origin of the ANS



These reflexes are located on the plantar aspect of the feet and since we are dealing with central structures of the nervous system, we work on the bony structures of the feet. Figure 2 shows how the **s y m p a t h e t i c** reflexes are located along the first metatarsal and on to the first cuneiform bone.

The **parasympathetic** reflexes have two parts - one in the brainstem corresponding to the distal phalanx of the great toe reaching across the joint with the proximal phalanx.

One efficient way of working these reflexes against the bone is to place the thumb flat from medial against the bone, and then swing it around toward the plantar side, thus gently pushing away the soft tissue and getting the clear contact with the bony surface (see Figure 3).



Figure 3
Treatment technique

When working these areas you could use classical reflexology techniques to work through both sympathetic and parasympathetic and then let the body do the rebalancing of the systems. Or, if you prefer, you could think in terms of stimulation and sedation. In stress situations it would be beneficial to stimulate the parasympathetic side and relax the overloaded sympathetic branch.

Relaxation Technique

A good relaxation technique is shown in Figure 4, where you cover the entire reflex with both thumbs. Use a very gentle touch and just sit for a while holding the area and letting the energies flow. Most clients find this grip very relaxing and comfortable. Allow some time and

find a comfortable position yourself. Remember the client is never more relaxed than the therapist!



Figure 4
Relaxing the sympathetic reflex

state.

Therefore, it is crucial to start the sessions with techniques that may reduce the stress level and get the parasympathetic nervous system going again.

The first part of a session with a stressed client

These are some ideas you could try out in your practice when initiating a reflexology session with a stressed client:

- Before they lay down on the massage table or in the treatment chair, ask them to stand with slightly bent knees and shake the whole body - make them "shake the stress out of the body". This is exactly the instinctive reaction of animals in the wild when they have survived an attack. Human beings still have this inborn instinct but due to cultural codes of behavior we don't allow ourselves to use it any longer.
- If possible, let clients talk about their stress. Stress advice no. 1: Talk to others about it!
- Then ask them to try and "leave the head" to focus on their bodies. Ask them to register sensations in the feet and the rest of the body.
- Take your time to "tune in" or to be "invited inside"
- Start out the treatment by working the autonomous nervous system. In very stressed individuals try the relaxation technique shown above.

International Slow Movement

Another way of helping stressed clients could be to inform them about the world wide growing "Slow movement". This is a decentralized grass root movement promoting down shifting life, emphasizing things that take time.

A major inspirator for this movement has been Canadian Carl Honoré and his book "In Praise of Slow" which has been translated into 26 languages. The slow movement is spanning many fields and many different people from cooks advocating "slow food" to corporate executives of IBM instructing employees to only check their emails twice a day.

THE MEXICAN STORY - GONE FISHING

A boat docked in a tiny Mexican village. An American tourist complimented the Mexican fisherman on the quality of his fish and asked how long it took him to catch them.

"Not very long," answered the Mexican.

"But then, why didn't you stay out longer and catch more?" asked the American.

The Mexican explained that his small catch was sufficient to meet his needs and those of his family.

The American asked, "But what do you do with the rest of your time?"

"I sleep late, fish a little, play with my children, and take a siesta with my wife. In the evenings, I go into the village to see my friends, have a few drinks, play the guitar, and sing a few songs. I have a full life."

The American interrupted, "I have an MBA from Harvard and I can help you. You should start by fishing longer every day. You can then sell the extra fish you catch. With the extra revenue, you can buy a bigger boat. With the extra money the larger boat will bring, you can buy a second one and a third one and so on until you have an entire fleet of trawlers. Instead of selling your fish to a middle-man, you can negotiate

directly with the processing plants and maybe even open your own plant. You can then leave this little village and move to Mexico City, Los Angeles, or even New York City! From there you can direct your huge enterprise."

"How long would that take?" asked the Mexican.

"Twenty, perhaps twenty-five years," replied the American.

"And after that?"

"Afterwards? That's when it gets really interesting," answered the American, laughing. "When your business gets really big, you can start selling stocks and make millions!"

"Millions? Really? And after that?"

"After that you'll be able to retire, live in a tiny village near the coast, sleep late, play with your children, catch a few fish, take a siesta with your wife and spend your evenings drinking and enjoying your friends."

The Moral of the Story:

*Know where you're going in life,
you may already be there!*

Workshops with Chris Stormer, 2007

Chris Stormer is internationally known as a leading authority on Reflexology. She lectures and teaches all over the world and is author of 3 books, including 'Language of the Feet'.



For details please contact:

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Not to be missed.....Chris is an absolute inspiration!

SURVEY OF BENEFITS OF QIGONG PRACTICE WITH A DRUG REHABILITATION POPULATION: EXTRACT

By Qigong Master, Simon Blow

Overview: The problem of addiction is a huge one causing breakdown of family and community structure, disruption to work, crime and civil disorder. Research suggests causes lie in childhood abuse, parental alcoholism and neglect, resulting in a downward spiral of low self-esteem, powerlessness, violence and self-harm. Addicts are, therefore, often individuals in a state of extreme imbalance, physically, mentally, spiritually and emotionally. When they decide to address their substance abuse, changing themselves, their attitudes and habits, it is a struggle.

The ancient practice of Qigong has long been known in China and increasingly in the west as a means of increasing health and well-being. Over the past twelve years classes have been conducted in Ba Duan Jin Standing Form Qigong in several drug rehabilitation groups in Sydney, Australia. The practice of Qigong as taught utilises the elements of self-healing and balance of the internal energy with the external environment. The results suggest that the practice of Qigong gives beneficial aid to recovering addicts in gaining relaxation skills, body awareness and confidence as well as lessening frustration and regaining balance of body and mind.

The survey was taken continuously over six months from June to December 2003 after each 45-minute class of Qigong, held twice weekly, in a residential drug rehabilitation group. We Help Ourselves (WHOS), is a drug-free therapeutic programme lasting three months incorporating the fostering of personal growth and life skills with a view to participants returning to the community. The context of these Qigong classes is, therefore, a therapeutic one of groupwork, counselling, support and education, stress management and relapse prevention.

Two groups of males and females were surveyed over two consecutive three-month periods with the intention of a qualitative assessment based on subjective evaluation on whether their on-going Qigong practice was helping in their recovery.

Results: Of a total of 634 surveys over this period, 89% found an overall benefit. Specific qualities were

measured. 81% felt that over the three months they had an improved resistance to infection. 85% said they felt stronger physically. 86% said they were able to accept others more and 87% felt that their self-acceptance had increased. 88% felt the practice of Qigong enabled them to concentrate better and felt more confident and better able to control anxiety. 88% felt they were deepening spiritually. 89% felt stronger emotionally and less frustrated. 90% felt Qigong practice was an important routine and that they were more aware of *qi*. 92% felt Qigong was an important part of their recovery. 93% said they felt more peaceful since learning Qigong and that their future would be a better one. 95% felt Qigong helped them to be calm and relaxed. (see Table 1.)

Individual comments include:

- 'I feel more centred on the days that we practise.'
- 'I have slowed down a lot and my thoughts are not so chaotic.'
- '(After practice I feel) calm, peaceful and clear of mind. (I find it) amazing.'
- 'I have struggled with substance abuse and when I came into a rehabilitation programme that practised Qigong I was extremely reluctant in the beginning and negative about Qigong. I decided to give it a go with a positive outlook and now I enjoy it. I feel better after the session and also it is a good form of exercise which I enjoy.'
- 'I am learning to relax on my own.'
- 'Qigong has helped me to relax more on a daily basis and go more within myself to find inner happiness. It has helped give me a nice balance between body, mind and soul. Qigong has been a stepping stone for me to introduce more exercise and meditation into my daily programme.'
- 'I can concentrate more on the days we practise.'
- 'I feel calmer. I like it when we throw the bad energy out. (It) feels good.'
- 'A sense of peace, more balanced and (I have) a better understanding of myself.'
- 'I feel that I can relax and get to sleep a lot easier. Also I know what my body is telling me. Thank you.'

SURVEY OF BENEFITS OF QIGONG PRACTICE WITH A DRUG REHABILITATION POPULATION: EXTRACT

By Qigong Master, Simon Blow

- 'I'm more willing to be embarrassed.'
- '(I've developed) more motor skills and (am) centred.'
- 'I find the movements easier to do and become more relaxed and focussed after our session.'
- 'I find I have slowed down a bit.'
- 'It makes me feel good about myself.'
- 'I feel more peaceful about myself and also feel good and happy about life.'
- '(I am more) calm, peaceful and aware.'
- '(I am) stronger, more courageous, more serene, more calm.'
- '(I am) more willing to try. I felt more relaxed and warm. Not so embarrassed.'
- 'I feel more connected to myself and my higher power.'
- '(After practice I feel) relaxed, yawning, hungry.'
- 'When doing Qigong I can feel the hair on my upper body stand up. It is really relaxing. I find myself looking forward to the classes and talk to my peers about it. I find myself easy to be with the day I do it. I feel my body in a way I never have before.'
- '(I find it) good to stretch. I am learning patience (with Qigong). (It) keeps my mind open.'
- '(I am) more relaxed and it helps with my aches and pains.'
- '(I am) more self aware and more aware of my body. I have learned to recognise my feelings and be less stressed about them more often.'
- 'I feel Qigong is balancing my two sides – female and male. I have noticed I have resistance to just letting go, my right side is more energetically activated. Now it is more balanced.'
- '(Qigong is) very good for my recovery, to calm myself down.'
- 'I am able to feel my emotions a lot more.'
- 'I am more aware of what is happening in my life.'

"The first step to changing oneself is awareness. In helping these participants become more aware of themselves and their bodies, as well as in helping them relax and become less stressed about the emotions they are discovering, the practice of Qigong is demonstrably a method for helping people change. It is a significant aid to this rehabilitation programme."

Avril Carruthers

Events 2007

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

Sept 15-16 '07 ICR Conference
Cairns, Qld
www.icr-reflexology.org

Table 1. Benefits of Qigong

Quality	%	Some-	All the
Helped to relax	95	60	35
Helped to be calm	95	59	36
Making a better future	93	56	37
More peaceful	93	60	33
An important part of recovery	92	57	35
More aware of qi	90	55	35
An important routine	90	57	33
Less frustrated	89	60	29
Stronger 'in myself'	89	61	28
Deepening spiritually	88	54	34
Control anxiety better	88	59	29
More confident	88	60	28
Concentrate better	88	60	28
Increased acceptance of self	87	59	28
Increased acceptance of others	86	58	28
Stronger physically	85	56	29
Increased resistance to infections	81	53	28

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REFLEXOLOGY ASSOCIATION OF AUSTRALIA – BY-LAWS

6. HONORARY MEMBERSHIP

6.1 Granting of Honorary Membership

- (a) The Board of the Company may propose at an Annual General Meeting the granting of Honorary Membership to a member in recognition of outstanding service to the Association. Honorary Members do not pay annual subscriptions but retain voting rights and membership privileges according to the membership category they are entitled to hold.
- (b) **Validating Current Membership of Life Members**
Honorary Members who are also Professional Members must validate the requirements for this membership class annually – as stated in the Constitution.
- (c) **Cessation of Honorary Membership**
Honorary/Life Membership terminates if the person:
 - (i) Dies

- (ii) Resigns from the membership by notice in writing.

The Process:

Members are entitled to nominate a fellow member to be considered for Honorary Membership to the Reflexology Association of Australia Limited. The of Honorary Membership at annominator must make a written submission to the Board detailing the reasons why Honorary Membership should be granted. The Board will consider the submission and if deemed appropriate will propose the granting Annual General Meeting.

6.2 Branch Recognition of Outstanding Service

Branch committees may apply to the Board to recognise a member giving outstanding service to their branch. Members so honoured will receive a Certificate of Appreciation signed by the Chairperson at the Annual Branch Meeting and have their names published in Footprints.



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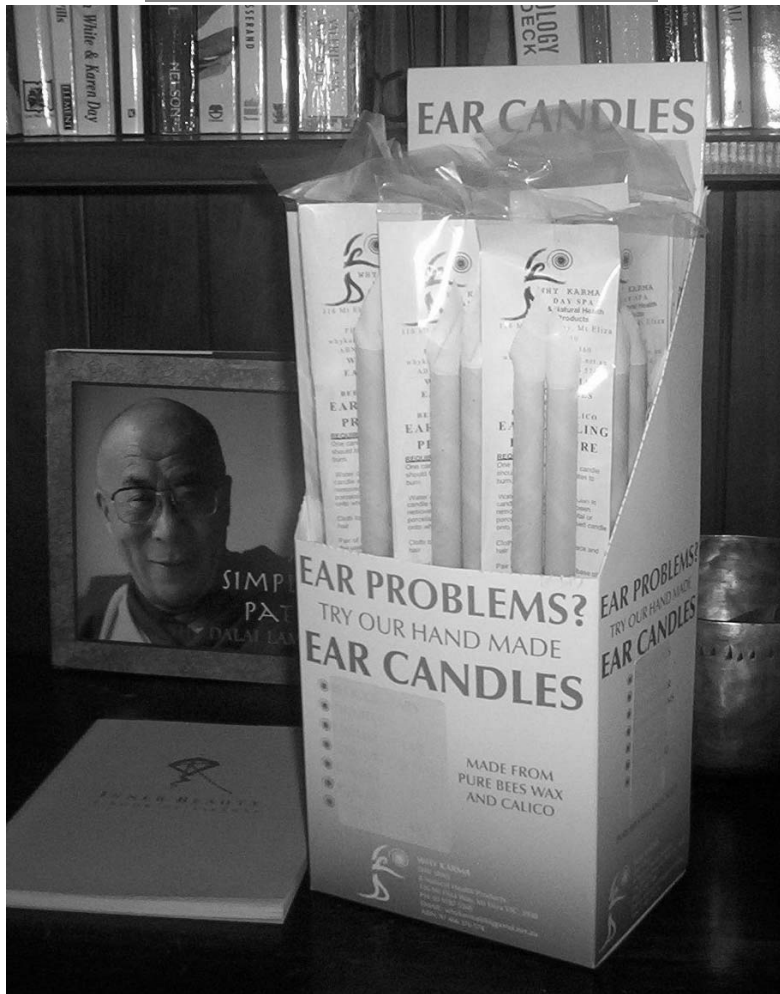
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Free Books !!!!

Do you have any great ideas for new stationary items for the Association, flyers, brochures, forms etc etc

Maybe you have some great photos suitable for the cover of FootPrints????

- We would like to invite you to submit them to your branch director for consideration.
- If they are feasible and affordable you could win yourself a book voucher valued at *\$50
- to spend through Reflexology World. (*\$30 for a winning photo)

Any suggestions will be gratefully received.
After all this is **YOUR** Association.

Get your thinking caps on, this offer ends at Christmas.

Emma Gierschick

***Send Ideas, Photos or suggestions to your:
State Branch Director***

EDITOR'S CORNER

Gee, where has the year gone, it is already June and half the year has flown by again. The older you get the quicker the years fly by and sometimes we get so involved in dealing with everyday life we forget to take time out and look after the most important person —OURSELVES!!

Always remember that you are the most important person and you must always take time to pamper yourself and look after number one. Our time on this earth is precious and we should savour every minute of it.

Being in the business of caring for others it is easy to forget about yourselves. So plan into your busy schedules that special time called "ME TIME" and do something that you really enjoy, whether it be going for a walk, having a massage, a swim, read a book, visit a friend, a yoga class gee the options are endless.

When you return to work think about writing an article, doing a case study or gather information to send into us for use in FootPrints ... it is YOUR journal and we would love to hear from you.

Robyn

THE MANDALA OILS

By Jacqui Bushell

HEART, CONSECRATION, PEACE AND LAPIS LIGHT OIL

The Mandala Oils work differently from many other products available today, due to the intention with which they were made. They come from a place of desiring to communicate compassion and peace and to alleviate suffering for all beings. The expression of this through the creation of the Mandala Oils comes from the acceptance of the oneness of being and the acknowledgement of the balance between form and emptiness. From this dynamic space many things are made possible. The basic premise of the Mandala Oils is that we are whole, just as we are. We are never less than perfect at any time. When we choose not to come from a 'fix the problem' approach, but rather from the point of acknowledging the unity of all, where we accept that there really is no separation between self and other, then a lot of movement is made available. Especially if this is dedicated for the benefit of all sentient beings. Such movement, is initially in consciousness but is manifest at all levels. The 'Oils' are just a reminder of the Truth of our Being. This explains the diverse and profound response to working with the Mandala Oils.

It is only our mind, our perceptions and responses that intensifies our suffering. I'm sure you've all had the experience of being caught in a cycle of pain, fear or anxiety and then had an insight or perception shift and suddenly the physical pain and emotions resolve and we feel better. So much of what we feel and how we perceive our experiences is arbitrary. We react to things based on our stories, our histories, our judgements. Often we perceive little available choice. "It is not until someone stands before us and acknowledges us as being without suffering that we can see ourselves as without suffering". (W. Forbes) This is only possible when there is also compassion and love present, unconditionally. The Mandala Oils communicate from this point. The 'Oils' are like an unconditional invitation where many possibilities are available, where we don't need to be restricted by our limiting self views and judgements.

The Mandala Oils have been constructed from the layering of vibrational remedies, essential oils and clear intention to convey particular patterns of consciousness. Vibrational Remedies such as Flower and Gem essences are tools of communication that support consciousness shifts. They can be made when we sit in meditation with an object placed in water. This process is a profound spiritual practice of acknowledging Oneness. What we are doing is 'being with' this object and choosing to notice it for what it is, without any stories or embellishments and not being caught up in our emotions. Usually we are so busy defining everything in our environment with our "I like it or I don't like it" response that we rarely see things for just what they are, in a more neutral space. This practice teaches us to be more specific in noticing our own perceptions and responses in our day to day life. We can then be much more specific in what and how we choose to communicate on many different levels and how we

choose to respond to our environment. It teaches us to 'listen' more deeply and more compassionately.

Water has many interesting properties, one of which is to 'mimic' anything placed in or near it. It does this by the movement of the flexible ionic bonding. The water molecules cluster together in varying ways, reflecting the pattern of what it is in contact with, whether an object, music or a focussed intention. You may have seen Masaru Emoto's work with water crystals which shows us this beautifully. When somebody takes some of this water then the frequency pattern is communicated to their energetic structures via resonance. This impacts on meridians, nervous tissue and emotional states. It's like an invitation to that person, on all levels of their being, that more choices are available and we are supported in this until we can do it ourselves.

Working with the Mandala Oils, I have found for myself and others that there is frequently a major shift around how much we polarise around things - from how we clutch onto some things and push away others - including, with our sense of self, to a greater freedom of being. With these 'Oils' I have started to realise more about the absolute nature of reality, that beauty, joy, freedom and support are constantly available to us. It is only ourselves that place limitation. The Mandala Oils invite us be more of what we truly are.

Heart Oil



Heart Oil 'reflects purity of heart and facilitates an acceptance of love.' (W. Forbes) Our true nature is so much more than our suffering. Heart Oil reminds us that our being is much larger than any trauma we may have experienced; that we don't need to limit our perception of self or define ourselves by our pain. It's like being told, on all levels of being that no matter what, everything is OK - that we are whole just

as we are. The barriers we put up, our fears and resistances and self deceptions can just dissolve. And we can experience a deep sense of love and peace. Heart Oil gently ignites and opens the heart chakra, in a safe and supported manner and helps people remain balanced in this space. It encourages the development of compassion, acceptance and forgiveness for self and other, alleviating shame and guilt.

A client once described Heart Oil as a 'hug in a bottle'. This seems to sum up a common response. People often say they feel 'safe' when they put on Heart Oil, or

THE MANDALA OILS

By Jacqui Bushell

HEART, CONSECRATION, PEACE AND LAPIS LIGHT OIL

there's a great feeling of relief and deep relaxation. The action is very broad. It also assists with the clearing of toxins from the body, without inflammation. I find it useful with clients before we begin any physical therapy. With such support much movement can occur. I have often seen stable, rapid emotional/mental shifts as well as resolution of physical symptoms. Heart Oil is of benefit for any emotional and/or physical stress and was originally made for someone in traumatic circumstances.

Practitioners can apply the oil to themselves before (and after) the session as it enables them to be in an openhearted place with the client and the environment. It also minimises the feeling of 'heart exhaustion' or pain that we can experience particularly when working with people in trauma. If the client agrees, then Heart Oil can be applied to feet, hands or anywhere they feel they are holding pain, before, during or after a session. Reflexologists have reported back the increased level of calm and the profound shifts that occur – for themselves as well as the client.

Heart Oil is safe for babies, children and animals. I also use it often as massage oil. Heart Oil is lovely in the bath as well; indeed this is one of the more effective ways of experiencing the Oil.

Consecration Oil

“to ignite the heart chakra in its role as central balancing point for all the subtle bodies”

W. Forbes

listen, 'be with' and be fully present with another carries enormous impact. Consider how rare it is to have another person really listen and be with you, with no judgements, limitations, stories or 'fix it' advice. In this space, our concepts of limitations fall away and we can realise more of our Truth, our potential.

People who are working spiritually and with personal development find Consecration Oil to be of great benefit. It assists us in the integration of realisations and aids focus. It is also effective for people who have been through shattering experiences, such as trauma or drug use, as the Oil assists in sealing the auric field. Consecration Oil is incredibly helpful for practitioners who work with trauma as it helps us realise that the pain is not ours and that we can let it go. This reduces the feelings of overwhelm and 'over empathy' that may occur in a range of situations.

Consecration Oil is often applied as a few drops to the

soles of feet (the kidney one or diaphragm point), palms and crown, as needed.

Peace Oil

'Peace Oil actively supports the full recognition of Unity.' (W. Forbes) This means that all those things that we have accumulated to deny or limit our view of the oneness of being will gradually come to the surface to be resolved. It actively unfolds our resistance. Most people who work with Peace Oil are involved in some sort of spiritual practice such as meditation with which it is very helpful.

Oil of Lapis Light

This Oil has been made as a response to the Tibetan Buddhist, Medicine Buddha practice. Medicine Buddha, known as the King of Lapis Light is seen as a mountain of Lapis Lazuli. He holds an all healing flower in one hand and a bowl of golden nectar in the other to dispel all causes of dis-ease. The Medicine Buddha practice arose from the immense compassionate desire to alleviate all suffering for all beings throughout all times. It draws together the healing outcomes of all the beings who have vowed to attain Enlightenment for the benefit all, until all suffering, all sorrow cease to exist. The level of compassion and love that is available for us all is enormous and ever present. Contemplating this, I feel overwhelmed by my depth of gratitude that any being could strive to offer this on our behalf. Such feelings result in much gratitude for the many teachers in our life, including people, the ground, the air, our body.

Healing can be experienced in diverse ways with the Oil of Lapis Light. There can be no clear indications for its use as the action or rather, its invitation, is so broad. It may assist us in understanding and dissolving the patterns that lead us into suffering.

Working with the Mandala Oils

One of the key factors when working with the Mandala Oils is to always allow people (including babies, children and animals) choice in selection of the Oils and their application. This choice supports people in recognition of what is being made available. As the oils are just a reminder of our True state of being, then we can trust people to know which ones are best for them. I usually pass them a bottle or have a little on my hands and let them touch or smell it and notice their response.

All the Mandala Oils can be applied to the body wherever the person chooses. If desired then several drops can be added to hot or cold water and sipped. They can be added to the bath or to the foot bathing water. Oils can also be used together. I often put on several before working. Do not dilute any of the Mandala Oils or their action will be impaired. Always apply them, just as they are, from the bottle. Do not use in Oil burners.

The Mandala Oils were created and made available by Wendi Forbes, director of Humanifest Vibrational Products.

REFLEXOLOGY PATHS

By Ian Gilbert

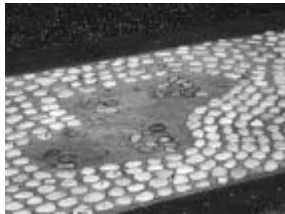
Public interest has been stirred since the completion of Australia's first Reflexology path at the Stretton Community Park in Brisbane almost 2 years ago. The paths are huge attractions in the Asian countries of the world and are designed to walk on in bare feet and stimulate the reflexes and senses in the feet. The first article on Reflexology Paths in Brisbane was posted in the September 2005 edition of 'FootPrints'.



Waterford in Queensland, Grafton in NSW, and Belmont in Western Australia.

There have also been enquiries from America, where they have asked to feature the two existing Australian Reflexology paths in a Reflexology journal this year and have also asked for assistance to plan, design and construct a path near Albuquerque in New Mexico.

2006 saw the completion of a second path in Brisbane, this time at Red Hill. The site at Woolcock Park was specifically selected by the Brisbane City Council for a path to cater for the families in the area with young children and also the proximity to two Brisbane special schools.



The park had existing features that catered for the disabled with solar powered water features (currently turned off due to the water shortage), touch sensitive water drinking fountains and specially designed picnic tables to cater for wheel chair usage.

The Reflexology path was designed with these criteria in mind, and has kept with the local themes displayed throughout the park, resulting in a special design and a 'softer' finish to the stone work. Users of the park can walk, ride their bicycle or take their wheelchair along the path. The various aromatic plants along the edge of the path add to the stimulation of the senses for those that cannot enjoy the effects of walking on the stones.



Last year, the Brisbane City Council arranged several 'Reflexology in the Park' sessions in both of the Brisbane parks as part of their 'Active and Healthy Parks' program to attract families to the local parks. Once a month on selected Sunday mornings, volunteers from the Queensland Branch of Reflexology Association of Australia set up next to the Reflexology paths and conduct free information sessions and 15 minute trial Reflexology treatments. These were well accepted by the community and attracted a lot of attention and 'got the word out' about the effects and benefits of Reflexology. Two more Reflexology paths have now been specifically designed for parks in Macgregor and Sunnybank in Brisbane and awaiting Brisbane City Council approval for construction.

Other interests in Reflexology path construction have been directed from areas outside Brisbane, such as Ipswich, Caboolture, Caloundra, Maroochydore and

Planning the construction of each Reflexology path can take significant time if it is to have its own personal identity. Each site needs to be inspected and the location of the path needs to be non-intrusive on other park users. Local features also need to be taken into account so the path can have the ultimate impact on the local community that might use it.

It will be exciting to see these projects develop over the next few years which will lead to spreading the knowledge of Reflexology to the public and the benefits that Reflexology paths can bring to the users.



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LETTERS TO THE EDITOR

Was it just me or were many other RAA members saddened at the heartfelt and emotional letter of resignation from the President, Emma Gierschick?

As a brand new member who is only just starting to get to know the modality as well as the association, its aims, activities, benefits and personalities, I found this letter disturbing.

Are there really those who criticise what one wears? Who dislike particular personalities? Who do not support developments? Who disagree with the way things are done? Yes, of course there are. This is symptomatic of every organisation or association across Australia. This is, regrettably, human nature.

We can't change human nature. But we can be professional. In the corporate world, we have learned to respect other opinions, applaud individual skills, to work as a team, to respect clients, to support colleagues, to mediate or compromise in order to reach common goals. I truly hope that the association I have joined genuinely embraces these ideals.

Whether Emma has done a good, bad or indifferent

job is immaterial. (December Footprints would suggest she has done a fantastic job actually). Whether she is too young, exuberant or inappropriately dressed is completely irrelevant.

She has taken on the enormous task of trying to lift the association to a more professional level, which is the very least it deserves. And our heartfelt thanks and good wishes for the future is the very least Emma deserves.

Until the position of president, vice-president or board director is defined by a skill base, a job description, defined hours and a salary (which may well do more to further the aims of the association than any other single achievement) we will inevitably be frustrated and limited by the revolving door of enthusiastic professionals who must leave to earn a living.

And that is one of the most sobering facts of all.....or is it just me?

***Eileen Wallace
Queensland***

REFLEXOLOGY IN THE TOP END OF AUSTRALIA

By Jan Hordern, Darwin, NT

I came to Darwin on holiday and fell in love with the whole place. I resolved at once to come and live here and did so as soon as I could. People either love or hate Darwin apparently. It is like a big country town and we can forget it is a capital city. Such a lovely pace of life and people are so friendly, with so much of our life spent out of doors. The locals actually use the foreshore areas and lots of our restaurants are outside. The locals use the Markets for shopping and meeting friends - they are not just for Tourists. We do have a lot of Tourists during the Dry and that does change things. But the sky is always blue and it never rains in the Dry, so that is fine too.

I am a Reiki Master/Teacher as well as a Reflexologist and Masseur. Reflexology has become my primary therapy and I even have a purple footprint on my front gate! I find it is a wonderful way to introduce people to Alternative Therapies. Maybe it is because we work at a "safe" proximity, they don't need to remove any clothing and most of the clients seem to find it relaxing enough to let them to sleep.

I found working in the Tropics very different to working in Melbourne. I was so used to tucking my clients up in warm towels in the Winter and now I ask if they are cool enough! I also had to learn about burning candles in glass vases they call hurricanes, as the overhead fans are on most of the year, and all my candles used to blow out. The first time I did ear candling on someone up here it was hilarious. The overhead fan blew out the ear candle and the room was full of smoke! I rushed around plugging in another fan for the floor instead as it was too warm without. I was embarrassed but could still see the funny side. Fortunately, this client still comes to see me, so all was well.

I personally love the climate and enjoy the Wet as much as the Dry. Some people, however, have great difficulty with Lymphatic drainage during the Wet. As our humidity soars to 90% during this time, quite a few of my clients have big problems with fluid retention and Lymphatic drainage.

I found that with most of these clients, doing the Lymphatic drainage just on the foot worked well, but I have also been working up the leg to just past the knee. When I am working here, some have said they can feel their bladder filling! How wonderful that it works so well. If they also had blocked Sinuses, I needed to also work on the face, head and neck. Some people have huge problems with their arms and hands, so I work here as well. I need to work fast to cover all this but at the same time be very gentle to encourage the fluid to move. There seems to be big emotional connections for this condition as well as the humidity. To be happy really is the best way to deal with this it seems!

After an illness last Xmas, my own Lymphatics became sluggish. I have actually learned an enormous amount as theory is one thing but there is nothing quite like experiencing something for yourself. I found that if I became too tired, my Lymphatic system reflected this and stopped functioning. As soon as I rested, even for a short time, all would be well! Even if I decided to change my day

to include a rest, my body changed at once, even before I had actually stopped work. Amazing stuff! I then monitored all of my clients and found that it was the same for them, but none of us had noticed.

In my course, I had learnt about the Lymphatic Walk. This is a steady pace - and you keep walking for an hour, without stopping. Once a week, in the south, this is a wonderful thing to suggest to clients as it really works so well. They need to build up to the hour if they are unfit. I always suggest to walk in a beautiful place and then you are also walking for your soul.

A few of my clients have had Breast Cancer and as a result have had surgery, usually followed by Chemotherapy and/or Radiation therapy. These people seem to need REALLY balanced work, exercise, therapy and rest in order to be successful in keeping the fluid at bay. However, up in the humidity, this is not enough. I am also using an Australian Bush Essence - Bush Iris - which is wonderful for blocked lymphatics. I have noticed some of my clients who go to the Gym and really become fit as well as walk, have great success. They still need regular Reflexology with lots of Lymphatic drainage as well. Everybody is different and we have to work out what is best for ourselves.

I had an interesting case a while ago. A woman in her 60's was in hospital with a badly infected great toe. As Lucy had had this condition for a while, she had become run down and generally unwell. She developed Lymphoedema and both legs were badly affected being swollen to the knee and as hard as a rock. The index fingers and one hand were also affected. I used to visit her every couple of days and she used to sit on the edge of the bed with her legs on the ground while I massaged them. One day, we had the legs all warm, soft and relaxed, when one of her friends came in to give her the latest gossip. He mentioned that someone's son was back on heroin etc, etc, and immediately both of Lucy's legs became as hard as a rock again! Oh, the power of positive thought

After this, I took note of how people spoke to one another. I was saddened to find that so many of us speak in the most negative way. In Reiki, we try to be positive in all ways. Even the words of our thoughts can make a difference.

I always include the need for positive thought when I am counselling or just talking to these clients, as it appears to make a huge difference. It is a beautiful thing to watch someone become healed if not cured as well. I encourage everyone to think and speak in a positive manner for their sakes and for those around them as well.

Lymphatic drainage has always interested me and I feel blessed to know that I can be some help to those who need this care. I seem to be becoming an "expert" but have so much to learn in this area. The wonderful thing about being a Therapist is that we do what we love to do and never ever stop learning.

STATE MATTERS



As I write this our ABM is almost upon us and we are busy putting the final touches to the day. As I look back and reflect upon the past year, it fills me with a deep sense of gratitude for the wonderful people who make up the committee and without

whose help my position would have been so much harder. For those members who are leaving I give you my sincere thanks for a job well done and wish you only the best, may you have good luck in whatever you decide to do. To all our new committee members, congratulations and for all the returning members, thank you so much for again agreeing to give so much of yourselves. I feel I must give a big thank you to all our members over here for the help, encouragement and support that they have so freely given to me, it has meant a lot.

A thank you from the committee and all our members also must go to Emma and the rest of the Board for all the hard work that they have put into the running of the Association over the past year. It is really only when you are on a committee that you see the enormity of running one and of all the difficulties that must be faced along with all the good things too. Well done everyone. Emma, thank you for all of your hard work and commitment and we hope that you now go on to bigger and better things of your own choosing.

We had our last general meeting and Study Day in March. This took place at the Tradewinds in Fremantle and was a great success. The feedback from those who attended was very positive and much appreciated by the committee who, I must mention, did a really fantastic job especially Lee and Gladys. The subject was Stroke and Re-patterning and the quality of speakers was excellent. A comment made by one of the speakers (a neuro scientist) was that not everyone in her line of work thought as she did, that is, that treatment should be more holistic. Another comment was that it had certainly opened her mind up even more by staying on to listen to the other speakers and by

talking to some of our members! Each small step made by us to interact with others in the medical professions can hopefully lead to them having a better acceptance in what we do as Reflexologists.

After our ABM, we are having a study day dealing with 'Working as a Reflexologist in the area of Aged Care'. Speakers will be mainly Reflexologists but we do have a guest speaker who is a Specialist Services Co-ordinator.

We are starting to get things going now for the Everywoman Expo which is in June. The list for volunteers for that and also for the Conscious Living Expo will be out at the ABM and hopefully we will get a good response. This is one way to get ourselves more known in the general community.

On the 8th July we are having our annual 'Mandurah Study Day' and the subject this year is on allergies; again we have a selection of relevant speakers from different modalities to talk about different aspects of this subject and I hope to meet lots of new (and old) members there.

Our southwest members, although far flung, are still managing to meet on a regular basis. They really appreciate it when someone manages to come down to their part of the world to run workshops and at the last one they managed to have fourteen members attending; well done the southwest!

Valerie Dewar

QUEENSLAND COURSES AUGUST/SEPTEMBER 2007

Maternity Reflexology
with Lyndall Mollart

NOTE DATE CHANGES:

PART ONE: 11/12 August 2007 – Brisbane

12 Meridians & 5 Elements

with Lilian Tibshraeny-Morten

BASIC: 8/9 September 2007 – Brisbane

ADVANCED: 10 September 2007 – Brisbane

Cranio-Sacral Reflexology

with Martine Faure-Alderson

BASIC: 17/18 September 2007 – Cairns

ADVANCED LEVEL TWO:

21/22 September 2007 – Brisbane

LEVEL THREE (LYMPHATIC):

23/24 September 2007 – Brisbane

Hanne Marquardt Workshops

12 September 2007 – Brisbane

18 September 2007 – Cairns

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STATE MATTERS



Ah Queensland....hot one day, even hotter the next!

As we slowly approach autumn there is a collective sigh of relief as we look forward to cooler evenings, no humidity and the chance to get out and about during the days without feeling like wet rags. Autumn is so energising for us Queenslanders, which is probably why there is a positive avalanche of upcoming events, activities and opportunities for our members (and the public) to learn and experience the power of reflexology.

Our monthly meetings are usually held in a spacious, air conditioned hall which is located alongside the Holy Trinity Church in the inner city suburb of Woolloongabba. Our February meeting there was enlivened by a talk by Jill Shar on menopause, which outlined some of the health issues which can affect post menopausal women (known at first hand by quite a few of our RAA members!). Jill outlined symptoms as well as strategies for health maintenance. I'm sure every member (including our marvellous male colleagues) found the information helpful either personally and/or professionally.

March saw us sweltering in the church itself (ousted by a double booking, the hall being full of very earnest artists!) but we did feel rather virtuous and perhaps a little meeker as we sat in the pews (phews?), praying for a cool breeze through the small, stained glass, side windows which, unfortunately, never came! After the general meeting we all enjoyed listening to Eileen Joubert give a talk and then a practical demonstration of Ortho-Bionomy. Ortho-Bionomy is explained as a gentle and subtle form of osteopathy/bodywork that works with the body's natural reflex system. To the person who had a treatment that evening, it certainly alleviated muscle pain and tension in a very short space of time! Eileen will be our guest speaker at the RAA Annual Branch Meeting on June 24, and is hosting a morning workshop on self care techniques.

So what else have we been up to in Queensland? We've had a wealth of workshops to choose from. In March, Sharon Stathis presented her exciting Ayurvedic Reflexology workshops. In April, Jan Williams and Sue Nugent offered us a "Reading of the Feet" workshop (in advance of the exciting news of Chris Stormer's return to Brisbane in October) whilst Ian White gave us Australian Bush Flower Essences Level 1. During April and May, Glenda Hodge ran "Esoteric Reflexology" and "Relax with Reflexology" workshops, whilst Gabrielle McKay hosted "An Introduction to Shell Essences".

Another very important event on the calendar in April was the Graduation Ceremony for Year 2006 ACNM students. Libby Stark, representing the RAA, presented the award for 'the most Outstanding Student

for the Diploma of Reflexology' along with a year's free membership of the RAA to Jericho Barratt. The award was presented "in absentia" as Jericho has recently deserted us for the cooler climes of Victoria! We wish her every success for the future and know that our Victorian colleagues will be sure to give her a very warm welcome.

Current ACNM students will be coming along to our May meeting to share their dreams, aspirations and opinions with RAA members who are well established reflexology practitioners and those of us who are studying and/or in the early stages of establishing a practice (perhaps we should wear P plates?). Report to follow next issue!

There are committees here, there and everywhere at the moment.

With the Mind Body Spirit Expo looming in June, committee members are planning all the practical stuff that will help make the most of the opportunity to attract the public and create optimum awareness of the RAA as well as the benefits of reflexology. Member volunteers are lined up and waiting for those feet!

The impending ICR Cairns Conference in September has also meant that many committee members have their hands full with accommodation rosters, accommodation deals and the myriad number of issues that need to be undertaken for attendees.

So with lots of events on the calendar between now and the start of next summer, we're certainly going to enjoy our autumn and winter weather to the full!

Eileen Wallace



A great Weekend Workshop was held in February. Run by Vicki Delpero and Janice Dance, we learned many things about maternity issues, such as conception, pregnancy and giving birth. The focus was on using Reflexology as a supportive therapy towards having natural, healthy and rewarding pregnancies. Our next meeting will be in early May to vote in a new committee. This one will be held in Hobart. Rotation around the State allows people unable to travel to catch up on meetings and other Practitioners.

Some members are planning to attend the International Cairns Conference in September, which has brought with it a number of other exciting interstate Workshops to choose from. Member numbers remain the same. As we head into what we all hope will be a wet winter, we wish all other States a similar experience!

Mary Farr

STATE MATTERS



N.S.W. is thankful for some rain at last and now wonderful warm autumn days, so we are refreshed and continue to work through our busy program for 2007.

Guest speaker for our February meeting was Jacqui Bushell who gave a talk on Vibrational Therapies/ Remedies and a practical demonstration of the beautiful and unusual oils used with this modality.

A most successful first was achieved with a Study Day one Sunday in March, when three member presenters each gave a one hour talk followed by a question and answer session. Doris Gordon really entertained us with her topic "How to start a Reflexology Practice and Successfully Maintain It", drawing on her personal experiences over the years. Debra Bierling gave us a deeper understanding of her subject "Why Use Craniosacral in your Reflexology Treatment" and Bobbie Stanton presented a practical demonstration with her "Effective ways to work with Children using Reflexology. This day was fully booked and all attendees agreed it was time very well spent. Another Study Day is planned for N.S.W. regional members later this year. I recommend it!

At our Branch meeting Student Night in April, Heather Helmy had our full attention and participation while she spoke about Quantum Touch. We all need to tune in here.

Misha Frankel put much effort into having Reflexology presented to the public at The Natural Health Care Expo at Darling Harbour when she obtained demonstration booth space, generously made available by Natural Therapy Pages. This involved a number of members volunteering for a roster over three days in April. The Association banner was prominently displayed and much interest shown and treatment received.

All is ready for the A.B.M. and Workshop weekend - always a popular event in Sydney.

Planning goes on for Reflexology Week and last but certainly not least, the 2008 Conference Committee is working well with Barbara O'Keefe at the helm.

Our team is really pulling well together, with some new faces on the scene and our very able Chair Melanie and Directors Judee and Kerrie urging and guiding us along.

Dorothy Stitt

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ARE YOU OUT THERE?

All too often, Reflexologists in regional areas cannot afford to attend courses in the city as hotel accommodation is extremely expensive.

We would like to offer these Reflexologists billeting in the cities where courses are being held. We are hoping to compile a list of people in cities across Australia who can be called on when regional practitioners want to attend courses.

What a great way to meet other Reflexologists!

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Jan Cullen on (02) 9296 3073

or email her at:

jan.cullen@malleons.com

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Hotel,

Perth

13-14 Oct
2007
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788 Hay St

FOOT READING

By Jane Sheehan - British Foot Reader



How To Read Emotions and Personality Through Structural Analysis Of The Feet.

The first time I ever experienced a reflexology treatment, I was amazed at just how much they could tell about the health from working the feet. But even more amazing were the emotional reactions that I experienced. Every time they touched my big toe, I had tears

streaming down my face. Every time they moved away from the big toe, it stopped. It was repeatable on both feet. It was this first experience that led me into studying reflexology. At the end of the reflexology course you had to do 65 hours of case studies. Every single one of my case studies also had emotional reactions. My curiosity led me into foot reading.

So, What Kind Of Things Can You Tell From Reading The Feet?

Can you wiggle your little toe separately from your fourth toe? Wiggle your little toe from left to right. Are you able to wiggle it? If you are, you love adventure, challenge, constant stimulation. And if things start getting too routine you're at your most destructive – deliberately upsetting the applecart to see what will happen! If you can't wiggle your little toe you want the routine.



What's My Line?

If you draw a line across the toes and all the toes sit on the straight line (see attached drawing "5 toes in line") then you pay attention to details. You may drive people mad with your perfectionism. You like doing things from start to finish, one step at a time, everything in the right order and will hate being interrupted in the middle of anything! If you offer me your notebook to write in and I write on the middle page, you'd freak. It has to be at the beginning, right?!

If you have very big toe pads then you are a very deep thinker too.

Are You Emotional?

Look at the 2nd toe (next to the big toe). If your toe is narrow at the base, widening at the tip of the toe, then you are most definitely a drama queen! You will express your emotions in an exaggerated way. That's great if you are in a good mood. But if you are mildly annoyed, then the person on the receiving end gets the message loud and clear! Probably greater than you'd intended! But don't worry, it'll blow over as quickly as it happens.

If the ball of your foot is swollen then you are holding on to old emotions. If there's also a callous then you are protecting yourself so that no-one knows how you are feeling. You're bottling things up.

Does Size Matter?

Tee Hee! I always compare long feet and short feet to the school disco. If you have short feet, you'll be the wall flower at the school disco – you like to sit back and observe and see what's going on before you jump into the fray. However, if you have long feet, you'll be the one in the centre of the dance floor dancing the funky chicken! You want recognition for your merits. Very long feet mean a love of the limelight, a need to be the centre of attention. So if we want to upset you, we can completely ignore you!

What About The Arch Of The Foot?

Look at the soles of your feet. Have you got a high arch or flat feet? If you have a high arch you will be independent. The higher the arch the more independent. You will need to spend time on your own in order to recharge. If you have flat feet, then you will love being in a group. That's how you re-energize. You don't want to spend too much time on your own.

(Jane is a fully qualified and experienced Reflexologist and will be touring Australia in September and October 2007 - please see her advertisement for further details. Jane is also author of "Let's Read Our Feet!".)



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GETTING TO KNOW YOU

INTRODUCING

LLOMA TAYLOR FROM MUDGEES, NSW



What initially drew you to do reflexology?

I heard a friend talk about a lady across the street that did Reflexology and immediately I felt the need to learn it myself.

How long have you been practising?

10 years

Where is your practice?

I work from home or the local Health Food store in Mudgee, NSW.

Do you offer a mobile reflexology service?

Yes, I do, I now have my new recliner chair.

On average, how many clients do you see each week?

Not too many yet, I moved to Mudgee about a year ago and gradually I am becoming known in the town and surrounding areas. Word of mouth works wonders.

Do you have a specific style of reflexology?

I use whatever treatment that suits the client and their healing.

Do you have a specific area of expertise/interest?

No, I feel everyone can benefit from natural healing but I do love working with the elderly and children.

What courses have you attended recently that you found to be useful to your practice?

I am an ongoing student of Energy Healing. It works well together with Reflexology.

Do you combine any other modalities with your reflexology treatments?

Energy healing using colour is a great combination and I love to finish with a lymphatic drainage with aromatherapy (essential oils with a carrier oil) to suit the client's needs.

Where do you want to see reflexology in the health system?

Side by side with all health workers, after all, don't we all have the same intention and that is to heal other human beings in need.

What is your greatest moment with reflexology?

Everytime I see the smiling face of my client after their treatment.

What was the most difficult situation/biggest challenge you found yourself in as a reflexologist?

Knowing me and working on myself. You can only truly

love yourself when you know you.

If you could pick anyone in the world, who would most like to give a reflexology treatment to?

A sick child. Their feet are so soft and they are open to the healing I can offer them.

What could you not live without?

Love.

And finally, what advice would you give to new graduates of reflexology?

Like my teacher said and the words are true:

"Always work with Intention, Attention and Love"

I have never forgotten those words.

INTRODUCING

JENNIFER HILL FROM MELBOURNE



My name is Jennifer Hill and I am a Victorian Director on the National Board. Initially I was elected as Treasurer, but am now more comfortable in my role as a member of the Finance Committee with Sarah Blain, Anne Young and Cheryl Waters.

I first read a book about reflexology 30 years ago. However, travel and family commitments meant that I was

only able to start my studies in 2001, graduating in 2005. So I am, as you can see, very new to reflexology. However, my background is secretarial and over the last 5 years of my career I worked as secretary to the Board of a large membership organisation going through the changes from State based associations to a national body. I feel this has given me some insight into difficulties and challenges faced by volunteer Board members and some sympathy with demands that are made upon you all by juggling personal, work and reflexology commitments. I do have good organisational skills and hope that I can make a contribution to a great Association.

**Regards
Jennifer Hill**

PS – On a more personal level I have a husband, 2 teenage boys, a golden retriever, a large garden which I find very challenging and a bicycle that I am trying to ride more often!

2007 CPT EDUCATION

Members wishing to submit articles for publication of case studies, articles or reviews for State newsletters, FootPrints or other professional journals specifically related to Reflexology are encouraged to share your knowledge and experience with our members.

The content required is: **articles 950 words, book reviews 500 words.**

CPT points earned – 3 per article/limit 10 points.

Libby Stark – CPT Co-ordinator

Date 2007	Presenter	Training Title	Location
June 15-17	Emma Gierschick Michelle Siebert	Somatic Reflexology Hand Reflexology	N.Z Conference Palmerston North jillpeepoday@inspire.net.nz
June 16 & 17	Norma Weaver	Ortho-Bionomy Exploration of Movement	Sydney Norma Weaver 0400 368 971
July 7 & 8	Lyndall Mollart	Maternity Reflexology – Part 1	Sydney Sue Ehinger 02 4976 3881
July 21 & 22	Tito Pignetti	Foot Mobilization	Sydney Sue Ehinger 02 4976 3881
July 28 & 29	Master Zhang Hao	'Chi' Acupressure	Newcastle 02 9899 9823
August 11 & 12	Lyndall Mollart	Maternity Reflexology – Part 1	Brisbane Heather Edwards 07 3804 0128
August 10, 11 & 12	Lyn Hatswell	Metamorphosis	Sydney Sue Ehinger 02 4976 3881
August 18 & 19	Master Zhang Hao	'Chi' Acupressure	Sydney 02 9899 9823
August 18 -21 24 - 27	Lone Sorensen	Facial Reflexology Modules 1 & 2 Modules 3 & 4	Perth robyn@forshaw.org
August 29 & 30	Dr. Martine Faure- Alderson	Craniosacral Reflexology- Part 2	Sydney Sue Ehinger 02 4976 3881
August 31 Sept 1st	Dr Martine Faure Alderson	Craniosacral Reflexology –Level 3	Sydney Sue Ehinger 02 4976 3881
Sept 1 & 2	Bruce Stark Norma Weaver	Ortho-Bionomy Phase 4	Sydney 0417 477 686 Hunter Valley Sonya Leslight 0412588709
Sept 7 & 8 9 & 10	Dr. Martine Faure Alderson	Craniosacral Reflexology – Basic Craniosacral Reflexology - Advanced	Perth Brigitte Johnson 08 9387 1305
Sept 7 - 9	Jacqui Bushell	Reiki 1 & 11	Wentworth Falls Retreat 02 4782 7786
Sept 8 & 9	Lilian Tibshraeny- Morten	12 Meridians & 5 Elements - Basic	Brisbane Heather Edwards 07 3804 0128
Sept 10th	Lilian Tibshraeny- Morten	12 Meridians & 5 Elements - Ad- vanced	Brisbane Heather Edwards 07 3804 0128
Sept 12th	Hanne Marquardt	Hanne Marquardt Workshops	Brisbane Heather Edwards 07 3804 0128

2007 CPT EDUCATION

Date 2007	Presenter	Training Title	Location
Sept 14 - 16	International Council of Reflexologists	ICR Conference	Cairns Nth. Queensland Australia icr2007@yahoo.com.au
Sept 17 & 18	Dr. Martine Faure-Alderson	Craniosacral Reflexology Introduction - Level 1	Cairns - Heather Edwards 07 3804 0128
Sept 17 & 18	Dorthe Krogsgaard Peter Lund Fransden	Round about: Stress Luxury workshop	Mission Beach Cairns Mafalda Bojanic 03 9894 0015
Sept 18th	Hanne Marquardt	Hanne Marquardt Workshops	Cairns - Heather Edwards 07 3804 0128
Sept 21 & 22	Dr. Martine Faure-Alderson	Cranio Sacral Reflexology Advanced – Level 2	Brisbane - Heather Edwards 07 3804 0128
Sept 22 & 23	Jane Sheehan	Foot Reading Workshop	Brisbane jane@footreading.com
Sept 22 & 23	Dorthe Krogsgaard Peter Lund Fransden	Round about: The Shoulder	Brisbane - Mafalda Bojanic 03 9894 0015
Sept 22 & 23	Norma Weaver	Ortho-Bionomy Phase 4	Wagga Wagga - Janelle Martin 0407 204 875
Sept 23rd	Hanne Marquardt	Post Graduate Workshop	Perth - robyn@forshaw.org
Sept 23 & 24	Dr. Martine Faure-Alderson	Cranio-Sacral Reflexology Level 3—Lymphatic	Brisbane - Heather Edwards 07 3804 0128
Sept 27 & 28	Dorthe Krogsgaard Peter Lund Fransden	Round About: The Foot	Sydney - Mafalda Bojanic 03 9894 0015
Sept 29 & 30	Dorthe Krogsgaard Peter Lund Fransden	Round about: Headache	Melbourne - Malfalda Bojanic 03 9894 0015
Sept 29 & 30	Jane Sheehan	Foot Reading Workshop	Sydney - jane@footreading.com
Sept October	Simon Piers Gall	Thai Foot Massage	Brisbane, Sydney, Melbourne, Adelaide, Perth – Mandy Ffrench 07 5545 3890
October 5 & 6	Sharon Stathis	Ayurvedic Reflexology Smart 1	Perth - Anne Clark 08 9332 4493
October 6 & 7	Jane Sheehan	Foot Reading Workshop	Melbourne jane@footreading.com
October 7 & 8	Sharon Stathis	Ayurvedic Reflexology Smart 2	Perth - Anne Clarke 08 9332 4493
October 13-14	Jane Sheehan	Foot Reading Workshop	Perth - jane@footreading.com
October 21 & 22	Chris Stormer	Feel at <i>Home</i> with your Feet	Sydney - Sue Ehinger 02 4976 3881
October 27 & 28	Chris Stormer	Feet Glorious Feet	Brisbane - Jan Williams janwilliams29@hotmail.com
Nov 3 & 4	Norma Weaver and Bruce Stark	Postural Reeducation and Post Technique	Sydney 0400 368 971 0417 477 686
Nov 10th	Patricia Clune	Personal Angels	Sydney - Sue Ehinger 02 4976 3881
Dec 7 & 9	Jacqui Bushell	Reiki 1 & 11	Wentworth Falls Retreat 0247 827786

FOOTPRINTS JOURNAL

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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 Editor, 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 (in Text File or Word for Windows File) to the Assistant Editor. Faxed articles are not acceptable as they do not scan well. Pictures can be sent as TIF files, JPG files or PDF files.
4. If an article has been previously published, written permission from the author/other publication will be required. The Assistant Editor 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 Assistant Editor reserves the right to make alterations to or reject an article for publication. Where substantial changes have to be made, the Assistant Editor will show the final copy to the author, time permitting.
7. Advertorials will not be accepted.

Advertising Price Increase

Inside front and inside back covers – Enquiries to Judee Hawkins

It has regrettably become necessary to increase the advertising charges in Footprints as follows:

Display advertisements		Current Price	Effective 1.07.07
Full page	26 cm deep x 18 cm wide	\$200 per issue	\$250 per issue
Half page	13 cm deep x 18 cm wide	\$110 per issue	\$137 per issue
Quarter page	13 cm deep x 8.5 cm wide	\$ 60 per issue	\$ 75 per issue
Eighth page	6.5 cm deep x 8.5 cm wide	\$ 40 per issue	\$ 50 per issue

- ◆ The new charges will take effect from and including the September 2007 issue.
- ◆ All rates include GST
- ◆ Members of the Reflexology Association of Australia receive a 10% discount on the above rates only.

Inserts

- ◆ Per A4 sheet: to all States \$200 - **New Price Effective 1.07.07 - \$250**
- ◆ to an individual State \$0.50 per copy - **New Price Effective 1.07.07 - \$0.63**

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All Enquiries Contact

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Email: secretary@reflexology.org.au or Mobile: 0412 187 238.

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- ◆ Firm arrangements for payment must be made for at the time of booking.
- ◆ Display advertisements must be submitted by the copy deadline (see below).
- ◆ FootPrints is distributed at the end of the month of issue, i.e. March, June, September and December.

COPY DEADLINES

March Issue: February 1 **June Issue:** May 1
September Issue: August 1 **December Issue:** November 1