

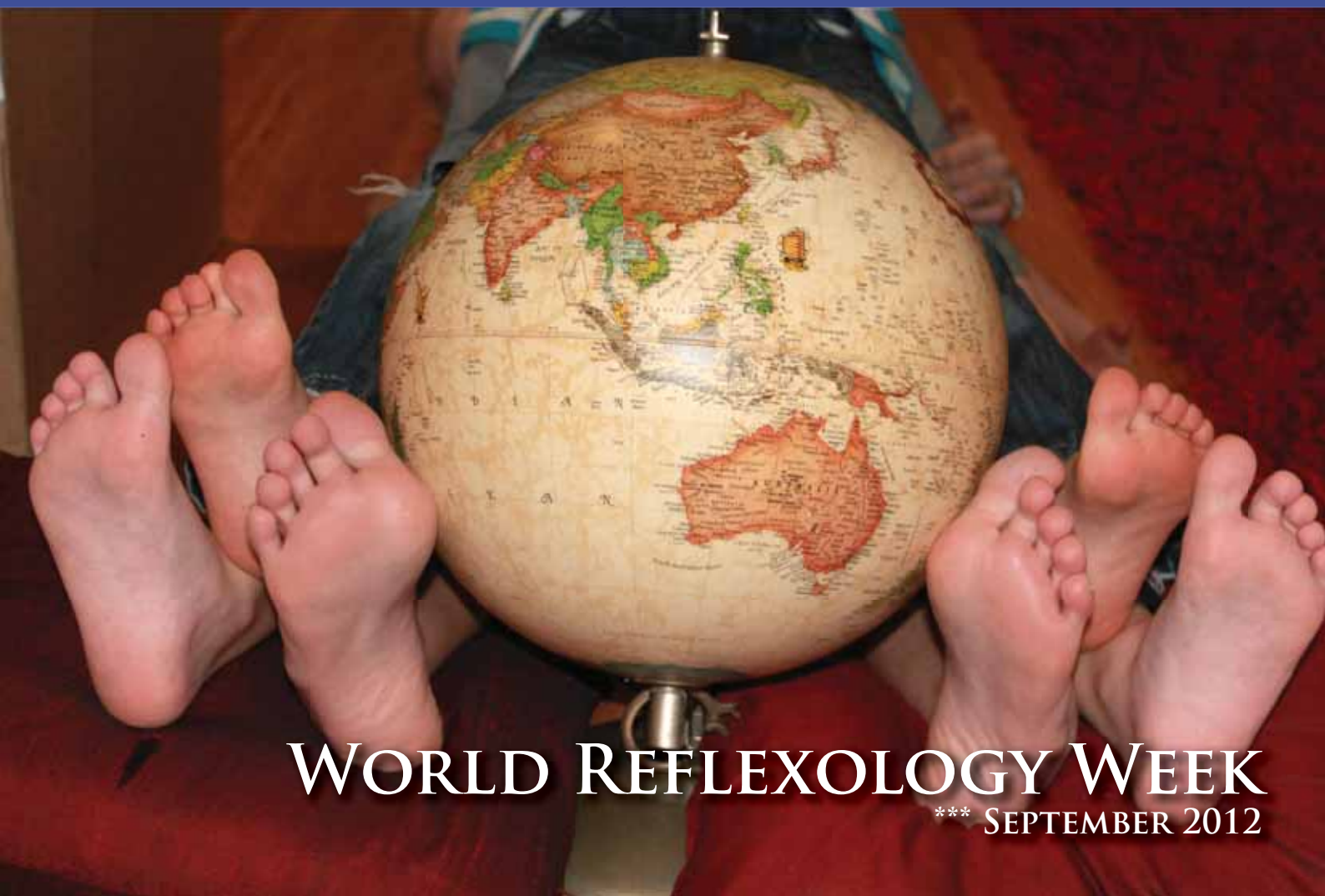
# FootPrints



The Journal of the Reflexology Association of Australia

VOLUME 16 No. 3

SEPTEMBER 2012



**WORLD REFLEXOLOGY WEEK**  
\*\*\* SEPTEMBER 2012

## Inside this Issue

CPT Education—Calendar of Events	2	Summary of July Board Meeting	13
Newly appointed Director of RAOA	2	Caring	14
Building your business	3	Using Reflexology to help the aging body	15
Spinal Reflexology—An Introduction	4	What is ... East Asian Medicine?	16
Dealing with fears and blocks	6	Book Review	17
An amazing journey with Metamorphic Technique	7	Oedema	18
TV's celebrity foot reader says: Let's get down to business!	8	Case study	19
Ear problems in flight affect all ages from babies to adults	10	A Singaporean experience	21
Walking the Labyrinth	11	State matters	22
Reflexology in the Outback ... Part 2	12	Branch contact details	24
		FootPrints—Contacts, guidelines and deadlines	24



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## From the President's desk ...



Welcome everyone to the new membership year. An exciting year lies ahead with plenty of opportunities to grow reflexology. Thanks to the efficiency of Jan, Jenn and Leanne in the Administration office the majority of renewals has been completed. Congratulations ladies!

The big event for the year is our National Conference. The Tasmanian branch has been working tirelessly to bring you an amazing event. It really is an 'all hands on deck' effort as there are less than 20 active members in the State. I congratulate them for their persistence and commitment to the Association in organising a workshop style event this time and look forward to this experience.

After several months of wondering how we were going to find members to fill the vacating positions on the Board of Directors, everything has finally come together in the very best way. Catherine McIver has joined Karen Bishop from WA, Gretel Spiegel and Marie Duggan join us from NSW and Chrissy Atkins has come on from QLD. We look forward to a most productive 2012/2013 year in reflexology and the development of the Reflexology Association of Australia into the future.

I would like to take this opportunity to sincerely thank Judee Hawkins, Glenda Hodge and Christine King for their invaluable participation on the Board of Directors. Welcome to Catherine, Chrissy, Gretel and Marie as the new Directors and best wishes for fulfilment and success in this challenging part of your reflexology careers. It is my pleasure to announce the allocation of positions for each of the Directors. Firstly the Executive: President – Heather Edwards; Vice President – Chrissy Atkins; Secretary – Gretel Spiegel; and Treasurer – Catherine McIver. Each Director has a committee for which they will be responsible and they are: Communication/Promotions – Jo Impey; Conference – Lynda Kidd; CPT/WHS – Susan Ramsey; Education – Heather; Public/Government/Medical Relations – Marie Duggan and Gretel; Research – Chrissy; and Social Media – Karen Bishop. We look forward to members from each branch becoming involved in each of these committees. If you have expertise in any of these areas or are interested in participating please make contact with the relevant Director. We envisage sub-committees across the country all working together for the growth and recognition of reflexology.

The Board meeting held in Melbourne 28/29 July was very positive with updated policy documents passed and considerable time spent on changes to the Constitution, Committee activities and Finance issues. Prior to the conference the office will be sending out documentation regarding the proposed changes to the Constitution. You will be required to vote on these changes in Launceston at the AGM on Saturday 29 Sept 2012. During 2012/2013 we are hoping to provide a greater variety of CPT opportunities such as more RAOA organised workshops with the availability of video and/or audio recordings for regional members who are unable to attend the workshops. For more details on the meeting see the report within this journal.

As I write this piece I send get well wishes to Jenn in the trust that she will make a speedy recovery from her recent health scare and send congratulatory wishes to our past President, Emma Gierschick and family, on the birth of little Amelia Rose Eiden.

I am sure that you will enjoy the varied content of this journal and look forward to seeing you at the conference.

Kind regards,  
Heather

September 2012

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Front cover: Photo supplied by Heather Edwards; Feet supplied by Flynn, Jordan and Candice.

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**Treasurer:** Catherine McIver  
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**Secretary:** Gretel Spiegel  
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# CPT Education—Calendar of Events

**Inclusion in the CPT Calendar of Events is a further bonus for advertisers**  
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2012	PRESENTER	TITLE	LOCATION/CONTACT
21 September (day 1) 22 September (day 2) 23 September (day 3)	Infant Massage Information Service (Natalie Burgess)	Certificate in Paediatric Massage Consultancy	Royal Perth Hospital, WA *(see below for details)
7 October (Sun)	Australian College of Chi-Reflexology (Maurice Federici)	Sports Reflexology	Springwood, NSW 9.30 to 5 pm **(see below for details)
13 October (day 1) 14 October (day 2)	Australian College of Chi-Reflexology (Sharon Hartley)	Lymphatic Drainage Reflexology	Springwood, NSW 9.30 to 5 pm **(see below for details)
26 October (day 1) 27 October (day 2) 28 October (day 3)	Infant Massage Information Service (Justine Poidevin)	Certificate in Paediatric Massage Consultancy	Gold Coast, QLD *(see below for details)
27 October (day 1) 28 October (day 2)	Australian School of Reflexology (Sue Ehinger)	Japanese Cosmo Face Lift	Willoughby, Sydney, NSW *** (see below for details)
27 October (day 1) 28 October (day 2)	Australian College of Chi-Reflexology (Sharon Hartley)	Foot Talk	Springwood, NSW 9.30 to 5 pm **(see below for details)
27 October (day 1) 28 October (day 2)	Dominique Meeroff from the UK (Mirko Casagrande)	Metamorphic Technique	Byron Bay, NSW **** (see below for details)
3 November (day 1) 4 November (day 2)	Dominique Meeroff from the UK (Mirko Casagrande)	Metamorphic Technique	Melbourne, VIC **** (see below for details)
10 November (day 1) 11 November (day 2)	Dominique Meeroff from the UK (Mirko Casagrande)	Metamorphic Technique	Sydney, NSW **** (see below for details)
10 November (day 1) 11 November (day 2)	Australian School of Reflexology (Sue Ehinger)	Auriculartherapy	Willoughby, Sydney, NSW *** (see below for details)
16 November (day 1) 17 November (day 2) 18 November (day 3)	Infant Massage Information Service (Sandra Katsikis)	Certificate in Paediatric Massage Consultancy	Royal Children's Hospital, VIC *(see below for details)
7 December (day 1) 8 December (day 2) 9 December (day 3)	Infant Massage Information Service (Justine Poidevin)	Certificate in Paediatric Massage Consultancy	Royal North Shore Hospital, NSW *(see below for details)
2013	PRESENTER	TITLE	LOCATION/CONTACT
22,23, 24 & 25 February	Australian School of Reflexology (Sue Ehinger)	Facial Reflexology 1 & 2	Willoughby, Sydney, NSW *** (see below for details)
<b>Presenter Details:</b>	* Infant Massage Information Service Ph: 1300 558 608 <a href="mailto:info@babymassage.net.au">info@babymassage.net.au</a> <a href="http://www.babymassage.net.au">www.babymassage.net.au</a>	** Contact: Moss Arnold Ph: 02.4754.5500 <a href="mailto:moss.arnold@chireflexology.com.au">moss.arnold@chireflexology.com.au</a> <a href="http://www.chi-reflexology.com">www.chi-reflexology.com</a> (courses run from 9.30 am to 5 pm)	*** Contact: Sue Ehinger Ph: 02.4976.3881 <a href="mailto:sue@reflexologyaustralia.com">sue@reflexologyaustralia.com</a> <a href="http://www.reflexologyaustralia.com">www.reflexologyaustralia.com</a>
			**** Contact: Mirko Casagrande Ph: 0422 442 447 <a href="http://www.MetamorphicTechnique.com.au">www.MetamorphicTechnique.com.au</a>

## World-Wide Conferences (courtesy of Reflexology World)

2012	PRESENTER	TITLE	LOCATION/CONTACT
28–30 September	Reflexology Association of Australia	National Conference— Stepping into the Future	Launceston, Tasmania <a href="mailto:2012conference@reflexology.org.au">2012conference@reflexology.org.au</a>
8–11 November	Reflexology Association of Canada		Toronto, Canada <a href="http://www.reflexolog.org">www.reflexolog.org</a>
2013	PRESENTER	TITLE	LOCATION/CONTACT
September	International Council of Reflexologists		Capetown, South Africa <a href="http://www.icr-reflexology.org">www.icr-reflexology.org</a>



# Newly appointed Director of RAOA



Marie Duggan – Director of Public, Government and Medical Relations

Marie has practised Reflexology for over fifteen years and is passionate about the benefits it offers. She has continued developing and evolving her skills in Reflexology with continual professional training. Marie has delivered Reflexology in many settings, corporate, medical and private clinics as well as teaching in adult learning colleges. Her experiences giving Reflexology treatments in cancer care, to people with disabilities, mental health conditions, highly stressed people and traumatised clients have taught her how important it is to be flexible and make every treatment unique to that person.

She has continued to grow by training as a Craniosacral Therapist and achieving Reiki Master/Teacher Level. Marie also offers Baby Massage Courses and Indian Head Massage. Complementary treatments are heart based so her intention is to work with each individual to overcome physical or emotional energy blockages.

Marie is pro-active in promoting Reflexology through research and working towards integration within the conventional healthcare system. She encourages every Reflexologist to proudly promote their modality and professional organisation by educating both public and healthcare providers. 🙌



# Building your business

The result of a World Reflexology Week promotion!

by Susan Jean Ramsay

One successful way to build your Reflexology business is to approach organisations and local businesses. Offer your skills to their staff, Management, and Board of Directors, family and friends.

The MWM Project, **Mature Workers Matter Project**, taking place within **Flexible Work Practices at West Coast Home Care** is about an opportunity regarding Reflexology getting exposure. It is an example of one of the possibilities for our members to work in a corporate environment.

## Staff WELLBEING Sessions— How did this happen?

During World Reflexology Week 2010 I offered short sessions to the Staff, Management, Board, family and friends of West Coast Home Care over three days. A Reflexology flyer was given to each person who received a session.

West Coast home Care is a non-profit Community Care organisation with eight staff, a Board of Directors, 120 contractors, nearly 400 clients and two units for respite care. The organisation cares for people in their homes from the Lower Eyre Peninsula District Council, Tumby Bay District Council and Port Lincoln Council. The organisation has a vehicle for transport (Tarago People Mover) as part of a collaborative project with Australian Red Cross and Mathew Flinders Homes Inc. A combination of Government funding, client contributions, donations and community business sponsorships help maintain the organisation.

From memory no-one had experienced reflexology before. Something very special must have happened during the sessions because the organisation's Senior Care Manager asked at a staff meeting if staff could possibly receive a regular session once a month for their wellbeing, paid for by the organisation. Each staff member is provided with a half hour session of relaxing massage; either foot (reflexology) or body (massage), by an Accredited Remedial Massage Therapist and Reflexologist. The treatments are eagerly looked forward to. Partners and family members are able to also receive treatment at their own expense.

The professional practitioner is contracted by the organisation to provide the sessions once a month over a 12-month period. The practitioner provides all the equipment and sets up in the Meeting Room with a screen to provide additional privacy. My skills are accessed once a month through a contract with the organisation.

The sessions began as a one-off 'treat' for staff members at the conclusion of a triple quality audit (QIC, ASES and HACC). It was so successful that when the possibility of ongoing treatments was raised everyone concerned delightedly accepted it.

## Benefits:

- ◆ Staff members feel valued and morale has improved.


- ◆ Staff members rarely take sick leave, their wellbeing has improved, and they are more aware of preventative measures through the holistic education.
- ◆ WCHC has a local reputation as a 'preferred employer'.
- ◆ The practitioner has gained additional work and clients through also being available for family members.
- ◆ The practitioner has agreed to provide treatment sessions for clients participating in our new project 'Outside the HACC Square Social Support'.
- ◆ The half-hour sessions are provided at a reasonable cost and clients are asked to make a contribution where possible.

The aged and community care peak body Aged & Community Services SA&NT together with Employers Mutual were sponsors of the Mature Workers Matter Project in which West Coast Home Care staff participated. They requested examples of Flexible Work Practices which resulted in outcomes such as improved staff morale. The Wellbeing Sessions were provided as a positive example and this is featured on the Mature Workers Matter section of the Aged and Community Services SA&NT website.

Source: <http://www.agedcommunity.asn.au> 🙌



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# Spinal Reflexology—An Introduction

by Phil Nuttridge

## Phil Nuttridge gives us a brief introduction to his unique form of Spinal Reflexology

Using one body part to assess and treat the whole body is not going to be an alien concept if you are reading a journal for reflexologists. What may be a little more surprising is how you can use the spine and a little knowledge of Chinese medicine to delve into the rich and often complex interaction of the mental, physical and emotional in our clients. This is the world of Spinal Reflexology.

### Qi

Let me start with a brief tour of Chinese Medicine. Of the many concepts of Chinese medicine, one of the most central is the idea of Qi (pronounced *chee*). The concept of Qi is both simple and yet also profound. Often translated as 'life force', Qi is the stuff that pervades all of the processes within our bodies. It warms, lifts, transforms and holds things in place; it controls the shape and flow of our thoughts, emotions and feelings. Qi ultimately determines how we interact mentally, physically and emotionally with the outside world. In many senses, it defines who we are and defines those characteristics that make us unique.

Just like blood and lymph, Qi flows through our bodies but they have a dedicated series of channels known as *meridians*. The Chinese concept of pathology is critically dependent on this flow of Qi. Where we show signs or symptoms of illness, these are attributed to an interruption in the smooth flow of Qi somewhere in the meridian system in our body. Diagnosis and treatment is then a matter of indentifying where this flow has been disturbed and taking steps to restore that smooth flow.

That of course sounds straight forward enough but, of course, the devil is in the detail!

### Meridians and Acu-Points



Figure 1: Pathway of the Small Intestine meridian

We have many meridians in the body but of particular interest to us here are the twelve 'ordinary' meridians. Each of these is named after an organ of the body—Small Intestine, Bladder and Liver to name just three. One of these, the Small Intestine meridian, is shown in Figure 1. The keen-eyed amongst you will notice that the pathway shown here is nowhere near our small intestine

(the upper part of the bowel). What is shown in the diagram is the *superficial* part of the meridian—the part of the meridian that flows nearest the surface of the skin. Whilst the meridian does have a deep internal branch that connects to the bowel, the part of the meridian that is of most interest to therapists is the part that can be manipulated and that of course, is the pathway nearest to the skin. Whilst the pathways of these meridians are important, of particular interest are specific points on these meridians known collectively as *acu-points*. These acu-points are places on the meridians that when manipulated have a profound effect on the Qi flow in the whole of that meridian and sometimes in other meridians too. The acu-points can also be used as a means of determining the state of Qi flowing through the associated meridian.

### A deeper understanding

You may remember I described how the Chinese philosophy describes dis-ease as the result of our Qi flow being disturbed. As we have twelve ordinary meridians and numerous other meridians, how do we know which meridian is involved when we show signs of illness? Well, within the philosophy, the Chinese assign many aspects of physical, mental and emotional well-being to each of the meridians and their associated organs. When the Qi in any particular meridian is out of balance, we will expect to see imbalances in those physical, mental and emotional attributes.

If we consider the example of the Small Intestine meridian more closely we can see this inter-play in action. The small intestine (in the Western sense) is the part of the digestive tract where food is broken down into useful substances that are absorbed; the remaining undigested substances are then passed to the large intestine for elimination. Whilst the Chinese encompass this role of the Small Intestine into their philosophy, their description of its role is much broader. Firstly, the Small Intestine controls the parts of the body through which its meridian passes and so any imbalances in its Qi flow may reflect as pathology in those areas. Referring again to Figure 1, Golfers' Elbow and rotator cuff injuries can be attributed to imbalances in the Small Intestine because the meridian passes through the areas affected by these conditions. The Chinese also label the Small Intestine as the '*sorter of the pure from the impure*' (this is its Western function but taken to a metaphorical level). So the Small Intestine is key in discernment and judgment and also in being able to sort what is important from what is not (just like it sorts food into what can be absorbed and what cannot). Someone who often gets bogged down in detail and is unable to see the bigger picture could be someone with an imbalance in the flow of their Small Intestine Qi.

This aspect of the philosophy is vast and very involved but the table in Figure 2 summarises some of these key concepts for all twelve ordinary meridians.

Continued on page 5

# Reflexology Association of Australia

Spinal reflexology  
Continued from page 4

MERIDIAN/ORGAN	CHINESE ROLE	EXAMPLES OF IMBALANCE
Lung	Prime Minister	<ul style="list-style-type: none"> <li>Chronic coughs and lung disorders</li> <li>High or low blood pressure</li> <li>Profound sadness</li> </ul>
Large Intestine	Minister of Transportation	<ul style="list-style-type: none"> <li>Tennis elbow, shoulder tendonitis</li> <li>Dry skin and hair</li> <li>Problems with letting go</li> </ul>
Kidney	Minister of Power	<ul style="list-style-type: none"> <li>Listlessness</li> <li>No will power</li> <li>Medial Knee pain</li> </ul>
Bladder	Minister of the Reservoir	<ul style="list-style-type: none"> <li>Lower Back pain</li> <li>Jealousy and suspicion</li> <li>Fear</li> </ul>
Liver	Chief of Staff	<ul style="list-style-type: none"> <li>Headaches</li> <li>Weakness in tendons and ligaments</li> <li>Poor insight and intuition</li> </ul>
Gall Bladder	Honourable Minister	<ul style="list-style-type: none"> <li>Hip pain and Sciatica</li> <li>Poor muscular strength</li> <li>Timidness and indecisiveness</li> </ul>
Heart	The Emperor	<ul style="list-style-type: none"> <li>Triceps pathology</li> <li>Poor short term memory</li> <li>Fragile emotions</li> </ul>
Small Intestine	Minister of Sortation	<ul style="list-style-type: none"> <li>Golfers' Elbow</li> <li>Irritable Bowel disorders</li> <li>Poor judgment</li> </ul>
Pericardium	The Emperor's Protector	<ul style="list-style-type: none"> <li>Carpal Tunnel Syndrome</li> <li>Allergies such as hayfever</li> <li>Detached emotions</li> </ul>
Sanjiao	Minister of Irrigation	<ul style="list-style-type: none"> <li>Tinnitus</li> <li>Elbow pain</li> </ul>
Spleen	Minister of the Granary	<ul style="list-style-type: none"> <li>Poor muscle tone</li> <li>Oedema</li> <li>Worry and pensiveness</li> </ul>
Stomach	Minister of the Mill	<ul style="list-style-type: none"> <li>Lateral Knee pain</li> <li>Nausea and vomiting</li> <li>General digestive disorders</li> </ul>

Figure 2: Table showing the roles of each of the meridian systems and examples of how imbalance may manifest

## Spinal reflexology

So how do we use all of this information in Spinal Reflexology? Either side of the spine we have twelve acu-points that correspond in turn to each of these twelve meridian systems. These are collectively known as the *Back Transporting Points (BTPs)* and these are shown in Figure 3.

Each of these BTPs can be considered as portals to their respective meridian system. Applying light and then firm pressure to each of these points gives us a good indication of whether the Qi in the associated meridian systems is in excess or deficiency. Where there is such imbalance, we can then use simple manipulation and 'balancing' techniques on these same points to bring about changes in the associated meridian system. To add to the effectiveness of the treatment, we can then also manipulate specific acu-points on the meridian systems we are treating.

This is the essence of Spinal Reflexology. Whilst understanding many of the finer points of this philosophy takes much practice, the basic skills can be taught in a few hours. These skills can then be performed as a self-contained treatment or very easily incorporated into existing treatments achieving powerful results.

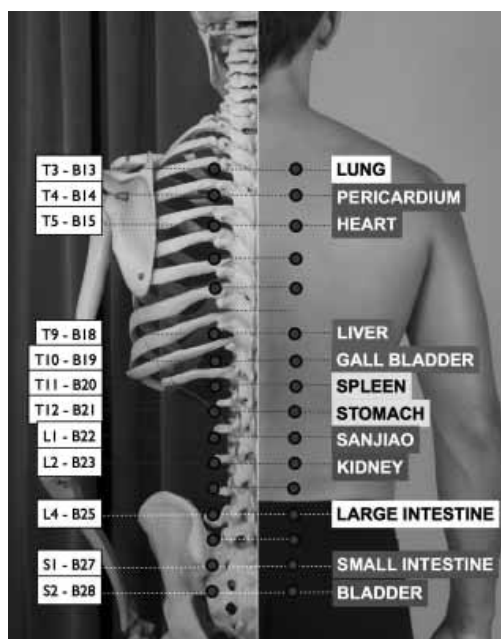


Figure 3: The Back Transporting Points

For the full version of this article and for more information on Spinal Reflexology, please go to [www.spinalreflexology.com](http://www.spinalreflexology.com) or contact Phil on [philnuttridge@aol.com](mailto:philnuttridge@aol.com)

# Dealing with fears and blocks

Often we are our own worst enemy as we allow our fears and blocks to rule our lives. We need to ask ourselves whether or not they are real or merely our imagination getting the better of us. Imaginary danger may never occur!

We do a better character assassination on ourselves than any sniping by a critic ever could. Reversing the trend takes time and practice—but pays big dividends. Asking yourself the hard questions allows you to face the fears, take responsibility for them and discover the action that will unfreeze you.

Overcoming the '*Universal Lie*': The first trick is to discover all the lies you tell yourself about your shortcomings and turn these into a positive truth.

A good exercise is to write down five major negative thoughts you have about the way you do your business. The results could look like this:

*I don't know enough about business to succeed.*

*Too many other people are doing this already.*

*I'm not ready for this yet.*

*I don't think I could motivate myself enough to do this.*

*I'm not sure I could handle the responsibility.*

Next you analyse these thoughts to see if you can capture the essence of them in one simple sentence. In the case of the above, the person would have little confidence. Agreed?

This is called a *Universal Lie*. It is a *cop out* you provide for not beginning to do something. It gives you something to blame instead of taking the responsibility for change.

You want to succeed right? So what do you do next? You change the *Lie* to a *Truth* by turning it on its head. You would replace the '*I have no confidence*' with '*I am confident*'. But, and we are all good at the '*buts*', you are not convinced of that yet. Perhaps you have come up with an affirmation but you don't really believe in it. There is an alternative method to implant the new positive thought into your mind.

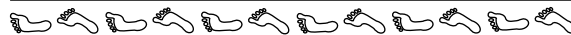
Take a piece of paper (the biggest you can find) and rule a line down the middle. On the left-hand side you will write your *Universal Truth*. On the right-hand side you will write down your reactions to this statement.

The first reactions are usually negative like *B\*\*\*\*\*t* or *Pigs!* This is a normal human response. You have stickability, remember, so you keep going until you can write with confidence—'*I am confident*' or '*I am successful*' or whatever else your *Truth* is.

When you have done this, you have created a positive belief system for yourself and can create miracles!

Remember that what is your *Truth* may not be someone else's *Truth*. Everyone has to find their own *Truth* in their own way and while your experience may help another, it is not the only way...

The bulk of this article is from p.21 of '*Doing Business with the Universe*' by Amy Longshaw. 🙏



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Mirko 0422 442 447

# An amazing journey with Metamorphic Technique

by Dominique Meeroff, leading metamorphic technique teacher

When I first discovered the Metamorphic Technique I was busking for a living, studying reflexology, and renting an unheated flat in North London. A woman on my course handed me Gaston Saint Pierre's book 'The Metamorphic Technique'. She'd had amazing experiences using this loving touch on her child with learning difficulties. After sessions she seemed much happier, more responsive, and more open to the world around her.

I was so eager for a big change in my life that I immediately booked into the workshop. Afterwards we were asked to give 50 sessions and receive 20, to qualify as a practitioner. I worked on myself in the evenings while watching television.

Although I didn't really notice much changing, my busking income quadrupled over the next few months. I wondered whether I might be able to buy a flat. This had always felt like an unattainable goal for a starving artist like myself. Growing up in Canada we never owned our own home and did not know many people who did.

To my amazement I was offered a mortgage, then manifested the huge deposit I needed, and bought a beautiful flat, in a converted chapel overlooking the London skyline.

This was a quantum leap for me. Then, six weeks after moving in to my new home, I was doing a Metamorphic Technique swap with a woman I'd met on the workshop. Out of nowhere I said 'I am going to teach metamorphic technique workshops in India with dancing and yoga'. Nine months to that very week I was in Goa, teaching at the retreat just as I'd pictured.

Again, my life force was bringing out my true potential, although all of this was way beyond what I'd ever imagined for myself.

Now as one of the busiest Metamorphic Technique teachers, I see this kind of transformation all the time. Someone comes for a session. Often they feel very stuck, but I know that on a deeper level they are already in movement or they would not be drawn to this work. Without ever having to discuss issues or problems we sit together and I gently stroke the spinal reflex points on their feet, hands and head. Later, they come back with amazing stories of new movement, breaking out of 'stuckness', their bodies healing and much more.

A Canadian guitar player came for a ten minute taster session at the health center where I practiced. He played eight nights a week in a West End Show. The severe Repetitive Strain Injury on his wrist was constantly throbbing. A week later he popped in to see me. 'I don't know what you did to me, but my pain has completely disappeared' he said. Of course I hadn't done anything at all, his life force had simply transformed a physical block.

Another man came into the shop. He chatted away as I did his feet, confiding that he was desperate to meet

someone and start a family. He had not had a date in over two years. That night two women offered him their phone numbers and he started a long-term relationship with one of them.

This practice is gentle, loving and simple and anyone can do it. We touch points that correspond to our time in the womb. Gestation is a formative time when we establish the blueprint for our life to come. When the mother has a shock or stress during this period it is the beginning of a pattern that will shape us later on. These patterns show up as our beliefs, our emotional challenges, behavioral patterns or physical blocks.

At four and a half months gestation we establish how we will go out into the world. If mum is upset at this time, it may manifest as someone who won't get out there and be seen. This is the student who finishes their degree and rather than go out to work decides to take another degree, and then another. It's the artist, writer or musician who can't get a deal despite their obvious talent.

Our mother's tension in the first half of gestation will shape our sense of self. These early stresses also affect our sense of belonging and feeling safe in the world. They may appear as patterns like: I'm not good enough; I'm not creative; and, it's not ok to shine.

In the last four months we set up how we will be in our relationships: some struggle as the outsider, others as the underdog, the victim or the bully, the know-it-all, or the loser in love.

Towards the end of our term we go through the birth canal to begin our new and independent life beyond the womb. If this experience is difficult the pattern can show up as a fear of moving forwards, a reluctance to let go of the old relationship or job one may have outgrown, or even an unwillingness to renew yourself as a person.

The essence of this practice is best explained by a simple analogy. A sunflower seed knows that it wants to grow into a tall yellow flower that reflects the sun. Yet all that potential amounts to nothing until the seed finds its soil. It needs a catalyst to unleash its growth and movement. The earth has no agenda around the seed's evolution. It does not try to shape or mould it, but the contact between the earth and the seed is a catalyst, which leads to action.

Just as the seed's life force knows what it wants to become, an individual's life force and innate intelligence know exactly how to grow, even when one does not consciously know how to move forwards. A metamorphic technique session is a gentle and neutral catalyst. Individual potential can unfold, coming from within, in a way that will always be right.

As a practitioner, we offer this loving touch and then keep out of the way, allowing space for whatever needs to happen. We trust life and trust the client's life force, which knows how to transform perfectly. ☺



# TV's celebrity foot reader says: Let's get down to business!

by Jane Sheehan—[www.footreading.com](http://www.footreading.com) or Email [jane@footreading.com](mailto:jane@footreading.com)

When I left my day job to become a full time therapist, if anyone had tried to use business buzz words or any corporate jargon on me, I would have been instantly turned off. I was trying to leave the rat race and follow my passion. These dry, boring, greedy, corporate-world relics had no part in my plans for my future.

Here I am seven years later with a thriving practice and a rather shame-faced apology to those corporate and business gurus. Not only have I learned an awful lot from all the other businesses out there but I've written *'Sole Trader—The Holistic Therapy Business Handbook'* to share that knowledge with fellow therapists. Our key role as a therapist is to help people, and a salesman's role is to help people make informed decisions too. The skill-set need not be that different. Some years back I started embracing the corporate training world again, seeing what pearls of wisdom I could glean and translate into my holistic therapy business. I discovered that my local University had an entrepreneurship degree and for one term a year they invited speakers to talk to the entrepreneurship students and allowed the general public to attend for FREE. So there I am, every Wednesday evening listening to some high profile business personalities such as Tony Goodwin from Antal International and Bill from Prestat Chocolates. (How could I forget Bill—he brought free samples for us to try!)

Last week I heard a talk by Jeremy Blake of Reality Train. He was sharing with us a theory by David Rock about how to build rapport (with a view to selling to the customer). But I was hearing it at a multi-level. Not only could I use this information to help me to sell my therapy but I could also use this information during the therapy to help build a better relationship with the client. Fantastic!

He told us *'Don't act, be yourself. Clients can detect disingenuousness'*. For those of you on a small income, income is income. A regular income is better than sporadic income even if it is smaller. So if you could offer a deal to your therapy clients where they block book a few treatments, you could reduce the price a little in exchange for the regular, easy to anticipate income that can help you budget better.

**Sell to people who are in the mood to buy.** I've created my whole business on this principle. I understand that the sort of people who are in the mood to buy training courses on foot reading are therapists. It would be a waste of time and money trying to sell my courses to the whole of the general population when there are a group of therapists who are members of a therapy organisation and I can get my message to them directly, easily and cheaply. Why would I waste more effort on reaching people who probably aren't interested?

**Help your team to collaborate.** At first I thought, *I'm a sole trader. I haven't got a team.* But on reflection, I have. The people who are happy about my work spread the word about it. I have an assistant who helps with

the paperwork. I have clients who often give me useful information. So here's the model for getting your team to collaborate—it's based on the acronym SCARF:

**Status** – Increased social status and increased social support correlate with the density of dopamine receptors in an area of the brain that relates to motivation and reward.

How you talk to a person, offering support and enhancing their status can have a physiological effect. I thought a lot about this one. When we attend exhibitions, we often wear a suit and tie or other business uniform, giving off an air of authority. I wonder if we are putting some people off approaching us. My ideal client is someone who is in touch with their feelings, so I often wear big yet interesting pieces of jewellery. Often the conversation on my exhibition stand begins with *'Oh, I like your necklace'* and from there, it's easy to have a natural conversation that leads to *'What are you doing here anyway?'* It's selling without selling. The Effective Opener in retail sales is the first part of the sales strategy. Elmer Wheeler said *'Your first ten words are more important than your next ten thousand.'* In Sales that is true. It's also true in the client/therapist relationship.

Client: *'Hello therapist, I've got awful back pain.'* Whatever the therapist says next could make or break that therapeutic relationship and make or break the sale. Plan what you're going to say and decide how many solutions you'll offer the client.

**Certainty** – to put the client at ease, you need to remove any uncertainty. They like to feel in control and be certain of themselves, of their situation and of you. As a therapist offering foot reading, there's lots of scope for uncertainty the minute I tell the potential client *'I'm a foot reader'*. They'll want to know what it is, how much it is, when and where it can be done. I find that when they actually meet me, this reduces some of the uncertainty because they can see who I am and let go of some of their misapprehensions (is she a weirdo or a flake or spooky? Oh, she's not. She's just like me).

**Autonomy** – If someone is helping you, give them the parameters you'd like them to work to, and the details of the end goal, but allow them autonomy in how they put that plan into action. I get my clients to tell me how to run my business better. I solicit ideas from them, listen to their questions. Some of my products have arisen from the questions my students have asked in class.

**Relatedness** – How we think is revealed in the way we express ourselves. In relating to your client, use similar language patterns. If they use visual language, mirror that language. If they use auditory language, mirror that language. A quick way of telling which they

*Continued on page 9*

'Letes get down to Business'  
Continued from page 8

prefer is by listening to how they say phrases such as 'I see what you mean' (visual) or 'I hear what you're saying' (auditory). You can then phrase your offer to suit their way of thinking.

Human beings are wired up for reciprocity—the need to exchange one favour for another. It seems it's an element in our make-up to help us to survive. If you help me, I'll help you. There is a time-limit on this reciprocity though. If you help me by introducing a new client, I'll offer you <name your deal>. But, I need to 'make good' on that deal relatively quickly afterwards or you may not be willing to introduce another person later. Claude C Hopkins who wrote Scientific Advertising was the pioneer for offering free samples. He's tapping into this human impulse for reciprocity.

**Fairness** – Fairness is personal. You know when you are or when you are not being fair. A client may not know immediately, but when they find out, you can be sure you will have lost their custom. Be fair in all your dealings with everyone. It should go without saying but I bet you can name a few instances when you've received less than fair treatment.

My top tip for you – when selling your services, be comfortable about talking about your fees. If you aren't

comfortable, practice saying it in front of a mirror. Watch how other people do it and learn from them. Change your state of mind about your fees and then you can change theirs.

When you start your conversation with your potential client, try offering a choice of two things. I heard of a hairdresser who would ask 'Do you want something practical or exciting?' The client would ask 'What's exciting?' to which he then described different ideas, each one up-selling a more expensive option. Hardly anyone ever asked what was practical! Why not try researching your clients and find out what is your best opening line. Elmer Wheeler helped bar tenders around the world by introducing the question with an inflection. Someone would approach the bar and say 'I'll have a vodka' and Elmer taught the bar tender to reply 'Large one?' as if it was the most natural thing in the world to be drinking a large vodka every time.

So next time you hear 'I'll have a massage' reply '...and a facial?'

In a nutshell, in your therapy practice, you can get everything in life you want, if you just help enough other people get what they want.☺



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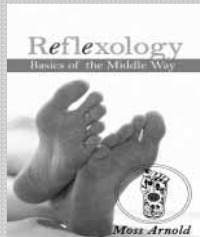


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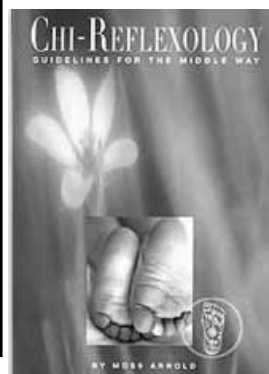
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# Ear problems in flight affect all ages from babies to adults

by Susan Jean Ramsey

## Why do we get ear problems?

The airlines can tell you the story: there is an article in the In-flight magazine by Qantas.

## Is there relief or anything we can do to help ourselves?

Yes there is comfort available for all ages. Knowledge of reflexology, acupressure points and aromatherapy all offer relief.



All ears are different to look at.



The ear represents the fetus (unborn baby) and the body. The lobe is the head and neck areas.

Massaging the earlobes will help ear problems. Working the reflex points on all four toes and fingers including the big toe and thumbs will also help. There is an acupressure point on each hand between the ring and little finger; feel for the small hollow between the ring and little finger on the web part of the top of the hand using the pointer finger on the opposite hand. The reflex points of the right hand or foot are for the right ear and the left hand or foot for the left ear. Any good reflexology book will show you the reflex areas on the hands and feet. Reflexology helps to relieve stress and tension, improve blood supply and promote the unblocking of nerve impulses.

The ear is one of our sense organs in the body. It receives sound (hearing) and the ear is responsible for giving information about the body's position and movement (balance), the sense of equilibrium.

There are 3 areas of the ear:


1. External
2. Middle
3. Inner.

External ear picks up sound.

Inner ear has microscopic nerve cells; each one is pre-tuned to a particular vibration. When a nerve cell vibrates, it produces a miniature electrical current which goes into the nerve for hearing. This nerve sends the impulse to the brain for translation. It also functions as a balance (equilibrium) mechanism. Pressure within the middle ear is equalised with external air pressure. The air passage, Eustachian tube, between the inner ear and the pharynx equalises pressure on both sides of the ear drum (middle and outer ear). This area is often the site of infection, particularly in children.

Disorders of the sense organ ear: Deafness, Dizziness, Earache, Otitis, Motion sickness, Tinnitus & Vertigo. 🙄





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# Walking the Labyrinth

by Jeanette McDonald  
jeanettemcd@bigpond.com

## All about Labyrinths

Labyrinths are not mazes. Mazes contain cul-de-sacs and dead ends. They have more than one entrance and are designed to make us lose our way; they're a game. Labyrinths have the exact opposite purpose. They are designed to help us find our way. They have only one path—from the outer edge into the centre and back out again.

Through the act of trusting the path, of giving up conscious control of how things should go and being receptive to our inner state, we can be opened up to a whole new world. It seems through the beautiful flow of their sacred patterns, labyrinths help us ground ourselves.

Labyrinths were very popular during medieval times. They were found in many of the gothic churches. In our



Barbara coming out of the Labyrinth

present day we are experiencing a rediscovery of the labyrinth as a spiritual tool.

The eleven-circuit labyrinth, like the ones found in Chartres Cathedral, France and Grace Cathedral, San Francisco is the one most widely replicated.

## The Portable Labyrinth

In 1997 a study group of likeminded people completed the Celestine Prophecy Course followed by the Tenth Insight Course facilitated by Jeanette. After completing this intense period of personal development they wondered what they could do next. It was suggested that maybe they could build a labyrinth, commonly known to the group as the Dromenon.

So this small group of committed people came together and created an eleven circuit Labyrinth. There was much research undertaken before the project actually commenced. Finally after much investigation and some wild goose chases, the silver tarpaulin was found. Special waterproof tape that was resistant to constant traffic was found and used. One weekend the task of taping the circuits onto the 30-foot by 30-foot tarp began. It required a significant focus and concentration to work together as a team to produce the desired pattern.

That year the labyrinth was launched with a radio interview on Radio National, a newspaper article and a spot on a television program. It started its journey as the focal point of many workshops held at 'Yungaba' a site at Kangaroo Point in Brisbane. Many of these workshops were based on the human development process work of Dr Jean Houston with whom Jeanette and Jenn have both trained. They were based around themes and

usually involved processes, dances, working together with partners and the workshop would culminate in a labyrinth walk.

The labyrinth was later placed at the Holy Trinity Church, Wooloongabba for walks, at Manly at the Presentation Spirituality Centre, at the Conference Room at the Powerhouse, New Farm and for a community peace walk at the University of Queensland. Even a special wedding has taken place on the labyrinth.

During a Women's Retreat held in Toowoomba in 2002 it was present in the workshop room for the entire weekend. Some of the women were able to walk it a number of times over that weekend as part of the workshop process. Some of the women chose to walk it on their own at night or during time out breaks.

This labyrinth has been walked many times by some enthusiasts so it holds a special memory for those avid walkers. Even those who walk it for the first time recognise the power of this ancient symbol.

## Experiencing the Labyrinth Walk



Drawing in the Labyrinth

People have very different experiences each time they interact with the labyrinth, because each time they bring a different inner landscape to the experience. The eleven-circuit labyrinth meanders around the centre point, the rose, eleven times in all. It takes the walker to the centre by a series of turns; both left and right which have the effect of balancing both hemispheres of the brain and the energy centres in the body.

The labyrinth provides an invisible process of movement. It is a powerful tool for quietening the mind and receiving insight and guidance. It can take you deeply into yourself. Most people who walk this labyrinth come out of it in a reflective, introspective state. They may follow up with some quiet time and perhaps the desire to journal about their experiences.

Everything that happens during a labyrinth walk can be connected to life. The turns and returns along the path represent the choices made in life. The centre might truly represent the innermost part of oneself. The labyrinth in its purest form is a metaphor for the journey through life: all the searching, the deep desires and longing, the walk, the very dance of life itself.

## Winter Solstice Walk 2012

Each year the Labyrinth is laid out often in a new and different setting for the Winter Solstice Labyrinth Walk. This year, 2012 marked the fifteenth anniversary of this

Continued on page 12

*Walking the Labrynth*  
Continued from page 11

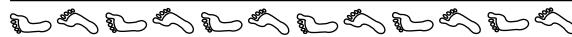
portable labyrinth. A very dear friend offered a lovely tree lined space on her property for the walk to take place. The invitation was sent out and 35 people came to do the walk. A good number of reflexologists from Brisbane took part in the event. The space was very sacred.

The event began with a talk by Jeanette about the labyrinth's history, some protocols for the walk and a meditation to create the intention for all walkers. Jeanette wrote a beautiful blessing for the labyrinth, which was spoken before the walk started. Beautiful music by Deva Premal, Miten and Ashana was played during the walk. Just witnessing the walk itself can be mesmerising. Those not on the labyrinth held the space for each of

the walkers. Many people commented on how moving it was to take this walk and how uplifted they felt at the completion.

When everyone had completed the walk, they were called to join together in a circle on the labyrinth. Whilst all holding hands, Jeanette shared a beautiful poem and then the whole group was moved by Eva Cassidy's soulful version of 'Imagine'.

Afternoon tea was served and people came together to share in the spirit of community. The labyrinth was left on the ground during this time and some people chose to walk it a second time. There was only the packing up left to do. And so ended a beautiful afternoon on the labyrinth. ☺



## Reflexology in the Outback ... Part 2

*by Rebecca Cole*

**M**y previous story began when we planned our 12 month working holiday travelling Australia and spent time in a remote cattle station 250km south of Alice Springs. While working on the cattle station I ended up with a couple of regular reflexology clients with the boss being one of them. He was initially very sceptical but his wife told him to take the opportunity while it is there. It is not very often that therapists do home visits out here. He works hard and plays hard and after a camp drafting accident eighteen months ago his body isn't what it used to be. He really enjoyed the semi-regular treatments and also felt the benefits of them. His neck, shoulder and back muscles loosened up some and the ankle that had been reconstructed eighteen months ago become more flexible, had better colour and less swelling and pain after a long day's work.

After two months on the station turned into five months, it was time to continue on our journey. We spent the next month travelling around Alice Springs, Uluru, Kings Canyon and the East and West MacDonnell Ranges. We had the most wonderful time and enjoyed Mother Nature at her best. We were flooded in at Ellery Creek Bighole for five days when dry creek beds turned into raging torrents. It was an awesome event to be a part of.

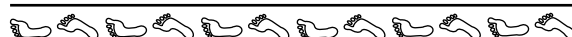
I finally got to do reflexology in a caravan park under the shade of a gum tree as I had imagined. A fellow traveller, who was to start work nursing again after three months off, decided that by day three she would need a treatment. I was able to relieve the stress and tension that comes with starting a new job and she relished how relaxing the treatment was. I could see her face changing throughout the treatment as the body released. Her kidney reflexes were very dehydrated and she admitted to being so busy that she had only drunk 500ml of water that day. Her sacral spine reflex was very tender which had been a long-term issue because of her occupation. The treatment eased the tightness in her shoulders and

lower back. It was early to bed for her that night, as she couldn't keep her eyes open. She woke the next morning having had the most restful sleep in years.

So after the month off we are working and again in the middle of nowhere. I am the camp cook on an exploration site 350km north east of Alice Springs and 230km from the Queensland border. So as you can imagine, I was surrounded by blokey blokes but I do have an ally in the female Geologist who is very interested in natural health. Not many of them had heard of Reflexology before, so I was quite surprised when Mr D arrived and said "wow I have been reading about that for years but I have never met anyone that does it". He was so excited "and out here who would have thought". After tea that night Mr D was having his first experience of Reflexology and he said "it will not be my last." He described that experience as life changing and was amazed at what I could tell him about his body. There was muscle tension and restriction in his right shoulder (old football injury), the brain reflex was very congested (a busy mind hard to relax) and thirsty kidney (yeah, yeah I'm feeling very thirsty). Mr D was happy to spread the word so another bloke sat and listened and watched what was going on. He couldn't believe what I was telling Mr D and how accurate it was and said he would have a go, but hasn't come forward yet.

One of the Drillers woke one morning with a cold. I showed him how to rub his ears to relieve the cold. On day three the cold was no better so he decided that ear rubbing was worth a try. Two days later the cold was nearly gone but he wasn't convinced that it was the Reflexology, "maybe it just ran its course".

At this stage no one else is ready to give it a go but it has only been four weeks and I have another five months here to open their eyes and minds to new possibilities. I'm looking forward to the challenge and see it as furthering the education and development of Reflexology within society. ☺



# Summary of July Board Meeting

by Heather Edwards

The purpose of this meeting was to welcome new Directors, elect an Executive Committee, arrange the change of signatories at the bank, pass changes to the By Laws and Policies and Procedures documents, approve possible changes to the Constitution and farewell the retiring Board members. Considerable time was also allocated to the activities of each Committee, Finance and Office issues.

In farewelling the retiring Board members I would like to thank each of you most sincerely for your devoted time and effort! Judee Hawkins, as our Board secretary over the past six years, with a small break, has done a most commendable job setting policies and procedures in place which have led to better systems within the functioning of the Board and the Wynnum office. Glenda Hodge has spent many hours liaising with National Bank negotiating the most suitable financial accounts for RAOA. She has also focused on upgrading documentation and set better systems in place for the position of treasurer. Christine King, in her two years as a Director, has been instrumental in collating and launching the Certificate of Clinical Reflexology—a project which will encourage the continuation of quality training for prospective reflexologists for years to come. It has been my privilege to be very closely associated with these ladies in an excellent working relationship since I joined the Board.

## Promotions

A new Committee for Social Media, headed up by Karen Bishop, has been established to take advantage of the common move to use internet options to promote businesses. If you have expertise in this area Karen would be pleased to hear from you.

The Board are excited about the new Seniors brochure and by Conference time there will also be a RAOA Bookmark available for your usage.

## Work, Health, Safety

Susan Ramsay continues to stay updated with the current requirements in this area. We have noted several minor issues at the National Office which require attention. It may be necessary later this year for us to pay for some additional training for Susan in WHS.

## CPT

A CPT event is being planned to coincide with the AGM in 2013. This will be held in Adelaide, or nearby, on Sunday 20th October 2013. Please mark this date into your diary and plan for a weekend away in beautiful South Australia. Susan and the committee are constantly working on identifying more opportunities for Continuing Professional Development to assist you in gaining the points required to maintain professional status.

## Conference

There are only limited spaces left at the conference which means that you should make your booking immediately. We are very appreciative of all the effort that the small

band of Tasmanian members is putting in to bring this conference together.

## Research

2011 Practitioner Survey—The aim is to have the final report completed for publication in the December issue of FootPrints. Work has begun on analysis of the survey findings and the literature review. Reflexology Helped Clients Study—The literature review has begun.

Cataloguing of articles for the research library continues slowly. Several folders of completed journals have been moved to the Archives at the office. The Committee requests the services of a Member or Members who have sufficient time and willingness to complete the indexing/cataloguing of past journals and articles. The committee also requires a new Archives Keeper.

It was agreed that the website needs an upgrade. James Flaxman the Webmaster will look into this.

## Membership Communications

The Board thanks Jenn and Jan for the excellent job that they are doing in the office and recognise the value in the E-newsletter which Jenn is regularly preparing.

## Education

We have two schools in WA registered to deliver the Certificate in Clinical Reflexology. There have been several other enquiries which Jan is following up.

## Accounts

Centralising payments to the Accounts Coordinator is working very well. Thank you to Glenda for initiating this and Leanne for carrying it out.

## FootPrints

There has been excellent comments overall about the quality of articles in Footprints, some feedback from authors is shared as follows: *'I saw my article and am very pleased with it, the magazine looks very professional'*.

And by Jane Sheehan—Foot Reader who published in her newsletter, *Pampering Times*: *'I'm in FootPrints—the Reflexology Association of Australia's magazine—this month with an article about foot reading being used with hypnotherapy. As a result there's been a demand for my Portable Guide on my website. Woo Hoo!'*

It is great to know that FootPrints magazine, therefore the Association, has this effect. We have also had a request from South African to publish one of Footprints articles *'Reflexology in a Bali Prison'* in the International Council of Reflexologists' Newsletter.

## Public/Government/Medical Relations

The Federal Government announced in the 2012-13 Budget Measures that, from January 1, 2014, *'... the Private Health Insurance Rebate will be paid for insurance products that cover natural therapy services*

Continued on page 14

only where the Chief Medical Officer of the Department of Health and Ageing finds there is clear evidence they are clinically effective.' A review is scheduled to commence this month to determine which natural therapies have a robust evidence base. At the completion of this review, only those therapies which are underpinned by a robust evidence base (i.e. demonstrated evidence of clinical efficacy, cost effectiveness, safety and quality) will continue to receive the private health insurance rebate (Budget Paper No. 2).

We must obtain further information from the Department of Health and Ageing on the review and consultation process, and collate any acceptable research studies which demonstrate the efficacy of reflexology. The submission made to ARHG last December will be helpful; however this will be a challenging and time-consuming task, given the paucity of published scientific research into the effect and effectiveness of reflexology.

We request interested members to contribute towards the preparation of the submission. Whilst this review, and its potential outcome/s, cause us all some angst, it should not come as a surprise. For example, the need for evidence-based treatment has been highlighted for many years, and the need for accountability has been raised by some of the strong supporters of CAM, including Jon Adams and colleagues:

*Wardle J, Steel A, Adams J. (2012) A review of tensions and risks in naturopathic education and training in Australia: A need for regulation. Journal of Alternative and Complementary Medicine 18(4): 363-370.*

**ABSTRACT**

*In line with increasing complementary medicine (CAM) use, the Australian government has committed considerable resources to the training of CAM practitioners. However, it has generally failed to complement this support with regulation or accountability measures. This is particularly true in Australia's largest CAM profession (naturopaths), which remains entirely unregulated but attracts approximately AUD\$40 million each year in government funding for its education sector. This article explores the consequences of such unfettered support on professional outcomes.*

**Finance**

While Membership fees do not cover the running costs of RAOA, consideration is being given to a review of PM and IM Membership fees—particularly in regard to IM fees. Items for sale from the office return only a small income and FootPrints runs at a loss. The Board is exploring avenues of income including encouraging clients to become associate members and sourcing advertisers and sponsors to RAOA. Branches should also look at ways in which they can raise money. As mentioned in my report 'from the President's Desk' the CPT committee is looking to arrange more CPT events which will potentially be profitable while being delivered at a reduced member cost. In the years that a conference is held we normally make the extra money required to run the company; consequently, adding extra CPT events such as the one proposed for the AGM in 2013 we should be able to maintain the momentum of Conference years.🙏



# Caring

*Wendell J Rosevear  
1996 Brisbane Australia Day Citizen Of The Year  
1998 Order Of Australia Medal.  
2001 'Local Hero' Award In Centenary Of Federation*

Often in life we are confronted with the reality that we can't fix, cure, prove or win. However despite this we can still care, share and 'be there' for each other. Interestingly it is the caring, sharing and understanding that provide the friendships and fulfilment that give life quality.

Sometimes when we can't fix, cure, prove or win we feel like withdrawing from a situation or a relationship because we feel helpless or vulnerable. I have found that if you just 'hang in there' and take the challenge of 'being there' and 'riding the wave together' the results are amazing, even if it is a 'rough ride'. If we know that someone wants to understand and care and that we are not alone, we can relax and free ourselves from fear and frustration.

Once a good friend came to me crying over the death of her mother. In my desire to fix her, I said 'Don't cry' to which she responded 'Wendell, I have to'. I was grateful for her honesty that let me cry as well. Now I get relief from being able to share and care.....a closeness and understanding that is more precious than a magical solution.

The resource of knowing I can be honest, even if it is tears or silence that expresses it, produces a strength of friendship that is greater than the fear that I must be strong or have all the answers when reality tells me that it is not being honest anyway.

Anyway being friends is the best part of life.🙏



# Using Reflexology to help the aging body

by Danielle R. Gault, RCRT, BA  
dgault@dbreflections.com



**W**hen the feet are tired the rest of the body joins in. It's no surprise to people, especially seniors who have been walking around on their feet for many years, that we feel we die from our feet upward.

When our feet ache, we feel it all over. When we give in to these aches and pains and slow down our activities in life to accommodate them in an attempt to cope with the discomfort, we actually further slow down the various systems within the body and create more discomfort for the body. Systems that begin to slow down—such as the circulatory system, the respiratory system, and the cardiovascular systems—affect the whole body and begin a cycle of decreasing the strength and function of all systems. This cycle ensures that we continue to slow down more, which further takes us away from health and living and moves us closer to death and dying. How can Reflexology help minimize this slow down?

## Seniors and Reflexology

Reflexology is a natural healing art based on the principle that there are reflexes in the hands and feet which correspond to every part, gland, and organ in the body. Through application of pressure on these reflexes, Reflexology can benefit us in three basic ways:

1. by improving circulation within the body;
2. by relaxing tensions in the body and thereby relieving stresses in the mind; and
3. by promoting the natural function of the related body parts.

Let's take a look at each of these benefits as, in particular, they relate to seniors. While seniors today are generally more active than they may have been in the past the aches and pains that come with aging often slow people down. This, of course, can lead to a decrease in circulation within the body, which can start a whole chain of events within the total body system.

Poor circulation, as an example, affects the rate of digestion. The slower the digestion, the more that back-up waste forms in the colon thereby increasing congestion and mucus. Congestion and mucus lead to a build-up of toxins in the system and toxins reduce the body's energy efficiency. The build-up of toxins also places increased pressure on the respiratory system and that, in turn, strains the functioning of the heart and decreases blood flow within the system. This all impacts the body's ability to clean out the waste and the lymph system becomes overtaxed. The liver, kidneys, and skin attempt to get rid of waste but have to work overtime ... thus putting more strain on the entire system. The system tries to slow down in response to all these demands and pressures. This, in fact, further reduces circulation and perpetuates the cycle. The body will, in an attempt to get out of this chain of events, begin to break down.

Taking all this into view, when Granny's feet ache, we had better pay attention, because the body is trying to

tell us that all is not right in its world. Circulation is the key to a healthy body and a healthy mind. There are many natural healing suggestions to help increase circulation but Reflexology is one that I have seen is a safe, easy and effective way to stimulate the body naturally.

## Stagnation is the culprit

When a system gets stagnant, like a pond with little water circulation, stagnation takes on a life of its own and breeds continued stagnation. Any system that is moving in one direction, according to Newton's first law of motion, continues to move in that direction unless acted upon by another force. When people's bodies slow down, they continue to slow their body down by sitting or resting more often.

Take the case of the author's father who had always led an active life. He began to have problems with his respiratory system and had to struggle to breathe. This made him not want to task his system ... so he sat more. And the more he sat, the less efficient his system became, which, of course, promoted more sitting. This, of course, promoted other effects on his body as he gave in to the aches and pains. If we fight these aches and pains, by keeping the circulation as efficient as we can, we can counteract this process.

## The body needs to relax

The natural cycle of life is to slow down our system, a bit, as we age. But the key is to not slow it down enough to promote disease. Individuals want to remain vital and healthy, and circulation is an important key to achieving this. Circulation can be promoted naturally, through Reflexology, by stimulating reflexes in the hands, ears and feet to naturally relax tensions in the body. Tensions can show up in many parts of the body and we have to be ever vigilant in our attempts to work with, and understand the meaning of, these tensions.

By working with these tensions we can, for example, understand when the body is trying to let us know that we are out of balance and make adjustments to our lives.

Aches and pains in the feet are the body's way of trying to tell us that we are out of balance in how we understand our world and that we have to review our world and then we can make some adjustments. With the author's father, for example, his world was getting smaller and, to counteract that, he needed to go out more and get more involved with others (as had been the case in his past). This understanding would have kept him more active, more involved, and given him more meaning to his life. As we pull away from life, our bodies join us and these are choices we all make as we negotiate our way through this journey on planet earth.

*Continued on page 16*

*Using Reflexology to help the aging body*  
Continued from page 15

If there is tension in the shoulder area then perhaps we are carrying life's burdens to a degree that we cannot support. In this case we may want to look at how we are feeling about the people and things around us and make some adjustments. It is important to determine how much we want to take on and can manage with ease and what we have to let go of because it isn't serving us to hold on. We have to ask 'Are we taking on other people's problems and making them our own?'

If we are having problems with our urinary tract then perhaps we are feeling sensitive to the criticism or actions of other people and they are, so to speak, 'pissing us off'. In this case we may want to take some action to manage our outside influences and work through our resentment in a way that will alleviate the tension within our own system. We have to be careful around tensions that come from resentments as the resentment can deteriorate our bodies. I often remember a quote I heard from Dr. Bernard Jensen, a world-famous chiropractor and naturopathic doctor, who said, 'I'm going to love you whether you want me to or not, because it's good for me.'


## Getting back in to balance

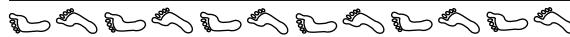
Whatever tension is blocking us in some way, either psychologically or physically, needs to be addressed. Reflexology is a non-invasive way to get the circulation going and help improve the functioning of the whole system. With increased circulation comes an increase in the relaxation response. With increased relaxation, of body and mind, comes the ability to see and engage in more possibilities for problem solving. With increased relaxation we also help move the system from stagnation to circulation. In doing this we tend to resolve our tensions with greater ease and facilitate a healthy state of mind and body—which can help slow the aging process by helping us remain active.

Reflexology is certainly not a cure-all but it does provide relief from stress by increasing circulation, relaxing tensions, and supporting the body's natural ability to heal itself. When we keep our systems flowing we improve our circulation and we promote healthy natural functions thereby providing relief for 'granny's' aching feet ... and her corresponding aches and pains.

### Bibliography:

Hay, Louise L. *Heal Your Body*. Self Published. California: 1982.

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# What is ... East Asian Medicine?

by Marc Webster  
marcwebster@treeway.zzn.com

**T**raditional East Asian Medicine covers several different modalities, each of which can be experienced by itself, or combined with other techniques for very effective preventative care. These methods range from hundreds of years old, to records which fringe on the beginning of China's well kept history. While they may seem mystical, they are in fact anything but. They have been commonplace for every human being, regardless of place in society, in order to maintain the body and mind, prevent disease, and keep good physical and mental function well into old age.

**Japanese Acupuncture:** This is a gentle treatment using the 5 Element system to harmonize your body's energy and promote relaxation. Many clients fall asleep during the treatment.

**Chinese Acupuncture:** This is the original acupuncture system and method, slightly heavier than its Japanese counterpart, though still induces sleep for the client while on the treatment table.

**Moxibustion:** A form of heat therapy using the wool made from the miracle plant known as mugwort. Moxa can be a relaxing, warming and tonifying treatment by itself, combined with acupuncture, and also with massage.

**Zen Shiatsu:** Again using the Five Element process to realign the body's energies with finger pressure, releasing tight and sore muscles, mobilizing the joints

and stretching the body. It is great for those who have an aversion to needles. Treatments are tailored to your comfort levels, from gentle to strong pressure provided by nurturing, warm healing hands from genuine practitioners.

**Gua Sha:** One of the oldest, most potent forms of health care from the Orient. A ceramic spoon is used with oil to rub lines down the body over the muscles. This creates a negative pressure, which causes deep fluid, blood and energy stagnation to rise to the surface. The body can deal with impurities much more effectively at this surface level, and thus ejects them. It creates Sha marks on the areas treated which disappear in approximately four days. You will notice a big improvement in energy and mood with these treatments. Here at the clinic you can combine Gua Sha with massage, cupping and/or acupuncture.

**Fire Cupping:** Utilizes the negative pressure dynamic to raise stagnation to the surface; also tonifies and warms the body. It has a massaging effect and releases tension in the muscles. It combines well with massage and acupuncture.

**Esoteric Acupuncture:** So you're in great health, eat well, meditate, exercise and now looking for the next step in your health care or spiritual journey? Esoteric acupuncture is a mysterious journey for those wanting to

Continued on page 17

reach the next level and a must for well practised healers, energy workers, and meditators.

Swedish/Deep Tissue Massage: Utilizing warm healing hands to provide a soothing release of muscle and mental tension over the whole body. Pressure is dictated by you, ranging from soft to strong.

Tuina: A heavier form of massage originating from China, this can be likened to the remedial massage found in the West, however is often combined with other practices during the treatment, and includes a focus on your energetic system.🙏



## Book Review

### The Reflexology Bible The Definitive Guide to Press Point Healing

by Louise Keet

Reviewed by Ros Baker

- ◆ Paperback: 400 pages
- ◆ Publisher: Sterling Publishing C. Inc.  
2009 edition
- ◆ ISBN: 1402766211

Louise Keet is a leading British reflexologist, author of several reflexology publications and Principal of The London School of Reflexology. She is also well known for her lectures on this natural therapy and has been training reflexologists for over 20 years.

This book was written as a comprehensive guide to reflexology for the general public and students of reflexology. It's presentation is clear and covers various aspects of reflexology. The book is divided into seven chapters with an index at the back.

#### 1. Introduction to Reflexology

The points covered here are—Definition, it's history including Zone Therapy, Eunice Ingham and Rwo Shur methods, benefits and effectiveness.

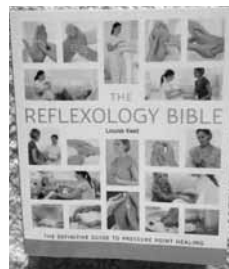
Also discussed is the importance of a healthy body using a holistic approach, the importance of food, exercise and management of stress.

#### 2. How Reflexology Works

Here the author discusses how the feet and hands 'mirror' the body—areas on the feet and hands relate to specific areas of the body. There are clear illustrations of the various aspects of the foot—dorsum, plantar, medial and lateral—with relevant reflexes. Included is a section on anatomy, firstly of the feet and then the various systems of the body e.g. respiratory, lymphatic, endocrine. This knowledge gives a much better understanding of the body.

#### 3. Reflexology Preparation

Emphasis is placed here on the treatment environment. Louise suggests this should be thoughtful and professional to give the client confidence and aid relaxation: suggested ways this can be achieved include



cleanliness, subdued lighting, soothing music, warm towels, aromatherapy essences and a comfortable treatment chair/couch.

Other aspects covered are the taking of a medical history so the practitioner can be aware of possible health imbalances. This can influence client's treatment experience, so practitioner care is necessary.

#### 4. Treating the Feet

How to give effective foot reflexology: the length of the treatment varies depending on the client, from a short time for children up to an hour or so for healthy adults. There are clear illustrated techniques for working the feet with quick reference charts of reflex zones and points.

#### 5. Reflexology for Common Ailments

These ailments are grouped by body system/s and not in alphabetical order: this could be confusing for the reader/student. Perhaps a short alphabetical index at the commencement of the section would be useful.

#### 6. Specialized Reflexology

Specific health areas here are psychological, pregnancy, couples, young children, female and male issues and those of older clients. Once again these specific areas could be indexed as in part 5.

For both of these sectors – 5 and 6 – there are clear illustrations for each relevant technique together with an explanation. Sometimes lifestyle tips are also suggested e.g. consultation with a nutritionist regarding diet.

#### 7. Treating the Hands

You can use hand reflexology almost anywhere—on an aeroplane, at work or home and sometimes it is the preferred mode. Also you can treat yourself. The author lists a variety of situations where hand reflexology is more appropriate than treating the feet e.g. infection or injury of the feet. There are both charts and clearly illustrated techniques for hand reflexology. The benefits of this method of reflexology include accessibility, client time restraints, preference of the elderly and direct pain relief in the hands just to name a few.

In conclusion the presentation of 'The Reflexology Bible' is clear and a comprehensive guide to the general public and aid to students of reflexology.🙏



# Oedema

by an unknown Reflexology student

**O**edema is the excess accumulation of fluid in the tissue spaces. It usually represents excessive water and salt in these spaces due to abnormal renal excretion, but may be caused by cardiac or hepatic disease. There may also be other factors.

The lymphatic system forms a complicated network of very fine tubules designed to carry away surplus fluid from the body with collecting stations being the throat/adenoids, arm pits/auxiliary glands, spleen, groin/inguinal glands and thymus. It provides a fluid environment between the cells and tissues and acts as a drainage system carrying waste products to the lymph nodes for excretion via the general circulation.

The movement of fluid in the body is governed by the forces exerted between the body fluids and the blood vessels. This is so finely balanced that any small change can upset this balance causing massive shifts in the movement of fluid. This then places enormous stress on particular body systems depending on the cause of the oedema. The capacity of the body to correct itself will depend on factors such as the severity and duration of the cause of the disease process, the extent of the oedema and also the general health of the affected individual.

The severity of oedema can vary widely. It is a common sign in the severely ill, yet mild oedema can be difficult to detect. Early signs can be symptoms such as a ring on a finger becoming tight, or shoes being more difficult to put on, especially in the evening. In pitting oedema pressure on the skin for five seconds causes fluid to be forced out of the underlying tissue and the depth of the indentation will indicate the severity of the oedema eg congestive cardiac failure.

Causes of general oedema can involve one or more body systems and include:-

- ◆ Disease processes – lung cancer, renal failure, cirrhosis
- ◆ Hormonal factors – pre-eclampsia, pregnancy, pre-menstrual tension
- ◆ Other factors – trauma, infection, drugs, malnutrition

Oedema can be obvious as in the conditions outlined above or not so obvious as in cerebral oedema due to infection or injury.

## Peripheral Oedema

Peripheral oedema found in the arms, hands, legs and feet is common in many adults. The biggest killer of women in Australia is breast cancer and radical mastectomies with lymph gland removal. This can result in significant arm swelling, particularly following radiation, due to blockages of the drainage system. Reflexology can play an important role in reducing swelling and discomfort.

Reflex areas useful in treatment:-

- ◆ Lymphatic system – groin, shoulder, chest, tonsils, spleen, web spaces, base of toes, lymph ducts
- ◆ Circulatory system – heart
- ◆ Urinary system – kidneys, ureter, bladder
- ◆ Other – colon, liver

Techniques useful in treatment

- ◆ Lymphatic drainage
- ◆ Cranio-sacral lymphatic sequence
- ◆ Ankle rotation
- ◆ Ankle stretch
- ◆ Referral work
- ◆ Asian reflexes – K3, B57 and ankle joint work with knuckles

Client Education

- ◆ Foot care eg. comfortable footwear, attention to hygiene
- ◆ Skin care – moisturize dry skin
- ◆ Elevation of legs
- ◆ Foot exercises
- ◆ Give information about condition


The inter relationship between the lymphatic, cardiovascular and renal systems means that all relevant reflexes require specific attention.

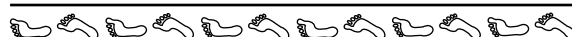
The MEDICAL MANAGEMENT of peripheral oedema includes careful history taking and assessment to ascertain the cause. This is usually followed by investigatory procedures such as blood tests, eg electrolytes, and liver function tests to determine the nature of the chemical imbalance. Treatment of left ventricular failure or congestive cardiac failure will most likely include medications such as diuretics and/or cardiovascular drugs, eg digoxin, to improve cardiac function. Where renal impairment is the problem fluid monitoring and restriction may be required.

General measures to relieve symptoms may include:-

- ◆ Elevation of legs
- ◆ Compression stockings
- ◆ Dietary conditions – reduction of salt intake
- ◆ Prevention of skin breakdown in pressure areas
- ◆ Treatment of minor scratches

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# Case study

by Sue Arkell

## Background

LOB [50] has been a client of mine since 2000 and has been receiving a number of therapy modalities to improve her systemic health. The health issues included:

- ◆ severe menstrual cramping and bleeding;
- ◆ sinus migraine;
- ◆ vertigo;
- ◆ general 'unwellness' (considered to be linked to vasculitis); and
- ◆ vasculitis.

LOB is a senior advisor with the state government with expertise in a range of specialist disciplines including procurement and contract management. Her usual working week consists of 50 hours. Relaxation and balance is in the form of socializing with friends and scrap booking. She has travelled extensively and has two grown daughters with five grandchildren. LOB is a non-smoker and a social drinker with a balanced diet.

She had tubal ligation (at age 25), surgery for varicose veins, and gall bladder removed. There are no known food or drug allergies, however, wattle causes sinus migraines. High humidity does increase the severity of the vasculitis symptoms. Familial history of breast cancer. Exercise (excellent for circulation) is limited due to damage to and pain in knees— caused by sports injuries (netball, hockey, tennis and basketball).

In particular LOB was diagnosed with vasculitis (inflammation of the blood vessels) in late 1998. At that stage, the main affected areas were her legs which manifested in the following:

- ◆ swollen calves and ankles with prominent swelling on lateral sides;
- ◆ severe pain in the legs resulting in shuffling gait;
- ◆ visible signs of blood pulsing with hot pink skin and purplish red blotches; and
- ◆ random abdominal bloating and tenderness.

Medication was not a viable option for LOB. Pressurized stockings were to be worn six days a week with feet elevated at night and horizontal rest periods whenever possible.



May 06 – green marker to show reduction in swelling

## Treatments

Early advice on vasculitis indicated that massage was not recommended. However, the relief in the pain obtained from a relaxation massage was noticeable. With a Reflexology session, the benefits included reduction in swelling, pain tolerance and an improvement in general wellness.

We commenced an intensive therapy regime in May 2006 consisting of twice weekly sessions of 30 min duration whenever possible. The initial consultation consisted of:

- Verbal goal to improve circulation and to reduce pain and/or swelling
- Visual Original observations included phalanges that felt more like sausages (LOB comments on her sausage like toes - had to agree) Solid flat feet that were used to carrying a burden (lived in three generational household, attending to the babies each night) Swelling commenced from sockette line Walks carefully and lightly from hips (not from the knees) despite size (more obvious from posterior) White plantar surface with yellow tinges around base of heel (certainly was fed up) Majority of earth element obvious (reflected in menstrual issues and physical pain) but not in extreme skin dryness
- Palpation Skin - hot and slightly clammy to the touch, with smooth skin and only dry area around base of heel [not cracked] Hot from calves [felt 6" from legs] No sense of sponginess and no crystal deposits Hard fluid retention – not easily pliable Easily bruises Light touch not enjoyed, firm pressure only

## Sessions

1. Muscle testing to determine if Reflexology was required at that point in time
2. LOB lying on table, feet elevated in Z position for ten minutes with cool face clothes on plantar surface
3. Commence session with five minutes relaxation with ankle loosening and circling in particular
4. Specific Reflexology session (concentrating on endocrine, lymphatic and gastro systems); other work depending upon state of feet at the time. A combination of Ingham, Asian and Stormer method (Universal) was used in each session
5. Finishing with stroking and then Stormer balancing
6. 200-300ml of water sipped for an hour after session

Continued on page 20

Case study  
Continued from page 19

**Specific techniques used**

Depending upon what was presented at the time, Reflexology techniques used included:

- ◆ Use finger massage technique in time with the out breath
- ◆ Hook in for ileocecal valve intuitively not welcomed so Stormer Method instead
- ◆ Work one system eg gastro, then change feet, then return to first foot [better acceptance or resting foot felt "left out"]
- ◆ Foot mobilization techniques were introduced towards end of month two [not wanted until this stage]
- ◆ Days when feet were too painful to touch, Crystal colour torch (blue) was used to draw out heat. Then very light pressure used only to balance feet and Reiki used.
- ◆ Integrated foot, hand and ear was **not** well received and a **no more** request was heeded [general dislike of having ear lobes touched (not pierced)]
- ◆ Vertical reflexology resulted in immediate nausea and extreme vertigo [Was only half way through three minute session when LOB nearly passed out. Nausea lasted for four hours.]
- ◆ Ascending and transverse colon work preferred not by hands but by scraper at end of week only
- ◆ Heel area always enjoyed scraper tool [rather than hands], especially during heavy periods

**My overall observations:**

- ◆ Current issue foot (left) was too painful to touch.
- ◆ Quiet wind release with visible relief observed from shoulders and hands.
- ◆ Puffiness in feet visibly reduced each session enabling shoes to be worn home
- ◆ A sense of craving from LOB for release from pain and inflammation
- ◆ Groin referral area always tender and suture lines raised and white during times of high stress
- ◆ LOB system indicated when enough treatment had been achieved despite verbals
- ◆ Extreme dislike of metatarsal kneading and spinal twist [even though the sense I received was one of being helped]
- ◆ Enjoyed freedom of ankle loosening and supportive sensation of ankle circling
- ◆ Enjoyed sinus and ear stimulation (on right feet only)
- ◆ Enjoyed toe pulling and rotating but not comfortable with thumb/finger walking down toes
- ◆ Preferred whole of hand contact
- ◆ Toes no longer white and no sign of yellowness

**LOB feedback during sessions (when not in meditative state)**

- ◆ Left foot feels pain more (regardless of which foot is treated first)
- ◆ Dislike of sensation of any fabric on the foot at end of session [means that session is over and normality must return]

**After sessions**

- ◆ Frequent urination and toxic waste disposal and smell for some time

- ◆ Excessive wind release from time of leaving table to next morning
- ◆ Significantly reduced pain for next few days
- ◆ Ability to wear smaller size shoes (across the width) immediately after session
- ◆ Better quality of sleep



Beginning of session 23 November 2006



Left foot at beginning of session



Right foot 1/2 way through session



After session on 23 November 2006 – swelling had reduced by 2 cm ankle circumference

This was final session

**Review in March 2007 indicated the following**

- ◆ Feet not as swollen as before and not as frequently
- ◆ Over summer period, feet seemed to be better
- ◆ Only needed to wear pressurized stockings when severe (1 day a week)
- ◆ Noticed a desire to change to lactose free products with reduction in wheat products (not a big wheat consumer)
- ◆ Only has to see massage table and body starts to relax with wind release commencing shortly afterwards
- ◆ Feet are pink and no signs of yellow
- ◆ Indication of an arch in the foot
- ◆ Can wear shoes better



Photo taken 1 hour after rising - March 2007



# A Singaporean experience

by Sharon Tay

In July 2011, I stopped over for a week's stay on my way from London to attend a niece's wedding in Singapore.

The hotel complex where I stayed in a self contained apartment with my son, daughter-in-law and grandson had a gym, pool and a shopping centre that had two beauty salons and a massage and reflexology clinic. On the day before my niece's wedding I visited one of the beauty salons to have a pedicure and manicure.

Whilst having treatment I could see clearly the clients coming and going to and from the clinic located opposite the salon. As soon as my treatment was finished I went to visit the clinic to book an appointment for a reflexology session. Fortunately for me there was a chair available for me to occupy. This was my first experience with a reflexologist in Singapore. I knew I would be in for a different experience according to a few of my colleagues who have experienced a 'Singaporean' reflexology treatment.

My first impression of the clinic was that it was clean and tidy although there were no certificates or business licence of any kind except for a price list in large print for the cost of each service. There was a small sink in the corner of the room. Around the room were a number of comfortable lounge chairs suitable for giving reflexology. At the back of the room was a massage table occupied by a client having a back massage through his clothes. The massage therapist was working deep into the client's muscles as the client yelled out a few 'ooos and ahhs'.

I relaxed into the chair while the male reflexologist washed my feet and applied some essential oil and cream. As the therapist began working on my feet, he pressed very deep into the reflex points sending me almost sky high out of my chair. I tensed up, holding onto the sides of the chair for dear life and realised that I had an hour of this to go. None of the therapists spoke good English although one did understand a bit of English. While I was squirming and pulling faces like I was in great pain, the therapist kept saying 'yes, yes, velly sore' with a satisfied grin every time I squirmed and yelled 'owwww!' I realised then I had to get a 'grip' of myself to cope with this kind of torture for the full hour. I took a few deep breaths until I was able to feel calm and by this time half an hour into the treatment, I was able to cope with the pressure being applied to my reflex points.

Once I became more relaxed I was aware of the different methods this therapist was using but I did not care as it was starting to feel good. By the time my treatment



Malayan Reflexologist with Sharon Tay's feet

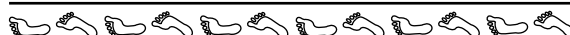
was over, I felt wonderful as if I had had a bottle of champagne without the 'after' side effects that usually follow a few glasses. I soon booked for another session and half hour massage for Monday so that I could be more relaxed when on flight in the evening from Singapore to Melbourne.

Monday I was early for my appointment as I could not wait to have another reflexology session. The practitioner who worked on my feet Saturday was doing

the massage so I knew what I was in for. The therapist giving me reflexology was a young Malaysian man who was quiet and did not understand any English at all so the 'art' of miming came in handy. The younger therapist worked more gently on my feet but spent more time on some of my reflex points which I appreciated, especially the digestive system as I had been having a lot of health issues in that area. Having massage through clothing was another experience that I enjoyed and found the treatment very soothing and calming.

Evening came and it was time for me to board the Singapore Airlines flight to Melbourne. By the time I found my seat and settled I was very relaxed. As the plane taxied down the runway ready for take off I was feeling very tired. The next thing I remembered the flight attendants walking around the cabin getting ready to serve the evening meal. I was very confused as I could not understand why we were being served a meal when the plane is still moving on the tarmac. I noticed all the other passengers calmly watching TV or reading and I kept looking out of the window to try and see the runway only to see darkness. It was then I realised that I had actually slept through take off! After the meal trays were collected the lights in the cabin were out so people could sleep. I watched a movie. Again the lights in the cabin were turned on and the flight attendants were serving another meal. I just thought it was a late supper. As the flight attendant put my tray in front of me I realised it was breakfast and soon saw the sun rising as we were getting closer to Melbourne. For the first time I had actually slept on a long flight. This has never happened to me before as I am not a good traveller who can sleep on long journeys. This story says it all; that is to make sure I have a reflexology and massage session before I travel.

Whilst in transit in Changi Airport on route to London, I noticed there is a clinic specifically for reflexology and there were many seats occupied by tired travelling clients. Around the terminal were massage chairs and foot massage freely offered to passengers in transit. ☺



# STATE MATTERS



## NEW SOUTH WALES

A wet and cold June morning, and the 'Johnson Room' at the Crow's Nest Centre is buzzing

with members, trade-tables and guest speakers. The NSW ABM, is in full swing, under the wonderful guidance of Barbara O'Keefe, Gretel Spiegel and others. The near capacity attendance, had all the elements needed for an excellent day.

With the encouragement of out-going committee members and the support of those seeking to continue their service, all Executive and General Committee positions were successfully filled. It was then on with the informative and retail therapy part of day one, with raffles and door prizes—Oh, what a day of Fun, Celebration and Catching-up with colleagues!

On day two, our workshops provided members with valued information and insight into areas of business and healing, with such topics as 'Can we make a Business out of Reflexology' with Sue Ehinger (a wealth of experience) and 'Face Reading with Linda Thackray' (and we thought just the Feet told stories), plus the CPT Points as a bonus. All this rounded off a memorable 2012 ABM weekend experience for all attending members.

Mid June brings the new Executive Committee members together for the first time. With the handover of roles and relevant material transfers being done, all present got

down to business. Feeling both a sense of anxiety and excitement, those of us new to our portfolios thanked with appreciation the guidance of the more settled—'It will be alright on the night' a personal mantra to take forward.

Our General Committee meeting in July was a special evening indeed. A quality attendance of members and a very personal presentation by two members on a truly Heart-felt volunteer story: 'Bear Cottage' with Ann Jooste-Jacobs and Anne Treadwell made it memorable.

'Bear Cottage' is a fully independently funded facility, dedicated to the focused care of seriously ill children which offers an environment supportive to them and their families via community living accommodation. The speakers shared stories of experience, utilizing the connection that Reflexology can offer in relaxing and nurturing family and facility stall members alike. With the speakers talking about individual experiences that stood out for them, demonstrating to us all the power of giving, while filling our own energy wellspring. This is the true gift of volunteering.

Following the speakers, the first new General Committee members' meeting discussed and gave feedback on the challenges and activities being pursued on behalf of all the NSW Branch members and acknowledgment of the reports from our portfolio holders. A wonderful evening's experience. Thank you to all involved in putting it together.

Until the next issue – Hope you enjoyed the read!

Tony Pullin



## QUEENSLAND

Hi All  
The Queensland State has had an exciting past few months. We had a very successful ABM in May; our three guest speakers truly shared and enriched us greatly. This event was also recorded for distribution to regional members for the benefit of CPT points. Each hour of education will carry 1 CPT point. These dvd disks will be made available on request and posted to the relevant regional representatives with a small cost and postage.

We also elected a new smaller committee with a bit of a 'new look'. This has had a very positive outcome. The position of Secretary is a rotational position dependant on availability on the day, I have accepted a second year in the position of Chair and we have a new Cashier position as most of the Treasury functions are done within the Association Office by Leanne Brown. Last but by no means least is our Welcoming Mentor which is held by Wendy Lockett and this portfolio was instituted for mentoring and encouraging new members within the association. Sue Brooking our Editor of What's a Foot has made herself available for yet another term of office.

### Sunshine Coast

Our Sunshine Coast has re-energised and will be having a regional meeting in August with a topical component – Language of the Feet with Valerie Wylie.

### Cairns

We have a new regional representative for Cairns, Anne Hilarious-Ford so our regions seem to be all set and ready for the months ahead.

South East Qld and other regional areas also hold Educational Practicum Exchange groups and meet on a regular basis to swap treatments and share information. A list of these venues is printed in our monthly newsletter, What's Afoot.

I will endeavour to travel in the near future, offering various workshops for CPT points, assisting with maintaining and updating currency of members, especially in regional areas.

The Mind Body Spirit Expo was held in June and it too was a resounding success as always a full report of this event will be in the 'What's Afoot' shortly.

Linda Williams



## VICTORIA

As a result of our ABM and June Branch Meeting we have created several new roles and spread the responsibilities around. We have a 'Revolving Chair' with Helen Launder taking

the first turn. While we do not have a General Secretary we do have Lynne Owens during Communications via Footage, Dani Singer doing Minutes and Rachel Fabbro as Website Officer. We have Helen McCallum in Vice Chair (not Chair by default). We have Carol Watters doing Finance Admin; Margaret Myer retaining Education; Special Events is Monique Poppelaars; Buddy Officers are Monique Poppelaars and Helen Launder. Our General Committee consists of Joyce Joseph, Benadette Voss, Jenny Rigby, Jessie Edwards and Lynne Owens. Carol McBain and Dee Leamon have taken on the role of mentors. We are very fortunate that we still have Jo Impey as our State Director.

A report on Vic events by Education Officer Margaret Meyer:

Our first event for 2012 was a Training Day at the Neighbourhood Centre in Glen Waverley. We had 3 speakers. Marg Watson spoke about reflexology with teenagers, Janice Dance spoke about reflexology and the endocrine system, and Carol McBain spoke about meditation and the brain. There were 51 attendees.

Speakers at branch meetings were: in February, Chris Gebhardt (Resonance Complementary Therapies) who practises Japanese acupuncture; in April, Ann Vlass, naturopath (Helping Nature Heal) spoke about Body Signs, a useful tool for recognition of the client's state of health; while Leanne Moore conducted a Padaveda workshop on June 23-24 at the Augustine Centre, Hawthorn. There were 13 attendees and Leanne gave us an introduction to the ancient Indian system of medicine, Ayurveda, and Padaveda (the knowledge of the feet). This gave participants a new way of observing and working with the feet. We hope Leanne will come back and give us some more of her expert knowledge.

*Dee Leamon and Margaret Meyers*

Greetings from the West!

Firstly, I would like to thank all those members who have volunteered their time and energies to form our WA Branch Committee



## WESTERN AUSTRALIA

for this year. It was decided at our recent ABM in May to introduce the new position of 'Study Day Co-ordinator' to our Committee to help 'share the load', and is working very well.

We had our first Committee meeting in June and are due to host our first 'In House' study day for members shortly. I particularly enjoy these 'In House' days as it gives us all opportunity to draw on each other's vast wealth of knowledge and experience. Invaluable! We shall be recapping on our Anatomy and Physiology and learning how to perform an 'Endocrine Balance'. There is always plenty of opportunity to 'feet swap' and catch up with colleagues new and old. Held in the beautiful bush area of Mundaring, the setting couldn't be better and we are always spoilt with our caterer's wonderful array of goodies.

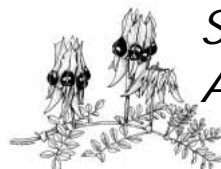
Our Special Events Co-ordinator is busy preparing for our stand at the Hillarys Wellness Expo to be held on Sunday 11 November. We attended the venue last year for the first time, giving 25 min treatments to the public (and many stall holders) and promoting Reflexology and the RAOA in general. It was a very successful day and we hope to repeat the experience this year. Please drop in and see us if you happen to be this side of the country.

We continue to run many Practicum Exchanges and Coffee Clubs throughout the State in order for members to collect CPT points and update their knowledge. Thank you to all those involved in organising these much needed events.

Well, World Reflexology Week is quickly approaching and members are busy planning ways to promote our wonderful therapy into their communities. Hopefully by the next issue I shall be able to give you some feedback on what we got up to! Stay Happy and Healthy.

With best wishes,

*Hollie Kelly, Chair WA Branch*



## SOUTH AUSTRALIA

Our July meeting was a small gathering of five people; we enjoyed the connection and achieved what was needed. We fine-tuned details of our up and coming Ayer Vedic workshop with Leanne Moore, next May. We welcome any new comers who would wish to join us. Find some time South Aussies, its one not to miss.

We also discussed the prospect of sharing knowledge with other members and gaining CPT points amongst ourselves

as a group. We all have a lot of life experience and skills to share which enhances our reflexology practice, what better way to get together to explore our knowledge wisdom and insight. Give Jo Booth a call if you're keen to be a part of this experience with your fellow reflexologists.

A big thankyou Pauline Trent for your fundraising walk, we appreciate your efforts.

*Chris Spencer*



**FOOTPRINTS JOURNAL**

ISSN 1039-2092

Published by the Reflexology Association of Australia, Limited

**Guide to contributors**

Contributions of articles, case studies, book reviews, personal experiences and letters to the Co-editor are welcome. The following guidelines will help 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 Co-editor for a specific issue will appear in an issue decided by the Co-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.
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4. Photographs and line drawings are preferred at 100% size, 300 dpi resolution TIFF, EPS or PDF format. Original, high resolution, camera JPG files only are acceptable—preferably grayscale or high contrast coloured images. Photographs and line drawings should be forwarded as separate TIFF, EPS or PDF files—please do not embed photographs or line drawings into articles. Images taken using a mobile phone are not acceptable.
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The Reflexology Association of Australia Limited was incorporated in 2002 as a company limited by guarantee (ACN: 101 412 319)

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The Reflexology Association of Australia has been in existence since 1989, when it was first incorporated in Victoria and subsequently in all other states. As a national body, the Reflexology Association of Australia Limited was registered in July 2002 to further the aims and objectives of the Association, namely:

- ♦ To develop and promote an awareness and understanding of reflexology within the Australian community
- ♦ To represent the interests of the reflexology profession within the public and political arena
- ♦ To establish and maintain uniformity and high standards of training within Australia
- ♦ To maintain a high level of professional practice
- ♦ To serve and protect the needs of all members within the national structure
- ♦ To act as a central information and resource body for all members
- ♦ To act as an advisory body within the jurisdiction of the national body
- ♦ To promote co-operation with international reflexology bodies
- ♦ To establish and maintain relevant national databases of practitioners
- ♦ To provide ongoing professional development for members and a supportive network for reflexologists
- ♦ To promote research and development which support reflexology

The national magazine “FootPrints” is published quarterly. It keeps members informed about developments in the field of reflexology both nationally and internationally, and provides a platform for their news and views.

**The Reflexology Association of Australia** is committed to the belief that reflexology can be of great benefit to the health of all Australians. It publishes a referral register on its website ([www.reflexology.org.au](http://www.reflexology.org.au)) and has a referral phone service (1300 733 711) for members of the public who wish to consult a qualified practitioner.