

FootPrints

The Journal of the Reflexology Association of Australia



www.reflexology.org.au

July 2023

Volume 27 No. 3



*"Professional Reflexology
.....better health naturally"*

RAoA AGM & Workshop Weekend



Full weekend attendance & AGM

16 CPT POINTS

One day attendance & AGM

10 POINTS

AGM only (Free to attend)

5 POINTS



14-15 October 2023

195 Adelaide Terrace Perth WA



SPEAKER

Lea Hughes

Butyeko Method of Breath Re-education



SPEAKER

Karen Bishop

Indian Head Massage



SPEAKER

James Flaxman

Fascial System and Reflexology



SPEAKER

Paula Frances Bradley

Colour journeys, the power of colour



SPEAKER

Kim Bungate & Caz Knight

Better Calmer Clearer



SPEAKER

Gretel Spiegel

Post-traumatic stress disorder and cancer

Register now at :

<https://www.reflexology.org.au/agm-info>



Payment Plans available

Full registration includes Morning Tea/Afternoon Tea & Lunch catering for both days, great presenters, 3 interactive workshops over both days, workshop notes from presenters, AGM involvement, Networking opportunities, up to 15 CPT points (full attendance both days).

From the President's desk

Wishing our readers a healthy winter – keep warm and busy.

I did a quick trip to meet with Victorian Chair, Catharine Brown, who, with the National Conference Team, has been putting together the 2024 Conference event located in Geelong, Victoria – so save the dates of 25–27 October 2024.

Vicky Protheroe has organised a couple of webinars for CPT with Linda Frank and Alison Rippin. Online learning is relaxing, allowing you to save on resources like fuel and accommodation.

An online Branch Chair Meeting was held on 19 March with all Chairs and a few Directors attending. It was a positive meeting with Mentorship as a big topic being covered, as this is an excellent way of supporting each other and sharing our knowledge.

Laura De Martino, of Gallaghers Insurance has worked on a Procedure Document to help members with their insurance renewal process – so when renewing your policy make the call to Gallaghers. Make time to check you have the right cover for your work needs.

Insurance renewal time might be a good time to review your Work Health and Safety—check your work environment. Know the risks! Check fire alarms have been serviced. Check the contents of your First Aid Kit. Replace items that are out of date. Replace used items.

What a wonderful time members had at the Annual Branch Meetings – with four held in one weekend.

The presenters and speakers were interesting. South Australia held the last National Workshop on Thai Reflexology with Corrine Brown. Well done all who attended and those who helped. Thank you to Lisa and Sashi for getting the registrations processed and members were grateful to receive a gift of RAOA brochures.

Feedback was that members had a wonderful day of learning and fun. Congratulations to members recognised with Awards/Certificates.

A special thank you to all the volunteers for making these events a success.

A topic that is important to all of us was the loss of natural therapy rebates in Private Health Insurance in 2017. Over the past year or so there have been documents sent out regarding the Government rebate for Reflexology being removed from Home Care Packages.

More recent is the loss of Reflexology for Aged Care. Since 2017 RAOA has been attending meetings with the National Therapies Review Panel. These meetings are held 12 to 18 months apart. Marie Steinke attended the

Review Meeting held on 30 May. The report from this meeting is not expected until very late 2023 or early 2024. I have had members and non-members talk to me about these changes. Our long-term members have now seen rebates come and go for both Private Health and Aged Care. The RAOA will always support the inclusion of reflexology in the community wherever it is needed and as best as it can.

Remember, The Board of Directors meet online every 6–8 weeks and your Branch Director is your link to the Board.

The Website Sub-Committee has been busy designing a new website and we hope to have some more positive news on this soon.

The World Reflexology Consortium members were invited to attend the Canadian International Conference held on 5 and 6 May.

A panel of four countries (United Kingdom, Canada, New Zealand, and Australia) shared answers to five questions. I was asked to introduce the attendees to the Reflexology Association of Australia – explaining our structure, the challenges we face as an industry and the great efforts we go to to support each other and increase the awareness of our profession and the benefits it brings.

There was an issue with the RAOA office computer in early June, so Lisa has been 'under the pump' with six (6) Annual Branch Meetings, preparing for renewals, processing merchandise orders, and much more so thank you for your patience and Lisa is doing an excellent job of catching up.

We are excited to welcome Keri Wood, who has taken on the role of *FootPrints* Editor. Keri has shown a keen interest in being more involved with the RAOA over the past couple of years and has offered to help – she initially joined the Education Working Party but was willing to step up to this new role and I am sure she will welcome your feedback and input as she looks to take the publication forward.

The Annual General Meeting 2023 and Workshops are now on the website and registrations are open – 14 and 15 October 2023 – and I look forward to seeing you in Perth.

Enjoy your reflexology!

Susan Ramsey



July 2023

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The Reflexology Association of Australia is an independent, non-profit organisation and is not affiliated with any educational institution. It is managed by a national Board of Directors, and has branch committees in each state. All positions are honorary.

Front cover – Perth Mint—Located close to the location of the AGM to be held in October. See page 10.

Maternity Reflexology cover clarified - no change

A few months ago, there were concerns raised by some of the members around cover for maternity reflexology for those who have an existing insurance policy with Gallagher, underwritten by Berkley Insurance Australia.

Change in provider, no change in coverage

At Gallagher we're committed to understanding and making sure you have the right insurance for you and your business. We want to reassure Reflexology Association of Australia members that although Berkley no longer provides cover for a small number of activities relating to pregnancy, fertility and infants (also including pre and post-natal yoga, pregnancy massage etc.), Gallagher can offer the same insurance with an alternative insurer who will cover these modalities with no derogation to your policy.



For any existing client who has cover for these modalities on their current policy through Berkley, you are still covered by this policy until the renewal date. When the renewal is due you will receive your renewal documents approximately 2-3 weeks prior to the renewal date and the policy will then be underwritten by the alternative insurer, with no change to your cover.

There has also been some confusion around whether you need to have maternity reflexology or other qualifications in addition to the standard reflexology practices noted on your policy.

- For those who already have it on their existing policy, we will then change the insurer and cover will remain the same. All members/reflexologists who do practice maternity reflexology are covered for this as long as they have this modality noted in their existing insurance policy.
- If you do not have the different modalities listed, please call us to discuss and we can have these qualifications/modalities added to your policy.
- For any further questions or concerns, please contact Gallagher on 1800 222 012 and one of our friendly staff will assist you further.

Tailored cover for reflexology professionals

The insurance policy that we've developed to meet the needs of your profession allows you to benefit from the convenience of having two essentials – your **professional indemnity** and **public liability** policies – combined.

Professional indemnity

For a small business, finding the money to pay for the legal costs involved with a claim could have a significant financial impact, even if you are not found liable. Professional indemnity insurance can protect you from bearing the full costs of these claims, allowing you to keep your focus on your business.

Public liability

Public liability insurance is something we recommend for all businesses that interact with the public, even in small ways. This cover offers protection for you, your staff and members of the public, by covering financial costs involved if a third party seeks compensation as a result of your and your staff's business activities.

We also recognise that from time to time your requirements may change.

For example, this could be because you decide to expand into new areas or scale back your practice to part time.

Making changes like these means that you also need to think about the level of cover you may need.

If you change your activities at all, speaking with your broker helps to ensure your insurance arrangements maintain the protections your practice needs. Contact us on **1800 222 012** if you need any help with renewing or adjusting your cover.

Visit [our website](#) to obtain a quote and purchase your cover online, within a matter of minutes.



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[AJG.com/au](https://www.ajg.com/au) Experience insurance confidence. The Gallagher Way.

 **Gallagher**



My name is Siri Brøndelsbo. The association I am a member of, NNH (Norske Naturterapeuters Hovedorganisasjon, nnh.no), has done a small study on reflexology for acute rhinosinusitis. This research article is published on PubMed. Hope you can enjoy this information.

Siri Brøndelsbo

Reflexology for acute rhinosinusitis—Results from a blinded, early-phase comparative trial

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Abstract

Background: Reflexology is commonly used as an adjunct to conventional treatment by patients with respiratory tract infections. The effect of reflexology needs to be tested in a full-scale randomized controlled study. Small early-phase trials can give an indication on whether full-size clinical trials are warranted. The objective of this study is to determine whether the study design is feasible in a full-scale study of reflexology as an add-on to usual care compared to usual care alone in acute rhinosinusitis, and further if there is a statistical indication of an effect of reflexology warranting a full-scale study.

Methods: 20 patients with symptoms compatible with acute rhinosinusitis, and an illness duration of 28 days or less were randomized to additional reflexology treatment along with usual medical care, or usual care alone. The patients scored how much each of 16 sinus-related symptoms bothered them in the past few days on a six-point scale (zero = no problem to five = severe problem). To determine if there is a statistical indication of an effect of reflexology warranting a full-scale study, the separation test was used.

Results: The methodology was considered feasible and could therefore be applied in a full-scale study of reflexology for acute rhinosinusitis. The mean reduction in symptom score from baseline to day two was 0.95 in the reflexology group and 0.78 in the control group. From baseline to day ten the mean reduction in symptom score was 2.12 in the reflexology group and 1.63 in the control group. A statistical indication of effect in a full-scale study in favor of reflexology was found from baseline to day ten but not from baseline to day two.

Conclusions: The research methodology in this study could be used in a full-scale study of reflexology in acute sinusitis. The results from the separation test indicates an effect warranting a full-scale study of reflexology regarding effects in acute sinusitis ten days after treatment.

Keywords: Early phase trial; Reduction in symptom; Reflexology; Rhinosinusitis; Separation-test.

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Natural Therapies Review

9th Stakeholders Review 30 May 2023

- ◆ Reflexology review will be provided to expert advisory panel in June.
- ◆ The evidence evaluation for all modalities is to be completed by December 2023.
- ◆ The advisory panel are to meet regularly till the end of 2023 and report their findings every second month.
- ◆ The Chair of the Natural Therapies Review Panel, Professor Kidd, will present their findings to the Government at the beginning of 2024.

Question from a stakeholder – As the request for journals showing the efficacy of Journals for the modality were requested in 2019, it was stated that many, many more studies have been completed since then. Is there any recourse if we are not in agreeance with the result, are we able to present up to date data?

This question will be given to the panel.

Introducing: www.reflexologyresources.com



First allow me to introduce myself, I am Christopher Shirley, and I have been practicing, teaching, and promoting reflexology in western Canada since 1978. I am contacting you today to introduce you to my most recent creation: www.reflexologyresources.com. It has received very favourable reviews from prominent members of our reflexology community. I believe that you will find it interesting and useful.

This website started out with the idea of creating a resource manual for professional reflexology practitioners and students. Now, it has morphed into the most comprehensive international presentation of current reflexology related information in one convenient place: www.reflexologyresources.com—an all-inclusive global resource for anybody who has interest in reflexology.

In short, COVID gave me the opportunity to compile:

- ◆ the Reflexology Research Journal with hundreds of published reflexology research studies presented in 25 different subject areas for easy access (sadly, once a study is published it gets buried along with thousands of other studies in a journal – the extensive compiled listing of published reflexology research studies is quite impressive and very informative to me)
- ◆ listings of over 800 reflexology publications including charts, DVDs and CDs going back to 1917
- ◆ listings of reflexology published articles
- ◆ a worldwide compilation of reflexology history: The Roots of Reflexology and its Evolution
- ◆ a listing of international, national, and regional reflexology associations spanning more than 31 nations
- ◆ listings of professional reflexology practitioners in over 25 countries around the world, and a members’ area

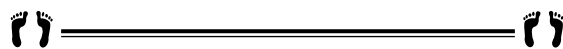
that provides much, much more for the professional practitioner including a listing of over 200 health conditions – with a description, the causes, and symptoms together with primary relevant reflexes, related publications and research ... and much more ...

All information provided is conveniently linked—so more detailed information is easily accessed. It is the most comprehensive presentation of current reflexology related information available. You can use the information for your learning, in your marketing, on your website, in providing information to clients and many other ways. Please feel free to look at all the sections provided and be sure to sign into the members area (it is free) to access even more sections for practitioners.

If you have any means of sharing this website online, through social media, chat lines or by any other means – of course, I will appreciate that. I would really like to have it accessed by as many people as possible – its true value is in its usage and the credibility that it brings to the practice of reflexology.

If you are aware of any missed published reflexology related information, please bring it to my attention for inclusion. I think of the website as a “reflexology Wikipedia” in that I welcome input from everyone, and the website belongs to you for your use.

Christopher Shirley
PACIFIC Institute of REFLEXOLOGY,
CANADA
<https://www.reflexologyresources.com>



New RAoA website underway

By Tiziana Hill

Planning and work on a new Association website which will be user friendly and easy to navigate is underway, with plans to launch it by the end of this year.

Director of Promotions, Marie Steinke, said that the project has been on the drawing board since late 2022 when a Website Redevelopment Committee was formed. Comprising members Sue Ehinger and Tiziana Hill and chaired by Marie, the Committee has made significant progress.

“The early part of the project was gathering together all the member feedback received over the years and understanding what was frustrating, outdated or simply not working in



the current website, which is now past its use-by date,” Marie said.

“With that in mind, we started with a fresh canvas and created a structure that will make sense and be easy to navigate. We are aiming for an attractive, uncluttered web site that is appealing to both reflexologists and members of the public.

“We have gone to market for a contractor who can design and build a web site to help us achieve our goals, and we will keep members updated through the e-newsletter and the RAoA’s social media.”

INTRO TO EAR REFLEXOLOGY

with Alison Rippin

Sunday July 30

Webinar

Early Bird
Fee
\$66.00
Extended
to 14 July







Alison Rippin is a reflexologist, teacher, school owner, author, and business strategist. She specializes in supporting reflexologists worldwide to make a bigger impact doing the work they love, through innovative programs and products. Alison has been teaching Ear Reflexology since 1999 and in 2018 created an international buzz when she pioneered teaching this modality online for reflexologists to access from around the world; and now her program has served reflexologists in over 16 countries! In 2022, she published *Ear Reflexology: Self-Help Points for Common Conditions*, the first ear reflexology book written by a reflexologist. Alison is eager to share with you one of her favourite forms of reflexology—Ear Reflexology—and she believes it should be an essential part of every reflexologist’s toolkit! Register now at <https://reflexology.org.au/introduction-to-ear-reflexology-alison-rippin-info>

Hosted by
Reflexology Association of Australia

With high stress levels now a part of everyday life, our clients are looking for quick results more than ever ... and Ear Reflexology can offer that.

Whether you are curious about “what’s all the buzz” about Ear Reflexology or have taken training in the past and haven’t been using it in your practice, you’ll want to attend this webinar!

Here’s just some of what you’ll learn in this 90-minute Webinar:

-  How this unique offering will set you apart from other practitioners, piques people’s curiosity, and allows you to easily start a conversation about reflexology.
-  Why the World Health Organization recognizes this modality and why that matters to reflexologists.
-  Simple ways to attract and retain clients with Ear Reflexology.
-  Self-help points you can use immediately with yourself, family, and clients ... and so much more!



“Professional Reflexology.....better health naturally”



CPT News

We welcome all members to another financial NEW YEAR!



A massive thank you to all members that have already renewed their membership with the RAOA for another year. For those that are looking for

reasons why they should renew their membership please go to www.reflexology.org.au no need to log in just click on **Membership Benefits** to see a list of benefits and discounts that are available to members. If you scroll down to the bottom of that page, you're more than welcome to download **The Members Benefits Document** as this contains many reasons why being a part of a professional organisation will assist you in your professional practice. https://www.reflexology.org.au/images/pdf/Application_Forms/Member_Benefits_Form.pdf

We are listening to the membership base and understand that many members are finding it difficult to make ends meet but would love to remain a professional member. We have a payment scheme available that will assist any members at this time.

Please contact membership@reflexology.org.au and Lisa will be more than happy to assist you with the information you require regarding the payment plan option available for you to retain your RAOA membership.

Remember to complete your CPT tracker program and send copies of any new or updated documents e.g. insurance policies, CPR or First Aid qualifications/certificates to the office.

In this CPT News – The CPT working party would like to welcome all new members and our reflexology students as you are the future face of reflexology in Australia.

We would like to invite you all to have a look at our website, whilst you may think it's old, clunky and not user friendly, we have a special project team working on our website. Fingers crossed we will have a new and transformed website before the end of this year, but the information on the site is still helpful and relevant.

Having a look at the Frequently Asked Questions may assist you and we have mentors that are more than happy to help answer your questions or put you in touch with someone that can answer your questions.

We invite you to become involved in your State Branch meetings by attending and listening to what is happening on a branch level so you can better understand what the Reflexology Association is all about or come along to one of the workshops and introduce yourself to the branch chairperson or your director.

When beginning in any organisation it can be daunting not knowing other people but you will have the opportunity

to meet passionate and professional members that have walked your path. The advice and invaluable knowledge that can be shared may make the difference in the experience you have in starting up your own practice. Personally, I loved networking with like-minded people, that supported me, giving me the confidence I needed. Also, learning the best practices so I didn't fall in every pot hole in the road.

Finding an EPE – Educational Practicum Exchange group near you and attending these days once a month are not only educational but you can practice the skills you have just learnt on others. Plus, the bonus is that you will receive a reflexology treatment as well.

If there is not an EPE group near you best thing to do is start up one yourself. To do this please contact myself or the national office, it's not that difficult, once you have the paperwork sorted. There are many advantages to this including meeting fantastic and enthusiastic new people, practicing your skills and learning new techniques, while at the same time supporting local members of the Reflexology Association. All while having some fun, sharing a few laughs and having access to experienced members so you can ask them questions.

Dates to remember

- ◆ **30 July 2023**—Introduction to Ear Reflexology with Alison Rippon
- ◆ **14–15 October 2023**—AGM and workshop weekend in Perth. Theme: Mental Health Awareness



Don't miss out on the early bird, so please go to the RAOA website and register now for these events.

Save the date

- ◆ **Friday 25 to Sunday 27 October 2024**—National Conference 2024 is coming!

This is being organised by the Victorian conference committee, so stay tuned to hear all the exciting news! Still to come, the logo, the theme, the venue and the presenters.

We welcome Kerri Wood from WA to the position of National Events Director; we wish her all the best and we look forward to working with Kerri in the future.

It's up to you as members, it's your CPT so why not make it fun, interesting and educational at the same time. If any members would like to share topics or a webinar that they think is interesting and feel others might enjoy, please feel free to contact myself via email VIPReflexology@outlook.com.

Happy continued learning from your CPT Working Party

Vicki and Alex





RAoA AGM

PERTH 14–15 October 2023



Why come to the AGM?

- ◆ Earn most of your CPT points for 2023/24 year with full weekend attendance at the AGM.
- ◆ Don't forget to use your renewal bonus credit (RBC) (if you renewed membership prior to 1 July).
- ◆ Mix with like-minded people at the event of the year.
- ◆ Holiday and experience what Perth has to offer.
- ◆ Make new friends and have fun.
- ◆ Extend your field of skills that you can add to your price list.
- ◆ Purchase at discounts what you need for your year ahead.
- ◆ To help support the reflexology industry by adding your voice at this event.

Please see your presenters below.

Presenter: Lea Hughes

Website: risetoshinewellbeing.com.au

Presentation: Breathing—The Forgotten Pillar of health. An introduction to the Buteyko Method of Breath Re-education

This is a comprehensive introduction to breathing for health and wellbeing, which outlines how to assess breathing functionality and how to address dysfunctional breathing patterns to optimise physical, emotional, and mental wellbeing.

Description of presentation:

We breathe up to 23,000 times every day! It is something we do unconsciously most of the time, but are we doing it efficiently? Is the way we are breathing negatively impacting and dysregulating our nervous system? Are we unknowingly creating significant implications on our energy levels, sleep quality, ability to concentrate and our overall physical, emotional, and mental health? In most cases the answer is yes!

The workshop “Breathing—The Forgotten Pillar of Health” explores this concept by looking at functional and dysfunctional breathing and how they impact on our health.

Many of our major illnesses have an underlying component of nervous system dysregulation and inflammation, with the body in a constant state of sympathetic activation and the mind in an ongoing state of stress and anxiety. Learning how to breathe to actively soothe the nervous system promotes a greater degree of parasympathetic nervous system activation, to balance the body and mind. When the body is at peace so too is the mind, providing a more optimal environment for healing and health to occur.

As a qualified Buteyko Method Instructor, Oxygen Advantage Instructor and Yoga and Pranayama Teacher, Lea will empower audiences to take conscious control of their own health by learning some simple breathwork practices that can be implemented daily to help regulate the nervous system and to support and optimise wellbeing.



Presenter: Karen Bishop

Website: www.feelgoodtherapies.com.au

Presentation: Indian Head Massage

Description of presentation:

Learn techniques on the head and shoulders which can help your clients to relax.

Techniques shown teach you to perform a 15–20-minute relaxing head massage on the head and shoulders which can help your client improve their mental health through relaxation.

The workshop allows you to recognise flexibility of the scalp which will enable you to detect the dehydration of your client which can be helpful prior to performing a reflexology treatment or a standalone short treatment in head massage.

Continued on page 9



Presenter: Paula Frances Bradley

Business Name: Colour Journeys

Presentation: The Power of Colour

Description of presentation:

A powerful interactive presentation on the many ways colour can be used to invoke wellness and change the state of perception.

For more about Paula see page 16.

Presenter: James Flaxman

Website: <https://remedialmassage.org/>

Presentation: Fascial System and Reflexology

Description of presentation:

- ◆ Introduction to the Fascial System.
- ◆ Why it is important for reflexology practitioners to have significant knowledge of the Fascial System.
- ◆ How a reflexology practitioner can integrate knowledge of the Fascial System to benefit patients.
- ◆ Basic use of specific compression techniques, myofascial gliding, Muscle Energy Technique (MET), Proprioceptive Neuromuscular Facilitation (PNF) and static cupping to myofascial tissues of the foot and leg.

Attendees will receive basic skills that they can add into a patient's treatment plan when an assessment indicates myofascial dysfunction.



Presenters: Caz Knight and Kim Bungate

Business name: Better Calmer Clearer

Presentation: Better Calmer Clearer®

Description of presentation:

Better Calmer Clearer is a creative awareness event where science and metaphysics meet, allowing us to better manage our mental health and demonstrates the benefits of incorporating one, or all, of the four simple tools into your reflexology sessions. Learn these simple yet practical tools which can be used individually or be multi-layered to better understand and manage day-to-day stress and ongoing mental health

Presenter: Gretel Spiegel

Website: <https://www.gretelspiegel.com>

Presentation: Post-traumatic Stress Disorder and Cancer

Description of presentation:

The presentation will explore post-traumatic stress disorder and how it affects cancer patients. A look at how they may experience a multitude of stresses that can put them at risk for developing PTSD. These include their diagnosis, their fear of recurrence, the stresses of treatment, the changes in their self-image, their social and emotional isolation. PTSD symptoms can include flashbacks, avoidance behaviours, negative changes in thought and mood. The presentation will explore how this stress affects cancer patients, the risk factors, the diagnosis, treatment, support, and integrative approaches for cancer patients.



The Perth Mint: Experience the wonder of gold



Two members of the Perth team took up an offer to investigate items for Perth AGM gift bags. See what is on offer for our members.

The Perth Mint is a unique destination in the Perth tourism landscape, and one that may have slipped your mind when planning a day out in Perth.

Connecting visitors to Western Australia's fascinating golden history, it's a step back in time and a dazzling affair of gold nuggets, coins, and even a live gold pour. The authentic experiences gained from a tour here are as memorable as they are nostalgic, all contained in the stunning heritage building which opened in 1899.

It operates daily tours for all ages seven days a week, and some of the highlights of the world-class Gold Exhibition include:

A live gold pour in the original 1899 melting house.

Witness gold heated to white-hot molten temperatures and transformed into a solid gold bar right in front of your eyes.

This attraction takes you back to a time when the old melting house was in full swing from 1899 until 1990, before operations moved to a large, modern refinery near Perth Airport.

The Guinness World Record-holding one-tonne coin.

Worth over AUD 90 million, this is the most awe-inspiring coin in the world.

It's the largest gold coin in the world as confirmed by the Guinness World Records and a major drawcard for tourists and locals alike, weighing in at one tonne of 99.99% pure gold. It was created in 2012 as a showpiece to promote the Australian Kangaroo Gold Bullion Coin Series worldwide and features the late Queen Elizabeth II's effigy on one side and the Mint's iconic kangaroo design on the other.

A shiny display of gold and silver specimens.

King Henry and The Karratha Queen are two of the most famous and valuable gold and silver specimens in the world, both were found in WA and have found a permanent home at The Perth Mint.

They join an impressive collection of large specimens, including the famous Normandy nugget, found near Kalgoorlie, that weighs in as one of the largest nuggets still in existence in Australia, and indeed, the world.

Kid-friendly tours for the little ones.

The Perth Mint is for the whole family and can be enjoyed by all ages. The tours are kid-friendly, and kids can take part in The Perth Mint Challenge while on the tour and receive a prize on completion.

Touch a gold bullion bar.

It may look easy, but when lifting a gold bar you'll soon discover just how heavy these guys can be.

Because where else can you get the chance to touch such a large and valuable gold bullion bar?

Engrave your own medallion.

A very popular way to remember your visit is your opportunity to design a special, personalised message or design to engrave onto an aluminum bronze, gold plated, pure silver or gold medallion.

Made and ready to take away in mere minutes, the medallions start from \$17 and are a special keepsake treasure to take home.

Browse The Perth Mint Shop.

The Perth Mint's luxury jewellery gift shop is located in the Mint's original gold receiving room. With curated cabinets showcasing Western Australia's golden history, you'll sort through a treasure trove of natural gold nuggets and gold, silver, and platinum coins.

Experience some of the world's most dazzling pieces in The Perth Mint's newly renovated luxury jewellery showrooms, including the crown jewel, the Pink Diamond Room.

Maybe you'll find a special gift to cherish for yourself or come across that perfect meaningful jewel for a special someone.

How to book your tour at The Perth Mint.

It's free to visit The Perth Mint Shop and grounds, but to fully experience all these unique attractions and learn about the history of gold in Western Australia you have to jump on The Perth Mint Gold Tour, which runs for an hour.

Tours run every day, with additional tours available over the school holidays. Check the website for details at perthmint.com/visit.

Perth Mint has kindly offered two for one for those attending our AGM.

Perth Mint is kindly printing discount vouchers for the shop for our attendees of the Perth AGM.

New appointment as Editor of *FootPrints*

It is with great pleasure that I find myself in this new role for the Association and I would like to be able to add new types of articles from many sources, including internationally.

For this to be tailored to suit your needs please feel free to let me know what you would like to see in this, your national journal.

We would love to be able to showcase your talents and experiences within *FootPrints*.

It is an honor to be asked to follow on from the previous talented editors and writers Kerry Manthorpe and Ruth Hull.

So, who am I and where do I come from?

Having qualified as a Reflexologist in 1997, I was talent spotted and mentored by my then tutor.

This led me into teaching where I taught a wide range of adults and children with ages ranging between 97 and 5 and have been able to share my love of reflexology.

After moving back to Australia from the UK, I was asked to join an exam board as their reflexology and aromatherapy examiner. This involved international travel which concentrated around Asia, New Zealand and South Africa to name but a few countries.

When Covid 19 hit I took over a school and I now work with a very talented team to help shape the future of reflexology in Australia.

Please get in touch if you would like to share your experiences, case studies, or help in any way. We need you!

Mentoring—from the Education Team

So, what is mentoring? Mentoring is from a Greek word meaning steadfast. It is where a seasoned professional with knowledge to share offers guidance and support.

Would you like to validate your leadership skills and become a recognized leader? Would you like to give back and nurture new talent?

Your guidance and support could help to shape someone's future career and the face of reflexology in Australia.

This relationship is not to replace formal training or education but to assist with ethical or technique support.

This can take the form of sharing your case studies, sharing your story, support in a student clinic treatment swapping and much more.

So, if you enjoy sharing and chatting this could be for you.

We would love to hear from you, please contact myself as editor or Andreina Amato as education lead for the Association.

The rewards to our industry are:

- ◆ Professional development for all involved in the program
- ◆ Creating higher standards and recognition for the industry
- ◆ Learning from each other
- ◆ Enhanced reputation and professionalism in our field
- ◆ Sharpened communication skills
- ◆ Development of leadership skills which can lead to career enhancement
- ◆ Sharing mutual interests with like-minded individuals
- ◆ Networking and community support
- ◆ Continued one-on-one support
- ◆ Increased career satisfaction
- ◆ Shared goals can be achieved and celebrated.

Keri Wood



We are seeking book reviewers for *FootPrints*

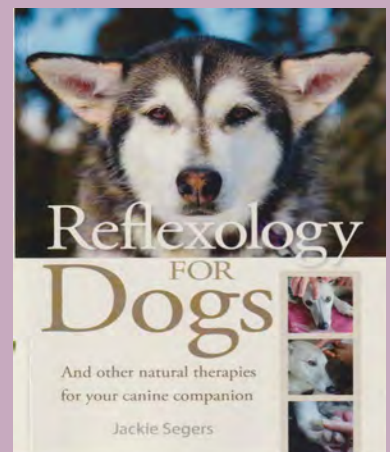
This is a fantastic opportunity to increase your bookshelf as you will be able to keep the book for yourself.

It is a great way to learn more in the comfort of your home in the winter months. An easy way to gain your CPT points.

At no cost to our members, this is free.

All we need is your review once you have had a chance to read the book, these will be printed in the October issue of *FootPrints*, so reviews are due by 1 September.

Our first book on offer is a very exciting one by Jackie Segers. Please contact footprints.articles@reflexology.org.au to take part.



Reflexology and how it found me

By Irene Weger



Hi, my name is Irene, I am a reflexologist working in outback Queensland, and this is my story.

Born and raised in Donegal, Ireland, I grew up on a farm with nearly as many siblings as there were animals. At sixteen, being all independent and keen to stretch my wings, I moved to a remote island off the coast of Scotland to work as a hotel cleaner in an upmarket hotel for the summer. Here, a reflexologist was employed to promote wellbeing and relaxation among the guests. There was a discounted rate for staff and, being my father's daughter and not wanting to miss a bargain, I booked an appointment. At that stage in my life, I had no clue what 'Complementary Therapy' was let alone the specifics about reflexology, but I was keen to have a go.

Still to this day, I distinctly remember walking the few hundred meters home to my accommodation after the reflexology session with a feeling of deep euphoria, calm and peace. I recall going to bed that night early and not waking for eighteen hours. I could not believe the amazing effects I had after just one session and that was the day I decided reflexology was for me.

After finishing school, I moved to London, England, and completed a degree in Nursing. Still fascinated by Reflexology, I completed a Cert 1 and 2 in Reflexology and Reiki with the intention of only ever using it for friends and family as a bit of a hobby. Then life happened. I spent five years solidifying my nursing career before moving to Australia in 2005. Fast forward thirteen years and I found myself having a bit more time on my hands when I moved to a rural town in outback Queensland. Having worked in the health system for over twenty years and specialising in Intensive Care, Cancer Care and Palliative Care, it was obvious to me there was a need to combine Western Medicine and Complementary Therapy particularly in rural areas. I decided to take up Reflexology again to help promote wellness and improve symptom management for the unwell and vulnerable. Living remotely, my only option was to study via distance education, so I completed a Diploma in Reflexology online.

The uptake was amazing. Soon I was busy doing reflexology every evening after work and every weekend. Word travels fast in small towns. Fast forward another two years, I took a year off nursing and opened my Reflexology

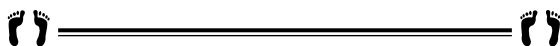
business five days a week. After an impromptu phone call from

RAoA President Susan Ramsey in 2022, I learned that I could now (thanks to COVID) complete the theory of an RAOA accredited course through distance education providing I did the practical hours in person. Prior to COVID the only option for me to complete an RAOA accredited course was to travel the return journey of 2400 kms weekly to my closest reflexology school. This was not a viable option for me. Immediately, I excitedly called Keri Wood from the Australian School of Reflexology and Relaxation and signed up. After completing all the theory through weekly zoom sessions with Keri for the duration of six months, I travelled to Perth in January 2023 to complete the practical component. Again, not wanting to miss an opportunity, I asked Keri about what other courses I could be completing whilst in Perth to make best use of my time.

After an intense couple of weeks, I successfully completed ITEC recognised qualifications in Reflexology, Indian Head Massage, Hot and Cold Stone Therapy and Thermo-Auricular Therapy as well as college certificates in reiki, crystal therapy and facial reflexology.

Now, I have a thriving business offering all the above modalities and it is all with heartfelt thanks to the kind support and encouragement I have received both from the RAOA and the Australian School of Reflexology and Relaxation. I am profoundly grateful particularly to Keri Wood who had the best interests of me and my small business in mind throughout my training, making sure the course was tailored to meet my every need.

There is a progressive shift towards an integrated approach to health as people live longer and want to live well. It is heart-warming to be part of this shift, particularly in a small outback town. This extra training has given me the confidence to provide a professional and holistic approach to wellness, a large network of contacts and support, as well as a burning desire to keep learning and improving. I look forward to what the future holds for me, and my business, and I look forward to meeting more of you along the way.



I live in that solitude which is painful in youth, but delicious in the years of maturity.

Albert Einstein

Views from a mature student

By Margaret Shurlock

Hi, my name is Margaret and from the age of 14½ I trained as a hairdresser—now 63 years later I am training to be a Reflexology and Massage Therapist.

I have always enjoyed making clients feel good when I have done their hair.

I watched my daughter and granddaughter train in Beauty and Reflexology and as this has always been something I have wanted to do, I took the plunge and enrolled in a course with The Australian School of Reflexology and Relaxation (ASRR) with my tutor Keri Wood.

A lot of my friends said “What are you doing at your age?”

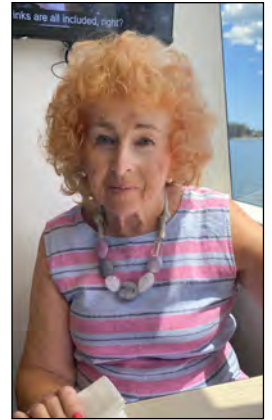
It was a simple reply—I want to help more clients improve their lives and health with the reflexology and massage skills I have acquired and, with my hairdressing experiences, can really make them feel good from head to toe.

There have been challenges, anatomy was hard but I was able to get additional help and support with that,

but overall it has been a wonderful experience and as I will be completing the course very soon I look forward to being able to offer my services to the people that need it—including many of those friends that asked me why I was doing this!

This new journey has opened up a whole new world to me, from becoming a Member of the Reflexology Association of Australia, the initial membership being provided by ASRR, and being able to then have the *FootPrints* magazine and also be in contact with other members has allowed me to expand my network and make new friends who share a similar passion for this therapy.

So please remember that age is just a number, and you are never too old to set out on a new path – with the right people to support and guide you – it is a whole new lease on life that I have thoroughly enjoyed taking.



A busy but rewarding day in South Australia

By Marie Steinke

SA Thai Reflexology Foot Massage Workshop was held on the same day as our ABM, Sunday 28th May 2023.

What a wealth of experience we were treated to on the Sunday! Corrine’s knowledge and practical skills were evident during this workshop.

More tools to add to our kit for our clients. Numbers attending were low, but this didn’t make it any less of a rewarding day.

Thank you Corrine!



SA Director Marie Steinke receiving Outstanding Achievement Award from SA Chair Anita Pickhaver Smith



President Susan Ramsey giving a thank you gift to Corrine Brown



Attendees of SA Thai Reflexology Workshop SA: Corrine Brown, Lynne Owens (Vic), Lynne Forrest, Anita Pickhaver Smith, Rhiannon Loukes, Marie Steinke, Susan Ramsey (SA).

Discover more about: Ear reflexology

By [Jennifer Johnson](#) Jul 17, 2019



Ear reflexology, otherwise known as auricular reflexology or auricular therapy, is a unique type of reflexology in its own right.

The outer ear, called the “pinna,” or “auricle,” is essentially ribbed cartilage covered by the skin. Ears are sensitive and full of nerve endings (over 500!), making them an effective area to treat with reflexology.

Similar to other types of reflexology, the ear reflex points include points for every body part, organ and gland. Additionally, however, they also contain points for emotional balance, such as points for anti-depression, balance of sadness and worry, and for anti-aggression. Unlike other types of reflexology where right and left reflexology maps represent the right and left sides of the body, each ear has a map of the entire body.

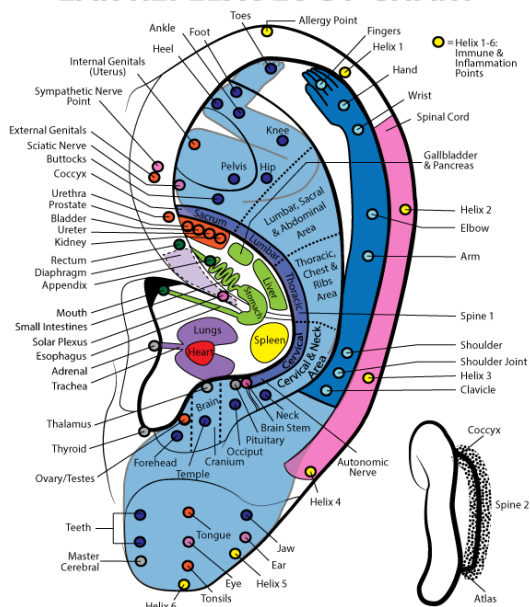
A little history

Ear reflexology was developed in France by Dr. Paul Nogier in the 20th Century, who thought the ear reflexes resembled a baby in fetal position; Traditional Chinese Medicine claims the origins of the medical importance of the ear thousands of years prior, but the mechanism was by cauterization, and only much later by acupuncture. Though the European and Asian ear maps differ, many points have been standardized by the World Health Organization.

The basics

With each ear representing a full anatomical body, imagine it in an upside-down orientation, in that the reflex for the head is located at the bottom of the ear on the ear lobe, and the reflex for the toes is located at the highest point of the ear. The inner, firm cartilage rim of the ear represents the spine; the outer, softer cartilage represents the structural body (musculoskeletal system); and the inner “bowl” of the ear, located more centrally, represents the organs.

EAR REFLEXOLOGY CHART



How it works

Stimulating ear reflex points encourages the body to heal itself. A common theory as to how ear reflexology works involves nervous system impulses - by working the points, electrical impulses are sent out from the reflex on the ear to the brain, and then messages are relayed to the corresponding body parts or organs, telling them to regulate themselves. Meridian theory proposes that applying pressure to the ear reflexes releases energy blocks along major energy pathways located within the body, thus increasing energy flow to specific areas that need it, and also generally, throughout every body system.

The benefits

The benefits of ear reflexology range from an enhanced immune system and deep relaxation, to improving physical symptoms of illness, pain, and other conditions. Because the ears are so small, and each contains the whole body map, an ear reflexology session can be performed in a relatively short time as compared to other reflexology sessions. For the same reason, ear reflexology is very easy to “add on” to other treatments, making the overall effect of any session more effective. With specific points that can be used for particular goals, like “muscle relaxant”, grounding points, and psychological well-being, clients can benefit in very specific ways. And a few select ear reflexes can be stimulated between sessions, by using small, round ear beads - as easy to apply as tiny bandaids!

Fun facts

- ◆ Ear reflexology is the only type of reflexology that has specific points to treat addiction.
- ◆ Any condition ending in “itis” can be soothed and treated by rubbing the outer edges of the ear to stimulate anti-inflammatory points.
- ◆ Pinching the very top of the ear can stimulate allergy relief.
- ◆ Special point “Shen Men” is nicknamed “gateway to Heaven”, and is thought of as a universal healing point to treat virtually any condition!

For more about our upcoming courses in Ear Reflexology, and to register, [click here!](#)

To purchase high quality reflexology charts for download and personal use, [check out our chart shop!](#)

Disclosure Statement: This article may be freely printed or distributed in its entirety via social media, e-zine, newsletter, blog or website, with author’s name and website links intact and included.



Having two ears and one tongue, we should listen twice as much as we speak.

Turkish Proverb

Breathing—The forgotten pillar of health

By Lea Hughes

The power of functional breathing and breathwork techniques lie in their ability to positively influence our physical, mental and emotional well-being. Breathing is an automatic process that we do up to 23,000 times a day, often unconsciously, but what if the way we are breathing each day and night is negatively influencing our overall health and wellbeing?

With the alarming increase in stress-related illness and disease in our product driven world, people are becoming increasingly stuck in sympathetic nervous system activation. When we are stressed or anxious, our breathing tends to become shallow, rapid, and often through the mouth, triggering the body's fight-or-flight response. By consciously engaging in breath re-education techniques, we can empower ourselves with effective tools to regulate the nervous system and therefore activate the body's relaxation response, giving the body permission to regulate and heal.

The way in which we breathe sends signals to the brain that we are either safe or unsafe. In a state of stress our heart rate increases, stress hormones are released, muscle tension increases and our body and mind goes into fear-based survival. As a temporary measure against danger this is the perfect response, but ongoing and prolonged stress has far reaching implications on our overall health and wellbeing.

The Buteyko Method of breath re-education was developed by Russian physician, Dr Konstantin Buteyko and has since been taken forward by breathwork specialist, Patrick McKeown. This method focuses on correcting dysfunctional breathing habits to restore balance and enhance overall physiological function. The method consists of focusing on three dimensions of breathing:

1. Biomechanics – the amplitude of the diaphragm
2. Biochemistry – the role of carbon dioxide, oxygen and nitric oxide
3. Cadence / resonance – the rhythm of the breath.

At the core of the Buteyko Method is the recognition that many people chronically over breathe or engage in

inefficient breathing patterns. This can lead to a range of health issues, including anxiety, panic attacks, fatigue, asthma, allergies, sleep disorders and more. By retraining the way we breathe, the Buteyko Method aims to restore optimal breathing function and improve various aspects of physical and mental health.

Functional breathing also plays a crucial role in oxygenating our cells and promoting overall vitality. Oxygen is vital for cellular energy production, and efficient breathing ensures optimal oxygen delivery to our tissues. By adopting specified techniques, we can enhance oxygen uptake, improve circulation and boost energy levels.

Moreover, functional breathing techniques can have a profound impact on our mental and emotional well-being. Certain breathwork practices, such as mindfulness and meditation are difficult to achieve if the physiology of the body is not first optimised. Breathwork allows us to cultivate present-moment awareness, enhance focus and

quiet the mind, providing a foundation on which to build a more sustainable meditation practice. These practices help reduce racing thoughts, increase mental clarity and promote a sense of inner calm and peace.

Breathwork techniques also provide a pathway to emotional release and regulation. Conscious, connected breathing can help us access and release stagnant emotions, facilitating a cathartic and transformative experience. By engaging in light, rhythmic, diaphragmatic breathing, we create space for emotional processing, release tension held in the body and foster a greater sense of emotional balance and well-being.

Functional breathing and breathwork techniques offer a gateway to improved physical health, mental clarity, emotional well-being and enhanced performance. By harnessing the power of our breath, we can tap into the body's innate ability to heal, regulate stress and find inner balance. Embracing conscious, functional breathing practices empowers us to live with greater vitality, presence and resilience.



Photo by Le Minh Phuong on Unsplash

Lea is trained in Buteyko Method, Oxygen Advantage and is an experienced yoga and pranayama teacher. She worked as a health and physical education teacher for nearly 20 years and currently works with individual clients, schools and corporate organisations to empower health and well-being through nervous system regulation and the breath.



The creation of colour journeys essences

By Paula Bradley



Our story

What a great honour and enormous pleasure it is, to create beautiful, natural products that are completely in alignment with the human body and energy field; building a care system for everyone, restoring balance, harmony and acceptance, always striving for equilibrium, the natural state of wellbeing for the sentient beings we are.

To those who may not know us, our names are Paula Bradley, a trained teacher and artist from England and Greg Evans, a glass specialist and aromatherapist. We have both worked and travelled to many parts of our wonderful world, gaining precious knowledge and fabulous friendships, rekindling understandings from the past, almost forgotten, distilling our experiences and knowledge to make this book.

Synergy—Energy greater than the sum of its parts. A perfect example of synergy is the combination of ourselves: Greg, a keen herbalist, and wizardly formulator and Paula, a colour therapist and clairvoyant, who has synesthesia, blending both our skills and knowledge provides the energy to manifest our creation.

‘The Gift of Colours.’

How colour journeys essences were created

It was our desire to create a product that combined all three Kingdoms of the Earth, the Plant, the Animal and the Mineral through a colour vibration in complete harmony with humans.

We wanted to create a product that used colour, sound, essential oils, flower essences, crystal energies, as well as celestial energies from the sun, moon and stars.

When Greg and I began our journey into making the colour essences, this is how it would start. I would close my eyes and focus all my attention on the colour we were creating and that area of the body, for example orange and the belly. And then I would ask what plants resonate most with the belly and the colour orange for healing and open myself to all the plants in the world. I would then be shown a whole array, sometimes flowers, sometimes trees, and sometimes grasses. Sometimes I knew what they were and often didn't, so would describe them to Greg and ask more questions about location, tree, shrub, herb or grass. Greg would always get the plant I was seeing and then we see if that plant is an essential oil or a flower essence. After we had been shown all the oils and essences to go in the blend, it was a case of obtaining the oils and blending them. That is Greg's job, who has a super nose and is a wizard alchemist. He says the nose knows. And that is how the formulas were all created.

What's important to remember as well when working with plants is where the oil comes from. Is it from root, resin, gum, wood, bark, leaves, herbs, grasses, fruit peel, seeds or flower? Flowers will have a much higher and sensitively refined scent and vibration – think of rose, ylang ylang, jasmine – they are also very sensuous. Flowers are the highest vibration of the plant and store all of the information – they are love. Eat more flowers.

Contrary to the flower, the root is where the plant absorbs its nutrients and lives in the soil, so we can gather that the root oils will be grounding, and also help with absorption, like ginger. Within the roots there are also many variants, such as ginger being a rhizome will have a

completely different energy to a root that grows deeply in the soil like vertiver (used in our deep red and deep magenta). The oils that are harvested from the wood, like sandalwood, cedarwood, rosewood are like the heart of the plant, they are normally very balancing and harmonising, gentle but strong. Then there are the resins, which are tapped out of the tree, like frankincense and guaiacewood, all oils vary in viscosity adding another dimension to their complexity. Resins are like the blood of the tree and these oils will often be used as our life force in the blend. Some plants like the citrus bigaradia, commonly known as bitter orange, provides us with three different essential oils: petigrain from the leaf, neroli from the blossom, and bitter orange from the fruit peel (our orange essence has all three). Traditionally good blends for perfumes carry a high note, a middle note and low note.

When we create our colour essences, we have first the surprise, and then the satisfaction, with no resistance from the middle note, followed by the graceful ageing with the lower notes. Really it's so similar to music and making wonderful sounds, at the same time being mindful of what are you working with, is it a flower, or a seed, perhaps a herb or a root; everything creates influence on where we want the colour essence to take you.

Everything creates influence

How do we know when we have achieved the right blend? Well some blends, congratulations, we succeeded first time, and others have taken many, many months to perfect and others need to rest in the crystal grid to establish their full potential. The real test of any creation is: does it work?

Perfect is ... if we breathe it in, and it goes straight to the desired part of the body and the releasing process begins. For me I would normally begin burping and yawning as the blend did its walk through my body and then you would get the hit of an 'aha' moment, yes, it brings in the awaited revelations of that colour.

Continued on page 17

I always used myself as the test bunny. One essence I had a longing for was to create deep green to help asthmatics with breathing. I have suffered from asthma all of my life, until I met Greg and he introduced me to may chang and frankincense, which with repeated use, healed my lungs and 99 per cent of my asthma attacks. So I would induce an asthma attack (ice-cream does it for me, so I get some enjoyment out of the process) and then breathe in the deep green to see if it relieved the asthma (ventolin on hand just in case), this one took four preparations before it worked! Deep green is full of essential oils that work as stimulators for the alveoli allowing you to get more air with every breathe in the lungs and force your breath out, so you can take a deep breath in, whilst at the same time

relaxing the spasms. Clearly when creating blends like this, we need to be so careful where we are getting our oils from; we need therapeutic high-grade oils. Ooh the dedication we have for your wellbeing! Every formulation is created using modern science and ancient intuitions. Each essence is a synergistic blend of pure therapeutic grade essential oils, with flower essences, solarised waters and crystal energies. The blend of essential oils corresponds to that specific colour vibration and one complementary essential oil, bringing in the balance.

We choose the oils that work most effectively with that part of the body in complete harmony, so each colour has its own unique frequency of light. Returning the mind-body balance and resetting to your bodily norm. Each bottle is made with music matching its specific colour vibration.

The essences work like the rainbow, much like a piano keyboard plays a harmonic scale.

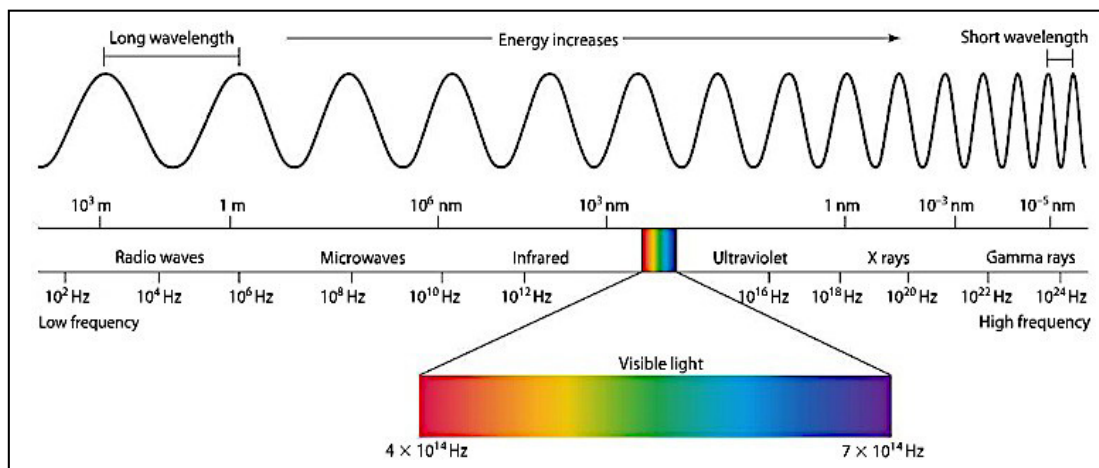
To anchor the colours before sending them out to the world, each colour is laid out in a circular crystal grid in trays and placed in a sacred place, to prepare for a great journey for someone, a new friend, not yet met.

Our label 'Colour Journeys' is to remind ourselves of the journey of life and how colour, both seen and felt is wrapped all around us like a baby in a colourful silk shawl.

Our little bottles of miracles are all made on our farm in the small town of Harvey in Western Australia. An area known for mild summers and cool winters with ancient trees and a river slowly winding around the grassy banks, with ducks enjoying the slow pace of the waters, birdsong filling the air and the myriad of colours from the garden. It's easy for us to be inspired and creative surrounded in our natural world.

The electromagnetic field *is all light energy* of different wavelengths.

These energies are almost entirely invisible.



Photons contain frequencies that we interpret as colour.

As frequency and energy changes, colours change.

Infinite possibilities exist in a single drop of energy called a photon. Photons travel through empty space at light speed.

As frequency increases, energy increases.

Essential oils activate switches in our body

The active ingredients inside essential oils can trigger "switches" inside our body. Just like music can affect us, only much more powerful, as the complex biochemical interactions can happen almost instantly after you inhale.

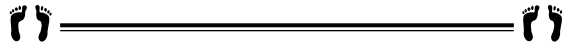
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Flower essences are a key ingredient of Colour Journeys Essences

As we are making each unique colour essence, we have matched it to the music we want that colour to absorb, as well as our mood while blending the essence. For example, while we make pink essence, a blend for unconditional love,

we play the music from Christine Morrison's CD 'Gathering Hearts,' a collection of beautiful songs of the many kinds of divine love. When we are making our white essence, we play thunder and lightning sound tracks with rain pouring, for purifying, cleansing, clearing and enlightening.

Email: colourjourneys@yahoo.com



Shout out for Directors!

Understanding the Constitution

By Heather Edwards

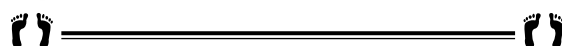
I must admit that when RAOA first became a Company I was not very interested in all the detail contained within the Constitution. Once I became a Director in 2009 I began to recognise the significance of the Constitution as the rule book of our Not for Profit Company, Reflexology Association of Australia.

As a member of RAOA it is beneficial to at least be aware of the content of the Constitution. Some of the details it covers are:

- ◆ Membership
- ◆ General meetings
- ◆ Voting rights
- ◆ Chair and Company Secretary
- ◆ Directors—appointment and retirement
- ◆ Proceedings of Directors
- ◆ Indemnity and insurance
- ◆ Accounting and audit.

In this article I think it's appropriate to address the section on Directors—appointment and retirement, as we have a General Meeting coming up in October in Perth.

RAOA needs you or someone you know to join the Board as we move forward. Someone who wants to advocate for the benefits of reflexology and the sustainability of the Reflexology Association of Australia as a viable Association.



Some details about being a Board Member as contained in the Constitution:

13.3 Nominations of Directors by Member

(a) *Nomination for Directors shall be in writing, signed by the nominee and nominator. The nominee and the nominator must both be Financial Members at the time of signing the nomination.*

13.4 Term of office

(a) *Directors may serve a maximum of three (3) consecutive two (2) year terms before retirement, with half of the Directors, or if there is an uneven number of Directors, the number of Directors nearest to and below half, retiring in each year. The Directors so retiring are those with the longest period of service as Directors in their current term.*

(c) *Subject to this Constitution, when a Director resigns or retires during or at the end of the maximum of three (3) consecutive two (2) year terms, they become eligible for nomination as Director or Acting Director for further term(s) after a minimum period one (1) year from the date of their resignation or retirement.*

16.6 Chair

Subject to rule 12.1, the Directors present at any meeting will choose one of their number to chair the meeting.

(12.1 Chair

(a) *The Directors must appoint a Chair from among the Directors.*

(b) *The appointment of the Chair may be for one meeting only or for such further period as may be determined by the Directors.)*

For further information go to www.reflexology.org.au. Login then **browse Documents Folders** and this will open **Members Documents**. You will then see '**Company Documents**' (top one). Open the Company Documents folder and you will find the Constitution document fourth from the bottom.

The power of the paw—Reflexology for dogs

By Jackie Segers

Our pets play a strong companionship role in our lives that was unheard of a generation ago. Social dynamics have changed and pets are now an important member of the modern family unit. According to one survey, 91% of Australians feel ‘very close’ to their pet¹. This is also confirmed by the amount of money people spend on their companion animals or “fur children”. Globally pets are a multi million dollar industry.

Natural therapies, once thought to be only for humans, are now becoming increasingly popular with our companion animals. They are safe, cost effective and very beneficial. Reflexology can also be considered as part of this expanded way of thinking.

The seeds of an idea

As a certified reflexologist and animal lover, I became interested in how reflexology could be applied to our companion animals. However, back in 2000 when I graduated, it was difficult to find much information. Some holistic animal health experts that I investigated would recommend reflexology, so I decided to experiment on my two kittens and map out the points on the face, ears and paws. My book *Reflexology for Cats* was picked up by a publisher in 2007. *Reflexology for Dogs*, the follow up, was self-published in 2020.



1. Ear strokes. Start with some relaxing auricular massage to relax the entire body.

The need for reflexology

Modern living and the environment can be harmful for the health and longevity of our canine companions.

Dogs have a low tolerance to chemicals and toxins in their environment, yet they inhale, ingest or absorb them on a daily basis. They may be exposed to things we never give a second thought to such as chemicals in household cleaners and plastic food bowls.

Toxins can also form in the body as a result of diet. The majority of commercial pet food contains preservatives, salt, sugar and additives. Holistic veterinarian Lisa Newman, estimates that pets eat up to one third of their body weight a year in preservatives and toxins.

Reflexology can improve circulation around specific organs as well as general blood and lymph circulation. Dr Mehmet Oz in his book *Healing from the Heart* mentions an experiment that showed just massaging the footpads in dogs increased lymphatic drainage in the body. When circulation is improved, blood flows more freely so that nutrients can easily reach cells and waste products can be removed efficiently.

Dogs also experience stress just like us. Chronic stress is the most common cause of all illness and disease in pets and humans alike. Stress contributes to around 85% of all major illnesses and plays a crucial part in nearly every condition that a veterinarian treats.

When stress is released through reflexology, the body's own natural healing intelligence takes over and brings the body back into a normal state of being.



2. Hip, leg reflexes. The sides of the legs and paws connect to spinal reflexes on the medial side and hip and leg reflexes on the lateral edge (I see location in photo). Try massaging the back legs as the front legs and paws can be sensitive.

Continued on page 20

Meaningful connections

What better way to deepen our connection with our dogs than with touch therapies such as reflexology? Nurturing touch communicates at the most basic, non-verbal level—security, trust, acceptance, comfort, relaxation and unconditional love. For dogs, allowing us to perform reflexology on their most sensitive areas like the paws and ears is the supreme demonstration of their trust in us.

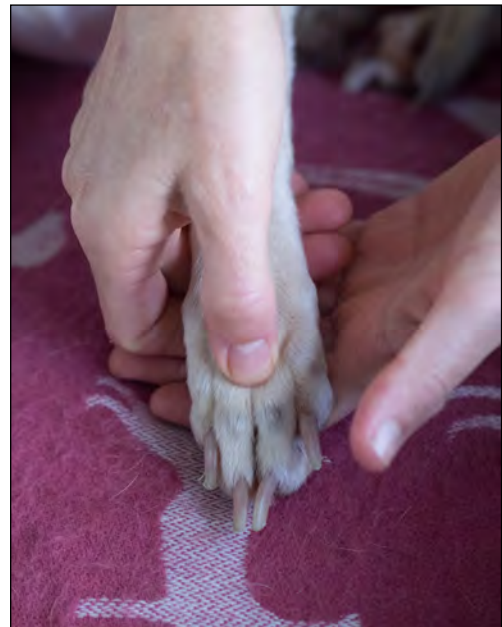
Reflexology always offers a reciprocal exchange of love that is rewarding for both the giver and the receiver. As Sally Morgan, a craniosacral therapist who works with animals, believes: *“if people are better able to understand animals, they gain a better understanding of themselves. Animals are our connection to nature. Connecting spiritually with animals is one way to help heal the planet as well. Animals teach us self-acceptance and self love and, in that way, bring us closer to the divine”*.

Reference

1. www.petnet.com.au/petstatistics.asp

Jackie Segers is a certified integrated reflexologist who trained with Bill Flocco at the American Academy of Reflexology. She lives in Auckland, New Zealand. Jackie will be coming to Australia next September for a three month reflexology and reiki workshop tour (and to see some quokkas).

More information is available through jackiesegers.com



3. Dorsal thumb rolling. Stimulating shoulder and lymph reflexes.



4. Toe tips squeezes. Holding brain and sinus points.



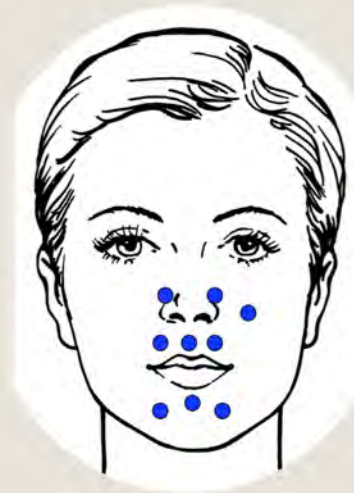
Facial Reflexology for the immune system – self help tips.

These points will support and boost our natural defences. Great to use them when we are feeling tired, stressed and overworked or when we feel unwell.

Before and after stimulating the blue points, rub briskly and firmly up and down in front of both ears at the same time.

To treat, press or rub each point firmly for 40 seconds.

Make this a regular practice once or twice daily.



This information has been created and published online for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice. For an appointment with a qualified reflexologist please go to www.reflexology.org.au.

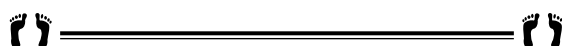
CPT Education—Calendar of Events

Inclusion in the CPT Calendar of Events is a further bonus for advertisers and includes one free listing for each advertisement placed.

Place your advertisement with the RAoA Marketing and Advertising Co-ordinator—
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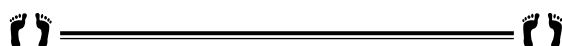
2023	PRESENTER	TITLE	LOCATION/CONTACT
July 30	RAoA live webinar with Alison Rippin	“Ear Reflexology”	Available via the RAoA website https://reflexology.org.au/introduction-to-ear-reflexology-alison-rippin-info
August 20	RAoA Tas Branch	Tas Branch Workshop	Hobart – venue TBA https://www.reflexology.org.au
August 26	RAoA SA Branch	SA Branch Workshop	Port Lincoln – venue TBA https://www.reflexology.org.au
September 12	RAoA NSW/ACT Branch	NSW/ACT Branch Meeting	Via Zoom https://www.reflexology.org.au
September 23	Reflexology Week	QLD/NT Branch WRW event	Woolcock Park https://www.reflexology.org.au
September 23	Reflexology Week	SA Branch WRW event	Whyalla Visitors Centre foreshore https://www.reflexology.org.au
September 24	Reflexology Week	NSW/ACT Branch WRW event	Crows Nest Community Centre, Crows Nest https://www.reflexology.org.au
September 24	Reflexology Week	RAoA VIC Branch Reflexology in the park	The Nook, Vaughan Street, Sunberry 3429 https://www.reflexology.org.au
October 14–15	RAoA	RAoA AGM and Workshop Weekend (Mental Health)	155 Adelaide Terrace, Perth https://www.reflexology.org.au
November 19	RAoA NSW/ACT Branch	NSW/ACT Branch Meeting	Venue and speaker TBA https://www.reflexology.org.au
November 26	RAoA QLD/NT Branch	QLD/NT Branch Meeting and Workshop Day	Wynnum Community Hall, Wynnum https://www.reflexology.org.au
November 26	RAoA SA Branch	SA Branch Meeting	Venue TBA https://www.reflexology.org.au
December 3	RAoA VIC Branch	General Branch Meeting	Habitat Uniting Church, Minona Street, Hawthorn (Melbourne) https://www.reflexology.org.au
Recorded Webinar	RAoA recorded webinar with David Wayte	“Hand Reflexology Masterclass”	Available via the RAoA website www.reflexology.org.au/hand-info
Recorded Webinar	RAoA recorded webinar with David Wayte	“Palliative Reflexology”	Available via the RAoA website www.reflexology.org.au/palliative-info
Recorded Webinar	RAoA recorded webinar with Ian White	“Enhancing your practice and your patient's experience with the Australian Bush Flower Essences”	Available via the RAoA website www.reflexology.org.au/abfe-info
Recorded Webinar	RAoA recorded webinar with Ruth Hull	“Understanding the role of blood sugar imbalances in health and disease”	Available via the RAoA website www.reflexology.org.au/bsi-info
2024	PRESENTER	TITLE	LOCATION/CONTACT
October 26-27	RAoA National Conference	SAVE THE DATE! International speakers TBA	Geelong, Victoria Further details and bookings will be available via the RAoA website closer to the date.



Welcome new members

April–June 2023

First name	Surname	Suburb	State
Amy Joan	Bloemendaal	Millbrook	WA
Louise	Kerley	St Andrews	VIC
Alexandra	Papadopoulos	Coburg	VIC
Reka	Kun	Berwick	VIC
Christina Maria	Hall	Menora	WA
Keri	Wood	Quinns Rock	WA



BRANCH NEWS

TASMANIA



Our May ABM and workshop day came and went quickly, with a superb and utterly engaging presentation from nutritionist Jill Cooper talking about how to maximise our health *From chew to poo*. In her presentation she talked about all the vital elements we need and the ways we undermine our best efforts by inadvertently making poorer choices.

A new committee was formed, comprising Sally Stubs (later nominated Secretary), Sarah Blain, Anne Love and myself (Chair). This was Lynda Kidd's final appearance as

a Committee member after giving many, many years of hands-on service to the branch committee. We thank you Lynda from the bottom of our hearts!

Plans are underway for the next branch day to be held on Sunday 20 August in Hobart and we are currently sourcing speaker/s and a venue. We hope to see some new and old members return to spend a wonderful day of friendship and reflexology with us.

Tiziana Hill

VICTORIA



A warm hello to all.

Firstly, I would like to acknowledge the transition of Bryan O'Neill, an outstanding reflexology and massage practitioner, to the spiritual realm. Bryan was drawn to reflexology after being gravely ill from type 1 diabetes. At the Ian Gawler Foundation he was introduced to reflexology and on recovery trained with the Australian School of Reflexology and Relaxation under Dee Leamon and Carol McBain. He then went on to teach at Endeavour with Trevor Steele.

Many reflexologists were privileged to learn from him. He had a prolific practice in Melbourne working in a medical multidisciplinary practice, the Otways and then later in the Geelong region working closely with mainstream medicine. We can all be grateful for his contribution to reflexology.

Vic Branch ABM reflected dwindling membership and has sent out a survey to help identify members' unmet needs. The day included a presentation on better servicing neurodiverse clients by Kylie Fitzgibbon and Chiron Healing for self-care for Reflexologists by Dee Leamon.

We had a fabulous workshop in March by Tony Pullin learning his Structural Release technique.

We also had the privilege of hosting Jane Sheehan with Feet Reading. It was a great success.

The Conference team for Victoria are steadily working towards hosting the 2024 Conference which will be held on 25–27 October 2024 in Victoria.

Warm regards

Cate Brown

QUEENSLAND/NORTHERN TERRITORY



Hello dear members.

Well, the winter chill is upon us, even here in Queensland. I hope this report finds everyone well and keeping warm. By the time of printing, we will have had our ABM and our workshop with David Wayte on Finger Free® Reflexology. It was also a lovely opportunity to get to meet via Zoom some members from other states, as we opened our workshop to be available nationally via Zoom. David has been an absolute delight to work with and nothing has been too much trouble in getting this workshop

up and running. We, the committee, have been generating ideas on engaging our regional members and look forward to the ideas we get from our members during our ABM. Our attention will now be on World Reflexology Week and generating energy around the Mind Body Spirit Festival in February.

To any members currently experiencing hardship please, please reach out. We want to support you, that is what we are here for.

Blessings,

Claire Siertsema



NEW SOUTH WALES/ACT



Hello!
Thank you to the Branch committee and all the attendees for contributing to the huge success of this year's ABM and Speaker Day. Special mention goes to Stephen O'Rourke, Anne Moorcroft and Amanda Brand for their seasoned handling of the event and to Bernice Sewart and Doris Litzki for the delicious refreshment table.

We are grateful for the generosity of members who helped us raise \$750 from our raffle and book stall. Thank you to Doris Litzki (raffle ticket sales) and Sue Rusden (book stall) for your good humour and salesmanship!

First presenter Chih Chin Lee, Behavioural Optometrist, was invited back to expand on her well-received talk given by Zoom last year. This was followed by a practical series of chair and floor exercises to strengthen the immune system with Lisa Skerl of Yoga Inspira. Gretel Spiegel, not only MCed our ABM but also gave a deeply personal and heartfelt talk on the subject of 'Life Lessons Learned'. Finally, ChereL Sue Waters, had us back up on our feet for Qi Gong and preparing the body for the winter months.

The 'Graeme Murray Prize' was awarded by Irene Tasho to former student and current member Federica Berti for her outstanding contribution and dedication to the digital media marketing of The Australian School of Reflexology. As Federica is currently overseas her award was accepted by our new Vice Chair, Johanna Forsyth.

Thirty-five members experienced the new naturally light-filled 'Pat Brunton' room, and a further three members were obliged by Covid and influenza to attend the day via zoom instead. I thank everyone for their patience and understanding as we worked through some initial sound and tech issues.

We look forward to the Branch Committee handover meeting and to working together to flesh out committee ideas for the new financial year ahead.

For now, wishing you and your loved ones the best of health and happiness.

Angela Clark

Hello All,
We held our Annual Branch Meeting and workshop on 28 May. Amanda Wilson has stepped down as Chairperson but remains a committee member. I want to thank Amanda for her hard work and commitment. I (Anita Smith) was voted in as Chairperson, Marie Steinke as Events Coordinator, and Susan Ramsey as general committee member. We are still in need of a secretary if any member can help.

The Thai Reflexology and Massage workshop was only a small group, but everyone thoroughly enjoyed it.

Registrations are now available for our next workshop to be held in Port Lincoln on 26 August. We have the following guest speakers:

- ◆ Sarah Natalia–Soul Podiatry



SOUTH AUSTRALIA

- ◆ Thalia Fowler–Meridian Therapy
- ◆ Susan Ramsey–Auriculotherapy
- ◆ Michelle Casserly–Drum Circle and Meditation.

In September we will be celebrating World Reflexology Week in Whyalla.

On Saturday 23 September, we will be down at the foreshore in front of the Visitors Centre doing treatments and promoting the benefits of reflexology. All are welcome to come along and join in.

Our final get together for the year will be on Saturday 25 November at Christies Beach. This will be a catch up with all our members, an exchange of treatments, and a shared lunch to celebrate the end of the year.

Stay warm, safe and well.

Anita Smith

WESTERN AUSTRALIA



A visit is planned to Perth School of Reflexology on 27 June to welcome new students and advise the benefits of professional membership of the RAOA.

Contact details for access to library books will be given to schools in the area to promote this service.

Study days 2023/2024: Since the AGM is being held in Perth in October (and full attendance is 16 CPT points) it was agreed to have a Christmas get together and leave the next study day to Feb 2024, then ABM and study day in May 2024, enabling members to earn their required 20 CPT points.

AGM 2023: All speakers are in place we just need raffle prizes and items for delegates' bags. Team members will

ring organisations to secure donations. Perth Mint are supporting us with a two for one entry voucher and 10% off purchases.

Trade tables: We have room for more trade tables if any members are interested. Cost:

- ◆ 2 days (members) \$120
- ◆ 2 days (non-members) \$130
- ◆ 1 day (members) \$65
- ◆ 1 day (non-members) \$75

Keri Wood

FootPrints Journal

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Packages are available for advertising with a variety of mediums.

Discounts available for repeat advertisements in consecutive issues.

RAoA members receive additional benefits on all advertising packages.

Advertising prices are subject to change without notice.

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If there has been a change in the above directory, kindly email admin@reflexology.org.au

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April issue: Mar 1 October issue: Sept 1
July issue: Jun 1 January issue: Dec 1

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Attention contributors to FootPrints

The Guide to Authors of articles for FootPrints has been removed from the quarterly magazine and relocated onto the website www.reflexology.org.au/fp-contributors. If you would like to contribute an article or advertisement to appear in a future issue of the Australian quarterly magazine 'FootPrints', please take time to read the 'Guide to Authors' and 'Advertising Policy'.

If you need more information on contributing to FootPrints, please don't hesitate to email the current Editor of Footprints: footprints.articles@reflexology.org.au

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) and has a referral phone service for members of the public who wish to consult a qualified practitioner.

Board of Directors 2022–2023

Please know that Directors can be contacted to clarify concerns

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Accounts, Merchandise and Advertising—
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REMINDER



Dear Members

This is a gentle reminder to you to please make sure that you always use the correct information as a reference when making payments to the RAoA. The only way that our Accounts Department can track these is by the reference that you use.

So, if you are paying for a webinar for example then your reference would be: EarReflexPM1234Smith OR if you are paying for an AGM or ABM then your reference would be: AGMPM1234Smith / SAABMPM1234Smith

Reflexology Association of Australia

VISION for Reflexology: Reflexology is to be recognised as a major component of an integrated health care system.

VISION for the Association: The Reflexology Association of Australia is a leader in integrated health care systems.

MISSION: Develop and promote the quality of our practitioners and advance the safe and beneficial contribution of Reflexology to the health of the community.

We will achieve our mission by:

- Maintaining a viable and sustainable association.
- Maintaining high levels of training and qualifications.
- Promoting awareness, understanding and usage of reflexology in the general community and the health sector.
- Providing a professional support structure for members.
- Representing and advocating for members in the public, government and health arenas.
- Facilitating, supporting and engaging in research.
- Increasing membership and retaining existing members.

RAoA Conference 2024



Geelong
October 25th - 27th
Stay tuned for more details
to be a part of this exciting
Reflexology Conference



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