

FootPrints

The Journal of the Reflexology Association of Australia

RAoA AGM 8 October 2017
Brisbane

See over for details



www.reflexology.org.au

April 2017

Volume 21 No. 2



2017 NATIONAL AGM and Seminar DAY Sunday 8th October 2017

RFH on Gregory—79-85 Gregory Terrace, Spring Hill, Brisbane QLD

Walking distance to Brisbane Mall and Roma Street train station

AGM Seminar Day - 10 CPT (Attendance at AGM only - 5 CPT)

AGM and Seminar Day bookings open 1st June 2017 via RAoA website on-line bookings.

More information will be available in the monthly RAoA e-newsletters

Seminar 1: “Integrative Medicine and the role of the Reflexologist”

Seminar 2: “Practical Strategies for detoxification in the modern world”,

Seminar 3: “Integrative Health Approach within a Podiatry Setting: A Clinical Perspective and Case Studies”.

Seminar 4: “Diabetes, Blood Pressure and Cholesterol Management - *the precursors to, acute symptoms, and management of these disease states*”

For enquires regarding the 2017 AGM or a copy of the Seminar details, please contact:

Vera Emmi—email: treasurer@reflexology.org.au

Early Bird \$120.00 includes morning tea, lunch, afternoon tea and use of the tools. Non-members —add \$30

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From the President's desk

Welcome to another fantastic edition of the RAOA national journal, FootPrints! I'm hoping the year has kicked off well for you with some exciting events taking place, and perhaps even some new plans and goals to keep your life exciting! As I write this article, I have just heard – this very minute – that the Ethics Committee at a prominent hospital here in North Brisbane has viewed backing evidence of the Mind Body connection, proving that it works! This news made my day, my week, my year!! Yes, we all know the truth of this, however this is a great step forward for public health! This may very well be happening behind closed hospital doors close to you too – let's all be grateful for this change. Although we may not see immediate results, this will eventually make a huge impact for us all.

The Directors attended the March Board Meeting on the weekend of 18th and 19th March. We had two new Directors from Victoria join us, Kate Madigan and Anita Devos. It was great to welcome them to their first Board meeting and have their valued input and points of view added to the team: what a great team we've got! One of the best things about being on the RAOA National Board is having a say in company business matters and becoming involved with designs and new ideas. This meeting's focus was the strategic plan and, at long last, completing updates to the Policies and Procedure documents.

I'm also pleased to announce that we have a new Director from WA joining us for the next Board meeting in July, Julie Marchetti. Julie has a wealth of knowledge, including experience with Education/Training and will take over the Education portfolio from me in the coming months. I've gotten to know Julie since meeting her at the Perth Conference; from the get-go, she is proving to be a wonderful asset to the Board – an active and enthusiastic Director – plus a wonderful representative for the WA members. Julie is also a member of the national CPT Committee.

Make sure you look at the list of upcoming CPT events: whether in this journal, your state newsletter or on the RAOA website. Every year there is always a great variety of workshops and learning for you all. I think it's a shame when members only focus on the amount of CPT points they need to accrue each year, and not take the opportunity for

learning and self-development. If you've been like this in the past, I'd like you to consider thinking in 'new ways' – that it's not about just getting your CPT points, it's about:

- ✓ having the mindset '*you can never learn enough*'!
 - ◇ growing your knowledge and adding techniques to your business toolkit, which adds even more value to your clients' health outcomes than what you already add (a huge reward in itself!);
 - ◇ self-development, which builds self-confidence and self-esteem (knowledge is power);
 - ◇ helping you to be someone in your community that's talked about for referrals which naturally helps increase your business.

The journey of life and learning is never-ending ... never stop learning! If you find you don't have the joy or will to learn, then work on your self-motivation – what fires you up!? What excites you to get out of bed every day? Motivation comes from within; motivation is what helps drive you towards fulfilling your goals and interests. Inspiration comes from others. Do as much to motivate yourself as you can (as much, if not more, than you may seek inspiration from others) – surround yourself with positive images and words. Set goals; reach for the Stars!

What do you want to achieve? When you've finished with this life, will you be happy looking back? Sometimes we must ask ourselves the hard questions to get our motivation kicking into gear. Know that you are stronger and more capable of achieving anything you 'think' you can!

On another but similar note, if you want the RAOA to be involved in promotions, including health expos, you must learn our policies and event guidelines and take hold of the reins and organise them. You can also look at this as another learning experience. No event will succeed without the efforts of members. The more the better; the more members willing to get things done is what will make the biggest inroads with the public understanding of reflexology! This modality needs to be known in every household! It will be our collective efforts, not just the efforts of a few, that will make the biggest changes.

Wishing you success in all you do, and most of all, thank you for bringing hope and health to all those you meet.

Sonia Bailey

April 2017

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Front cover: 'Moreton Island Bliss'. Photographer: Lisa Gunders.

2015–2016 Membership Survey



METHOD

A comprehensive questionnaire was developed by the Research Committee of the Reflexology Association of Australia Limited for the purpose of a national survey of members. The survey was distributed by email or posted to all PM/IM.

The questionnaire was designed to add detail to the limited available data for the reflexology profession in Australia. It comprised 32 items divided into 6 sections. The survey itself contained no identifying information.

This was an online survey held within the RAOA website. Paper questionnaires were available for distribution if requested. Most members completed the survey directly online. Surveys completed on paper were entered with no identifying details.

RESULTS

680 survey forms were mailed out to members. 230 members responded in 2015/2016, compared with 402 members in the 2013 survey and 509 in the 2011 survey. No CPT points were allocated in 2015/16 which may account for the decreased return rate.

Age Group

95.33% (n=184) of respondents were aged 41 years and over; see comparison below to the 2011 survey:

	2017	2011
Less than 30 Years	1.04%	2%
30–40 Years	3.63%	10%
40–50 Years	16.06%	30%
41 years & over	95.33%	88%
51 years & over	79.27%	58%
61 years & over	38.86%	Not available

Paid hours per week for providing reflexology and desired hours of work

Two thirds of respondents are receiving payment for 1–10 hours of reflexology work each week; 34.2% (n=66) members for 1–5 hours and 23.32% (n=45) members for 6–10 hours.

Similarly, in the 2013 survey, the majority of respondents (64.8%) performed up to 10 hours per week paid reflexology work. At that time 12.4% performed no paid work at all and 22.7% of the respondents performed more than 10 hours per week paid reflexology work.

Most members, 55.96% (n=108), would like to work 6 - 20 hours; 34.2% (n=66) of these would like to work 11-20 hours.

One quarter, 26% (n=49), of respondents would like to work more than 20 hours each week. *It would be interesting to know whether this is representative of the total membership ...*

Currently only 9.33% (n=18) of member respondents work more than 20 paid hours of reflexology per week. These can be broken down to 3.63% (n=7) 30+ hours, 5.7% (n=11) 21-30 hours. If we include the 19.69% (n=38) who work 11–20 hours it shows that slightly more than a quarter,

28.75% (n=56), are working between 11 and 30+ paid hours of reflexology per week.

Reflecting the desire to work more hours, we see 2/3, 66.32% (n=128), answered NO to the question – Do you regard reflexology as your primary income. Perhaps with more hours of paid work this answer would be reversed.

Overwhelmingly, the majority, 80.31% (n=155), have their own practice work. 77.20% (n=149) work in their own clinics rather than a multidisciplinary clinic. This compares similarly to the 2013 survey where 86.2% of respondents worked in their own private practice.

Responses show that:

- ◆ 6.22% (n=12) work in a government facility; of these 8 are employed and 4 work as private contractors.
- ◆ 8.29% (n=16) work in a corporate organisation; of these 3 are employed, 11 work as private contractors and 2 gave no answer.

See below, in italics, the results from the 2011 survey:

339 members (66.6%) work less than 10 hours per week as a reflexologist. 142 (28%) of members would like to work less than 10 hours per week.

121 (24%) members actually work between 10 and 20 hours per week. 244 (48%) members would like to work between 10 and 20 hours per week.

31 (6%) work between 20 and 30 hours per week. 85 (17%) would like to work between 20 and 30 hours per week.

9 (1.7%) work more than 30 hours per week; 26 (5%) would like to work more than 30 hours per week.

Work with Government organisations and/or groups

213 (41.8%) work in a paid or voluntary capacity for Government organisations and/or community-based groups. These organisations include Aged Care (n=91); Palliative Care (n=44); Carers Queensland (n=16); Cancer Support Groups (n=58); Womens'/Mothers' Groups (n=28); and Other (n=80). Less than 10% (n=50) are paid for the majority of their work.

Provision of volunteer reflexology treatments

Almost ½, 48.7% (n=94), answered that they do no volunteer reflexology treatments.

25.9% (n=89) do 1-10 volunteer treatments; of these 10.36% (n=20) provide between 6 and 10 treatments, the majority of volunteer treatments being less than 6.

Considering that over 50% of members do volunteer work, which compares with the 2013 survey where over 50% of respondents provided some volunteers hours of reflexology per week, we should follow up to find out why they are doing it i.e. are you doing it for an organisation? to promote yourself? or why?

Referrals

Medical practitioners – 56.48% (n=109) refer on and receive 24.35% (n=47) referrals from medicos.

Continued on page 3

Allied Health professionals – 65.28 (n=126) refer on and receive 41.45% (n=80) referrals from AH professionals.

Other Complementary Therapists – 81.87% (n=158) refer on and receive 67.88% (n=131) referrals from other therapists.

See details of both the 2011 and 2013 survey results following.

2011 survey: Referrals from other medical and/or allied health professionals

52.6% (n=268) receive referrals from other health professionals; 45.7% (n=232) do not. 1.7% (n=9) did not respond. Referrals are received from General Practitioner (n=83); Naturopath (n=116); Physiotherapist (n=59); Podiatrist (n=82); Chiropractor/Osteopath (n=114); and Other (n=105).

2013 survey: It was noted that 83.2% of respondents refer to medical practitioners, allied health professionals and/or other complementary therapists. 59.7% receive referrals from medical practitioners, allied health professionals and/or other complementary therapists.

Research Fund

80.83% (n=156) respondents would support a research fund, indicating that members are interested, but now we need to find out the level of support and how they would be willing to contribute.

Future surveys

90.67% (n=175) respondents replied that they would be willing to participate in further surveys.

CPT

68.91% (n=133) replied that they have no difficulty in accruing CPT points.

Regarding the remaining 31.09%(n=60), difficulties appear to be overwhelmingly either expense, time or remoteness – in that order. A small number cited that the topics offered were not of interest.

Website usage

Only one (1) respondent had never accessed the website and 12 had not done so in the past 12 months. The majority of respondents, 73.57% (n=142), access the website within a month. This is mostly shared between last week, 26.42% (n=51), and last month, 30.57% (n=59). The most commonly used pages on the website were:

- ◆ CPT Online Record
- ◆ Training and Events
- ◆ Register for a Workshop
- ◆ Health Fund Listing
- ◆ Find a Practitioner
- ◆ Documents

The member usage of the website has increased since the 2011 survey which found that 287 members (56.4%) rarely or never accessed the website; (the website is accessed monthly by 36% of members; and weekly by 5.3%).

The 2013 survey found that the Association website is used at least monthly by 78.4% of respondents, which is in line with the current survey, but the most commonly accessed sites are different. Of those that used the website, the forum was used by 12.3% of respondents. 32.3% of respondents used the practitioner profile. 19.5% of respondents used the Health Fund Listing and 35.9% of respondents used the website for research.

Online registration

78.76% (n=152) of members found this experience above average.

RAoA Committee Participation

The survey revealed a definite lack of interest by members in taking up committee positions, with the majority of participants not even answering the related questions.

DISCUSSION

All 3 surveys have shown that the vast majority of members have their own practices, indicating that it is unnecessary to ask a question in the near future relating to their practice status: whether private, corporate, government facility or in a multi-disciplinary clinic.

In the survey, members commented that they are still having difficulty gaining CPT points. It should be noted that the 2016-17 CPT Program has been expanded from previous and is full of easy ways to gain CPT. Branches list their workshop days on the State News on the website too.

The survey identified that some members had not visited the website for 6 months, which possibly indicates some of the problem – the RAoA needs to direct members to the website, more especially if they do not read the e-newsletter or their branch newsletter, both of which have information on workshops and CPT opportunities.

LIMITATIONS

A number of problems were identified with the survey design.

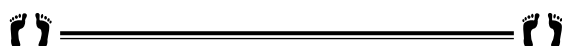
Q.5 (a) In regard to your work in your own practice, a more relevant result could have been achieved had we chosen a number of the areas of treatment rather than facility of treatment as the tick box choices.

Q.19 & 20 regarding current committee participation requires considerable rewording and follow-up questioning to identify if members are doubling up on the committees that they are on.

CONCLUSION

Although a response rate of 33.8% is considered a reasonable response for surveys, the research committee encourage all members to participate in future, in order to gain the best impression of the RAoA membership. Members should realise that surveys are a way of having a say in order to assist the Board with decisions for the future.

Remember, the RAoA is 100% dedicated to Reflexology and its Reflexologists, unlike multi-disciplinary associations where Reflexology is not their focus.



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The RAoA are now pleased to announce that we have secured a special 15 months for the price of 12* months deal with Arthur J Gallagher. *This offer is valid to new insurers with Arthur J Gallagher, therefore if your current Professional Indemnity and Public Liability is with a different insurer and you wish to change to AJG, please give AJG a call and find out if this special offer is suitable for your requirements. If you have an existing policy with AJG then read on ...

If you are already insured with Arthur J Gallagher and your Policy is due for renewal, please remember that RAoA members are entitled to special rates, however you must switch over to the RAoA/AJG partnership arrangement. Please let them know at the time of your renewal because unfortunately it doesn't automatically change over, therefore you are required to speak to them and make the new arrangements – give them your RAoA membership number and remember to ask for the special RAoA member rate.

As an added benefit to our members, the RAoA will receive a commission which is then used for the benefit of all RAoA members.

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<http://reflexology.org.au/RAoA/reflexology-training/insurance-policies>

http://reflexology.org.au/RAoA/RAoA_Documents/Application_forms/AJG/1149-FLY-AJG%20RAoA%20Member%20offer.pdf



For more information open the above hyperlinks or click on the AJG "Special Rates for Members" banner.

The effects of two methods of reflexology and stretching exercises on the severity of restless leg syndrome among haemodialysis patients

Shahgholian N, Jazi SK, Karimian J, Valiani M.
Iranian Journal of Nursing and Midwifery Research 21.3 (2016): 219–224. PMC. Web. 19 Mar. 2017

Abstract

BACKGROUND:

Restless leg syndrome prevalence is high among the patients undergoing haemodialysis. Due to several side effects of medicational treatments, the patients prefer non-medicational methods. Therefore, the present study aimed to investigate the effects of two methods of reflexology and stretching exercises on the severity of restless leg syndrome among patients undergoing haemodialysis.

MATERIALS AND METHODS:

This study is a randomized clinical trial that was done on 90 qualified patients undergoing haemodialysis in selected hospitals of Isfahan, who were diagnosed with restless leg syndrome through the standard restless leg syndrome questionnaire. They were randomly assigned by random number table to three groups: Reflexology, stretching exercises, and control groups through random allocation. Foot reflexology and stretching exercises were conducted three times a week, for 30–40 minutes, within 4 straight weeks. Data analysis was performed by SPSS

version 18 using descriptive and inferential statistical analyses [one-way analysis of variance (ANOVA), paired t-test, and least significant difference (LSD) post hoc test].

RESULTS:

There was a significant difference in the mean scores of restless leg syndrome severity between reflexology and stretching exercises groups, compared to control ($P < 0.001$), but there was no significant difference between the two study groups ($P < 0.001$). Changes in the mean score of restless leg syndrome severity were significantly higher in reflexology and stretching exercises groups compared to the control group ($P < 0.001$), but it showed no significant difference between reflexology massage and stretching exercises groups.

CONCLUSIONS:

Our obtained results showed that reflexology and stretching exercises can reduce the severity of restless leg syndrome. These two methods of treatment are recommended to the patients.

Reflexology, cardiac patients, and inconsistencies in the location of the heart reflex point; an online survey

(Meeting Abstract)

Jones J, Thomson P, Lauder W & Leslie S (2012)

Abstract

Purpose: This survey aimed to generate preliminary data, in the face of inconsistent reflexology teaching literature, about two reflexology safety and quality control issues. First, whether reflexologists consider it safe to treat people with heart disease and if so, whether the presence of cardiac disease influences the therapist's treatment decisions. Reflexology teaching literature is contradictory on this subject, with 'heart' disease listed as both an indication, which can benefit from treatment, and as a significant contraindication where treatment should be avoided. The second concern is one of product quality, namely the issue of inconsistency of reflex points in reflexology maps.

Methods: An online survey invitation email was sent to all therapists in the membership database of the Association of Reflexologists. Survey questions included "do you treat clients with diagnosed heart problems", "if you became aware of imbalances in the heart reflex area, what would you do", "would you limit the treatment" and "would you expect the treatment to improve their heart condition?" The email also contained a graphical attachment, an illustration of a blank outline of the feet

with transparent bone structure. We asked respondents to mark where they placed the heart reflex point on the template.

Results: The survey has shown that reflexologists beliefs and practises mirror the inconsistencies in the reflexology teaching literature, with almost a third of the respondents expressing concerns about treating cardiac patients and over half stating that they would limit or modify the treatment as a result. Furthermore, a significant number of respondents demonstrated a marked level of inconsistency in heart reflex point placement on the foot template.

Conclusion: The survey findings demonstrate a lack of professional consistency and clarity regarding the suitability of reflexology for cardiac patients, marked inconsistencies in the heart reflex point placement and inconsistency in reflexologists treatment decisions for perceived heart imbalances.

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Reflexology, cardiac patients, and inconsistencies in the location of the heart reflex point; an online survey (Meeting Abstract).

Elements, emotions, organs, and meridians

February 9, 2017

by Cindy Black, L.Ac., LMT

Founder/Instructor at Big Tree School of Natural Healing

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Emotions count in Chinese medicine!



Chinese medicine approaches a human being from a truly holistic perspective. Emotions, thoughts, moods, and mindsets all impact the energetic system. Energy, called Qi (“chee”), is the

focus of Classical Chinese medicine. The physical body is perceived as a manifestation of Qi.

Since Qi is the basis of our physical body, the condition of our physical body changes in response to the quality, quantity, and flow of Qi. Many things affect the state of our Qi – what we eat, how we eat, how much we work, how much we rest, our emotions, our thoughts, and our ability to be aware of these aspects of ourselves.

To understand health and healing from the Chinese medical perspective, it helps to understand a few key concepts:

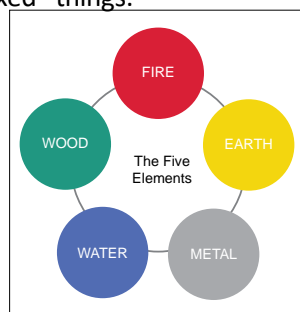
1. Elements
2. Emotions
3. Organs
4. Meridians

1. Elements

Chinese medicine recognizes Five Elements. These Elements are aspects of Nature that are continuously shifting. The Elements are often described as stages of transformation. They are not fixed “things.”

The 5 Elements of Chinese medicine are:

1. Fire
2. Earth
3. Metal
4. Water
5. Wood



2. Emotions

You may have noticed that your emotions change or transform. The shifting of emotions is similar to the shifting of the Elements. Emotions express themselves in energetic patterns. For instance, angry energy is felt as a strong upward and outward sensation. In contrast, sadness is experienced as heaviness and a downward pull.

Emotions are associated with Elements:

1. **Fire** – Passion, love, rage
2. **Earth** – Worry, satisfaction, safety
3. **Metal** – Grief, letting go, courage
4. **Water** – Fear, peace, creativity
5. **Wood** – Anger, assertiveness, kindness

3. Organs

“Organs” include the physical organ, and an associated Element and emotion. Since the Organs are assumed to have these energetic relationships, when emotions are out of balance, it can harm the Organs. This is how we witness the “mind-body” connection from the Chinese medical perspective.

Organs and their associated Elements:

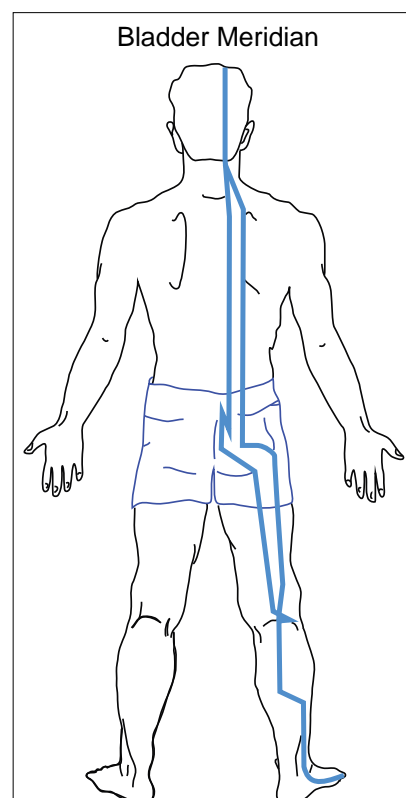
1. Heart and Small Intestine, Pericardium and Triple Heater – Fire Element
2. Spleen and Stomach – Earth Element
3. Lung and Large Intestine – Metal Element
4. Kidney and Bladder – Water Element
5. Liver and Gallbladder – Wood Element

4. Meridians

Every Organ has an associated meridian.

Meridians are the pathways where the Qi flows to and from the Organs, and out to all areas of the body. The nature of each meridian can be traced back through understanding the nature of the Organ, the Element associated with the Organ, and the related emotions. **There are 12 Meridians, and each are associated with one of the Organs listed above.**

Chinese medicine offers anyone who is curious a profound system of holistic healing. By tracing the energetic patterns of emotions, we experience another perspective and possibility for healing.



Book Review

by Susan Jean Ramsey

“Building A Powerful Practice”

Author: Deborah Flanagan

Anyone starting their business as a Reflexologist would whole heartedly welcome information on how to be successful. Once accredited, there are many considerations to go over and boxes to be ticked, before we even start making an income. Do I need an ABN - Australian Business Number? Do I need a Business Name, if so should it be registered, and if yes how do I do it? Do I register for GST? Do I need an accountant and/or financial adviser??? Who will be my focus group for clients? Where should I locate my clinic? Should I work from home or go mobile? There is the list of Association requirements as a professional member (First Aid, Insurance, Membership fees, CPT). Then there is **THE BUDGET**; researching all that needs to be done and paid for. If your goal is to build a happy, healthy and welcoming business, you must start with a good budget and time management, lay a strong foundation and keep tabs on everything. Look no further....

Deborah Flanagan has all your answers in her book ‘Building a Powerful Practice’. Everything you possibly need to know is clearly covered, easy to read and written in everyday language. This book opens the windows in your mind to explore the opportunities of the self-employed therapist. What an excellent resource to assist your thinking on starting your successful Reflexology business. It contains strategies on how to build your practice and how to create an environment that is safe and practical for you to work in with minimal stress. Full of practice-building ideas, the author shares what works both on-line and off-line. Deborah uses an online booking system that connects with Quick Books. There is a Business Starter Kit on her website: www.centertrue.health.com/business-starter-kit

Independence comes with knowledge and we sure need skills to build and grow our practices. Doing so builds confidence and self esteem. This book covers important things like keeping a list of contacts with their details, keeping all quotes, accounts paid, drafts of possible projects, in fact all records that have anything to do with running, improving or maintaining your business. It also covers other important things like breaking big projects up into manageable tasks, thinking to suit your budget, time frames and physical demands: keeping an eye on your own health and well being, physical, mental and spiritual.

Throughout the book there are loads of questions and also homework for you. It gets you thinking or rethinking about who it is you support, about your own work

environment and marketing. It is the new and current self-employed Reflexologist’s dream of a guide that will tell you all the bells and whistles about building a successful practice. I was particularly impressed as there is a section on the need to sack (archive) clients. This is what I tell my colleagues from time to time.☺

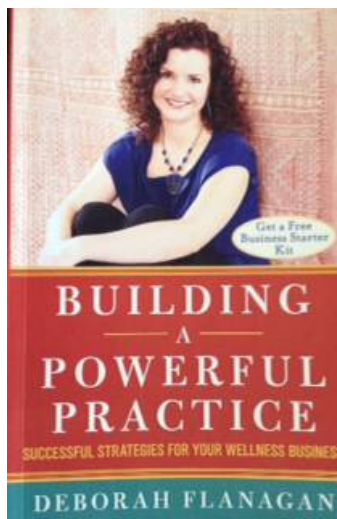
When you love what you do, are happy doing it, have business strategies in place and review these regularly, life is less stressful. Find yourself a mentor. Talk to other practitioners about what worked for them. Go out of your comfort zone and have a treatment yourself with other therapists. Decide for yourself what feels right.

Personally, I appreciated the sharing of interviews by other practitioners. Deborah has taken the time to interview practitioners of different therapies to discover what has or has not worked for them. Included in this are her experiences and journey as a practitioner, transitioning from full-time employment to owning her own wellness business. A book full of tips and snippets from other practitioners and, dare I say, homework; this wonderful resource is full of recommendations and possible opportunities. Deborah shares knowledge and encouragement on all levels of business matters for your practice, using common

sense strategies and good advice. The reader of this book will learn the importance of balancing finances, being happy and loving what you do, turning a hobby into a successful business, time management that includes family and friends and ‘how to look after you’.

Through the eyes of a professional Reflexologist, presenter and mentor reading words of wisdom, encouragement and requirements on building your own wellness practice, this book is worth reading. Well done. I am filled with joy to know someone has a passion to help like-minded therapists build their own dream and cover questions one has when starting one’s own business as a Reflexologist.

While writing this book review, my thoughts were on the Reflexologists starting their own businesses and of my own business and where it is at now, 26 years on from when I first started - (moving from the thick paper trail to electronic devices). For less than a good bottle of wine, do yourself a favour and clear the fog of questions. Buy this book. Well worth reading for those practitioners in business; a check tool on where you are at in your business life. Overall a pleasure to read.



CPT News – April 2017

by Jacqui Baldwin, Director CPT
cpt@reflexology.org.au

A Good Time to Update Your CPT Tracker

Is your tracker looking a bit neglected and empty? Well now is the time to pull out all those workshop certificates, statements of attainment, confirmation of attendance, meeting minutes and diary notes to update and record CPT activities and points onto your tracker.

Professional members, it's the perfect time to assess if you are falling short of the required 20 CPT points needed by the cut off date of 30 June 2017, and put strategies in place to meet the deadline. Remember, you require at least 10 points from activities in the blue shaded area of the tracker.

Here are a few suggestions:

May—Annual Branch Meetings	Activity 3	2 points
Attendance at reflexology seminars/lectures/workshops (<i>must be related to reflexology</i>)	Activity 1	1 point per hour (<i>excluding lunch</i>)
Self-Directed Learning—relating to reflexology—through reading books, online courses, webinars, teleconferences, instructional CDs/DVDs	Activity 9	1 point per hour maximum 5 per project

Check the CPT Tracker for other activities that you may be entitled to claim CPT points against.



Mental Health Check?

Looking for a CPT activity idea? Why not consider a Mental Health First Aid (MHFA) course. These are run in each state by a number of different organisations with expertise in this field. Course formats are offered to suit most people.

MHFA courses can provide:

- ◆ Skills in how to recognise the signs and symptoms of mental health problems.
- ◆ Knowledge of the possible causes or risk factors for these mental health problems.
- ◆ Awareness of the evidenced-based medical, psychological and alternative treatments available.
- ◆ Skills in how to give appropriate initial help, and support someone experiencing a mental health problem.
- ◆ Skills in how to take appropriate action if a crisis situation arises involving suicidal behaviour, panic attack, stress reaction to trauma, overdose or threatening psychotic behaviour.

Developing mental health problems covered:

- ◆ Depression.
- ◆ Anxiety problems
- ◆ Psychosis.
- ◆ Substance use problems.

MHFA courses are open to all members of the community, and everyone aged 18 years and above.

This includes police officers, prison officers, high school teachers, TAFE and university lecturers, social and welfare workers, youth workers, Aboriginal health workers, nurses, social workers, occupational therapists, speech pathologists, lawyers, dieticians, physiotherapists, chiropractors, security officers, rehabilitation counsellors and anyone in a team leader/management role.

Do you see a benefit for your clinic? I think we can add Reflexologists to the list too!

CPT Activity 15 – 1 point per hour (*excluding lunch*).

For more information on Mental Health visit the government website:

<http://www.mentalhealthcommission.gov.au/media-centre/events.aspx>

CPT FootPrints Quiz now closed



We thank everyone for making this years quiz such a success; this is an inexpensive and great way to undertake a self-directed learning activity. We heard from several branches where they had organised a members afternoon to work through the questions as a group and complete individual quizzes – what a fantastic opportunity to work collectively and network.

The office is now busily marking quizzes with an aim to advise results to members by the end of April. CPT Activity 9 – maximum 5 points.

If you have any questions regarding CPT, I can be contacted by phone: 0415 696 058 or cpt@reflexology.org.au.

A holistic approach to Parkinson's Disease (PD) and other neurodegenerative diseases

by Robert Vicary

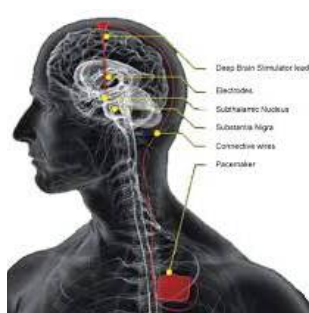
On 24 July 2013, my first Parkinson's Disease client, Ron, presented at my clinic. He had been a personal friend for a further nine years beforehand where I had observed his slow demise. Ron's diagnosis of Parkinson's Disease was just after he turned 50 years old. His symptoms included: reduced mobility, speech, sleep, mental clarity and an inability to make decisions; increasing anxiety, depression and tremors; undergoing a divorce; couch surfing; loss of driving ability; early retirement; and a lack of self-worth. By 62 he was living in a retirement village. As a sensitive kid, he suffered early childhood trauma in Ireland. He replaced his study in the priesthood with the study of psychology and remained as an employee and not a risk taker. He has an endomorphic round gut body and is very much a carer.



Parkinson's Disease foot poor health



Parkinson's Disease body distortions



Parkinson's Disease deep-brain stimulation

Correlation between Long Term Stress and the Nervous System in Parkinson's Disease

From 1945 Western Medical Research centered on pharmaceutical and surgical developments. Russia and Japan concentrated their healing research into energy and water. I became interested in the research of Dr. Masaru Emoto of Japan and how words and trauma affected water molecules and formation of water crystals. (Refer to Water Crystal Healing and the effects of disease on water.)

I then discovered the research of Professor Gerald H Pollack in his book "The Fourth Phase of Water". This research extended the Russian and Japanese Research on energy and water. Professor Gerald H Pollack, Ph.D. is a Professor of Bioengineering at the University of Washington - Seattle WA - and is Head of the Pollack Laboratories.

The Fourth Phase of Water is the "Liquid Crystal" state of the Exclusion Zone (EZ) Skin of Water

The Fourth Phase of Water provided clues for working with Parkinson's Disease and PTSD clients because of their long-term trauma and degenerative experiences.

We all know the first three phases of water, liquid or fluid bulk water, solid as frozen ice and vapor as the cloud. Well, the Fourth Phase of water is the surrounding "Skin or Liquid Crystal" Interfacial Exclusive Zone (EZ) of "Bulk Liquid Water H₂O" where water combines to form H₃O₂. EZ water is negatively charged and is a hexagonal honeycomb-shaped mesh holding bulk water in and everything else out while allowing the transference of oxygen and nutrients and toxins through the mesh.

Western Medical Approach to treatment of Parkinson's Disease

Ron's Neurologist follows Western Medical treatments consisting of an ever increasing drug regime as well as a Deep-Brain Stimulation implant. The implant reduces the drug regime and is adjusted to enhance his mobility and speech but has left him wanting at different times. In Australia, we have the supporting research work of Physiologist and Neurobiologist David Finkelstein, Head of the Parkinson's Disease Laboratory at the Florey Institute of Neuroscience and Mental Health in Melbourne which has gained global acclaim. Most of their work is based around working on the symptoms with the use of drugs and biomolecular nerve surgery developments including deep-brain stimulation.¹

Integrative Medical Approach to Treatment of Parkinson's Disease

Ron then added the services of The Integrative Medical Approach to Parkinson's Disease treatment by adding a layer of Allied Health Practitioners. Again this concentrated on fixing symptoms.

¹ Physiologist and Neurobiologist David Finkelstein is the head of the Parkinson's Disease Laboratory at the Florey Institute of Neuroscience and Mental Health. Now focused on neuroscience, the Florey Institute of Neuroscience and Mental Health is an amalgam of the Howard Florey Institute, the Mental Health Research Institute, the National Stroke Research Institute and the Brain Research Institute and is focused on finding cures for brain disease.

Effect of Hyperbaric Oxygen Conditions on the Ordering of Interfacial Water
Ypma RE, Pollack GH. *Undersea and Hyperbaric Medicine* 2015;42(3):257-289.

Beyond **Solid** (ice), **Liquid** (bulk water), and water **Vapor** there is a Fourth Phase of Water: Interfacial **Exclusion Zone (EZ)** Water, H₃O₂

It is H₃O₂ NOT H₂O

Labels in diagram: oxygen, hydrogen, H₃O₂, bulk water, hydrophilic material, EZ layers.

Jerry Pollack

From a Parkinson's Disease point of view the nucleus and mitochondria within a cell as well as all the Endocannabinoid Nerve System including the deep-brain section (Subthalamic Nucleus, Substantia Nigra, Hippocampus and Amygdala), nerve cells (particularly the Central Nervous System and Vagus Nerve) and connective muscle fascia all reside in water and are surrounded by the EZ Exclusive Zone skin of water.

In a homeostasis state of the body, the EZ skin of water is in a state of liquid crystal which allows for the

Continued on page 10

transference of sun radiant energy (Vitamin D) to charge the battery of bulk water and enable the flow of oxygen and nutrients and toxins in and out through the EZ mesh.

In a traumatized and long term stressed situation as in Parkinson's Disease and PTSD the EZ zone instead of being in a "liquid crystal" state becomes a hardened "crystalized" EZ mesh restricting the transference of oxygen, nutrients, and toxins.

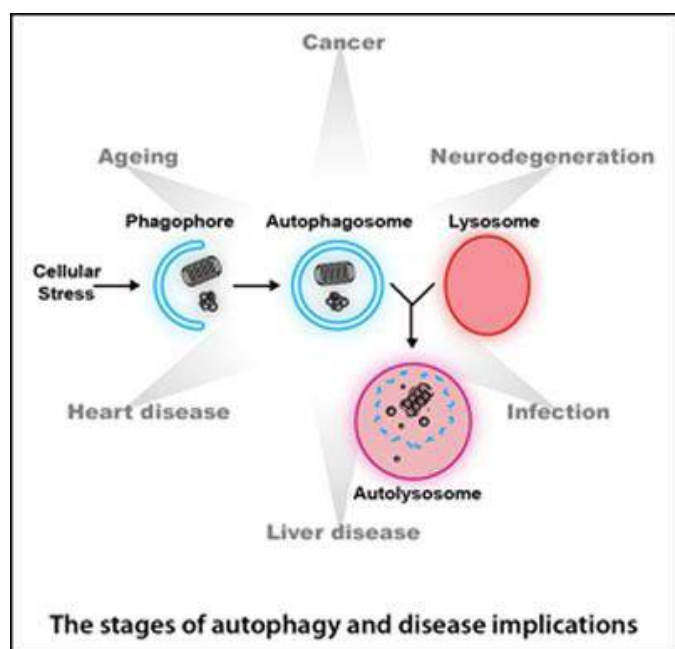
Correlation between Long Term Stress and diseases of the Mitochondria.

Mitochondrial research indicates that the breakdown of the transference of oxygen, nutrients and toxins leads to an impaired autophagy process (cleansing) in the cellular structure.

I refer you to the research "Loss of iron triggers PINK1/Parkin-independent mitophagy":

George F.G. Allen writes: "We are interested in a cell protective mechanism termed autophagy. The cells of our body are constantly exposed to potentially damaging agents from both external sources, such as the sun's harmful UV rays or pathogenic bacteria, as well as internal sources, including free radicals produced by the cells metabolic pathways. Thankfully we have multiple mechanisms to help us cope with this onslaught. One such protection mechanism is autophagy (which literally means self-eating), whereby damaged and unwanted cellular components are targeted for degradation and recycling. These components are engulfed by a specialized structure known as the autophagosome and delivered to the digestive lysosome. This essential process prevents the cell from ending up a rubbish dump, and because of this, impaired autophagy has been linked to many diseases including neurodegeneration (including Parkinson's Disease, MS, Autism, Huntington's, Chronic Fatigue, Alzheimer's, Epilepsy, Learning Difficulties refer to chart), cancer, aging, heart disease, liver disease, and infections."

See the article in this edition of FootPrints.



Reflexology and remedial massage reverse the "Crystallised" EZ to "Liquid Crystal" EZ.

During email discussions with George F.G. Allen he stated that "Remedial massage and reflexology movement over the surface of the body working into the myofascial structure and through the feet have been found to work like a recharge of Sun Radiant Energy to soften and calm the energy structure of the water skin around the mitochondria at a cellular level."

Remedial Massage and Reflexology may assist the functioning of the Endocannabinoid (nerve) system in the following ways:

- ◆ Memory systems calming. (Reduced hypervigilance and anxiety in the Hippocampus and Amygdala). Concentration on the big toe, including Deep-Brain region reflex.
- ◆ Improved dietary system and strengthening of the vagus nerve.
- ◆ Pain relief. (Reduced physical, emotional and mental depression pain.)
- ◆ Deeper REM sleep. (Fewer nightmare dreams)
- ◆ Improved Head to Heart and Gut integration. (Holistic Health assimilation and eliminations).
- ◆ Calmer Endocrine system. (Pineal, Pituitary and Adrenal glands and increased libido).
- ◆ Reduced rigidity of the myofascial covering the muscles which end in hands and feet.
- ◆ Improved postural stability.
- ◆ Improved transference of neuro signals through the nerve synapse.
- ◆ Improved ability to integrate with family, society, and environment. (Greater Trust).
- ◆ Improved ability to integrate with medications and psychological treatments. (Openness).
- ◆ Clearer mind to embrace new directions, mindfulness and purpose in Life. (Peace).
- ◆ Myofascial anatomy line releases including body, feet and hand locations.
- ◆ Energy work through Emmett, Bowen, and Reiki.
- ◆ Emotional releases from trauma or stress causation.

The Endocannabinoid Nerve System and Parkinson's Disease

Parkinson's Disease affects all aspects of the nerve system. The following is an introduction to the global use of Hemp products over the last five thousand years. Research summaries are at The Realm of Caring; Global research for Parkinson's Disease is drawn from Denver and Minnesota in the USA, Madrid in Spain, Sao Paulo in Brazil and Chungju in South Korea and Dr. Sanjay Gutpa; and in Australia from United in Compassion.

1. Non Cannabinoids Hemp Seed products with nil cannabinoids can now be consumed in Australia in the form of seed, seed oil (high in omega oils 3, 6 and 9) and seed protein and seed flour. These are readily available in health food stores and chemists.

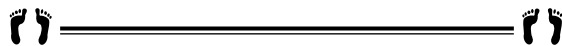
Continued on page 11

& EFT, Pellowah, Emmett, and Pranic healing, Water EZ and Myofascial rebalancing aimed at the health of the Mitochondria.

6. Eternal Body. He also practices Mindfulness connection to the zero-point singularity of non-time and non-

space, connecting with the background in which this universe and planet exist, the practice of Beingness and less "doingness", yoga sessions, and the use of TENS and Scenars.

Will Ron's approach lead to a reversal for his Parkinson's Disease or a healing that will enable him to experience his full wholeness of his Beingness? We are learning from Ron's journey with love and many thanks.



Loss of iron triggers PINK1/Parkin-independent mitophagy

George F G Allen,¹ Rachel Toth,¹ John James,² and Ian G Ganley,¹

¹MRC-Protein Phosphorylation and Ubiquitylation Unit, and

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Abstract

In this study, we develop a simple assay to identify mitophagy inducers on the basis of the use of fluorescently tagged mitochondria that undergo a colour change on lysosomal delivery. Using this assay, we identify iron chelators as a family of compounds that generate a strong mitophagy response. Iron chelation-induced mitophagy requires that cells undergo glycolysis, but does not require PINK1 stabilization or Parkin activation, and occurs in primary human fibroblasts as well as those isolated from a Parkinson's patient with Parkin mutations. Thus, we have identified and characterized a mitophagy pathway, the induction of which could prove beneficial as a potential therapy for several neurodegenerative diseases in which mitochondrial clearance is advantageous.

Keywords: autophagy, iron/mitophagy, PINK1, Parkin

Introduction

Mitochondrial damage is associated with many human diseases and maintenance of a viable pool of mitochondria is considered fundamental to cell function [1]. Dysfunctional mitochondria produce reactive oxygen species (ROS) and so it is important for the cell to sequester and remove them before damage occurs. Recently, the molecular detail of how damaged mitochondria are segregated and degraded has begun to be elucidated. This process, termed mitophagy, involves mitochondrial engulfment by autophagosomes and delivery to lysosomes [2]. Mitophagy is thought to be important in long-lived and slow dividing cells, such as neurons or cardiomyocytes that cannot dilute mitochondrial DNA mutations through cell division. Hence, mitophagy is linked to ageing, heart disease and neurodegeneration [3–6]. Therefore, a need exists to identify pathways that can regulate this process.

Little is known about signals that trigger mitophagy and how the autophagic machinery is engaged. The role of mitophagy in Parkinson's disease has been an area of interest following observations that the protein kinase PINK1 and E3 ubiquitin ligase Parkin, both mutated in early onset forms of Parkinson's disease, act to induce mitophagy on mitochondrial membrane depolarization

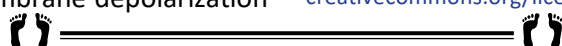
[7]. This implies, at least in patients harbouring mutated PINK1 or Parkin, impaired removal of mitochondria might contribute to neuronal death. Early studies were dependent on Parkin overexpression and recent evidence suggests endogenous Parkin is not sufficient to induce mitophagy, or at least not at a level that could be demonstrated with currently available techniques [8]. In contrast, the increased half-life of mitochondrial proteins in Parkin-deficient flies correlated with that in autophagy-deficient flies, indicating involvement of endogenous Parkin in mitophagy [9].

To avoid Parkin overexpression problems and to uncover pathways that could be targets for disease therapy, we developed a fluorescence assay to specifically monitor mitophagy. Using this assay, we screened compounds known to disrupt mitochondrial function or induce autophagy and identified iron chelation as a strong PINK1/Parkin-independent activator of mitophagy.

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Are teabags toxic and can I compost them?

by Morag Gamble

www.our-permaculture-life.blogspot.com

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Around the world, it is estimated that 2 billion people drink tea every morning. Americans consume around 80 billion servings of tea a year and British people consume around 60 billion (96% of these are tea bags).

What happens to all those tea leaves and tea bags?

Well, after making a cuppa, most people seem to toss the tea bags or tea leaves in the bin. In the UK apparently tea is one of the largest 'avoidable food wastes' in bins. Britain alone throws out 370,000 tonnes of tea bags and tea leaves each year. I am assuming that a similar type of figure would apply to Australia (proportioned to population size).

Can I compost teabags?

Tea bags could be thrown in the compost – or could they? I used to think that the paper ones were fine, but now I find out you probably need to tip out the contents and bin the bag! Who except the most dedicated person is going to do that?

There are different types of tea bags and it seems that a small percentage of them are actually biodegradable.

Quite a lot of 'premium' tea bags are now made of nylon, rayon, thermoplastic or PVC and cannot be composted. These tea bags by the way leach when hot water is poured on them - so avoid them, also because these plastic teabags are definitely not biodegradable.



Nylon teabag pyramid - non biodegradable.

You'd think you'd be safe with the old paper version, but sadly most paper tea bags are also plastic infused, making them only 70-80% biodegradable. Also in order to stop some tea bags bursting open, many are sealed with a strip of heat-resistant polypropylene plastic.

Interestingly, paper tea bags are typically not made from wood pulp but from the fibres of a plant called abaca, similar to banana.

Unless you buy from an environmentally-friendly company which uses unbleached bags, most tea drinkers consume clean, white tea bags that are the result of intensive chemical processes.

Many paper teabags are also treated with epichlorohydrin to strengthen the paper bag in water.

Epi-what??!

Here's a couple of facts I found out about epichlorohydrin:

It is a compound mainly used in the production of epoxy resins.

It is considered a potential carcinogen by the National Institute for Occupational Safety and Health (NIOSH).

Epichlorohydrin is used as a pesticide.

Dow Chemical Company is one of the largest producers of epichlorohydrin. Dow is the company responsible for the Bhopal Disaster in India – the worst industrial disaster in human history. Twenty-five thousand people died, 500,000 were injured. The Dow Chemical Company is also the second-largest producer of toxic chemical waste in the U.S.

It is also found in coffee filters, water filters, and sausage casings.

Worse still, when epichlorohydrin comes in contact with water, it changes into a chemical which has been shown to cause cancer in animals, and also been implicated in infertility and suppressed immune function.

Chemicals in tea growing?

In addition, it's a well known fact that many tea companies use pesticides in tea agriculture. A report from Greenpeace released in 2015 said that 34 pesticides were found in typical tea. This is not great for your health, but it is also atrocious for the health of the tea workers. Check out this report from the BBC <http://www.bbc.com/news/world-asia-india-34173532>.



(Source: Essential tea)

What to do?

- ◆ Buy loose leaf, fair trade, organic tea and then you can happily drink and afterwards compost the used tea leaves or add them to your worm farm.
- ◆ Choose unbleached, untreated paper teabags.
- ◆ Grow your own teas—blog coming soon about this.
- ◆ Use a teapot, a plunger, infuser.
- ◆ Make or buy reusable muslin tea bags.



Loose leaf organic, fairtrade tea and homegrown tea are the best options.

Some extra links:

<http://www.countercurrents.org/shiva190710.htm>

<http://michiganradio.org/post/dow-chemical-co-ranked-second-largest-toxic-waste-producer-nation>

<http://articles.mercola.com/sites/articles/archive/2013/04/24/tea-bags.aspx>





World Reflexology Week 2016

NSW Branch Initiative
Reflexology at Australian Transplant Games



by Stephen O'Rourke
Special Events Coordinator, NSW Branch

Volunteers from the NSW Branch of the RAOA provided a free 20-minute Reflexology experience at the Australian Transplant Games (ATG) in 2016, as an initiative for World Reflexology Week. The Games were held at sporting venues in Western Sydney during the last week of September.

Background

The games are held every two years in Australia, with the aim to provide living proof of the success of transplantation and encourage all Australians to consider organ and tissue donation. The games brought together approximately 1500 people from across Australia and overseas. Many transplant recipients involved are motivated to greater end goals during the two-year preparation, setting various health and fitness targets as they train to participate. While the games encourage individuals to be competitive, they also motivate recipients to maintain a healthy lifestyle.

The range of participants for ATG 2016 were adults, adolescents, juniors, donor families, carers, medical professionals, those awaiting transplants, friends and the general public. Many competitors previously may not have been able to engage in sports activities due to their illness. The quality and determination of competitors has led to many participants being selected to represent Australia at the **World Transplant Games**, held every two years, with Australia continually being one of the top five nations competing. The next World Transplant Games is in Malaga, Spain, June 24–July 2 2017.

What did we experience?

We provided Reflexology at two events – Lawn Bowls and Athletics. We were popular at both venues. Once word circulated that there was Reflexology available, people booked a timeslot. Some took the opportunity to have a treatment each day. Their regular contact and vocal praise of what we were doing ensured we were never canvassing for feet to treat.

It was enlightening for us as therapists to hear firsthand of the issues transplant recipients have to manage in the larger context of their pre and post-transplant lifestyle, relationships and well-being.

I believe the wholistic nature of Reflexology has much to offer transplant recipients and family supporters. This could come through planning specific treatment plans for ongoing transplant clients. The RAOA workshops and conferences empower us with skills to work on several microsystems to help the body address overall homeostasis. However, at the ATG we only had a short time with each participant.

What did we do?

The format we adopted was flexible. Each volunteer could apply her or his skills and resources, but we generally followed the following steps:



Photo on grandstand
concourse, Athletics – Jacqui,
Charlotte, Anne, Stephen and
Mariska on camera

- ◆ **Introductory chat** while gathering a client overview which included key points in their transplant journey. Our role during this was active listening.
- ◆ **Relaxation techniques.** During this phase, our role was to think, feel and intuitively work out a short strategy for the next twenty minutes, based on our listening in the introductory chat.
- ◆ **Working specific reflexes** arising from our reflections in step two above, which would seem best for the client in this short session. This would include some of the following reflexes, for example, palpating organs which were transplanted, as well as related organs, the spine for the CNS balancing, energy linking, reflexes in other microsystems (hands, face and ears), and other personalised skills from each Reflexologist. During this process it was important to address the reactions of clients. For example, 'oh that feels good' may express the need for more attention of a reflex, or perhaps there would be a 'cramping' response by a muscle. These responses would trigger a modification of our plan.
- ◆ **Closure** would be achieved with the preferred techniques of each Reflexologist. They included: energy balancing, Shen Men point on the ears, Solar Plexus on the feet, JSJ Universal linking and aura brushing.

Feedback

Those who received reflexology became our 'bush telegraph'. The demand for sessions grew. The twenty minute sessions extended longer as participants became more engaged with the benefits of reflexology and returned for extra sessions. Many regarded us as genuine supporters of transplants and close friendships grew over the three days.

A lesson

Life is a great teacher. Sometimes a change in expectations can put you in an advantaged situation. During our volunteering at the Lawn Bowls we were given comfortable working space – The Board Room of the club. It

Continued on page 15

was a wonderful working environment. However, when we arrived at the Athletics venue, there was no room available for us. Committed, we set up our banner, posters and chairs on the concourse area of the grandstand, exposed to the climatic elements of the day (*see photo*). We were a bit down-hearted about the workspace. Before long we realised new people were coming to us, a different age mix to our encounter at the Lawn Bowls. We were getting young transplants. The youngest was 10 years old. Our position on the concourse gave us and the Association's banner high exposure. We felt we were in the right position for the spirit of World Reflexology Week.



Summary of Treatments

- (a) Transplants
 - i) Kidney (6)
 - ii) Liver (7)
 - iii) Lung (3)
 - iv) Heart (1)
- (b) Support Personnel
 - i) 16 – Family, friends, donors, professional staff, carers

- (c) Cancer Sufferers
 - i) 4 – Breast, Thyroid, Skin
- (d) Joint Replacements
 - i) 3 – Knee, Hip
- (e) Issues Presented
 - i) Vulnerable immune systems
 - ii) Managing life-long medications
 - iii) Rejection of organ
 - iv) Dependency on others for support
 - v) Family bereavement and decision to donate organs
 - vi) Emotional, physical, financial, and maintaining self-confidence
- (f) Age span
 - i) Youngest – 10 years of age
 - ii) Eldest – 80 years

What's next?

The World Transplant Games will be held this year in Malaga, Spain during the last week of June, 2017.

There is much more to explore in the way Reflexology can help transplants manage their new journey.

Thank you

Volunteers in this initiative were Jacqui Baldwin, Anne Moorecroft, Stephen O'Rourke, Mariska Smits and Charlotte Wells.

On behalf of the NSW Branch of the RAOA, I thank the organisers of the Australian Transplant Games for allowing and assisting us to showcase Reflexology at the events we selected.

Strokes ~ The warning signs

I URGE YOU ALL TO READ & SHARE THIS;
YOU COULD SAVE A LIFE BY KNOWING AND PASSING ON THIS SIMPLE INFORMATION.

<http://www.wisdomtoinspirethesoul.com/2014/09/strokes-warning-signs.html>

Stroke has a new indicator! They say if you forward this to ten people, you stand a chance of saving one life. Will you send this along? Blood Clots/Stroke—they now have a fourth indicator, the Tongue.

During a BBQ, a woman stumbled and took a little fall—she assured everyone that she was fine and she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital (at 6:00 PM Jane passed away). She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke ... totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

IDENTIFYING A STROKE

Thank God for the sense to remember the '3' steps, **STR**. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- S** *Ask the individual to SMILE.
- T** *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (coherently) (i.e. chicken soup)
- R** *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New sign of a stroke — Stick out your tongue
NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

A cardiologist said that if everyone who gets this message shared it with 10 people; you can bet that at least one life will be saved.

I have done my part. Will you?

visions! e.g. feeling stuck? Then simply see yourself free and moving! (The stuck feeling will instantly disappear!) The Universe likes to see strength of purpose and so if changes aren't happening quickly, it's because you are being tested – do you really want what you've asked for? Too many times we are wishy-washy with our wants and needs and desires. If, in the past, you haven't been too disciplined or have given up, the Universe will wish to see some commitment from you, some determination that we will not change our minds again, before we are given what we are asking for. So learn to be strong in your choices, know what you want without a shadow of a doubt (writing things down helps know what we want/brings clarity), and show the Universe that you won't give up or give in at the slightest obstacle.

Never make a decision when you are in a low place/down in the valley. You want to lift yourself up and see things from a higher perspective/from the mountain-top (remember the Law of Attraction) – and then make your decision by *feeling what is the right thing to do* – and this will, in some instances, be different to the thoughts going on in your head. What feels the right thing to do may start an avalanche of fears and doubts bombarding your mind (especially when you want to start something new!), and that's OK – recognise this as an opportunity to heal/change/re-program parts of the 'old you' that you need to let go of, like an old leaf on the tree that needs to fall off so that a new leaf can grow in its place. We need to be doing the thing that feels right, so work on clearing/healing/re-programming everything within you that is hindering you from moving forward. Often when we embark on a new experience, there are parts of us (sometimes called inner children), that aren't up to speed with the new us, and so they can sabotage our new experiences. It's our job to re-program/heal everything that does not equal 'Love' within us. Love allows everything to flow; no obstacles, no resistance!

I guarantee you that everything we experience is because of *all* the energy we carry (conscious or otherwise). The universe takes into consideration all that we are, including all of our unconscious patterns and beliefs. See my metaphor in Tip 3 – 'making a cake'. Often we have the opportunity to dig really deep into ourself, but we either can't be bothered or only skim the surface. People tend to give up, and usually at a time when if they just pushed on a little longer, surrendering to the process/ the challenge – *that* is when they will find they make a break-through! You may know the old saying 'as above, so below' – that's true from what I've experienced – but see it in the opposite way too: as low as you can go on the scale (the deeper you can go to heal yourself, to bring light to your darkness), the higher you will go as well (into the light) – it's an awesome feeling! Release your fears of stepping into the unknown!

So get to know what is the right thing to do (understanding possibilities vs. probabilities) by trusting your feelings, your intuition – the guidance from your Soul/your Higher Self ...

TIP NO. 5: INVITE YOUR SOUL/HIGHER SELF INTO YOUR LIFE:

He/she can't interfere and help you out (free will) unless we ask them to. Our Soul is not a dictator, that comes from our human mind. You can tell the difference between whether guidance is from your Soul or from your Mind: because your Soul will make suggestions, and your Mind will tell you what to do, what you should be doing, or this/that is wrong, judges, etc. etc. – one creates harmony, the other disharmony, e.g. muscle aches/pains can even mean tension between the Human and the Soul. Back pain can be a sign of separation, or disconnection, from your Soul. As you get to know your Soul and work with him/her, you will start to feel 'on top of the world' – happy, in harmony, balanced, confident, sure, whole; you will know your life purpose/which path to choose/which choice to make. No more feeling alone/separated – life will become very joyful ... and it won't seem like anything around you has changed, but everything inside you has made a huge transformation ... which you then project onto others as an inner light. Even challenges become a joy!

Connect via your heart to your Soul – every day, ask your Soul/Higher Self to help you be in alignment and harmony with him/her. You are in a body to have experiences for your Soul. Your Soul knows: why you are here, what your lessons are. Your Soul is your parent, your teacher, your guide and best friend. Get to understand what your Soul wants first ... What is your Soul's intention? What are your Soul's concerns? When you understand these, you can shape your life to fit. When we focus life on our 'Human Self', in most instances we will be misaligned with our Soul's purpose – our reason for being in body in the first place. When people do not listen to their Soul or know what their Soul needs them to experience (and consequently make choices that take them off track to their purpose) life can become difficult. This is our Soul trying to get us back on track. Some examples are: feeling lost, alone, sad, disconnected, frustrated, angry. Illness/accidents occur, and even death – our Soul will pull us out of body when they can see that there is no probability of us ever getting back on track with our purpose. Our purpose is to fulfil our contract; connect with your Soul and you will know what your contract is/what your lessons are.

Challenges can come from your Soul too. This helps your Soul see what you are able to cope with, or not (*our Soul doesn't know what we need help with until we experience it*). The lesson is always: to find Love and Forgiveness in all situations. Love: **ALLOWS** All experiences, **TRUSTS** All experiences, **EMBRACES** All experiences – and thereby – **TRANSCENDS** All experiences.

I see that today's society, where children/teenagers/young adults do not listen to or respect their parents or elders, is a mirror of the human/soul relationship – most people do not listen to or respect their Soul, which includes ignoring their intuition. If we do not start taking notice of our Soul's guidance, our Soul will turn its attention elsewhere – I often think this is what happens with Alzheimer's (the person is neither here, nor is it time to

leave the body and go home yet). It is the lower levels of a Soul's consciousness that animates/fills the body/gives the body life. This consciousness is what leaves when the body dies. It's our consciousness that lives eternally – it's our task to raise our level of consciousness through our experiences, and we can only do that by connecting to higher and higher levels, letting go/transforming all lower levels.

Once you are connected, here is a simple imagery to use daily to clear unconscious patterns/energies that are not in alignment with your Soul/Higher Self, and which stop you from being in harmony with your Soul:



SYMBOLICALLY SPEAKING: imagine you are looking at a piece of wood. It should be straight and smooth but as you cast your eyes along it from top to bottom (*from beginning to end/from alpha to omega – from your Soul to your Human – this incorporates you in totality*) you will see some gnarls; you may see some offshoot branches that should not be there; you may see some knots; and some holes that need to be filled. So you tamper with this piece of wood (symbolically speaking) to bring it back into perfection and harmony once again, into alignment – this represents the 'whole you'. Quick, simple, effective and everlasting. Your mind is the catalyst for this. Your mind sees the issues and makes the repairs. You will feel it in your entire being – harmony, peace, joy, confidence, strength.

It helps if you can work within the field of your IMAGINATION – Spirit talks in symbols. EVERYTHING needs to be created first in the field of your imagination (in the world of spirit)! If it's not created 'up there', then it can't happen 'down here'. It's how the human/spirit world works. We come into body to give our Soul experiences – so know that if there's no Soul ready for a human experience, there can be no baby (it's not the other way around). Remember, everything has consequences, including daydreaming. If you dwell on negativity, then you will manifest this too. Lighten up (be like a Star); lift yourself up (like a hot-air balloon – cut away the ropes that keep you tethered); work with your Soul/Higher Self; and amazing experiences will come your way! Together with your Soul you will forge new paths and life will become interesting and exciting in ways your mind could never imagine! Be all you can be!

TIP NO. 6: SET GOALS! (PERSONALLY, AND PROFESSIONALLY):

Once you tune in with your Soul/Higher Self and know your next steps/where you need to go, set your GOALS (DESIRES) and FOCUS ON YOUR GOALS EVERY DAY (INTENT). Hold your vision in your mind and heart: Goals are our intentions and help us stay focused and on track. (Be like an archer; unless you have your eye on the target, you will never hit your target and will always be off course). It's good to focus on your goals every day – feel into them every day. 'Are they still the right goals for you?'

Remember that negative thoughts/beliefs (mentioned in Tip 4) can happen when you set new goals, start on a new path. You may initially have the drive, but do you have the stamina or willpower to see your goals to fruition? Does

the 'inner chatter' erode your drive to see your new goal through? How strong is your will power? Again, DO NOT LET THE NEGATIVES IN, or to settle in at any rate (if they do, move them on as quickly as you notice them) – they can affect you deeply and will make it harder for you to achieve your goals. If you find your confidence in your goals lagging, get onto it as soon as you can: try not to let the negatives fester!

SYMBOLICALLY SPEAKING (Goals/thoughts are our 'orders' to the Universe):

In a restaurant, we need to place an order to receive what we want, otherwise we sit there and wonder why nothing comes to us. In Life, if we don't know what we want, then how can the universe bring anything to us? Or, if we don't put any effort into achieving our goals, why should the Universe help us? This is how the universe works, **BUT!** If you are not listening to your intuition/connected to your Soul (you are governed by your Human Mind), then you may be on the wrong path in any case and find that your orders aren't forthcoming either. The Mind cannot 'see the bigger picture', whereas our Soul/Higher Self can, and our Soul knows the path that we should be on – regardless of whether we want to do it or not. If you don't start listening to your Soul at some point in your life (without too much more time passing), your Soul will pull the rug out from under you: e.g. you'll have no end of problems, life will seem a constant challenge, or obstacles will be placed in your way, e.g. ill health, depression, even death.

Be careful of what you think you need, for the universe will often give it to you, and when it arrives you may realise it wasn't exactly what you wanted or what you had in mind. So be aware of what's going on in your mind. for it will translate into your reality and you will want to blame everyone else except yourself. Whatever you 'think' or believe is an actual affirmation, an order you are placing with the universe. And when it arrives in your life you may like to ponder, "What was I thinking to have manifested this?" You can see how important it is to get your thoughts in order/straightened out, for then it's quite easy to order your reality as a place that you prefer: laughing, loving and enjoying life.

I'D LIKE TO SHARE WITH YOU A VERY IMPORTANT LESSON I'VE LEARNT:

If I 'think' I'm doing the right thing, then I'm most probably not! It's because I'm coming at the situation from the mind, and not the Heart (not connected to Soul/Higher Self). *When you are living from the Heart, you do not question what you are doing, you just 'know'.* What a wonderful way to be and live! I wish to really emphasise how different Life is living this way! It's truly awesome!

It is very important for us all to work on creating the new world – dream about the world you wish for. What would you like to create? Focus on the world you wish for and let go of the old world, just as if you were given a blank sheet of paper and crayons and told to design the world you would like see. You would probably pause for a

while and think how you're going to shape your picture: what will you place inside the frame, how will you use colours, and what will take centre stage? So design your life too; do not let it be useless scribbles upon the page with no design, with no intention, shape or form - just a messy confusion, not achieving anything. **Remember to Focus on What you Want, not what you don't want.**



TIP No. 6(a): BE OPTIMISTIC THAT IF THIS GOAL IS RIGHT FOR YOU IT WILL MANIFEST:

Also, gratitude is very important: BE GRATEFUL for all you have already, because if you are miserly or ungrateful, the universe will wonder if you'll appreciate its gifts and may hold back on what you desire.

Another step while waiting for your manifestation to occur is to give out something of yourself – for giving out attracts bringing in, e.g. love, energies, healing, forgiveness, compassion, assistance, support, money...anything at all.

As you focus with loving (**INTENT**) on your goals (**DESIRES**), what you desire will be manifested. But watch what you are saying in between thoughts, for the universe captures every millisecond of your thinking. You will not even be aware of the fleeting nuances that pass through your mind and heart. But all is captured by the universe's cameras and all that is going on within you must be taken into account. So even if you are consciously saying 'this and that', unconsciously you may be saying 'that and this' (*remember the cake-mixing symbolism*).

Once you *know* what to do, do not give up on it – keep your eye on the target (be the archer with the eye on the target)! Keep it in front of you. 'Know' it will happen – if you don't, then work on clearing what's keeping you from 'knowing'. Obsessing/worrying over what you want, or fear it won't come – shows you that not all your ducks are in alignment. When you 'KNOW', when every trace of the obstacle within you is cleared, you do not question/worry it's not going to happen. *You know it will. This is the key to success!*



(**SURRENDER**) to the process (in other words, the steps that present themselves - even when they seem to take you off track: it may be a slight or large deviation - but it'll be exactly what you need to do, to get you where you need to be), and (**ALLOW**) everything to fall into place as it will. **TRUST.**

If you're not sure which way to go, always check with your Heart/Soul – how does it 'feel', either way. Always choose the path that 'feels' right, not the one you 'think' is right – even if what you feel changes (it now makes you feel uncomfortable, after you've had that first feeling of 'rightness'), continue on – remember, this is an opportunity to re-program the old you/old patterns/habits. Remember the analogy of the leaf?

REMEMBER THESE 4 KEYS to MANIFESTING:

'**DESIRE**' (be clear with what you want), '**INTENTION**' (daily focus), '**SURRENDER**' (don't try to control the situation; trust), '**ALLOWANCE**' (allow everything to fall into place as it will).

TIP NO. 7: TIME MANAGEMENT:

This helps you set up your priorities – learn to check in with your Soul/Higher Self for planning this. We all have many different 'life segments' (personal time, family time, career, friends, holidays, learning, caring, teaching, rest, fun etc.). Write down all the segments of your life, and prioritise – bearing in mind 'life balance'. This will also ensure that you do not burn out. With time management, you will be more productive and make progress while maintaining command over stress and energy levels and possible depression or illness.

Every day, ask your Soul 'what should I do today?' and trust the message, regardless of what your mind thinks you should do. Your life will flow so much better than you can imagine! I remember in June last year I had so many deadlines for the 30th June – at the end of May I was starting to plan my month to hit the ground running come 1st June. Do you know what my Soul suggested on the 1st June? – read a novel. So I did. (I've learnt to trust her advice; it's ALWAYS right!) It took me a couple of weeks to get through the book; I enjoyed the book and the time out as I *knew* I would achieve what I needed to, easily. (**TIP:** *I recognised it was a test to see what I would choose – how I would react. Would I be in my head space, or work together in unity with my Soul?*) I trusted her and did not stress; I enjoyed the book and then got onto everything that I needed to do – everything flowed well and was easy. Everything fell into place. My reason for mentioning this is that in the past, long ago, I would not have listened, and then I would have been out of the flow of supportive energies – everything would have gone wrong and I would most probably have had to re-do everything that I had done, over and over again – stressing about lack of time. (I would have created obstacles and a rocky path for myself.) *Choosing to listen to my Heart/Soul, made the journey so much simpler and easier – and so much more enjoyable!*

At any given moment, there are supportive energies to either: take action, plan, rest etc. When you are connected to your Heart/Soul, you will know exactly what you are meant to do in any given moment – higher consciousness time management!

TIP No. 8: DO THINGS THAT MAKE YOU FEEL UNCOMFORTABLE:

Remember that life is about having experiences, and sometimes the lesson is to overcome every experience that we are uncomfortable with, or unloving towards. Opportunities are presented to us all the time! If we don't take up the opportunity when it's presented to us, it may be a while before it comes our way again – are you willing to wait? Create a new path – challenge yourself – take up the opportunity as it's presented! *Sometimes the very thing we avoid or don't want to do, is the very thing we should do* – it's usually a strong feeling and you probably remember times you've experienced this – and perhaps, once done, it wasn't as bad as you 'thought'. (Get it? The mind/thinking has sabotaged/made our path rockier than it needed to be.)

This (*doing things that you don't like to do, or take you out of your comfort zone*) can really help you change habits/

conditioning/unconscious programming. **Learn to move beyond the old habit of listening to what your mind is telling you to do or not do, and start a new habit and do what your Heart/Soul suggests/what feels right.** Our human self wants things to be easy and comfortable (boring – *no wonder people get depressed!*), yet our Soul wants us to grow by having new experiences (*this keeps life interesting!*). We do not understand an experience, nor have true compassion, until we actually experience it for ourselves ...

The goal of life is to have many different experiences!

The Key is to always listen to your Heart/Soul – to act in unison. This is the major shift in consciousness that humanity is taking part in at the moment – choosing to listen to your Heart/Soul (Unity) instead of your Mind (Duality) – no more experiences of separation are required, but unfortunately old habits die hard for some. Time to change habits/do things differently than you’ve ever done before!

ALLOW YOURSELF TO FLY!

You can choose to focus on the mundane aspects of everyday life, or you can choose to fly above it all (symbolically speaking). Choose to see the magnificence of life and all its possibilities and opportunities: to fly with your Spirit/Soul ... or continue to dwell in the human world rambling through the mud – which is not so easy or pleasant!

More Trust, more Faith, more Purity, more Joy...these are the ingredients that will get you to where you want to be. Many Natural Therapists are Angels in disguise, and Angels were created to be of service...in this case, just focus on providing service and know/trust that everything you need will come to you. It’s in the giving that we receive. Focusing on money means there’s a part of you worried about lack/not having enough, and that you are not trusting that everything will be OK. Use the tips above to help you. Find that place of ‘knowing’ inside you, knowing that everything is perfect. Then get on with being of service and everything else will be taken care of. *The Universe has our backs*—we just need to *know* it!

You will not know what you are capable of, until you allow yourself to be capable.
Be FEARLESS! Be THE BEST you can be!



LIVING FEARLESS – BUILD A SUCCESSFUL BUSINESS

TIME TO WRITE! TIME TO PLAN!
(Remember, writing brings clarity to a situation!
Good advice for your clients too!)



WHERE ARE YOU NOW?

LIST THE MODALITIES YOU KNOW ALREADY:

.....
ARE YOU LIVING THE CAREER OF YOUR DREAMS AT THE MOMENT?

.....
WHO ARE YOU CURRENTLY NETWORKING WITH?

.....
PERSONAL DEVELOPMENT – WHAT IS YOUR DAILY PRACTICE (Soul Connection/Vision Board/Affirmations/Goals/etc)?

.....
WHAT DO YOU BELIEVE ARE YOUR PERSONAL CHALLENGES – WHAT GETS IN THE WAY OF YOU ACHIEVING YOUR GOALS?

.....
ARE YOU A CONFIDENT PERSON WHEN IT COMES TO MARKETING YOURSELF?

.....
DO YOU CELEBRATE YOUR ACHIEVEMENTS? (*What do you do to celebrate, even the small things?*)



WHERE DO YOU WANT TO BE (FEEL INTO WHAT’S RIGHT)?

LIST MODALITIES YOU’D LIKE TO KNOW MORE ABOUT/ PRACTICE? (*to build your toolkit – what are YOU drawn to. Important – keep to your own likes, not what others want you to do/or what works for others. This is about YOU.*)

.....
WHAT IS THE CAREER OF YOUR DREAMS? (*check in with your Soul: career, hours of work, type of work place – do you want to work alone or with others etc.? Put down an outline of the whole picture*):.....

.....
WHAT DOES YOUR FUTURE LIFE LOOK LIKE? (*paint the picture with words – if you don’t like what you see, then start planning/creating the life you’d like to see*)

.....
HOW DO YOU WANT TO BE AS A PERSON? (*list all the personal characteristics that are important to you – if you could be the best person you could be?*)

.....
HOW ARE YOU GOING TO HELP YOURSELF PERSONALLY? (*Reprogram doubts/low self-esteem etc., overcome personal challenges, build confidence, achieve goals, celebrate your achievements*).....



HOW ARE YOU GOING TO GET THERE? (Nothing will happen if you don’t have a plan – make PLANS with your SOUL/HIGHER SELF)

GOALS:

LIST YOUR PRIORITY OF LEARNING (*new skills*)?

.....
WHO WILL YOU NETWORK WITH?

.....
WHAT WILL YOU MAKE YOUR DAILY FOCUS/PRACTICE – PERSONAL GOALS?

.....
WHAT WILL YOU MAKE YOUR DAILY FOCUS/PRACTICE – BUSINESS GOALS?

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

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2017	PRESENTER	TITLE	LOCATION/CONTACT
May 20–21	RAoA NSW Branch	Branch ABM & Workshop	Crows Nest, Sydney, NSW Registrations via RAoA website – 1st April www.reflexology.org.au
May 21	RAoA Tas Branch	Branch ABM & Workshop	Campbell Town, Tas Registrations via RAoA website – 1st April www.reflexology.org.au
May 28	RAoA QLD Branch RAoA WA Branch RAoA Vic Branch	Branch ABM & Workshop	St Lucia, Brisbane, Qld Wanneroo, Perth, WA Port Melbourne, VIC Registrations via RAoA website – 1st April www.reflexology.org.au
June 4	RAoA SA Branch	Branch ABM	Adelaide, SA Registrations via completed form to be distributed by State Newsletter
June 24	Dr Nick Hodgson	“Auriculotherapy” 2017 RAoA National CPT Workshop	St Lucia, Brisbane, Qld Registrations via RAoA website – 1st April www.reflexology.org.au
July 22	Dr Nick Hodgson	“Auriculotherapy” 2017 RAoA National CPT Workshop	Abbotsford, Melbourne, VIC Registrations via RAoA website – 1st April www.reflexology.org.au
July 30	Dr Nick Hodgson	“Auriculotherapy” 2017 RAoA National CPT Workshop	North Adelaide, SA Registrations via RAoA website – 1st April www.reflexology.org.au
August 12	Dr Nick Hodgson	“Auriculotherapy” 2017 RAoA National CPT Workshop	Redcliffe, Perth, WA Registrations via RAoA website – 1st April www.reflexology.org.au
August 20	Dr Nick Hodgson	“Auriculotherapy” 2017 RAoA National CPT Workshop	Crows Nest, Sydney, NSW Registrations via RAoA website – 1st April www.reflexology.org.au
September 10	Dr Nick Hodgson	“Auriculotherapy” 2017 National CPT Workshop	Launceston, TAS Registrations via RAoA website – 1st April www.reflexology.org.au
October 19–22	International Council of Reflexologists	16th International Destination Conference	Taitung, Taiwan http://www.icr-reflexology.org

RAoA AGM 2017

2017	PRESENTER	TITLE	LOCATION/CONTACT
October 7	Gretel Spiegel	Reflexology and Oncology Care Pre-AGM workshop day hosted by RAoA Qld Branch	Brisbane, Qld RFH on Gregory, 89-95 Gregory Terrace Brisbane CBD Bookings and enquiries via Qld Director, Vera Emmi treasurer@reflexology.org.au
October 8 RAoA AGM – Brisbane Qld	Gretel Spiegel Trudy Caddo Carmel Stout Leonie McDonald	“Integrative Health – Chronic Diseases” Integrative medicine and the role of the Reflexologist Practical Strategies for detoxification in the modern world Integrative Health within a podiatry setting—A clinical setting and case studies Diabetes, Blood Pressure and Cholesterol Management – the precursors to, acute symptoms and management of	Brisbane, Qld RFH on Gregory 89–95 Gregory Terrace Brisbane CBD Registration via RAoA website – 1st June www.reflexology.org.au

Welcome New Members

December 2016 – February 2017

First Name	Surname	Suburb	State
Deniz	Balkaya	WESTMEAD	NSW
Gemma	Bebbington	MARGARET RIVER	WA
Kirstie	Burton	SWANBOURNE	WA
Jacqueline	Casali	BEECROFT	NSW
Tracey	Emery	ELANORA	QLD
Amanda	Fincham	COOROY	QLD
Aline	Ghantous	KINGSLEY	WA
Sandra	Henry	MERINGANDAN WEST	QLD

First Name	Surname	Suburb	State
Verena	James	MORAYFIELD	QLD
Janice	McGlashan	KARIONG	NSW
Aimee	McLeod	BRAITLING	NT
Sandra	Neofytou	BALWYN	VIC
Van Huong	Nguyen	HURLSTONE PARK	NSW
Shona	Robertson	GWELUP	WA
Anita	Rudelj	ELWOOD	VIC
Polly	Telford	THE OAKS	NSW
Susan	Walsh	BROADWATER	WA

STATE MATTERS

SOUTH AUSTRALIA



February members got busy making the most of the venue where the MLD workshop with Jan Douglass was held. A very good number of members attended a branch meeting that was productive, followed by some socialising.

Twelve people (from city, country, and interstate) attended the Manual Lymph Drainage workshop. The following is a team effort report: We found that Jan had a very clear and concise way of explaining the workings of the lymphatic system which we will be able to take back to our clients. We are not to treat conditions out of our scope of practice, but should call on someone who has the skills, i.e. refer your client on ☺. Jan's sharing of her wealth of knowledge gave the group a thorough explanation of theory and practical and she always went back to the theory to confirm the practical example. "Vodder Lymph Drainage is like a ball of string" – quote unquote. Points to remember ♦Contraindications ♦Scope of practice ♦MLD

before Reflexology ♦MLD after Massage ♦lymph lies only 2–3 cm under the skin ♦working with a lighter technique so as to be on the surface of skin.

The 2018 Conference Committee held a meeting after the MLD workshop. The logo and theme will be revealed soon. Several members enjoyed an evening meal together on O'Connell Street, soaking up the South Australian fringe atmosphere.

South Australian members please note the ABM date has been changed to Sunday, 5th May. Venue and time is the same. 1pm, Barker Avenue, South Plympton. A Practicum Exchange will follow the meeting. Education topic – "Understand your CPT Program". There will be no Riverdell event in September 2017. We will revisit this in the 2018/2019 CPT calendar year.

Susan Jean Ramsey

NEW SOUTH WALES



Hi All, wow time is flying this year; and we are almost upon our Annual Branch Meeting workshop weekend. We have a great selection of speakers to present under the theme "nourish our practices" - book in and register via the RAoA website.

We have now started our online mentoring program via our Facebook group. We have volunteer mentors

now available every Wednesday, so make sure you are part of the group and ask any questions you may have for the specialised area of the mentor's expertise. This isn't just for new members, this is a continuing development opportunity to share knowledge and insights amongst our members, to develop us all.

Looking forward to seeing you all at the ABM in May.

Karen Riley

VICTORIA



No Report has been received for this issue of FootPrints



QUEENSLAND

Hello everyone. Well we started off our first workshop for the year with 20 attending. The first session was 'Heather Talks Toes', presented by Heather Edwards. Heather has a vast knowledge of Reflexology Techniques, having been a practitioner for 31 years. Heather taught us some Cranio Sacral techniques. Sonia Bailey presented the afternoon workshop, teaching us the Brazilian Toe Massage and how to balance the Endocrine System. All of these techniques can be added into our Reflexology treatments and therefore be of great benefit to our clients. Very relaxing techniques.

I would like to encourage you all to attend as many workshops as you are able, as it is building your knowledge to make you a better practitioner and to pass the healing on to your clients.

We have some great workshops coming up, with John Moodie speaking in the morning of 28 May on 'Resilience' and Leonie McDonald in the afternoon, presenting a workshop discussing the 'Gut Brain Connection'.

The AGM will be held on 7 and 8 October at Ruth Fairfax House. I hope you can come along for this exciting weekend of learning and fellowship.

We are eager for members to fill out members' surveys. It is always good to receive everyone's comments. It also helps us to build a better group.

So as we move along into 2017, keep the dates in mind for the upcoming workshops.

Keep safe, with Love, Light and Laughter, in whatever you may be doing.

Joy Raatz

TASMANIA



The February workshop was very successful. Once again it was held in lovely, peaceful Poatina in central Tasmania. This workshop was presented by Phil Boyd and focused on the biomechanics of the foot. We discussed the complex system of the foot and ankle, especially in relation to the actions when we walk. A number of different techniques for assessing and correcting dysfunctions were explored, which included a simple fascial release for restricted movements in certain joints. We found this information very important and look forward to using these skills with our clients.

Our next General and Annual Branch meeting will be in May. This will be held at the Campbell Town Bowls Club. Please check RAOA website for directions from North

and South of the state. Our director, Anthony Miller, has resigned due to changes in his personal circumstances. This means that nomination for this, and other branch positions such as chair, are required in readiness for the ABM. Please pass on nomination forms to Lynda Kidd. The forms will be sent to all members before the meeting. These meetings will be followed by a workshop with Dr Naomi Gale who is a local chiropractor. Here is hoping that everyone has a very Happy Easter!! Remember to take some time for your "self" over this long weekend. Maybe even have some reflexology. ☺

Lynda Kidd

WESTERN AUSTRALIA



No Report has been received for this issue of FootPrints

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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 (1300 733 711) for members of the public who wish to consult a qualified practitioner.

Reflexology Association of Australia Limited

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SA	Chairperson: Susan Ramsey Phone: 0417 855 931 Email: susanjeanramsey@bigpond.com Secretary: Vacant Phone: Vacant
TAS	Chairperson: Lynda Kidd Phone: 0417 374 058 Email: lmkidd@utas.edu.au Correspondence: Sally Stubbs Secretary/ Library: Phone: 0439 750 168 Email: sas.7@live.com Minute Secretary: Phone: 0418 620 467 Email: heikoandbess@bigpond.com
VIC	Chairperson: Karyl McGlenn Phone: 0417 536 030 Email: karyl@energeticfeet.com Secretary: Rotational Phone: Vacant Email: Vacant
WA	Chairperson: Jill Jones Phone: 0403 320 731 Email: solebalance@westnet.com.au Secretary: Joanne van Staden Phone: 0415 435 716 Email: joannefogarty07@gmail.com

State Branches

If there has been a change in the above directory, kindly email Cecily Rose, footprints.articles@reflexology.org.au

Board of Directors 2016-2017

Please know that Directors can be contacted to clarify concerns

President: Sonia Bailey (Qld)
president@reflexology.org.au
0403 888 756

CPT: Jacqui Baldwin (NSW)
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0415 696 058

Vice President/Conference
Vacant

Promotions
Kate Madigan (Vic)
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0408 661 863

Secretary
Vacant

Treasurer: Vera Emmi (Qld)
treasurer@reflexology.org.au
or 0407 599 953

Education: Julie Marchetti (WA)
education@reflexology.org.au
0408 905 900

Other positions:

Company Secretary, Governance, and Webmaster: James Flaxman (SA)
webadmin@reflexology.org.au
0403 160 367

WHS Representative:
Sonia Bailey (Qld)
president@reflexology.org.au
0403 888 756

National Office Admin Staff Contacts PO Box 253, Wynnum Central, QLD 4178

Hours open:

Monday–Thursday 10.00am–4.30pm
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marketing@reflexology.org.au

Membership Officer—Michele Jalland
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RAoA National Workshop—6 Workshops—6 States— Register from 1st April

Introducing an effective electrotherapy modality with diagnostic and treatment benefits that will complement Reflexology practitioners, it takes Auricular Therapy to the next level.

Learn how to use a micro-current tester and stimulator to search the outer ear nerve endings for active reflex points, and stimulate with appropriate electrical currents to balance and normalise a range of physical and psychological conditions.

Nick Hodgson, your trainer, will have all the necessary tools at the workshop which you can use—just bring along yourself and your massage bed.

Nick received his Auriculotherapy training from the American College of Addictionology and Compulsive Disorders and has been personally mentored by Dr Jay Holder of the Holder Research Institute. Nick has utilised Auriculotherapy in private practice since 2003, and has been responsible for organising and teaching hundreds of hours of continuing professional development.

BRISBANE	Saturday	24th June
MELBOURNE	Saturday	22nd July
ADELAIDE	Sunday	30th July
PERTH	Saturday	12th August
SYDNEY	Sunday	20th August
LAUNCESTON	Sunday	10th September



Bookings will be on-line via the RAOA website – registrations to all venues will open 1st April 2017 Early bird \$205.00 Standard \$230.00 Late fee \$270 Cut off dates will vary according to the different venues and will form part of the booking information on the website. Qld add \$10.00 for lunch package – no cafes within walking distance and BYO not permitted by venue. Non RAOA members – add \$35 to each of the above prices.

Cost includes morning and afternoon tea, notes and use of the tools.

Numbers are limited to 30 attendees for each workshop. *This is a RAOA event and proceeds from these workshops are used for the benefit of all RAOA members.*

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.

It's all happening from **April 1st**

Visit the RAOA homepage on the website from April 1st and follow the links for further information and registration details regarding these upcoming 2017 events:

- * NSW ABM and Workshop (Sat. 20th May)
- * NSW additional workshop day (Sun. 21st May)
- * TAS ABM and Workshop (Sun. 21st May)
- * VIC ABM and Workshop (Sun. 28th May)
- * QLD ABM and Workshop (Sun. 28th May)
- * WA ABM and Workshop (Sun. 28th May)
- * SA ABM (Sun. 4th June)
- * National Auriculotherapy Workshop (Adelaide, Perth, Sydney, Melbourne, Brisbane, Launceston)

www.reflexology.org.au

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