

# FootPrints

The Journal of the Reflexology Association of Australia



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[www.reflexology.org.au](http://www.reflexology.org.au)

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Reflexology Association of Australia  
Presents

# National Conference

**25-27 October 2024**

**Rydges Geelong VIC**

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## RESTORE BALANCE

**Reflexology, a holistic approach to balance**

Featuring expert presenters speaking on the Vagus nerve Jasmina Kotorac; fascia James Flaxman; fertility Brenda Neville; quantum healing Michael Christian; lymphatics Sally Kay UK; working with babies and children Sue Ricks UK; Equine Therapy Rachael Gibson; Zu Qigong Karen Philipson Brown and Annamarie Huckin NZ; Ear Reflexology Karen Middleton NZ.

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<https://raoaconference.my.canva.site/information>

Extended Early Bird Price closes on 15th September 2024  
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# From the Chair's desk



I would like to thank all the members and the committees who have worked above and beyond their responsibilities in this difficult time.

The existing Joomla website has a number of faults and our technical people have been unable to correct them in a reliable and timely manner. Fortunately, considerable progress has been made with the new WordPress website, and I can see the light at the end of the tunnel. As per any new site, work will still need to be done to work towards a site that fulfills our needs. Our WordPress contractor now has an up-to-date membership list to import into the new system. We plan for you to be able to check that your information is correct and up to date, including viewing First Aid and Insurance information. The ability for you to update your personal information will certainly relieve pressure on Administration.

I have been travelling around WA's vast country for the last six weeks whilst running the Association. Nature however has certainly put on a magnificent display of wildflowers for me to see. The display at Mullewa is, according to the mayor, the best in 11 years.

Due to unforeseen circumstances, I needed to have the office phone transferred to me, so if I was late in returning calls, please accept my apologies. The internet out there is

also not like we see on TV. I did end up purchasing SkyLink which at least provided better internet anywhere we stayed.

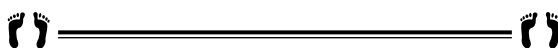
Some changes are happening in the administration to work towards eliminating one person having all the knowledge, which can leave us in a very difficult situation. Further we are implementing a system to distribute the workload and have the work performed more effectively. This should bring about better service to our members and work towards requests being fulfilled in a timely manner. To start the process, we are removing the landline phone. Moving forward I will only be using a mobile number which is 0439 095 510. Currently, I am the only person answering the phone, so I appreciate your patience.

Bookings for the AGM in October and the included events are constantly increasing which should make for a great event. As advised, please send any questions you wish the Board to answer so that, if needed, appropriate research can ensure a better answer.

I am pleased to see the numbers of members increasing from last year. Importantly, several new reflexologists have joined from the accredited schools, thus ensuring the future of reflexology in Australia.

I look forward to catching up with a lot of you at the Conference.

*MA Steinke*  
Marie Steinke



## Directors' report

### CPT and Education Directors' report

The CPT team have been looking at details of UK, Ireland, and US programmes to gain further insight and ideas into what can be offered to our members in the CPT restructure.

What again came out as a clear point, is that it needs to be much simpler to follow.

A branch or school can have an event for the members with the intention of attracting points.

If this is mainstream reflexology it will attract 2 points per activity per hour.

If it is an allied health area or alternative reflexology direction this will be 1 point per hour.

These events should be advertised through the Association to give the greatest chance for all to attend and gain the most from these dates.

We have a good team working on this but still value more members or information provided by members in order that we can get this area working better for all.

Thank you.

*Keri and Nonie*

October 2024

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Front cover – Photo courtesy of Susan Jean Ramsay.

# New RAOA website coming soon

A new RAOA website will soon be launched, with a range of improved features for members and the public.

The website has been redesigned and features easy-to-navigate sections. For members, there's a new Continuous Professional Training (CPT) tracker, a redesigned shop and the ability to register and pay for RAOA events online with automatic receipting.

When renewing membership each year, members will be able to pay online. Professional and Intermediate Members will also be able to check their insurance and first aid is up-to-date and make changes if needed to much of their *Find a Practitioner* listing.

For members of the public, *Find a Practitioner* has been redesigned and features a pin and map to help locate practitioners by location. Listed members can only be featured with one pin, but multiple locations can be referenced in the profile information.

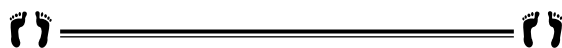
We have also included references to published research on the website and published our *Self help tips* for members to download or print out for clients, or for members of the public to refer to.

With dedicated pages for workshops and events, the National Conference and World Reflexology Week, members and others interested in attending can easily find information, register, pay and receive a receipt.

"This has been a significant project for us and has taken more than 18 months to develop," RAOA Chair Marie Steinke said.

"The website is information-rich, complex and has many moving parts. Its development also gave us the opportunity to identify and implement improvements in our records systems.

"The process was led by a Promotions Working Party sub-committee which I chaired; this included members Sue Ehinger and Tiziana Hill. We also drew on member feedback from recent years, our admin support Lisa, input from Directors and Working Parties and members who became involved in specific projects such as redesigning the CPT program. To all these people we owe a vote of thanks as almost all gave their time as volunteers," Marie said.



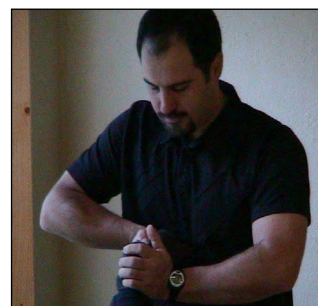
## Unveiling the power of Foot Mobilisation Techniques (FMT) for reflexologists

By Tito Pignetti

In the bustling cities around Australia, where holistic health practices are continually expanding, reflexologists have an exceptional opportunity to enhance their therapeutic repertoire through Foot Mobilisation Techniques (FMT). Having previously shared these techniques with reflexologists in Melbourne, Sydney, Brisbane and Adelaide, I've witnessed first-hand the profound impact FMT can have on both practitioner expertise and client outcomes.

### What is Foot Mobilisation Techniques (FMT)?

Foot Mobilisation Techniques are a specialised therapeutic approach designed to address various foot and lower limb dysfunctions. By utilising gentle, hands-on mobilisations, FMT targets misalignments and mobility issues in the foot structure. This method not only supports the body's natural healing processes but also integrates seamlessly with reflexology by enhancing the biomechanical functionality of the foot, thereby augmenting the holistic benefits of reflexology treatments.



### Why should reflexologists integrate FMT?

- Enhanced treatment outcomes:** By combining FMT with reflexology, practitioners can offer a more comprehensive treatment plan that addresses structural as well as energetic imbalances, leading to improved client satisfaction.
- Broadened skill set:** Learning FMT equips reflexologists with advanced manual therapy techniques, diversifying their practice and increasing their marketability.
- Preventive health benefits:** Regular use of FMT can prevent the development of further foot-related issues, promoting long-term health benefits for clients.
- Holistic approach:** FMT complements the holistic principles of reflexology by treating the foot as an integral part of the body's overall health and wellbeing.

### Learning and applying FMT in your state!

In previous sessions held in Melbourne, reflexologists have experienced how FMT can be integrated into their existing practices with ease and effectiveness. The training focuses on practical, hands-on techniques that can be

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As Editor I had the pleasure of interviewing Jane Sheehan, the UK's leading foot reader, to find out more about foot reading. I find this area fascinating and Jane presents her knowledge very well.

Jane will be presenting on Zoom at a Reflexology Association CPT event on 30 January 2025. Details will be sent to all members via Mailchimp in November. Please email [cpt@reflexology.org.au](mailto:cpt@reflexology.org.au) if you would like details any sooner.

Keri Wood

UK's leading celebrity foot reader, Jane Sheehan, will be available to answer your questions about foot reading, reflexology, business, and publishing. Jane has been a foot reader and reflexologist for 26 years; she has published seven books and two translations in French and Italian. She is excited to be sharing her knowledge with you and welcomes all questions. This will be a very interactive event.

## Interview with Jane Sheehan

### What is the best way to learn foot reading?

Since Covid, most of us have had to move things online. I too have an online course at <https://www.footreading.com> which is the equivalent of day 1 of my in-person course. But I feel foot reading is much more fun to learn at an in-person course. I love interacting with my students, showing them using the feet in the room.

The advantage of an online course is that you can repeat it as many times as you like but you can't capture the joy and fun and interaction that an in-person course can give. Of course, I will recommend my own workshops, but I can also recommend Chris Stormer-Fryer's workshops too. She's the South African foot reader. We both occasionally visit Australia to teach.

### Can we charge extra for a foot reading treatment?

Yes! And a big question is what I should charge for a foot reading. When I first started, no-one knew what a foot reading was, let alone how much it cost. I looked at what the psychic mediums were charging per hour and considered that, then I looked at what I would be doing if I wasn't doing a foot reading – namely reflexology and considered that cost. I now charge £45 for a foot reading but I charged £20 when I first started. The price you would charge would depend on the average cost of treatments in your own area.

### Does the time of day affect a foot reading consultation?

This is an interesting question. I initially thought about light conditions because I like to read the feet in good light conditions and carry a white-light torch as part of my kit in case the room is too dark. But I am guessing you are asking

by thinking about whether the feet show me more at the end of the day or the beginning of the day. I don't consider the time of day for a reading. I believe that you just show me the feet and I read it exactly as it is at that moment. The feet are changing all the time, and you are not the same from minute to minute, so I think there is something of a serendipity about when you decide to book for a reading. I often do foot reading parties which take place in the evenings, but I also have people come to my clinic at all times of the day. It doesn't affect how I conduct a foot reading, and I am still told I am accurate no matter the time of day. But what a great question for me to ponder.

### How long should we allow for foot reading?

As a beginner it takes people up to one hour to do their first foot reading

because most of that time is spent looking things up and scratching their heads! But I allow 20 minutes per person. This gives me 10 minutes for the foot reading and



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10 minutes for the cards at the end of the foot reading. I use my motivation cards and Doreen Virtue's "Healing with the Fairies" cards, but you can use what works best for you. At a foot reading party, I ask for a maximum of eight people because after eight people I still feel energetic. The ninth person always leaves me drained. That's how I figured my maximum. I say it should take three hours, but it always takes four because there is always one person who is having a big drama in their life and I need more time to dry up their tears. It's an occupational hazard that in doing a foot reading, people will cry. You're talking about their feelings, after all.

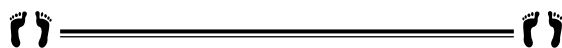
The most foot readings I have ever done in one day was 52. It was at a corporate event for a gas and mining company's big anniversary bash where the theme was all the fun of the fair and the sub theme was who we were, who we are and who we will be going forward. We were in the circus tent, my numerology friend Vanessa and I, as the who we are and who we will be going forward. I did the foot readings and Vanessa did the numerology. We saw 52 people each together that day. We spent the whole of the next day exhausted, having a duvet day!

## Can you tell what job they do through the feet?

I was at a foot reading party where seven out of the eight people there had the same sort of feet. I was beginning to worry that they would think I was saying the same thing to everyone. Finally, the eighth person arrived, and her feet were completely different to the other people. I told her I was so happy I could kiss her! I explained about how everyone else had the same feet and she was so different, and she said "I can tell you why ... they are all counsellors, and I am the accountant!"

### More about foot reading

Jane has written the Amazon Bestseller "Let's Read Our Feet" along with six other books. She has been translated into French and Italian. You can find her books, online course and more articles on <https://www.footreading.com>



used immediately after the course. Moreover, ongoing support and resources are provided to ensure reflexologists can refine their skills and stay updated on the latest advancements in FMT.

### Call to action

For reflexologists eager to expand their practice and enhance their therapeutic outcomes, embracing Foot Mobilisation Techniques offers a unique and valuable skill set.

At another event, I was doing the feet of an army guy. I said, "I know you don't want to have a foot reading, just reflexology, but can I just tell you that the last time I saw a tangent toe like this one, the guy worked for military intelligence!" You should have seen the look on this guy's face. He was utterly shocked. He told me that he dearly would love to join military intelligence. It was his dream. In case you are wondering what a tangent toe looks like, it is very straight, until you reach the joint below the nail, at which point the toe goes off at an angle almost as if it is broken. A more subtle form of this is when the nail is positioned at an angle on a very straight toe. In foot reading it is interpreted as "you go to say what you mean but the other person understands something different to what you said". It's one of those annoying things where you are as clear as you can be, but they always misunderstand what you said. But in the right context, it can become a strength. If you deliberately want to throw someone off the scent of what you are doing or saying, then you can really hide your true intent. Hence why it is a good trait to have in military intelligence or in politics.

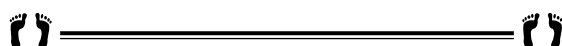
Most care givers will have a bunion. A huge angle of lean of the big toe means "bending over backwards, doing too much for others and not enough for yourself".

Most creatives have long thin toes, unless that creativity needs to have an end goal before it is put into use, in which case they would have long wide toes.

There was a lady with all tips of her toes pointed. Usually, a pointed toe means someone who expresses themselves incisively (pointedly, going for the jugular). But for this lady in her role, it was a strength. She was a solicitor. Imagine having to cut through all the red tape and arrive at a point.

I would say, you can tell a character trait, and if someone is on track in their career/life then it will present as a strength. If they are off track, then it will present as a weakness.

*Tito Pignetti is a NeuroSpinologist with over 20 years' experience, focusing on the dynamic relationship between spinal movement and neural function. Tito has become an international speaker and trainer in Foot Mobilisation Technique for health professionals, training and educating practitioners wanting to expand and refine their knowledge in post graduate studies.*



# Trevor Steele Award nominees for 2024



## Leon Bates

I am a registered nurse and have worked in both clinical and research settings for the last 30 years. I completed a PhD in 2012, through the School of Biomedical Science at the University of Sydney. I have published several papers and have presented my research at both national and international conferences.

I am a keen meditator and have completed two, ten-day, silent Vipassana courses, in addition to a Meditation Teacher course through the Sydney Institute of Meditation.

In December 2023, I completed a Clinical Reflexology Course through the Australian School of Reflexology. I am interested in using reflexology for pain management, especially spinal pain.

I currently offer reflexology home visits only and will be setting up a clinic once an appropriate space becomes available. My website <https://e-m-flex.com> has more information regarding my interest and approach to integrate reflexology and meditation for pain management.

## Heidi Adendorff

Heidi was a very dedicated and committed student. She never missed a class or clinic and was extremely punctual and reliable. Her assignments and case studies were of an exceptionally high standard with precise attention to detail. During the course she had some very serious health issues, however still managed to continue with her studies and meet the course requirements.

During our student clinics, Heidi always presented herself in a professional manner with excellent customer communication skills, assessing the client's needs and delivering a thorough, insightful and well-planned reflexology treatment. Her rapport with clients was very professional, and her ability to put her clients at ease was reflected in the positive feedback we received from her clients.

We would love for Heidi to receive the Trevor Steele Award which will help her continue her professional development training.

*Hollie,*

*Perth School of Reflexology*



*Louise with Yve Frankcombe, one of her tutors, receiving her certificate upon graduation*

## Louise Kerley

Congratulations to Louise for being nominated for the Trevor Steele Award.

Louise is a very organised person. She communicates well with clients, putting them at ease on introduction and giving them explanations of what she is going to do in a session. She gives feedback of what she has found during a session and offers follow up advice to further support her clients.

Her approach to anything she puts her mind to is done with precision and accuracy.

She grasps the situation at hand with enthusiasm and always asks questions to clarify the situation.

Her focus is demonstrated especially when doing a session of reflexology.

Her attention to posture and delivery of techniques for her clients is textbook and her happy and joyful interactions with clients is wonderful to observe.

Louise passed her international Diploma in Reflexology for the Complementary Therapist at the Australian School of Reflexology and Relaxation.

She achieved a distinction grade marking her as one of the top reflexology students worldwide.



# Discover the five Chinese elements: Unveiling the secrets of nature's rhythms

By Stella Kazazis



In ancient Chinese philosophy, the world is shaped by five fundamental elements—Wood, Fire, Earth, Metal, and Water. These elements are not just physical substances, but metaphors for understanding the energies and personalities that govern our lives. Each element represents a different aspect of nature and, by extension, human nature. In my upcoming talk, I will delve into these elements, revealing how they manifest in our personalities, behavior, and health.



## Wood: the drive to grow

Wood is the element of growth, creativity, and expansion. In our fast-paced society, it's easy to recognise the traits of Wood: confidence, ambition, and decisiveness. This element drives entrepreneurs and leaders, pushing them to break new ground. However, when Wood is out of balance, it can lead to stress, aggression and even health issues like high blood pressure. Understanding Wood can help us harness its positive traits while keeping its excesses in check.

## Wood's need for calm

Wood element personalities thrive on routines and prefer following documented procedures over popular trends. Consistent schedules, like regular mealtimes and bedtimes, help ease their stress. However, their natural drive to explore can lead to imbalance if not managed. To stay healthy, Wood types need to balance their hard work with rest, embracing calming and restorative energy.

## Fire: the spark of passion

Fire embodies passion, communication and enthusiasm. It's the element that brings warmth to our relationships and joy to our lives. Those with a strong Fire element are often charismatic, creative and full of life. But Fire can also burn too brightly, leading to anxiety, erratic behaviour, and heart issues. In my talk, we'll explore how to nurture Fire's brilliance without letting it consume us.

## The wizard

The Fire element personality, known as the wizard, leaves people feeling inspired and joyful. When their grand visions turn into practical ideas, people aren't disappointed; instead, they're amazed and glad. With personal magnetism and a gift for expression, the Wizard unites individuals into a cohesive group—whether it's a team, audience or community. By bringing people together, the Wizard helps them connect with their shared humanity.

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### Earth: the grounded nurturer

Earth is the element of stability, nurturing and support. It represents the caretaker in all of us, providing the grounding we need in a chaotic world. Balanced Earth types are sympathetic, practical and reliable. However, too much Earth can make one overly stubborn or worry-prone, while too little can result in clinginess or fatigue. By understanding Earth, we can find our centre and maintain balance in our lives.

#### Giving comfort

Earth element personalities excel at providing comfort and intuitively understanding others' needs. They have a natural ability to restore, rejuvenate and repair, and they effortlessly build and maintain connections between people, no matter the distance or time apart.

However, this nurturing nature can be difficult to turn off, leading Earth types to sometimes become smothering or meddling. They may also become so focused on others that they neglect their own needs.



### Metal: the force of order

Metal is associated with structure, discipline and reflection. It's the element that helps us find order in the chaos, encouraging precision and calm.

Balanced Metal personalities are organised, methodical, and discerning. Yet, an excess of Metal can lead to rigidity and inflexibility, while a deficiency might result in sloppiness or inconsistency. My talk will offer insights into achieving the right balance of Metal in our lives.

#### Blunt and to the point

Metal element personalities are blunt and direct, often seeing anything less than perfection as failure. They may care deeply but struggle to show warmth or flexibility. While this mindset is valuable in professions like surgery or law, it can make it hard for them to relax and switch off in personal time.



### Water: the flow of adaptability

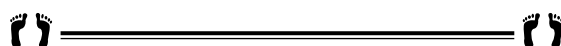
Water is the most mysterious of the elements, representing fluidity, introspection, and adaptability. Water types are introspective and resourceful, able to flow through life's challenges with ease. However, excess Water can lead to fearfulness and withdrawal, while a deficiency can leave one feeling drained and disconnected. I'll discuss how embracing Water's qualities can help us navigate life's complexities with grace.

### Water element personality and fear

Water element personalities are linked to survival and often experience fear. When balanced, they act courageously and handle challenges well. If unbalanced, they may engage in risky behaviours or avoid intimacy. Too little fear can lead to dangerous actions, while too much fear can cause them to feel stuck and avoid growth.

Each of these elements has its strengths and challenges, reflecting the diverse aspects of our personalities and lives. By understanding the Five Chinese Elements, we can learn to balance these forces within ourselves, leading to greater harmony and well-being. Join me in exploring this ancient wisdom and discover how the elements can bring deeper understanding and balance to your life.

The RAOA ran a course with Stella on 28 September 2024. This was recorded and is available to members through the Association website [www.reflexology.org.au](http://www.reflexology.org.au). Cost: \$100 for a three-hour recording, two handouts and a free E-book. This is three silver points for your CPD.



**Reiki for Reflexologists** involves integrating Reiki energy healing principles into reflexology practices. This combination can enhance the effectiveness of reflexology treatments by incorporating the benefits of energy work into the already established techniques of reflexology.



# Key concepts of integrating Reiki with reflexology

by Carolyn Renee

## Understanding Reiki and reflexology

◆ **Reiki** is a form of energy healing where practitioners channel universal life energy (Qi or Prana) to promote balance and healing. It is a non-invasive therapy focused on restoring harmony in the body's energy fields. Reiki is a Japanese healing technique that channels universal life energy through the practitioner's hands to promote physical, emotional and spiritual healing. It aims to balance the body's energy, clear blockages and support overall well-being.

Reiki is typically divided into three levels, each representing a deeper understanding of energy healing and a greater ability to channel Reiki.

### Reiki Level 1 (Shoden)—The First Degree

◆ **Focus:** Self-healing and healing others at a basic level.

In Reiki 1, the student receives their first attunement from a Reiki Master, which opens their energy channels and allows them to connect with universal life force energy. Students learn how to channel Reiki through their hands for themselves and others. Practitioners often experience a cleansing period where their energy systems align with the Reiki energy.

### Reiki Level 2 (Okuden)—The Second Degree

◆ **Focus:** Distant healing, mental and emotional healing, and use of symbols. Practitioners are introduced to three sacred symbols that increase the strength and focus of Reiki energy.

### Reiki Level 3 (Shinpiden)—The Third Degree/Reiki Master Practitioner

◆ **Focus:** Mastering the use of Reiki for personal development and deeper healing.

◆ **Master symbol:** Practitioners receive the Master Symbol, which represents empowerment and the ability to channel stronger healing energy.

◆ **Spiritual growth:** This level is often seen as a commitment to using Reiki as a primary tool for personal and spiritual growth.

◆ **Deeper intuition:** Practitioners often experience heightened intuition and stronger energetic connections with their clients.

◆ **Advanced healing techniques:** Some Reiki Masters teach advanced techniques at this stage, such as aura clearing and chakra balancing.

◆ **Reflexology:** Reflexology is a therapeutic practice that involves applying pressure to specific points on the feet, hands or ears. These points correspond

to different organs and systems in the body, and stimulating them promotes health and relaxation, clears energy blockages and improves circulation.

## Benefits of combining Reiki and reflexology

### 1. Energy balancing

◆ **Synergistic healing:** Combining Reiki with reflexology can enhance the healing effects by addressing both the physical and energetic aspects of the body. While reflexology targets specific reflex points to improve organ function and circulation, Reiki helps balance the body's overall energy, facilitating a deeper state of relaxation and healing.

◆ **Holistic healing:** Reiki addresses emotional, mental and spiritual aspects, while reflexology works on the physical body. Combining the two allows for a more comprehensive approach to healing.

◆ **Clearing blockages:** Reiki can assist in clearing energetic blockages that may be contributing to physical issues. When applied during a reflexology session, Reiki can help to release stagnant energy and support the body's natural healing processes.

### 2. Enhancing relaxation and well-being

◆ **Deepened relaxation:** Reiki promotes a deep sense of relaxation that can complement the stress-relieving effects of reflexology. The combination of both practices can lead to a more profound sense of calm and well-being.

◆ **Emotional balance:** Reiki helps in addressing emotional and mental stress, which can enhance the effectiveness of reflexology by creating a more balanced and receptive state for the client.

### 3. Techniques for combining Reiki with reflexology

◆ **Pre-reflexology Reiki:** Begin a reflexology session with a brief Reiki treatment to prepare the client's energy field and promote relaxation. This can help in setting a calming tone for the reflexology work that follows.

◆ **During reflexology:** Integrate Reiki by placing your hands on or near the client's feet (or other reflexology points) while performing reflexology techniques. This can amplify the effects of both the energy work and physical stimulation.

◆ **Post-reflexology Reiki:** Conclude the session with a Reiki treatment to reinforce the benefits of reflexology and support the client's overall energy balance and healing.

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#### 4. Benefits for reflexologists

- ◆ **Increased effectiveness:** Adding Reiki to reflexology can enhance the overall effectiveness of treatments by addressing both physical and energetic issues, leading to more comprehensive healing.
- ◆ **Client satisfaction:** Clients may experience greater satisfaction and benefit from sessions that integrate Reiki, as the combined approach addresses multiple dimensions of health and well-being.
- ◆ **Personal growth:** Reflexologists can deepen their understanding of energy work and develop a more holistic approach to client care by incorporating Reiki into their practice.

#### Practical steps for integrating Reiki into reflexology

1. **Training and certification:** Ensure you are trained and certified in both Reiki and reflexology. Having a strong foundation in both practices will help you integrate

them effectively and safely. Reflexologists interested in incorporating Reiki into their practice should receive an attunement from a certified Reiki master.

2. **Client consultation:** Discuss with clients their preferences and any specific needs they may have. Explain how combining Reiki with reflexology can benefit their overall well-being.
3. **Ongoing learning:** Stay informed about advancements in both Reiki and reflexology. Continuous learning will help you refine your techniques and provide the best possible care for your clients.

#### Conclusion

**Reiki for reflexologists** involves integrating the principles of Reiki with reflexology to enhance the therapeutic benefits of both practices. By combining Reiki's energy healing with reflexology's physical stimulation, practitioners can offer a more comprehensive approach to health and well-being.

*Carolyn Renee is a Reiki Master, Yoga Teacher, NLP practitioner, Spiritual Life Coach, Nutrition coach, Quantum healer, Crystal, Theta and Pranic healer with many years' experience teaching and researching holistic healing. She is a valued teacher at ASRR. Teaching on the certificate in diet and nutrition, Reiki international diploma, Yoga international diploma as well as introductory courses in Reiki and crystals.*



## Overview of the new CPT Program and Tracker

by Miho Suzuki

The CPT team is very excited to announce that the new CPT program is now available. Based on feedback from members, insights into its benefit to our members and ideas from relevant international programs, the program has been reformed as a modern, simpler and more practical coordination.

The highlights of major changes with the new CPT program are:

1. introduction of four categories per activity type, and
2. introduction of carry-over points system.

Firstly, activity types are identified as four different categories: Gold, Silver, Bronze and Red:

- ◆ **Gold:** if the activity is a mainstream Reflexology, specifically building new practical skills and techniques, it will attract 2 points per activity per hour.
- ◆ **Silver:** if the activity is an Allied Health or Alternative Reflexology direction, it will be 1 point per activity per hour.
- ◆ **Bronze:** if the activity is a professional practice specifically enhancing your reflexology business, it will be 1 point per activity for two hours.

- ◆ **Red:** First Aid. If First Aid and CPR are completed together, it will be 5 points. If only CPR is renewed yearly, it will be 2 points.

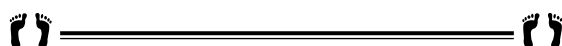
Secondly, excess points can now be carried over one year to the next. Carry-over points are:

- ◆ Professional Members: maximum 10 points.
- ◆ Intermediate Members: maximum 5 points.

For example, a Professional Member gained a total of 25 points from this year, 5 points will be carried over to next year. That means the member requires a total of 15 points minimum next year to retain their professional membership.

Please be advised that the new CPT program and Record Form was implemented from 1 July 2024 with the first-year trial period (1 July 2024 – 30 June 2025).

The CPT Director would appreciate any comments and thoughts regarding the new CPT Program and Tracker Form. Please feel free to send your feedback to [CPT@reflexology.org.au](mailto:CPT@reflexology.org.au)



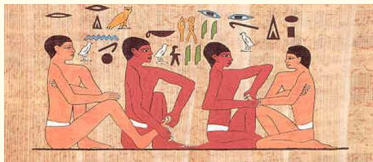
## Foot and Facial Reflexology: History and Healing Powers

**Anne Hilarius-Ford\***

Foot and Face Reflexologist, Energy Reflexology, Port Melbourne, Australia

**\*Corresponding Author:** Anne Hilarius-Ford, Foot and Face Reflexologist, Energy Reflexology, Port Melbourne, Australia.**DOI:** 10.31080/ASMS.2020.04.0560**Received:** January 09, 2020**Published:** February 10, 2020© All rights are reserved by **Anne Hilarius-Ford.****Abstract**

The article is about the historical practice of Foot and Facial Reflexology. Modern day Reflexology evolved through observation, practice and research. Using the application of modern medical equipment and science, the relationship between reflexes on feet and face were shown to influence the brain and the reflected organ. Detailed records on techniques and number of treatments show how and when healing happened.

**Keywords:** Healing; Foot; Facial Reflexology**The origins of reflexology****Figure 1**

Across ancient times, different tribes and cultures have found ways to support health by working on the feet and face.

In Ancient Egypt, Ankhm'ahor's tomb shows depictions where hands and feet are worked. This tomb is also known as the physician's tomb, at Saqqara in Egypt.

The translation of the hieroglyphics are as follows:

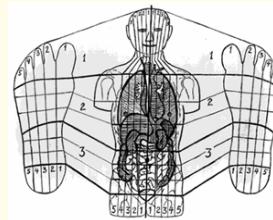
- "Don't hurt me".
- The practitioner's reply: "I shall act so you praise me".

In China in 4000BC there are accounts that describe pressure was applied using fingers and thumbs. Early books describe 'examining foot method' and this was before acupuncture needles were considered.

Indian tribes in North America observed a form of foot therapy for 100's of years.

**Modern day reflexology**

Still today, we learn about longitudinal zones on feet and hands where organs in the same zone are connected. This visual map helps practitioners to locate reflections of organs on feet and hands. Dr. William H. FitzGerald, M.D, an Ear, Nose, Throat specialist [1], was the creator of this insight. This concept is known as Zone Theory and is the foundation of modern Reflexology.

**Figure 2**

Dr. Shelby Riley, M.D. working closely with Dr. FitzGerald and learning about his concept of longitudinal zones, added horizontal zones across hands and feet. This new map clearly makes it easier to find individual reflexes.

As Dr. FitzGerald worked specific points on toes and hands, he noticed patients were able to endure small operations on nose and throat without needing an anesthetic. Always observant on how his patients experienced procedures, he couldn't help but notice that not only was there pain relief from the procedures, but the primary cause was also addressed.

Seeing these results, Dr Bowers urged Bruce Barton, editor to Everybody's Magazine, to publish an article on Dr FitzGerald's Zone Therapy. As happens with new discoveries, Bruce Barton didn't believe anyone would be interested in reading about this. He even assumed no one would accept there were any healing outcomes. He eventually decided to visit Dr FitzGerald's rooms and was astounded to see patients experienced real benefits such as:

- Patients cured of goitre
- Throat and nose troubles eased immediately
- Nose operations made without an anaesthetic
- Teeth pulled without an anaesthetic.

The common technique used was Zone Therapy. After witnessing these feats, Bruce Barton published Dr Bowers article on Zone Therapy. This was the first one ever written on this new field.

**Eunice D. Ingham**



Author and Lecturer  
EUNICE D. INGHAM STOPFEL  
Feb. 24, 1889 — Dec. 10, 1974

**Figure 3**

Eunice D. Ingham was a Physiotherapist who worked with Dr. Riley. Intrigued with Zone Therapy after seeing results of the work he did, she started her new journey in the early 1930's. As she worked with hundreds of patients, she recorded her findings with detail. She checked and double checked every reflex she worked with how the patient felt and reacted over a period of time. This thorough work allowed her to determine with confidence that the reflexes on the feet were the exact reflection of all the internal organs in the body [1].

It was Dr. Riley who inspired her to write her first book, "Stories the Feet Can Tell". Here she documents the cases she worked with. She used her scientific background to precisely map out the reflexes on the feet and this is what we still work with today.

It was first published in 1938 and was later translated into seven languages. This says a lot about her thorough work. Her detailed work and book spread the benefits of Reflexology beyond the US.

Today there is a little confusion between what is known as Reflexology and Zone Therapy. The publisher of the translated books changed the title from "The Stories the Feet Can Tell" to "Zone Therapy". There is a clear difference between the two though. Zone Therapy looks at the zones on the feet to locate the area to work with. Reflexology on the other hand, considers both the zones and the physical anatomy to select the area or areas to work with.

Eunice Ingham, passionate about her work, shared her knowledge about Reflexology by travelling the world until the age of 80. She never wavered around her conviction that Reflexology is a great tool to support health. She died in 1974, aged 85.

**Family business**

Dwight Byers and his sister Eusebia Messenger, RN, understood the benefits of what their aunt worked on and in the late 50's they supported her work.

In the mid 70's, Dwight founded The International Institute of Reflexology®. The Institute represents the essence of Eunice's work and tirelessly keeps working on the Reflexology theories and



**Figure 4**

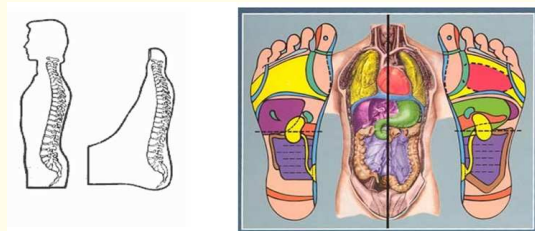


**Figure 5**

techniques. Throughout, Dwight Byers has shown the same perseverance and devotion as his Aunt Eunice Ingham by promoting Reflexology across the world. He is a leading authority on Foot Reflexology.

Together with a trusted team of instructors, Mr. Byers, director of the International Institute of Reflexology®, continues to conduct workshops around the world, teaching both practitioners and those interested.

**Examples of reflections of the body on the feet**



**Figure 6**

**Research**

**Functional magnetic resonance imaging: reflexology in action**

fMRI was used to study how stimulating a Reflexology reflex affected the reflected organ. Three reflexes were worked, and it was found that a somatosensory process corresponding to the stimulated reflex area was produced. It was clear there was a connection between the reflex and the organ [2].

**Citation:** Anne Hilarius-Ford. "Foot and Facial Reflexology: History and Healing Powers". *Acta Scientific Medical Sciences* 4.3 (2020): 01-06.

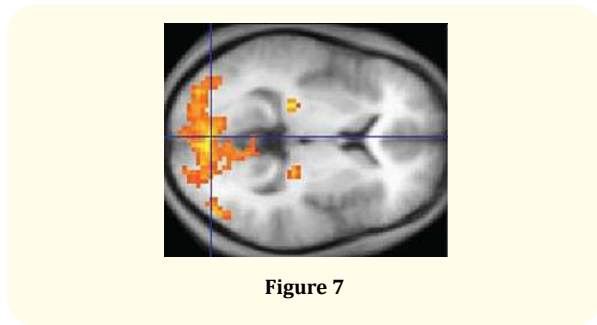


Figure 7

**Doppler ultrasound of the kidney**

A Doppler ultrasound was used in research as the kidney reflex was worked on the foot. Changes in renal blood flow became apparent using this technology.

Doppler sonography, a non-invasive technology, helps to uncover structural changes and gives information on the direction of flow in renal vessels. Narrowing of blood vessels can also be identified through several Doppler criteria [3].

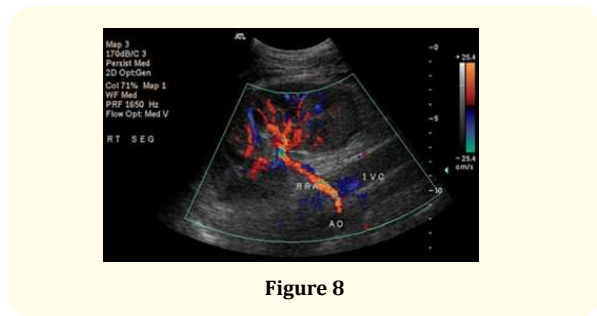


Figure 8

**Dr Jesus Manzanares**

Dr. Jesus Manzanares, M.D. [4] graduated in Medicine and Surgery at the Autonomous University of Barcelona in 1982. He specializes in family medicine integrating homeopathy and reflexology with conventional medicine. Intrigued by reflexology, he conducts his own research and discovered a Neurophysiological Basis for Reflexology [5].

As a Reflexologist works the feet, some areas feel different to others. To the touch, some areas seem to have deposits whilst others feel clear. Dr Manzanares took biopsies from both deposit and non-deposit tissues, analyzed them and the results showed a clear difference between them. He tried to understand the role of the nervous system in reflexology. The result of the test was significant as it showed more nerve fibers in the deposit tissue. This shows an imbalance (anatomical or functional) of the organ or body part represented in the corresponding reflex area in the foot.

With his scientific and medical training, Dr Manzanares was intrigued by his findings using Reflexology on patients and his research in the field began, focussing on three primary objectives. He succeeded to:

- Explain the neuro-physiological source (the nervous system pathways for reflexology)

- Determine the precise anatomical position of the reflex areas on the feet, elaborating on the precise foot-to-body connection, work done over 27 years on 70,000 clinical cases.
- Establish reflexology protocols for pathologies.

Non-deposit Tissue	Deposit Tissue
8% nervous fibers	42% nervous fibers
27% vascular elements	28% vascular elements
65% connective tissue	30% connective tissue

Table 1

**Reflexology lymphatic drainage (RLD) - sally kay BSc (Hons)**

Reflexology Lymph Drainage stimulates the lymphatic system. This enables lymphatic fluid to flow to the lymph nodes so that waste materials and excessive fluid can be flushed [6].

At Cancer Care clinics, many of the women treated for breast cancer experienced secondary lymphoedema. Sally used reflexology and patients shared they could feel tingling in the affected arm as the feet were worked. Clothing and jewelry were loser as there was reduced swelling. Sally had a basic understanding of Manual Lymphatic Drainage (MLD) which led her to successfully transfer the concept on the reflection of the body on the feet. Research was then conducted which reinforced the theory of reflexology.

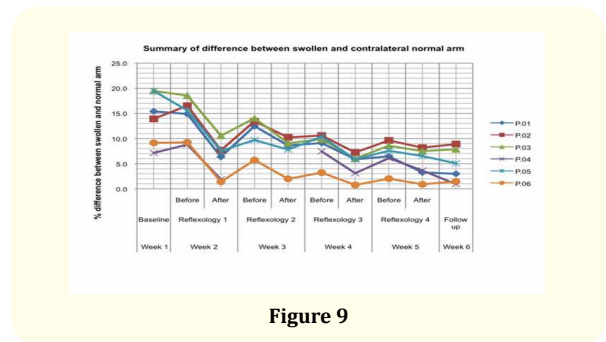


Figure 9

The aim of the research [7] was to examine how RLD could benefit breast-cancer related lymphoedema. The arm was measured before and after each treatment which visibly showed considerable reduction in the fluid volume in the affected arm. This decrease in volume was maintained for more than six months. Quality of life for the participants improved as there was reduced pain, weakness and limitations in everyday activities. Instead, there was increased comfort and mobility. No serious adverse effects were reported.



Figure 10

### Origins of facial reflexology

Facial Reflexology has its origins in Auricular Therapy and has over time developed in an effective therapy.

### Auricular therapy

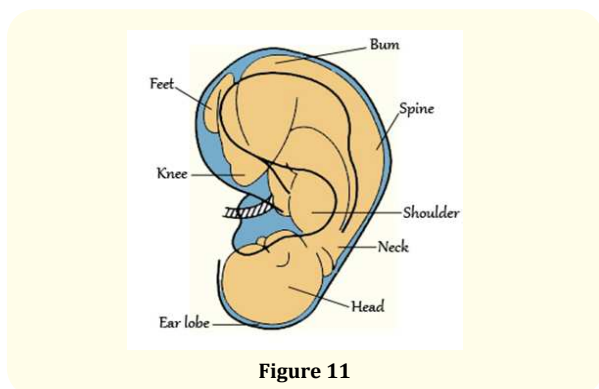


Figure 11

Auricular Acupuncture is a diagnostic tool. It is effective in treating many physical, emotional and mental conditions. It has been used throughout Europe and Asia for thousands of years.

From 1951 Dr Nogier, a French medical doctor, started using acupuncture on the ear and his patients experienced pain relief. Through these experiences, it became clear to him how the body is projected on the ear lobe and in 1956 he presented the image of the inverted foetus on the ear lobe. His work confirmed that conditions could be healed working the ear [8].

Seeing Nogier's ear reflex system, the Chinese used his knowledge and incorporated this with Traditional Chinese Medicine (TCM) theories. To this day, they still call Dr Nogier the 'Father of Auriculotherapy'. From then on, the Chinese used this knowledge to detox opium addicts.

Auricular Therapy has developed further. Dr Terry Oleson, PhD in Psychobiology, conducted pioneering research on auricular diagnosis and auricular acupuncture. Today it is used by many complementary modalities such as by reflexologists, chiropractors, acupuncturists, etc. [9].

### Dien Chan



Figure 12

Professor Bùi Quốc Châu, a Vietnamese Professor in Acupuncture, treated many opium addicts in Vietnam following the work done by Dr Nogier and the use of it in TCM.

In 1980, the use of auricular therapy led him to discover the start of a captivating practice he named Dien Cham. Still using acupuncture needles, he realizes from 1982 these were not required. This is when he renamed the practice Dien Chan [10].

The name he chose reflects the practice. Dien means 'face and surface', Cham means 'prick with a needle' whilst Chan means 'facial treatment and diagnostic'. Professor Bùi Quốc Châu is grateful to Dr Nogier as his work clearly showed him the irrefutable relationship between face and body and lead him to find comparable projection systems [10].



Figure 13

From the start Professor Châu looks at the hypothesis of analogy. Looking at the curve of the nose he 'sees' the spine and that it can be treated on the nose. This is validated when a patient experienced immediate pain relief when pressure is used on the reflection. This was repeated with great success. Professor Châu discovers twenty-two projection systems of the body on the face and 257 fixed points. Professor Châu sees Dien Chan as complementary to both Oriental and Western medicine.

The therapy reaches the USA in 1985, France in 1992 and Spain in 2001. There Patryck Aguilar-Cassarà and Anna Roca record the method on behalf of Professor Bùi Quốc Châu [15]. In 1988 Professor Châu gave a series of seminars in La Havana with the result that the entire Cuban network of Public Health adopts Dien Chan officially. Doctors use it and call it Terapia Cibernética. Today it is called Dien Chan, multireflexology BQC to honour its founder.

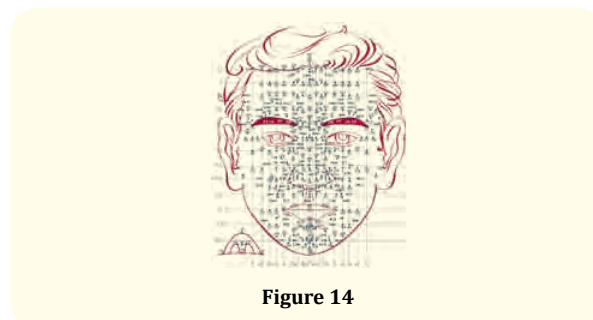


Figure 14

Working with many patients, Professor Bùi Quốc Châu trialed the method by stimulating various combinations using specific points in a set order. The great results he saw helped him create treatment formulas. These are only suggestions as the combination of points used in treatment is not limited. New combinations are still being discovered.



Figure 15

The multireflexology method relies on combining the projections of the body on the face and the points during a treatment. These correspond to an organ and/or a zone and working them together helps direct Qi energy to the weakened organ. Working only one of these systems reduces the multireflexology method.

The projections and points on the face are a direct link to the brain, not the physical body. This means that stimulating zones or points on the face triggers self-regulation of the corresponding organ in the brain. The energy is then channelled to the corresponding affected organ or zone.

Patryck Aguilar-Cassarà has developed FACEASiT, an application for the iPad. FACEASiT offers solutions and helps the practitioner to design a treatment based on the part of the body that needs attention. It is a natural methodology that supports health [16].

#### Marie France Muller

Marie France Muller is a doctor in psychology and naturopathy as well as a reflexologist. When her teacher Nhuan Le Quang told her about Dien Cham she was very sceptical as she couldn't believe it could relieve any pain, sometimes permanently, just working on one or more points on the face.

It is only after she experienced the benefits herself as feeling in 'dead' fingers returned that she registered to attend the course. The next day, at her dentist's surgery, someone had severe sciatic pain. Still fresh from her learnings, she couldn't remember any points on the face but in her mind's eye could see the body's projections on the face. This allowed her to relieve the severe pain with four successive short sessions. Amazed by this result, she wrote a book as she was determined the technique needed to be promoted. In her book she gives clear protocols to work specific conditions [17].

#### Lone Sorenson

Lone Sorenson was part of the very first wave of Reflexologists in Denmark, she qualified in 1978 when she was only 18 and registered as number 59 in Denmark. There are now over 12.000 reflexologists in Denmark. Until 1988 she mostly worked with children

who had learning and behavioural difficulties and studied cranial therapy to support them further. In 1988 she moved to Argentina where spent 12 very productive years. The first reflexologist in that country, she treated patients with brain damage and neurological problems. She also opened three schools training 2000 reflexologists.

Dr Wong, a Chinese doctor, invited Lone to visit Argentina and he explained about acupuncture points on the face and taught her 16 of them, each point activating 3 systems in the body. These NP points are close to the brain and she used them with great success in her clinic in Denmark. She decided to move to Argentina where her reputation grew quickly. A local man who was very poor had leg ulcers that had been wrapped up in plastic for 30 years. Knowing she could help, the ulcers were healed after ten treatments, and the word spread.

On one of her trips inland she saw tribal South American Indian women use a facial stimulation technique that was not a face massage. She received permission to take notes and make drawings of what she saw.

Back at her clinic Lone saw a 23-year-old young woman who had acquired brain damage from a car accident she was involved in three years earlier. Eight treatments using foot reflexology alone showed no change. With her permission, Lone used the facial techniques she had observed the tribal women use, and within ten minutes the young woman's whole body relaxed. Lone had never experienced anything like it and went on to treat her three times a week using foot and face reflexology as well as the new techniques learned from Dr Wong and the tribal women. After a year, this young woman was 97% cured.

#### Working with this client was the start of lone's facial reflexology therapy

Travelling to Cuba several times, Lone studied the Dien Chan treatment method. She learned a system using nerve points and 31 acupressure points in the face. With her inquisitive mind, she combined this with the what she learned from the South American Indian women. She met Dr Chun, a Vietnamese doctor. Dr Chun worked with the oriental system of charting the face to reflect body organs and systems, Lone incorporated his methods and experience into her treatments.

During her career, Lone studied many modalities in many countries. These include reflexology, kinesiology, acupuncture and facial acupuncture, oriental medicine, auricular therapy, vibrational therapy as well as neurology and anatomy in countries as varied as Cuba, France, Spain, Germany and Argentina. Ever since she qualified in 1978, Lone was never satisfied with what she knew then. Throughout, she absorbed practical experience, studied, researched and tested various theories.

All these techniques became part of Facial Reflexology Sorensensistem™.

If that was not enough, she developed new therapies for brain-damaged children. With a system called Stimulation Temprana

(early stimulation) Lone has achieved excellent results and published a video showing an example of such results [13]. Through the development of the Temprana Reflex Therapy – where Lone teaches parents to work daily on their children using facial, neurological reflexology and neurological hand reflexology – the emphasis changed to using 80%-facial reflexology and 20%-foot reflexology during a treatment.

She has also helped coma patients, and people with such conditions as Multiple Sclerosis, Downs Syndrome, and Motor Neuron Disease; the more serious the disease or condition, the more intense the treatment.

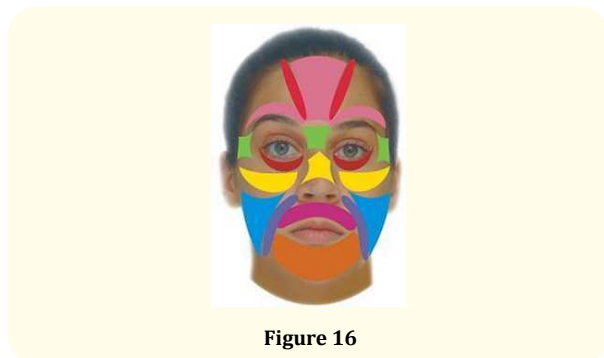


Figure 16

Today she lives in Barcelona where she still teaches at her school as well as at the Medical Faculty at the University Complutense in Madrid [18].

Her current method of facial reflexology and face mapping has been developed over twenty-eight years of work with clients and combines various techniques to provide a holistic and comprehensive treatment.

A treatment includes various steps that work projections of the body on the face as well as neurological points. This helps to personalize the treatment for the client's health condition. The last phase is a gentle face massage that balances the mental, physical and emotional aspects.

Sue Ehinger, certified teacher of Lone's Facial Reflexology method, mentions: 'over the past seven years working with Facial Reflexology techniques, I have renewed my passion for our therapy and have developed a deep respect for the pioneering work of Lone Sorensen. The therapy is awesome, and the results speak for themselves' [14].

Facial reflexology acts on the central nervous system and brain whilst foot reflexology acts on the blood/circulation and releasing hormones in the blood [12].

## Conclusion

History and research show the health benefits of the application of pressure on reflexes on feet and face. The ancient methods working on feet and face developed through tribal wisdoms when natural and available methods were used to support health and wellbeing. Widely used today, research shows Reflexology and Auricular therapies are beneficial for health management.

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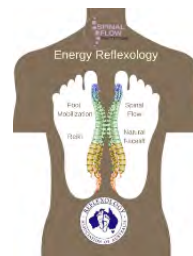
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# Testimonial from a client of Anne Hilarius-Ford



When I first saw Anne, I had been struggling for nine months to deal with an ‘undiagnosed illness’ which had seen me in and out of coronary care five times, with pericardial effusions (fluid around the sacs of the heart) and what was thought to be some kind of viral vasculitis that resulted in near organ failure.

Anne went to work on my body’s depleted system, giving me much needed support internally and much needed physical respite and mental relief. In a short six-week period I found that my heart was strengthened to such a degree that I was able to drop my steroid dose by 10 mg, down from a maximum of 50 mg – and I found that I was now sleeping better, had more energy, my skin took on a healthier glow and even my hair regained bounce and life – this was actually one of the first signs that showed me the benefit I was receiving from the reflexology.

Medical test results: there was a dramatic improvement in terms of inflammation index, healthy blood cell count and the function of my organs – especially liver and spleen.

As well as reflexology, Anne used her skills in Reiki to help with pain in my body caused by the illness and the fact I was unable to do my normal exercise. While I was unsure of how beneficial the Reiki would be, I was thrilled with the immediate effectiveness, not only on the immediate pain in my shoulder and back but it also gave me a huge boost to my mental and physical capabilities. I was healing better, able to do more physical exercise, reduce my steroid dose even further, and my specialist recognised that according to all the medical tests, blood, plasma and ultrasounds, I was, on paper, ‘perfect’.

Without Anne’s help and incredible skill there is no doubt, in both my mind and that of my specialists that

I would not have made the kind of recovery in speed, and strength that I have. The reflexology supported my inner organs, my whole vascular system, my heart and also my mental health. During nine months of little or no recovery, and little hope while I had no diagnosis or prognosis, the steroids I was taking were the only things that my body was responding to. While these strong drugs kept the inflammation down there are serious side effects, on the liver especially, but also with osteoporosis, diabetes and weight gain. Anne’s treatment of my whole body meant that I have been able to regain my life. The incidence of relapse has been reduced to once in six months. Before that I was relapsing once every month. My energy levels increased, and I have been able to return to work full time and to start exercising again. My immune system has been supported to such an extent that I weathered the winter months with no flu or colds (something we thought impossible). Mentally this has been the most difficult struggle, with no idea of the how’s or why’s; it has been incredibly hard to keep persevering with the constant search for treatments that would work and help me regain my health. Anne gave me hope, and with that you cannot only walk, but run.

The success that I have had with Anne has affected me in every way I can think of, physically, mentally, emotionally and spiritually. Without Anne I do not know where I would be in my recovery – or even if I would have ever recovered to such an extent. The medical results are clear but my own knowledge of my body and state of mind since working with Anne is testament to her skill and healing capabilities. For me, she has been, in the real sense of the words, a lifesaver.



## Telethon weekend volunteer event

19–20 October 2024

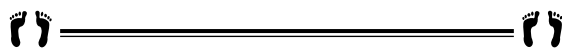
The WA Branch is thrilled to share the news that we will be volunteering at this year’s Perth Telethon Weekend. Members have shown great interest in offering their time to support such a wonderful community event. We have an enthusiastic team of reflexologists ready to provide voluntary treatments for the amazing people behind the scenes, that make this event a success.

This is a fantastic opportunity to represent the Reflexology Association of Australia and share our modality with others.

Telethon is an annual fundraising appeal that supports 136 charitable organisations that deliver medical research into childhood disease and services to sick, vulnerable and disadvantaged children in Western Australia. Since 1968, Telethon has raised over 600 million dollars!

Stay tuned, as WA takes part in the biggest charity event in the world!

Please contact Hollie Kelly for further information regarding this event: [hollieology@gmail.com](mailto:hollieology@gmail.com)





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For further course details contact CPT Directors or local Branch Chairs.

2024	PRESENTER	TITLE	LOCATION/CONTACT
October 26–27	RAoA	RAoA National Conference 2024	Geelong Rydges Hotel VIC
October 26	RAoA	AGM (Annual General Meeting)	Geelong Rydges Hotel VIC
November	RAoA NSW/ACT Branch	NSW/ACT Branch Meeting	Venue and speaker TBA <a href="https://www.reflexology.org.au">https://www.reflexology.org.au</a>
November	RAoA QLD/NT Branch	QLD/ACT Branch Meeting	Venue and speaker TBA <a href="https://www.reflexology.org.au">https://www.reflexology.org.au</a>
November	RAoA SA Branch	SA Branch Meeting	Venue and speaker TBA <a href="https://www.reflexology.org.au">https://www.reflexology.org.au</a>
November 16	RAoA Tas Branch	Tas Branch member gathering	
November 10	RAoA WA Branch	The Secret Seven – How to bring Herbs and Spices into your daily routine and boost your health, your brain and reduce pain. An introduction to The EMMETT Technique, history about the modality. Moving and shifting emotional energy within the body.	Westerly Family Centre, 27 Westerly Way, Rockingham
December 1	RAoA VIC Branch	VIC Branch Meeting on “Rock the stone, hand reflexology”	Swell Centre, Mt Hawthorn. Speaker Lyn Fava <a href="https://www.reflexology.org.au">https://www.reflexology.org.au</a>
2025	PRESENTER	TITLE	LOCATION/CONTACT
February	RAoA Tas Branch	Two-day auriculotherapy workshop, TBC	Sue Ehinger
February 16	RAoA WA Branch	Chinese elements (TBC)	Terry Tyzack Aquatic Centre
May 18	RAoA WA Branch		Venue and speaker to be confirmed
<b>LIVE CPT EVENT</b> January 30	RAoA Australia wide event with Jane Sheehan	“Feet reading”	Online CPT or education emails
<b>WEBINARS:</b>			
Recorded Webinar	RAoA recorded webinar with David Wayte	“Hand Reflexology Masterclass”	Available via the RAoA website <a href="https://reflexology.org.au/hand-info">https://reflexology.org.au/hand-info</a>
Recorded Webinar	RAoA recorded webinar with David Wayte	“Palliative Reflexology”	Available via the RAoA website <a href="https://reflexology.org.au/palliative-info">https://reflexology.org.au/palliative-info</a>
Recorded Webinar	RAoA recorded webinar with Ian White	“Enhancing your practice and your patient’s experience with the Australian Bush Flower Essences”	Available via the RAoA website <a href="https://reflexology.org.au/abfe-info">https://reflexology.org.au/abfe-info</a>
Recorded Webinar	RAoA recorded webinar with Ruth Hull	“Understanding the role of blood sugar imbalances in health and disease”	Available via the RAoA website <a href="https://reflexology.org.au/bsi-info">https://reflexology.org.au/bsi-info</a>
Recorded webinar	Stella Kazazis	Chinese five elements	Available via the RAoA website <a href="https://reflexology.org.au/bsi-info">https://reflexology.org.au/bsi-info</a> and via humantix



# BRANCH NEWS

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## NEW SOUTH WALES/ACT



**H**ello!  
We are eagerly anticipating our WRW24 Open Day being held at the Crow's Nest Community Centre on Sunday, 29 September.

The public is invited to learn hand reflexology points that can easily be self-administered to help with real life complaints in any location, i.e. headache at the Woollies' check out or sore back in a traffic jam.

Additionally, we will be offering foot reflexology taster sessions at attractive prices.

Reaching as many members of the public as possible in the North Sydney area has been made possible through the sharing of a FB Event Page by our members, their friends and families.

This will be our first-year trialling Huminitic for pre-booked and paid slots on the day.

We anticipate the return of last year's very satisfied customers as well as some newbies.

Additionally, we will be highlighting to the public that

reflexology is an inclusive modality, and that the Crow's Nest Community has a lift and wheelchair access.

Irene Tasho, Principal of the Australian School of Reflexology, will be giving three short talks on reflexology at advertised intervals throughout the day. We hope to help promote the Sydney School and encourage the public to sign up for courses.

We will also be inviting the public to follow the RAOA on social media and to 'shop' for any online courses of general interest.

Special thanks to the Branch and General Committee members who are working hard to make this event a success. I am so grateful to you all for your resourcefulness, commitment and can-do attitude. I know that together you will make this third WRW a memorable one!

Our final meeting of the year will be held in November (speaker TBC) via Zoom after which we will be having an end of year lunch or dinner to come together and celebrate our considerable achievements. I am so proud of you all!

*Angela Clark*



## VICTORIA

**I** write this just after the wild blast of wind last night and this past week. It is blowing off a few cobwebs and some sticky energy. I trust you all have been able to enjoy the giving and receiving of the fabulous art of reflexology. I never cease to be amazed at how powerful deep relaxation and reflexology support healing can be.

We in Victoria are preparing to host you at our National Reflexology Conference in Geelong. Starting with registration Friday evening from 5pm October 25 with a

complimentary drink and canapes. Start your networking and sharing of your wisdom. The conference runs over 2 days and has some wonderful speakers including Sally Kay from UK on Reflexology Lymphatic drainage; Karen Middleton NZ ear Reflexology; and Brenda Seville on an integrated approach to improving fertility and much more. See RAOA website for more information and to register.

The ABM will be held Saturday morning 11.30–12.30. Free to attend if you are a member. We would love to see you there.

*Catharine Brown*

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## TASMANIA



**W**e had a good turnout at our August gathering for Lilly Harris' face and head tension workshop. Members were delighted with another excellent workshop, giving us the skills to help clients deal with a range of issues from headaches to tinnitus. Some exciting news is that plans are afoot for a two-day auriculotherapy workshop in Tasmania in February 2025. Stand by for details as we move towards locking the details in. Be sure to join us for our final member gathering and end-of-year celebration on Saturday 16 November.

On the education front, the Reflexology Diploma is underway, a hand reflexology masterclass for students and the public was held in August and another Introduction to Reflexology one day class for members of the public is planned for November. With the National Conference coming up, a small Tasmanian group is looking forward to mingling with members near and far when we gather in Geelong.

*Tiziana Hill*

**G**reetings from South Australia, I hope everyone is enjoying the warmer weather. I have been spending more time in my garden. It is so rewarding when you see the new growth and especially the new season's roses.

We are really hoping the good weather continues to hold for our World Reflexology Week event at the Whyalla Foreshore. We held the event there last year, and it was a huge success. This year we will have a shade tent, as it did warm up quite a bit. I have also asked our Deputy



## SOUTH AUSTRALIA

Mayor Tamy Pond to come along and meet everyone and have a treatment. She said yes, she would love to come along and support us. She also let it slip that it's her birthday that day so we will

definitely make her feel special. We will also have a few of our students joining us this year, which will be amazing.

November 24 is our last meeting for the year and will be held at Mitchem Community Centre.

Stay well everyone. I'm looking forward to catching up with you all in Geelong.

*Anita Smith*

**G**reetings from WA. As I write this, the earth is full of the heavy rains we've been experiencing lately, getting ready for the new growth that Spring brings—I love this time of year!

As a Branch, we have been focussing on promoting reflexology within our communities, getting people aware of Reflexology and the many incredible benefits it brings. It still amazes me that there are people out there who don't know about our ancient modality!

We are very excited to announce that we have been invited to attend and give treatments at Telethon on 19/20 October. Telethon is HUGE here in WA. A fully televised, annual 24-hour event established in 1968 that supports 136 children's charities here in Western Australia. <https://www.telethon7.com/telethon-weekend-24>. We've had a great response from our members who wish to be

## WESTERN AUSTRALIA



part of this wonderful opportunity, and I would like to thank my Committee in advance, for organising this event. We shall have photos in the next edition of *FootPrints*.

Our first Study Day is on 10 November and our Committee has organised a fun filled, informative day with three presenters. We shall hear about the nutrition of herbs and spices, Emmett Technique and Emotions held in the body. I am looking forward to catching up with many members then.

Many WA members are planning on making the trip over to Geelong for the National Conference at the end of October. It's always such a great weekend, the speakers sound amazing and you can't beat getting together with like-minded people, catching up with old friends and making some new ones too. I hope to see you there.

*Hollie Kelly*



## QUEENSLAND/NORTHERN TERRITORY



**T**he Qld Branch Committee has been meeting monthly and is being supported by RAoA Board members.

Feedback from regional members indicated that they wanted more CPT opportunities which were accessible from their local area. In response, the Committee has decided to host EPE sessions by Zoom so that all members can attend. This provides a one-hour education session and a sharing of experience and techniques by reflexologists who have dealt with the conditions under discussion.

Our first session was on Monday 19 August and the requested topic was techniques for the heart and thyroid. Seven members attended this session and an evaluation at the end of the session indicated that those attending found it beneficial and would like to attend further sessions. Members gained 1 CPT point for the one-hour session. We are planning the next session around November and the suggested topic for this one is the brain and related conditions.

As these EPE sessions are being conducted by Zoom and there is not a practitioner reflexology exchange, the Board has agreed on a cost of \$5 per session or \$30 to cover all sessions in a membership year.

We also held a Zoom session for members on Monday, 26 August on the new CPT tracker. Keri Wood and Nonie Crozier, the CPT Directors, took the members through the new categories and there was a discussion and feedback from the members. Members who attended gained 1 CPT point.

Members are being made aware of National CPT opportunities and various websites and Facebook pages they can explore to increase their knowledge of reflexology techniques.

In the absence of a Qld Branch newsletter, a monthly update is forwarded to members after each Committee meeting.

*Suzanne Jewell*

# FootPrints Journal

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## SUBSCRIPTIONS AND ADVERTISING

Advertising inquiries – [admin@reflexology.org.au](mailto:admin@reflexology.org.au)  
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Packages are available for advertising with a variety of mediums.

Discounts available for repeat advertisements in consecutive issues.

RAoA members receive additional benefits on all advertising packages.

Advertising prices are subject to change without notice.

## Copy deadlines

April issue: Mar 1  
July issue: Jun 1

October issue: Sept 1  
January issue: Dec 1

### FootPrints Editor—Articles only

Email: [footprints.articles@reflexology.org.au](mailto:footprints.articles@reflexology.org.au)

### FootPrints Advertising & Subscriptions Accounts

Email: [admin@reflexology.org.au](mailto:admin@reflexology.org.au)

### Desktop Publisher

Margaret Clift

Email: [margclift@gmail.com](mailto:margclift@gmail.com)

### 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](http://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](mailto: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](http://www.reflexology.org.au)) and has a referral phone service for members of the public who wish to consult a qualified practitioner.

## Reflexology Association of Australia Limited

The Reflexology Association of Australia Limited was incorporated in 2002 as a company limited by guarantee (ACN: 101 412 319)

### Branches

<b>NSW/ACT</b>	Chairperson: Angela Clark Phone: 0406 949 311 Email: <a href="mailto:angelaclark.reflexology@gmail.com">angelaclark.reflexology@gmail.com</a>
	General Secretary: Amanda Brand Phone: 0417 236 773 Email: <a href="mailto:amanda.brand@pandl.com.au">amanda.brand@pandl.com.au</a>
<b>QLD/NT</b>	Chairperson: Vacant
	Secretary: Sue Jewell Phone: 0429 499 285 Email: <a href="mailto:jewell.touch@gmail.com">jewell.touch@gmail.com</a>
<b>VIC</b>	Chairperson: Cate Brown Phone: 0408 209 718 Email: <a href="mailto:catharinebrown61@gmail.com">catharinebrown61@gmail.com</a>
	Secretary: Maureen Wilson Phone: 0427 355 525 Email: <a href="mailto:mmwilson@netcon.net.au">mmwilson@netcon.net.au</a>
<b>SA</b>	Chairperson: Anita Smith Phone: 0429 678 302 Email: <a href="mailto:anitapicksmith@hotmail.com">anitapicksmith@hotmail.com</a>
	Secretary: Christine Spencer Phone: 0412 813 700 Email: <a href="mailto:spencer2@adam.com.au">spencer2@adam.com.au</a>
<b>WA</b>	Chairperson: Hollie Kelly Phone: 0405 064 404 Email: <a href="mailto:hollieology@gmail.com">hollieology@gmail.com</a>
	Secretary: Melissa Beeck Phone: 0410 027 077 Email: <a href="mailto:markandlissa@inet.net.au">markandlissa@inet.net.au</a>
<b>TAS</b>	Chairperson: Tiziana Hill Phone: 0484 349 902 Email: <a href="mailto:tbotti@bigpond.com">tbotti@bigpond.com</a>
	Minute Secretary: Sally Stubs Phone: 0439 750 168 Email: <a href="mailto:sas.7@live.com">sas.7@live.com</a>

### Branches

If there has been a change in the above directory, kindly email [admin@reflexology.org.au](mailto:admin@reflexology.org.au)

## Board of Directors 2023–2024

Please know that Directors can be contacted to clarify concerns

### Board Chair

Marie Steinke  
[raochair@reflexology.org.au](mailto:raochair@reflexology.org.au)  
0439 095 510

### Administration and WHS:

Debbie Helm (WA)  
[debbie.helm@outlook.com.au](mailto:debbie.helm@outlook.com.au)  
0423 275 613

### Finance:

Vacant

### National Events Administration:

Keri Wood (WA)  
[crystalblessings@hotmail.com](mailto:crystalblessings@hotmail.com)  
0411 857 058

### Board Secretary:

Vacant

(Non-Director position):

**Board Mentor:** Susan Ramsey

[raoaboardmentor@gmail.com](mailto:raoaboardmentor@gmail.com)

0417 855 931

### Education and CPT:

Keri Wood—0411 857 058  
Nonie Crozier—0409 994 528  
[education@reflexology.org.au](mailto:education@reflexology.org.au)  
[cpt@reflexology.org.au](mailto:cpt@reflexology.org.au)

### Research and Promotions:

Marie Steinke (SA)  
[research@reflexology.org.au](mailto:research@reflexology.org.au)  
[promotions@reflexology.org.au](mailto:promotions@reflexology.org.au)  
0438 121 214

(Non-Director position):  
**Governance, Company Secretary and Webmaster:** James Flaxman  
[webadmin@reflexology.org.au](mailto:webadmin@reflexology.org.au)  
0403 160 367

## National Office Admin Staff Contacts Suite 4/66 Daisy Road, Manly West, Qld 4179, Wynnum Central, QLD 4178

Monday–Friday 9.00am–5.30pm  
Phone: 0439 095 510

**Membership and Administration—**  
Lisa Allan (staff)

[admin@reflexology.org.au](mailto:admin@reflexology.org.au)

**Accounts, Merchandise and Advertising—**  
pending

[admin@reflexology.org.au](mailto:admin@reflexology.org.au)

# Reflexology Association of Australia National Conference Speakers

---

Sally Kay (UK)

Reflexology  
Lymph Drainage



Karen Middleton  
(NZ)

Ear Reflexology



Karen Philipsen  
Brown &  
Annamarie  
Huckin

Zu Qigong



Sue Ricks (UK)

Reflexology for  
babies &  
children (via  
Zoom)



James Flaxman

The fascia role  
in restoring  
balance



Brenda Seville

An Integrated  
approach to  
improving  
fertility



Jasmina Kotorac

Vagus Nerve



Michael Christian

A Quantum  
Approach



Rachael Gibson

Reflexology and  
equine therapy



Charlotte Frazer

Sound Healing



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.

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**RAoA Facebook Members only page:** Prices from \$40 to \$80 - (depending on: number of words (up to 11 font) and image/logo. Number of words and image must be supplied by the advertiser prior to quoting - (can be included on Public page as well)

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**RAoA National & Branch Advertising:** Premium e-mail out to 1 branch or multiple branches - Minimum cost \$75 - maximum cost \$400 - packages available

**RAoA National Office eNewsletter:** From \$70 - packages available

**RAoA on-line Education Events Calendar - From \$90 for 3 months pre-paid**



**Please contact the RAoA National Office for more information**  
**RAoA Members receive a 10% discount on all packages**

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