



FOOTPRINTS

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NATIONAL REFLEXOLOGY JOURNAL

At the National Committee Meeting held in Launceston in May of this year a proposal was put forward to have a National Reflexology Journal.

It was decided by the R.A.A. (NSW) to put forward a proposal at the National meeting for our journal 'FootPrints' to become the new National Journal. This proposal was taken back to the other states to be voted on by their membership.

Queensland has decided to take 'FootPrints' from the September issue, Victoria from next March, Tasmania is going to take 'FootPrints' but a decision about whether it will be December or March issue is yet to be made. Western Australia decided not to be part of the national journal but to keep their own newsletter.

Each of the participating states will have a Journal Co-ordinator so if you have an article, idea or suggestion please contact your state co-ordinator.

For those who have never seen 'FootPrints' before, welcome. 'FootPrints' is over 4 years old and has grown from 5 pages to the big 24 pages you are holding. We go to Reflexology Associations around the world - China, New Zealand, South Africa, Canada, U.S.A., England and Netherlands. We have subscribers in South Australia, Queensland and Victoria as well as England and Ireland.

The same high standard of articles that you have come to expect from the old 'FootPrints' will continue. We will continue to have articles from around the world and being a national journal we will have more articles from around Australia.

All contributions are most welcome, we are always on the look out for articles of all sizes as feature articles and fillers.

Russell McAllister

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'FootPrints' is the national quarterly journal of the Reflexology Association of Australia.

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NSW & QLD - A.G.M. 1995



QLD R.A.A. Committee - 1995/96

I to r, Sharon Stathis, Janice Chadwick, Joan Boardman-Smith, Rosel Geier and Barbara Stephenson



NSW R.A.A. Committee - 1995/96

I to r - Standing: Linda Curtis, Sue Ehinger, Graeme Murray, Sherryll Thomas, Kathy Burke, Marlene Hall, Ronda Mackay
Seated: Phillip West, John Marriott



NSW AGM Members

N.S.W. R.A.A. 1995 Annual General Meeting

Saturday, 19th August was one of those beautiful warm spring days (but we were still in winter) and our venue for our A.G.M. fitted the day perfectly. Located in McMahons Point just a stone's throw from the waterfront and with a wonderful view of the bridge and harbour.

Over the past few years we have been very imaginative with how to run our A.G.M.s and this year was no different. We started with registration at 1pm for 1.30pm start, we decided to keep the afternoon 'in house', our speakers were all R.A.A. (NSW) members.

Sherryll Thomas was master of ceremonies for the afternoon. Jan Downes enthralled us with her stories about her clients and how reflexology has made a big difference in her life and that of her clients. Russell McAllister gave an outline on the 'Australian Reflexology Digest' that he is presently compiling. Sherryll Thomas told us her evolution with ears that started with Bill Flocco's workshop in 1994. Sherryll gave basic guidelines on using magnets on the ears and how the body's magnetic fields can be thrown out of alignment with living in cities - pollution, concrete, modern buildings. All this was brought home to Sherryll when she visited Beijing and was able to visit with Mr Hang and Dr Chen of the China Reflexology Associations. (see separate article in this issue).

The A.G.M. was strategically placed in the middle of our speaker afternoon so we had a captive audience so to speak. The A.G.M. was run by Peggy Walker an experienced Toastmaster from the Seafarer's Toastmasters, Northern Beaches.

Painted by Joanne Lucas, the sister of the out going secretary (Narelle Hay).

After a short break we continued with our speaker afternoon. Tana Edey guided us in breathing exercises and how to incorporate it into our lives. Sue Ehinger gave us a slide tour of last year's reflexology trip to China and explained how the Rwo Shr method of reflexology differed to the western method. Carol Morphett opened up a whole new side of reflexology and that is animal reflexology. Carol showed us how similar the anatomy of the dog was to that of humans. We were able to compare skeleton charts on both species and it was amazing just how similar they are. We were then given a demonstration on a 'live' model (Carol's cat), Carol gave the cat a facial massage using her finger tips, then proceeded to work each ear then each paw just as we would work the ears, hands and feet of humans. The other similarity was that animals love receiving reflexology just like their owners. The cat just adored having reflexology and was still and quiet throughout the session - considering thirty people were three feet away crowded around and flash bulbs were going off every few minutes.

It was a great way to incorporate an A.G.M. in this manner. It also showed us that we have a lot of talent out there with our members working on 'pet' projects. And just because they're not from interstate or overseas it doesn't mean they're no good. They're up there with the overseas reflexologists / speakers.

Hopefully over the next year we will have more of this style of meeting - where we get to know our fellow reflexologists.

NSW Committee for 1995/1996:

President:	Sue Ehinger
Vice-President:	Graeme Murray
Secretary:	Ronda McKay
Treasurer:	Philip West
Publicity:	Sherryll Thomas
Education:	Linda Curtis
Membership:	Marlene Hall
Research:	Kathy Burke
Special Projects:	John Marriott

Russell McAllister

The out going committee were presented with hand painted mugs decorated with reflexology motifs

QLD R.A.A. Annual General Meeting

Our A.G.M. on 12th August was almost a disaster. We will try a Sunday next year as our members stayed away in droves. Apologies were stated that some were working, understood. Others taking care of the sick and some found it too far away, as you know Queensland is a large state. Thanks to those who took the time to attend and for your welcome input to the day.

Reflexologists are special people. They feel comfortable with fellow therapists, so introductions flowed readily. We danced to the Mardi Gras and shared knowledge of business and location with each other. There were pauses in between the music to exchange this information.

Three members gave stories on aspects of overseas, interstate interest of Reflexology as they found it, and information was presented by Janice to beware of approaches by bogus advertising. As reflexology and other modalities are reaching greater proportions of the public, in turn they seem to think we have fortunes to invest in legitimate and scam advertising.

After brain storming on our mission statements, discussion on suitable brochures for the Body, Health

and Harmony and 1996 Natural Therapies Fair we served lunch.

All positions were made vacant. The election of officers took place before the A.G.M. and for the rest of the afternoon, a general meeting followed and many matters were discussed and resolved. So here we are ready to face the next twelve months with a team to serve our members and watch the development.

The New Committee for Queensland R.A.A.:

President:	Joan Boardman-Smith
Vice-President:	Sharon Stathis
Secretary:	Rosel Geier
Treasurer:	Barbara Stephenson
Membership:	Janice Chadwick

Joan Boardman-Smith

CHINESE FACE & TONGUE DIAGNOSIS

Thousands of years of quiet observation have rewarded the Chinese with a unique and accurate approach to diagnosis. One glance at the face and the tongue will put you a step ahead in your treatment plan. The evening will give you these simple tools and be lots of fun as you practice.

October 24th, 7-10pm
Crows Nest Community Centre
Ernest Place, Crows Nest
Cost: \$20 with supper

To book phone (02)9988-3881
The Australian School of Reflexology

QLD PRESIDENTS' REPORT 1995

In June 1994, Alaska was a welcomed break from Australia's Summer and mild winter to their 22 hrs of sunlit days. Alaska's Summer is magnificent with enormous flowers, hospitality and unique sites. Reflexology was alive and well aboard "The Spirit of Alaska" for six exhilarating and relaxing days and nights from Seattle to Juneau. I had the fortunate opportunity in assisting passengers on board and introducing the modality to willing Americans.

So, to keep our honourable ship "R.A.A. Enterprise" afloat I accepted presidency in August and stood at the helm throughout the building and shifting in to our new home, one week after my sons marriage. New homes became the flavour of the year as a few other R.A.A. members did likewise.

By November, the Education Committee was in full swing with Course Accreditation for the Reflexology Academy of Brisbane and thanks to all members who assisted to make 1994 Body Health and Harmony a success. This year of 1995 we need extra help and will be in contact with you.

Our Christmas Party with Chinese Fare was celebrated just up the road from the executive suite in Morningside where we changed our meeting venue from Mt. Gravatt to our present conference room at Yungabah which is very central. "Conference Room B" under the Story Bridge.

In the absence of our Vice President Netta Charles, a void was left in the committee. Although her thoughts were with us and ours with her throughout serious operations, all members took the initiative to give input on subject matter and take on individual challenges. Netta resigned officially from her position earlier this year.

I wish to thank Jan Kiss for her contribution as R.A.A. Qld. Secretary who took on the marathon task of minutes and correspondence to be sent out to members throughout Queensland and other States. Jan put in a most informative and interesting report from the Western Australian Conference last October.

Our Newsletter Editor, ably handled by Paula Bowers for the last couple of years will continue to submit news and items for the forthcoming National publication. Thank you Paula. We had Margaret Moran from Adult Education speaking on Family

Planning at one of our meetings and special advisor Sue Arkell presenting update on teacher course format which is under review nationally. Of course, just recently Chris Stormer and students visited us for a presentation of "Language of the Feet". Chris Stormer and Sajeela Cormack will be at the Natural Therapies Fair next March, 1996 at the new Convention Centre for Reflexology Association of Australia.

Barbara gallantly kept reporting in figures as an admirable Treasurer and helped so often by generously giving her time to assist me on R.A.A. business matters. Catherine Pretorius, Janice Chadwick, Regina Walters, Rosel Geier, Johanna Burnet, and Sharon Stathis attended most meetings of 1994/95 and when possible Heather Edwards, Marjory Moscioni and Joe Kefer popped in.

Sharon and I had a privileged trip to Launceston, Tasmania last May, as delegates representing Queensland R.A.A. state branch for the National Meeting, whereby you should have each received a copy of the minutes and should see that the proposed motions agreed upon be carried out in the forthcoming years.

Thank you members for your support. The Reflexology Association of Australia (Qld. Branch) Inc. is keeping our standards high before the public through demonstrations and professional presentations for "HANDS ON FEATS", so from the near North Pole - Alaska - to the near South Pole Tasmania I have puddled-jumped with my eyes and ears open.

In reflection,

Joan Boardman-Smith
(President)

Bill Flocco Workshops ~ 1995

SYDNEY

It was with great excitement that Bill Flocco - the man who revolutionised reflexology with his 'Ear, Hand & Foot' Integration returned to Sydney.

Those disappointed people who missed out last year were able to have their dose of 'Flocco' over two and a half fun filled days. Those who 'reviewed' the workshop got just as much out of it as those doing it for the first time. Bill was able to improve on his teaching style and his course work book from last year. And as Pam Kelly from Launceston said 'he just keeps getting better and better'. We had reflexologists attend from all over Sydney plus out of towners from Port Macquarie and Tamworth.

It was disappointing that Sydney couldn't get the numbers for the Advanced workshop but some of the Basic Workshop students headed north for the Brisbane Advanced Workshop and I believe were not disappointed.

There were a number of disappointed 'Flocco fans' not only in Sydney but also in Perth and Melbourne who missed out on the Basic Workshop altogether due to Bill's limited time in Australia. Bill will be returning in 1996 around the same time (dates are still being finalised), Perth and Melbourne will get priority this time, with the other states filling in any gaps in Bill's itinerary.

Make sure you don't miss Bill in '96, book in as soon as the dates are finalised.

Russell McAllister

BRISBANE

SOME FEAT! HAND IT TO THE EARS

Both the Basic and Advanced Workshops in Brisbane were hosted by the Reflexology Academy of Brisbane.

Much enthusiasm was shown by students who had completed the introductory course either last year or this year. Everyone was eager to consolidate prior teachings and follow on to new facets of information. These five days of intensive study were beautifully structured in order to impart knowledge and share a marvellous energy flow between client and practitioner. The room was electric. An atmosphere of generated energy that was melded into our memory banks and will be there for a long time. The amount of tenderness, love and care shown by the students was phenomenal. Some travelled from overseas, others from the Northern Territory, New South Wales, also from throughout Queensland and the Gold Coast. It was demonstrated just how powerful ear reflexology is when used in conjunction with foot and hand reflexology as well as used on its own.

Bill's professional teaching skills kept us riveted on his every word. Our thirst for information was so enthusiastic that food took second place until we felt enough hunger pangs to stop for a break. Mind you, we celebrated well at a small gathering on Saturday evening and our farewell luncheon was quite a spread too.

This seminar's a first for Australia by integrating ear reflexology with hand and foot. So by learning priority choice, this modality encourages greater mobility and encourages quicker reduction of pain simply by administering finger and thumb holding techniques that can be discreetly used in public or private.

Don't miss the opportunity if it comes your way!

Joan Boardman-Smith

National Committee Meeting Launceston May 1995

Sharon Stathis, Joan Boardman-Smith from Qld; Bryan O'Neill, Margaret Milburn from Vic; John Marriott, Carol Morphett from NSW; Tamara Herman, Joan Cass from WA; and Pam Kelly, Jim Anderson from Tas got together over two days in Launceston to discuss various aspects of R.A.A. business on a national level.

Some of the items discussed were:

* **Fee Structure** - That the recommended fee for reflexology sessions be \$45.00. This is at the discretion of the reflexologist.

* **R.A.A. National Conference** will be held in Sydney 27th & 28th October, 1996.

* **National Meeting Agenda** to be finalised by 15th March 1996 and full agenda to all states by 15th April, so the states can discuss the matters to be raised at the meeting.

* **National Members Directory** - All states have supplied membership lists so a national directory can be printed and circulated to members.

* **State Liaison Co-ordinator** - each state to appoint a person to liaise with persons of other states on national committee meeting matters.

* **National Magazine** to improve communication. See separate article in this issue.

* **Initial Joining Fees.** Possibility of having a joining fee on top of normal annual membership fees. Decided this was a State matter. Some states have had joining fees for some time.

* **Listing in Yellow Pages.** Delegates to encourage all members to write or approach Yellow Pages requesting a separate listing for 'Reflexology' in next year's edition of yellow pages.

* **Advertising.** It was felt that this was a state matter.

* **A.T.M.S. recognition for R.A.A. members.** The requirements for R.A.A. accreditation is higher than that for A.T.M.S. but due to varying standards of some schools this may take some time to get.

* **Restructuring of Guidelines for R.A.A. accreditation of schools.** Refining the procedures to streamline the actual process of school accreditation.

* **Revision of procedures to be followed on application for membership from applicants from un-accredited schools.**

* **Teacher Accreditation** - Teachers in R.A.A. accredited schools must be current full members of the R.A.A.

* **Accredited Schools Re-Accreditation.** Accredited schools to be re-accredited every 3 years

* **Code of Ethics** - to be reviewed and any proposed amendments to be circulated to all states prior to 1996 meeting.

* **The word 'Diploma'** to be reviewed. This is due to the government approved 'diploma courses' being of at least 1500 hours. And schools in Qld are no longer allowed to use this word unless they fulfill that number of hours.

* **Sale of Membership Lists.** It was unanimous that the membership lists are not to be sold as a mailing list.

* **Eunice Ingham Award.** It was agreed that all members vote for this award and it to be awarded at the Bi-Annual National Conference.

Russell McAllister

N.S.W. Meetings

Venue Change for
19 September Meeting

Meeting will now be at:

**New Awareness Centre
302 Pacific Hwy, Lindfield
(above KFC)**

7.30pm

Deepak Chopra's Seven Spiritual Laws of Success

ARE YOU WORKING TOO HARD for an elusive goal? Wouldn't you like to find an easier path to prosperity? "Success can be achieved effortlessly", contends Dr Deepak Chopra.

"In every desire, there are the mechanics of fulfilment - they are meant to be accomplished." How? Just follow "The Seven Spiritual Laws of Success," he says.

Chopra's thinking may sound radical, but don't be too quick to dismiss it. Around the country, he routinely addresses enthusiastic lecture audiences, and he's sold more than 1 million copies of his book *Ageless Body, Timeless Mind* (Harmony). Chopra also boasts impressive credentials. A medical doctor who has taught at Tufts' and Boston University's Schools of Medicine, he serves as executive director of the Sharp Institute for Human Potential and Mind Body Medicine in San Diego.

Besides, new as Chopra's thinking sounds to our ears, it's old hat in India because much of it derives from the Vedas - scriptural texts of Hinduism. "I didn't invent any of these laws. They're ancient. And they work," says the Indian - born Chopra, who is also author of *The Seven Spiritual Laws of Success and Creating Affluence* (both New World Library). Here, Chopra reveals how following the laws he lives by can lead to success in the here and now.

Entrepreneur. *Why is there so much scepticism about Eastern thought in America?*

Deepak Chopra: Intellectually, America is in its adolescence - thoughts revolve around material success. Eventually, though, the time comes to dream, to want something more. The timing is right for the scepticism to fade away, in fact, today there's much less scepticism than there was just 10 years ago.

Entrepreneur: *Your philosophy of success radically differs from this country's core value that hard work is the path to success. You say the opposite - that "intentions automatically seek their fulfilment if left alone".*

Chopra: This process is often misinterpreted. I'm not saying "Do nothing at all." That won't work. But you can achieve success effortlessly. For instance: If there's a problem, sometimes you cannot force the solution. But if you stand back, what often happens? A solution emerges. The point is, we can enjoy a mix of opportunity and preparation coming together to

create success. What you don't want to do is focus on a too-specific result. The costs of this outcome orientation are stress and heart attacks. We see that often in America. By the time a person gets to the top, he's divorced, his kids are a mess, his private life is in a shambles. That's "success," but the person is miserable. Success should guarantee happiness, too, and it can - if you follow The Seven Laws.

Entrepreneur: *Where do The Seven Spiritual Laws of Success come from?*

Chopra: They're ancient - part of the Vedic philosophical framework, whose idea is that nature operates with intelligence. The Seven Spiritual Laws are the attribution of that intelligence.

The idea is that nature's intelligence is far superior to the rational thought of man. What the Vedic system says is: observe nature's intelligence, and see how effortlessly it orchestrates an infinity of things.

Entrepreneur: *The first law is "The Law of Pure Potentiality."*

Chopra: This is based on the fact that we are pure potentiality. When you discover your essential nature and know who you really are, in that knowing itself is the ability to fulfil any dream you have because you are the eternal possibility.

Entrepreneur: *How do we get in touch with this essence?*

Chopra: There are several ways. One is meditation, which is getting in touch with the silent spaces between your thoughts; that leads you to your spiritual essence. How to do this? Writer Franz Kafka once said "You need not do anything. Remain sitting at your table and listen. You need not even listen, just wait. You need not even wait. Learn to become quiet and still, and the world will freely offer itself to you to become unmasked. It has no choice."

That is one way to do this, but sometimes it helps to have a vehicle. The way we teach meditation is to use a mantra. The mantra takes you to that place, just as a taxi does. When you get there, you no longer need the mantra.

Entrepreneur: *What's a mantra?*

Chopra. It's a sound more than a word - a mantra has no inherent meaning. Every thought you normally have has a meaning. That's why thoughts get

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in your way - one competes with another because one thought is always associated with another. You think "I'm going to the grocery store." Next thought is, "Buy milk." And so forth. The mantra interferes with this process. Eventually, the thoughts disappear, and you are in the fields of pure potentiality.

Entrepreneur: *You also prescribe another very difficult step for getting in touch with pure potentiality: Practise nonjudgement.*

Chopra: It is difficult, but it can be done. What I'm talking about is the compulsion to classify things as right or wrong, good or bad. The way I practise this is, when I wake up each day, I say to myself, "Today, I will judge nothing that occurs." If I catch myself judging, I remind myself of that vow. Eventually, it becomes easy, and you refuse to participate in the trivial.

Most people spend 99 percent of their time engaged in judgement, in labelling other people and their activities. Stop doing that, and you can begin to exercise your pure creativity.

Entrepreneur: *The second law is "The Law of Giving, "which says that the more we give, the more we'll all receive."*

Chopra: Right. The universe is dynamic, and as you give, you also receive. Money is the symbolic expression of an exchange of energy. If you don't keep it circulating, it will clog up and die. If the blood stops circulating-heart attack! It's the same principle.

I'll give you an example. This happened to me three days ago. It was 9 p.m., and I had parked in a dark, deserted lot. A young kid approached me - at most 10 years old - and said, "Sir, I have a baby sister, and I need some money." Something about the way he said this was so sweet, I looked in my wallet, took out a \$20 bill and gave it to him. You should have seen his eyes! He said, "Thank you sir, God bless you." Then he looked at me again and asked, "Are you Dr. Chopra? Are you practicing The Law of Giving?" This is an absolutely true story. The result? I felt so good giving him \$20, I only wished I had given him more. And the rest of the week has been bliss because I keep thinking of this kid and the joy I got.

Entrepreneur: *Is money the only thing to give?*

Chopra: You can give a word of appreciation, a flower. Often these are the most valuable things you can give away because each time you give, you grow. Put your attention to this, and you will find with everyone you encounter that there's something worth

complimenting about them.

Entrepreneur: *Do you practise The Law of Giving, in your business?*

Chopra: We turn over 55 percent of the business's profits to charity. We put that money into scholarships for people who cannot afford courses, clinics or institutions for treatment. And I have not personally taken any income from the business. I don't need to; my books are doing so well.

Entrepreneur: *The third law is "Karma or Cause and Effect. What We Sow Is What We Reap. While karma often is interpreted as fate and destiny, you say it is quite the opposite.*

Chopra: Karma means the exercise of your free will. The lesson of karma is to consciously choose what we do. As humans, we face infinite choices every moment of our lives. When you become aware of that fact, you begin to witness the consequences of the choices you are making, and you accordingly seek to make karmically correct choices-meaning those that are the most appropriate out of the infinity of choices open to you. Additionally, karmically correct choices bring about your personal growth and the growth of those affected by your choice.

In making karmically correct choices, I advise following heart intelligence, not brain intelligence. When the two conflict, I say go with your heart. It's easy to know what your heart is saying. Stop, put your attention on the middle of your chest, and actually ask your heart, "What should I do?" Over time, you'll become adept at this, and the heart will tell you "Do this" or "Do that" and that means it is karmically correct. It's as simple as that.

Entrepreneur: *What's an example of this idea in action?*

Chopra: I met a minister in the Unity Church who had an employee who just wasn't working out. The guy wasn't doing his job, and he had alcohol problems. Every time the minister asked his brain what to do, his brain told him it would not be compassionate to fire the man: "He needs to make a living; he has children." But when the minister asked his heart, the heart said, "Fire him."

The minister was confused. Isn't the heart supposed to be compassionate and the brain rational? Finally, the minister decided to follow his heart and fire the man. What happened? This man got a better job, at much more pay, and he went on the straight and narrow with alcohol. It turned out the man hadn't liked the job at the church, but he really liked his new job.

See, the heart isn't necessarily mushy. But its

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(Continued from page 9) Seven Spiritual Laws cont'd
computing system is better than the brains.

Entrepreneur: *The fifth law is "The Law of Least Effort. " Are you telling us we'll get more of what we want doing less?*

Chopra: If you do less, you'll accomplish more. Observe nature at work, and you'll see that least effort is expended. Grass doesn't try to grow; it just grows.

We, on the other hand, spend much of our time seeking power and control over others. That's a waste of energy. Give that up, and suddenly, you free yourself for infinite potential. So much of our energy is consumed in seeking approval and control.

Entrepreneur: *What's a step toward practising least effort?*

Chopra: Practise defencelessness. Give up the need to persuade others to your point of view. Tell yourself you no longer need participate in the drama of being right or wrong. That's a waste of your time.

Besides, we don't win arguments - never, not in the history of arguments. People aren't creatures of logic; they are creatures of emotions, and emotions won't be changed by talking about "the facts." However, you might change people by how you behave. If you are extremely successful, they will watch you to learn what you do.

Entrepreneur: *The fifth law is "Intention and Desire."*

Chopra: This law says that inherent in having an intention is the ability to fulfil it. In every seed, there is the promise of thousands of flowers. Similarly, in every intention, the mechanics of fulfilment are there, too. Our desires are meant to be accomplished. Like seeds, when the season is right, they will blossom - if you are practising all the laws.

Entrepreneur: *What do we have to do to experience this?*

Chopra: Keep your attention on the present while keeping your intention on the outcome you desire. You want to be totally process-oriented, not outcome-oriented. And it's the quality of your attention in the moment that will determine your outcome. If you focus only on the bottom line, you won't get it. You will get it if, in the present, you focus on delivering the best service, the best product and doing it all with humanity.

Entrepreneur: *The sixth law is "The Law of Detachment. " Does this tell entrepreneurs to give up their dreams of building businesses"?*

Chopra: Absolutely not. While we detach, we remain committed to - our intentions. We are so committed that there is no going back, just as a baby that is born cannot return to the womb. When things don't go our way, we don't let go of the intention. What we let go of are our ideas of how things "should" be. We trust that we don't know the larger scheme of things because if we did, we would also know that what is happening is, in fact, in favour of our intended outcome. As we surrender, the solution will emerge.

Detachment isn't a material thing, it happens only in your heart. When you do it, you gain so much power. You have autonomy and freedom to live your life. By relinquishing it, you have it. That's guaranteed.

Entrepreneur: *The last law is "Dharma, which means that everybody has a purpose in life and a unique talent".*

Chopra: There is one thing each of us has that no one else has. There is one thing you can do that nobody else can. Find it, and foster it. You will never die at your business if you are doing what you are meant to do.

Entrepreneur: *How do we discover our purpose?*

Chopra: Ask yourself, "If I had all the time and money in the world, what would I do?" Persist in asking the question, and the answer will come. Then do that thing, and you will have all the money and time in the world that you need.

Ask yourself this, too: "With my unique talents, how can I best serve humanity?" Our inner dialogue is usually quite the opposite-"What's in it for me?" Instead of asking that, ask, "How can I help?" When you help, you will, in fact, spontaneously get "What's in it for you" as a by product.

Entrepreneur: *How do you practise The Seven Laws?*

Chopra: I keep my awareness on one of the laws every day. Today, for instance, it's The Law of Detachment. Tomorrow will be the seventh law, Dharma, and on Sunday, I'll begin the cycle again. Doing this completely changes the quality of my days. It takes the stress out. It lets me accomplish things with effortless ease.

I encourage everyone on my staff to do the same. Call my offices-in Lancaster, Massachusetts, or in San Diego and ask any staff member what today's law is there are more than 100 people on staff, and they will all know. This eliminates stress, anger and cynicism, and it gives meaning to what we do.

*Reprinted with permission from
Entrepreneur Magazine May 1995*

Language of the Feet

by Chris Stormer

Published by Hodder & Stoughton

This latest book from Chris Stormer, is like her previous two books, packed with fascinating and thought provoking information.

All aspects of the feet are covered and are clearly explained in simple easy to read chapters which are kept short, mostly one or two pages long, each with a clear heading, and the text divided into sections describing each aspect of the feet relative to that particular chapter. e.g. "Toe Quality" which explains the meaning of flexible and rigid toes. With the secrets of each toe in turn being revealed, from the very tip of the toe down to the upper central part of the toe pad, and on to the base of the toe pad, then for good measure were taken to have a look at the upper (dorsal) aspect of the toes.

Chris then looks at the influence of the subconscious mind on the stature of the toes and toe pads, we are told that bulging pads are bursting with unexpressed ideas, and that flaccid pads indicate that their owner is giving into others and / or lacking substance. Those with square pads tend to be more conformist or traditional with their thoughts.

"The position of various colourings and different textures on the toes reflects the emotional aspect of thought, with continual fluctuations mirroring mood swings". Examples of these emotional aspects are seen in blue toes; bruised ego, or yellow toes; resentful with jaundiced perceptions, and even wrinkled toes which may be due to you having them in the foot bath too long, but more likely because of "continual concern and perpetual worry", possibly because you think they have been in the foot bath too long! So far we have just been looking at the toes. We now move on to the sole of the foot, the ball of the foot and so on going through each part of the foot in turn arriving at the heel.

With this format the different organ reflexes relative to each part of the foot are examined, Chris explains what each reflex symbolises, it's anomalies, element, colour and position on the feet, the characteristics of the particular reflex, and as with the toes, the effect of the subconscious mind on the reflex.

Each chapter or sub chapter ends with "Reflexology footnotes" which give little tips of general reflexology

to help with your clients treatment.

At the end of the book, there are three very useful appendices dealing with the energies of the left and right feet, individual toes and their meanings, and the relationship between one toe and another. This gives a quick and easy reference chart of information on each toe as it relates to the one next to it. e.g. Big toe to second toe, second toe to the third toe, etc.

Throughout the book there are numerous little cartoon like drawings of feet, which at first glance look more like frogs, but which cleverly help to illustrate the emotional a particular problem. e.g. shoulder reflexes, weighed down with responsibilities, and the saying "our greatest responsibility in to respond appropriately to every situation without taking an excess baggage.

The book could be described as "new age" due to the subject matter and the ideas put forward being intuitive rather than hard scientific fact. However I would rather see it as a book of "new ideas" which are presented in such a way to help open our minds and hearts to a new concept in Reflexology which lifts the veil of secrecy surrounding the hidden language of the feet.

Chris Stormer has written two other books on Reflexology:

- * Reflexology
- * Reflexology - The Definitive Guide

Both published by Hodder & Stoughton

Graeme Murray

BEIJING DIARY

by Sherryll Thomas

Monday 7th August 1995

Everyone gets up early in Beijing (some have even slept on the streets with their wares for sale). I joined one of the 6.30am exercise classes at Long Tan Park. I had tried the Qi Gong and Tai Qi on previous mornings, but this exercise class was for me! We gave ourselves scalp, face, neck and ear massages, and some stretching. I took photos of the ear massaging, which is not unlike our Ear Reflexology.

Tuesday 8th August

Having been here already one week, I am now confident to get about by myself and mingle with the 11,000,000 residents of Beijing, plus who knows how many tourists this month!

This afternoon I took a taxi to see Dr Chen, President of the Chinese Society of Reflexology, based at Xuan Wu hospital. And it was the only time I got ripped off by a taxi driver; I kept telling him that we didn't need to go through Tiananmen Square, he tried to tell me we did, but I noted that the taxi back to the hotel took a much shorter route. Dr Chen's Reflexology Society is actually a breakaway from the esteemed Mr Hang's China

Reflexology Association, and he was in fact trained by Mr Hang. Dr Chen believes that only doctors should be practising Reflexology; he has a clinic at the hospital three days per week, and has a young doctor to help him. Sadly there was no clinic that day, and no Acupuncture clinic, but he was able to show me through their wonderful Chinese Medicine Pharmacy, and gave me the name of a magnet supplier. Then it was back to the hotel to get ready for dinner. Meals are wonderful - we visit a different restaurant each lunch and dinner; lots of chicken, beef, fish and yummy vegetables, accompanied by Beijing Beer and always finished off with a slice or two of watermelon. Peking Duck last night (before the Peking Opera) was superb!

Wednesday 9th August

Mrs Zhang collected me from the hotel at 9am and we took a taxi to Landmark Towers and Hotel to meet Mr

Hang and Dr Wang. Mr Hang is Chairman of China Reflexology Association. He is a wonderful 67 year old, gentle ex-diplomat who now gives his whole life to Reflexology, teaching 10 day courses every month (at a cost of only \$US 20.00 including books), travelling the world to give lectures, and now devoting much time to his bi-monthly magazine. The C.R.A. has 7000 members in 13 provinces of China, half of these members being doctors. But financially, it relies on the sponsorship of Mrs Zhang. Mr Hang believes that Reflexology is for everyone, and he aims to make it affordable for all. A 40 minute no-frills session can cost only 10 yuan (\$AUD1.75). Because he feels that medical care is not as good as it used to be,

Reflexology is very important for future self-help. He is even now sending trainers out into the country to teach the Barefoot Doctors, free of charge. They have been placed in an untenable position due to government legislation, and he wants to give them back an earning capacity.

Dr Wang is employed by the hotel as staff doctor and Reflexologist. We met him because he is their magnetic specialist (he wrote the

Chinese Case Studies we printed in 'FootPrints' December 1994). He works only with the feet, holding magnets in place with a contraption like a big bulldog clip. Very interesting, he gets good results and often uses the 2 day on, 2 day off method, attaching the magnets with adhesive, as I would do. He told me that the magnetic field in Beijing has been depressed by pollution in the environment, high rise buildings and concrete floors, and that because of this, magnetic therapy will be very important to restore the balance. I heartily agree, my feet ache from constantly pounding concrete, you can't see the sky ever because of all the pollution, and I got a rash on my legs, above my socks, which I had put down to pollution and pesticides. Magnets in my ears on the lung points (which relate to skin) had cleared the rash in a couple of days.



Dr Chen and Sherryll Thomas

(Continued on page 13)

(Continued from page 12) Beijing Diary cont'd

We went on to the 292 Army Hospital to the Reflexology Clinic there. Although Mr Hang trains to use thumbs, fingers, knuckles and your whole hand, basically they are using the Western method, because it is more effective. All the Army Reflexologists there are trained to use the Western method, and that was certainly what we watched. They also use a cream for pain relief, which we could make ourselves by mixing sorbolene with Zheng Gu Shui, a Chinese pain relief liniment.

In China there is much stress, as in the rest of the world, but mainly Reflexologists pay great attention to disease. For instance they are allowed to work with cancer patients, and therefore feel it is their responsibility to tell the world about their successes.

Words of wisdom from Mr Hang:

1. Always work the left foot first, to see if there is any problem with the heart, and also to give strength to the heart.
2. Do not use cold water to wash your hands after a reflexology session, or you will predispose yourself to arthritic conditions. Always use warm water.

It was truly wonderful to visit Beijing, to experience their centuries old cultures and treasures in the midst of their constant change, and to talk with their reflexologists. I came away feeling that it is not so much their practical techniques that we need to emulate, indeed, they appear to be using Western methods of Reflexology, (and Ears there remain the domain of Acupuncturists), but it is their ancient wisdom of Chinese Medicine and the philosophies of Taoism which serve them so well in Reflexology.

Sherryll Thomas



Mr Hang, Sherryll and Dr Chen

Testing and a Building Boom for Stroll Paths

Stroll Paths: "A garden is a place where human kind has exerted influence over nature. The Stroll Path is a walkway where you choose what to walk on to influence your body. ... Factories in Japan use Reflexology Stroll Paths for the good of their employees' health. (The Stroll Path, Kunz and Kunz)

Scientific testing has been done on the Stroll Path manufactured by a Japanese company. Temperature and circulation were measured following the use of a Stroll Path for five minutes. Thermography was utilized to record the change in the feet's temperature before and after walking on embedded-rocklike surface of the Stroll Path.

Japanese cosmetics company Shiseido had built Stroll Paths at one factory for its employees' health rather than a gym/ health club. Every rock, log and bridge in the stroll path is designed to work a particular part of the foot. A bridge is intended to stimulate the toes of the foot, for example. The project has proven to be so successful that Shiseido has hired a construction company to manufacture and install stroll paths. The Stroll Paths are sold to other companies for their employees' well being.

To imagine a stroll path, think of sections of sidewalk with various raised patterns. One section consists of log-like concrete rolls to walk over. Another features imbedded chipped marble. Another consists of large river rocks embedded in concrete.

(Just as tai chi exercises are pictured as a common sight in the parks of China, an American businessman who lives in Taiwan reports that Stroll Paths and people using them are a common sight in that country's parks in the morning.)

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The Journal of Reflexology Research
Vol. 16, No.2, Spring/Summer 1995

Achieving the Dream

by: Jay E. Aschendorf

April 29th and 30th 1995, saw over 100 Reflexologists from all across the United States gather in St. Louis, Mo., to work out more details in the formation of the Reflexology Association of America. Foremost on the agenda was choosing a format for the Association.

Choosing between an Association of Associations and an Association of Professionals was the primary focus of attention raising many questions concerning both, with the majority centred around the Association of Professionals.

Because of the number of questions raised and the ensuing debate, an adhoc committee was formed to work out some of the differences of opinions and language in the by-laws for the Association of Professionals. Thirty-two people gathered in a separate room and in just over two and a half hours, worked out most of the problems in the wording.

While some problems still remain to be worked out, enough were solved that the gathering was able to accept the reworked draft and after the vote, The Association of Professionals by-laws were accepted as our format.

Featured speakers Saturday morning were Dwight Byers, speaking for the Association of Professionals and Bill Flocco speaking for the Association of Associations. Also presenting Saturday morning was Ohio's own Greg Irwin, the guru of "Finger Fitness". Greg's presentation was received with much enthusiasm as is usual. He got the crowd into the act as well with a pass the health ball sharing circle.

Saturday's program also featured a variety of short classes. Included in presenting was Janet Stetser on "Bio-Mechanics", Zacharey Brinkerhoff on "Implements and Reflexology", Berit Nilsson on "Reading the Feet", Sylvia Young on "Soundoff Roundtable", and Shirley Thomas on "Sanitation".

Pat Whipp attended "Reading the Feet" presented by Berit Nilsson. She reports, "Berit had the class participate by having everyone examine their own feet. She showed how the different shapes related to their personality and long term family patterns inherited both genetically and emotionally. Old feelings can be freed from their deep storage in the tissues, brought into consciousness and comprehended as family patterns and deeply held attitudes and emotional

reactions.

"Reflexology can help then, with the physical part of the body. It can help a variety of emotions by way of the 5 zones on the foot, and by the electrical energy flowing through the body."

"Berit also mentioned how the alignment of the toes is a valuable way to understand the flow of energy in the body. A distortion in this flow from the toes, reflects a distorted energy throughout the body and the mind" Pat also attended "Bio-Mechanics helps you walk into better health", presented by Janet Stetser. "Janet talked of the bones in the feet and how walking without shoes is very good to get good structure of the feet. What she impressed me most with is that she walks almost every day in a child's sandbox filled with sand in her basement. She said that the sand helps get rid of dead skin and calluses, while strengthening the tendons, muscles and ligaments in the feet and lower legs.

"She takes a picture of the feet of her clients at their first session, then another picture after about 3-6 months. She says this shows a difference in color, texture and sometimes shape of the feet." "She also mentioned how this shows her how Reflexology helps with circulation in the feet and body, and if the feet change structure, how walking on a good foundation helps the body to function better."

Renate Heftinger attended the "Soundoff Roundtable" discussion presented by Sylvia Young. She states "One of the individuals also attending the class, spoke of HIV/AIDS patients and other diseases such as Liver Cancer. She talked of how one of her clients became pain free before her death. she said that the Reflexology had helped to relieve all of her pain."

"We also talked of emotional support and the benefit of prayer. I then told of my own experience of being "cured" of a "Cold Nodule" imbedded in my thyroid, by several people praying for me (long distance)."

"I hope she will volunteer to present again next year, she did well as a presenter. We should have a bigger group. One can always learn so much from sharing experiences.

Most of Sunday was occupied with further discussion

(Continued on page 15)

(Continued from page 14) Achieving the Dream cont'd

on the by-laws, along with the vote on format, nominations for the Board, a short Presentation by each candidate and the vote.

During lunch Sunday, Christine Issel gave us a presentation on the "New Paradigms in Reflexology". She pointed out the advances that have occurred in Reflexology over the last 50 years, the changes that are occurring currently and the research and changes that could occur in the near future. Christine's presentation serves to remind us that Reflexology has and is changing from what it was when Eunice Ingham started teaching way back when, and that it will keep changing as research proves benefits and theories of Reflexology and as our knowledge of techniques and applications expand.

Bill Flocco was featured again Sunday afternoon with a presentation on "Reflexology Research: Integration of Foot, Hand and Ears". Mr. Flocco recapped and summarized the findings presented in his research paper on PMS. and Reflexology's effectiveness as a treatment for PMS. Hearing these figures again just serves to re-emphasize and point out the necessity of including Ear work in Reflexology.

By excluding the Ears from Reflexology, we would throw out the only current American Research that validates the efficacy of Reflexology. It seems that excluding Ears would be an extremely foolish move for Reflexology to make, since we are still trying to prove the effectiveness of our work.

The OAR was well represented with Paul Bailey, Howard Cooper, Pat Whipp, Renate Heftinger, Jay and Marcia Aschendorf, Laura Lavelle, Eva Salinas-Campbell, George Balut, Richard Dickens, and Bill Mathew. Several of whom were serving on committees, with Marcia Aschendorf serving as the Banquet Committee Chairperson.

Our congratulations and best wishes go out to Eva Salinas-Campbell and George Balut who were elected to the Board of Directors. Eva will be serving as Co-President with Judi Castro of California; George will be serving as Vice-President and Jay and Marcia Aschendorf will be serving on several committees.

Much work still remains to be done by the board and the working committees formed by the board before the R.A.A. is a fully functional Association. Eva, George and all of the Board members will need all of the support and help we can give them.

**Don't forget
The National Conference (USA)
is June 27-28 1996 at
Harrah's Hotel in Las Vegas**

Reprinted from "In Step In Ohio"
The Newsletter of the
Ohio Association of Reflexologists
May / June 1995

Chris Stormer

R.A.A. Speaker Evening

Come along and hear Chris Stormer, author of 'The Language of the Feet', 'Reflexology - the Definitive Guide', teacher and international speaker. Chris is the Principal of the Reflexology Academy of South Africa.

**7.30pm Wednesday 4th October
Crows Nest Community Centre
Ernest Place, Crows Nest
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Members \$5.00, Non-Members \$10.00

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By 29th September

RESEARCH ~ IMPLICATIONS NOW (AND LATER)

Kris Walker has been the Research Coordinator of the Association for the past 3 years in which time she has made a valuable contribution to research. The views Kris expresses in this article may seem deliberately provocative and we hope will encourage thought and discussion.

During December 1994 I spent some time writing synopses of 20 reflexology research papers accumulated from a variety of sources in Britain and overseas. This has given me a reasonable overview of the state of play at present, and set me thinking about the general lack of scientific research training amongst reflexologists at this time. Andrew Vickers of the Research Council for Complementary Medicine considers it imperative for all students of complementary therapies to receive some education in research methodology and I tend to agree with him for the following reasons:

- * It provides students with the means of validating their work
- * It enables the student to find ways of improving his or her technique
- * It encourages a process of development within the profession

Research need cost very little and is already a part of the curriculum of some reflexology courses. One research study could replace a case study and be of more use to everyone; one research study could replace a home assignment project and move reflexology on in undreamt of ways. Unindoctrinated brains can come up with fresh ideas bringing a different slant to commonly held beliefs. As a nation our teaching methods do not encourage us to have creative ideas, to have vision, except at kindergarten or university level - the feeling is that one should conform and accept the information as presented. Undergraduates in medical training establishments are not awarded good passes if their dissertations challenge the accepted doctrines (1).

In my experience, the majority of reflexology students do not question enough because they are not empowered to do so - probably as a result of our educational conditioning or a fear of appearing impolite. They question neither methods nor techniques, nor even the fundamental beliefs that we have come to accept as our 'body language'. It is this

sort of challenge that could first of all keep our courses steadily improving, and secondly, make us get our facts right. I trust that our excellent tutors will not come unstuck when challenged -when our basic belief systems are scrutinised we will sometimes hide behind our blind spots - as in the case of research - by falling back on the New Age epithets of 'why should we want to prove anything to the medical profession - we know it works' or 'scientific research is not appropriate for energy medicines' or, more frequently, 'we treat the person, not the disease'. This indicates a lack of information about scientific research methodology. (2)

I propose that all Principals of Reflexology introduce 'Investigative Studies' into the curriculum as a way of encouraging questions and challenging belief. We have managed too long with the anecdotal evidence that got us started. As more and more clinical research studies are released, many of our myths might be exposed, but this can only push reflexology from strength to strength, carrying therapists with it and leaving behind those not willing to keep up. The Archetype of Reflexology is changing from the modest child to the confident young adult, and it needs a new suite of clothes that only honesty, not glamour, can buy.

The newly emerging reflexology research studies show we have nothing to fear about our therapy under scrutiny. Although few, many studies have been properly conducted, indicating the positive benefits of reflexology in a variety of conditions (and even more variety of people!). Now that we can let go of our fears of being exposed as quacks, we can begin to fly. Lack of self esteem is one thing that has held us back, so now that we are grown up let us allow our new confidence to lead us up a few avenues.

Here are a few ideas for schools as research projects:

- * The monitoring of a client 2 months prior to treatment and up to 6 months following
- * Comparisons of light and heavy touch in specific conditions
- * Comparisons of frequency of sessions
- * How does the health of the practitioner influence the treatment?
- * Does an investigation of the anatomy of the hands and feet throw any light on the sensitive

(Continued on page 17)

(Continued from page 16) *Research Implications cont'd*
response?

Studies that are more controlled than case studies give more weight to the outcome. My main gripe about the use of case studies has been that the patient's natural movement towards health means a 30% improvement in the condition without intervention, or 30% will get better anyway. We need to be able to show more improvement than that in our practices, or we are quacks. Student reflexologists should be examined not only on how well they can perform a sequence in one practical examination and answer questions on paper, but also on their ability to help move people from sickness to well-ness. Current teaching methods turn out some good and many mediocre therapists, and I want our members to be good therapists. I would like to see schools shift the focus away from student-based modalities to patient-based ones. In fact, more clinical supervision continued to a conclusion.

My predictions for the future, based on attending research conferences and reading protocols, are that reflexology or therapy research will reveal the following:

- * That the dynamics between patient and client is an important and measurable part of the healing process
- * Reflexology has an accepted place within the NHS
- * Reflexology combined with other therapies, and taught alongside, will become commonplace (3)
- * Reflex points will be linked to physiological function (4)
- * A common link between all therapies will be identified on an energy level (5)
- * The use of tools will be explored and accepted in this country.
- * Degree courses will be available.
- * A move towards prophylactic medicine will put reflexology to the forefront.
- * Diagnostic techniques of reflexology will be

redefined and become acceptable as a valid form of health assessment. (6)

- * In some cases, reflexology will replace drugs for pain relief, (7) and it will become an acceptable part of labour management programmes. (8)
- * Sick therapists will not be allowed to practise, and it will become more difficult to qualify as a professional.

Kristine Walker, Research Co-Ordinator

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Reprinted from 'Reflexions'
The Journal of the Association of Reflexologists

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Almost Licensed in Florida

Reflexologists were almost licensed in the state of Florida but Governor Chiles vetoed the bill at the eleventh hour. The legislation had been passed by both houses of the Florida legislature and would have become law at midnight on June 19, 1995. The governor vetoed the bill at ten minutes to midnight.

Florida reflexologists had worked for years to bring the legislation to the governor's desk. The St. Petersburg-based International Institute of Reflexology, owners Dwight and Nancy Byers, reflexologists Diane and Paul Breeding, and reflexologists Harold and Gayle Charleston had donated time, money, and effort to the goal of creating a separate licensing for reflexologists. The reflexologists had hoped to establish themselves as a profession separate from massage.

If passed, the law would have created a reflexology license, regulated under the Massage Board. The requirements of licensing would have included certification by the American Reflexology Certification Board (ARCB). ARCB requirements include 100 hours of classroom instruction, work on a certain number of feet, testing, and practice within a particular scope of practice.

Diane Breeding notes, "A Florida Licensed Massage Therapist may practice reflexology and never (have) taken a course or read a book. This would not have changed if the new law had passed. However, only a licensed reflexologist would be able to teach if the new law was in effect."

As a result of the governor's veto, the established law continues. According to the Florida State Massage Board, reflexologists are required to be regulated by the Massage Board. Reflexologists in Florida contest this interpretation of the state's law. (See "At Issue in Florida") The net result has been a 10-year stand-off between the Board and reflexologists.

History of the Legislation

In 1985, the Florida state Department of Business and Professional Regulation (DBPR) received a query regarding reflexology. It was forwarded to the state attorney general's office which issued a finding that the practice of reflexology was a part of massage practice therefore it should be regulated under the Massage Board.

In 1987, cease and desist orders were being prepared against several reflexologists by the attorney general's office. The International Institute asked that its practicing reflexologist, Diane Breeding be issued a cease and desist order as a representative of the group.

At meetings with the DPR and the IIR, both sides agreed that it was an injustice. Subsequently the DPR asked the Massage Board why reflexology should be regulated especially without a grand fathering-in provision.

Several years of legal limbo followed, when reflexologists were not challenged legally. Unable to be separately licensed under the Massage Board, Florida reflexologists looked to other Boards in the state to take them in. Any such move would have required an exemption from the Massage Board and the Massage Board would not grant the exemption.

In 1991, a cease and desist order was executed against reflexologists Diane and Paul Breeding. IIR attorneys raised the issue of the vagueness and, therefore, the constitutionality of the law. See "At Issue in Florida."

In 1993, the IIR hired a lobbyist. The first year the lobbyist acquainted legislators with the reflexologists and their situation.

In 1995, the legislation passed the House creating separate licensing for reflexology under the Massage Board. No sponsor was found in the Senate until one sponsor tacked it onto another bill. The bill involved construction workers and unions. Governor Chiles vetoed the bill because of his opinions about this portion of the bill.

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At Issue in Florida

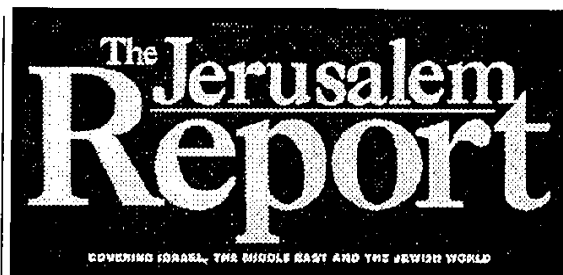
Questions about the Florida Massage Practice Act center around the claim of domaine over the practice of reflexology by the Florida State Massage Board. Does the Florida Board of Massage really have the legal right to regulate reflexology?

Issue 1: Massage is defined as the manipulation of "superficial tissue" in the Florida state law. Reflexologists raise the question of why their practice should fall under this definition. No known dictionary includes "superficial tissue" as a term. The two words appear to be joined for the convenience of Florida state massage legislation. It represents no apparent body of knowledge including massage.

Issue 2: "Reflexology" is not included in the Florida state massage law. Reflexology is included, however, in the regulations of the Florida Board of Massage. At issue is vagueness and constitutionality of the law. Specifically: If the state of Florida has seen it necessary to regulate a profession, such as reflexology, why is it not in the statute? Or is the Florida Department of Professional Regulation interpreting the state statute to create its own meaning? (Raymond Beck, "Commentary: An Interpretation of Florida's Massage Law," *Massage*, May/June, 1995, pp. 116-7.)

Issue 3: Attorney/reflexologist Ray Beck argues that the Florida law is a hybrid act both a "title" act and a "practice" act. The law states that those who use the title "massage therapist" or who manipulate superficial issue or apply to the body any herbal or chemical preparation are required to be licensed for massage therapy by the state. At issue: If a reflexologist does not claim to practice "massage therapy," does not apply preparations to the body, and does not work with the intent to manipulate superficial tissue, can he or she be regulated by the Board of Massage?

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CURING YUPPIES: Israeli doctors have come up with what they believe is an effective treatment for "Yuppie's disease", a chronic fatigue that mainly affects professionals between 20 and 40. Experimental treatments with acupuncture and reflexology at the Kupat Holim Me'uhedet HMO resulted in several cures, and alleviation of the symptoms, including depression, in several other patients.

From the Jerusalem Report - July 27,
1995

(Thanks to Ester Copley, one of our members
for sending in the article)

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How Reflexology Can Change Your Life

by Jan Downes

I commenced nursing in 1955 and over the years, all my patients have told me I have magic healing hands - when I massage, rub, hold, cradle or embrace them they have told me their pains, fears and anxieties have been relieved.

Four years ago I started studying reflexology with fascination and intrigue and commenced practising on my family and friends who were more than willing to give me their feet at any opportunity. My son was playing cricket and as the fast bowler, came home and could not move with terrible pain, so on request I reflexed him and to my amazement on the right foot instep medial side looked like a huge fluid lump. I worked it out that the right pectoral muscle was 'pulled', so I worked on the fluid area and when I massaged this foot and got rid of all the fluid, reflexing the whole foot for holistic balance, my son said "mum, that's wonderful, I feel completely cured".

My friends told me headaches were relieved when I did reflexology on them. They had more energy and they slept better.

I do not consider I am better than anyone else. I do believe in a total "positive day", and I believe it is just as easy to arrive to meet someone half an hour early as to arrive late. I have had to learn to say no. I cannot reflex anyone after 8.00pm at night (I work an 8.00am - 8.00pm day) and I cannot reflex anyone on the weekends. That is when I recharge my batteries.

I love excitement and have been on three elephant safaris. I love scuba diving and often go diving with sharks at Seal Rocks. I love horse riding, tennis, golf, snow skiing, water skiing and the Big Dipper at Luna Park. I have bought and run two fast takeaway food shops, been droving, lived and worked on a sheep property.

I have experienced a mother of 49 dying with cancer. A father of 75 dying from a heart attack, a brother pilot dying in a plane crash, given birth to a baby 10 weeks premature (very sick for 9 weeks), been through a divorce (M.I.L Trouble - now she has passed away, first husband and I are on good friendly terms). I have had the experience of being involved with two sets of teenage children developing. This sort of a background gives me a little understanding and can share peoples feelings in life.

As a reflexologist one has to be a good "listener".

Client A was referred to me by her brother who worked in the Pathology Department of the hospital when I worked in the X-ray Department from 8.00am - 4.00pm (he was a Medical Practitioner in Russia, but when it came to Australian language difficulties, he could not get recognition, so he settled for Pathology work. He heard of me through a couple of clients of mine from the Pathology Department and asked me could I see his sister who had a lot of problems. I noticed she had deep seated pain all over her body, facial expressions, the way she walked, the way she talked the way she breathed. So as I worked I noticed the deep seeded pain and all over the body and the feet revealed years of suffering. The first three visits she talked continually about her aches and pains and not being able to sleep. Loneliness, emptiness and useless life and was a shell of a person. My job was to listen and give quality holistic reflexology. On the 4th visit she noticed all the elephants, in my room.

One a photo of me (30x25) on an elephant safari. "Tell me how did you get interested in elephants ". So I told her this story about me and the elephants. She was fascinated! Then she asked me about the picture of me scuba diving. She found she didn't have to tell me she had problems. I told her what her feet told me.

So as I worked, she wanted to know what you did last weekend. So I relayed my weekends activities. One evening as she left I gave her a pot of soup I had cooked for her. She cuddled and kissed me, she smiled, diamonds sparkled out of her eyes and she looked so attractive.

She still has pain, but we are working on the quality of today, she is coping much better. She always smiles when she comes to see me.

When I went on a holiday to Vanuatu, she asked me would I please have one dive for her. When I was away I had a beautiful cave dive and wrote back to her and told her all about it and sent her post cards. When her birthday came I made sure she received a birthday card. Now she is so spontaneous, always kisses me when she arrives and we talk about exciting things while I do reflexology.

When a client talks and mentions her husbands name I write it down. If clients mention children I write the

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names down, how old they are and what sports they do. So when you are casually talking, just ask how is Allan this week and did he get the lawn mower going? How is Jessica and is she enjoying her swimming lessons. Its amazing how much more relaxed the client is, talking on familiar territory. The client knows you really do care (I have 100 clients and can't remember all their family names, so I write all this down).

Client B in 1992 after an article in the Telegraph, I had lots of phone calls. A woman rang me to say her daughter had been dropped off an operating table and had pain constantly in her neck and back. she had been treated with physiotherapy, chiropractor, acupuncture and five doctors who told her she was imagining all the pain. She was even told to go and see a psychiatrist.

The first reflexology I did on this client was like a claytons reflexology. Everywhere I touched she screamed in pain and truly I was using next to no touch. I did feel crystals everywhere I touched and told her where all her problem was. She told me how accurate I was and that yes she felt pain in all those areas, but when I finished she sat up, glared at me and said "I am still in pain " and looked over at her mother and said "See I told you this would not work". I asked her to come back early next week, but she did not. So I did not see her for March and April. May she rang me and said "I have had no pain since you relaxed me now the pain is unbelievable. Can I come back?" I was delighted. We worked together, me doing reflexology and she doing exercise and drinking water and then at the end of October she bubbled in with her hair permed, smile all over the face and said she was playing tennis. I was over the moon. I said I hadn't played for years and she said "Please give me a game "

We had to get others to join us for doubles, but could not find anyone so we went out for our first game, I aced her and had her 4/0 then she came back and beat me 7/5 then 2nd set I beat her 6/3, 3rd set we were 2/2 and I said "You are 27, I am 57, Sorry I have run out of puff". We played every month till winter. The quality of my client had improved 100%.

One night I took the client and two other clients to a dinner and show. The client has become a personal friend. She comes in and shares things with me, on holidays brings me presents of elephants and insists on paying me. She told me for two years she hated reflexology because it hurt so much when I was working on painful areas (spine), but when she went home she was pain free and the next couple of weeks

she felt well. Now she enjoys reflexology.

Each one of my clients has a wonderful story and these are all positive people now and we have discarded the negativities. When I have a client complain about their lazy teenagers dirty room, I go and show them my sons room and I say how lucky I am that he does not take drugs, smoke, drink alcohol and to remember we only have these children on loan for a few years so the thoughtlessness of the teenage years with the dirty room and loud music is not that bad and they see the teenagers in a new light and they say they feel much better. Anything shared is halved and I read in a book once, "Laugh and the world laughs with you, cry and you only get wet".

"THE MORE YOU GIVE, THE MORE YOU GET BACK"

My next door neighbour was walking very badly, so I called out "whats wrong with your back?". He said he pulled a muscle. I said "come on in and I'll reflex you". He felt 100% better after reflexology. He is a builder and president of the Baseball club, needless to say the reflexology I gave away. It really feels good to be able to help someone.

He told others and they all rang me up on his recommendation. At Christmas I gave a lot of reflexology presents away not only did they all book in, but one signed up and is now a valuable reflexology pupil. She said that treatment changed her life. It does not cost much to remember a client's birthday, but it means a lot to them.

If a client is having a financial difficulty, I don't charge, because I do not want her to get her stressed, so she can make me a cake or biscuits and pay me that way.

My clients that have arthritis. I buy and give them wool to knit my baby sets and I pay them for knitting. This makes them feel needed and they are making money on the side and we are all happy. My clients noticed how swollen my knuckles are with arthritis and they say aren't your hands sore and I say yes, this aches a bit, but I believe in the old saying "use it or you'll loose it ".

All my clients that I take through 9 months of pregnancy I always give them a baby set for baby and perfume for themselves.

One of the most exciting things that happened to me was when I told my pregnant client she had made a

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Relief for Oklahoma City Disaster Teams

by Karen Menehan

Many people and organizations in the massage field came to the aid of volunteer workers at the site of the Alfred P. Murrah Federal Building in Oklahoma City, after an April 19 bomb trapped or injured dozens of people and killed an estimated 167 others.

According to the Red Cross, more than 2,900 people volunteered at the site. Many of these were rescue workers including Red Cross volunteers, marines, national guard troops, fire department personnel and police officers - who searched the building in shifts, working 12 or even 24 hours at a time. Massage therapists kept pace by offering massage sessions around the clock.

Two massage areas were set up in the Myriad Convention Center, where many relief workers were housed. At its busiest, one of those areas featured 26 massage tables and two shiatsu mats in constant use with 300 massages given daily, according to Xerlan Geiser, co-owner of The Massage Therapy Institute of Oklahoma. Thirty-eight people traveled from the institute in Tulsa, two hours northeast of Oklahoma City, to volunteer along with other therapists. The institute's students voted to postpone their graduation so they could massage the relief workers, and they slept in donated recreational vehicles parked outside the Myriad, Geiser said.

A massage therapist who traveled from Arkansas to Oklahoma City, and who asked not to be identified, agreed that the pace was often hectic. Rescue workers "would come in gray and dirty," she said. "We didn't even have time to change sheets - we cleaned the tables with alcohol ... they went out rosy, they went out looking good."

The Massage Emergency Response Team (MERT) set up the second massage area in the Myriad, according to MERT Co-Chair Heather Hindmarsh, who flew from California to Oklahoma City to help coordinate efforts there. MERT organizes massage therapists when disasters occur. The organization began in California in 1989, after an earthquake struck San Francisco. MERT is now a subcommittee of the American Massage Therapy Association's (AMTA) communications committee, but therapists do not have to be AMTA members to participate in MERT, Hindmarsh said.

Therapists at the second massage area were required to show proof of insurance in order to volunteer their efforts, Hindmarsh said. "People of various levels of training showed up, many of them very well-trained that we could not allow to work with the Massage Emergency Response Team because they did not have proof of insurance."

Another group of 50 to 60 massage therapists, including students and graduates of Praxis College of Massage Therapy, set up in the relief workers' command and operations center. The coordinator of that group, Buzz Barlow, said he chose the location so massage would be available when the workers came out of their Critical Incident Stress Debriefing (counseling) sessions. The group worked in six-hour shifts beginning two days after the blast, Barlow said.

One firefighter told Barlow that when the rescue workers were searching the building, "up to their necks in the muck and mire and stench, that the one thing that kept them going is that we would be there for them when it was over - that somebody would be there just for them."

Members of the AMTA, the Associated Massage and Bodywork Professionals (ABMP), and the International Massage Association also volunteered. AMTA President Virginia Anthony said the AMTA set up telephone trees to inform members that their participation would be welcomed. The ABMP requested help by mail from more than 300 of its members in Oklahoma, Kansas, Arkansas and northern Texas.

According to Anthony, massage areas were also set up in the medical examiner's office, the temporary morgue at the building and at the family crisis center, where family members of people trapped in the building received massage.

Geiser said The Massage Therapy Institute of Oklahoma has done community outreach before, averaging 350 free massages to various groups per year. She said, however, that this project differed greatly from the usual outreach work because of the nature of the disaster's cause and the intensity of the rescue workers' task.

Geiser explained that a hurricane, flood or earthquake

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can be understood and even accepted as an act of nature. But the bombing was a deliberate act of violence with no natural explanation and the resulting anger and frustration showed up in the workers' bodies, she said. "The first few days, there was a lot of anger, kicking the table as they were being massaged," Geiser said. "They needed to express the anger." She said that after a few days anger changed to heavy sadness and depression, which also led to some emotional release during massage sessions.

The task of exploring the building's remains took a toll on the workers' muscles as well as their psyches, Geiser said, adding that massage recuperated the workers' muscles before they had to resume climbing and digging.

Massage therapist Gebhart Parzer, who lives in Oklahoma City, began volunteering the day after the blast. Parzer said the rescue workers could ask for "anything" - including underwear, socks, haircuts, food and shaving supplies - as well as massage, and that the whole city pulled together in its grief.

Therapists also massaged the 21 search-and-rescue dogs that were part of the rescue team.

Other industry members that helped in the volunteer efforts included a massage supply company that donated \$800 worth of massage creams, oils and face cradle covers; and a massage table company that donated two massage tables. The ABMP also donated \$500 in supplies.

Some massage therapists arrived at the site the day after the bombing and stayed until relief efforts were called off on May 5, when heavy equipment moved in to demolish what was left of the building.

Barlow echoed a sentiment expressed by many of the therapists who discussed their experiences in Oklahoma City when he said this massage relief effort was "probably one of the most ratifying experiences" he'd ever been involved with.

*Reprinted from Massage Magazine
July/August 1995*

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mistake with her dates because I felt the uterus was bigger than her 4 months pregnant and after an ultrasound she rang me and said she was expecting twins. When the twins were born it gave her 3 children under 2. She and her husband both enjoy reflexology

My clients know how sick my husband is and it is good for them to forget about their own ailment and to worry and care about my load.

When they cuddle me to give me strength, its amazing how strong they get and their problem seems to be not quite so bad.

I feel good giving it and they are very appreciative. I get so much satisfaction out of reflexology but when I write it down, it sounds like I'm blowing my own trumpet and it's not like that. These people are all so wonderful to me. I've been horse riding, playing tennis, going scuba diving and been snow skiing with clients. It's wonderful.

My husband once asked our minister "it's a terrible thing when people lose that special zest for life. Skipping along a garden wall or hopping through a hopscotch. At what age do they lose it?" and the minister said "your wife has never lost it, she is 57, I don't know!?" I thank the lord I still have vitality to share.



The Members

Some members keep a Club so strong,
-While others join just to belong.
Some dig right in. Some serve with pride.
Some go along just for the ride.
Some volunteer to do their share,
While others lay back and just don't care.
Some do their best. Some help to make it.
Some do nothing, only take it.
Some help the Club to grow and grow.
When asked to help, they don't say "no".
Some drag, some pull.
Some don't, some do.
Consider which of these is YOU.

R.A.A. NOTICEBOARD

NSW DIARY

MEETINGS:

19 Sep Business Meeting
 4 Oct Speaker Evening
 17 Oct Business Meeting
 21 Nov Business Meeting
 5 Dec Business Meeting

Venue has changed please
 contact R.A.A. (NSW) on
 (02)9970-6155 for new location.

IMPORTANT DATES

5-7 Oct Chris Stormer
 Sydney Workshop
 Ph: (02)988-3881

 22-26 Nov M.B.S. Festival
 Sydney
 Ph: (02)608-1926

QLD DIARY

MEETINGS:

11 Sep General Meeting
 9 Oct General Meeting
 13 Nov General Meeting
 11 Dec General Meeting

2nd Monday of the month
 at 'Yungabah'
 Conference Room 'B'
 120 Main Street
 Kangaroo Point 4169

IMPORTANT DATES

6-12 Nov Body, Health &
 Harmony
 R.N.A. Showgrounds

TAS DIARY

MEETINGS:

8 Oct Meeting
 10 Dec Meeting

2nd Sunday every 2nd month
 Phone Pam Roberts
 on (003)274021
 for details

IMPORTANT DATES

29 Sep Chris Stormer
 - 1 Oct Launceston Workshop
 Ph: (003)443320

Other Events

23-25 Sep Chris Stormer
 1995 Perth Workshop
 Ph: (09)457-3117

 23-24 Sep Massage Therapy
 1995 Conference
 University of NSW
 Sydney

 29 Mar-1 Apr Australasian
 1996 Aromatherapy
 Conference
 Sydney

 Jun '96 R.A.A. (USA)
 National Conference
 Las Vegas, Nevada
 U.S.A.

 27-28 Oct R.A.A. (Aust)
 1996 National Conference
 Gazebo Hotel
 Sydney

VIC DIARY

MEETINGS:

4 Sep Committee Meeting
 2 Oct Committee Meeting
 6 Nov Committee Meeting
 9 Nov General Meeting
 4 Dec Committee Meeting

IMPORTANT DATES

6-8 Oct Healthier Living Show
 Melbourne

 9 Nov General Meeting
 Sandi Rogers
 'World Reflexology'
 'ATMS an an Umbrella
 Organisation'

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