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**SPECIAL
POINTS OF
INTEREST:**

- **What's next?**
- **Why the first three issues matter.**

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Journey to Well-Being

VOLUME 4, ISSUE 1

AUGUST 2009

American Reflexology Board Certification

Advanced credentials verify a practitioner's skill and commitment to their craft. A huge thank you to all of you who allowed me to submit your cases to the American Reflexology Board. After successfully passing the written, practical and documentation exams I now hold the **highest level** of reflexology certification possible in the US.

What's Next?

More training of course.....

In June I attended a seminar by Denmark based Touchpoint. Allopathic care in Denmark is free however, reflexology is the #1 choice of paying clients for complementary care. This year's seminar focused on stress. Peter Lund, reflexologist and expert on Subtle Energy Medicine, and Dorthe Krogsgaard, a "veteran" of the reflexology movement in Denmark travel the globe to teach and gather the latest information. I am already incorporating ideas on working with respiration, autonomic nervous system, heart coherence, chakras and more into my reflexology sessions. Repeatedly throughout the training Dorthe and Peter **stressed the importance of understanding the body as a communication network, the role of respiration, and the long term effects of stress on the being.** The first mention of these points, grouped together, was very affirming to me because these were the topics of my first three newsletters. This newsletter will take another step in the journey of incorporating these topics.

International Council of Reflexologists comes to the US!

The International Conference of Reflexologists is gathering in the US in September! I am very excited to be attending my first conference with ICR. I look forward to studying with Spanish MD, Dr. Jesus Manaras who teaches reflexology in a medical program in Barcelona. He will be presenting data on foot biopsies that discuss exactly what it is that reflexologists are feeling when they say the texture has "adhesions". Stay tuned with more information about all that I learn.....

Metamorphosis Technique

In October, I look forward to studying Metamorphosis Technique which works to remove blocks in our energetic field from this incarnation and karmic patterns.

Journey to Well-Being goes digital.....

In an effort to keep my session fees as low as possible, I have decided to address the rising costs of printing this publication by going digital. box!

Please look for your next issue in your email. However, if you really *really* prefer a mailed printed copy, just let me know.



We are beings
requiring balance.

Summer
Surprise—
Are you really
recharging?

Did you assume you had adjusted to having stress?

In the first three issues of “Journey to Well-Being” I introduced the autonomic nervous system, spoke to the idea of our body as an integrated community and questioned our separation from our breath. Fresh from a workshop on stress and its long term impact on the body, I am struck by the responses of clients as we begin to discuss and work with stress from an understanding of its **long term implications** on the body and how we can become aware of its presence in our lives.

Most of our lives are filled with demands and packed with activities. We take on more and more as we attempt to live the “achievement” oriented ideal. **Often, even our pursuit of inner journeying becomes a task to be scheduled in.**

When our being is required to function under stress, we adapt. And I dare say, I suspect, that we assume that we have “adjusted” to our busy lives

rather than remain conscious to the **impact our choices continue to make our being.**

We become less attuned to the impact on our body because we begin to accept the distressed cries for help our body is giving as *part of life*. We lower our expectations of health and well-being. Here are just a few ways you may have accepted your heightened stress level:

- Do you easily and deeply sleep 7-8 hours every night?
- Do you fall asleep easily?
- Would you say that you have a “busy mind?”
- Do you look for food or beverages to help “perk” you up?
- Do you sit down and take a full breath as you slowly eat 3 meals a day in a relaxed environment?

- Do you have persistent pain?
- Are your bowels moving without strain and producing a formed “s” shaped stool at the very least once a day?

These are just a couple of things to consider when thinking about the stress level your body is functioning under.

A bit of physiology.... When the body is stressed, the sympathetic nervous system is heightened. The sympathetic nervous system is your fight or flight response. Way back when in the first newsletter, we spoke about how that gazelle needs to run fast to escape the lion and so it is a great thing that its body can adapt and not focus on certain functions. When one is running for your life, it’s not a good time to poop, for example. When one is fighting this way, our digestive, immune, lymphatic, and endocrine systems are all suppressed.

You didn’t adapt- you forgot to pay attention

Think about that – your digestive system is how your body moves nutrients and waste material. **When it gets backed up – where is all that waste going?** That’s right – right back into your body. And all that back up blocks the path for nutrients to get through.

Suppressed lymphatic system – no problem that waste can just sit there a little longer. Who needs fluids moving freely in the body? Oh, endocrine system hormones not reaching their destination? No worries,

it’ll send out some more and more and more.... You see the point here.

I have to admit that I expected to find my clients healthier and more relaxed during the summer. In truth, many of my clients are busier than usual because trying to fit in all of their summer “rest” and vacations. Most continue to be impacted by the long term stress on their body. It requires ongoing commitment and care to re-stabilize the systems of the

body and rediscover what harmony feels like.

Don’t misunderstand, the heightened sense of summer joy can impact healing in the body in a positive way and I absolutely encourage and support appreciating every moment. However, my suggestion is that you pay attention to the changes in your body and see what shifts. Pay attention to what has not shifted. Re-connect with good and question what feels bad that you had just written off. Then use that information.

Energetic Readings



I have always been very clear that my work would grow. Hence, “and Healing Arts” as a business name. I have also been clear that this modality, what I call Energetic Reading, is wanting to come through more and more.

The door has opened and it is time to honor this work and offer it more fully. I am both nervous and excited.

I believe that we are all beings of energy.

I believe that we are surrounded by a conscious field of living energy that is vibrating.

I believe that we have reached a time in our awakening that this energy is reaching out to us, yearning to help us deepen our understanding and connect with it and each other.

An Energetic Reading is what I believe to be a direct link to that energetic field. This field is guiding, loving, and expansive. It serves to support us as we reach.

Messages come in many ways. I believe that this conscious energy field yearns to communicate directly with each of us.

My role is that of a support translator or presenter.

We are energetic beings.

Our cells create and respond to energy.

Is there a Message for You?

My work is unlike anything I have ever seen. Energetic Readings come through as allegory: as story. They are messages that are intended to be read out loud many times. As the message is read, a specific vibration is created within the recipient. It is within this vibration and moment of understanding that the deepest message is held. It is beyond the words on the paper. It is the message that is

a direct connection to the recipient.

This is very different from sitting next to a psychic who will provide a mini-coaching session to help you interpret and redirect the message. Recipients tell me that they continue to find new meaning within the reading months after they first looked at it. It is a journey in itself.

As I stated above, I believe that the guides prefer to connect directly to each person. However, for various reasons that is not always possible. Yet, I hold this ideal very deeply. In working with these Readings, I would first suggest you go to my website and read samples and about the process. Than ask yourself, “Is there a message for me?”

By request..... Things to Consider When Buying Shoes

Sunday
August 23, 2009
10 am—11:30am
 at
Wisdom
Reflexology and
Healing Arts

Cost: \$20

Seating is limited
RSVP

Many of you know that I am passionate about improving our ability to allow full function of our bodies by allowing our feet to function properly. Statistically, **80% of Americans are currently wearing the wrong size shoe.** Of all the feet I have measured thus far, only one person was wearing the appropriate size. After working with me to size your shoes, you will never think about shoes the same way. I am certain of it.

When you measure your feet , how many measurements do you take? (If you said 4—oops)

Do you know why buying your children’s shoes with “room to grow” is not a good idea? (Help me end “floppy slipper syndrome”!)

Do you know that your feet change throughout your entire life? (That means those shoes you bought in college probably need to go.....)

Do you know high heels are not considered the worse shoe for you? (What is?)

Learn some basic foot functions facts, how to size feet and we’ll talk about what things to think about when buying shoes. And all of this just in time for school shopping!

Space is limited, call to reserve your spot today! (360)341-1498



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Wisdom Reflexology and Healing Arts
Mind, Body and Spirit Reflexology
... for your journey to well-being

Reflexology is noninvasive to specific reflexive mini-map points on the hands, ears and feet. This process soothes the nervous system, increases circulation, and improves respiration. The body is effected at the cellular level with an increase flow of nutrients and waste removal. This allows the body to relax and create conditions for self-healing.

Reflexology is an integral part of a comprehensive plan for your health and well-being.

Reflexologists do not cure, prescribe nor diagnose.

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Potential Benefits of Reflexology:

Stress reduction

Pain reduction or elimination

Improved circulation

Natural detoxification

Deep relaxation

*It is estimated that 75-80% of disease is caused by stress and tension.
Wouldn't you like to be in the top 20%?
Relax and let your body heal.
Naturally.....*

Introduction to Reflexology for Self Care a 3 part series

South Whidbey General Hospital,
Coupeville

August 1, 2009 1pm—3pm
Hand Reflexology

August 22, 2009 1pm—3pm
Foot Reflexology

For more info see
wisdomreflexology.com/Events

Tools for Self-Care

Please note, I will not repeat this workshop series until winter.