

SPECIAL
POINTS OF
INTEREST:

- **Beyond Darwin**
- **In community we thrive: your cells know it**
- **Do you treat your choices as if they effect your entire community?**
- **Reflexology works with the macrocosm**

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Journey to Well-Being

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Our Body is a Community

Beyond Darwinism

There is a running joke in my family that if our existence depended on "survival of the fittest" our gene pool would have died off long ago. And anyone who has ever seen any of us try to do anything athletic can attest to the truthfulness of that statement. After all, I literally strike out at t-ball. (no kidding) If every action is a competition to survive, survival seems a loosing prospect-not to mention a rather depressing one.

My heart song tells me that working together is **more fulfilling, productive and joyful** than working against. How many of us believe that to our core? Yet, we have been taught in science class, and by a large part of corporate America, that competition is how the "fittest" of the species survive and improve the lot of all. Thus a paradox that is difficult to navigate – **my intuition says "together" but I was taught "compete"**.

Welcome, "Biology of Belief" by Bruce Lipton. Lipton has shown that the inner longing,

that deep drive to find community, is not *merely* a search for social joy but rather an instinct to thrive. Not merely to survive – but to thrive through community.



"... That inner longing, that deep drive to find community is not merely a social joy but rather an instinct to thrive."

There is not adequate space to do justice to Lipton's work in this newsletter, but I do want to provide one teaser: Since the first formation of multi-celled organisms, cells have survived and evolved by being smart, by working together. Streamlining tasks and energy resources the billions of cells that create life literally *strive* to move further forward. They learn from each other and they remember what they learn. The bits that make up the cells learn and *strive* to work together. We evolve because we work together in community.

How Does Community Create Balance?

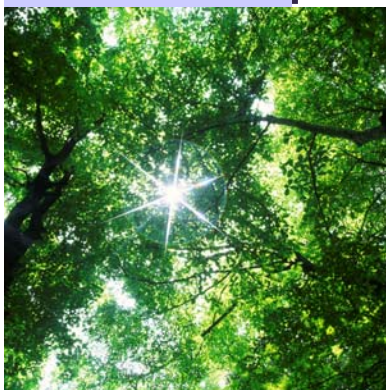
The last newsletter addressed why the body needs to relax to find homeostasis, that perfect natural balanced state of being. When we are under stress, it shows in our body. This newsletter suggests each of us continue to ask ourselves, **"How does community create balance?"** AND that we ask this question from a perspective of internalizing that it

is not an ideological vision or luxury but rather, **through community – we thrive**. What does this have to do with reflexology? Reflexology works by addressing the body as a community. The being is viewed from a holistic perspective. This means that the body is a macrocosm of all of the microcosms within the skin. AND a microcosm of the larger energetic macrocosm be-

yond. Seems simple enough so far, right? Now to take that thought to the next step means that in order for one part of the body to do well, all of the parts have to work together. All of the parts need to communicate together, learn from each other and strive together. That seems easy to understand, but try testing yourself and how far you can apply this concept....

If this offering does not serve you at this time or you would like to receive these files in a PDF via email, please contact Nydia at wisdomreflexology@whidbey.com

Your body as a Community



Are you honoring ALL of the microcosms that make up your body?

"This we know—the earth does not belong to man, man belongs to the earth. All things are connected like blood that unites a family."

Chief Seattle

Here are some examples to demonstrate how your body works as a community:

If my voice says, "I believe in healthy food" but I feed my digestive tract lots of refined sugar, my eyes may rebel by wanting to close and take a nap. This is an easy example to follow. **Intellectually, most of us believe** that – "Sure, systems work together". Yet... Do each of us act in integrity with this belief? Can we ask the harder questions? Do you trace the connections for what you do in **one part** of your body, to effecting **ALL** of your being?

Try a harder one:

My shoes are pointed at the toe and they have a bit of a heel. In order to keep my balance, my body must then lean forward and wobble a bit when I walk. I notice my shoulders are hunched over as well. In leaning forward, does a shift in the way the fibrous bands of fascia support the breast occur? Could this damage that tissue? Am I willing to think about this tissue and my body vs. buying the shoes I want to wear?

**Your Feet are Killing You. Dr. Simon J. Winkler pg 37— Many, many examples within*

Is it your jaw or your wrist? Yes.

Reflexology requires that the body be seen as a community. Each action physiologically and energetically impacts the entire being. Physiologically, when we have an area of **blockage**, with or without pain, it affects the entire being. Try putting a sticky dot anywhere on your body and trace "up" from that dot- see what comes before that "dot", or area of your body.

For example, say your wrist is hurting. Place a dot on your

wrist. Tracing up your body you can see that your painful jaw is on this line above the pain.

Could your wrist pain originate in the way you grind your teeth at night? Do you hold stress in your jaw? Do you wear a bite guard? Can your wrist truly heal before your jaw?

Don't forget to also trace "down" from the source of origin. If function and energy are being prevented, what is going

on in those fingers? Reflexologists would add to this picture – what reflexive areas in your fingers and hand are being affected?

And your friends might add to the list your disposition when you are in pain and your boss might comment on the quality of your work. All community – all linked together. Your wrist is just the **energy field that is amping up to get your attention**. *Now you are in pain, so now you take action.*

Defining feeling "good" can be difficult

Wisdom Reflexology and Healing Arts works with the belief that the individuals highest and best, or the **vibration of peace**, is more important than a "cure" to a symptom that bugs one right now. A reflexology session addresses the body as a macrocosm.

It is not uncommon for clients to express their frustration at not being able to quite find the words to describe how reflexology is impacting their lives. There is a sense that it is helping and yet no concrete descriptors in our

everyday language syntax come to mind. Sometimes there are some quantifiable "I think it did xxx", especially if the work involved the muscular, skeletal or digestive systems. Or when pain is relieved, that is easily quantifiable as well. More often than not however, it becomes harder and harder to pin-point why and where we feel better. We are accustomed to pointing out what is wrong, but it is a challenge to acknowledge how we "feel better". Remember those lines you traced? When the energy flows and the body is given opportunities, it does not hurt. We feel well when **the body is working** freely.

Thank you to Elizabeth Frediani for encouraging me to write my truth in this edition instead of "playing it safe".

Self-care Reflections

“HOW ARE MY CHOICES AFFECTING MY BODY COMMUNITY?”

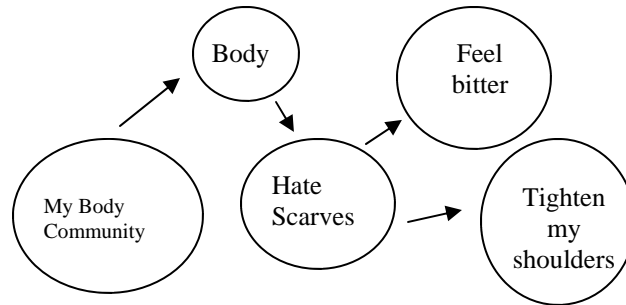
Do you remember making Venn Diagrams in school?

Venn Diagrams put a “topic” in a circle in the middle and then lines to other circles that relate to the central topic for example:

In the middle we’d fill in a topic. “Skin Tight Blue Jeans” We’d fill in lots of other circles with things that **directly relate** to that topic, both good and bad. So, “Deep Pressure on Stomach” would have a line that led to “Increased Risk of Bladder Infections” and “Pain” and so on.

What if we took the time to evaluate our life choices by how they ripple through our energy fields – our body, our etheric aura, our astral spirit, our chakras, and our place in life?

The physical observables and the energetic fields can be of our own choosing. This month, try putting “My Community: My Body” in a circle and see what links you make.



Would you be willing to share your diagrams or discoveries online and help others make connections? Please send your diagram to Wisdom Reflexology, 6441 Harding Ave., Clinton, WA 98236



Guest Writer: Sarah Manchester, MA Taking the “Art” out of Art Therapy

“Art Therapy” is a label -- It’s an attempt to put a label on what we, art therapists, do. We use art as a tool for helping our clients to express themselves. Using art in this way can **free our thinking brains** so that what is expressed can be genuine and pure. I encourage my clients not to think during the art making process, but rather to just breathe and try to relax. Then together we explore their creations and find deeper meaning to their therapeutic issues. For example, for a shy or withdrawn person, art can be a remarkable means of expression because it is through the art that the words then come.

Art as a means of communication is 40,000 years old. In the desert south west in this country we can see Anasazi cave paintings that date back to 1200 BC. There are whole stories of a person’s daily life told through these paintings. Art as communication or expression is therefore not a

new idea. I think of the Anasazi people as true artists, they expressed themselves through their cave drawings.

Between technology, new forms of communication, and that elementary school teacher or whoever it was that asked us what we were drawing or stated that we couldn’t draw, **our inherent artistic selves have been squelched rather than encouraged.** The “artist” has then become the commercially successful person who through dedication to their art form has developed and perfected their skill. But what I see is that we all have an inherent artistic nature. You, too. We all have a creative seed in there somewhere. Often-times it’s hard to get at, but once clients begin the process and learn to let go a little bit, they can’t believe what they have created. And then they find great meaning in their creations.

So, I have this desire to take the art out of art therapy so that people don’t get intimidated by the art part. But, I struggle to find what I then would call it. It’s unfortunate that we humans have distanced ourselves from our connection to art as a regular means of communication because it has made it harder to find it again. I don’t always use the art tool with my clients, but when I do, I find that it deepens our work. Art reveals the important unspoken words.

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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

Two locations:

- South Whidbey General Hospital, Coupeville
- Llynna's in Freeland

"Nydia brought forth information in an energetic, enthusiastic, intelligent, concise and thorough manner. Highly enjoyable."

For more info see
wisdomreflexology.com/Events

Tools for Self-Care