

The Happy Feet

Foot Massage

using
reflexology
massage and
natural healing
techniques

Rosemary Phillips



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Quills Quotes & Notes

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The Happy Feet Foot Massage

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One Seed—Children's story and song

Une Petite Graine One Seed (in Persian—Farsi)

The Whales' Secret

The Day the Wind Changed—Story and song

Colour You Healthy

Sliced Bread

Disclaimer: This is North America where people sue people for the slightest problem, so to cover myself here I ask you as the reader and user of this simple manual to be aware that this method of foot massage is not claimed to be a 'cure' but is intended to assist in relaxation, in a healing process, to create a feeling of well-being. It serves as a complement to any healing practice, be it conventional medicine or other.

Happy feet = happy body = happy mind = happy heart!

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Acknowledgements

There have been so many people who have helped me get to this point in my life of developing this method of foot massage and putting it into a format that can be shared with others.

I give gratitude first to my late Great Auntie Queenie (Pip) who in 1981 showed me reflexology works; to the late Yvette Eastman of Touchpoint Reflexology who taught me the technique, had enough confidence in me to certify me as a practitioner and instructor, and provided me with the opportunity to work with her on her manual "Touchpoint Reflexology—The First Steps"; to Lorne Kask and Brian of Kask Graphics and Ptarmigan Press who taught me so much about putting books together; to Rosemary Buckley for suggesting that I volunteer on the Burning Boot Great Walk; and to all those who took my courses (including my late mother). Gratitude also goes to all those who have trusted me and allowed me to 'work' on their feet these past 30+ years at fairs, on the Great Walk, at markets, and in my offices and studios (I move a lot). And of course, gratitude to you for using this little manual to share this delightful treatment and provide comfort for others—and yourself!

Thank you!



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Introduction

Back in the 1990's, a nurse in the Tahsis medical clinic suggested I put my skill as a reflexologist to use as a volunteer for the Burning Boot Great Walk, a 63.5 kilometre (40 mile) challenge on back-country logging roads from Gold River to Tahsis on Vancouver Island. Little did I realize what I was in for. When I arrived the Village of Tahsis was teaming with warm-hearted volunteers doing everything from making sandwiches and goodies, to preparing coffee, managing the stations along the way, and giving support to each and every one of the up to five-hundred walkers from around the world as they took on this gruelling test of endurance. It was one of the world's longest and hardest walkathons and raised funds for many charities. All ages participated—from children to the elderly.

The “Great Walk”—The walk began at 4 a.m. just outside Gold River, at the end of the paved road. For the fast it took 6 hours, for the slow up to 12 hours and more. I chose to set up at Station 8, at the top of one hill and just before another, where walkers knew they had another 18 kilometres to go. Many had stopped.

A new technique is born—it became clear I had to change my methods and develop a ‘quick’ massage to help walkers back on the road and towards their final destination. While walkers took a seat in a row of lawn chairs they took off their shoes and socks. One by one feet were inspected for blisters and any problems, then using this particular method of combining reflexology, massage and natural healing, feet were reduced in size and walkers comfortably got their boots back on. In addition, walkers felt invigorated and got back on the road to go the remaining distance.

It worked—it was such a thrill, for those years I volunteered, to cheer the walkers on and then go to the community centre in Tahsis to see the last walkers come in. Every walker was escorted by the local fire department with their truck and sirens blaring, as they made their way along those last few blocks to the finish line. It warmed my heart to know in some little way I had helped so many of them get to the end of their challenge, to meet their goal. The greatest reward was having walkers come up to me and say, “Thank you for your help. I wouldn't have made it without your foot massage!” In return I say - ‘Thank you!’



Healing Energy & Thought

The power of the mind—I have long been aware of the power of thought, like prayer, and how thoughts really do affect us—both positively and negatively. Our thoughts can be truly powerful and as such, can assist in the healing journey of body, mind and spirit.

An example— one evening I was ‘working’ with reflexology on a young man’s foot, his one and only foot. He had lost his right leg years earlier and wore a prosthesis. While I was ‘working’ away on his left foot I visualized working on his right. The young man began to cry with joy and said, “It feels like there’s someone working on my other foot.” His etheric leg, which was very much still a part of him, was responding.

Thought and reflexology— so, if thought can be so powerful, maybe if I just think about a reflex in the foot and its associated part of the body, then maybe I am also ‘working’ the reflex through thought. Therefore, if I am doing a massage and being aware of reflexology, maybe I am not just massaging the feet but also the whole body.



The Method Evolves

Just a foot massage—What started out as a simple foot massage on the side of the road for participants in the Great Walk became something completely different. By incorporating my knowledge of reflexology I was also able to assist the whole body, not just the feet.

Spreading the word and skill—The first foot massage classes were given with Nanaimo Parks and Recreation on Vancouver Island. The classes were only two or three hours long so the focus was limited to just the general massage of the feet. It then seemed a good idea to incorporate the foot massage in the reflexology courses I was teaching.

Adding reflexology—participants in the foot massage classes then went on to take the full eight-week course on reflexology. When they revisited the foot massage they really noticed the difference. What had originally been a sensational massage of just the feet had become a **full body experience**. There was a big difference in both the manner and intent of doing the massage, and, in the outcome.



Reflexology and Natural Healing

Reflexology—is an ancient method of *hooking* and *walking* points on the feet that reflect parts of the body. As such, there are no tools other than **fingers and hands**. Unlike massage, there are no oils.

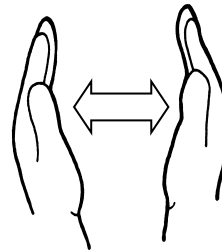
Many methods—there are many different methods of reflexology; different schools around the world teach different points and areas of the feet. No one method is better than the other—**they all work**. What is most important is the intent and thought of the practitioner—to see the recipient gain relaxation and to assist them in their healing journey. When the body is relaxed it is able to undertake its own healing, naturally.

The feet are often the most sensitive part of the body, particularly for those who continuously wear heavy boots. Our feet support us throughout our life, take our weight, and endure being put into shoes that don't always fit. When our feet ache, we ache. When our feet are happy, we feel better.

One of the unique aspects of reflexology is that instead of applying treatment directly to an injured or inflamed part of the body, it can be sent through the feet.

Natural healing—we all have the ability—take a mother who intuitively knows her child is in pain, and cradles the child. It's natural healing and it's in every one of us - all we have to do is tap into it!

A wee test—place your hands in front of you, like the illustration below, and move them in and out. You will feel a sensation, like light pressure, sometimes tingles or heat between the hands as they come together. At first that pressure will be slight and only when the hands are close together but, as you keep doing it for a while, you will notice the pressure will increase when the hands are further apart. Amazing eh!



Many methods—like there are many methods of reflexology, there are many methods of healing, from Spiritual to Reiki, Huna, Shamanism, Biblical healing, the list is endless. The key is intent, love, the desire for well-being, and awareness of what is most acceptable and comfortable for the recipient. Amazing eh!



How to Use this Guide

A simple step-by-step guide—I could write volumes on what to do and how to do it, but the idea with this method of foot massage is to be simple and concise. Here I have chosen to share the information as though I am giving a workshop. (*For books on reflexology please visit Page 28.*)

Illustrations—I have provided simple illustrations that show each movement and location of hands. The main illustration for each step is of the **right foot**, and a smaller version for the **left foot** to show the change of hand location.

Both hands on the feet— it is important to keep both hands on the feet at all times; while one performs the action the other provides support. The illustrations here are just a guideline. The more you do the massage the more you will find your hands moving automatically and you find which hand works best for you, and when.

Receiver and giver—throughout the text of this guide I have used the term **receiver** for the person receiving the massage, and **giver** for the one giving the massage.

Gentle but firm—the idea is to provide comfort and relaxation. And so - **no pain—and no stress!** Ask the receiver to let you know the level of pressure that is most comfortable for them.

Right to left—as with reflexology, this method moves from the right side of the body to the left, so from the right foot to the left foot. After greeting the feet, apply all the relaxation techniques first to the **right foot**, then **the left**, and similarly for the massage, **right then left**.

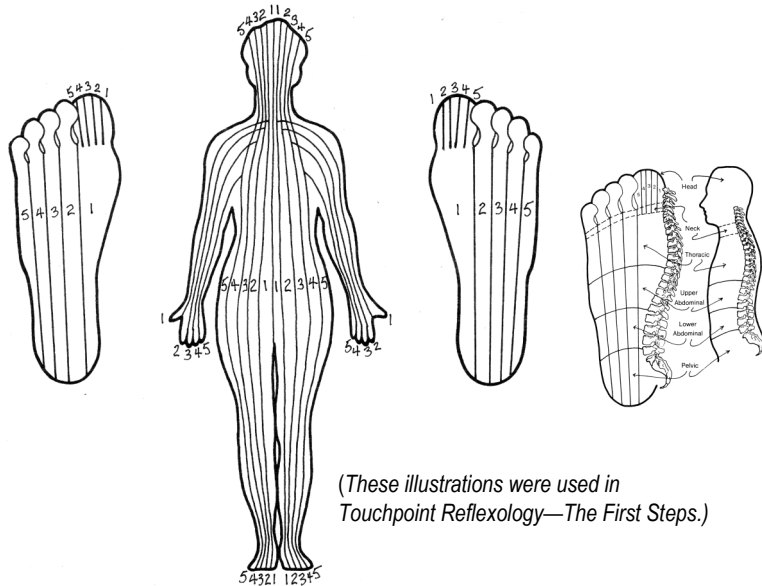
Order of movements—this is but a guide to the various movements; they can be repeated as you wish—you will eventually find your own method and system. Do, however, incorporate the Solar Plexus Hold whenever possible, and whenever there is a sign of discomfort.

Intent and permission—while we may wish to remove a person's pain, alleviate their condition, offer a cure, we must accept that every individual has their own soul's journey. It is not for us to say how and when the receiver will 'heal'. When the intent is love and well-being, there cannot help but be healing on some level.

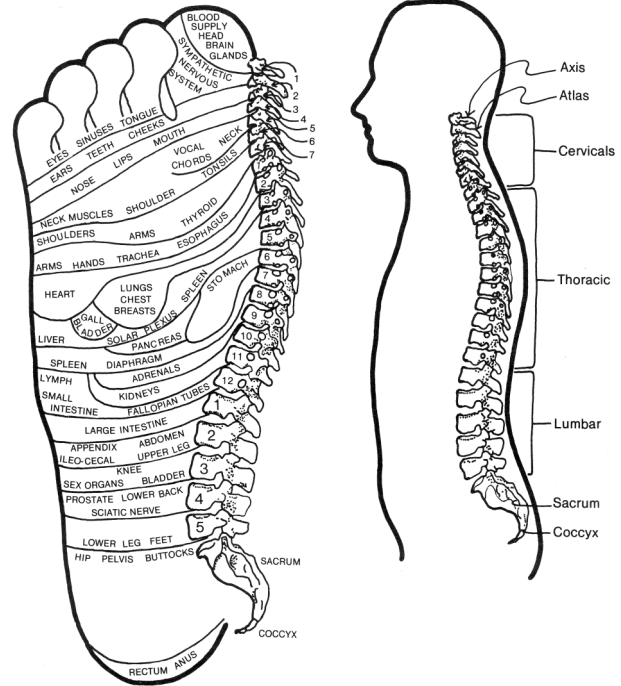


The Body and Reflexology Zones

Zones—There are five longitudinal zones and six lateral zones in each foot. These all correspond to zones in the body. So for example, when ‘working’ in zone 1, you are working the reflexes for the spine, and so forth. (For a detailed Foot Chart see page 26.)



(These illustrations were used in Touchpoint Reflexology—The First Steps.)



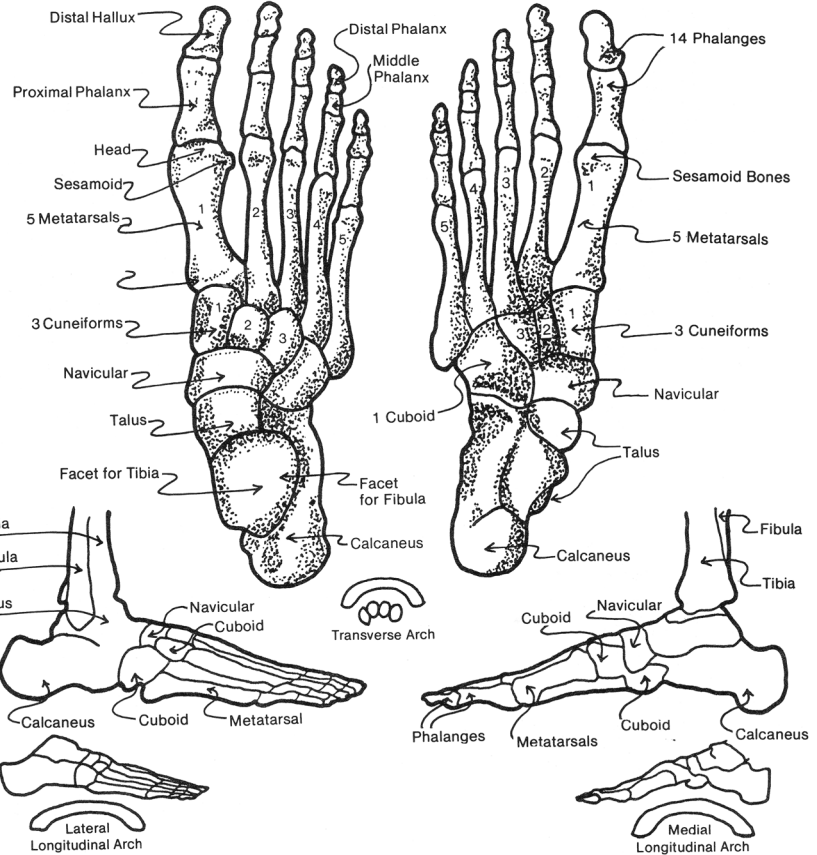
Above you will see the connection to the whole body from the spine. The shape of the arch of the foot often reflects the shape of a person’s spine and back.



Anatomy of the Foot

We give so little thought to our feet until they hurt or are injured. Here you see the structure of the foot— so many little bones all connected together by ligaments and muscles.

Handle with care—one most important ligament is the **plantar fascia** which when damaged is exceedingly painful and crippling. This is one part of the foot that must always be handled with care. (See below)





Step 1. Tools and Location



The anti-gravity chair

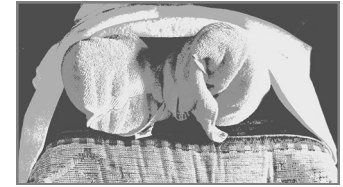
Seating—both the person receiving (the recipient) and the person giving the massage (the giver) need to be comfortable and relaxed. The new **anti-gravity chair**, **some lawn chairs**, and **older recliners** are excellent; allowing the feet to be raised high and give a good bend for the knees, a right angle for the pelvis and support for the low back. I would add a foam cushion to the above chair to provide padding and support for the calves and feet, especially if the recipient is tall.

Making do—sometimes a recipient is in a hospital bed in which case the giver will have to make comfortable support using pillows, towels and blankets.

Hall Closet—**towels** provide a cover for the chair and pillows and also a wrap for the feet while working on them to keep them warm (in winter). And of course, **paper towels** (preferably recycled paper) are handy for wiping off excess oil and lotion. A **blanket** or two is ideal for when the recipient gets really relaxed and needs more warmth. The recipient must be as comfortable as is possible, cozy and warm.



Feet high and knees supported.



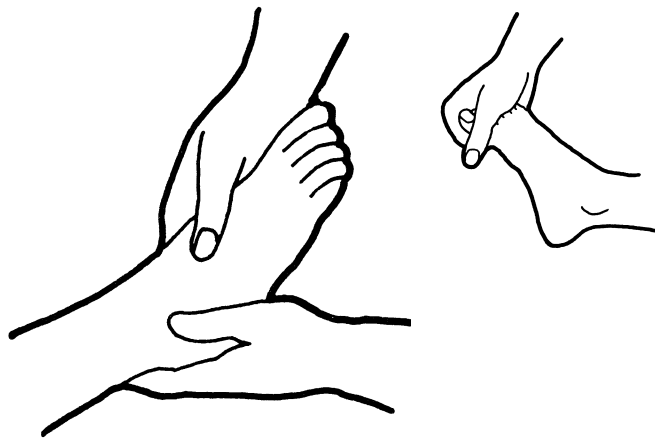
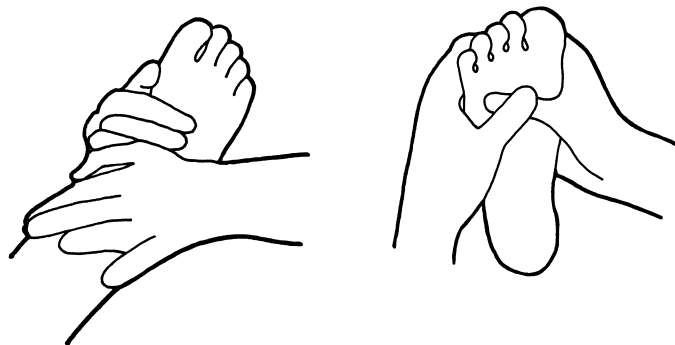
Keeping the feet warm.

Kitchen Cupboard—So many people are becoming allergic to scent, particularly the new artificial ones. So when it comes to the massage, I either use a **no-scent lotion** or raid the kitchen cupboard for plain **grapeseed** or **olive oil**. For a powder at the end of the session, to soften the feet and absorb moisture and prevent slipping in sandals, I simply use cheap and cheerful **cornstarch**. After a day at a market or on the road doing many pairs of feet I have been known to get covered in white.



Step 2. Greet the Feet

Total care—if the recipient is wearing socks, gently remove them and put them aside, nearby. While taking the feet in hand, gently and caringly **check them** for any abnormalities, blisters, scars and **ask** the recipient if they have had surgeries, have diabetes, arthritis or anything else they may wish to share. If the feet are sandal-feet and/or are in need of a **cleansing**, give them a gentle wipe-over with either a clean damp cloth or a no-scent handi-wipe to remove lint, fluff, grime etc. If the feet are really hot, a **little spritzing** with **cool lemon-water** helps cool them down.



Feeling the feet—begin letting your hands move around both feet, going from one to the other, examining them with your eye as you gently stroke and become acquainted with them. After 30 years of ‘working’ on feet I have been known to actually talk to them and say ‘hello’. It’s like asking their permission to work with them, and give them comfort—you might call it **setting the intent**.



Step 3. Relaxation Techniques



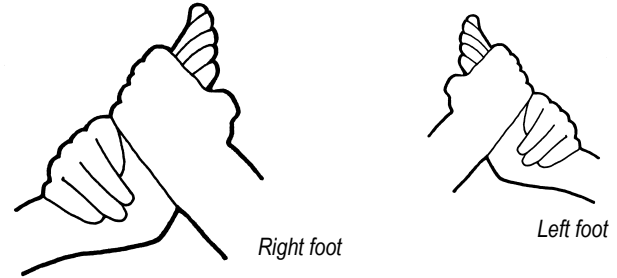
Solar Plexus Hold



Gentle but firm—there are many who say ‘nobody can touch my feet’ or they have ticklish feet. This gentle but firm hold, with thumbs on the **solar plexus point** in the centre of **both feet** (see *Foot Chart, Page 26*) at the base of the ball, is relaxing and calming. It can be used throughout the session but particularly at the beginning to set the energy, and at the end to close the session. Hold this position for a few moments, feel the calming effects, then, if necessary, wrap the left foot in a towel while completing the series of relaxation movements on the **right foot**. Then, wrap the right foot while completing the series of relaxation movements on the **left foot**.



Wringing

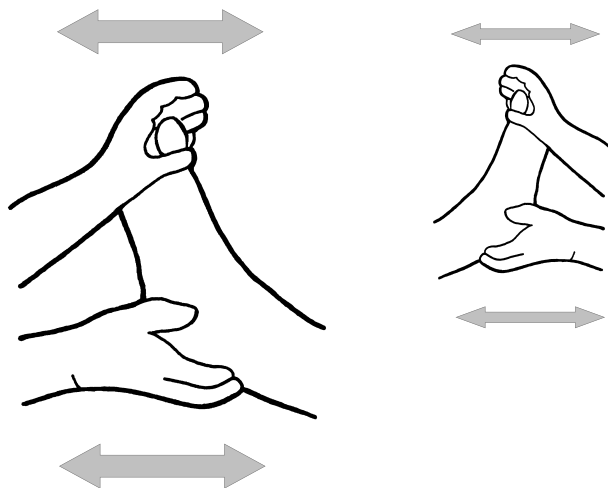


Right foot first—while some methods of reflexology begin by working on the left foot, Touchpoint and others begin with the right. For the Happy Feet Foot Massage I automatically begin with the **right foot** completing each of the motions for each of the steps for relaxation and massage before repeating them on the **left foot**.

Take the foot firmly in both hands— thumbs underneath and fingers on top as shown above, begin to wring the foot gently, like wringing a rag, all the while thinking of releasing tension and gaining the trust of the foot to surrender to your care.



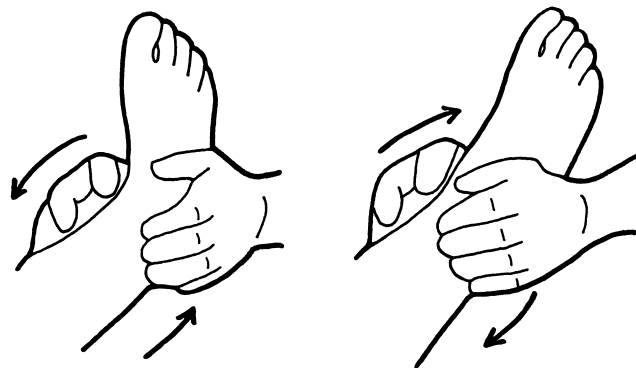
Push Pull



Gently rocking—with one hand holding the toes and the other holding the ankle **alternately push and pull** so that the toes and ball of the foot move towards and then away from you. This helps relax the muscles, and gives a little stretch to the leg. You can also add a little rotation. The more you do this the more you will sense what feels best, and which hand to use where.



Jiggle

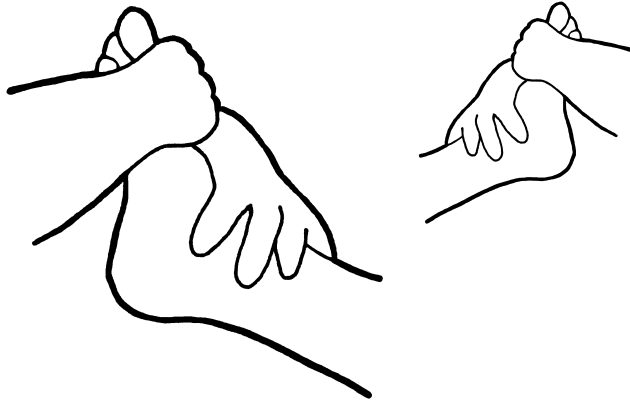


Cupping the ankles—with the palms of your hands, holding firmly, apply pressure with the heel of the hand and move the ankle towards and away from the recipient or up and down, whichever is easiest for you. This causes the foot to jiggle, and to use an English expression, *like flaps of fish*. This helps to loosen the foot. For some the foot may not move due to tension and stiffness in the ankles, bone breakages and surgery.

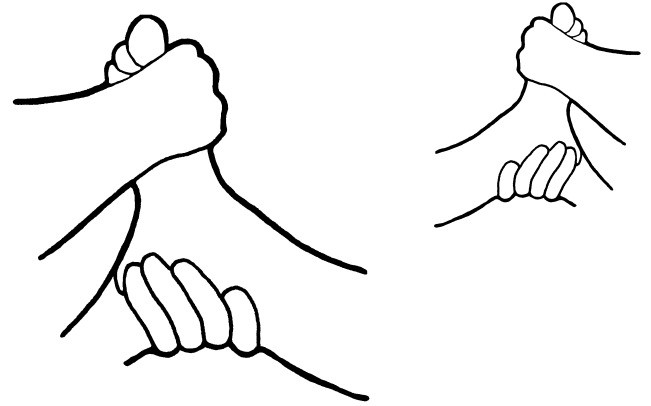
Repeating—this motion throughout the session helps to loosen the legs and feet even more.



Ankle Rotation 1



Ankle Rotation 2



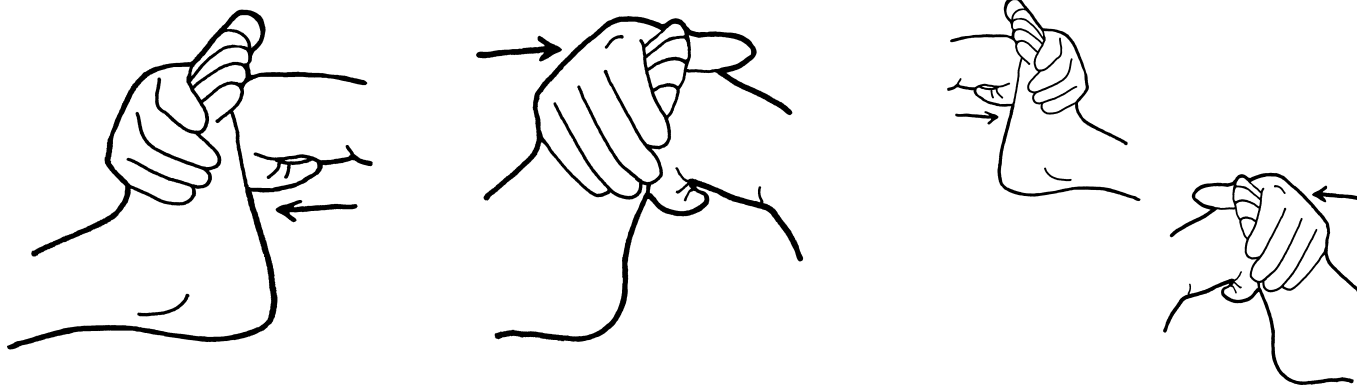
Ankle Rotation 1— this movement helps loosen the ankle area and the feet. With the **right foot** place your right hand firmly over the big toe joint, and the left hand over the top of the ankle, as seen above. Then gently rotate the foot in a circle first one way and then the other. Reverse hands for the **left foot**.

Ankle Rotation 2—on the right foot move the left hand and cup the ankle and heel as shown. Again begin a gentle rotation, first one way then the other. Reverse hands for the **left foot**.

Helpers—this is where you find out if a recipient is a helper—helpers love to help you along, so if you feel this happening, instantly change direction of the rotation. The foot will become confused and will finally give in and allow you to rotate it freely.



Squeeze—Push, Pull



Also known as the chest squeeze—this particular motion, in reflexology, works with the chest area, and upper back. For the foot, it gently opens up and stretches the ligaments between the toes and in the ball and on top of the foot. The motion then becomes like a rotation, of push and pull, as the fist goes in a forward circular motion.

Over the toes—place one hand firmly, cupping the toes.

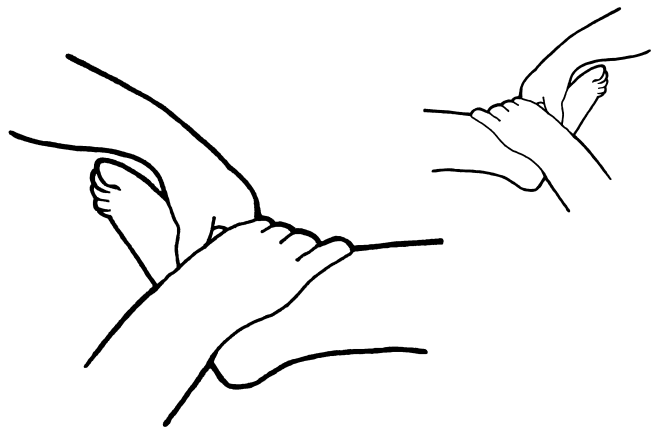
Under the foot—place the other hand in a **fist**.

Push —as the **fist pushes into** the foot let the hand on the top of the foot relax to allow the ligaments between the toes to stretch apart.

Pull— Then let the hand on top of the foot firmly **pull towards you** and relax the fist. This brings the ligaments back to their normal position.



Twist

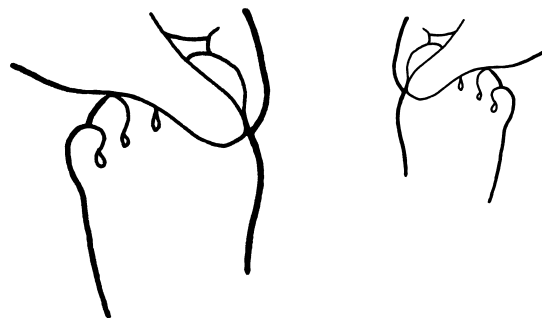


Also known as the spinal twist—this particular motion moves along the arch of the foot, and in reflexology the arch is associated with the spine. Imagine the whole spine getting a good releasing! This feels great!

Thumbs together under the arch—placing both hands as shown above, with fingers on top of the foot. Twist the hands in opposite directions and gradually move all the way along the foot from ankle to big toe.



Toe Rotation

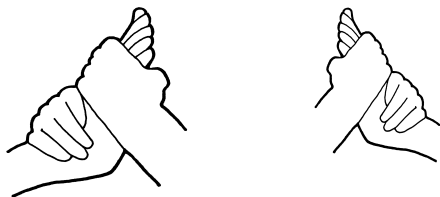


From twist to toe rotation—when doing the twist, as you come to the big toe, and while still holding the foot firmly, rotate each toe (**straight without bending**) in its socket one way then the other, starting with the big toe. This releases the reflexes to the neck. Think brain, think all the reflexes for eyes, ears, shoulders, neck, nose, sinuses etc.

Grinding toe—it's fascinating to note, when the big toe grinds, as you rotate it, ask the recipient if their neck grinds when they turn it. Often as not their answer will be **yes!** Strange but true!



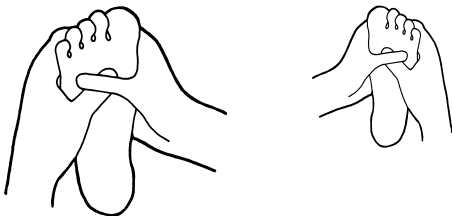
Wringing



Automatically throughout—give a wring here, give a wring there. It's a real comfort movement.



Solar Plexus



Also automatically throughout—give a solar plexus here, give a solar plexus there, especially at any time of discomfort. Hold the solar plexus briefly before moving from one foot to the other.



Finishing Relaxation Techniques



Solar plexus on both feet — after completing the relaxation techniques on first the right and then the left foot, and as a reminder to the feet that they belong together, and before moving on to the massage, hold both feet on the solar plexus points as shown above. By this time the receiver should be wonderfully relaxed, but if not, and this can happen for first timers or if there are any distractions around, try a few of the relaxation manoeuvres again, like the jiggle, twist and ankle rotations.

And it happens so fast!—it doesn't take very long to do all these relaxations techniques—just a minute or two. Once the feet (and receiver) are loosened up enough then it's time for the deluxe massage!



Step 4. The Massage

Welcome to the heavenly part of the **Happy Feet Foot Massage.**

Sound effects are welcomed, like **ooh's** and **aah's...**



Oil or Lotion?

Oil—this is the most effective, and because of all the allergies happening these days, simple **grapeseed or olive oil** from the kitchen cupboard is wonderful—it is light, smooth and has no odour; and, from the hundreds of feet I've massaged to date, none have reacted to it.

Lotion—If the receiver is in a marathon or on a walkathon, or it's a really hot day, an unscented, hypo-allergenic formula lotion is also ideal, but doesn't provide for a smooth massage.



Let your fingers feel

Beginning the massage—begin working on the right foot first, and if the weather or room is cold (or cool) be sure to wrap the left foot up in a towel so it remains comfortable and relaxed.

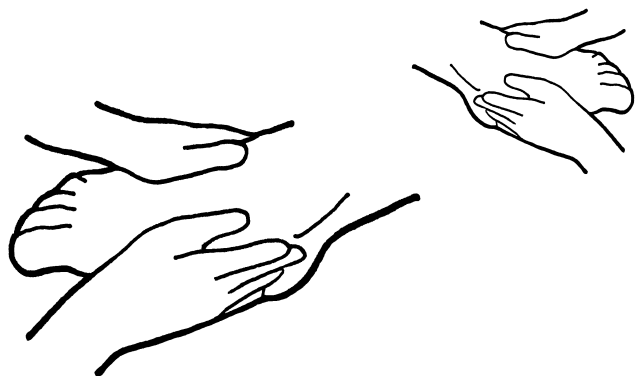
Warming—before applying the oil or lotion to the foot, pour it into your palms then rub your hands together. This helps set the energy in the oil or lotion and warms it up.



Let your fingers do the walking—let them feel around the foot, ankles, underneath, on top, while rubbing in the oil. In summer time, sandal feet are often very dry and will soak up quite a lot of oil, particularly around the heel and big toe joint. Don't be afraid to keep on applying it until you have a good smooth even surface to work with.



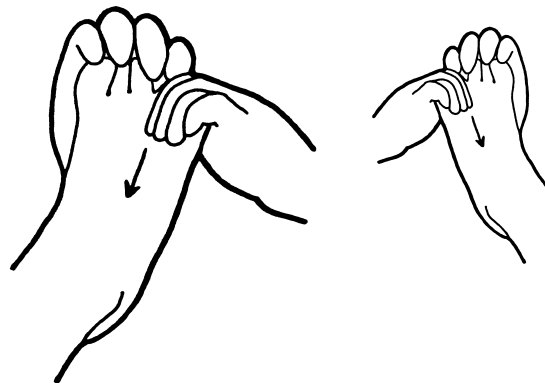
Palm Rubdown



Rub the palms—of your hands all over the foot. Then using the fleshy part at the base of your thumb joint (the heel or your hand), vigorously slide your hands along the inside of the arches (reflex for spine), using a little pressure, and on the outside of the foot (reflex for arm, thigh, leg), and particularly in the little soft diamond-shaped area underneath the outside ankle bone. (This is the reflex for waist, elbow, knee, hip, low back.) Aah! (Do please avoid pressure on the **plantar fascia** in the centre of the foot—see *Page 9*)



Troughing



Using fingers—and supporting the toes, as shown above, let the thumbs push into the ball of the foot so that the top of the foot spreads. Have your fingers separate the toes and using the **index finger** of first one hand and then the other, apply slight pressure and **slide down** the dip between the toe bones until you feel where they meet. This can be delightfully sensitive—meaning, a nice pain—particularly for those who have upper back and shoulder issues. Repeat the slide for each of the toes.

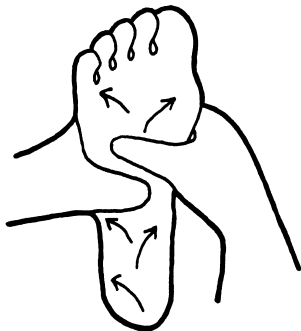


Thumb Rotation

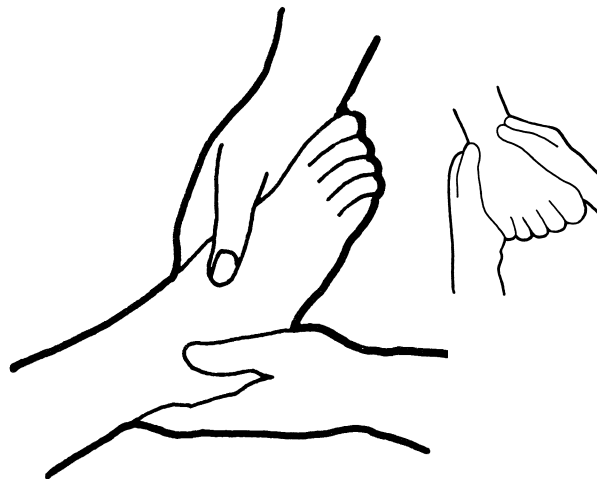
With both hands—grasp the foot so that your thumbs are on the top of the foot and your fingers underneath. Beginning at the toes, rotate outward one thumb at a time while applying gentle pressure and gradually move the hands towards the ankle so you are sliding along the top of the foot. Reverse the motion by then bringing your hands from the ankle back to the toes.



Thumbs underneath—and fingers on top, again rotate movement outward, one thumb at a time while moving from the heel to the toes, and back again. Just think of all the reflexes and zones you are stimulating!



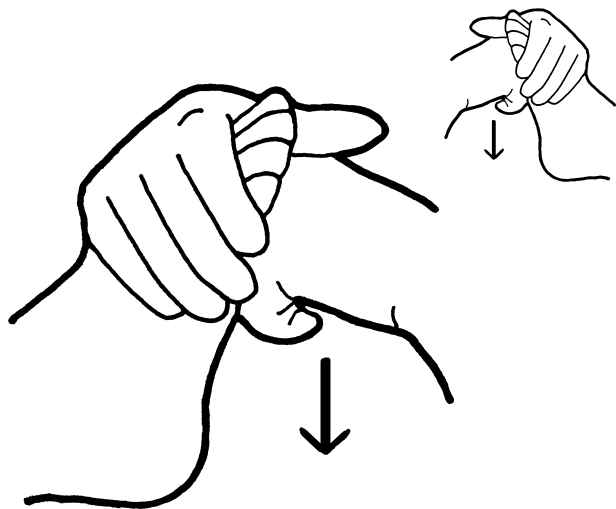
Finger and Thumb Rotations



Using fingers and thumbs—just let them move around the foot and ankles gently rotating and sliding along. Even give **the toes** a good rubbing (reflex for head, glands, sinuses, eyes, ears, nose, brain—our control centre)



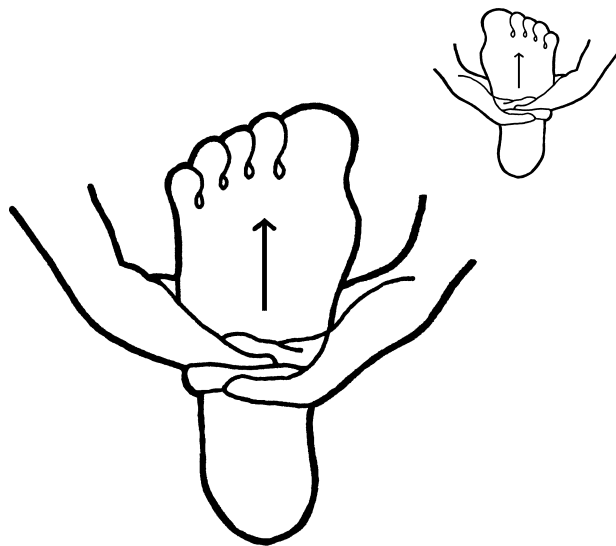
Fist Slide through the Zones



Like the Squeeze— place one hand over the top of the toes to give support, and while pulling the toes forward, so as to **relax the plantar fascia** ligament, gently slide your fist down the foot, from toes to heel. This is like working all the zones (Page 8) and all the reflexes on the sole of the foot (Page 26). It also feels wonderful.



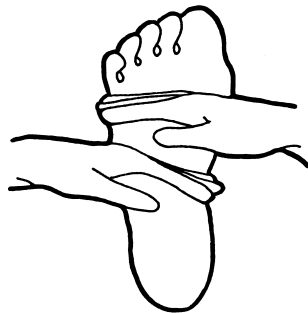
Index Finger Slide



With index fingers — on the soles of the foot and thumbs on top, gradually slide your hands together from the ankle towards you. You will be applying pressure from the thumbs and from your index fingers. As you do so the foot will arch gently.



Percussion



Revitalizing the foot—this is the fun part that stimulates and revitalizes the foot to the point of actually improving circulation. If a foot is cold up until now, after this method of percussion heat will be flowing.

Slapping—using all fingers and front and back of your flat hand slap all over the bottom and top of the foot, the sides, even the toes. Not too hard now, but just enough to give a slapping sound. If the receiver has fallen asleep they may wake up but some have been known to doze through this too.

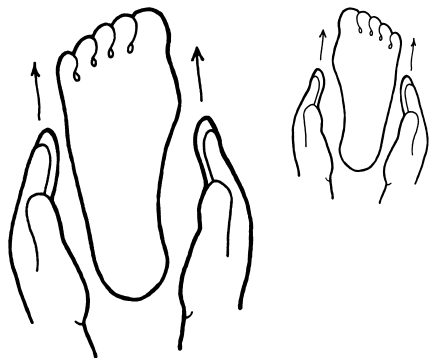
Flick and chop—with **relaxed and loose** fingers, on top of the foot, the bottom, the toes, sides and everywhere. This is very stimulating.

(You just never know when and where life lessons will serve you. I was taught this technique by my father when I was a child. He often asked me to do this to help ease the tension in his shoulders—he was a baker. My reward was being able to watch an extra half-hour of television before going to bed.)

By now the foot will definitely be alive. Swollen feet will hopefully have been reduced in size and the circulation to feet and legs restored.



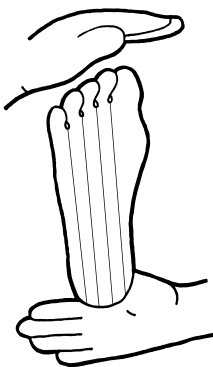
Energy Field



Feel the energy — as you take your hands on either side of the foot and move them slowly upward from the heel and ankle to the toes. Your hands should be about one to two inches away from the surface of the foot. You may feel heat and a tingling. Part of the reason for this is the increased circulation and revitalization in your hands from the percussion motions, and part from the natural energy emanating from the recipient's foot, and from your own hands. The recipient may also feel the heat and tingling. I have seen many an eye pop open wide in surprise and wonder.



Zone Hold



Visualize healing energy—going through all the zones of the foot (*Page 8*) and therefore reaching all the parts of the body. Place your hands, one at the top, the other beneath the heel, and hold them there for a few moments and feel the energy yourself. It will go where it is needed most. The recipient may or may not feel heat or tingling going up their legs. As mentioned before, it is not our place to decide where and when healing is to take place.



Finishing Each Foot

Gently wipe off excess oil or lotion—with a towel or paper towel. **Apply a little cornstarch** and smooth it all over the foot. Remove excess with the towel. If socks were removed, **put the sock back on**. This is the ultimate act of caring.



Step 5. Solar Plexus Breathing



When both feet have received the massage—hold the solar plexus points gently and firmly. Ask the recipient to breathe slowly and gently, filling the lungs from the belly up, then releasing the air slowly and gently. As the recipient breathes in **apply gentle pressure** with your thumbs, moving the feet towards the recipient, and as they breathe out, **pull the feet back gently** with your fingers. You then move in time with their breathing.

On the fourth breath—have the recipient breathe in, fill the lungs and hold the breath **as long as is comfortable**. Some recipients may be able to hold the breath for only a short while, others may feel so comfortable they could hold their breath forever. As the recipient exhales gently stroke the feet.



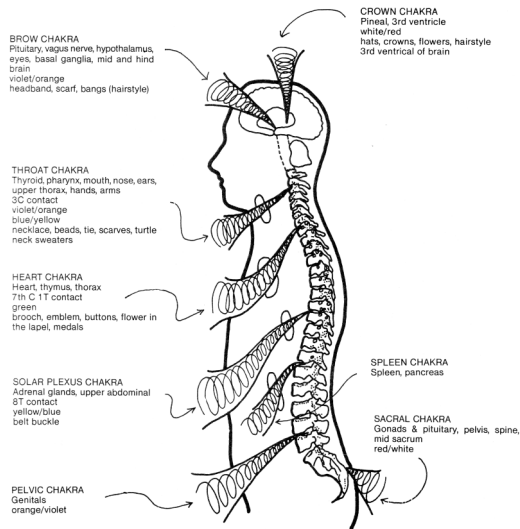
Step 6. Extras

If there is time—here is where you can apply other techniques from your own skills and knowledge. Some examples are: Zone Therapy, Chakra Balancing, Natural Healing, Therapeutic Touch, Aura Healing, Meridians, Reiki, Huna, Polarity, Spiritual Healing and so forth, whatever is most acceptable to the recipient.

A quick zip-up: Envision your right hand being the 'giver' and your left the 'receiver' as you ask God, Angels, Guides, Christ energy, Spirit, Ancient Ones or however you call that wondrous Source of all, to send healing energy through you, as the medium. **You do not use your own energy!** (*I often ask to have a little energy stop off in me on the way through, for my own well-being.*) Stand beside the recipient and while the left hand is pointed toward the top of the head and above, point your right hand towards the feet and move your hand slowly through their aura from the feet up to the head until your hands meet. Visualize everything in the physical body, the **chakras**, **aura**, and emotional body, the whole being, put into total alignment—like zipping up your jacket and being nicely tucked in and comfortable.



Chakras



There are various ways of envisioning the energy centres (chakras) of the body. Some have more chakras, with the addition of the thymus chakra in aqua blues, and one above the head in gold. Each chakra has its colour. And so it is also in the aura. Fascinating eh?



Step 7. Finishing the Massage

Rest for a minute—after the massage; let the recipient sit quietly for a moment or two to regain composure, and to enjoy that fabulous feeling of relaxation.

Put on their shoes—if the recipient is wearing shoes or sandals, an extra-special caring touch is to put them back on. This signals the end of the session. While I was volunteering on the Great Walk there was no time to do this because there were so many walkers waiting in line. If you have the time, this is a really wonderful finishing touch, one that will be remembered.

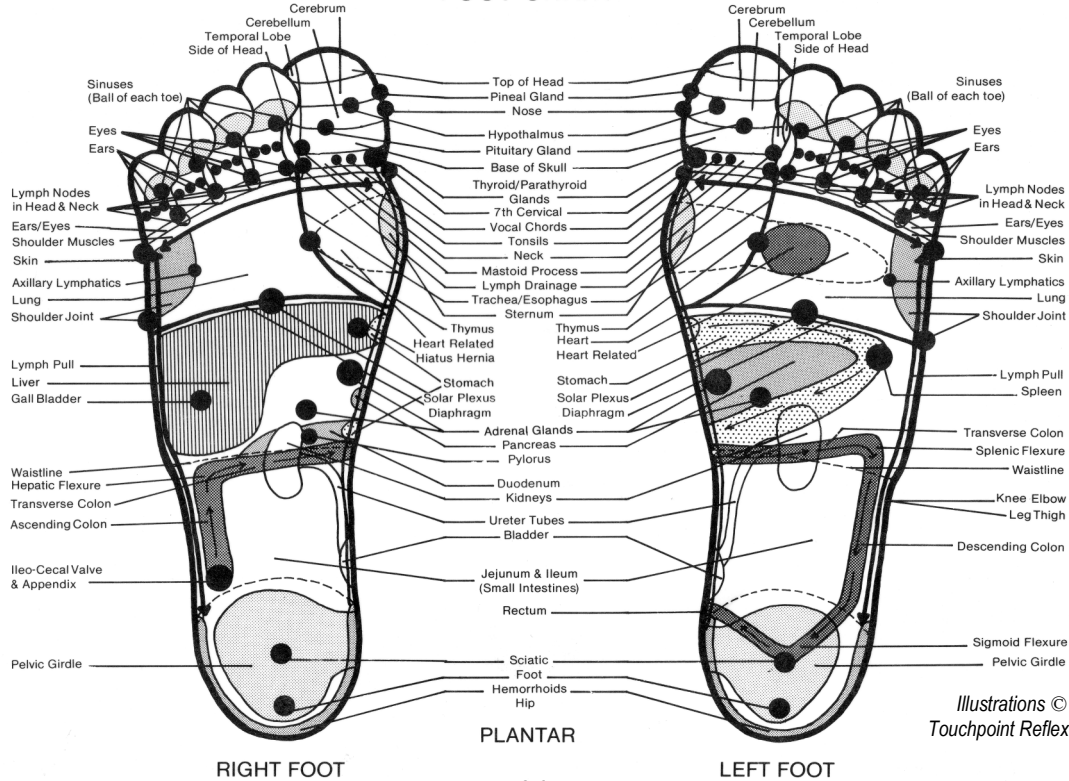
Help the recipient up out of the chair—so they are not struggling. The recipient may feel a little light-headed. *Once, when being given a reflexology session, I myself couldn't get out of a low chair; I was on a healing journey after an injury and was experiencing a time of immobility. I learned to appreciate a 'hand up' out of a chair, or 'down' from a massage table. I learned empathy for anyone who experiences pain.*

Give a hug—if the recipient is open to it. Then wish them well on their way—with love!



Foot Chart — Plantar

FOOT CHART

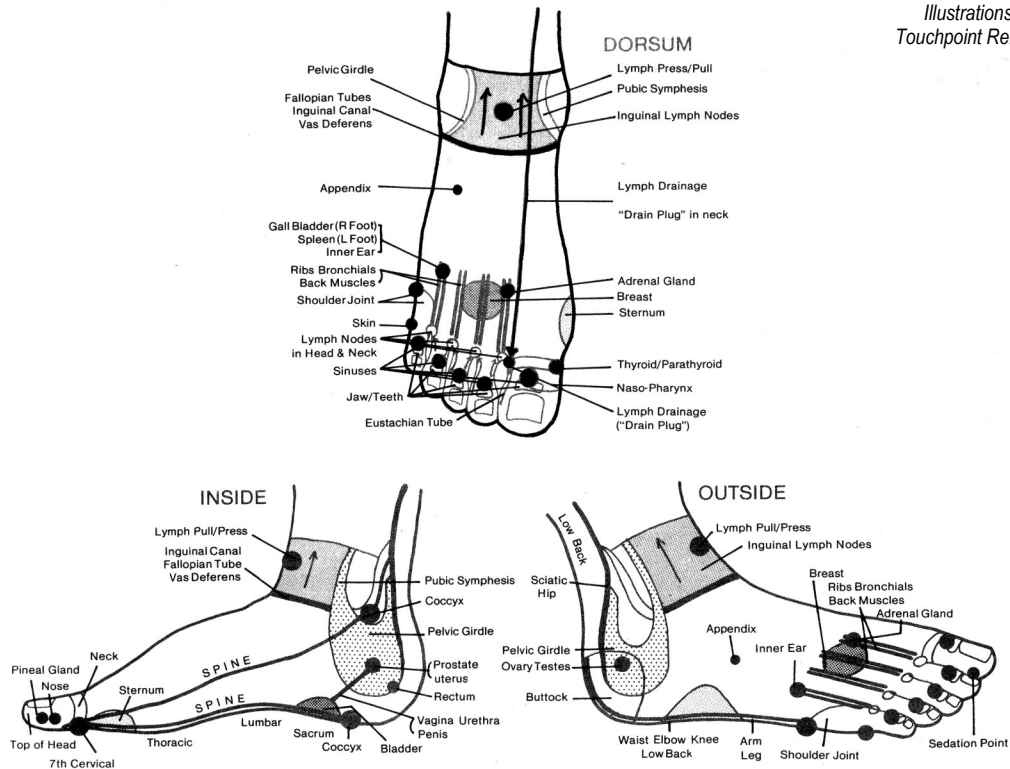


Illustrations © by Rosemary Phillips.
 Touchpoint Reflexology: The First Steps
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Foot Chart — Dorsum, Inside, Outside

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References

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By *Yvette Eastman*

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Available through Ptarmigan Press

(www.kaskgraphics.com and 250-286-0878)

This state-of-the-art manual has had six printings since 1985.

It covers just about everything you would want to know about reflexology, anatomy, and most of all, well-being.

Feet First—A guide to foot reflexology

By *Laura Norman with Thomas Cowan*

Fireside Books ISBN 0-671-63412-7

The Great Walk

For information visit www.greatwalk.com.

There are countless books on foot reflexology, body reflexology, and the various healing techniques. The above are the main references that I have used in developing this foot massage technique and guide, along with my 30-plus years of experience.



About the Author

Rosemary Phillips has been a freelance writer and graphic designer working with whatever simple programs she can get on her home computer.

In 1982 Rosemary was certified as a reflexologist and in 1984 as an instructor with Touchpoint Reflexology. She designed and created the artwork and illustrations for *Touchpoint Reflexology: The First Steps*, written by the late Yvette Eastman.



Since then she has taken on various community projects, taught reflexology, foot massage, decorating, meditation and natural healing, and published several books. Rosemary has written many feature interview articles about performing artists and people who are making a difference in this world. She is also a singer-songwriter and has performed across Canada. Her story and song “One Seed” has been used in schools and homes around the globe.

To find out more and read some of Rosemary’s many articles, visit her web site: www.quillquotesandnotes.com.

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