

## **An holistic approach to reflexology by Glenda Hodge**

I discovered Reflexology in 1998 and quickly realized the benefits it gave to the physical body. As the years passed by I became more interested in why the person needed reflexology in the first place, rather than what reflexology could do for them. I had seen what it could do for them through my reflexology practice.

As I began to explore modalities associated with energy or vibrational healing I discovered exciting concepts. As I applied what I was learning to my reflexology practice, I was encouraged by the results and feedback from my clients.

In October 2010 I was invited to be a speaker at the national conference for the Reflexology Association of Australia. The conference theme was Celebrating Research and my presentation was entitled *Research from a Different Perspective – applying metaphysical beliefs to discover consistent results*. In preparing my presentation, I realized that I had much more information than would fit into my time slot. That was when I decided to write a book and launch it at the conference. *Holistic Reflexology* was the result. My book explains the eight principles I work with and asks the reader to put logic aside and think a little outside the square.

My approach to reflexology is primarily focused on uncovering the cause of a problem rather than working on the effect. The body is not in stress, discomfort or disease simply to make life unpleasant or difficult. It is trying to communicate something. When I look at sore feet and body symptoms from a metaphysical perspective, pain and discomfort take on a different meaning.

The eight principles I work with are generally well known, but when combined create a powerful tool of possibility and self-discovery.

### **Principle #1 Anatomy and Physiology reflect another perspective**

I would presume that a professional reflexology practitioner has the basic knowledge of A and P. It is then relatively easy to transfer this understanding to a metaphysical perspective. The essence is to keep it simple and find a starting point for your client.

### **Principle #2 Chakras reveal flow and blockages in energy**

I look at a foot more from a metaphysical perspective than a physical one. If the upper arch is tender, my primary thought is about the relationship with self and the person's boundaries. My secondary response is the stomach reflex. The same with the heel, my primary thoughts are related to the client's place in the group and traditions, not the pelvic area and base of spine.

I address the whole foot in a similar way. I place the Chakras on to the foot as they sit in the body and look at the particular issues of that chakra in relation to which part of the foot is painful.

### **Principle #3 Elements express their energy through the toes**

I see the toes to be expressing the elements. Big toe, ether, 2<sup>nd</sup> toe air, 3<sup>rd</sup> toe fire, 4<sup>th</sup> toe water and 5<sup>th</sup> toe earth. Each of these toes then embraces the issues of that element. My

interest and study of astrology has influenced what I associate with each element and ultimately each toe.

Ether relates to spirituality, oneness and ego. Air is associated with communication, fire with passion and whether the person does with passion or exists through what they should be doing. Water is about feeling and how one feels about themselves defines how they feel and relate to another. Earth is the ability to ground what they have learnt and how practical they are.

#### **Principle #4 Organs hold emotions often suppressed**

Emotions are like a beacon of light attracting a person to a particular situation which needs to be addressed. The person can respond in several ways: pretend it has nothing to do with them and ignore it; blame someone else; relook at a painful situation of their own which has been suppressed.

Emotions remind me of Albert Einstein's  $E=mc^2$ , which simply means that energy and matter are interchangeable. Energy cannot be destroyed or created. It simply changes form. If energy in the form of emotion is ignored, it can change form and attract attention as a physical illness.

#### **Principle #5 Left and right define who, how and when**

I began with the basic understanding of right equates to male and left to female. From there I expanded the feminine and masculine traits to arrive at a broader interpretation of definition through left and right. This principle helps me to find who is involved, how it unfolds and when it happened.

The left and right principle is usually combined with other information I have observed to give me a clearer indication of the situation causing discomfort.

#### **Principle #6 Shape, texture and position show strength and weakness, potential and challenge**

I'm sure this is a principle that most reflexology practitioners would follow whether they are interested in metaphysics or not.

At first glance there is usually something that literally jumps out at me: callouses, cracks, blisters, spurs bunions or plantar warts. They are all giving their own little piece of information. I also need to take note of the injuries the foot has suffered i.e. sprains or fractures and any medical conditions need to be considered as well, such as Morton's neuroma or plantar fasciitis.

#### **Principle #7 Words and phrases draw a parallel to the cause**

Paying attention is the greatest form of respect you can give anyone. It also allows you to pick up much more information than other people realize they are giving away.

The words people use to describe pain or symptoms are essential clues to the puzzle. Those words are a paraphrase of what is happening and can often explain the underlying cause. You can also learn a lot from what is not said and what is passed over quickly as not relevant.

Often clients are telling me the cause of their symptoms without knowing. They may not give me all of the information in the first few minutes but as the session progresses, I am usually told more of the story. The trick is to be able to put it together.

**Principle #8 I attract my own issues**

I attract to myself my own issues. I bring to myself things about myself that need my attention and they are not always negative. It can be people and clients who have already developed my potential strengths who come to encourage me to do the same.

I will pull to myself groups of people with the same issues until I get the message the Universe is trying to communicate to me. As long as I keep ignoring the messengers, they will keep coming in some form or other. The foremost reason I do what I do is to heal myself. That is the crux of it all. It is not about healing someone else. It never has been. It never will be. It has only ever been about healing myself.

Messages come through your health, your career, your finances or your relationships. They can be a gentle whisper or a touch as light as a feather but if you refuse to listen, they will soon become a shout with the impact of a sledge hammer.

Thank you for taking the time to read how I approach my reflexology practice. I hope it has presented another way to think about your work. Originally I was hesitant to include my metaphysical beliefs into my practice, but I soon found that the results my clients were receiving encouraged me to continue.

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