

interactive foot reflexology chart--also click notation on

<http://www.dorlingkindersley-uk.co.uk/static/cs/uk/11/features/reflexology/footchart.html>

interactive hand reflexology chart

<http://www.dorlingkindersley-uk.co.uk/static/cs/uk/11/features/reflexology/handchart.html>

How to apply oils to the feet. Reflexology 101 A must read

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The below was written as a response to a question asked on the Wild Harvest Yahoo Group. I thought all may benefit from it.

<http://www.dorlingkindersley-uk.co.uk/static/cs/uk/11/features/reflexology/footchart.html>

Hello all,

The above link is an interactive chart for the reflex points on the feet. When I met my Reflexology teacher, she was tolerant that I insisted on using oils with every "foot" session. During my months of reflexology classes, I wasn't allowed to use my oils while earning my certificate in order to keep my cases studies objective. This was a great learning experience for me because I learned what our energy resonance and the voltage that we personally create when we touch each other can affect.

We have our foot charts in our EODRs, but I like the above chart because I am a visual learner. I like clicking on the name of a body part and its coordinating reflex point lighting up on the foot. This chart is incomplete. It doesn't show the the lavator muscles nor the flexures in the colon.

Right now I'm going to teach you where the bronchial reflex points are. When you look at the chart, click on "heart" and watch the teal color blue light up on the plantar side of the foot. (The bottom of the foot.) Look carefully and see that it lights up two zones...zone one and zone two....this means that if you use the toes to draw vertical lines down the foot that the big toe's line would be zone one and the second toe would fall in zone two. The big toe to the medial side of the body is zone one. That just means that when both feet are together, the part of the feet that touch each other is the medial side. For further visualization, click "spine" on the chart and see where it lights up. This is the medial side.

Now, press your finger in zone one staying under the big toe and pressing with medium or light pressure all in the blue area. You will hit the bronchial band when your fingers are over the invisible line between the big and second toe. Cool, huh!!!!

Staying in zone one, in the blue area on the chart, you will also affect the heart, part of the breast (if the woman's breasts touch each other), lung (look at the dorsal side of the foot light up) the esophagus and thymus.

Another hint for women's breasts....look at her body...if she is large breasted and her breasts extend all the way to the outside of her body below the armpit, then her breasts extend to zone five. This is important to know because if you are using the feet to apply oils for the breast reflex points, you will want to cover the entire breast. If her breasts are so large that they touch each other, then reflex into zone one as well.

The nipple will always be in zone three. I am a small breasted woman so I only need to reflex zones two, three, and four. Cool, huh!!!

Click on the shoulder and arm zones. You will feel something "crunchy" when you press into these areas. Legally, we have to chart them as "adhesions" now. We can't call them by any other name. I feel these crunchies/adhesions in the tip of the big toe and I feel them in the arm and shoulder zones. From Young Living, I have learned that this is where our petrochemicals are stored. Our personal care products literally can be felt in Reflexology. Petrochemicals are stored in fatty tissue which the brain and breasts are made up of. Think of your deodorant...don't you see it being applied in the shoulder zone (zone...not reflex point). Breast tissue is also found in this zone. Anybody having their "eyes of understanding" opening right now?

Think of where we put our shampoos, hair dyes, hair spray and gels and barrettes. Click on the brain point and look at the big toe. Feel the crunchies like little grains of sand or pieces of rice in this area.

I have watched the shape of feet change as the body heals. I have observed the curve of feet straighten after a Raindrop. I have seen toes straighten when neck injuries reverse.

When you reflex or Vita Flex a point, you affect everything in its zone...you affect every point below it and every point above it...everything behind it and everything in front of it...this is because the energy travels along meridians. The meridian lines travel vertically. Studies have proven that the meridian systems have their own ducts independent of the vascular and lymphatic systems. (Vibrational Medicine by Richard Gerber, MD pages 121-126)

Reflexology is nothing but JOY to me. It brings me joy seeing how we have back up systems. I have done reflexology on an air plane...completely discreet on someone's hand. He didn't have to take a pill in front of anyone...he didn't have to undress in front of anyone, he didn't have to get in a different position...nothing. I worked both hands and affected a relaxation response for him. I work on people's ears and faces during lunch break. They didn't even have to leave their chairs.

You can follow the link to the hand chart too. You can perform on yourself without having to remove your shoes...great for the office or at school. (I teach my kids to work on themselves to stay awake in class or to sharpen their brain before a test.)

To me, this is a backup. Heavenly Father designed our bodies so that we can use the reflex points when we don't use nutrition, exercise or stress management towards investments in our health. I AM NOT saying its okay to avoid exercise or make poor food choices, or blame others for your stress. I am saying that Reflexology is a beautiful modality to compliment healthy choices or it can be used to assist the use of building blocks to reverse the consequences of poor choices.

While Vita Flex rolls the finger from the pad to the tip, Reflexology combines this with a glide. It's called finger walking. You can practice by taking the pad of your first finger and gliding it along your forearm. Once you have the slow glide in a forward motion down, then add the motion of rolling from the pad of your finger to the tip.

Pad rolling to tip...glide. Pad rolling to tip...glide. NEVER pull the skin back as you are taking a finger step forward. This prevents the voltage from firing.

The reason I write all this is because we get a lot of questions wondering where to put the oils when we are told that the feet are also another application of oils. This is how you can help children who aren't able to swallow capsules of oil. This is how you can help children who have been molested and don't want their shirt removed for a massage. This is how you can apply the oils to the reflex points on the hands when you can't leave the office.

Knowing lemon and cypress are good for the lymphatics...think about them on your neck, chest, armpits, groin (leg pits, ha ha). If you have an anatomy book, you can see where the whole lymphatic system is. Find

these areas on the Reflexology chart and apply your lemon or cypress there.

Knowing where the heart reflex point lets you know where to put your AromaLife, Frankincense/Palo Santo, or Marjoram. (The heart is a muscle...marjoram for muscles.)

Knowing where the colon reflex point is located you will be able to correctly place your Marjoram, Peppermint or DiGize, etc.

Knowing where the lungs and diaphragm reflex points are helps you to know where to put your Myrrh, Egyptian Gold, Thieves, RC, Raven or eucalyptuses.

I had an amazing teacher. We were able to use the bones in the feet to find the beginning and ends of the reflex points. If you are using Avon socks with a chart on them...trash them. They don't fit everyone's the original maps to the body. Many people want to make money off of their own charts...they have to alter body parts by 20% in order to comply with copyright laws. This is why the Avon charts are sorely wrong. Even if they were right, socks don't fit everyone's foot the same way and the organ on the chart wouldn't match up with the organ on the person's foot.

Get to know your foot....watch how everything that is found in your chest cavity....(look down at your chest right now).... is found in the pad of the foot. Your lungs, breasts, bronchials, lymphatics, and thoracic vertebrae are found in this area. Feel the pad of your foot...it has a distinct curvature that matches the curvature of your bottom rib. Put both feet together and follow this curvature...then feel your bottom rib rise to your breastbone and then lower down the opposite side. When both feet are together, then you can see how both halves of the body are mapped out. If you want to affect your liver, you can dig your hand up under the bottom right rib of your body and place oils there. Or you can go to the right foot, follow along the curvature of the pad of the foot, look at the liver reflex point of the foot, and place your oil there and then Reflex or Vita Flex it adding additional voltage for healing. Is God good or what?

You can follow the bone of the fifth metatarsal...pink y toe bone...and the top of the bone is where the shoulder is located and the bottom of the bone is where the wrist is located. Now look down at your body and see where your shoulder is in relation to your neck. See where your wrist is in relation to your bladder. Now follow the bones in your feet and compare them to the chart. Isn't it totally cool how the bottom of the fifth metatarsal where the wrist reflex point is located lines up with the bottom of the first metatarsal where the bladder reflex point is located. Go to an anatomy chart and draw a horizontal line and watch these bones and organs line up.

What I think is totally cool is that the head has a distinct oval shape and so does the pad of the foot. The head narrows down to the neck the same way the pad of the toes narrows as they meet the foot. Our chest cavities are wide like the pad of the foot is wide. Then our bodies (typical fit bodies) narrow at the waist the same way the arch of the foot narrows. I can put my hands on my hip bones the same way I can press on the hard heel of the foot. I have no bones in my stomach cavity the same way the plantar side of the foot where the arch is has no bones.

IT'S SO TOTALLY COOL!!!!!!!

Now do you know why you can use oils on your feet? Thank your creator for this back up system!!!!

Eager to serve,

Tiffany Rowan

Passionate Reflexologist.

To obtain the Raindrop Kit: Contact Barb Lemke, RN at healthopts@hotmail.com or 920-285-4635
www.youngliving.com/601146