



Connective Issue

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25 Years of Education and Therapy for the Whole Person

Talking To The Brain

by Karen Ball



Reflexology has been on my mind a lot lately – or should that be my feet? Over the last few months I have had many opportunities to talk to focus groups, to think back on past and current experiences in giving sessions, as well as the impact of

Reflexology on my own personal and professional life.

This last summer I had the pleasure of offering Reflexology to a friend who was experiencing a neurological situation that seriously threatened the quality of her life. As I watched in amazement the way in which her body responded to the Reflexology treatments, my mind floundered to understand how simple touch could so dramatically alter someone's life.

I was reminded of an episode years ago when a close friend had asked me to give her mother a Reflexology session. This woman had lain hospitalized in a coma for three months, not responding to any of the stimulation therapy offered daily to her. The family was desperate. I agreed to help, although inside I was doubtful that what I was to do would make any observable difference. As I began to work with my friend's mother, I was immediately aware of an intense heat in my own body. I recall feeling very uncomfortable, sensing that something was about to happen, and I didn't know what. Suddenly to everyone's amazement, including my own, this woman's eyes flew open and stared back at me!

My experience with Reflexology this year presented me with the opportunity to confirm my suspicions with a neurologist regarding Reflexology's affect on the nervous system. He explained that since the brain is always learning, the most recent data presented to it is what the brain accepts as truth and ultimately operates from. In other words, the

information sent to the brain through contact at the nerve endings in the feet "over-rode" the previous information which resulted in the two above-mentioned individuals' lack of neurological function.

I think how profound it is that we can talk to the brain through the feet - to invite the body's nervous system and endocrine system (the slower nervous system) to reestablish the harmony and balance that allows for a high level of function within the organism, and making possible a desired quality of life.

For thousands of years Reflexology has been offered as a safe and effective method of maintaining optimum health, long before we had double-blind studies and government-controlled research to quantify and explain the results of this simple touch modality. From one end of the spectrum to another – insomnia to coma, hyperactivity to paralysis, over production to under production of hormones – the results are the same: a relaxed body able to heal itself.

As my study and appreciation of Reflexology grows, I feel so grateful for the opportunities I am given to share my enthusiasm and experience with clients, with interested focus groups, in FSM's massage licensing program, a twice-yearly weekend workshop and the summer Therapeutic Hand and Foot Reflexology Professional Certification. In the certification program I am blessed with the gift of sharing what I know and love with small intimate groups of curious and dedicated individuals who share my passion and trust in Reflexology. Together we learn ways to offer a healing presence using foot and hand Reflexology, Hydrotherapy, Aromatherapy, color and music. Talking to the brain was never easier!

The next 18-hour weekend Reflexology workshop is scheduled for March 10-12, 2000. The 2000 Therapeutic Hand and Foot Reflexology Professional Certification takes place on specific weekends beginning July 8 and ending October 1.