

Reflexology is an art and science that has developed in every culture throughout history. The idea that the whole is present within the part is a universal phenomenon, paired with the fact that our first instinct when incurring an injury is to touch it. Reflexology combines the balancing effects of self-touch with the theory that the four major extremities (feet, hands, face and ears) are separated into five horizontal zones which contain a map of the five major sections of the body (head, chest, upper abdomen, lower abdomen and lower body).

During this course we will be exploring the validity of this practice through your personal experience. Although it always feels better to have someone else work on you, the technique is no-less effective because of how Reflexology works. By focusing on the four extremities, we are concentrating on hyper-sensitive areas that have more influence over the body via the nervous system. Think of when you get a paper cut, stub a toe, or get something in your eye. These moments let us know in technicolor how sensitive extremity nerves can be, now we are using them for therapeutic purposes.

The five Horizontal Zones are the same on each extremity. Below is a key which will be reviewed in each section and applied to each individual extremity; you might need to dust off an anatomy book, but keep in mind that the reflexes appear in the same order as they are found in the body. No one extremity is more powerful than the others and each contains the same map of reflexes, however we all have a favorite and a least favorite and the body will naturally tell you where **YOU** most effectively receive your self-reflexology based on which routine feels the best to you.

Horizontal Zone 1

Reflexes: Brain, Skull, Sinus, Eyes*, Teeth, Jaw, Ears*, Thyroid, Muscles of the Head and Face, and Cervical Spine

Horizontal Zone 2

Reflexes: Shoulder, Lung, Heart (more left side), Ribs, Thymus, Arm*, Diaphragm (technically on the Diaphragm Guideline), Lymph Drainage, and Thoracic Spine

Horizontal Zone 3

Reflexes: Liver (right foot), Gallbladder (right only), Pancreas (more left), Stomach (left only), Spleen (left only), Adrenal, Upper Half of Kidneys, Solar Plexus (technically on Diaphragm Guideline), and Thoracic Spine

Horizontal Zone 4

Reflexes: Large Intestine (ascending and half of transverse on right side; descending, sigmoid and half of transverse on left side), Small Intestine, Ureters, Bladder, Reproductive, Lower Half of Kidneys, Lymph Drainage, Hip/Knee/Leg, and Lumbar Spine

Horizontal Zone 5

Reflexes: Sciatic Nerve, Sacral/Coccyx, Legs/Low Body

* = Depending on which map you look at, the location of these reflexes might be different. Ultimately, Reflexology is not a press-reflex-fix-issue modality so if you are in the general vicinity of the zone the body will respond accordingly because it knows what you are trying to accomplish.

Before we move onto the technique, we have to discuss the topic of body mechanics. Some of you might feel very comfortable bringing your foot to rest on your thigh with the sole facing you, but overall, it is the most difficult position in this self-reflexology class. Please be careful and do not attempt it if your body produces pain from the position. As a general rule, if something doesn't feel good – **DON'T DO IT!** Reflexology is supposed to take away stress, not add to it so make sure your self-care is taking away more stress than it is putting on.

There are three other extremities to practice on, don't feel like you absolutely have to work on all four. A good practice would be to unwind the body utilizing the other three extremities then re-approaching the feet to see if you were able to alleviate enough tension to make the self-care routine position easier.

Foot Routine:

There is a lovely handout which you can download in order to more accurately find the zones on your feet and learn which parts of each foot represent each part of the body. In Reflexology we are 'right to right' and 'left to left' meaning that the right

foot corresponds to the right side of the body and the left foot corresponds to the left side of the body. Likewise, the reflexes are ‘through and through’ meaning that which is on the bottoms of the feet and also on the tops of the feet in the same order. If you wanted to be a little more advanced you can think of the tops of the feet as the back of the body and the soles of the feet as the front of the body.

Hand Routine:

There is a lovely handout which you can download in order to more accurately find the zones on your hands and learn which parts of each hand represent each part of the body. In Reflexology we are ‘right to right’ and ‘left to left’ meaning that the right hand corresponds to the right side of the body and the left hand corresponds to the left side of the body. Likewise, the reflexes are ‘through and through’ meaning that which is on the palms of the hands is also on the tops of the hands in the same order. If you wanted to be a little more advanced you can think of the tops of the hands as the back of the body and the palms of the hands as the front of the body.

Face Routine:

There is a lovely is a lovely handout which you can download in order to more accurately find the zones on your face and learn which parts of each side of the face represent each part of the body. In Reflexology we are ‘right to right’ and ‘left to left’ meaning that the right side of the face corresponds to the right side of the body and the left side of the face corresponds to the left side of the body. In previous sections we have talked about the reflexes being ‘through and through’, however since we are only dealing with the one surface of the face this principal does not apply to Face Reflexology.

Ear Routine:

There is a lovely handout which you can download in order to more accurately find the zones on your ears and learn which parts of each ear represent each part of the body. In Reflexology we are ‘right to right’ and ‘left to left’ meaning that the right ear corresponds to the right side of the body and the left ear corresponds to the left side of the body. Likewise, the reflexes are ‘through and through’ meaning that which is on the front of the ear is also on the back of the ear in the same order. If you wanted to be a little more advanced you can think of the back of the ear as the back of the body and the front of the ear as the front of the body.

Although you may want to take the following book list and read to your hearts content, you will notice a few things:

1) *There is a lot of information of Foot Reflexology and not a lot of information on the other three schools of Western Reflexology.*

This is because The Foot Whisperer Reflexology Institute is only one of the very few Reflexology training facilities that integrate all four schools in addition to creating our own unique content based on the results we have achieved by working with students and clients over the years.

2) *Each Reflexologist has a different way of interpreting (and sometimes mapping) the reflexes.*

Because of this fact you will find incongruences when comparing one author to another. Most of the basic information will be the same as Western Reflexology follows Western anatomy and the stomach reflex will always be on the left foot below the ball of the foot because that is where it falls anatomically in reference to the other organs and structures. However, keep an open mind when doing research and studying other material.

3) *Online learning is no substitute for a live instructor/mentor.*

I would so love online learning to be completely adequate, however for a manual modality like Reflexology serious study must be done in the presence of a local instructor who can guide your learning process. For the basics online is fine as it teaches you the fundamentals in a low pressure environment, but for continuing your education it is best to study with an instructor that you can have access to who can also visually correct your technique to ensure proper application.

Please continue your quest to pursue Reflexology and we hope to help guide you as best we can towards a greater understanding of how miraculous the human body is.

Here is a good list of texts to check out as you pursue your study of Reflexology:

Original Works of Eunice D. Ingham: Stories the Feet Can Tell Thru Reflexology/Stories the Feet Have Told Thru Reflexology by Eunice Ingham & Dwight C. Byers

Mouse's Best Day Ever: Children's Reflexology to Soothe Sore Teeth and Tums (Children's Reflexology Programme) By Susan Quayle

Reflexology: Art, Science and History by Christine Issel

Foot Reading: A Reflexology Primer on Foot Assessment by Sam Belyea

Advanced Foot Reading: A Consultative Approach to Reflexology by Sam Belyea

Let's Read Our Feet: The Foot Reading Guide by Jane Sheehan

Reading Toes: Your Feet as Reflections of Your Personality by Imre Somogyi