

Sole to Soul



**Hands-on guidance for
self-care from reflexologists**

**Karen Yosafat Beleck, Becky Cobb, Sandra
Hedges, Danielle St-Jean, and Sarah Szwakob**

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There are four very important words in life:

Love

Honesty

Truth

Respect

Without these in your life you have nothing

Take care of your mind, body, and soul

-Unknown



Introduction: Self Care....What??

Introduction written by Karen Yosafat Beleck, CEnKP, NBCR, CLP

This is being written during our enforced separation during the COVID-19 Quarantine Times. Depending on when you read this, either “How are you managing?” or “How did you manage?”

Both questions are relevant to today, right now.

So.... You already know that if you give and give, without receiving anything to replenish yourself, you run out of “give”, right?

The question is, how can we give to ourselves? How can we receive? Ahhh..... Self Care!

I’m sure many of us have our favorite things that we do, or wish we were doing, or wish that we ‘could’ do, if only we had the time. For right now, during the COVID-19 Quarantine, many now have the time (others feel like they have less yet need to include self-care even more).



And if you are reading this at a time when you are free to move about as you wish, or you are needing bodywork, and there's no one available.... These ideas are for you!

In the end, Self-Care is really about Self-Worth.

Do you value yourself enough?

Do you feel you are worth taking care of?

Your body is your instrument.

If you don't care for your Instrument, you won't be able to use said Instrument to help others.

If you take care of your own peace of mind so that you can be available to take care of others, that's a beginning.

The goal, in my opinion, is to realize that you are valuable for yourself, that you are worthy of good health, and that you are taking care of yourself for YOU, first and foremost.

That, my friends, is another discussion. Until then, may the health you care about first, be yours.

Infinite Love and Gratitude.



DIY Foot and Skin Care Recipes

Our skin is our largest organ. When you use your own ingredients you can feel confident in nourishing your soul and soles while nourishing your hands, feet, and skin with your homemade skin care products.



Peppermint Foot Soak

By Sarah Szwakob

$\frac{3}{4}$ cup Epsom salts

$\frac{1}{4}$ cup baking soda

2 peppermint tea bags

6-8 drops peppermint essential oil

Add ingredients and warm water to a tub or basin. Soak your feet for 20 minutes. Then pat dry.

I like to use organic tea and an organic high-quality peppermint essential oil.

Optional: add 6 to 8 drops of tea tree oil for an antibacterial option.



Bath Bombs for a Foot Bath

By Perfect Harmony Danielle St-Jean

1 cup of citric acid (can find in canning section)

1 cup baking soda

1/2 cup cornstarch

1/2 cup coconut oil (can also use almond or olive oil)

8-10 drops of essential oil (for relaxation use lavender or to help with circulation, use peppermint or wild orange or any citrus oil)

Place citric acid, baking soda, cornstarch, and oil in a bowl and add essential oils.

Mix well with a spoon until a soft dough is formed.

It should be like damp sand. If it's too wet, add more cornstarch and baking soda until it's the right consistency.

You can add coloring if you want, or dried herbs, flower petals.

[Recipe continues on next page]



[Bath bombs continued]

Place it in a silicone mold.

Let sit 24 hours before removing.

To use: drop-in a foot bath or in the bathtub.

Enjoy!!

Bunion Rub

By Becky Cobb

To help reduce the pain and swelling of bunions, dampen a bag of chamomile tea with hot water

Rub into the joint for 5-10 minutes.



Hand Cleansing Scrub

By Becky Cobb

1.5 oz. salt, pink Himalayan

1 oz. coconut oil

1 oz. jojoba oil

25 drops lavender oil

15 drops lemon oil

Combine salt, coconut and jojoba oils in a 4 oz. container with a lid.

Add essential oils. A small amount goes a long way.

Nourishes the skin.



Love Your Face (and Body) Scrub

By Becky Cobb

1 cup dried rose petals or rose buds

2 cups sugar

2/3 cup coconut oil

6-8 drops of essential oils

You can dry your own petals or I purchased organic rose buds from Amazon. They need to be processed in a food processor if possible. I used a smaller grinder and did not like the texture for the face as much. Because rose oil is very expensive, I used rose otto essential oil. You could use lavender, orange or another fragrance you like with the rose.

Mix all ingredients in a bowl and place into an air tight container.

I made this for all my clients one year for Valentine's Day. Makes a great gift.



Skin Toning Scrub with Juniper Berry

By Becky Cobb

1 cup brown sugar

1/2 cup coconut oil

1 tablespoon dried lavender

10-15 drops grapefruit oil

10-15 drops juniper berry oil

Juniper berry tones the skin, reduces water retention, and reduces blemishes. You might want to try and grind the lavender or use lavender essential oil.

Grapefruit reduces puffiness and helps to eliminate cellulite. Grapefruit and other citrus oils are photosensitive and should not be applied before going out in the sun. This is best used at night.

Mix all ingredients together and store in an air tight container.



Face and Body Scrubs

By Becky Cobb

Face and Body Scrubs are easy to make.

A general rule is $\frac{1}{2}$ cup sugar, brown sugar or sea salt with $\frac{1}{2}$ cup coconut oil or other carrier oil.

Coconut oil needs to be warmed first to melt and then will solidify again.

Liquid carrier oils can also be used.

More salt or sugar may be needed to give it a firmer texture.

The sugar grains are usually finer than salt.

Add 2-5 drops of essential oils of your choice.

See the information on the following pages describing carrier oils and essential oils so you can create your own unique scrubs.



Carrier Oils Overview

By Becky Cobb

When using carrier oils and essential oils be sure to use reputable brands. Carrier oils should be organic if possible. Often carrier oils are cheaper in the food section than the health section of a store. Research your essential oils and get a brand that you trust. It is not all about the price, but sometimes you do get what you pay for if the oil is exceptionally cheaper than other brands.

Carrier oils

Almond

- All skin types
- Good for eczema, psoriasis
- Relieves itching
- Soothes dry skin
- Better for massage
- Does not penetrate well
- Goes rancid quickly
- Vitamin A, D, and E



Avocado

- Nourishes dry skin
- Hydrates
- Rich and heavy
- Better mixed with another carrier
- Good for eczema and psoriasis
- Goes rancid quickly

Coconut

- Antimicrobial
- All skin types
- Moisturizing
- Absorbs easily
- Minimal smell

Grapeseed

- Light
- Minimal smell
- Absorbs easily
- All skin types
- Slightly astringent and toning



Jojoba

- Similar to natural skin oils
- Penetrates easily
- Good for mature and dry skin
- Heals inflamed skin
- Good for psoriasis and other forms of dermatitis
- Antioxidant properties

Olive

- Therapeutic for skin and hair
- Soothes, heals, and lubricates
- Strong smell
- Add small amounts to other carriers

Sunflower

- Easily absorbed
- All skin types
- High in Vitamin E



Essential Oils

Anxiety

- Angelica
- Bergamot
- Chamomile
- Clary sage
- Frankincense
- Ylang ylang

Stress

- Basil
- Bergamot
- Cedarwood
- Juniper
- Marjoram
- Neroli



Depression

- Bergamot
- Lavender
- Orange
- Peppermint (no more than 3 drops in a bath)
- Rose
- Rosemary (clarity of mind)

Insomnia

- Chamomile (*few drops on a cotton ball or pillowcase*)
- Cedarwood (*few drops on the back of the neck before bed*)
- Lavender

A great way to use oils at bedtime is to add some to a spray bottle of magnesium oil and spray on legs and arms 20 minutes before bedtime

Disinfectant

- Chamomile
- Clove
- Lemon (*photosensitive, don't apply to before sun exposure*)
- Oregano



- Tea tree
- Thyme

Uplifting

- Frankincense
- Grapefruit (all citrus)
- Jasmine
- Orange
- Peppermint, spearmint
- Rose

Here are some other ways you can use essential oils:

Essential Oils in the Shower

After hot water is flowing, put one to three drops of orange oil on the tub floor for an energizing effect or mix orange with lemon and grapefruit.

- Use Eucalyptus to improve breathing
- Lavender or chamomile would be good for relaxation
- Bergamot balances the mind, body, and spirit



Using Essential Oils in the Bath

By Becky Cobb

Only use 6-10 drops of oil in a bath

Oil must be dispersed because oil and water do not mix. Use one of the following as a dispersal agent.

- 1-2 tablespoons castile soap
- 1-2 tablespoons liquid soap
- ½ - 1 cup bath salts, Epsom salt, Himalayan salt, etc.
- Mix essential oils with dispersal agent and then add to bathwater



Essential Oils as Air Sprays

By Becky Cobb

Add witch hazel to water in a 50-50 ratio to help the water and oil mix and to increase the time that the scent lingers

20 drops of essential oil in water/water-witch hazel mixture

15-20 drops of essential oil in water/witch hazel mixture for stronger scent (stronger is not always better, after about 20 minutes we become accustomed to the smell and may not realize how strong it is)



Essential Oils in a Towel Wrap

By Becky Cobb

Towel wrap method 1

Place a few drops of essential oil on a warm moist towel and drape around your neck or wrap around your feet (use an old towel, some oils do stain)

Towel wrap method 2

In a warm room, place a blanket on a comfortable surface

Cover the blanket with plastic (like the kind used for painting or other large cheap plastic)

Cover plastic with a large towel(s)

Fill a spray bottle (8-10 oz) with hot water and add 10-15 drops of essential oil

Add witch hazel or an emulsifier to disperse the oil

Shake well

Spray oil on a towel

Lie down on the towel and wrap the blanket around you

You can add music or candles to enhance the experience



Essential Oils for Inhalation

By Becky Cobb

Inhalation is the easiest and cheapest way to get the benefits of essential oils

Simply open the bottle and breathe deeply

Or use an inhaler (essential oil inhalers can be easily ordered online and they can come in a variety of colors so you can color-code your scents)

Inhalation is the best way to release emotions

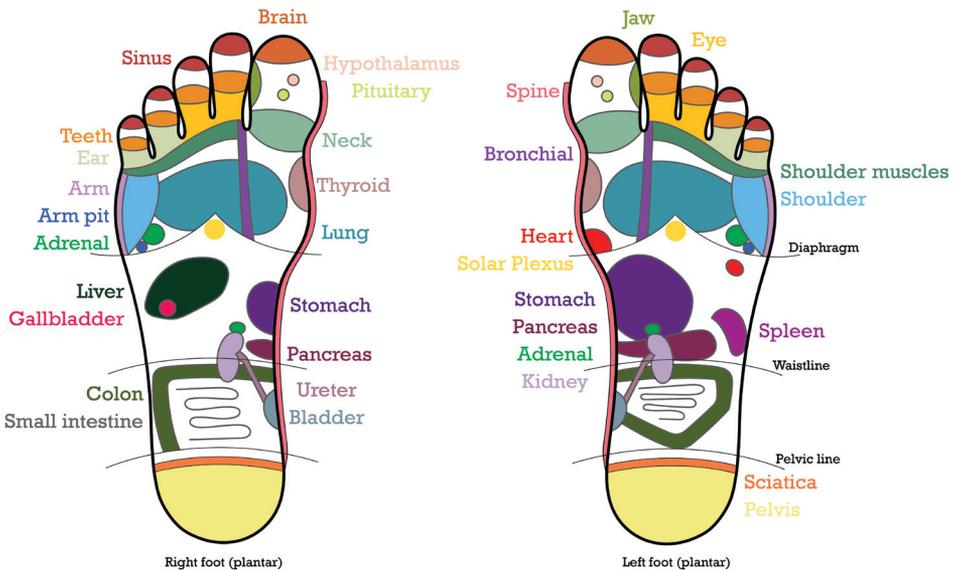
When you inhale, the smell molecules bypass the brain and go straight to the limbic system where memories are stored



Part 2

Tips for Self-Reflexology

Nothing beats the expertise of your favorite reflexologist, but in between sessions you can still experience some benefits with these tips for do-it-yourself reflexology.



Feeling exhausted? Stressed? Overworked" Or have a cold?

By Becky Cobb

The solar plexus point on your hand or HT8 in Traditional Chinese Medicine is in the center of your palm

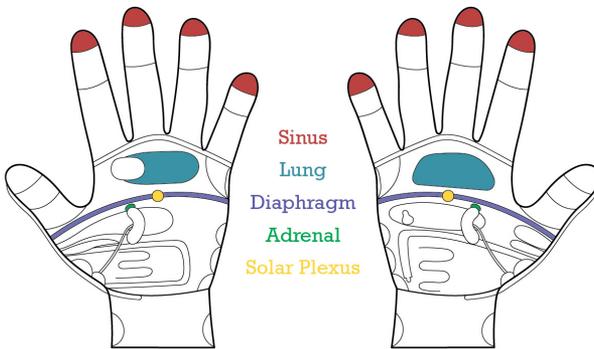
Clinch your hand into a fist and it is where the longest finger touches your palm

Press this point with thumb of opposite hand for 5 seconds

Repeat on other hand

Do series 3 times

Immune System Reflexes



Left hand (palmer)

Right hand (palmer)



Reflexology Self-Treatment Tips

By Sandra Hedges

Since Therapeutic Reflexology works by balancing the whole person on all levels, it can be used to treat and help prevent the manifestation of any illness or disease... It also improves the quality of life in severe illness cases, by easing pain, invoking relaxation and improving bodily functions.

As such, although specific organ and system reflexes can be the focus of treatment in certain conditions, an overall hand and/or foot treatment will address the entire person, and thus help to improve symptoms of whatever nature.

If you have a specific problem area, e.g. neck tension, you can find relief by stimulating the specific reflexes related to this area of the body, such as the bases of the toes/fingers in this case. In the case of systemic diseases, treating the reflexes of the organs affected, as well as the relevant systems involved, such as the immune system and its organs (thymus, spleen and so on), will help to support the body in healing.

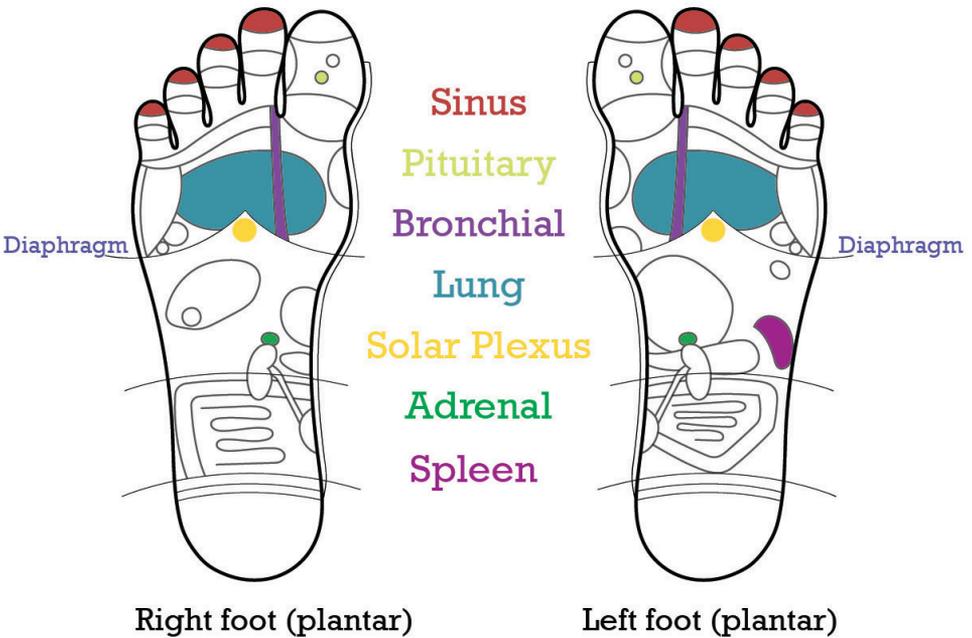
The techniques to use include light pressure, with fingers over the reflexes, where calming is needed, caterpillar or circular movements over the reflexes, and sometimes deeper pressure into areas requiring relief. The pain



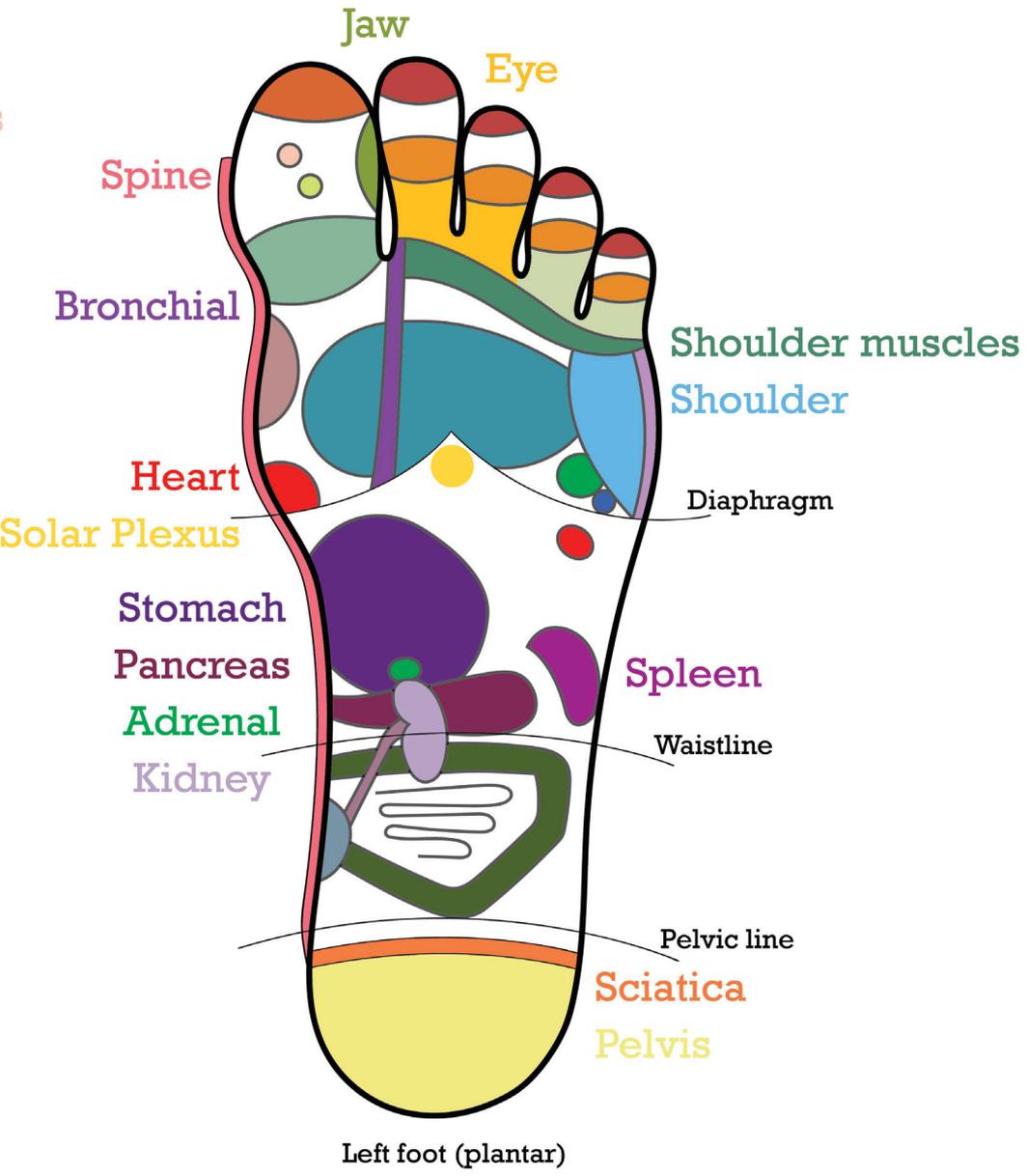
tolerance of the recipient should always be taken into account, as undue pain causes resistance to the positive effects of stimulation and energy flow. Relaxation is an important part of this therapy.

Working a sensitive reflex for up to a minute at a time, 2-3 times per day can bring relief to it and the associated area of the body. (e.g. in the case of neck pain referred to above), while a general overall treatment once or twice a week is good for overall healing and maintenance of balance.

Immune System Reflexes







Tips to Working on Your Own Feet

By Karen Yosafat Beleck, CEnKP, NBCR, CLP

We all love to have Body Work done on ourselves. But while it's not an option to see a professional, I have a few ideas for you to try on yourself.

It's not easy to work on yourself, and you won't get that same energy that you get when you are being worked on by a professional practitioner. However, I have found that while my muscles are loose and relaxed while I'm in the bathtub, soaking in my Epsom salt, I can work on my own feet in a way that I can't do otherwise.

I do a lot of distinct pressure on points while I'm soaking. This means that instead of taking little "bites" with thumb walking, I instead put pressure on each "bit" and hold it until the tension is gone.

This is great for toes, the instep, the base of the toes, and the spinal reflexes. It's also great for the uterine/prostate reflexes, as well. For that matter, it's great for the whole foot, but those are the places you can get to easily while sitting in the tub.

I always feel more relaxed after I've worked on my own feet for a few minutes. And you can also do this on your hands.

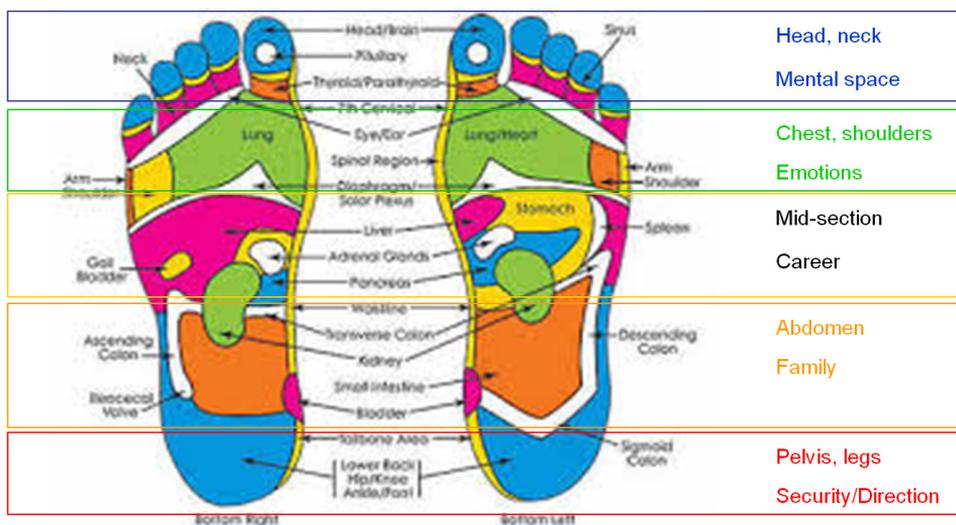


Foot Reading

By Sandra Hedges

Foot Reading involves the assessment of feet to determine the physical and mental / emotional meanings of the reflexes on the feet. In other words, it gives a glimpse into the deeper meanings behind markers on the feet, providing insights into what underlies symptoms, and how one can balance life and get it back on track!

Reflexology Foot Chart & Foot Reading Horizontal Zones

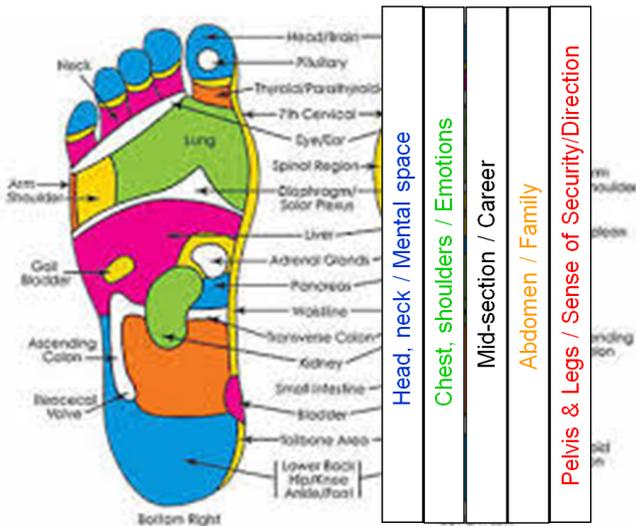


What does foot reading mean to me?

By Sandra Hedges

Nothing happens per chance...every ailment or symptom you have is your body's way of bringing your attention to some area of you life that is out of balance. For example, if you have a sore toe...determine which toe is affected and then see how this lines up with the zones of the feet, so that you can determine what area of life this relates to.

Reflexology Foot Chart & Foot Reading Vertical Zones



Say you have a sore 3rd toe on the right foot* - this relates to a past mental issue (horizontal zone 1) related to your career (vertical zone 3), which can result in symptoms in the head space (headaches, depression, etc), as a result of pressure/stress/unhappiness and so on, related to your career or day to day activities.

In order to find balance, besides addressing the physical and energy imbalances (through treatments such as reflexology, energy kinesiology, massage, etc), you would need to address the career issue that is causing you distress, in order to resolve this imbalance at the level of cause.

There is often more than one issue at play, and this career related stress may go back further, say to the time you were choosing a career path - perhaps your parents swayed you to choose a career that was not in alignment with your passions, and you felt unsupported in your preferred choices, and so on.

There may be other physical symptoms that you experience linked to this.

For example, you may have lower back pain. This can be a reflection of the lack of support you believe you have (mental influence - vertical zone 1 = spine) in this area of life, specifically from family (horizontal zone 4), so in order to address this, you would need to address these beliefs with your family, or resolve to make your own



mind up about what you want to do, and trust you have all the support you need within yourself, and from others in the field you choose to follow.

We need to determine our individual mental/emotional challenges underlying each physical experience, and address these in the most positive manner we can in order to overcome the challenge concerned, and allow the body to heal by resolving the energy blocks that have resulted in the physical imbalance related to this challenge.

The body stores energy patterns related to every experience we have, and if the energy is negative, it causes blockages that result in physical pain or malfunction, so we need to clear these patterns in order to function well, and experience healing.

*The right side of the body relates to masculine energy and/or the past, while the left relates to feminine energy and/or the present.



"It's not selfish to do
what is **BEST** for you"

– Mark Sutton



Self-Care Tips

We're busy. But self-care is more important than ever. We've compiled a few of our favorite ways to incorporate self-care. Try to pick one tip every day to try. As you make the effort to do one thing it will get easier to keep incorporating the different ideas into your day more naturally.



Benefits of Meditation

By Sarah Szwakob

- Reduces blood pressure
- Improves sleeping habits
- Produces more serotonin
- Improved breathing and heart rate
- Elevated energy levels
- Enhanced self-esteem and self-acceptance
- Improved mood and emotional intelligence
- Increased relaxation and awareness
- Increased focus and mental acuity
- Better decision-making and problem solving
- Anxiety, impulsivity and depression decreases
- Better cognitive skills and creative thinking



Meditation Tips

By Sarah Szwakob

Find a quiet spot. Any place you will not be disturbed for a few minutes.

Sit comfortably with a straight but relaxed back. This can be on a chair or in a crossed-legged position.

Focus on the breath. Feel the breath going in and out. Feel the breath rising and falling.

Notice that thoughts arise. It is natural for the mind to be full of thoughts. Allow the thoughts to come up and observe them.

Bring your attention and awareness back to your breath and the present moment. Inhale. Exhale.

Set a timer. Start with 5 minutes. If that is too much, start with 1 minute.

Practice daily. Making it a habit instead of focusing on the length of the session.



Quieting the Mind

By Karen Yosafat Beleck, CEnKP, NBCR, CLP

How many of you have a mind that won't stop at times? Getting ideas out of your mind and onto paper can help with mental chatter.

Too many things running through your mind? Write them down. Keep a small pad of paper, or a tiny notebook, in a pocket with a small pen.

The more you practice writing down the things you keep thinking about so you won't forget them, the more your mind will quiet.

Another way to quiet your mind is with Evening Primrose.

There are many ways to get this herb into yourself, including homeopathic remedies, tinctures, and teas. This herb works to stop the inner chatter. You won't forget things, you just won't have them banging around in your head!



Epsom Salt Baths

By Karen Yosafat Beleck, CEnKP, NBCR, CLP

My number one go-to self-care activity is “playing mermaid”.

I love to soak in a hot bath with Epsom salt. I have been known to let cooled water out and refill with hot water, more than once in a single bath.

Epsom salt is a great way to introduce magnesium into your tissues, which will help you with relaxing, sleeping, and overall feeling better.

Maybe you need to do some research on your phone? Do it while soaking in the tub (carefully!!!).

Have a book you’ve been wanting to read, but didn’t have time? Read while soaking in the tub.

Take a water bottle in with you to remain hydrated while soaking.

I just call it quits two or three times a week, at night, and get into the tub to rejuvenate.

And I use a LOT of Epsom salt, probably about three cups for my tub.



Meditation Alternative

By Karen Yosafat Beleck, CEnKP, NBCR, CLP

Do you have a meditation practice? I do not.

I am a very movement-oriented person, and meditation has always seemed to be too slow for me.

However, I recognize the value of taking time to think on a thing until my mind is quiet enough to actually get my thoughts on any subject in order.

I don't do this often enough, I think. But when I do, I find that I am clearer in my thoughts and my actions for everything.

Therefore, I recommend quiet time thinking on any subject that has been keeping you up and keeping your mind chattering at you!



Practicing Gratitude

By Karen Yosafat Beleck, CEnKP, NBCR, CLP

Practice Gratitude. You've heard this before.

If you really think about it, there are probably one hundred things you could name to be grateful for before you leave your dwelling in the morning.

Finding a way to remain in the present time can allow you to see all the things, tangible and otherwise, for which you can choose to be grateful.

It's something that takes some effort at the start (doesn't everything?), but it will change your actual molecules!

The molecules of Emotion can change your health.

I choose to have happy and grateful emotions. I truly believe that my Inner Joy keeps me healthier than if I were to wallow in angry, tired, negative emotions.

I live my life with the Intention to see Joy, experience Joy, radiate Joy to others. And I believe it helps me to be available to others because I feel so full of Gratitude.



Breathe!

By Karen Yosafat Beleck, CEnKP, NBCR, CLP

Are you holding your breath right now?

Do you find yourself taking big breaths as you suddenly realize you have been holding yours? I'm guilty!

I have to remember to breathe, and therefore, I take the time to breathe deeply multiple times throughout the day.

Look, if you have no other time, breathe deeply while you're using the facilities! (restroom, bathroom, water closet, whatever!)

If you make this a habit every time, you will be training your body to keep breathing appropriately when you don't have to concentrate to do so.



General Health Suggestions

by Sandra Hedges

Drink at least 2 litres of good quality (filtered) water daily; more for each dehydrating beverage (such as normal tea, coffee).

Ensure about 75% of each meal consists of fresh (preferably raw, organic) vegetables, legumes, pulses, seeds, nuts, and some fruit.

Consider the 'Eat Right for Your Blood Type' dietary advice by Dr. D'Adamo to help to optimize digestion.



**"Daily exercise and relaxation/
grounding are all important parts
of a balanced lifestyle."**

—Sandra Hedges



Hydration

By Karen Yosafat Beleck, CEnKP, NBCR, CLP

By nature, we need to hydrate. And no, the alcohol you keep stashed for those special occasions does not count! But water may not satisfy, either. And coffee, while one or two cups a day has been shown to have health benefits, can also dehydrate you, if consumed in larger quantities.

I keep Coconut water on hand, in the refrigerator, at all times. The natural electrolytes help me stay hydrated, as I've found that once I get dehydrated, drinking water no longer suffices. Once the walls of my cells have hardened, it takes more than water to soften them up again. So, Coconut water to the rescue!

Another drink I enjoy is Apple Juice Tea. I use unsweetened apple juice from a bottle. I split the apple juice in half, using a previously emptied bottle, of a similar size. Then I fill the bottles the rest of the way with water. The addition of three tea bags of the same variety is what makes this tea so delicious.

I like to use fruit teas. Remove the string and tab carefully, so as to leave the teabag intact, refrigerate the bottles overnight, and by morning you have a delicious drink you'll enjoy imbibing!



Healthy Eating Tips

By Karen Yosafat Beleck, CEnKP, NBCR, CLP

Eating for one? Eating with a family? Both can be difficult. I don't really like to eat alone. And with a family, children can often derail the healthiest of meal plans.

What can you do? Stick to a menu that you create in advance. When my children were little, they had a choice to eat what I served, or to eat a nut butter sandwich. I had wiggle room for each child to have the sandwich or healthy food they preferred, as long as I didn't have to make a separate meal.

My kids tried new foods, and have a wonderful array of tastes as grownups. I can't speak for what would work with you, as a member of a Family. But I can speak to those who are on their own at mealtimes.

My favorite thing that I started doing for myself, was to drink out of a crystal glass. I read somewhere that if I am saving my special things for special times, those times may not come. BUT, I am special always, so I started using my good things for myself on a regular basis.

I love the fact that I am drinking from a crystal goblet on a regular weekday afternoon!

Do you eat on the run? I usually do. My cooking style comes from my days as a Tupperware Manager. We were



taught, and trained others, to Cook Smarter, Not Harder. My meals work in the following way: I decide that I'm going to do a "big cooking" and make a large amount of something I like.

I go ahead and eat that meal, and then I freeze the rest in individual portion sizes, which I label with the name of the meal, and the date that I made it.

I'll do this several times in the course of a couple of weeks, and then, I only need to cook the large quantities when I run out of a specific type of meal.

In the meantime, it's my responsibility to take out and defrost my choice for my big meal in advance each day. For those who eat their main meal at midday, take your frozen meal out the night before.

I even make my starches in advance. Spaghetti can be cooked al dente, and then frozen in zip lock bags in portion sizes. Then you can steam them hot again, or drop the serving in boiling water for a minute to heat it.

Reheating spaghetti sauce that you cooked previously, or any of the main courses, is a snap!

I also make and freeze rice and quinoa.



Stretch Before Getting Out of Bed

By Karen Yosafat Beleck, CEnKP, NBCR, CLP

Do you have time for some type of exercise routine?

I didn't, and still don't.

However, I have found that before I get out of bed, I can do many stretches that keep me limber and help my sciatica, and I'm finished before I even get up!

You can do it, too. I have faith in you!

Do a series of quick stretches that work your hips, knees, shoulders, back, and neck that you can do while lying down.

You'll feel so accomplished, and you'll feel physically better, too.



Arm Swings

By Becky Cobb

This is from qi gong. It helps to work out the knots in your back and open up your shoulders.

Stand with your feet shoulder-width apart with knees slightly bent

Swing back and forth from your hips with your arms very loose

As you swing your body, one hand swings up to touch your shoulder while the other hand swings behind you and touches the lower back

Then swing in the opposite direction and the arms/hands touch the opposite shoulder and the lower back

Create a nice pace of swing the arms, then try going faster or slower

Don't just swing your arms, actually twist your hips to get the motion flowing

Do this for several minutes



Achy Feet?

By Becky Cobb

If you see your reflexologist for sore and achy feet, in between sessions scatter some beans around on the floor and spend a couple of minutes every day picking them up with your toes.

Maybe start with Lima beans and work down to smaller ones.

This is also a great way to strengthen the muscles in the feet and can help to support your arches.



Tip for Tense Shoulders

By Karen Yosafat Beleck, CEnKP, NBCR, CLP

Do your shoulders get tense, creating a cascade of neck and back tension, as well?

How many of you have heard of working your muscles by pushing and pulling them at the same time? This is called Resistance Training.

With one arm, raise it up over your head. With the second arm, reach over, in front or behind your head to grasp the first arm. You're going to push with the first arm and pull with the second, in all four directions: front, away from the head, back, and towards the head. While Arm One is pushing down towards the front of the body, Arm Two is pushing Arm One back up. Doing this simultaneously releases the tension in the shoulder muscles.

For the other directions, Arm One is pushing out to the side, then towards the back, and then towards the head, while Arm Two is simultaneously pulling towards the head, pulling Arm One back to the front, and pushing away from the head.

This activity is a Brain Gym Activity and is used to help us take in new information, as well as to release the shoulder muscles, allowing better blood flow to the brain.



Releasing Emotions

By Becky Cobb

This is from another form of bodywork called jin shin jyutsu. In jin shin jyutsu each finger represents an emotion.

- Thumb – worry
- Index finger – fear
- Middle finger – anger
- Ring finger – grief
- Pinky finger – pretense
(happy on the outside/hurting on the inside)



Wrap your hand around a finger on the opposite hand.
Hold until you feel a pulse.

This is not your heartbeat.

It might take a few minutes or longer. Hold for at least 3-5 minutes if you don't feel the pulse.

Over time you will feel the pulse and as your body becomes more balanced, you will feel it quicker.

Switch hands.

A great way to balance body, mind, and spirit is to do this daily with all fingers.

This is also a very simple technique to teach children to help them deal with emotions.

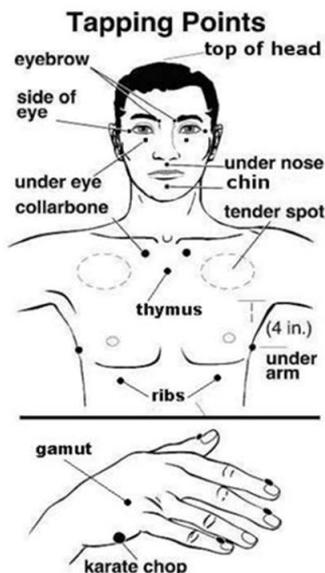
This technique can also be done with the toes. For each toe you do, be sure to do that toe on both feet.

- Big toe – head (headaches, memory)
- Toe #1 – eyes
- Toe #2 – ears
- Toe #3 – stomach
- Toe #4 – back



Emotional Freedom Technique (EFT) by Sandra Hedges

EFT works by tapping with the fingertips on various points on the body., which serves to dispel negative energy and re-balance meridians that have become disrupted when one thinks about or becomes involved in an emotionally disturbing situation.



The Process:

1. **The Set Up:** This sets the stage for EFT to do its work. In this stage you rub either the lymphatic drainage point known as the Tender Spot or tap the Karate Chop Point, while saying your Set Up Phrase out loud three times. The Set Up Phrase is an accurate description of your issue as follows: “Even though I (insert problem here), I deeply and completely love and accept myself”.



2. **The Sequence:** While continuing to hold the problem in mind, you'll tap about 7 times in succession on each of the meridian points. To assist you in keeping the problem in mind, repeat at each point a shortened version of your Set Up Phrase called the Reminder Phrase, for example "This back-ache" (the problem).

Now tap 7-8 times or so on the following points while repeating the Reminder Phrase. You may tap on either side of the body.

"This (problem)"

...on the top of the head

...on the beginning of the eyebrow

...on the bone at the side of the eye

...on the bone just under the eye

...between the nose and top lip

...between the bottom lip and the chin

...just under the collarbone (in the angle created between the breastbone, collar bone and first rib)

...about 4 inches under the armpit (in line with a woman's bra strap, or a man's nipple)

Now tap 7-8 times or so on the following points on the hand, while repeating the Reminder Phrase. You may tap on either hand.

"This (problem)"

...on the side of the thumb, next to the nail

...on the side of the index finger, next to the nail

...on the side of the middle finger, next to the nail

...on the side of the little finger, next to the nail

...on the Karate Chop Point



3. **The 9 Gamut:** The Gamut Point is located on the back of the hand, just behind and in between the knuckles of the ring and little fingers. While tapping continuously on this point, you do the following:

...tap with eyes open...(say the reminder phrase just once, at this point)

...tap with eyes closed...

...look hard left and down...

...look hard right and down...

...move your eyes in a full clockwise circle...

...move your eyes in a full anticlockwise circle...

...hum about five notes of a song (this engages the creative right side of the brain)

...count 1 through 9 quickly (this engages the logical left side of the brain)

...hum about five notes of a song AGAIN

4. Repeat **The Sequence** exactly as before.

This constitutes one round of the Basic Recipe.



5. **Adjustment Rounds.** In some cases, you may get complete relief of your distress from just this single round! However, if the upset is still felt to some degree, simply repeat the Basic Recipe, and substitute the Set Up Phrase you used with this one: “Even though I **still** have some of this (insert problem), I deeply and completely love and accept myself”.



Visual Inhibition for Mental Clarity

This technique is useful when you feel tired, and can improve reading, comprehension and dyslexic patterns.

Procedure:

1. Using 1 hand, place your thumb below 1 collar bone, and your index & middle fingers held together below the other collar bone, while you place your other hand over your navel. Rub these points while rotating your eyes in a full circle in both clockwise and then anti-clockwise directions.
2. Keep your hand over your navel and place the thumb & 2 fingers of the other hand on top of and below the lips, and repeat rubbing and eye rotations.
3. Keep your hand over your navel and place the 2 fingers of the other hand over your tailbone, and repeat rubbing and eye rotations.



Auricular Energy

This process improves sensory input and helps to decrease neck and shoulder tension and increase flexibility.

Procedure:

Turn your head to one side. Take the opposite arm over the head and use the fingers to unfurl the outer fold of the ear, and gently pull the ear away from the orifice. Repeat on the other side.



Cross Crawl

To help with co-ordination, drain lymph and generally raise energy levels.

Procedure:

March in place, moving opposite arms and legs at the same time, for up to 3 minutes.



Emotional Stress Release

To ease emotional upset and re-centre / calm oneself, allowing one to ‘think straight’ again!

Procedure:

Place one palm over the forehead and the other at the base of the skull. Close your eyes and take some deep breaths while you think about the ‘problem’. Continue to do this until you feel the ‘pulses’ at the front and back of the head synchronise, and you feel calmer.



The Power of Positivity

By Karen Yosafat Beleck, CEnKP, NBCR, CLP

In a world where toxic emotions surround us, we need our own little bubbles of happiness to keep us even-keeled. Wait, you don't know how to maintain Joy and Peaceful Tranquility in the midst of electronic bombardment? Hmm... Let me think. I do have a few ideas for you. We are all Role Models for our Families, Friends, and others, so the way we express ourselves affects others. Here are my thoughts.

I started to write about all the negative ways we are being affected. I didn't get more than halfway through the first paragraph when I realized that even writing about negativity was affecting me poorly. Consider this: negative emotions such as panic, fear, anxiety, and loneliness may make you and your family three times more likely to catch a virus, flu or cold. There has never been a more significant time to focus on transforming yourself to boost your own Emotional Immunity and that of those around you. So, let's start with the assumption that we know that negativity exists, and that it affects us badly.

Many of you are leaders in your family or businesses. Others may not consider themselves a leader, but leadership is not about getting people to follow you. Leadership is about presence and simply being the change that



you want to see in the world. Your presence influences others, which ripples out across the entire world in a uniquely positive way. Whether or not you recognize it, we are all leaders. And when you are a positive force in your family or business, they benefit along with you.

If you are reading this during the enforced COVID-19 Quarantine, this may be the most significant crisis you, and all of us, will collectively experience in our lifetime. How we each act today, and over the coming months, has the potential to dramatically affect our future, for better or worse.

I have begun limiting my time on Social Media. The panic induced by mass media, Social and Print, can force even the hardest of us to waver in our attempts to be Positive Role Models. Not reading the opinions of hundreds of other people does not mean I am missing “news”. It does mean that I am protecting myself from the negative onslaught from others. Whether I agree or disagree with anyone, I do not need to get caught up in the back and forth of anyone else’s OPINIONS. I am an intelligent person and can think for myself. Social Media does not allow for the healthy give and take of an intellectual “argument”. It only seems to allow for “argument”. Not my thing, thank you very much.

I was gifted with a compliment. Someone told my Mother that while they don’t read everything on Facebook, when they see a post that I put up, they always make it a



point to read it because they know it will be positive and uplifting. I share the good things. I recommend you find positive messages to read, and perhaps to share with others. Start a conversation about things that uplift you and ask others to share what uplifts them. Try to limit your printed reading to once only every few days. If anything really important comes up, you'll hear about it. You won't need to be reading every Op-Ed (someone else's opinion) on a daily basis.

I make it a point to smile at everyone with whom I make eye contact. If I see you, I smile at you. It never ceases to amaze me that people are so often taken aback that a stranger will smile at them. Smiles are free. And seeing others smile makes me happy. Back to the beginning, by sharing warmth and happiness in the form of a smile, I hope to be starting a chain reaction of goodwill and good Energy shared out. While I'm wearing a mask to grocery shop, the hardest thing for me is that no one can see my smile. I've considered drawing one on my mask, just to let people know I care!

Do you feel that your "problems" overwhelm you? I don't see problems, I see new opportunities! And yes, I do know that not everyone can "do" that. At least, not yet. But, Infinite Love and Gratitude (my daily mantra), you can learn to see possibilities in every situation. I truly believe we were each born to have multiple experiences, and to "deal" with all experiences in the Highest Vibra-



tional Good that we can. When a “problem” arises, I find that I look at the situation and see what can be done to “go with the flow”, and find the Joy and Happiness in the moment. I sound so “new Age”, don’t I?

Well, this is how I really live my life. Even when I get mad, I take the time to acknowledge that I’m angry, breathe deeply, and then I strategize what to do next.

Is being angry for hours going to help the situation?

I think it will “help” you lower your resistance to anything negative “out there”.

I’d rather maintain a positive personal Energy bubble, and continue to function from that mindset.

When something happens that causes you to pause, and think, “this is not a good thing”, do you see the proverbial glass as half full or half empty?

I see the glass as having liquid, regardless of how much. Is it important? Really, truly important? Will being involved in something outside of yourself really help others? Or will it hurt you? The power of choice is the power to choose that which brings good to you and to others.

If I am not for Myself, who will be for me? If I am only for Myself, what am I? And if not now, then when? These words were spoken by Rabbi Hillel.



What do they mean? You must be true to yourself. You have to love yourself if you expect that others should love you, too. Having Self Respect is the cornerstone of a healthy Life.

“Myself” is very special, it’s the place you have to start. But Hillel said you must make room for others in our heart. Yes, love yourself, but caring for yourself and others, without locking others out, is what life is really about.

And the last line reminds us to decide what is important and do it now, even if you’re starting something you think should have been done already.

It’s really never too late to do something that needs doing. Otherwise... today becomes last week, and then last month, and so on!

You’ve heard the saying, “Fake it till you make it”? Well, that goes for Positivity, as well as most any other good intention.

Smile, breathe, compliment others (an especially important act of goodwill), and radiate confidence. If you don’t feel these things, “fake it” until it becomes a true part of who you are.

Go forth and send that Positivity out to the world.

Infinite Love and Gratitude!



About the Contributors

This book is a collaborative effort among several reflexologists located across the world. They've come together to offer you something special, offering their personal tips and advice to help you care for yourself. While this book was written during April 2020 when across the globe we're "socially" and physically distancing, these are tips to practice anytime, all the time, all year long.



Karen Yosafat Beleck

Karen has over thirty years of experience working with children and adults, and is passionate about supporting the health and wellness of others. Using a variety of holistic health modalities, including diet and movement, Karen helps people bring balance to their body, mind, and spirit through individual sessions.

Karen is...

- Director of the Maryland Kinesiology & Wellness Institute
- Former Vice President of the National Touch For Health Kinesiology Association
- A former Officer on the Executive Board of Directors for EnKA (Energy Kinesiology Association)
- A Certified Energy Kinesiology Practitioner (CEnKP)
- A Nationally Board Certified Reflexologist (for hands and feet)
- A Certified Life Line Practitioner
- A registered Touch For Health® Instructor with the International Kinesiology College
- A former licensed Brain Gym® Instructor and Consultant with the Educational Kinesiology Foundation
- A level 1 Resonance Repatterning® Practitioner.



Becky Cobb

Becky has been a full-time reflexologist for 9 years. She is certified through the American Reflexology Certification Board and is currently the interim president for the Reflexology Association of Illinois.

In addition, she works with crystals and essential oils, does sound healings and meditations, and is a reiki master. Becky live in Peoria, Illinois, in the U.S.

Sandra Hedges

Sandra is a registered Allied Health Practitioner (Therapeutic Reflexology & Meridian Therapy), with additional qualifications in Complementary Therapies, including Auriculotherapy (Ear Reflexology), Foot Mobilisation, Holistic & Sports Massage, Aromatherapy, Shiatsu (Japanese Acupressure Massage), Iridology, Hypnotherapy, Regression Therapy, Basic Nutrition & Counselling, Herbalism, Energy Kinesiology, Reiki (Masters), Life Coaching, Vision Board workshop facilitation, & Basic Hatha Yoga (instructor).

She has a private practice in Newcastle, KZN & Memel, Free State in South Africa.



Danielle St-Jean

Danielle is a Holistic Health Practitioner and the owner of Perfect Harmony located in Canada.

She offers reflexology, reiki, energy healing, hot stone massage and relaxation massage with essential oils.

Sarah Szwakob

Sarah is a certified Reflexologist with the Reflexology Registration Council of Ontario who completed her certification through Centennial College in July 2018.

She's a level II Reiki practitioner, a certified yoga instructor and brings elements of mindfulness and breath work into her treatment sessions to help clients deeply relax.

Sarah's practice is located in Ontario, Canada.

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