

Reflexology – a compliment to Reiki.

By Heiné de Waal – 17 June 2010

At this exact moment, are you aware of your feet? How do they feel? When last have you look at your feet? Are you aware that they can "speak" to us and provide us with valuable information about what is happening in our bodies.

We tend to neglect our feet, yet they play such an important role in our lives. Each foot carries half of our body weight. Leonardo da Vinci called the feet "*a masterpiece of engineering and a work of art.*"

Reflexology is an ancient healing art that dates back to around 2500 BC. A pictograph was found in the tomb of an Egyptian physician called Ankmahor. He was the most influential person second to the king and most probably practiced Reflexology. There are many other ancient cultures that also practiced a form of Reflexology.

In the art of Reflexology, the body is mapped on the feet. When the two feet are placed next to each other, it mirrors the complete human body. The big toes represent the head, each toe one half of the head. Finer points on the toes represent the face and internal glands in the head. The ball of the foot represents the chest and lungs, the soft middle part the internal organs and digestive tract. The arch represents the spinal column and the heel the pelvic girdle.

The simplicity of Reflexology really belies its efficacy. The technique is so simple that it does not require years of training to become a master. Apart from the knowledge, a good practitioner only needs good massaging skills, compassion, intuition and a genuine desire to help people.

The benefits of Reflexology are:

- Stress reduction
- Improved circulation
- Body detoxification
- Clarity of mind
- A revitalised body

Reflexology balances the whole system and therefore it is an excellent preventative health-practice.

Receiving a treatment feels like a gentle foot massage, but it is effectively a holistic healing technique. When particular points on the feet are massaged, certain parts and organs are stimulated to vibrate at its optimum frequency, thus bringing the body back to balance and optimum health. Then healing can occur.

I find that Reiki and Reflexology compliment each other extremely well. I often find that people get ungrounded or disconnected when life is difficult and challenging. Reiki can help us to connect with the Soul again - seeing and understanding the bigger picture – but it does not always ground the person. With the combination of Reflexology, the person comes back fully into the body and then they can integrate the wisdom from the Soul. Therefore, by combining Reflexology with Reiki, it becomes a more powerful modality of natural healing.

Next time when your feet feel tired, think of what your body is telling you. Maybe it is not just your feet which are tired, but some other parts of your body that needs some balance. I invite you to pay a visit to a Reflexologist and experience the bliss!