



Maine Council of Reflexologists

Established 1991

Volume 29 Issue 3

Fall 2020

WINTER MEETING

Feb 6, 2021

Virtual

12pm - 4pm

You will receive an email invitation from info@mcronline.org. You must respond to that invitation in order to receive the link to join the call. Afternoon CEU program with Dr. Casey LaPierre, D.C. See page 4 for more details

REFLEXOLOGY

Reflexology, an integrative health practice, maps a reflection of the body predominately on the feet, hands and outer ears. It uses unique manual techniques to deliver pressure to neural pathways assisting the body to function optimally.

Definition of reflexology as determined by RAA (Reflexology Association of America), ARCB (American Reflexology Certification Board), NCRE (National Council for Reflexology Educators) & 200 reflexologists nationwide in 2019.

MCR

P. O. Box 5583
Augusta, Maine 04332
reflexologyofmaine.org
info@mcronline.org

Letter from our President



Dear Members,

It's winter in Maine. The sun is returning, but much of the cold and snow is yet to come. My solace during these dark days comes from trying to avoid the distractions that make my mind spin, and going within to find my center and surround myself with what is true. I find that same peace by being in nature and when I think about holding my precious grandchild who just turned four months old!

The things that touch our hearts - these are the things that matter. We are healers and the world needs us right now. We hold that spirit of warmth, peace, and goodwill and pass it on to others. Whether it is in person, phone or video, social media, or an old fashioned card in the mail, this is what we do. We reach out, offering comfort, healing, and love to our friends, family, clients, and neighbors. Pass it on.

Please plan to join us on Zoom at our next General Council meeting on Saturday, February 6th 12:00 - 4:00pm for a business meeting followed by our afternoon program where we will welcome Dr. Casey LaPierre, a chiropractor practicing in Bowdoin. Some of the topics she will cover include Energetic Anatomy, Setting Intent, Energetic Boundaries as well as Muscle Testing. Dr. Casey's presentation will allow for the opportunity for dialog. You know we like to hear from you! More information on Dr. Casey on page 4. Attendance at the afternoon program will earn 2 CEUs.

Stay safe and be well,
Alison Gingras
President, MCR



FYI COVID-19 information and updates from Maine Center for Disease Control:

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

MCR Officers (2year/2terms)

President

Alison Gingras, Jay
207-242-1450

Vice President

Claire Guy
207-441-5670

Recording Secretary

We need someone

Treasurer

Nancy Butler-Smith, Augusta
207-592-4573

Correspondence Secretary

Linda Nickerson
info@mcronline.com

RAA Delegates

Lisa McNeil, Houlton
207-521-5030

Karen Tibbetts, Oxford
207-890-1633

Standing Committees

Names listed are chair positions only.

Membership: Susan Buzzell

Education

Continuing Ed subcommittee: Cindy Hilton

Library subcommittee - Cindy Hilton

Bylaws - Alison Gingras

Legislative - Wendy Decker

Standards/Ethics - Karen Tibbetts

Public Relations

Newsletter subcommittee: Claire Guy

Website subcommittee: Loretta Baker,

Brochure subcommittee:

Ad Hoc Committees

Historical:

Outreach

Common Ground Fair sub: Karen Tibbetts

Reflex & Cancer sub: Mac MacDonald

Mail coordinator: Nancy Butler-Smith

Bank statement Monitor: Claire Guy

WE NEED YOU

Committees can always use more volunteers. Check the list of committees and sign on as a volunteer. Many hands make light work; and it is always a rewarding experience. For more information contact anyone on the committee you would like to join - the list of committees and their chairperson is listed here. You may contact anyone on the Board.

From the Welcoming Committee

While MCR is the tie that binds us together as a group, we all have lives outside the world of reflexology.

When a fellow member experiences a health issue or loss of a family member, the Welcoming Committee would like to express the caring concern of MCR.

If you would like to have a card sent to another member, on behalf of MCR, please forward the request to: Chrissy Ravelli-Studer and the committee will see that an appropriate card is sent. Thank you ~ Chrissy, Cindy

Newsletter

The Maine Council of Reflexologists' (MCR) Newsletter is published three times yearly following the Spring, Fall, and Winter general council (GC) meetings. Its purpose is to provide members with news, and information pertaining to our organization and profession. Material herein is educational in nature and not intended as a substitute for medical advice or guide for treatment. Further, the views of the authors are not necessarily the views of the editor or of the MCR Board of Directors. The editor reserves the right to edit and/or refuse to print any material submitted.

Newsletter Editor Claire Guy
solewisereflexology@gmail.com





Calendar of Events

Winter Meeting Saturday Feb 6, 2021 12 to 4PM

This meeting is on Zoom. Watch your email for the invitation to register from info@mcronline.org.

Afternoon CEU program with Dr. Casey LaPierre, D.C.

Spring Meeting Saturday May 15, 2021

Fall Meeting Saturday Oct 23, 2021

RAA Conference 2021

April, 23-25, 2021

A Virtual Event

Visit their web-site for details at <https://reflexology-usa.org>

National Conference for Reflexology & Bodywork Practitioners

Feb 26-28, 2021 Baltimore, MD

Both on-site and virtual options available.

<https://www.nationalreflexologyconference.com>

ICR Conference Berlin, Germany

Sept 16-19, 2021

<https://icr-reflexology.org/>



Be Safe

Solewise School of Reflexology

As a result of the current health situation we are all experiencing, the school continues to offer certification with a mix of Zoom and in-person activity. Only 2-3 people will be permitted per class. There is one opening for the February start date for someone who has already taken A&P (i.e., massage therapist, nurse).

A hand class (30 hours) will be offered in the near future. You must already be certified in foot reflexology. Dates are not set at this time, but if interested, please let me know and I will commit to a date.

solewisereflexology@gmail.com

Share your upcoming events here

When you have events to share with MCR members, send information to our **correspondence secretary** at info@mcronline.org or **Claire** at solewisereflexology@gmail.com.

Support those who support you

Our web-site designer, Deb Newman, continues to do great work for MCR. She is doing **lots** of work for MCR for free. We encourage our membership to hire Deb in support of MCR, her business and yours. Reach her at

arts@petitetaway.com.

Check out her web-site at petitetaway.com. Find her on facebook: [facebook.com/](https://www.facebook.com/deborah.newman1)

[deborah.newman1](https://www.facebook.com/deborah.newman1)

Dr. Casey LaPierre, D.C.

The Chiropractic Transformation Center

Dr. Casey was born and raised in Cyr Plantation, Maine by two very hard working and loving parents. She had common colds 4-5 times a year her entire childhood, into her teens, and was given anti-biotics 4-5 times a year. This completely destroyed her immune system and gut bacteria. She became allergic to every single family of anti-biotics and had severe reactions. While at The University of Maine at Presque Isle working on her BA, she had systemic candida imbalance. By the age of 22 she could no longer digest her food. After all the doctors she had been to without results, she decided she would have to find a way to heal herself. At the age of 26, Dr. Casey attended chiropractic school at Life University in Marietta, Georgia, where she learned many cutting edge modalities and adjusting techniques that help people heal quickly and safely. These techniques allow her to find and help fix underlying problems many doctors miss. She graduated with her doctorate in chiropractic in 2016.



Throughout her studies, our presenter knew there was way more to healing than just addressing the physical body. She got some answers but it wasn't enough to heal her body. This ignited her search for other healing modalities that includes the emotional, spiritual and metaphysical aspects to the body. These modalities have allowed Dr. Casey to find the true root causes and advance the healing of not only herself, but of her patients.

Today Dr. Casey has her own practice filled with compassion and a community of patients who continue to expand their healing on multiple levels.

In our afternoon program, Dr. Casey will introduce us to some of the techniques she puts into practice so we can expand our horizons in the healing arts as well. We want to incorporate some of her techniques into our own reflexology sessions process. Some of her topics include Energetic Anatomy, Setting Intent, Energetic Boundaries as well as Muscle Testing.

chirotransformation.com chirotransformation@gmail.com



Some of the recommendation and links to self-help in these times of anxiety

You Can Heal Your Life by Louise Hay



Myra's students received a copy of this book so that anytime a client inquires about an issue, they can look up the potential source of the problem together. This delves into what the emotional block is and an affirmation to release the block.

Louisehay.com

HeartMath www.heartmath.com/experience/

A message from the CEO of HeartMath:

The HeartMath Experience interactive program is especially appropriate **during** these times for maintaining emotional balance, mental clarity and sustaining resilience. The content is uplifting and provides scientifically validated tools for managing stress and anxiety — which we need now more than ever.

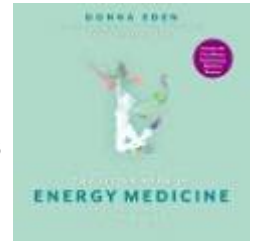
The program provides practical and effective tools for preventing and releasing stressful attitudes and feelings, and for connecting with your heart's intuitive directions for the best choices in whatever your life situation calls



for. You will learn how to activate heart qualities of love, kindness and compassion to help enhance your immune system, health and self-security.

The Little Book of Energy Medicine by Donna Eden

Donna Eden provides simple, easy exercises to enhance the balance, flow and harmony of your body's energy system. This practical handbook is based on Donna's 35 years of experience



teaching thousands of people natural techniques to instantly feel rejuvenated, happier, more alert and less anxious. It couldn't be simpler. The exercises can be done at a moment's notice and are suitable for all ages. Put an end to stress, fatigue, mood swings, worry and anxiety, and start the day feeling greater joy and vitality.

Lynn Marie Danforth works with Joe Dispenza who talks about heart coherence. She spends time with a group from around the world who follow this modality of thinking. Read blogs and other relevant information: drjoedispenza.com/

And this from Linda R. Nickerson

Here are two apps that I use and find very helpful in maintaining a centered and balanced life experience.

1. Insight Timer App: Free

Insight Timer is the #1 free app for sleep, anxiety and stress offering both recorded and live events in yoga, meditation and sleep.



2. Brainwave App: \$4.99

BrainWave uses low, mid, and high frequency ranges of Delta, Theta, Alpha, Beta, and Gamma binaural tones combined in layers and stages to create powerful multi-stage experiences. Different states of mind are associated with specific brainwave frequencies that would be inaudible if played directly.

These frequencies can be induced in the brain by playing two different tones into each ear (binaural tones), which after being processed by the brain, are perceived as an inaudible binaural beat matching the target brainwave frequency. As you listen, your own brainwaves fall into step and synchronize with this frequency.

Headphones/Earbuds must be worn for Binaural Tones to be effective. The app includes Multi-Stage Binaural Programs for Sleep, Focus, Memory, Energy, Positive Mood, Power Nap, Deep Sleep, Motivation, Confidence, Anxiety & Stress Relief, Relaxation, Meditation & much more!



From Kim Sweat one of our Tapping Gurus

Assess how the issue you will be tapping on makes you feel rating it on a scale of 1 to 10.

Now tap starting with a set-up statement:

Set-up: Tapping on side of hand, say 3 times what your issue is and a positive follow up. Ex: Even though I'm feeling anxious, I accept myself as I am. Or, Even though I'm feeling anxious, I choose to be calm. There really isn't a wrong way to do tapping so whatever comes to mind.

On your **KARATE CHOP POINT:**

Fill in the blank with whatever the issue is. We will use anxiety as the example. Anxiety is general. If you're more specific about what you're anxious about, you can add that to the tapping round above rather than just saying anxiety repeatedly.

- ⇒ Even though I'm feeling anxiety,
I accept myself as I am
- ⇒ Even though I'm feeling anxiety,
I accept myself as I am
- ⇒ Even though I'm feeling anxiety,
I accept myself as I am and the situation as it is

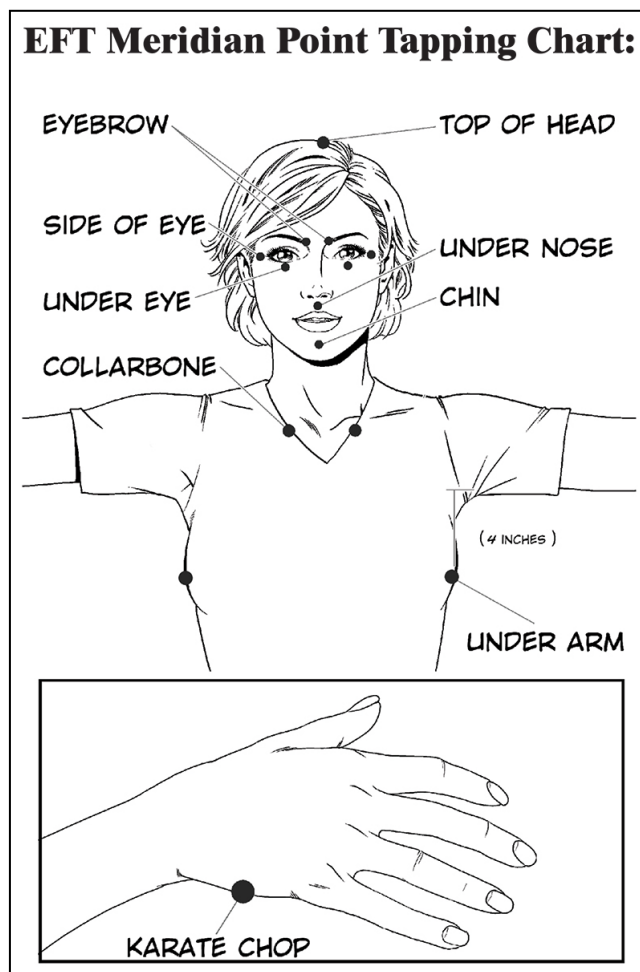
TAP ON POINTS:

1st Round: **The issue**

- ⇒ Top of head: All this anxiety
- ⇒ Eyebrow: I'm feeling very anxious
- ⇒ Side of eye: All this anxiety
- ⇒ Under eye: I'm feeling very anxious
- ⇒ Under nose: All this anxiety
- ⇒ Chin: I'm feeling very anxious
- ⇒ Collarbone: All this anxiety
- ⇒ Center of chest (thymus): I'm feeling very anxious
- ⇒ Under arm: All this anxiety

2nd Round: **Releasing Emotions**

- ⇒ Top of head: I release all guilt
- ⇒ Eyebrow: I release all distrust
- ⇒ Side of eye: I release all shame. I release threat. I release all anxiety
- ⇒ Under eye: I release shoulds and should nots
- ⇒ Under nose: I release all anger. I release all resentment
- ⇒ Chin: I release all unworthiness. I release all anxiety



- ⇒ Collarbone: I release all sadness. I release all hopelessness. I release all helplessness
- ⇒ Center of chest: I release all heartache. I release all betrayal. I release all lack of forgiveness of myself and others
- ⇒ Under arm: I release all stress. I release all powerlessness. I release all fear. It's safe to let it go

3rd Round: **Positives**

- ⇒ Top of head: I am enough just as I am
- ⇒ Eyebrow: I am worthy. I am trustworthy
- ⇒ Side of eye: I am my greatest asset
- ⇒ Under eye: I am strong and capable
- ⇒ Under nose: I am confident
- ⇒ Chin: I am worthy of all great things
- ⇒ Collarbone: I am enough just as I am
- ⇒ Center of chest: I am loved. I am forgiven by myself and others
- ⇒ Under arm: I am fearless. I am at ease. I can do this. I accept myself as I am

Take a deep breath in and out. Think about the issue you were tapping on. Assess how you feel on a scale of 1 to 10. Did the original number lower? Keep tapping until you feel some relief, preferably a number 2 or below. If something else comes up for you to tap on, just keep tapping while you say whatever is coming up for you. If you need to, simply say **“Release and let go. It's safe to let it go”** **There is no wrong way to tap.** Please let me know if you have any questions or phrase suggestions. I'd love to hear from you.

Heartfelt Blessings,

Kim ksbuttons13@yahoo.com

Common Ground Fair and Reflexology

I started going to the Common Ground Country Fair back in the 70's. Things have changed, like most things do, but the presence of The Maine Council of Reflexology (MCR) has been there all along. I remember back in the early 80's, one fair in particular I was having trouble with my feet, due to flat feet. I was hobbling along when I heard, “Hey you come over here I want to talk to you.” It was Aloisia, Pollock, from MCR. She said “sit down, take off your shoes and socks.” So I did, and that moment my life changed. I received a treatment that sent me to heaven and back. She explained all about the feet and how they relate to different parts of the body. I was amazed at the knowledge she was sharing with me. She talked of zones and energy pathways. Then she told me that I could learn to become a Reflexologist. I put my shoes and socks back on and felt like I was walking on clouds the rest of the fair. Well, when I got home I got a hold of some reflexology books and read them and started working on friends and family.

Skip ahead 20 years. I had a shoulder injury and had to change jobs, so I decided to become a Reflexologist. I found Myra Acorn's Treat Your Feet School of Reflexology in Augusta, Maine and became a Certified Reflexologist. During my 20 year career I have had many a fair goers feet pass through my hands and I am very glad I became a Certified Reflexologist and so could you.

Michael MacDonald
Aka Mac The Traveling Reflexologist
Holden, Maine



Editor's note: Although Mac has retired from his reflexology business, he remains an avid supporter of MCR. Thank you Mac. Best wishes in your retirement.



ARCB 2020 EXAM DATES

<https://arcb.net/take-the-arcb-exam>

ARCB 2021 testing registration is now open (as of 12/31/20). Dates posted on their website are tentative and subject to change based on state restrictions at the time of testing due to COVID-19. ARCB will make every effort to notify all participants, within a timely manner, of any test date and/or location changes.



Aloisia Pollock: My 1 1/2 week old grandson enjoyed his first reflexology experience. First he was very alert to his feet being touched, then he drifted off to sleep.

Your Executive Board
at work.
smile



Solewise School of Reflexology Graduates



Kim Sweatt
ksbuttons13@yahoo.com



Sarah Cook
Mathiesonsarah.c.mathieson70@gmail.com



Promis Bryant
natandpromis@gmail.com

Three SoleWise students were stopped right in the middle of their schooling by the pandemic. Because we didn't have Zoom at the time, we ran the remainder of our classes via FaceTime!!! That was a fun challenge!

After each of the students went through adjustment to their own home and work routines, each came back to complete her certification in hand and foot reflexology. Happy and pleased for all of them. We will schedule a celebration lunch once it is safe again.

Kim Sweatt, practicing in Falmouth, also offers Reiki and EFT. She works very closely with doctors who work with Lyme clientele.

Sarah Cook-Mathieson, also a hair dresser and energy healer, works in the Damariscotta area.

Promis Bryant, a hair dresser, nail tech and now reflexologist works in Damariscotta.



Solewise School of Reflexology Graduates



Kassandra Batey-Kee
keekassandra@yahoo.com

Seven more reflexologist ready to rock and roll. All four graduates on this page attended Zardus School of Massage. They received additional hours in reflexology that allows them to be fully certified in reflexology.

Kassandra Batey-Kee will be practicing in the Augusta area. She is a PT assistant and a connoisseur of healing herbs.

Dianna Murphy is continuing in the Zardus mentoring program to expand her knowledge as a massage therapist. She is practicing in Gardiner.

Kathy Hodges practicing in West Bath is a massage therapist as well.

Alecia Lorance Is practicing at The Massage Sanctuary in Gardiner.



Dianna Murphy
bellafarfalla2016@gmail.com



Alecia Lorance
Alecia.EnchantedWoods@outlook.com



Kathy Hodges
kathyhodges@yahoo.com

Aloisia Pollock shared this article from her teacher, Prudence Tiarks.

Metamorphosis

A new way of looking at life and a means to transform it

by Prudence Tiarks

Do you ever feel 'stuck' in life or experience patterns of behavior repeated in your life and your family? Do you feel life speeding up and an increasing desire to clear out your closets, both 'inner' and outer?

Amongst the ever-increasing healing modalities stands a gentle, non-invasive, profoundly transformative and unique work called Metamorphosis. An English Naturopath, Robert St. John, who also worked with the Bates Method of eye correction, developed Metamorphosis in the early 1960's. During his work with eye disorders he realized that long and shortsightedness reflected how we perceive the world and that all dis-ease arose from attitudes of mind (thought patterns). If these could be transformed, we could also transform ourselves and our reality. For this to occur, the true essence of each person must be reached and then their own life-force guided by their innate intelligence would achieve true and lasting healing. In other words, to untrain the conscious mind and retrain the unconscious.

In his search he investigated Reflexology, used by the Chinese 5,000 years ago, when they discovered that energy lines traveled up and down the body. By using specific points in the feet, other areas of the body could be accessed for healing to occur. From his own maps of the feet and extensive observation Robert St. John found not only a physical map of the spinal reflexes, but also a psychological one and the 'clue' to his quest, a 'time-map', relating to the time before birth and conception, and, in fact, a map of life itself. Thus, everything we have brought into this life from the beginning of time! Recent research is proving that the time before birth is the most important time of our life, when the building blocks and thought patterns are established, not only for physical development, but for the growth of consciousness. If there is too much stress around the developing being, they may get; what Robert called 'stuck in time' (blocked), and, depending when that occurs during the gestation time, it will very likely show up in life and our body and behavior patterns.

The body has an exquisite intelligence and constantly tries to give us messages, which, for the most part we ignore. Working at the core level with Metamorphosis, Robert St. John realized that the practitioner is solely a catalyst, with no expectations or impositions, allowing the recipient a simple easy way to free consciousness, to let go of old patterns and reach a

new way of being, only when they are ready. To be in touch with your inner authority, your true essence, is to reveal the joy and peace of being in the synchronistic moment and of reaching one's true potential; what Deepak Chopra calls "the field of infinite possibilities".

Sessions are usually at least one hour, but can be shorter and are deeply relaxing. Gentle pressure is used on the spinal reflexes on the feet, hands and head and sometimes the spine itself. The feet, (our moving/will center) not only allow us to stand erect, but mirror all our being, how we move through life and towards our destiny. The hands, (our doing/feeling center), mirror our executive ability - how we handle life - let go or have a grip on life. The head (our thinking center), mirrors our attitude to ourselves and to everything and everyone around us.

Anyone can use Metamorphosis to make deep and lasting changes in their life, on all levels. Early in his work Robert St. John discovered that, when working with babies with Down's syndrome, sometimes the symptoms disappeared. It was as if the family did not 'need' that pattern anymore and therefore it could change. The work has special significance during pregnancy, (particularly if the father can be involved) and at the two thresholds - of birth and death. When working with the dying, it has been found that Metamorphosis can help someone handle their process and 'let go of life' easily and peacefully. When an entire family experiences this work, they can accommodate each other's adjustments. Because it is easy to learn, families and friends can effortlessly work on each other and one can also work on oneself. Children love the work and changes occur rapidly as their patterns are not so rigidly fixed. Animals also enjoy and benefit from the work.

As we move into the 21st Century, we should be resolving past patterns that we no longer need, in order to heal ourselves and for each of us to reach our true potential. We can then be free to create a new humanity and a new planet.

Prudence Tiarks RN (UK) has been using Metamorphosis in her life for 11 years and teaching with the public and in hospitals in London. She has volunteered with HIV-positive groups and with autistic children in the United States. She has lectured at various Expos. throughout the United States. You can contact Prudence at PO Box 1473 Sebastopol, CA. 707/824-0527 or 707/522-8474. See her ads in this issue.

Reflexology Association of America (RAA) graciously allows us to reprint articles from their Magazines. We have shared articles that may be of great interest to our membership. Enjoy this one from the Winter 2021 edition of *Reflexology Across America*.

HOW VISIBLE IS YOUR REFLEXOLOGY BUSINESS?

Kassy Killey (IL)

If you are wanting more clients, the first question to ask yourself is, “Does my ideal client know that I exist?” Then I’d probably follow up with “Does my ideal client know how I can help them?”

As a starting point, this is pretty important to help you decide what actions to take to help attract new clients.

If you asked me to list 100 ways to attract new reflexology clients (and if there’s interest, I’ll actually create that list) there’s one common thread among almost everything that would be on that list. It’s all about being visible, or being *more* visible, to your ideal clients.

Think about it, whether you’re posting on social media, sending marketing emails, running ads, networking, creating a website, putting up flyers, running a contest, etc. it’s all about helping that ideal client know you exist first and foremost, but then once they know you exist they need to understand and value how you can help them.



HERE ARE A FEW QUESTIONS TO ASK YOURSELF IN REGARDS TO VISIBILITY:

- Do the people walking/driving by your business know you’re there? Can they tell what you offer at a quick glance as they pass? (Assuming you’re not home-based as the rules are different, though there are probably subtle things you can do.)
- If someone is searching for a reflexologist wherever they might search, can they easily find you? Think about searching on Google, on Facebook, local directory sites, asking their chiropractor, etc.
- If someone you know is talking to their friend who mentions struggling with a health issue that you can offer support for, would the person you know think to suggest that you/reflexology can help them?
- How do you expect new clients to hear about you?
- Where is your target audience spending their time both in person and virtually (work, watching the news, reading the paper, social media, other sites online, local businesses, local organizations, events, etc.)? Is there any way for them to hear about you or reflexology in these spaces?
- Once they’ve heard of you, met you, been to you, etc. do you continue to be visible to them? As in, are they continuing to think about you in some way? This can happen if they are on your email list and you’re emailing them, they see your social media posts, they come across your flyers, see your marketing/educational messages where they spend time, etc.

Hopefully just thinking about these questions and the answers will give you insight into where you need to work to be more visible in your community and among the people who are your ideal clients.

The better you understand who your ideal client is, the easier it will be to know where you need to work on increasing your visibility as well as what messaging will help them understand and value what reflexology can do for them.

Then as you think about which marketing and promotional efforts are worth your time or money, you can ask yourself, “Will this help me be more visible to my ideal clients?”

For more information, contact Kassy Killey of OnPoint Holistic Marketing at kassy@onpointholisticmarketing.com.

Member-In-The-Spotlight

Traci Martin

Newsletter Reporter, Donna Dyer

My husband and I own **C.W. Martin Concrete**, a concrete construction contractor company. We also own a property management company and a company called **You & Improved** (a wellness business). I always had an interest in reflexology, but the motivating factor to pursue reflexology further was our business, **You & Improved**. I use a non-invasive fat loss laser called Zerona. This laser is highly dependent on the body's ability to process fat. In looking for ways to increase clients' results, I began to research ways to improve the lymphatic system. My search led me back to reflexology. I already had an office and knew I could see clients at the same location. The extreme flexibility of my main job, bookkeeping for our other two companies, allows me to work at home, so I knew I could easily schedule private clients. I signed up, then graduated from SoleWise School of Reflexology with Claire Guy in 2018.

Many people have no idea what reflexology is or how it can help them. I am passionate about sharing reflexology with others and being able to make a difference in someone else's quality of life. For me, one of the most enjoyable parts of being a reflexologist is helping clients resolve long standing pain. One month ago, I saw a new client who complained of chronic back pain from surgeries he'd had. After a fall last year, his pain increased. The doctors could not find anything wrong. Reflexology was the first thing in a year that was able to bring him some relief. I love that it is natural and something clients can also do at home for themselves. Most of the clients I see come to me for some kind of pain relief.

I volunteer each year at the House in the Woods, a military hunting retreat for veterans. I would say that 85% of them have never heard of reflexology and are amazed at the effect it has, even after just twenty minutes. They have sacrificed so much for us; it is the least I can do to give back.

I became a member of MCR as soon as I was given the paperwork in class. I think belonging to a professional organization is a necessity in our field. The state does not regulate our profession and being a member of MCR helps my clients feel confident being that I am a certified reflexologist. Being a member also helps me stay connected to other members. Sharing experiences and knowledge with other reflexologists is a wonderful resource. I am also a member of ABMP (Associated Bodywork and Massage



Traci with babies Sulley and Jayne at 15 weeks old..

Professionals).

I attended Sally Kay's "RLD" workshop and "Reflexology for Cancer and Palliative Care" with Sue Ricks. I incorporate parts of both of these techniques into almost every session with clients. I have yet to meet anyone who didn't benefit from both. Currently, I am taking an online ear reflexology course from Alison Rippin. I am excited to bring that to my practice as well.

On the personal side, I am an avid hunter. My husband and I enjoy hunting vacations and even went to New Zealand last winter. That trip was absolutely amazing! We also enjoy fishing and trapping. I enjoy creative arts as well.

My children are young adults now and to fill the void they left, I adopted two Great Dane puppies, Sulley and Jayne. They keep my days pretty busy. They are a mellow lovable breed. I hope to be able to bring them to the Veterans Home as therapy dogs when they are a little older.

I have a pretty full plate most days, but my sessions with clients are almost as therapeutic for me as they are for them. Working on clients gives me time to quiet my mind, focus on them and relax. I am looking forward to continuing my practice and continuing to learn. There is always something new on the horizon!



Maine Council of Reflexologists

P. O. Box 5583

Augusta, Maine 04332