



Officers: Ted Helms, President; Carrie Wagner, Secretary; Larry Hill, Treasurer; Brenda Carlson and Rev. Leslie Hall; Board of Directors

We are on the Web at: www.tnreflexology.org

2011 Fall Reflexology Workshop:



The TRA 2011 Fall Seminar will be held on Saturday, September 10, 2011, in West Knoxville at the Farragut Town Center Community Room from 10 to 5 p.m.. Kristen Radden, a holistic healing practitioner and educator specializing in Reflexology, will be presenting a workshop entitled "**Spiritual Aromatherapy.**" The course is designed to amplify your energy work through the art of aromatherapy. During the session, Kristen will present 30 essential oils and their roles in psychic development, spiritual protection, and vibrational healing. The student will practice aromatherapy energy balancing techniques and intuitive selection of oils; understand essential oils and their connections to the chakra system; and use anointing oils and vibrational sprays. Each participant receives a customized vibrational spray. You may receive a NCBTMB certificate for this course (CEU option) or you may take it without continuing education units (Non-CEU option).

Course Outline:

- ~ Overview of essential oils;
- ~ Preview 30 essential oils and identify their vibrational indications;
- ~ Energy effects of common carrier oils;
- ~ Using anointing oils and vibrational sprays;
- ~ Aroma types; and
- ~ Practice energy techniques using essential oils.

CEUs: 6 (NCBTMB & ARCB)

The cost for the seminar is \$60 for TRA Members and \$70 for non-members. Please RSVP to Larry Hill via e-mail at lhill_hand@hotmail.com or phone (865-522-1447) **by September 7, 2011**, to pre-register to reserve a space. Please note that if we do not have at least 10 people to pre-register, the class will not be held.

Annual Membership Dues:

The annual membership fee of \$20 (\$15 if we have your e-mail address) for 2011 is now due to remain in good standing. The membership application and mailing address is on the TRA Website at www.tnreflexology.org or by contacting Larry Hill at lhill_hand@hotmail.com. Please let us know if you want your e-mail address to be listed on the TRA website. Since the last newsletter, the following individuals have renewed their current membership or have become new members:

Julia Hover
Memphis, Tennessee

Barbara Rector
Oak Ridge, Tennessee

Pat Paul Catuncan
Knoxville, Tennessee

Upcoming Educational Opportunities:

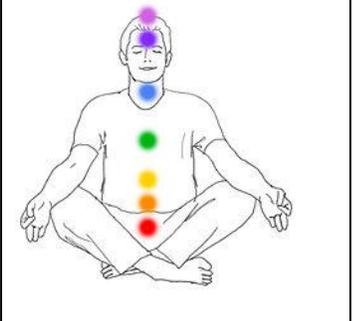
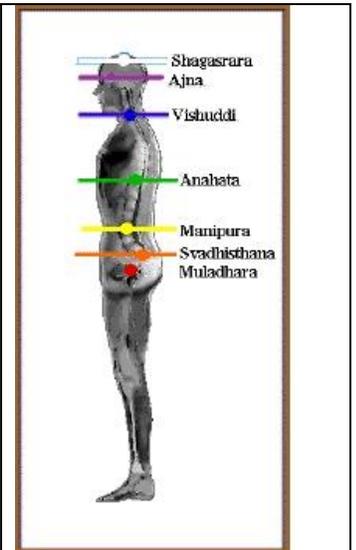
1. **Academy of Radiant Health, for more information go to: www.AcademyOfRadiantHealth.com**
 - **Prenatal Massage**...August 6 & 7, 2011..9am – 5pm....Hudson, WI...14 CE's.
 - **Foot, Hand & Ear Reflexology**...August 13 & 14, 20 & 21, 2011...9am – 5pm...Atlanta, GA...28 CE's.
 - **Thai-Yoga Body Therapy-Level 1**...August 27 & 28, 2011...9am – 6pm...Atlanta, GA...16 CE's.
 - **Thai Massage on the Table**...October 15 & 16, 2011...9am – 5pm...Hudson, WI...16 CE's.
 - **Atlanta, Georgia: Beginning Foot Hand Ear Reflexology**, Aug 13-14, 20-21, 2011, 28 CE Hours
Instructor: Ko Tan, Telephone: (770) 843-2993
2. **Pacific Reflexology, "Moving The Energy: The Interface of Reflexology, Massage, and the 12 Meridians and 5 Elements."** August 20-22. This is a two part, three day workshop with Lilian Tibshraeny-Morten, an international teacher, author of "Moving The Energy - Reflexology and Meridian Therapy," and past Director of Education for the IIR, St. Petersburg, Florida. For more information, go to www.pacificreflex.com
3. **North Carolina: Chi-Reflexology with Morse Arnold**—September 9-12, 2011, sponsored by North Carolina Reflexology Association (NCRA). ARCB CEUs. For more information and to register: <http://reflexology-nc.org/index.php?Workshops>
4. **Ohio: Manzanares Method of Reflexology**, sponsored by the Reflexology Association of Ohio (RAO), September 24-25, 2011. Contact: www.reflexologymentor.com/schedule/

What are the 7 Chakras*?

Due to the similarities between the Chinese and Indian philosophies, the notion of chakras was quickly blended into Chinese practices such as acupuncture and belief in ki. The convergence of these two distinct healing traditions and their common practitioners' own inventiveness have led to an ever-changing and expanding array of concepts in the western world. According to medical intuitive and author, Caroline Myss, who described chakras in her work *Anatomy of the Spirit* (1996), "Every thought and experience you've ever had in your life gets filtered through these chakra databases. Each event is recorded into your cells and in effect your biography becomes your biology. The chakras are described¹ as being aligned in an ascending column from the base of the spine to the top of the head. New Age practices often associate each chakra with a certain color. In various traditions chakras are associated with multiple physiological functions, an aspect of consciousness, a classical element, and other distinguishing characteristics. They are visualized as lotuses/flowers with a different number of petals in every chakra.

The chakras are thought to vitalize the physical body and to be associated with interactions of a physical, emotional and mental nature. They are considered loci of life energy or prana, also called shakti, qi (Chinese; *ki* in Japanese), koach-ha-guf (Hebrew), bios (Greek) & aether (Greek, English), which is thought to flow among them along pathways called nadis. The function of the chakras is to spin and draw in this energy to keep the spiritual, mental, emotional and physical health of the body in balance. They are said by some to reflect how the unified consciousness of humanity (the immortal human being or the soul), is divided to manage different aspects of earthly life. The chakras are placed at differing levels of spiritual subtlety, with Sahasrara at the top being concerned with pure consciousness, and Muladhara at the bottom being concerned with matter, which is seen simply as condensed, or gross consciousness.

* Source: Wikipedia



Obituary:

Dr. James A. Carlson, D.O., F.A.O.A.S., age 77, of Knoxville, passed away Sunday, July 3, 2011, at his home. Jim, who practiced Osteopathic Medicine in Knoxville from 1973 to 2008, was the husband of TRA Board Member Brenda Carlson. Our deepest sympathy goes out to Brenda and the Carlson family.