



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

Spring Reflexology Swap Shop

The Tennessee Reflexology Association (TRA) is sponsoring a free Spring Swap Shop that will be held at the Healthflex School of Reflexology Inc. on Saturday, May 12, 2012. The school is located at 5410 Homberg Drive, Suite 22A, in Knoxville. Please enter through Door "C" of the building. Drop by between 10 a.m. and 3 p.m. to exchange reflexology sessions on each other. As Reflexologists, we rarely get a chance for someone else to work on our feet, so this will be a great opportunity to share techniques, theories, and practices. Also, if you have items for sale, bring them along for an "indoor garage sale." Please bring a portable chair or table suitable for reflexology if you can. Light refreshments will be served. Please RSVP no later than May 10 to Larry Hill at lhill_hand@hotmail.com if you are able to participate. We must have at least 6 people to RSVP or the event will not be held.



Annual Membership Dues:

The annual membership fee of \$20 (\$15 if we have your e-mail address) for 2012 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. Please let us know if you want your e-mail address to be listed on the TRA website. The following individuals have renewed their current membership or have become new members:

| | | | |
|-----------------|--------------------|----------------|--------------|
| Theresa Bennett | Julienne Burluson* | Brenda Carlson | Sandra Cuddy |
| Howard Dailey | Linda Garrett | Lesley Hall | Kendall Key |
| Lisa Malone | Stacey Smith | Carrie Wagner | Dianna Young |

* New Members

Reflexology Association of America (RAA) CONFERENCE

Location: Embassy Suites Orlando-International Drive/Convention Center, 8978 International Drive, Orlando, FL 32819. Dates: May 3-6, 2012

RAA Conference Speaker Lineup:

Lilian Morten – *The Circle of Life: Impact of the 5 Elements*

Bill Flocco – *The Power of Foot, Hand, and Ear Reflexology in the Workplace*

Dr. Jesus Manzanares – *Reflexology Throughout Life*

Elizabeth Marazita – *Foot Reflexology Path Walking: The Circle of Wellness*

Sue Ricks – *Infants and Gentle Touch*

Moshe Kruchik – *Maternity Reflexology – Preparing for happy Pregnancy and Wonderful Birth*

Wendy Coad – *Reflexology from a Business Perspective*

For More Information: Visit the Home Page of the RAA Website www.reflexology-usa.org

Food As Medicine: A Feast of Science & Wisdom:

June 7 - 10, 2012, Hyatt Regency Bethesda – Washington, DC area

Join Center Founder and Director James S. Gordon, MD, New York Times No. 1 best-selling author Mark Hyman, MD, nationally-renowned dietitian Kathie Swift, MS, RD and our extraordinary faculty for 4 days of science, clinical pearls, mind-body experiences and unforgettable healthy, whole foods in our popular introductory course in integrative medical nutrition therapy. *CEU'S & Scholarships Available.*

Visit www.cmbm.org/fam for complete details & registration.

ARCB National Certification Exam for Hand and Foot

May 3 2012, Orlando, Florida - Visit the ARCB website (www.arcb.net) to download the necessary application forms or call the ARCB office if you have questions at (303) 933-6921.

Toe Elements*

These five elemental characteristics of the toes can help you discover much about yourself and others you know:

- The first toe represents the ether element or destiny toe.
- The second toe is known as the air toe or the communication toe.
- The middle toe is the fire toe - the 'just to do it,' or not, toe.
- The fourth toe is the water toe, capturing relationship stories.
- The little toe is the earth toe, revealing, on the left - trust, and on the right - prosperity and abundance factors.

Do you have a sixth toe, often thought of as a sixth sense? Or more?

The toes of people who have had more challenging lives will appear 'toe-tied,' depicting the lumps and bumps of the personal and emotional lives they have lived up to this point in time. The ever changing characteristics of the feet, toes and nails provide valuable clues to the inner struggles or inner resolve. As you observe the toes, you are invited to ask deep probing questions. One of the questions that always come up is, "Do the toes change as the story changes?" And the answer is, "Absolutely!" When reading the toes take into consideration all of the characteristics and shape. Flexible feet indicate a person who adapts easily and willing to the life's ups and downs. However, if the foot energy is too flexible, there could be a tendency toward being too easily manipulated. Rigid feet often belong to rigid people-harsh, strict, precise and inflexible. Look for the obvious!

The angle of the toes on the earth reveals the person's innate shyness or outgoingness. Toes that point directly ahead suggest confidence and a forthright approach to life. The ideal angle for the toes is an upright, yet flexible position. When the toes become exhausted and weighted down, you can bet that the person is feeling that same way about their life. Significant past and present issues need to be acknowledged and reconciled to prevent permanent and long-term damage.

The right-foot and left-foot toes do represent different aspects of one's story. For the far majority of people the right foot will store the past and how one is in the world. The left foot stores more of the internal or self representation - it contains the vital energy for the moral and spiritual growth and understanding. Another division could be that the right side is how one relates to the world and others and the left is more of relating to self and Spirit. Rarely are the right and left side stories the same.

*Source: Southwest Institute of the Healing Arts

