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

Healing Arts News:



Where does a person who believes themselves to be a spiritual being draw the line between spiritualism and materialism? This is a conflict many of us have encountered; after all, we are human beings living in an era dominated by technology, consumerism, and a growing abundance of "easy ways out" in the form of every day conveniences. No matter how spiritually attuned we are, or aspire to be, we're not immune to cases of the haves and have-nots. Is it necessary to find a balance, as it is with a lot of things, between sacred spirituality and the desire for material possessions?

Are we hypocrites if we wake up in the morning, say our prayers or devotions, do our yoga practice, drink our coffee, then grab our cloth shopping bags and head to Walmart for the week's groceries? When we have allergies, do we opt for quick relief in pill form or do we make the time to mix our own homeopathic nasal spray using natural ingredients? These are daily conflicts that many of us face. We want balance in our life, balance in our mental side, balance in our social side, and balance in our physical side. If we can keep our mental side balanced, we are free from worry, insomnia, and anxiety. When we keep our social side balanced, we are free from frustration, anger, and irritability. When we keep our physical side balanced, we are free from disease. When in a balanced state of wellness, we are mentally calm, socially clear, and physically well. All three sides of us are in balance and our life is in a natural state of well-being. When our life gets thrown off kilter, natural healing arts modalities can assist in restoring balance.

As with everything, there is a give and take. And somehow we must all look within to reconcile those differences between our spiritual and material worlds. Perhaps finding a balance isn't entirely necessary. Only you, as an individual, can decide how much weight you place on the spiritual and inspirational aspects of your life versus the importance you assign to the many facets of your tangible, material world. So, again, where do you draw the line between artifice and the unseen? Perhaps the answer to this question, the awakening, lies not in drawing a line, but in wanting material things for the right reasons. Sure, there are more sustainable ways to acquire those things we want, such as through local businesses that practice good ethics and support a healthy environment and community, but ultimately, it's a question of why and how we acquire those things, not whether or not we should work toward complete spirituality and relinquish materialism. Just as we have a right to our spirituality, we have a right to go out and get the items we've worked hard for and truly deserve. So as to not fill a spiritual void with the accoutrement of worldly goods, a good rule of thumb is this: If it isn't beautiful, useful, or meaningful, it has no place in your life. Source: [Danielle Gault](mailto:dgault@cwtservices.biz); dgault@cwtservices.biz; phone 905-844-2495.

[Measure Yourself Medical Outcome Profile](#)

The Measure Yourself Medical Outcome Profile, or MYMOP as it is commonly known, is an evaluation tool developed by Dr Charlotte Paterson. It is widely used by healthcare practitioners including complementary therapists and takes the form of a simple questionnaire completed by the patient or client. It is used to measure changes in the patient's experience of a number of symptoms which they identify at the beginning of a series of

treatments. Symptoms can be physical, emotional or social. For further information and to download the tool plus instructions go to the University of Bristol's site: <http://www.bristol.ac.uk/primaryhealthcare/resources/mymop/>

American Academy of Reflexology Articles:

You can now access and read a wide range of articles related to Reflexology and the field of natural health. All you need to do is visit the following link: <http://www.americanacademyofreflexology.com/articlepainrelief/> occasionally to see if a new article has been added that is of interest to you. Here are some recent articles:

"Relieve Pain and Discomfort With Hand Reflexology: Soothe a Sore Back, Neck Pain, Eyestrain, Upset Stomach--Even Carpal Tunnel Syndrome. This article, the results of an interview with Bill Flocco, Director of the American Academy of Reflexology, appeared in *Bottom Line Health November 2000, Volume 14.*

"Reflexology for Cancer - A Synopsis of Case Studies" This is a Synopsis of the Impact of Reflexology on Quality of Life for Cancer Patients as reported in Reflexology for Cancer Patients by Mauricio (Moshe) Kruchik.

"Emergency Checklists" Do you have the right checklist for the types of emergencies that can happen where you live or work?. Although we hope it will never happen to us, it's best to be prepared.

"Over 30 Useful Websites Related To Disaster Preparedness" Perhaps you would like to explore more deeply for yourself, your family, or community.

"Many Needs By Injured and Disaster First Responders" Do you want to know how to use Reflexology to help yourself, your loved ones, neighbors, and first responders?

Annual Membership Dues:

The annual TRA membership fee of \$20 (\$15 if we have your e-mail address) for 2014 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. The following individuals have renewed their current membership or have become new members since the January 2014 *TRA Newsletter*:

Judy Addington	Theresa M. Bennett	Helen N. Braddy	Denise Bradley	Stacy B. Breeden
Pauline Brower	Rev. Marsha Brown	Julienne Burleson	Patt P. Catuncan	Ann Cregg
Sandra Cuddy	Dr. Howard Dailey	Michele P. Daniel	Mia D. Earl	Debra Farmer
Shirley A. Griffin	Rev. Lesley Hall	Roy M. Hamilton	Christine M. Hankes	Ted Helms
Larry Hill	Julia E. Hover	Kendall Key	Kenda Komula	Tina Lopez
Mary Ellen Lovingood	Lisa Malone	Patrick Owings	Ms. Christine Pratt	Barbara Rector
David P. Robertson Jr.	Lucy G. Scarbrough	Stephanie Seavers	Stacey D. Smith	Doris Steelman
Nancy Telford	Gaia Tossing	Debbie Wilson	Dianna Young	

Upcoming Educational Opportunities/Events:

Essential Oils for Immune and Respiratory Health! Experiential workshops on Aromatherapy, Reflexology, Bodywork, Energy Work, in combination and more on the 2nd Wednesday of each month starting March 12, 2014, in Atlanta. Learn how essential oils can boost the immune system and support respiratory health throughout the year. This course will address various issues dealing with these topics and participants will make an immune blend as well as a respiratory inhaler. Instructed by Roz Zollinger, Time: 7 - 8:30pm; Cost: \$35
Contact: info@healcenteratlanta.com or 404.303.0007



Reflexology Association of America (RAA) Conference 2014: Dates: May 2-4, 2014, Location: Santa Fe, New Mexico; Hotel: The Hilton Santa Fe Historic Plaza; Contact: Brenda at brendamakowsky@gmail.com for more details.

Soul Stories Classes: Detailed information is at <http://www.kristenradden.com/calendar.html> or by contacting Kristen Radden via e-mail at solestories@hotmail.com

- March 15-16: **Acupoint Reflexology Level 2** in Chattanooga, TN
- April 5 -6: **Acupoint Reflexology Level 1** in Virginia Beach, VA
- May 2: **Foot Analysis Techniques to Assess Overall Wellness** in Santa Fe, New Mexico
- May 17-18: **Caregivers Reflexology** in Chattanooga, TN
- June 21- 22: **Acupoint Reflexology Level 1** in York, PA
- July 19 - 20: **Acupoint Reflexology Level 2** in Virginia Beach, VA
- October 25-26: **Acupoint Reflexology Level 3** in Virginia Beach, VA

