



Reflexology Hand or Foot

Reflexology is one of the most powerful natural therapies for counteracting the stress and tensions of modern life. It is deeply relaxing, and has a restorative effect on the body.

Our modern lifestyles are highly stimulating. We are often unable, or we forget, to relax properly. We have become used to existing in a perpetual state of nervous tension and we begin to think we need high levels of stress in our daily lives to function "normally".

However, it is also true that too much stress can disturb the body's normal functioning, typically affecting sleeping patterns, and the digestive and immune systems and causing anxiety.

It is not only exhausting to feel permanently on edge, but also bad for our long-term health. This in turn weakens the immune system and leaves us vulnerable to illness; someone who is tired and stressed is more likely to become ill than someone who is relaxed and happy.

Learn to Relax

You must learn how to relax properly, as this is the key to finding balance in a busy lifestyle. If you are relaxed, you can put problems into perspective, release pent-up frustrations, and safeguard your health.

Need some time to unwind. Why not consider Reflexology as a natural way to relax and take that much needed time for you. Call 334-358-3990 to schedule an appointment.



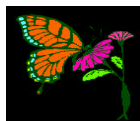
Spring represents new life and new beginnings. It is a period for Re-birth. During spring, the birds even seem to chirp and sing louder all through the day. Maybe they, like us, are celebrating the warmer days. Trees and flowers which have made it through the winter have new blooms and buds. The colors and beauty of spring presents us with splendor for our

eyes. After the winter season, spring has brilliant greens of the grass and the color of beautiful flowers and trees. It is also a time to enjoy the smell of honeysuckle and feel the warmth of the sun on our faces.



The pleasures of nature can liberate us from our everyday world of asphalt roads, concrete sidewalks, and the ever present noise.

Let's set aside a few minutes each day to appreciate the beauty nature has provided for us to enjoy.



Butterflies are Nature's Flowers in Flight

I have a good friend who loves butterflies. She has a wonderful collection of butterfly art and objects in her home and therapy room. I decided to do a little research to find out why they have such meaning and significance to many people.

Butterflies represent metamorphosis, total transformation and ultimate freedom. The butterfly is the only creature capable of changing its genetic structure entirely during its dramatic process of transformation. The DNA of a caterpillar is totally different from the DNA of a butterfly. Thus, the butterfly represents rebirth into a majestic new live.

Our Native American cultures were so fascinated and impressed by the butterfly's beauty, ability to fly, and complete metamorphosis that they included them in folktales.

In the Christian religion, the metamorphosis a butterfly undergoes is symbolic of the spiritual evolution all Christians go through. It is symbolic of resurrection and eternal life, the butterfly emerging from its cocoon represents the resurrection of Christ from the tomb. Just as the butterfly comes forth with a new body, those who trust in Christ come forth with new life.

Plant a Butterfly Garden

I have in the past not had success planting and growing flowers from seeds. I have a client/friend who is

a Master Gardener. She gladly gave me a lot of advice and information about gardening. As a result of her guidance and wisdom I had a beautiful garden of mixed colors of Zinnias and Marigolds in our backyard. She even taught me about dead-heading which made the blooms multiply. This garden attracted so many different types of butterflies. She helped me to turn my thumbs green. First time in my life I have had green thumbs. Thank you, Carolyn!!!!!!!

It was a pleasure and delight to sit on the patio and watch these "flowers in flight".

I am pleased to say most of the flowers lasted into the fall season!!

If you would like more information, the website below is a great one to visit.

www.thebutterflysite.com/gardening.shtml



Solitude

Still, tranquil solitude is an increasingly rare commodity these days, invaded by cell phones, text messaging, I-pods, TV, and other modern conveniences. It seems like we are always in touch. Many times we think solitude is something achieved only in some remote wilderness.

Solitude can be found just by putting ourselves in situations where we need not worry about social interactions or expectations. By being alone, we are freed from being accountable to anyone or concerned about how we are perceived.

Many books, web sites and magazines are devoted to tell how to get life back to the basics and to live more simply. In order to have a more simple life, most advise to take more time for solitude or contemplation.

Why is Solitude Important?

1. It allows us time to reflect, contemplate important questions, sort things out and enjoy a more open-minded perspective. Have you ever been deep in thought when suddenly the answer to a challenging situation will suddenly just come into view?

2. It gives us time to daydream and give free rein to our imagination and aspirations. "You begin to know yourself, how you feel, and what you think about where you are in life", says Jeffery Kottler, Ph D. professor of counseling at Texas Tech University.

3. "Solitude gives us a chance to restore coping resources, to rest and to replenish energy." explains University of British Columbia psychologist Peter Suefeld, Ph D.

4. It allows time for natural creativity in all of us—the sudden and slow insights, bursts, and gentle bubbles of imagination found as a result of alone time.

Solitude allows us to emerge with new discoveries, to unearth original answers. It is like fertilizer to the seed of our imagination. Let's make time for solitude and watch as the blossom in our life transforms into a radiant, beautiful flower. It will be a flower we will enjoy and others in our life will enjoy it too.



Will the Answer be Yes? or No?

Have you ever thought about how much more difficult it is to the word "No" instead of the word "Yes"? Learning to say no can help us avoid getting caught up in a frenzy life style. A life style in which we end up becoming a jack of all trades, master of none.

One of my husband's favorite books is When I say no, I feel Guilty by Manuel J. Smith, Ph.D. For him this book was a reminder and affirmation of his inherited right to say no and to avoid guilt feelings associated with that decision. I think one of the reasons this book was on the best seller list is because the **No** word is a word most of us have difficulty using, but it is a decision we are faced with on a daily basis.

In some of the books I have read, they recommend doing several things before we answer the question.

1. Give consideration to what will be involved.
2. Decide how the choice will affect us short term and also the long term ramifications.
3. Make the decision based upon what is right for us.

Check our calendar before committing. Decide if it is something we want to do or if it is an activity we had rather avoid.

If we realize our plate is overflowing, it might be because we forgot to say: I'd rather not, let me check my calendar, or I'll think about it. Saying

no is one way of telling someone we need a break.

The beauty of life is that we are given choices. When we know what our priorities are, we can build our time around those things which are important to us. If we realize our life is becoming a rush job, let's remember to say "No Thank You".

"Saying "no" can be the ultimate self-care."

-----**Claudia Black**



"ONE"

ONE song can spark a moment,
ONE flower can wake the dream.
ONE tree can start a forest,
ONE bird can herald spring.

ONE smile begins a friendship,
ONE hand clasp lifts a soul.
ONE star can guide a ship at sea,
ONE work can frame the goal.

ONE vote can change a nation,
ONE sunbeam lights a room.
ONE candle wipes out darkness,
ONE laugh will conquer gloom.

ONE step must start each journey,
ONE word must start each prayer.
ONE hope will raise our spirits,
ONE touch will show you care.

ONE voice can speak with wisdom,
ONE heart can know what's true.
ONE life can make a difference.
LET your light shine, it's all up to YOU.

---Unknown



Balance the Scales (Look Good or Feel Good?)

One of the things I have noticed in my more than 15 years in the Reflexology business is that most women will spend money on things that make them look good, but will hesitate to do things that make them feel good.

I think doing things that make us feel good is just as important as doing things that make us look good.

When we as do things that make us feel good, it can boost our self-esteem. It can be a way that says to us, I am worth this, just for myself as an individual.

It can mean standing up straighter, providing a quicker step in our walk because we know we have

gained a more positive attitude for ourselves.

Feeling good as well as looking good is another way to balance our scales in our life.



"To love one's self is the beginning of a lifelong romance!"

About Heart and Sole:

One of the benefits of putting this newsletter together is that it is a learning experience for me. I enjoy doing the research and sharing what I have learned with you. It is always thought provoking for me. I hope I have been successful and you have found the reading enjoyable.



"A mother holds her children's hands for just a little while, but their hearts forever."

---Author Unknown

Gift Certificates are a way to encourage someone to take time from their busy schedule and do something nice for themselves. Remember Mother's Day and Father's Day is just around the corner.

Remember gift certificates are available in person or by mail. Call: 334-358-3990 for information. Visit my website for a menu of services: www.reflexologybypaula.com



"No Matter How Impossible it all may seem. Never underestimate the Power of a Dream"

---Author Unknown



Recommended Reading:

Please Understand Me II

By: David Keirse

Sandpaper People: Dealing with the Ones who rub You the Wrong Way

By: Mary Southerland

The Five Love Languages

By: Gary Chapman