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**Reflexology and Aromatherapy....
A Wonderful Combination!!!!!!**

When the word Reflexology or Aromatherapy was mentioned twenty years ago, most people, myself included, would ask, "What is that?" I became aware of and interested in it both at about the same time. An article in the local newspaper said in Japan peppermint oil was used to scent office space. Studies had shown the smell of peppermint increased concentration. This article inspired me to want to learn more about Aromatherapy. Aromatherapy can be defined as the skilled use of specific essential oils extracted from the root, wood, leaf, seed, herb, fruit or flower for physical, psychological and esthetical purposes. It is the only therapy that utilizes the most *neglected of senses: the sense of smell*. The scent should not be overpowering, but should be subtle in order to awaken the senses.

It was about this time I became interested in Reflexology. A friend gave me a certificate for a Reflexology session as a birthday gift. After that session I knew it was something I wanted to learn.

One of the first things I learned is that neither Reflexology nor Aromatherapy is something new. They each have a long history. Documentation depicting the practice of Reflexology was unearthed in Egypt. This evidence, a pictograph dated around 2,500-2,300 BC, was found in the tomb of the Egyptian physician Amkmahor, at Saqqara. Essential oils are mentioned many times throughout the Bible. The Bible has more than 500 references to at least 33 species of fragrant plants and/or herbs from which they are distilled. All of the oils used by the people of Bible times are still used today, although not always for the same purposes. Twenty years ago it was a challenge to find books about Aromatherapy and Reflexology. Today most book stores will have several books on both subjects. As a matter of fact, some of the larger bookstores use a little aromatherapy. When you enter the store, the aroma of fresh brewed coffee is in the air. It encourages me to just sit down, look through the books and enjoy some leisure time.

When a client comes in for a Reflexology session for the first time, many will comment, "Your room smells so good." I consider this a compliment. I put much thought into making the room pleasant and relaxing because I want that person to know that when he or she walks in the door, it is **their** time, a time for **relaxation**.

Reflexology and Aromatherapy work in unison, one complimenting the other. Reflexology in itself is a stress reliever, but when combined with a pleasant aroma, a wonderful combination is created.



Put on the Brakes

Most of us live a fast paced life. Let's put on the brakes and slow down a bit. Have you considered what a day would be like that did not include an over scheduled blur of work, chores, and ringing gadgets? We all have a day that is filled with too many things to do. This is okay as long as it is not an everyday occurrence. I wish I had had someone to share this fact with me as a younger woman. We do not have to be busy from the time we wake up until we lay our head on our pillow at night. An everyday occurrence of fast pace lives can lead to speed-addict habits.

Finding a slower rhythm can improve just about every part of our life and health. We might discover that birds still chirp and grass has a fresh smell.

When we walk with a destination in mind, do we have the urge to get there as fast as possible? When this happens we might be completely oblivious to our surroundings. "Walking engages your visual senses, allowing you to look at things and really see them," says Willard Spiegelman, author of *Seven Pleasures: Essays on Ordinary Happiness*. The pleasure of walking the same route each day is that you register subtle changes — the way the leaves turn, fall, and bud again.

When you walk slowly you can go over the day, make lists, think what you might have said to someone, what you might still say. It composes and clears your mind.

My husband and I have decided going for a short motorcycle ride has the same effect. You are on a country

road, and you appreciate nature. It gives us an opportunity to appreciate the beauty around us. It also gives us a chance to do some uninterrupted, reflective thinking.

Work Slowly

Six months after Louie retired from Maxwell Air Force Base, he decided he had been retired long enough. I was not yet retired, so we could not take those month-long trips. He got a job working for O'Dell Mining Company in Autaugaville, Alabama.

There was an accident near the plant and a partial load of crushed rock was dumped on Highway 14. The employees were busy clearing the highway with equipment and shovels. Louie was one of the shovel operators and Mr. George, a gentleman in his 80's, was also a shovel operator. They were working side by side. Louie was working at a very fast pace to try to get the job completed as quickly as possible. Mr. George came over to him and said you need to slow down; you are going to wear yourself out. Louie listened and discovered that Mr. George was right. His heart rate went down and he actually was able to accomplish more work in a short period of time. Mr. George had lived long enough that he realized with a slower pace, you can accomplish more.

I can also remember times when I was rushing around trying to get something finished in a short period of time. I soon realized I was all thumbs, dropping stuff and spilling things. Once I realized I was making no headway, I slowed down and things fell into place.

I am sharing these thoughts with you, because, from experience, I have seen that speed habits do not always prove to be the quickest way to finish things in a timely manner. It can actually slow down the end result. When we slow down and put on the brakes, it can be a pleasant surprise to see the accomplishments we make.



When you smile, the whole world really does smile with you.

A paper being published in a British medical journal concludes that happiness is contagious —and that people pass on their good cheer, even to total strangers.

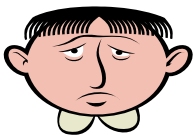
American researchers who tracked more than 4,700 people in Framingham, Massachusetts, as part of a 20-year heart study also found that transferred happiness is good for up to a year.

“Happiness is like a stampede,” said Nicholas Christakis, a professor in Harvard University’s sociology department and co-author of the study. “Whether you are happy depends not just on your own actions and behaviors and thoughts, but on those people you don’t even know.” The study did not factor in social networking Web sites.

In this study, happy people tended to be at the center of social networks and had many friends who were also happy.

Having friends or siblings nearby increased people’s chances of being upbeat. Happiness spreads outward by three degrees, to the friends of friends of friends.

Christakis and Fowler estimate that each happy friend boosts your own chances of being happy by 9 percent. Having grumpy friends decreases it by about 7 percent.



Enduring Disappointment

1. Everyone experiences disappointments.
2. Disappointments can make us feel unloved or unworthy of love.
3. Disappointments happen when what we expect to happen does not happen or it does not happen in the way we anticipated it to happen. People who disappoint us can be family, friends, employers or employees.
4. We may jump to hasty conclusions and misjudge the situation or person. Our feelings may turn into anger or resentment. Remember anger is one letter short of danger.

Helpful Ways to Overcome Disappointment

1. Avoid becoming so emotional that we can't see the truth or the complexities of the situation. One way to manage this is to talk to someone.
2. Keep a balance with the anger and sorrow we feel. Anger is a God given emotion, but we can learn how to manage it.
3. Maintain our own personal sense of fairness. We do not want to become guilty of doing the same thing, they are doing.

4. Remember that we may not be the only person experiencing this emotion. The person who has disappointed us may feel as badly as we do, but not know what to do or say.

Have you had a disappointment that happened because of a misunderstanding and turned out to be a blessing in disguise? I have had this happen many times. At a later date, I could look back at the situation and realize it was the best thing for me. It is one of those “God Winks.” Time has a way of taking care of things.

Ways to Deal with Disappointments

1. Prayer is a way to help in dealing with the situation.
2. Maintain a sense of humanity and realize we are all human beings.
3. Keep a sense of humor. Let's not take ourselves too seriously.



Amish People

Louie and I had the pleasure of going to Shipshewana, Indiana, “The Heart of Amish Country,” in May of this year. We have always been intrigued with the Amish people and the simple life they live.

I mentioned this to one of my client-friends that we were interested in the Amish lifestyle. Sylvia and her husband, Jimmy, have seen so many parts of the U.S.A. She asked if we had been to Shipshewana, Indiana, which we had not. The next month when she came for her appointment, she brought a whole folder full of information about this town, complete with a motel recommendation because it was in the heart of the town. She recommended we take a cooler to bring back Amish Cheese, butter, etc.

We learned many things while on our trip to this lovely town. I would like to share a few of the things we learned about the people.

The Amish separate themselves from the surrounding community by installing white fences around their farms.

Their transportation consists of enclosed wagons, black in color. The wagons range from 2, 4, 6 or 8 passenger sizes. These wagons are pulled by harness horses which are trained elsewhere. The people also travel by bicycles of every size. They

travel rain or shine, either in a wagon or on a bicycle.

The average family has seven children. The family wash is hung on a clothes line to dry.

The yards around the houses are absolutely beautiful; pretty grass, flowers, and well maintained.

They do not spank babies because they consider them a Gift from God. The boys and girls have until the age of 18 to decide if they want to remain in the Amish community. If they decide not to, they are not disowned.

On Sunday afternoons, the neighbors gather and the children play volleyball.

If you have an opportunity to travel to this community, I would highly recommend it.

Our next vacation will be to one of the Amish communities in Ohio. My tour guide, Sylvia, said they are unique, but a little different from the Indiana Amish Community.

Community News

A reminder: If you are interested in attending a Yoga Class, they are held at Millbrook First United Methodist Church each Monday evening beginning at 6:15 PM and Wednesday mornings beginning at 10:00 AM at the same location. The cost of each class is \$5.00. The response to this offering has been tremendous, but there is still room if you would like to attend.

Vegetarian Cooking Class

First and Third Wednesdays of each month. 1:00 PM at 116 Saint Francis Place, Prattville, Alabama. For information call Anna Bastida at: 361-9064 or e-mail: annabastida@ymail.com.



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

Give a Reflexology or Pampered Feet and Reflexology Gift Certificate for a friend, family member, supervisor or boss. Check my website: www.reflexologybypaula.com for all of the services I offer; hand massage, etc.

About Heart & Sole: *I hope you have enjoyed reading this newsletter as much as I have enjoyed writing it. It is always my goal to share with you things I find uplifting and thought-provoking and I hope you have found it interesting.*