



## Reflexology

One of my dreams was to become a certified Reflexologist. For my birthday many years ago a friend took me to lunch and then for my Big Birthday surprise. The surprise was a Reflexology Session.

This was my introduction to Reflexology. I knew this was something I wanted to learn. Our children were small at the time and it was difficult to go to another state to begin the learning process; after all I had a full time job.

I had my name added to the mailing list of the International Institute of Reflexology and received material from them. I read and studied this material.

At a point in time with the children a little older, I decided it was the right time. I signed up and attended a workshop in Nashville, Tennessee. I began to move toward certification. This was a year-long process, attending three workshops to learn all of the techniques. My confidence grew. I was required to hand in completed documentation of sessions which were signed by clients, who received complimentary sessions.

In order to receive my certification I had to take a practical and written exam. If you could not pass the practical exam, you were not allowed to take the written exam. This was scary because I had not taken an exam of any type in many years.

When I passed both tests I received my Reflexology Certification. This was a dream come true.

Since then I have established a full-time Reflexology business. The rewards have been tremendous. I have been able to provide clients with stress relief that is indescribable. Many cannot believe that working with the feet or hands can affect the whole body.

The most amazing thing is that I am relaxed at the end of the session. With the water garden, candles, and relaxing music and doing what you

enjoy has not only been a benefit for the client, but for myself as well.

My business has been built through the years with referrals and gift certificates. When people experience the relaxing benefits of Reflexology they want to share it with friends and family.

If you know someone who needs a relaxing time out, why not give them a gift certificate for that special occasion. Call me at 334-358-3990 or check out my website: [www.reflexologybypaula.com](http://www.reflexologybypaula.com) for the menu of services I offer.



**Gratitude is the fairest blossom which springs from the soul.**

– Henry Ward Beecher

## GRATITUDE

Each morning when we awaken, do we greet the new day with a smile and a grateful attitude or do we greet the new day with a frown? If we have a smile and a grateful attitude, chances are we are well on the way to having a good day.

Gratitude is an emotion expressing appreciation for what one HAS – as opposed to, say, a consumer-oriented emphasis on what one wants. The scientific studies in the field of thankfulness carry a valuable daily lesson for improving happiness. Feeling thankful and expressing that thanks makes us happier and heartier.

*Psychology Today* studies show that gratitude not only can be deliberately cultivated but can increase levels of well-being among those who cultivate it. In addition, grateful thinking, especially when it is expressed to others, is associated with increased levels of energy, optimism, and empathy.

There are many different ways to achieve an attitude of gratitude.

1. **Focus on what we have, not on what we do not have.** Being grateful for what **we do have** keeps us in a positive place, where as focusing on what we do not have keeps us in a negative place. When we focus on

what we have, it is one way to express gratitude. I am so grateful for my family and my home. My family provides me with love and acceptance of who I am. My home is a shelter over my head. There are many people in our world who would feel rich if they had a shelter over their head to keep them dry when it rains, kept them cool on hot summer days and warm on cold winter days.

2. **Express an attitude of gratitude to others.** Say “Thank You.” This is the most basic and well-known way to show appreciation to others. This can be done in several different ways. You can say it in person, by phone, in a hand written note or by E-mail. A note to your child’s teacher thanking him/her for their hard work and patience might give them a boost of energy when she needs it most. You may never know what effect this has had on him/her, but it *will* have an effect. Or try a note to a doctor or nurse thanking him/her for the excellent care they provide for you.

3. **Keep an appreciation journal.** Give it a try, just for one week. Keep a daily journal or list of the things you appreciate. Refer back to it when you are feeling stressed as a reminder that not everything in life is difficult or stressful. Below are a few examples of items to add to your appreciation journal.

1. The wonders you felt as you learned a new idea or skill.
2. The excitement of connecting through laughter or words with a friend.
3. Something someone did for you that caused your heart to swell up with love.
4. Something you did for someone else that brought the person pleasure or joy.
5. Hearing the laughter of a child.
6. Your accomplishment in life.
7. Your own valued qualities and talents.



When we awaken tomorrow morning, let’s greet the new day with a smile and an attitude of appreciation. We can almost be guaranteed to have a brighter day.

## Be Thankful

**Be thankful that you don't have everything you desire. If you did, what would there be to look forward to?**

**Be thankful when you don't know something, For it gives you the opportunity to learn.**

**Be thankful for the difficult times. During those times you grow.**

**Be thankful for each new challenge, because it will build your strength and character.**

**Be thankful when you are tired and weary, because it means you have made a difference.**

**Be thankful for your mistakes, they will teach you valuable lessons.**

**Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles and they can become your blessings.**

– Author unknown.



### Dream

A couple meanings of the word dream are: an aspiration; ambition, to conceive of; imagine.

When I received my certification for Reflexology, it was a dream come true. When we dream of something, it is always of something we would love to accomplish or do. It can take time for dreams to come true but we must believe it will happen. We also have to do our part to help that dream along its way. If it is something we truly want to attain, the rest is easy. Just take whatever steps feel good and right for you, always following what's in your heart, and before you know it, your dream will come true. When our dreams do come true, there is such a comforting warm feeling in the heart.

Most college students have dreams of what they want to do and they take classes to fulfill those dreams.

I have a friend who is a gifted artist. During the working years she did not have the time to pursue her artistic ability. Now she is semi-retired and takes art lessons. Her artwork is beautiful and she has won several awards. The most important thing is that she is enjoying a talent God gave her.

We are never too young, too old or too in between to have dreams. It is one way to keep life interesting.



**“There is nothing like a dream to create the future”**

– Victor Hugo

**“Nothing happens unless first we dream”**

– Carl Sandburg

**“The invariable mark of a dream is to see it come true”**

– Ralph Waldo Emerson



### Allowances

By Margaret Buckley

As children, most of us received allowances from our parents, and as parents we give allowances to (and make allowances for) our children. Much of the time the children had to earn these allowances.

As adults we work hard each day but are not always so generous with ourselves. Below are suggestions for some adult allowances:

1. You are allowed to follow your dream.
2. You are allowed to laugh and have fun.
3. You are allowed to like what you like and to dislike what you dislike, no matter how many people disagree with you.
4. You are allowed to have some time for yourself.
5. You are allowed to be creative.
6. You are allowed to have a bad day.
7. You are allowed to make mistakes.
8. You are allowed to change your mind.
9. You are allowed not to know all the answers.
10. You are allowed to be yourself.

Sometimes as adults we try to be everything to everyone and we forget to be kind to ourselves.



### Holiday Stress

Christmas is a wonderful time of the year with lighted Christmas trees and the smell of cooking in the air. It can also be a stressful time.

In addition to all of the routine goings-on of life, holidays add entertaining and visiting, decorating, gifts, cooking, and financial strain. Add to this the pressure to be relaxed and happy everywhere you turn. Holidays present situations that differ from our usual day-to-day life. When we are used to something and know what to expect from it, we enjoy a comfortable sense of control.

According to Dr. Paul Rosch, president of the American Institute of Stress, one Midwestern headache clinic reported that complaints of tension and migraine headaches increased 40% from Thanksgiving to Christmas compared with other six-week periods during the year.

Recognizing stress is crucial to doing something about it. We have a strong say in determining the impact of stress in our daily lives. Once we realize we need stress relief, we can begin to make changes to reduce the stress. Taking slow, deep breaths is one of the most effective methods which are available to us at all times. We can use this method whether we are alone or in a group. Try it, it works!!! Also let's make it a point to do something we find relaxing. We will be the winner.



**Why not consider a Gift of Relaxation for Christmas this year?** Get a Reflexology or Pampered Feet and Reflexology Gift Certificate for a friend, family member, or supervisor/boss. Check my website: [www.reflexologybypaula.com](http://www.reflexologybypaula.com) for all of the services I offer; hand massage, etc. **For the Christmas Season if you purchase 5 Gift Certificates for Reflexology or Pampered Feet and Reflexology, you will receive \$5.00 off each session.**



Remember gift certificates are available in person or by mail. Call: 334-358-3990 for information.

**About Heart and Sole:** I hope you have enjoyed reading this newsletter and found things that will be beneficial to you. It was my pleasure to put it together.

**I send wishes to you for a Merry Christmas and a Happy, Healthy New Year!**