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Heart and Sole

Winter 2009-Spring 2010



**Live Life One Day at a Time  
A New Beginning**

Enjoy each day to the fullest because none of us knows what tomorrow may bring. Let's allow each day to become a new beginning.

I am combining the Winter 2009 and Spring 2010 newsletter this time because my husband was faced with health issues. The later part of November of last year, my husband, Louie, visited the emergency room of Prattville Baptist Hospital. The emergency room visit resulted into a 3-day hospital stay. Our medical doctor scheduled an appointment for a colonoscopy for the first part of January. Louie wanted to wait until the Christmas season was past.

The doctor who did the colonoscopy found a tumor which would have to be removed because it was attached to the appendix. When his office called with the results, they said the lab results showed cancer. He scheduled Louie an appointment two days later with a surgeon, Dr. Foxhall, who our neighbor, Bobbie Collier, recommended to us. He was wonderful!! While talking with Dr. Foxhall during the consultation, I mentioned cancer. He said, didn't you get the results; it is not cancer. I explained we had

requested the results be faxed to his office so we had not seen them.

On January 26, 2010, Louie had major surgery, doing a colon resection, removing the appendix and all of the lymph nodes. After 6 days in the hospital he got to come home. There is no place like home, especially if you are getting out of the hospital. While there, your main meals included chicken or beef broth and Jell-O.

After this experience, as surgery virgins, each member of our family gained a new appreciation of each day. Our daughter, Monnica and her family, Brent and Gracie, were there with us throughout all of this.



Gracie, our four-year-old granddaughter, said a prayer for Pops each night. When a child remembers you in their prayers, it is special. Our son-in-law, Brent, took care of Gracie so Monnica could come to the hospital and give me time at home. He told her to do what she needed/wanted to do and he would make sure Gracie was taken care of. Thank you Brent. Thank you Monnica for being the best daughter anyone could have ever dreamed of having. Justin, our son who lives in Tallahassee, called every day and wanted to come home, but his Dad insisted he wait until he was home and could enjoy his visit.

I also want to thank all of the members of our Montgomery Harley Owners Group for their prayers, emails, hospital visits, calls and food brought to our home

and food gift cards. Thank you to the members of our church who knew about the surgery for their prayers, calls and cards. Also last, but not least, my clients who were there for me and so understanding when I needed to reschedule their appointments. We were on so many people's prayer lists, and for this we will be forever thankful. Louie and I did not call everyone because we did not have time to call many of the people to tell them about this because it all happened so fast. Our neighbors were terrific, calling when they saw I was home, checking on Louie. This newsletter is not long enough to thank all of the special people in our life, but you know who you are.

The prognosis of cancer does not mean the end of life. I have friends, clients, and neighbors who are living proof of this. They have had cancer, had it removed and are still in good health many years after their original diagnosis and surgery.

These people have been our support system throughout all of this in that they have shown us cancer does not mean the end. As a matter of fact, it can mean a new beginning of enjoying each day to its fullest.

I hope this has not been boring to you, as it is not the usual format of my newsletter. It has been written from my heart. I hope after reading this you will each appreciate and enjoy each day to its fullest. Like Spring, let each day be a new beginning.



## Worry

Worry is a killer. You cannot worry yourself into a long life. Worry, like happiness, starts in the mind. If we focus on what life is meant to be, and what we want it to be, then set some goals accordingly, we can eliminate some of this anxiety.

Worry is an unserviceable mental and emotional energy. When we let go of worrying we can live more creatively and productively. Many of us spend hours or perhaps days using this energy.



“Worry is like a rocking chair. It will give you something to do, but it won’t get you anywhere.”

– The United Church Observer

Some of us lose sleep because of FEAR, False Events Appearing Real. We worry about what we don’t know. Is it because we fear an event happening or not happening? If we have no control over whether it will happen or does not happen, might as well quit losing sleep over it. If we do have control, then let’s begin a plan of action.



A couple of the lyrics from the song Trouble:

Worry, worry, worry, worry  
Worry just will not seem to leave my mind alone.

Oh, worry, worry, worry  
Sometimes I swear it feels like this worry is my only friend.

In “Wringing Our Hands or Resting Our Hearts?” Mary Lou Redding describes her tendency to worry to a friend. Her friend replied back with

the gentle tease, “Well of course! Why pray when you can worry?” Mary Lou said “that caused her to reflect on what worrying says about how she approaches her daily situation in life. Her words cause me to reflect as well.”



Many of us worry about not having enough time. We could set up an appointment book or calendar with plans and become a little more organized. Allow extra time for unexpected events that might occur.

*“Much can be done in those little shred and patches of time which everyday produces and which most men throw away.”*

– Charles Colten

If it is the action of someone else, we usually have no control of what they say or do. We do have control over what we do.

Let’s take some time to reflect. We are called to “peace which passes understanding.” That means that we do not find that peace because of logic or circumstances. Our peace is the hope we hold. That hope comes from trusting the good and loving nature of God who is always in control.



## How to Plant Your Garden

For the Garden of Your Daily living;

### **Plant three rows of Peas:**

1. Peace of mind
2. Peace of heart
3. Peace of soul

### **Plant four rows of Squash:**

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

### **Plant four rows of Lettuce:**

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

### **No Garden is without Turnips:**

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

### **To conclude our garden we must have thyme:**

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

**Water freely with patience and cultivate with love... There is much fruit in your garden because you reap what you sow.**

I received this from a friend and thought it would be perfect for the spring newsletter. Spring is a renewal of plants and life, after the winter weather. Hope you enjoyed.



Some people will try Reflexology because they are curious. Others come in because they have received a gift certificate.

Others come because they want or need stress relief or relaxation.

If you would like to schedule an appointment, please call: 334-358-3990. For more information about the services I provide, please visit my website:

[www.reflexologybypaula.com](http://www.reflexologybypaula.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](http://www.reflexologybypaula.com)



## Yoga

I used to think Yoga was only for people who are agile and flexible. After attending a class, I realized people who practice yoga *become* agile and flexible. Yoga is an ancient exercise which adapts to fit the needs of each individual. In the classes you are not competing with your neighbors. You work at your own pace and ability. I tried Tai Chi before giving Yoga a shot. With Tai Chi I always felt several steps behind and a need to catch up.

Yoga is more geared toward each individual's ability. It is a good program for people of all ages. *Suza Francina* has written a book "The New Yoga for People over 50." The forward of this book is written by an 80-year-old woman who still enjoys Yoga and encourages others her age to join her in this form of a relaxing exercise.

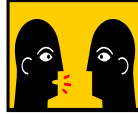
Anna Bastida has agreed to teach a Yoga class, and the time and date is yet to be decided. I hope the class will begin in May. Anna Basitida is a very knowledgeable instructor. Her method of teaching the class works for everyone of every age group and flexibility. I have taken Yoga from several instructors and in my opinion Anna is the best. If you are interested in taking the class, please call me at 334-358-3990 and I will put your name on the list of people to call when the time and date have been finalized.

Some of the benefits of Yoga are:

- It emphasizes breathing with movement. Simple, proper breathing in poses strengthens you and increases your energy.
- Most instructors tailor poses so they are right for your body type, muscle strength and conditioning. Its tradition makes poses conform to the needs of the individual

- It has enormous potential for improving daily life, in both quiet and dramatic ways.

## Life Quotes



"The meaning of life cannot be told, it has to happen to a person."

- Ira Progoff



"Life is not having and getting, but being and becoming."

- Matthew Arnold



"The quality of a person's life does not depend on the circumstances of his life as much as the attitude with which he faces those circumstances."

- Javan

### **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. The first article is on the personal side. Our family learned many lessons from this, which I wanted to share with my clients and friends.

Paula



## Recommended Reading

**Don't Sweat the Small Stuff** and it is all small stuff

By: Richard Carlson



### **The Trouble with "Bumble D"**

By: Betty "Bo" Hagan

This book was written to assist teachers, counselors, and parents. It comes complete with a discussion guide which provides simple lessons related to character development, **bullying**, science, etc. This book is a unique resource for parents and teachers. The picture illustrations are impressive.

I got this book for my granddaughter. There has been so much in the news recently about childhood bullying.