



Reflexology

Reflexology works in wonderful ways, easing stress and calming the nervous system. The multiplicity of physiological responses sends a simple, clear message to the mind: Reflexology feels good. These are the things my clients tell me. Of course, you want to hold onto that just-had-a-reflexology feeling – total body relaxation, muscles relaxed and at ease – for as long as possible. But how long that bliss lasts depends on the state of your body and mind. Many clients have told me they feel the relaxation on into the night and sleep like a baby.

One way to decide if Reflexology is right for you is to consider how you felt before the session and how you felt after the session. A majority of my clients decide they felt better after the session. They will schedule another appointment. In addition to this, some choose to get a Gift Certificate for someone they know who needs some relaxation time.

I am pleased to say in my 16 years in business, I have done very little advertising. My web site is an exception to this rule. It is compliments of a friend who is my web site designer. He does have to spend many hours to make sure the web site is up and running. He is also kind enough to edit my newsletters. I want to give

a big thanks to Larry. If it were not for him I would not have a web site. This web site has been very beneficial in helping clients locate me, as a Certified Reflexologist. I recently had a couple drive over from Columbus, Mississippi, as a result of finding my business through my web site.

I would like to say thanks to all of my clients who have helped me build my business through the years. It is through word of mouth my business has been built.

Many clients have told me they find Reflexology more relaxing than a massage because they know once they get in the recliner they are not required to move, turn over, etc., until the session is completed.

The first wealth is health.

---Ralph W. Emerson

We are only given one body so let's take care of it!!!



We cannot direct the wind, but we can adjust the sail.

As the captain of your life, you decide when and where you'll sail. Life will still impact your course, and you cannot control others, yet as captain of your ship, you are free to make the choice best suited to you.

Eight Beautiful Sentences



1. Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout life.

2. Do you know why a car's windshield is so large and the rear view mirror is so small? Because our past is not as important as our future. Look ahead and move on.

3. Friendship is like a book. It takes few seconds to burn, but it takes year to write.

4. All things in life are temporary. If going well, enjoy it, they will not last forever. If going wrong, don't worry, they cannot last forever either.



5. Often when we lose hope and think this is the end, God smiles from above and says, "Relax, it's just a bend, not the end!"

6. When God solves your problems, you have faith in His abilities; when God does not solve your problems, He has faith in your abilities.

7. When you pray for others, God listens to you and blesses them; and sometimes, when you are safe and happy, remember that someone has prayed for you.



8. Worrying does not take away tomorrow's troubles, it takes away today's peace.



Feng Shui

Winter is the time of year most spend more time inside their homes. One approach to creating a peaceful home environment – one in which we can relax and recuperate from the challenges of the world outside – is Feng Shui (pronounced fung shway). Calm colors, welcoming sofas and chairs, warm, gentle lighting can provide a comforting embrace at the end of the day.

Feng Shui is the ancient Chinese art of harmony and balance, using earth, water, fire, metal and wood to provide a pleasant living environment. “It is the art of understanding how each of us is affected by the places we inhabit,” says Nancilee Wydra, founder of the Feng Shui Institute of America. “If you can identify conditions in a home or office that could be detrimental to functioning at optimum, you can make adjustments and tip the scales in your favor to achieve what you desire.” The concepts are simple and can be applied to any design style.

Some of the ways we can incorporate this concept to our home is:



Light – Any room can be enriched, be it daylight or the warm glow from lamps or candles.

Flowers or Plants – A room seems to be more alive with the addition of flowers or plants.

Water – The sounds of gentle falling water soothe, so a small fountain is a lovely addition to a room.

Wind Chimes – Hanging wind chimes at the front door signals welcome to friends. These delicate, sound producing mobiles are a wonderful addition to our homes.

Mirrors – Mirrors are considered the most versatile and effective way to reflect light and amplify space.

If you go into the book section of Lowe’s Building Supply or into a book store, you will see numerous books on the subject.

The concept and practice of Feng Shui has made its way into American interior design and architectural industries. Your environment can have a huge impact on your life. The beauty of Feng Shui is you can try a change or two, in a way that works personally, and then build upon the positive results. It is a fun subject to explore and decide what works for us in our homes or offices. It is the small things that make our space pleasurable.

Clearing the Clutter

Have you ever felt overwhelmed by the clutter in your home or in one particular room in your home? I have. I recently felt overwhelmed by the clutter in our kitchen.

Late Sunday afternoon, January 23rd, my husband said his back was killing him and the pain reminded him of the pain he felt 30 years ago when he had a kidney stone.

Off we went to the emergency room. Sure enough, it was a kidney stone, and he was transferred to a Montgomery hospital that had a urologist on staff. Monday afternoon he had a procedure call Extracorporeal Shock Wave Lithotripsy which turned the stone into granules.

I was dealing with bronchitis so my energy level was low. In the process of taking care of him, and getting the things he needed – prescriptions, soup, juices, etc. – our kitchen, which is the entrance way we use most of the time, began to look like a cluttered closet with bags on the floor and counter. I did keep food cooked and the dishes washed, so at least it was clean. I did good just to get to the store to get everything he needed.

I am pleased to report as I write this newsletter that things are looking up. He and I are both feeling better and the clutter in the kitchen is beginning to subside. I used the “one step at a time” approach, and little by little it is beginning to become uncluttered.

Dealing with this clutter inspired me to write the article on Feng Shui. My recommended reading is also a reflection of these same issues.



Recommended Reading:

FENG SHUI FOR THE REST OF US

What you can do right now to change your Life

By: Gabrielle Alizay



Gift Certificates are a way to encourage someone to take time from their busy schedule and do something nice for themselves.

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



Remember Valentine’s Day is just around the corner.

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.*

Paula