

What makes Reflexology so Inspirational?



Chris Stormer-Fryer, a recognised authority on reflexology and natural healing worldwide, has been presenting seminars and workshops throughout the UK, Canada, Europe, Australia, New Zealand, South Africa, China and the Far East for over 22 years. She has many TV & Radio appearances to her credit and is the author of seven books on health and healing.

It's amazing to think that every day, reflexology has a profound effect in transforming lives worldwide!

Massaging feet certainly elicits the most incredible and favourable outcomes, affecting every aspect of our being.

Reflexology stimulates us mentally.

It takes our mind away from harsh realities, emptying it of some really bizarre concepts. With our head cleared and mind expanded, it gives us the courage to reconnect with our true spirit and, once again, trust our intuition.

Reflexology influences our emotions.

It encourages us to release bottled-up e-motions* and suppressed fears that tend to upset us. With the air cleared, the quality of our life becomes so much better and we are lured into making further peace with our soul.

Reflexology stirs us into doing something worthwhile with our life.

It cajoles us into understanding painful memories and beliefs. Not satisfied with just sorting out the symptoms of distress, reflexology gets to the nitty gritty by prodding our glands, organs and body tissues into utilising their own marvellous recuperative abilities. It makes us more receptive to the

many incredible opportunities coming our way...and even gives us the energy to do something really great with them!

Reflexology encourages a healthy relationship with ourselves and others.

Our feet already have an innate relationship with the rest of our body. Via the finger tips, we are lifted out of limiting judgements and perceptions, our self-awareness is enhanced and we are given the freedom to just be.

Reflexology initiates essential change.

It eases us lovingly through rough patches and gets us back on our feet so that we can embrace change, which will inevitably continue to happen!

Reflexology challenges us and makes us think.

It continually inspires us to make decisions, to move and to grow, making sure that we bring fulfilment and excellence back into our life. To think that all this is only two feet away!

*e-motion: An 'e' at the beginning of certain words related to the human body generally stands for 'energy'.

 **Chris Stormer-Fryer**

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