

the

soul

behind your
SOLE

Did you know the physical condition of your feet can be a direct reflection of your emotional health? Here are the answers to the most commonly asked questions of foot-reader, Jane Sheehan.

1 What does it mean if I have a bunion?

Bunions indicate that you are bending over backwards and doing too much for others and not enough for yourself. The degree to which the big toe is deformed towards the little toe, shows the level that you are out of balance in this area of your life. Ask yourself, 'what would I be doing with my time if I had more time for me?' Many people with bunions can't answer this and will, instead, continue doing too much for others. If you want some clues as to what you would possibly enjoy doing if you had more time, think back to what you did when you were younger and with a lessened sense of obligation to others?

2 What does the width of my feet mean?

Very wide feet are what I call the 'carthorse' foot. This person is very very hard working.

They are constantly doing things and find it very difficult to sit down and do nothing. If I offer you a cup of tea, you will be getting the cups out of the cupboard to help me rather than sitting back and letting me wait on you. In contrast, very narrow feet are what I call the 'princess' foot, derived from the fact you are usually happier sitting back and letting others run around after you. You are very good at delegating to others without appearing to do so and you appreciate the good things in life.

3 What does my arch or lack of arch mean?

High arches are commonly found on people with strong inner resources, who enjoy spending time on their own. That's not to say that you aren't sociable, but if you do go to a party, you need the next day as quiet time to reenergise. You are very resourceful but find it hard to accept help from others because you tend to feel you can do it all yourself. In contrast, if your feet are flat, then you tend to love the company of others. You are very sociable and you just don't like being left on your own. You need lots of support in your life and you're happy to accept help from others - lots of it!

4 What does it mean if my feet have grown a shoe size?

Even if your feet have stopped growing, your feet can grow a shoe size because of a relaxation of tension in your feet's tendons and ligaments. When your feet go up a shoe size it is because something has changed in your life and you now want recognition for your merits.

5 What does it mean if I have athlete's foot?

If you have athlete's foot (tinea) you have developed a tendency to let things get under your skin. You experience extreme irritability and it annoys you that people constantly interfere and doubt or question your ideas. Each toe has a meaning assigned to it, so once you understand their meanings, you can further refine your interpretation of what's happening around you, based on which toes are affected by the condition.

6 What does it mean if I have smelly feet?

This is what I call the 'skunk' effect, because you are trying to make more space for yourself by driving people away with the smell. You often find this in teenagers who are fed up with rules. You also find it on carers, who have their own freedom restricted by their duty and responsibility to their dependent/s. The question to ask yourself is 'How can you build some more freedom into your life?' *JF*



Jane Sheehan

Jane has been practicing foot reading since 1999 at foot-reading parties, exhibitions and pamper evenings around the country. She now runs a series of seminars on the fascinating subject of foot reading and will be touring Australia conducting 'Foot reading Theory and Practical Workshops in Brisbane, Perth, Melbourne and Sydney. Visit www.footreading.com for more information and ticket details.