

## **Do your toes point to the secrets of your soul? Foot reading revealed**

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**Foot reading may sound mad but expert Jane Sheehan claims it is surprisingly accurate. So will it give reporter HELOISE WOOD a spring in her step or will her darkest secrets be revealed?**

'DO YOU feel like you're being stabbed in the back? Oh well, then it's probably just from where your shoe's been rubbing.'

Foot reader Jane Sheehan originally trained as a reflexologist but became concerned the practice did not involve enough emotional insight.

Building on her previous expertise, her readings now include the ancient practice of Ayurveda and she believes each toe represents a different character trait.

Jane is running a [course](#) in Woodbastwick Road, Sydenham, on Sunday and Monday (June 2-3) and has delivered workshops throughout Bromley.

She has appeared at the Ripley Arts Centre in Sundridge Avenue and held a foot reading party at the Bromley Cricket Club in Plaistow Lane.

The 48-year-old flies all over the world teaching people how to unlock personality secrets.

She said: "It is difficult sometimes in other cultures - when we went to a Dubai spa and all the women had to be chaperoned to have their feet read.

"One lady managed to come by herself and said she wanted me to tell her what the future held for her relationships.

"I had to explain I can't predict the future and I felt sorry for her."

"I also once had a pregnant lady who I could tell from her feet was worried about her family.

"She later told me her husband and son both had Asperger's Syndrome and she was desperately concerned her unborn daughter would have the same condition."

However Jane is careful to cover up when she teaches.

She said: "When I'm running workshops, I wear high boots because I get paranoid people will be looking at my feet."

"I never go out with someone before reading their feet and it's a great chat-up line."

"I met my partner after he came for reflexology sessions and I'd always thought he must be a lovely guy because of his feet."



The Buckinghamshire resident has unlocked some secrets of the rich and famous so I was desperate to hear what she would tell me about mine.

Despite concerns over my bunion and strangely long monkey-toes I needn't have worried.

Apparently, the fact I can wiggle my toes means I have a "sense of adventure and enjoy upsetting the apple cart".

She told me the fact my little toes point to the side mean I am a covert rebel - seemingly

straight but secretly rebellious.

The width of my feet suggests I should have focused on aesthetic values but instead I spend my life rushing around.

Jane claimed I should have used my strong delegation skills to order other people around but instead I am forced to do actual work myself.

She said: "You should have princess feet but instead you have cart horse ones and your bunion means you've spent your life bending over backwards."

Apparently my freakishly long toes indicate creativity.

She explained: "I've worked with a lot of Wimbledon players and they have the same thing, it helps them when negotiating the next move.

"Yours are so long you could play the piano with them."

By the end of the session I felt relaxed and enlightened - although it was also tragic to discover I lead a "cart horse" existence.

However it is comforting to know that should my News Shopper career fail, I can always make music with my toes.

For more information, visit [footreading.com](http://footreading.com)