

# Jane Sheehan on the art of reading feet



Jane Sheehan has made a career out of reading people's feet. You heard us. Photo: Supplied.

It's a good thing I'm not cynical. When I ask British celebrity foot reader Jane Sheehan how she got started in the art of reading feet, she replies "it was what my careers advisor suggested at school".

Then she laughs. "At least that's what I normally tell people who are cynical."

Jane is in Australia for several [foot-reading seminars](#). She landed in Melbourne this morning after a successful weekend of seminars in Perth.

"It has been fantastic," she says, "and the weather has been wonderful."

Jane began foot reading in 1999 and gave her first lecture in 2003, where she had "a line of people waiting to talk to me about it". Her practice involves examining the feet of willing (and sometimes unwilling!) participants, and being able to decipher their emotions and personality traits.

"You know that old argument about nature versus nurture? Well having looked at so many feet over the years I think it is a bit of both," she says.

"I used to work in a baby cafe and I would ask parents' permission to look at their baby's feet. If people's little toe is on its side, it is a sign of rebelliousness. 'Surely that's just my shoes', they would

argue, but of course these babies hadn't worn shoes, so it's an inherited trait. I'd take a look at the mother or father and sure enough one would have it. Of course things can change over time as well, you can see the toes start to straighten up."

Asked if she meets skeptics, Jane laughs.

"All the time. It does sound wacky," she admits. "But I was skeptical about it too. If you had told me when I was doing marketing and engineering at uni that years later I would be a foot reader than I would have laughed you away.

"I had a huge emotional reaction to some reflexology treatment and then I met a guy who had interviewed 5,000 people about their toe shapes and personalities. I memorised the toe alphabet and then it became a bit of a party trick.

"I remember once I met a woman in an elevator Dubai and I could see her feet. I asked if she had strong leadership qualities and she replied that she did! We became good friends after that."

Sheehan says she reads people's "headlines" and then they "intepret that into their own stories".

"The tops of your feet are what you want the world to know; the bottoms are secrets you keep to yourself. The body reflects the mind and your feet can change with it."

Jane's two-day Foot Reading Theory and Practical Workshop seminar is on June 6 and 7. The cost is \$380, which includes lunch on both days. [www.footreading.com/workshops](http://www.footreading.com/workshops)