

July 2024

THE PAMPERING TIMES

Jane Sheehan—www.footreading.com—Issue 209

In this issue:

- What's New?
- Vanessa Edwards
- Phil Nuttridge
- Diary Dates

June/July News

I've been away in Ireland and France for most of May so my June newsletter is going to be a bit thin!

In June I am going on a jive weekender as a holiday. I've moved my Chester workshop to August to make space so if anyone couldn't make the original Chester foot reading workshop, do check out the workshop for August dates.

The Canadian Tour now has three events—Brampton, Ontario, Saskatoon and Calgary. We're pulling together some dates for Canada for next year that we couldn't fit in the schedule this year.

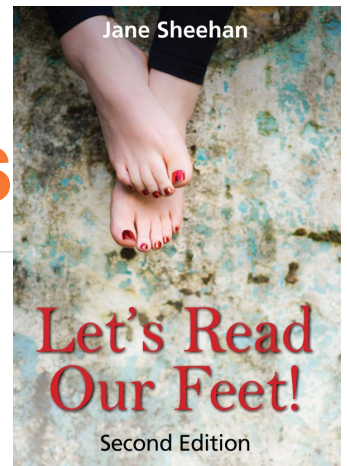
We've added Lisbon and Porto to my Portuguese foot reading workshop tour.

I'll update the diary dates on the back page.

Emmett Technique Footcare workshop is going to be repeated in Southport in November and in Portlaoise in Ireland next year in May.

We've added Belgium to my dates for August this year too.

I am still catching up with the admin as this all



"Thank you Jane for a wonderful weekend. I had an amazing time and lovely to meet such a fab teacher with great knowledge..."

-Stacey

"Thank you so much Jane for a very informative & thought provoking training session"

-Kathy



Detail from *The Guru's Guide to Reflexology Book 1*

July 2024

THE PAMPERING TIMES

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happened in May whilst I was away!

Oh, I nearly forgot—we've added Toulouse in France for June next year too.

I will be careful about what work I accept for May next year as it is my big birthday May next year. I'm hoping to have a jive party for it.

I'm rather embarrassed to admit that the only workshops I have in the UK this year are my Chester workshop on 10/11 August and my Emmett Foot Care workshop in Southport on 2 and 3 November!

If you would like to get a group of students together and invite me to teach at your place next year, do get in touch at jane@footreading.com. I'm pulling together next year's dates and I really ought to add a UK date or two!

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THE PAMPERING TIMES

Jane Sheehan—www.footreading.com—Issue 209



A PATHWAY TO MEDITATION AND FINDING INNER PEACE by Vanessa Edwards

A long long time ago, which even seems like a different lifetime now, I was drawn to the study of Feng Shui. I can now recognise at that time I had a very tense, fixed and rigid outlook on life due to all my past conditioning in leading a life that I sensed others expected of me, and I had experienced a number of different work situations and never found fulfilment, always blaming others for what I considered to be my lack of achievement. I sensed this new work I was developing for myself would gift me a sense of reward that I had never previously found, and lead me to meet new and interesting people in beautiful homes. All of this I do of course, yet little did I know in the fullness of my development, how many other ideas I would be introduced to and how incredibly fulfilling and rewarding my work would become.

As I look back now and reflect upon that time of change and transformation, it was as if I was being led with a blindfold on, yet fortunately I was developing an open Heart and Mind, as gradually I was introduced to a lot of REALLY quite “outside of my box” ideas! One of these first suggestions was to learn to meditate. Now..... I have always been a girl that likes to run before she can walk, and more of a doer than a thinker, often of course diving into the deep end before considering my actions and the outcome. One of my first thoughts was; “There must be a “Learn to Meditate” kit? Fortunately at that time I was inundated with SO many new inspirations, ideas, thought patterns and possibilities, I began to SLOW DOWN long enough to listen to a higher voice in my head and open up to my unlimited potential.

Vanessa Edwards has been working professionally as a Feng Shui Consultant since 1998 and describes Feng Shui as "The Art of Simply Living in Balance and Harmony wherever you are in life". One of her clients described her work as gifting a "Script for Life". See her website for deeper insights: vandaehworks.co.uk. Contact her via email at vandaeh@me.com

Initially during our Feng Shui meetings we would often sit in a circle with the soft sound of background music and a calming voice leading us through a process of slowing our breathing in a deeper way and clearing our minds. In my local area I found some like minded friends and we made a practice of regularly sitting together in similar meditations. At home I disciplined myself to do a regular daily practice of meditation too. I began by lighting a candle in a quiet space as a tool of focus, and to calm myself within my surroundings

THE PAMPERING TIMES

Jane Sheehan—www.footreading.com—Issue 209



before I closed my eyes. I would ask myself a question such as “What is the most important thing I need to know today?”, and there would be an answer form in my mind during this still, calm and peaceful process.

During the 18 months of my initial Feng Shui training period I was blessed to experience two 10 day residential projects where I was able to bathe myself in these “new to me” philosophies. Each time I returned home I was a different person again, gradually transforming, evolving and embracing my butterfly wings, and I cannot begin to describe and explain the complete uplifting and liberating gift this whole process gave to me.

As my training period completed I became totally immersed in my new and rewarding way of life, with meditation becoming a very big part of it. However, I do not sit for hours meditating and seemingly doing nothing. I strongly feel for me a quality 3 minute period is all I need to connect with my Higher Soul Self in unity, and I often practise this connection by sitting in the sunshine beside the pond in my garden, walking in the countryside, when going to sleep at night or waking up in the morning. To encourage my mind to be still and empty I focus on one vision such as a the flame of a candle, or a mantra I whisper to myself very slowly such as; “I am peace, I am still, I am love”.

My practise of meditation has opened many doors for me along The Way. Our “Global Peace Prayer” came to me one day after I saw the news headlines and I asked the question; “What can I do to make a difference?” I was guided to do a meditation once a month where I spread a map of the world on my table and used candles, crystals, incense and prayers of forgiveness and peace. At the end of each session I wrote down a sentence which came to me and committed a date in my diary to do the same the following month. Towards the end of the 12 month period our “Global Peace Prayer”

had been gifted (see: <http://www.vandaehworks.co.uk/prayer.htm>).

I also regularly use the practise of meditation when I am asked to do distant healing work for homes and businesses. My clients send me a floor plan and a location map and again I use meditation and prayer to clear and cleanse homes of old stagnant historical energy, and refresh, renew and fill the space with the power of love and positive intention.

My clients often visit my home for a one to one spiritual development session when for part of the process I am guided

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THE PAMPERING TIMES

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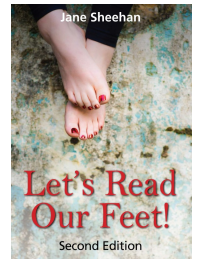
to use my voice in meditation for a one off personal message and a tool to help them embrace a new future. A lot of my ladies go home looking at least 10 years younger. This part of my work also inspired me to record meditations as a tool to help my clients reconnect to how they feel when they are with me.

One of the loveliest rewards from learning to meditate is random inspiration that comes to me, sometimes as I'm waking up in the morning, and often when I'm driving (when I have to park my car and write the words down to record them!). Three powerful words I was given when driving years ago are; "Creativity Awakens Consciousness", which goes to show you don't need a lot of words to share wisdom, just a few words that count and seed a deeper thought process.

I have also worked in schools where I have encouraged young people to experience the power of meditation through slowing the mind and finding their inner quiet space. It is so very magical when you are in a class of around 30 children and you can hear a pin drop. Often when I have led them through a visualisation, afterwards they will enthuse about the colours of the birds they saw and the experience of being in a beautiful natural space, which in turn has led to some very inspiring creative writing sessions.

Yes I am still a girl who loves to run before she can walk, and I guess I always will be. Yet through meditation I have been blessed with an ability to slow down and develop a very calm and loving persona which I am able to share with our world wherever I travel and with whoever I meet, and also gained a wonderful tool to BE in the moment and enhance my intuition and psychic ability. I often say I would love to bottle this feeling as an essence and share it liberally. However, this gift and skill is a talent we can all develop as individuals from the inside out. I trust my words inspire you today to find your own "Pathway to Meditation and Finding Inner Peace" and a new level of joy in life. Enjoy**

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THE PAMPERING TIMES

Jane Sheehan—www.footreading.com—Issue 209

Your Body Knows Best by Phill Nuttridge

A formatted version of this piece can also be found at <https://massagehealth.co.uk/ptmay2024/>

A funny thing happened to me in the gym today.

I am a regular at the gym (six times a week) and have been for many years. A bit of a gym bunny by any measure. But today for the first time, at the end of my workout I mishandled one of the weights I was returning to the rack and it crashed to the floor grazing my ankle and squashing the nail of my middle finger. Ouch!

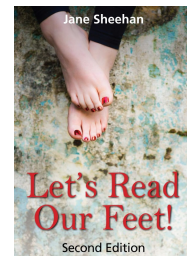


•Phil is a Manual Therapist based in North Bucks with over twenty years' therapy experience. He combines the principles of Western clinical physical therapy with the ancient Chinese philosophy of health and wellbeing. He is also a trained nutritionist with an academic background in science and statistics and passionately strives to highlight where data are used and abused to misinform in the health space. He is a regular writer and presenter in health matters. Phil can be contacted via massagehealth.co.uk or cuttingcarbs.co.uk or via email at philnuttridge@aol.com

A few hours on, it is all feeling a little bit sore, but thankfully I will live.

So why might the readers of Pampering Times be interested in this? There is an important process here in analysing 'why' this happened and it is a process I regularly use on my clients who come to me with chronic or acute injuries needing manual therapy. It is a technique that can be very powerful in guiding a treatment but also helping unlock the healing process for my clients. Let me explain.

My workout today was one of my usual routines and there was nothing unusual about the weights I was handling. What was unusual was what I had just achieved. I use an app when I workout (is there really any aspect of our lives now that does not use an app?) and one feature of this tool is that it awards me points as I workout, the more points the longer and harder I exercise. The app sets a total target of 1300 points from all the gym sessions in a month. When I first started using the app



THE PAMPERING TIMES

Jane Sheehan—www.footreading.com—Issue 200

eight years ago, I would regularly achieve 1500-1800 points per month, comfortably meeting my target. Because of some lifestyle changes triggered by the lockdowns, over the last three or four years I have really upped the ante. By 2021 I was reaching four to five thousand points per month and last year I averaged around six thousand. This year (2024) so far I have managed to hit 7000 points each month. Today - the 30th May - my monthly total hit 8000 points for the first time. Go me!

But to achieve the 8000 points in May I have worked pretty darn hard on my sessions. Lately, it is not unusual for me to burn 1200 calories on a workout and for a 58 year old with a physical job, that is quite demanding. As I reached the end of today's session I knew I was going to make my record target but then my mind began wrestling with the idea of what should I do tomorrow, the last day of May. Any ordinary person would probably have conceded that I had earned a day off from the gym. But the little voice in my head reminded me that I never have a Friday off from the gym. "Shall I, shan't I?" was bouncing around in my head as my workout neared its end.

Of course, my body knew the answer even if my head did not. So whilst putting the usual weights back in their usual location as I have done countless times before and previously with no issues, today something went wrong and I have the bruises to show for it. The question has been answered and tomorrow will be an enforced day of rest.

So what is the general principal here? Over my twenty years as a therapist, I have become a strong believer that we become injured or ill for a reason and finding, acknowledging and/or resolving that reason can be key to a quicker recovery. I am happy to acknowledge that the 'reason' I have a bruised ankle and finger nail right now is that I need to have a day off from the gym tomorrow and I shall embrace that.

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Let me give you an example of this principle from my practice. Last week I saw a regular client. Whereas I am normally just prising her shoulders away from her ears during the regular monthly treatments, this time she presented an acute lower back injury and one that had persisted for a few weeks. I of course asked her how it happened and she told me that her back 'went' whilst moving some rather heavy pots in the back garden. A not uncommon story with regard lower back problems. I started the treatment as a routine 'stretch and relax the back' session.



THE PAMPERING TIMES

Jane Sheehan—www.footreading.com—Issue 209

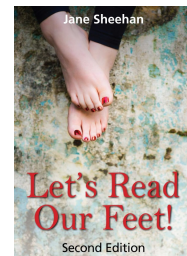
As the treatment progressed and I delved deeper into the muscles, the client returned to the subject of moving the garden pots and started relaying to me more of what was happening on the day her back went into spasm. An important point here (and one I shall come back to in a later article as I believe it is so important) is that the subject(s) of discussion triggered during a treatment are rarely irrelevant to the condition being treated. An injury or illness is a point at which trauma can be stored in the body and as physical tension from the injury is released during treatment, so too will be the mental and emotional issues that were present at the onset of the injury. Talking is the medium for that emotional release and as hands-on therapists *we have to be adept at providing an open and non-judgemental space for our clients to express and release those emotions.*

Back to my heavy-garden-pot-wielding client. That morning, she and her husband had had a bit of a ‘tiff’ over the gardening. The weather that day was forecast to be dry and sunny (a rare day in the Spring of 2024!) and my client saw it as a good opportunity for both of them to have a session sorting the garden after the long wet winter. The husband however had other plans involving the ‘boys’ and a game of football. The anger and frustration she felt as she was left to sort the garden by herself became ever more apparent to me the more she recalled how she felt on that day. Heavy pot shifting combined with anger was the heady mix stored in her spasming back muscles.

This conversation had two very useful consequences for the treatment. Firstly, talking through the emotions and feelings of that day gave her some resolution. Whilst she held onto the anger she would also hold onto the associated stored physical muscular tension. As long as I continued to provide the appropriate noises and signs of engagement in the conversation, she offloaded the emotions and thereby aided me in my efforts to offload her muscular tension.

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Secondly, by revealing her emotions she directed me towards certain useful acu-points. In the paradigm of traditional Chinese medicine, anger and frustration are linked to the Wood Element and its associated meridians - the Liver meridian and the Gall Bladder meridian. The latter of these passes through two key muscles of the lower back both of which were tight and painful on my client - quadratus lumborum and piriformis. Applying firm sustained pressure to acu-points within these muscles would (according to the Chinese model) help restore smooth flow of Gall Bladder Qi in those areas and thereby



THE PAMPERING TIMES

Jane Sheehan—www.footreading.com—Issue 209

calm and relax the anger stored within them. Additionally, I noted that two other acu-points, one in the ITB (Iliotibial band) and one in upper trapezius both associated with unresolved anger were also tender to treatment.

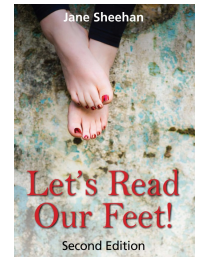
Am I suggesting she strained her back because she was angry? Maybe I am. Gardening is her ‘thing’ and I am sure she has moved those pots many times before. The difference on this last occasion was that she was brimming with anger as she was doing it and that, combined with the weight of the pots, led to her injury. With certainty I can say that releasing the anger during the treatment made the session far more effective at resolving her back pain. Unlocking the emotions and feelings associated with an injury can therefore make us more effective physical therapists.

But are we always reliant on our clients knowing what emotional state is linked to their ailments? Sometimes, as my example demonstrated, working the injury will start the release of the emotion. But sometimes the nature of the injury itself can give us clues as to the underlying emotions.

The metaphors used in Chinese medicine (TCM) can give us such clues. For example, tennis elbow is a repetitive strain type injury that leads to irritation of the tendons of the wrist extensors and is often caused by sustained periods of gripping. Holding smartphones, clenching steering wheels or just having a tendency to make a tense fist of the hands without due cause are all triggering activities. In TCM, tennis elbow is associated with the Metal element and so is associated with ‘letting go’ both physically and metaphorically. If some one is clinging onto a situation rather than moving on, this can become part of the physical-emotional mix of tennis elbow. Unresolved grief or sadness could be at the heart of the condition and it is not uncommon for this to be part of the conversation triggered by physical therapy on tennis elbow.

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Plantar fasciitis is another interesting condition with an emotional interpretation within TCM. This condition is where there is irritation and often inflammation of the muscle and fascia on the sole of the foot. It can manifest as pain when putting the heel down or discomfort in the arch of the foot. Where there is difficulty planting the heel this can be linked to a situation where you are having to tip-toe around the protagonists or a situation where you should be putting your foot down but cannot. Considering the arch, the musculature here is a key area for shock absorption (physical shock from walking and running) but pain here has a metaphorical



THE PAMPERING TIMES

Jane Sheehan—www.footreading.com—Issue 209

interpretation too. If you have been supportive and ‘absorbing the shock’ for others around you for a long time or if the ups and downs of life have been buffeting you and challenging your ability to absorb shock, this can manifest as pain in the arch.

Chronic tension in the jaw muscles and those on the side of the neck can be associated with clenching the teeth. Metaphorically this is often triggered and sustained by being in a situation requiring ‘gritted teeth’, putting a fake smile on things or being restrained from saying something that should be said and instead just getting on with things.

It is quite possible that such associations become apparent through conversation that naturally flows when you start physical work on such conditions. However, this might not always be the case and yet, addressing the underlying emotional issue could be key to a sustained improvement in the physical condition. I have a little trick here:

On the wall of my treatment room I have a number of posters summarising some of the aspects of TCM. Firstly I somehow steer the conversation with the client (not something I normally advocate but here I have an ulterior motive) to refer to the charts and then I will start discussing how the Chinese approach is very holistic and can often find reasons why conditions persist or not resolve as quickly as we would like. I then detail one of the examples I described above but one that is not the condition currently presented by the client. I prefer to use the tennis elbow example as most people have heard of that condition but if they have tennis elbow, I will tend to use the plantar fasciitis example. Purposefully I choose an example that is not too close to home to ‘test the water’ with the client to see how open they are to the idea of linking emotions to ailments. Assuming the client is engaged and open to what I have described I then turn the conversation to their condition, describing the Chinese metaphors involved. I

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give the client permission not to say anything if they do not wish to (but make it clear they can react if they feel it is appropriate) and just suggest that they might like to think about that after the treatment to see if it resonates with anything going on in their life either now or at the time the injury started. It is satisfying how often this approach either triggers a useful and therapeutic conversation or, when I next see the client, they say “I was thinking about what you said last time.....” and then they relate to the emotional state linked to their condition. It is very powerful how as hands-on therapists we can often treat our clients with self-reflective

July 2024

THE PAMPERING TIMES

Jane Sheehan—www.footreading.com—Issue 209

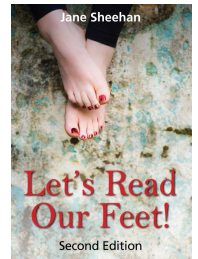


talking therapy!

So our bodies really do know best and if we become adept at listening to the signals, we can often better understand our aches and pains and their true causes. Or at the very least we can get a day off from the gym!

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THE PAMPERING TIMES

Jane Sheehan—www.footreading.com—Issue 209

Diary Dates—where can you learn foot reading (or EmmTech or Foot Care for Reflexologists)?

2024

13 July—Assoc of Reflexologists Conference London

10/11 Aug—Hoole, Chester

17/18 Aug—Gilly, Belgium

10/11 Sept—Closed for EP6 training

21/22 Sept—Brampton, Ontario, Canada

26/27 Sept — Saskatchewan, Canada (Alana Hyland RAC)

28/29 Sept — **Emmett Foot Care Workshop** Saskatchewan, Canada (Alana Hyland RAC)

4/5 Oct—Calgary, Alberta, Canada

5-13 Oct—On Holiday

2/3 Nov—**Emmett Foot Care Workshop** Southport, Merseyside

14/15 Nov—**Emmett Foot Care Workshop** Lyon, France

18/19 Nov—Lyon, France

23/24 Nov—Angers, France

2025

22/23 Feb—Lincoln

8/9 March—Lisbon, Portugal

15/16 March—Porto, Portugal

22/23 March—An Creagan near Cookstown, Northern Ireland

10/11 April—**Emmett Foot Care Workshop** Chelmsford

12/13 April—Chelmsford

22/23 May—**Emmett Foot Care Workshop**, Portlaoise, Ireland

24/25 May—Portlaoise, Ireland

14/15 June—Toulouse, France

6/7 Sept—Toronto, Canada (Ginastewart50@icloud.com)

Sept—Vancouver, Canada

13/14 Sept—Seattle, WA, USA

Sept—North Dakota, USA

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Alternatively, you can invite Jane to teach your group. Needs to be a minimum of 8 people in a suitable venue. Email