

Dedicated to Professional Standards Established 1991

Volume 22

Spring 2012

Issue 2

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NEXT MEETING October 20, 2012

Saturday 9am - 4pm

Beth C. Wright
Cancer Resource Center
Ellsworth, Maine

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A letter from MCR's President, Alina Blakesley:

Our strong organization is highly regarded according to reports from some of our members who attended the RAA conference in June. We have something very special here in Maine that we can be proud of.

Last meeting we had a lively discussion about next year's budget. Thanks to our new treasurer, Linda Nickerson we were able to discuss some cuts in expenditures as well as increasing our income. Thank you for all your ideas and suggestions. We want your voices to be heard and welcome your input.

Our Skype session on licensing Reflexology with Christine Issel who is on the ARCB legislative committee engaged us in a discussion of both pros and cons of having a reflexology law in the State of Maine. I was surprised to learn that it may take an estimated six years to work towards a getting a proposed bill into law. The good news about Maine's lobbying law is that ordinary citizens can lobby whereas in New York state only registered lobbyist can work with the legislators at a considerable cost (\$20,000 in NY). Another good point is that we can create a bill that is tailored to our members needs if we choose to take this route.

You will find some of Christine's comments on why she thinks that licensing is a direction that our profession should take. It is up to each State to decide. At our next meeting I would like to know from our members whether we should pursue this direction or not and take a vote as to any action or non action. Please send me your comments so I can collate them for our next meeting in October.

Have a wonderful summer.

Alina Blakesley

Come join us at the next meeting!

Board of Directors at the May meeting



Sarah Filliter, Linda Nickerson, Alta Gross & Alina



Alina Blakesley, B.S.

National Board Certified Reflexologist

Member-In-The-Spotlight* *With Laurie Batz

I happily got certified in reflexology just this past March. I went to Treat Your Feet ~ School of Reflexology, Myra Achorn, instructor.

I currently work at a Crisis Stabilization Unit for the local mental health agency in Rockland. I work full time and have been with them for five years this time around, though I worked 6 years previously and had a bit of a mental health field vacation, before I came back to the agency again. Not sure why I went back other than it felt right. I feel as though my purpose is to be of service to people. I love helping, teaching and being with people.

I am also a Reiki master teacher, Shamballa master teacher. I first started with Reiki around 1996. It took me a few years to finish all four levels, so I had various teachers from the Midcoast area. I did "Shamballa master teacher" with Patrick Walsh, whom I met at Reiki clinics; he is now in Ithica N.Y.



It is kind of funny how I decided to do reflexology. A few years ago I went to Connecticut to visit my great aunt who at the time was 90 years old. When we started talking a bit about my childhood, she said when I spent time with her and my uncle in the evening, I would rub their feet. So you see; I was a foot lover even then! I had a few sessions from friends that do reflexology, but didn't really enjoy it that much, as I am squeamish about having my feet touched and I have body pains that definitely are reflected on my feet. Even when I get energy work or massage, I curl my toes....

Early in 2010, Tori, a friend that I work with at the CSU, wanted to do something different. She had done reflexology before, so she brought over Myra's folder. I said, "oh yeah," (another ah ha!) moment!!!! Meanwhile another friend, Michelle, came over for an energy healing session, and she said she wanted to do something that was more in line with her purpose of working with people. I showed her my friend Tori's flyer of Myra's folder. Michelle had an "Ah ha!" moment too. As it turned out, Tori had other plans, so I convinced Myra to have both Michelle and me in her class.... And soon I really started to have my feet worked on, and actually enjoy it!!!!

For me to continue to stay focused on reflexology I need to be involved with other people that are passionate about what they do, so I am a member of MCR. What do I like about MCR... truthfully, I love the auctions!!!! I also do appreciate all the effort everyone puts in the meetings, and the guest speakers. I have been a member almost a year.

I practice out of my home right now. I am working on manifesting office space, outside the home, with someone or some others who do alternative healing. I also want to do seminars on guided meditations, healing clinics, positive affirmations, turning one's negative thoughts around, and would love to do peace groups once a month. It is interesting that at the end of my reflexology sessions I do energy healing work, and when I do body healing work I definitely work on the hands and feet with reflexology. I love incorporating them both whenever I can. I would also like to educate a lot of the doctors in this area about reflexology but I am not ready for that yet. I want to be able to speak with confidence and knowledge. I tend to be more of an intuitive type of person so it is hard for me to really be clear with the more lineal type of people. It's the fact Jacks Jacks!!! My first year is just to get going, to move out of the job I am in, free up time, get more focused and do more reflexology. 5 years from now I really hope to be going strong with the reflexology, and other modalities, and do more traveling.

I make it a practice of letting my clients know that it is their special time, so I get to pamper them. I also use energy healing at the end of the session, even though I know that my prayers before I start the session are energy in itself. I thank them and their higher selves. I use some essential oils during the foot bath and at the end of the session. Sometimes I play guided meditations, like Doreen Virture, Brian Weiss, or gentle music that works on the cellular level. Mostly I do foot reflexology and some hand reflexology.

In the future, I would like to more with aromatherapy, essential oils and meditations and include EFT (emotional freedom technique).

I haven't had a chance to do any workshops yet, but I really want to go to one on hand reflexology.

What are my hobbies? I collect fairies, angels, crystals, rocks, heart shape rocks, books, jewelry from Mexicali Blues....(actually my partner buys me jewelry from there which has increased my collection; this I have no objections too). Playing around with my little Kodak camera and taking pictures, traveling... this month going to visit a friend that just moved to Atlanta Ga. last October. I have an invite to visit another friend that also moved this past fall to Beaufort, South Carolina and hoping to do that trip in November. I like to gather people together and I love doing guided meditations.

For fun, every summah, I have a big Leo Birthday party, in honor of me!!!! And, of course, other important Leo friends. What I enjoy is getting to meet new people, so I have everyone invite a friend. It is interesting how some people reconnect at my parties, or see new friendships happen. The last few years, my partner Bob and I have gone on 4-day sailing trips on the Mary Day. What a great captain! Granted, I do get a little sea sick. But the Lobstah feed is awesome along with the entertainment. I also love going to the beach, hanging out with my girlfriends, seeing my grandsons, dreaming of doing something artistic, (need to slow down and not get distracted, along with finding a place at home I can make a mess and leave it) and I love to bike ride.

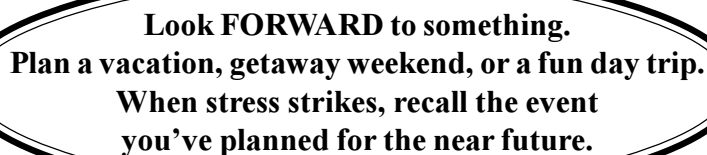
My own health? Wheewie, this is a biggie. Right now I am on medical leave from my job; my job can be intense working with mentally ill people, and different stressors are happening at work, along with being in this particular job for 5 years. I have had some major stressors that have added up, so a big step for me was asking for a medical leave. I have included foot reflexology, acupuncture, massage, traeger and raindrop therapy to pamper myself during the month. I am learning to take deep breaths and trying to walk at least once a day now that I have some time off. I have now started to eat healthier and staying away from gluten, even though I have found that challenging when I have gone out to dinner or friends house.

For my vision for MCR or the field of reflexology for the next year or two, I would like to see us stronger and more out in the public, and encourage other reflexologists to join us...hopefully in a year or so I will be more involved besides bidding at the auction! I would love us to become a stronger voice in the medical profession. I think there are some open minded doctors that just need to experience reflexology and see how it works.

I am so glad that my friend Tori showed me Myra's flyer for the school. I had such a great time, and Myra was a great sport to put up with me. Let's just say, I kept Myra on her toes! I so love watching my clients at the end of the session slowly get out of the chair with a look of total relaxation and a smile. That doesn't happen as often in my other job.

Laurie Batz practices reflexology out of her home in Rockland.

Interviewed by Wendy Decker



**Look FORWARD to something.
Plan a vacation, getaway weekend, or a fun day trip.
When stress strikes, recall the event
you've planned for the near future.**

Common Ground Fair Sign Up Sheet

September 21st 22nd and 23rd, 2012

Friday 21st Sept. Alina will open	Morning Session 9am -1pm	Afternoon Session 1-5pm
Coordinator - Alina Blakesley Chrissy Ravelli-Studer 845-2352 Speaker Myra Achorn Whole Life Tent	1) Alina Blakesley	1) Karen Boyton
	2) Sonia Robertson	2) Susan Miller
	3) Sylvia Young	3) Chrissy Ravelli-Studer
Saturday 22nd Sept.	Morning Session 9am -1pm	Afternoon Session 1-5pm
Coordinator - Chrissy Ravelli-Studer 845-2352	1) Karen Boyton	1) Claudia Darneille
	2) Sarah Filliter	2) Suzanne Girlando
	3) Suzanne Girlando	3) Kate Wanant
Sunday 23rd Sept.	Morning Session 9am -1pm	Afternoon Session 1-5pm
Coordinator - Susan Miller Alina will close down and take all items with her	1) Marge Hatch	1) June Atherton
	2) Ellen Klain	2) Nancy Butler
	3) Micheal MacDonald	3) Sue Wegmann
People who would be willing to help	Kathy Young ~ 699-6468 Nancy Butler ~ 592-4573 (could do Saturday) Laurie Batz ~ 975-5050 (interested in Saturday or Sunday) Michele Nettles ~ 594-0601	

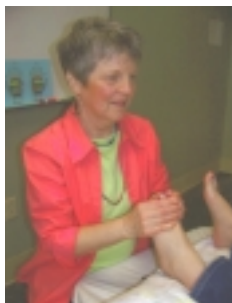
Each coordinator will be in charge of the day and make sure that all the slots are covered.

The coordinator is responsible for set up and closing the booth. We are suggesting \$1 per minute donation for reflexology sessions each lasting 20 min. allowing 5 minutes to getting ready. Reflexologists may opt to give free sessions if they so choose. The third reflexologists can provide information or give hand reflexology sessions. If you need a pass, call your coordinator.



Lisa, Brenda, Alina & Myra

Clare Guy, Nancy Butler & Myra Achorn working at the Women's Wellness Health Fair at Thomas College



Maine Council of Reflexologists

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Tri for a Cure Cancer Triathlon Fundraiser

Reflexology Outreach

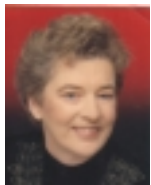
Sat. and Sun July 28th and 29th

South Maine Community College Campus So. Portland

Coordinator ~ Lynn-Marie Danforth ~ 767-5776

Triathlon consists of 1/2 mile swim in the ocean, 5k run/walk and 15 mile bike ride	Saturday July 28 th ~ 10am -2pm	
	1) Lynn-Marie Danforth	4) Grace Noonan - Kaye 557-8888
	2) Suzanne Girlando	5) Alison Gingras
\$1 per minute The proceeds will be split with half going to MCR to cover cost of rental and the rest goes to Tri-for-cure	3) Sue Wegmann	6)
	Sunday July 29 th ~ 10am -2pm	
	1) Lynn-Marie Danforth	4)
Session is 3 hours and begins after first athletes complete the triathlon	2) Alison Gingras	5)
	3)	6)
H E L P	We need more people to give free sessions to the athletes who comprise of cancer survivors and friends and family of survivors.	

ROBUST BLOOD FLOW THROUGHOUT THE BODY IS ONE WAY TO ENSURE GOOD HEALTH



My position on the word *continuum* is determined by an intricate system of supply and demand. If we merely want to stand still, maintain a certain status quo, and keep from slipping back into illness, we must meet certain nutritional demands. Can we improve upon good health? (sample statement) *Ten days later the person who didn't take supplements goes home well. The person who took supplements, however, has already been home for three days.*

A continuum between severe illness and optimum health. We're all somewhere on that continuum, and we all want to move toward optimum health and away from illness. *Helping Yourself ~ Helps Your Clients*
Say you're at a certain point on the continuum and you're satisfied with your general health, your performance at work and play, and your relations with other people. But you buy a few dollars' worth of vitamin and mineral supplements and start taking them, anyway. A couple of months later you suddenly realize you haven't had a cold for along time; that ache in your shoulder is gone; your gums don't bleed when you brush your teeth; you don't get sleepy in the middle of the afternoon anymore; you're getting more and better work done; your tennis has improved; you feel better about yourself; and you're getting along better with your family and friends.

Have a Safe and Enjoyable Summer Myra Achorn

Continuing Education Commitee:

Excellent opportunities for continuing education are certainly blooming here at MCR. Thank-you to all who completed an evaluation form at the May meeting after Matt's program. As you are all hopefully aware, that we are expected to maintain at least 12 hours of continuing education units as a professional member. Our meetings provide that for us or you can take an on-line course or read a book and report about it. Just keep your records current and keep your ideas flowing for topics that interest you.

Our upcoming major 2-day workshop in October 2013, will certainly have an emphasis on technique. We will be voting on the suggestions from Barbara Bowers-Breast Cancer research protocol, to a Kevin Kuntz presentation, to a recent request for an 'Ear Reflexology by Lauren Slade' or 'Animal Reflexology workshop by Touchpoint -both are Canadian schools. Just keep me posted as to what interests you and we will have a finalized list for the Fall meeting agenda.

Our afternoon workshop at the October workshop will be our annual member exchange with a leading workshop given by Linda Nickerson to prepare us entitled 'Creating Sacred Space'. Should be a powerful, relaxing and rejuvenating time together.

Respectfully submitted by Kate Winant tevorrranch@yahoo.com or call 207-229-7276

Client's Testimonial - submitted by a Treat Your Feet ~ School of Reflexology graduate J. Gallinari

Several weeks ago a friend invited me to her home to use her treadmill and she told me about reflexology. Because of my multiple physical problems, she suggested that I give her reflexologist a call to see if I couldn't benefit from the experience.

Twelve years ago I was diagnosed with COPD (chronic obstructive pulmonary disease). Because of the excessive use of prescription steroids, I now have severe osteoporosis. I'm also overweight because of inability to be active. My doctor sent me to pulmonary physical therapy for six weeks this spring. I was unable to do anything physical without the use of oxygen when I started. By the end of six weeks, I could work out for 40 minutes without oxygen, but my feet and legs hurt.

In order to retain what I had gained through the therapy, I now had to walk for 40 minutes three times a week. My feet already bothered before I started therapy, now they really hurt when I walked. My feet even hurt in bed when I wasn't on them. I began to notice a change when I started reflexology. The first time I went, my feet felt better for a day. And, then I realized that a whole week had gone by and my feet weren't hurting.

I have had a sore place on my back in my right lung area for many, many years. The sore place no longer exists. Recently, my allergies have been in full swing. To prevent infection, my doctor put me immediately on an antibiotic. After a visit with my reflexologist, my lungs began to expel the mucous that had begun to settle in.

Reflexology has truly been an answer to prayer. I can't say that I am in good health yet, but I can say that I am feeling much better because of reflexology. **Submitted by Linda, N. Bridgton**

Abundance from Maine ~ by Suzanne Girlando

I want to give a report on how our "Maine Basket" fared at the Orlando conference. We were encouraged to donate "Maine" items to our basket that would be raffled off during the conference. Donations came pouring in. Foods, jewelry, bird house, sage smudge sticks, Mad Gabs products, Blueberry juice, Kate Winart's jump ropes, and more. I cannot remember them all now but Sarah Filiter kept a list as we gathered items. **We had so many items that in the end, the folks running the raffle divided our basket into three separate items.** In hindsight, it seemed a bit nonsensical to have so many items, but I want MCR members to know that at the close of the conference, I saw one "winner" at the hotel desk putting the items into a box for shipping home. I spoke to her and apologized for the inconvenience, but she insisted she was so happy to have won OUR basket! She said she loves Maine. She writes a gourmet cooking blog and was thrilled with the food items as well as a vintage State of Maine dinner plate which she said was going on her kitchen wall. Although we might have gone overboard and not considered the difficulties of toting those numerous, heavy and bulky items back home—especially with the airline's luggage/weight restrictions, I do believe that **our state organization made a "good showing" at the conference.** I believe we came across as generous, diverse, fun-loving, and creative. It all worked out for the good. Even the twenty pounds of rocks & crystals found new homes. **Thank you to all who donated to the Maine basket! Abundance!**

United We Stand.....The Synchronized Power of Organization ~ by Suzanne Girlando

At the recent national conference in Orlando, Christine Issel, the legislative representative from ARCB, said that organizing Reflexologists is like “herding cats.” It is said that behind all humor is truth.

Most Reflexologists are profoundly independent thinkers, brave, loving, but also solitary in certain respects. I do not remember the author, but several years ago I read a fascinating book about the 4-quadrant theory of personality. Essentially, according to the author, a personality is better described by a certain “constellation” of scores derived the author’s detailed psychological test. In other words, an individual isn’t simply an introvert or extrovert, but has a much more complex “read out” based on test scores. An entertainer, for example, would have a significantly different appearing constellation than a kindergarten teacher. Of course, a person is much deeper than any psychological assessment! We are souls! But for the purposes of this essay, we can talk about the psychological variables that might influence career choice.

What caught my attention, however, was the author’s claim that his scoring was so precise that, for example, physicians who specialized in lung disorders, would share unique constellations that were different from, say, cardiologists!

I have thought about Reflexologists as a professional group in terms of this psychological model and have wondered, what, if any, unique constellation we would exhibit? Perhaps someday I will rediscover his work and get a chance at identifying the typical (if such a thing exists!) Reflexologist.

I would hazard a guess that as a general rule, Reflexologists are not “organizational” people, but instead highly practical and independent, results-oriented people who would “organize”, not for the sake of organizing, but for the end result.

Right now we find ourselves at a crucial point in reflexology. From being a “fringe”, untested, and at times persecuted healing modality, it seems to be on its way to becoming a respected profession. Many forces, such as the weight of mass experience, word of mouth, and increasing body of scientific evidence are together putting “reflexology” onto the public stage, where society as a whole looks upon us. Society’s view of us does much to define the parameters of the profession. So how we behave as both individuals and as members of an organization becomes increasingly important.

When reflexology becomes a “profession” the importance of the individual practitioner to some extent decreases. This sounds radical, but what I mean is that people will be seeking a professional reflexologist with an initial assumption of standards of practice and professional behavior. We cannot stop this progression.

But what can we do? We don’t want to surrender our individuality or freedom of practice, intent, and knowledge acquisition. We shudder at the thought of becoming cookie-cutter practitioners limited and restricted here, there, and everywhere. Professionalism with all its corollary characteristics, including licensing, is a two-edged sword.

Oh what is a reflexologist to do?

Organize! Go to meetings! Talk! Share! Hammer out differences!

Sounds like work, work, work....but wait, what about that magical word from Jung, “synergy”?

What that means is that, if we approach “organization” with clear heads and open hearts, then a meeting of members is not just a number of individuals in the same space, but a synergistic occurrence. Each member brings his/her own energy to the group and absorbs the combined energy from the group, but that group energy has already been affected by its interaction with that member. It reminds me of “compound interest” in banking, or quantum physics for that matter! And this speaking about “energy” is not meant to suggest any leap of faith into realms of magical or unproven theories. It is just the same plain common sense that impelled America’s 13 colonies to come together and form a union, the United States of America. (continued page 15)

United We Stand ~ continued

So as we grow up into a profession maybe we should take a hint from our Founding Fathers. As we become professional we can consider what “rights” are ours alone and what “rights” (governing principles) belong to the profession. Thus we protect our individual freedom as we accept the responsibility of our development into a profession. Just like the early colonists, we are an independent lot, many of us here, as Reflexologists, because we could not stand the strictures and dictates of the sometimes tyranny of standard medical practice. And remember, after the colonies united, and after some battles, England came to respect the States, and the two became allies.

All this is just food for thought—perhaps not expressed as well as I would hope to. Not trying to editorialize, for there is no axe to grind here, just an attempt at communication and an offer of support and encouragement for all who call themselves Reflexologists. I have done a lot of thinking about this work and my conclusion is that we are “onto” something big and important for the future of health care.

Let’s stay together, yeah, yeah, yeah. Let us discourse respectfully. Let us exemplify the highest standards of organizational behavior. Let us treasure and respect our MCR. Let us serve and nurture it as it has done for us. Let us not be afraid to raise our voice, to object when we think differently than others, but let us respect our union, for there is strength in numbers.

Organizational work is perhaps similar to the business side of one’s practice, for many people, not the most exciting aspect of being a reflexologist. Who wouldn’t rather work on a human foot instead of prepare a schedule, revise by-laws, keep track of dues, figure out budgets, or be responsible for a library? Not a single one of us, I am sure! It is kind of like being a parent. Who wouldn’t just want to cuddle a laughing little bambino instead of changing diapers, worrying about a fever, or dealing with a tantrum?

What I am arguing is that perhaps if reflexologists are to enjoy the status of the professional, we need to understand with “profession” comes organization. And with organization of people comes responsibility. There are no two ways about it. And all professions have organizations that “manage” the profession. And these organizations are made up of individuals who usually give their time and voice and energy to something greater than themselves, the profession.

I am new to MCR so I ask that those who have longer experience than myself, grant me leeway in what I might say. But I have learned that, in general, in our organization, about half the membership usually does just about all the organizational work. Relating this fact is not meant to guilt-trip into action those who have not participated in our work. People have very different life requirements so the intent here is not to be judgmental. Rather the intent is to bring into the light the labor and sacrifices of those who carry the weight of the organization.

And, I believe it is the “weight of the organization” that is going to propel us into true professionalism. True professionalism with its organizational support might mean that in the future we Reflexologists enjoy making a livelihood from our work. Let me repeat! It means we might be able to much more easily earn a living by doing what we love! It is our professional organization that can help educate society about our work so that society in turn makes a place for us at the table. It means we might be able to “do more reflexology” because we are less compelled to seek income elsewhere and less burdened by doing our own public relations and advertizing. This is the “synchronized” power of organization; united we stand.

Let us think on these things; united we stand.

Suzanne Girlando

