

Common Ground Fair and Reflexology

I started going to the Common Ground Country Fair back in the 70's. Things have changed, like most things do, but the presence of The Maine Council of Reflexology (MCR) has been there all along.

I remember back in the early 80's, one fair in particular I was having trouble with my feet, due to flat feet. I was hobbling along when I heard, "Hey you come over here I want to talk to you."

It was Aloisia, Pollock, from MCR. She said, "sit down, take off your shoes and socks." So, I did, and that moment my life changed. I received a treatment that sent me to heaven and back. She explained all about the feet and how they relate to different parts of the body. I was amazed at the knowledge she was sharing with me. She talked of zones and energy pathways. Then she told me that I could learn to become a Reflexologist. I put my shoes and socks back on and felt like I was walking on clouds the rest of the fair. Well, when I got home, I got a hold of some Reflexology books and read them and started working on friends and family.

Skip ahead 20 years. I had a shoulder injury and had to change jobs, so I decided to become a Reflexologist. I found Myra Acorn's, Treat Your Feet School of Reflexology in Augusta, Maine and became a Certified Reflexologist. During my 20- year career I have had many a fair goers foot pass thru my hands and I am awfully glad I became a Certified Reflexologist and so could you.

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Submitted by Maine Council of Reflexologist www.refleologyofmaine.org