AMAZING HEALTH, AMAZING LIFE – LEVEL 1

How to Use Chinese Reflexology to Heal Your Body and Transform Your Life

CLASS 5
Welcome
What We’ll Cover Today

1. Chinese Reflexology Points for Lower G.I. Tract
2. Putting It All Together
3. Letting Go of Negative Emotions
4. Dragon Spirit Meditation
5. Q&A
6. What’s Next
Before We Begin…

- The information in this workshop is for educational purposes only and should not be used as a substitute for proper medical advice or treatment.
- Use common sense. If you or a loved one is sick, see a doctor.
Before Beginning Chinese Reflexology

- Reflexology is very safe; complementary with other treatments
- Do one hour before or after eating
- Drink lots of water
- No alcohol; eat lighter and healthier
- Always start with excretory system
Before Beginning Chinese Reflexology

- Don’t practice while pregnant, especially first trimester
- During period, go light on reproductive points; avoid if heavy bleeding
- CAUTION for acute heart condition, diabetes or compromised immune system
Before Beginning Chinese Reflexology

• If you’re not sure, ask your doctor whether it is safe for you to practice reflexology
Have Your Tools Ready

- Reflexology stick
- Vaseline or equivalent
- Paper towels
- Rubbing alcohol
- Cotton ball (or paper towel)
- “Track Your Progress” chart
LOWER GASTROINTESTINAL TRACT
Lower G.I. Tract – Points on Right Foot

• Appendix
• Ileoceleal Valve
• Large Intestine
  – Ascending Colon
  – Transverse Colon
Lower G.I. Tract – Points on Left Foot

• Large Intestine
  – Transverse Colon
  – Descending Colon
  – Sigmoid Colon
  – Rectum/Anus
LARGE INTESTINE REVIEW
Large Intestine – Review

• Absorbs water and vitamins
• Compacts undigested food waste into feces
• Approximately 5 feet long
• Right side is where it connects to small intestine
• Left side of body is where it connects to rectum and anus
What Affects the Large Intestine?

- **Internal:**
  - Affected by emotions: sadness, worry, anger, frustration and resentment

- **External:**
  - Invasion of cold and dampness

- **External and Internal:**
  - Excessive consumption of foods with cold energy or greasy fried foods
Large Intestine – Energy & Emotions

- Large Intestine related to fear of letting go
- Holding onto the past
What Supports the Large Intestine?

• Eat a variety and balance of foods in a relaxed manner
• Letting go of negative emotions
• Letting go of the past
• Massage Large Intestine reflexology point
Large Intestine – Location

- Soles of both feet
- Different on each foot
- Massage direction is very important
- Follow flow of digestion in G.I. tract
ANATOMY OF THE LARGE INTESTINE

- Transverse colon
- Ascending colon
- Cecum
- Appendix
- Descending colon
- Sigmoid colon
- Rectum
- Anus
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TRANSVERSE COLON POINT (LEFT FOOT)
Transverse Colon - Anatomy

- Section of large intestine between ascending colon and descending colon
- Located across abdomen
ANATOMY OF THE LARGE INTESTINE

- Transverse colon
- Ascending colon
- Cecum
- Appendix
- Descending colon
- Sigmoid colon
- Rectum
- Anus
Transverse Colon – Location

- Sole of LEFT foot
- Right below horizontal halfway line
- Start at inside edge of foot and continue until close to outer edge (where descending colon begins)
Transverse Colon – Video

• Massage technique
Transverse Colon – Let’s Try It

- Locate on sole of your LEFT foot only
Transverse Colon – Let’s Rate It

- Use picket sign grip
- Stick at 45 degree angle
- Opposite fingers wrap around to support foot and opposite thumb for leverage
- One direction only, from inside edge of foot to close to outer edge
- Pick up stick and repeat
DESCENDING COLON POINT
Descending Colon – Anatomy

- Section of large intestine between transverse colon and sigmoid colon
- Located on left side of abdomen
ANATOMY OF THE LARGE INTESTINE

- Transverse colon
- Ascending colon
- Cecum
- Appendix
- Descending colon
- Sigmoid colon
- Rectum
- Anus
Descending Colon – Location

- Sole of LEFT foot
- Close to outer edge of foot
- Tube begins at horizontal halfway line (end of transverse colon) and continues to just above heel (start of sigmoid colon)
Descending Colon – Video

- Massage technique
Descending Colon – Let’s Try It

• Locate on sole of your LEFT foot only
Descending Colon – Let’s Rate It

- Use picket sign grip
- Stick at 45 degree angle
- Opposite fingers wrap around to support foot and opposite thumb for leverage
- Downwards direction only, massage from top to bottom
- Pick up stick and repeat
SIGMOID COLON POINT
Sigmoid Colon – Anatomy

- Section of large intestine between sigmoid colon and rectum
- Located on lower left side of abdomen
ANATOMY OF THE LARGE INTESTINE

- Transverse colon
- Descending colon
- Cecum
- Appendix
- Rectum
- Anus
- Sigmoid colon
- Ascending colon
Sigmoid Colon – Location

- Sole of LEFT foot
- Above heel of foot
- Tube begins at outer edge of foot, above heel and continues across towards inner edge of foot
Sigmoid Colon – Video

- Massage technique
Sigmoid Colon – Let’s Try It

• Locate on sole of your LEFT foot only
Sigmoid Colon – Let’s Rate It

- Use picket sign grip
- Stick at 45 degree angle
- Opposite fingers wrap around to support foot and opposite thumb for leverage
- ONE DIRECTION: Massage from outside edge to inside edge only
- Pick up stick and repeat

You will enjoy good health. - Fortune Cookie Saying
RECTUM / ANUS POINT
Rectum/Anus – Anatomy

- Rectum: Last section of large intestine (approx. 4” to 5” long)
- Anus: Opening at end of G.I. tract
ANATOMY OF THE LARGE INTESTINE

- Transverse colon
- Ascending colon
- Cecum
- Appendix
- Descending colon
- Sigmoid colon
- Rectum
- Anus
Rectum/Anus – Functions

- Rectum stores feces before excretion
- Stretching of rectum wall triggers urge to excrete
- Anus opening allows feces to pass out of body
What Affects the Rectum/Anus?

- Chronic constipation/holding it in
- Excessive diarrhea
- Excessive straining to have a bowel movement
Rectum/Anus – Associated Disorders

- Cancer
- Itching
- Inflammation
- Hemorrhoids
- Rectal prolapse
Rectum/Anus – Energy & Emotions

• Louise Hay:
What Supports the Rectum/Anus?

- Healthy functioning of Large Intestine
- Healthy digestion
- Release the past, release negative emotions
- Massage Rectum/Anus reflexology point
Rectum/Anus – Location

- Sole of LEFT foot
- Close to inside edge of foot
- Small circle above heel
Rectum/Anus – Video

• Massage technique
Rectum/Anus – Let’s Try It

- Locate on sole of your LEFT foot only
Rectum/Anus – Let’s Rate It

- Use picket sign grip
- Stick at 45 degree angle
- Opposite fingers wrap around to support foot and opposite thumb for leverage
- Press and twist
Large Intestine – Left Sole

• Can massage transverse colon, descending colon and sigmoid colon as one continuous stroke
• Very important to massage in ONE direction only
• Always follow flow of digestive tract in body
When You Need to Poo, But Can’t

• Following technique is for temporary constipation due to awkward situation
• E.g., unfamiliar place, dirty restroom, airplane, at work and someone can hear you, not enough time to go, etc.
When You Need to Poo, But Can’t

• Can massage large intestine and anus points on left palm
• Use knuckle of right index finger to massage large intestine point in one direction
When You Need to Poo, But Can’t

- Massage transverse colon from left to right 10 to 15x
- Massage descending colon downwards direction 10 to 15x
- Massage sigmoid colon from RIGHT to LEFT 10 to 15x
When You Need to Poo, But Can’t

- Massage anus point by pressing and twisting for 10 to 15 seconds
- Breathe, relax
- Repeat reflexology
PUTTING IT ALL TOGETHER
Recommended Routine - LEFT

- Excretory: Kidney, Ureter, Bladder, Urethra
- Brain
- Temporal
- Solar Plexus
- Stomach, Pancreas, Duodenum
- Heart
- Spleen
- Transverse Colon
- Descending Colon
- Sigmoid Colon
- Rectum / Anus
- Small Intestine
- Teeth
- Lymphatic Drainage
Recommended Routine - RIGHT

- Excretory: Kidney, Ureter, Bladder, Urethra
- Brain
- Temporal
- Solar Plexus
- Stomach, Pancreas, Duodenum
- Liver, Gallbladder

- Appendix
- Ileocecal Valve
- Ascending Colon
- Transverse Colon
- Small Intestine
- Teeth
- Lymphatic Drainage
LETTING GO OF NEGATIVE EMOTIONS
How to Shift the Mind to Heal the Body

1. Awareness
2. Choosing to heal
3. Letting go of attachment
4. Believing you can heal yourself
3 Steps to Let Go of Negative Emotions

1. Recognize and step outside of yourself
2. Face it, erase it or replace it
3. Keep doing it
Face It

- Works really well for strong emotions that are buried deep inside
- Be in the place of pain, fear, guilt, anger, etc.
- Permission to experience the emotion to let it go
- Can work with a practitioner to facilitate safe space and facing emotion
Ways to Face It

• Confronting “perpetrator” – gaining closure by getting it off your chest
• EFT, Emotional Freedom Technique
• Traditional therapy, psychotherapy
• Past life regression hypnotherapy
• Dragon Spirit
Erase It

- Also good for strong emotions that are held in the body for years
- Like erasing a hard drive
- Not necessary to experience emotion in full depth
Ways to Erase It

- Retelling old story with a new, more expansive version of the story
- Visualization – e.g. releasing a heavy backpack or something you’ve been dragging around
- Ritual or ceremony
- Energy healing, applied kinesiology, PSYCH-K, Dragon Spirit
Replace It

- Good for letting go of emotions that arise in day to day life
- Erase it is reprogramming the hard drive, replace it is switching to a new storage medium
How to Replace It

- Have awareness of negative emotions as they come up in the moment
- Then replace it with neutral to positive feelings
- Easier to do with new emotions because they haven’t yet been locked into the body
What Do You Replace It With?

- Nothing
- Motivating goal – where do you want to be?
- Treasured emotion, happy times
- High vibration feeling
- Neutral to positive thoughts
Going Neutral: Ho'oponopono Practice

I love you. I'm sorry.
Please forgive me. Thank you
In Conclusion, Don’t…

- **Encase it** – Hide it away locked inside your body
- **Embrace it** - Keep going over it
- **Mace it** - Attack it full force by running in the other direction
Do...

- **Face it** – Allow yourself to be in the emotion
- **Erase it** – Retell your story without it
- **Replace it** – Swap the negative for something neutral to positive
Appreciation and Gratitude
Appreciation and Gratitude

• Over time, one of the most powerful ways to let go of the past and negative emotions
• UC Berkeley researching gratitude and finding that people who practice gratitude report:
  – Stronger immune systems, lower blood pressure
  – Higher levels of positive emotions
  – Feeling less lonely and isolated
Tips for Keeping Gratitude Journal

- Don’t just go through the motions
- Go for depth over breadth
- Get personal
- Try subtraction, not just addition
- Savor surprises
- Don’t overdo it

http://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal
DRAGON SPIRIT MEDITATION
Guided Meditation for Letting Go
Questions?

• Online: Type in chat box
  – Mood button to raise hand
  – Mic button to unmute
• On phone, press *6 to unmute
• 4 Months of unlimited email support
• Send your questions to:
  holly@chinesefootreflexology.com
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WHAT’S NEXT?
Next Class

- **Date:** Thurs, Dec 11, 9am PST
- **Recording:** Posted on Mon, Dec 15
- **Topic:** Believing you can heal yourself
- One additional live Q&A call on Thurs, Dec 18m 9am PST
What’s Next?

- Include additional points to your twice a week practice of Chinese Reflexology
- Mark points on left foot, take pictures and send photos to me
- Practice letting go
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Genius is the ability to renew one’s emotions in daily experience.
Paul Cezanne