

The Complete Guide to Precision Reflexology

The Complete Guide to Precision Reflexology

Second Edition

by Jan Williamson



Quay Books Division, MA Healthcare Ltd, St Jude's Church, Dulwich Road, London
SE24 0PB

British Library Cataloguing-in-Publication Data
A catalogue record is available for this book

© MA Healthcare Limited 2010
ISBN-10: 1 85642 410 3; ISBN-13: 978 1 85642 410 3

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Printed by CLE, Huntingdon, Cambridgeshire

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To Ben, John and Patrick

An old Japanese foot tale

*Otau was a wise, old and wrinkled man. The whole village
respected his healing abilities.*

*One day a foreigner came to ask him many questions and write
down the healing ways of Otau.*

*However, all Otau would say was, "See to their feet and you have
seen to their body"*

"I do not understand, " insisted the foreigner.

*"Your understanding will never be enough," Otau chuckled. "See
to their feet and that will be enough"*

Acknowledgements

My deepest thanks to Prue for her trust and great generosity.

Thanks also to Jennifer and Angela for help with the photographs and to John J. Williamson for his artwork. The reflexology charts in this book are produced by kind courtesy of Prue Miskin.

Preface

The aim of this book is to introduce a specific style of reflexology, to explain how and when it can be given and to establish its position within the field of complementary therapies. Hopefully, I will also share my enthusiasm for a therapy that I have found, within clinical practice, to be extremely effective. Perhaps then it is also no coincidence that it is enjoyable both to give and to receive.

Reflexology, along with other therapies, is constantly developing and growing, as is my approach to it. This book represents my perceptions at this time. There are many valid and effective approaches to reflexology, precision reflexology being one of them. This is not a definitive guide but, rather, just one step along the way.

There is, within the world of reflexology, a constant debate about the variety of different charts or “maps” used. To put this into perspective we need to be aware that when reflexology originated 5000 years ago in the East, there was no need for a chart, each treatment being a response between the practitioner’s sensitivity and intuition and the recipient’s energy levels. This continues to be the underlying principle behind treatments today. The reality of the reflexes is in the practitioner’s fingers. The charts are a Western influence, they are necessary as a guide to student learning – but they are simply that, a guide. Given time, students develop and learn to trust their own sensitivity.

Precision reflexology requires therapists to develop their sense of touch, connecting with the client on an energetic level and responding appropriately, aiming to restore a natural equilibrium.

Foreword

I would first like to say how delighted I am that this excellently clear and much needed book has been written. “How did the linking start?” you might ask. Well, I had been practising various mind, body and energy therapies for many years before I discovered reflexology in 1975 and found it to be the best of them all, combining all the qualities I most valued. So I ran a practice for a while and later ran a school for twelve years. During this time I was finding some of the body work techniques worked well on the feet, with exciting results.

Jan Williamson joined me several years ago and we ran the school together, developing the linking with the help of our students. Now I have happily retired and Jan runs the school herself. We now both run short postgraduate courses where we are being constantly asked for a book on linking and precision reflexology and, here it is.

The method has proved so popular that Jan has formed the Federation of Precision Reflexologists. There is a referral register for those who have experienced the benefits to find others practising this method in other areas of the country.

I think that one reason for its popularity is that it is an exciting addition to whatever technique is being used and will enhance and energise your treatments. The results will quickly make sense of any extra time spent. It also encourages the worker to tune into and use the client’s energy whenever possible, it develops our receptive qualities and makes for accuracy.

The linking between organs, glands and the various systems, with no two clients quite the same, is an enlivening challenge and will open doors for you all. It can allow you to pleurably develop your own creative and holistic thinking. So never a dull moment from now on.

Finally, a big thank you to Jan and my best wishes to you all, enjoy your linking, your surprising results and happy clients.

Prue Miskin

Introduction to the Second Edition

I am delighted that the first edition of “A Guide to Precision Reflexology” has been so enthusiastically received since its initial publication and it has travelled, with the tuition of precision work, around the world to various countries including, Australia, America, the Netherlands, Spain, Denmark, Finland, Belgium and, of course, the U.K. It has now been translated into German and both French and Spanish editions are currently being planned.

Students of both full practitioner training and continuing professional development courses have found the book to be invaluable, especially so because it is the only book available on the subject.

The change in title to “The Complete Guide to Precision Reflexology” reflects the comprehensive coverage of both the basic and new advanced techniques. I am so pleased to be asked to compile this updated version because it gives me the opportunity to share the advanced techniques that I have been developing over recent years. I have been using these in my own practice with clients experiencing positive results and am now teaching them as advanced techniques. I have called this approach “The Unseen Feet” and it offers a way to work with subtle body energy within the framework of massage whilst still using the powerful medium of the feet. More importantly, it involves the client, in practical ways, so that they can become involved in their own holistic health care.

It is a way of working that suits me and I hope you find it interesting.

Jan
February 2010

Reflexology

While the practice of reflexology as a relatively recent development in the field of complementary therapy in the Western world, it is an ancient holistic healing technique derived from oriental philosophy. This philosophy regards the human being as a miniature version of the universe. Man forms an organic part of and is clearly linked to nature. The terminology used by reflexologists such as balance, harmony and energy do not translate easily into Western physiological understanding.

Reflexology is based on the premise that energy channels run throughout the body. The efficacy of the therapy is believed to be the result of stimulation of this energy flow. It is essential to have a basic understanding of this phenomenon. The Indian Yogis call it “prana”, the Chinese call it “chi”, in the West homeopaths have called it “vital energy” and “life force”. Reflexology deals with this internal energy and accepts that the body is a dynamic energy system which is constantly changing.

Oriental belief is that all life is linked to natural rhythms and laws of the universe. The health of each individual depends upon a balance in the natural world, while the health of each organ depends upon its relationship to all other organs. Nothing can change without changing the whole. Humans are directly and indirectly affected by the cosmic forces that are beyond our control. The optimum state is that each individual should live in harmony with nature and the environment. The aim of reflexology, along with other holistic therapies, is to connect to a person’s energy system, to adjust it and harmonise it with the world in which that person lives.

All life can be said to be an expression of energy. In human beings this shows itself in various forms – spiritual, emotional, mental and physical. These are all one and the same energy. Holistic therapies acknowledge that imbalances in one level of energy affect other levels and they aim to restore balance within the entire system.

As a holistic healing technique (the term holistic is from the Greek word “holos” which means whole), reflexology treats each individual as an entity of body, mind and spirit. It does not treat symptomatically and does not work on a specific system in a technical manner but, rather, it works with the whole person. The aim being to restore the individual into a state of balance. Because the nature of the whole is always different from the mere sum of its parts, the whole system cannot be properly understood by studying