

Course: Facial Reflexology for Infertility By Lone Sorensen

For many years, facial reflexology has been successfully used for the treatment of infertility in men and women. Scientific research has shown that in 85% of cases where men and women were unable to conceive, at least one of the partners in the relationship displayed symptoms of long term stress. It is easy to understand why facial reflexology, which is a very relaxing and de-stressing form of therapy, is so successful in the treatment of infertility.

It is not only the relaxation element that helps reflexology therapy to be so effective, there are also other elements that play a major role.

In facial reflexology the stimulation of specific key points on the face produce a normalisation and eventual increase in the hormonal production especially in the hypothalamus, ovaries and testicles it is precisely these areas that, in many cases, fail to produce enough hormones because of stress.

Do you want to be specialised working with infertility problems?

Course content:

- The study of the temperature curve
- Menstrual Cycle related to the 5 elements
- Reproduction
- Fertile Period related to the 5 elements
- Analysis of hormonal system
- Combine individual treatment plans

International course in Barcelona (in english)

Date: 4th to 8th of sep 2009 (5 days)

Place: Institute Lone Sorensen

Diputacion 341, Barcelona

Value: 690 euros

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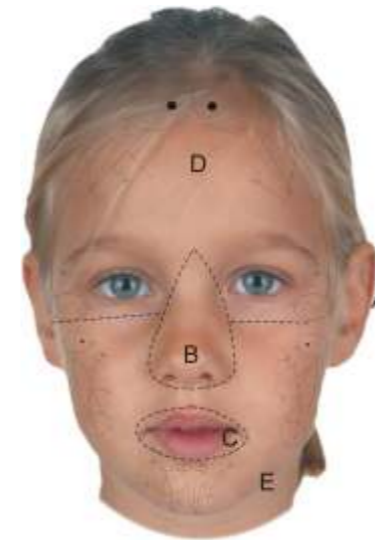


Wellcome to the 13th. Newsletter of GLOBAL FACIAL NETWORK

March 2009



Facial Reflexolgy NEWS



Facial Reflexology uses lines and points of cranial puncture located in the cranium in order to stimulate some specific areas of the brain and, thus, treat different dysfunctions

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**Something can be done here and now -
and you can help too!** Page 4



Face to Face

An article in the year 2009 for the Global Reflexology Network Sorensensistem TM

Turning disadvantages into advantages

A personal facial reflexologist view by Graham Sluter MAR. ITEC (Dip), MCThA

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NEWS!!

MIKURADOG: Professional course for treatment of dogs and cats.

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MIKURA . DOG
Holistic center



Facial Reflexology uses lines and points of cranial puncture located in the cranium in order to stimulate some specific areas of the brain and, thus, treat different dysfunctions

Facial Reflexology offers a very complete therapy including many high level techniques among the twelve different additional methodologies that are applied individually to each patient after the basic technique of 7 steps, according to the health problem of the patient.

Nowadays, we can affirm that Reflexology and Acupuncture are complementary therapies with scientific verification, renowned and regulated in many countries. This reflex technique regulates and stimulates the systems and organs of the body. It produces reflex responses mediated by superior control centres as well as by the endocrine and immunologic systems.

Cranial puncture is a manual technique, very effective as additional therapy for Facial Reflexology. It is especially effective treating the pain, palliative care and neurological functional rehabilitation. It helps to lead a better life quality.

Two different methodologies of cranial puncture are offered:

- 1- Traditional cranial puncture, which is a new technique of acupuncture and an excellent method for treating the consequences of acute cerebrovascular accidents (strokes).
- 2- Cranial puncture of Dr Yamamoto from Japan, which has great success in neurological treatments as paraplegia and other central nervous system diseases.

Traditional cranial puncture

The term cranial puncture comes from acupuncture in the cranium, and is a therapy that is performed by manually stimulating specific areas of the cranium in order to treat certain diseases and dysfunctions. It was created and developed by combining theories and techniques of traditional acupuncture, together with the knowledge of physiology and modern anatomy of the nervous system, based in a wide scientific research, besides clinic practice through many years.

The areas to be stimulated in the cranium are basically defined according to the location of the functional areas of the cortex.

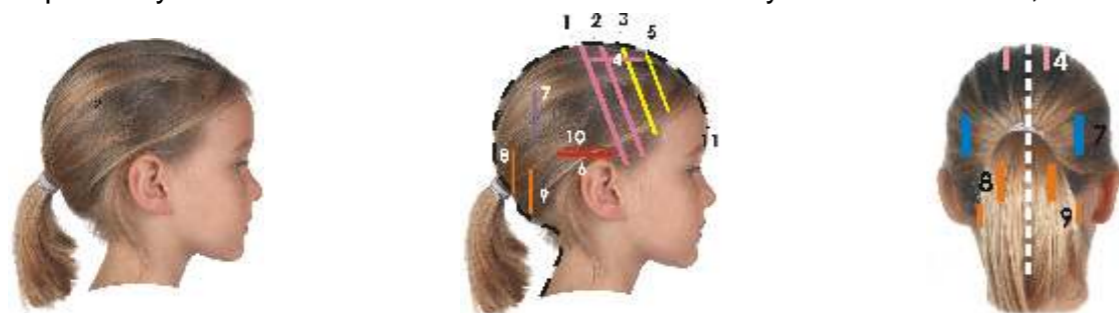
Its development is based on the existence of reflex areas in the scalp and in the periosteum of the cranial bones, which would be deeply related to similar zones in the brain cortex.

There are areas destined to the treatment of deteriorated motor functions, others to the recovery of sensitive alterations, one more in charge of correcting mistakes in speaking, besides the ones in charge of vision and auditory therapy, as well as thinking and behaviour.

The applying mechanism is about identifying the area to be treated in the scalp and then manually stimulate the line and points related to the zone corresponding to the function and cortex that we want to activate.

In many hospitals in China, the cranial puncture is applied when an accident occurs. It is much recommended to apply the treatment to the patient at the precise moment of the accident, and if it not possible, add the cranial puncture therapy to the rehabilitating treatment later on.

In order to precisely locate the stimulation areas it is necessary to mark two lines, which are:



- A) The antero-posterior midline:
It starts in the centre between the two eyebrows and ends in the extra-occipital tuberosity (Fig.1).
- B) The eyebrow-occipital line:
It starts in the centre of the superior border of the eyebrow, in the lateral part of the head and gets to the apex of the occipital tuberosity.

Fig 2. Sideways

Some of the most important areas can be seen: motor, sensitive, vascular, trembling, auditory and speaking.

Fig 3. Back-end

Here, it is possible to see the areas of the feet, speaking, vision and balance.



Yamamoto cranial puncture

This is a kind of cranial puncture over microsystems that enclose two energy systems, created in Japan by Dr. Yamamoto.

The microsystems used are located in the cranium, forehead, temples, and in the back-end of the ears. The points and zones are easily findable in case of disorder and energetic blockages. Yamamoto cranial puncture has great success in neurological treatments as paraplegia and other diseases of the central nervous system, especially in cases of neurological consequences after a traumatism or accident, and in neurological treatments with bad prognosis. It works with manual stimulation

The method is based on a new SOMATOTOP in the cranium. It could be compared to the acupuncture in ear or mouth, so every organism is reflected in a certain area of the cranium.

In case of disease, for example pain in the motor system, the affected part of the body is reflected in reactive areas clearly defined. Acupuncture is performed in this area where the sensitivity is reflected.

The motor system is represented in both parts of the forehead (in the line where the hair starts to grow), the internal organs are in both side of the temples. Cranial puncture is divided in one YIN SOMATOTOP, located in the front part of the cranium, and in the YAN SOMATOTOP, located in the back-end of the cranium.

Cranial puncture is especially effective for treating pain, revertible dysfunction of the motor system, including paralysis (for example: recent paralysis due to apoplexy).

The treatment of dysfunction of internal organs is based in re-examining the abdominal wall, as well as in a specific Japanese diagnosis of the neck.

Due to its easy application (it is not necessary to know all the many acupuncture points of traditional Chinese medicine), cranial puncture is recommended and convenient as a Soutine method in the practice office.

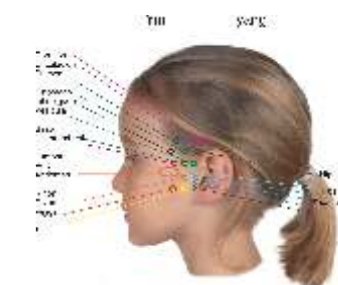
It can be applied as mono-therapy or in combination with other forms of acupuncture. At the same time it can be used together with other methods of treatment. The method can positively complete the different treatments used in patients with apoplexy. The therapy barely contains secondary effects and contraindications.

In the future, it would be recommended to start the treatment in patients with apoplexy already in the emergency vehicle to then continue with the therapy in rehabilitation.

Lone Sorensen

Facial Reflexología Institute, Barcelona

www.reflexologiafacial.es





I'm looking for a group of women who are willing and prepared to help make a positive difference in the lives and health of their less fortunate sisters around the world!



Lone Sorensen

Something can be done here and now - and you can help too!

During a career of thirty plus years, I have started many projects aimed at helping groups of people with many varying forms of handicap, these include; children with downs syndrome, women with breast cancer, sclerosis sufferers and many others.

During this period, I have personally invested an enormous amount of time and energy accumulating the necessary financial backing and labour resources that are required to run projects, such as the ones I have been running at my institute in Bahia Blanca, Argentina, for a period of twelve years (1988-2000).

All of the projects, so far, have received financial backing from private resources in South America, the work force for the projects has been provided by Argentinean instructors and students.

In 2001, my efforts were rewarded with a prize from the Argentinean WHO delegation.

Establishment of my European institute in 2000, I have been involved in a Joint aid project in Nicaragua. Since the re-



The Nicaraguan group includes parents and hospital personnel

Nicaraguan facial reflexologists in training



The Nicaraguan group includes parents and hospital personnel

Since the re-establishment of my European institute in 2000, I have been involved in a joint venture aid project in Nicaragua. An aid organisation called ONG was our partner in the project.

During the project I helped parent and health worker groups who were connected to small jungle (rural) hospitals. The groups, which also included some doctors, were taught how to use facial reflexology as a form of treatment.

The project's aim was to provide a large rural community (lacking in adequate medical facilities) with an extra form of treatment and a way to help them to improve and maintain good health - free of charge.

During the period 2006-7 my international 'Institut de Reflexologica Facial de Lone Sorensen' stationed our therapist and nurse, Montse in the Nicaraguan jungle, where she taught 90 people (some of them illiterate) and 13 doctors facial reflexology. The institute, which contributed all of the teaching materials free of charge, closely followed Montse's progress throughout the project.

The Project was a great success, and its goals were achieved.



This particular project was done free of charge. I have been motivated, throughout my career, by one simple thing: a personal conviction that the purpose of my life is to help other people, doing that gives me a sense of fulfilment. After more than thirty years of working the way I do I am still driven by the need to help others despite, what sometimes seem to be, insurmountable obstacles. One of the hardest life lessons I've had to learn is that, you can't just give it away for free.

The intrinsic values of objects or services are directly proportional, not only to the amount of effort they take in their realisation, but also on how much people appreciate them, or are prepared to pay for them. A common misconception is: "If it's free, it can't be any good or worth anything" and is therefore underrated or undervalued.

I am sure that there many people reading this who share my values or points of view I hope that this proposal will motivate at least some of them, and also help them to fulfil their life's purpose too, whilst helping others.

I choose to lead a globetrotting existence; I travel around the world, teaching in more than twenty countries. The more than 45 trips I take every year take me to places and put me in situations that make me aware of just how.

fortunate I am, it also makes me aware of how great the need is for our work - in many different ways and in many different places.

It's a bit of a solitary existence I lead, and it occurs to me that if I am going to be able to continue as an initiator, I must have help with lots of different projects - on

The reasons behind this latest initiative of mine are prompted by my perception of the increasingly complicated and fast moving world that we are living in. Sizeable portions of the world's population suffer from stress, distress and poverty. Conditions that can be remedied if we work together maybe we can help - just a little bit.

It is no longer easy, especially in the current economic climate, to find businesses that are willing to make project investments especially in Europe.

Neither do I have the same working relationships and economic conditions in Europe, as I have in South America.

That is why I am now looking for a group of women, who would be interested in joining me in carrying out a number of exciting and challenging projects. I am constantly being encouraged; almost everywhere I go, to initiate various projects to improve the quality of life for women and children all over the world.

I have three very important pilot projects that are about to be launched and I need your help to make them work:

Mexican initiative project -Facial reflexology education for blind and visually impaired Mexican adolescents and adults

Blind and visually impaired people in South America and Mexico do not have the same quality of life, education or job opportunities as we do in Europe. There are no special education schemes or governmental aid projects that cater for people with their handicap. Because there is no official recognition or support from the state, this group of people are mainly forced to live on the street or to be a burden to their often impoverished families.

The expectations for the blind in Mexican society are so low, that Mexican schools for the visually impaired teach their young pupils how to beg.

10% of Mexican people are so visually impaired that if they lived in Europe, they would qualify for a seeing-eye dog.

The main goals for this project are;

1. To offer blind and visually impaired Mexican adolescents and adults, an education that will provide them with the means to be self sufficient and, at the same time, give them status and dignity in their own societies.
2. The project's intention is to educate blind and visually impaired people to be facial reflexologists. They would then be able to make their own living by treating and helping others.

We will offer Facial reflexology courses to blind and visually impaired Mexican adolescents and adults who are interested in developing a career as therapists.



Computer based technology will be used as a teaching aid

Braille reading, writing and text to speech computer programmes will be used as teaching aids. We also intend to develop specialised teaching material that is currently being pioneered by Chilean experts.

Because this initiative has been so widely publicised by a number of blind institutes in Mexico, there are already enough potential students to start the project.

A pilot project has already been completed with a 39 year old Mexican man, German, he has been blind since the age of eleven.

German travels around between four different towns in Mexico where he has worked as a masseur for two years. Because of his new education, German can now make his living as a reflexology therapist too.



German, who is blind, has learned facial reflexology

German also uses time and energy to spread the word about the reflexology education initiative, throughout Mexico. He has formed groups of blind and visually impaired people who are also interested in taking the same education as him.

We have initiated a working relationship with Dr. Rosalia Flores of Mexico City, who will now be responsible for the daily organisation of the Mexican project.

This project will start in November 2009.

Mexican initiative project - The improvement and maintenance of pre and post natal care for Mayan mothers and their children.

The extremely inhumane and harsh pre and post natal conditions that Mayan women have to suffer in modern day Mexico contributes significantly, to that country's dubious world record for handicap births.



Native Mayan women, in Mexico, wait in line for their turn to give birth.

We intend to offer facial reflexology courses for women who are interested in learning specialised reflexology techniques that can help to alleviate unnecessary pain and suffering during and after childbirth.



The project aims to improve birthing conditions for Mayan women and their children.

The project's two main objectives are to;

1. Provide native Mayan women with a more natural and humane birthing environment including the use of facial reflexology as a treatment.
2. Educate therapists/doctors in specialist facial reflexology techniques that will help to combat the ill-effects of the current system, and eventually offer improved conditions and a better pre and post natal state of health for these women and their children.

A working relationship has already been established in Mexico City with two female doctors; Dr. Perla Figarro and Dr. Rosalia Flores.

Perla's greatest wish is to open a Centre/hospital for expectant Mayan mothers in Mexico.

We hope to start this project in June 2009.

Health and job improvement prospects for Arab women and children in Abu Dhabi and Dubai

It's not uncommon for women in this region to suffer a wide range of early onset health problems, their children also suffer from a wide range of physical, learning and behavioural difficulties. Facial Reflexology can help.

The four main objectives of this project are:

1. To teach Arabic women how to do and use facial reflexology.
2. Make it possible for them, once taught, to be economically independent.
3. Give Arabic women the tools and opportunity, to help them help themselves in the recognition and treatment of the wide range of early onset health problems that affect women in that region.
4. Provide Arabic women with the ability to diagnose and treat their children for the wide range of physical, learning and behavioural difficulties that are prevalent in the region.

The project would be deliberately structured and implemented in such a way, that it would eventually lead to the establishment of the first school of reflexology in one of the UAE's seven member states.

The school/s would eventually be controlled and led by local Arabic women, who would receive necessary help and support from the local group.

There are currently no schools of complimentary medicine in Arabia. We hope to start the project in April 2009.



How can I make these projects work?

My personal network consists (globally) of about 20,000 contacts - 95% of these are female and the qualifications of the majority of them, match the categories required for both projects.

I am confident that amongst that number, there are at least twenty willing women with the right profiles who would love to take part in such worthwhile endeavours. An essential factor in making these two very important projects work requires that such a group should be comprised of facial reflexologists and or qualified instructors, business women and journalists.

Why do I specifically need people with these qualifications?

I need qualified therapists that are willing to help to teach and instruct throughout the entire development period of the projects.

I need women who understand and can organise and oversee the economic and administrative aspects of the projects.

I need Journalists and women with media skills who can write and disseminate information about the projects.

How will the projects be financed?

As I am sure you realise, the proposed aid projects cannot be carried out without some form of financial backing. Project donors are not easy to find, especially in the current economic climate, that is why there (unfortunately) must be a pre-condition for taking part in either of these exciting and challenging projects.

Each of the (minimum) twenty participants must be willing to invest a minimum of 1000 euros each. An individual certificate will be issued for each 1000 euro investment.

What return will you get on your investment?

Profits earned by the projects will be distributed to their investors, according to and in relation to the original investment sums.

Until the original investments are recouped, a 6% p.a. interest rate will be paid out on each 1000 euro invested.

If you wish, your original investments and accrued interest can be re-invested, at the same rate and under the same conditions, in similar future schemes.

No matter what - you can't lose!

I can't promise you material riches that isn't really the principal aim of this scheme, but what I can promise you is the chance to make a direct and relevant investment in the improvement and enrichment of the lives of others less fortunate than ourselves. Here is a unique opportunity to support, promote and teach others about the healing powers of reflexology - in environments where it can be of great use.

Keep up to date with what's happening with these and future projects.

A project web site will be established so that you can follow the progress of; the visually impaired programme, the Abu Dhabi project, the Mexican initiative and future projects - online.

Future Projects.

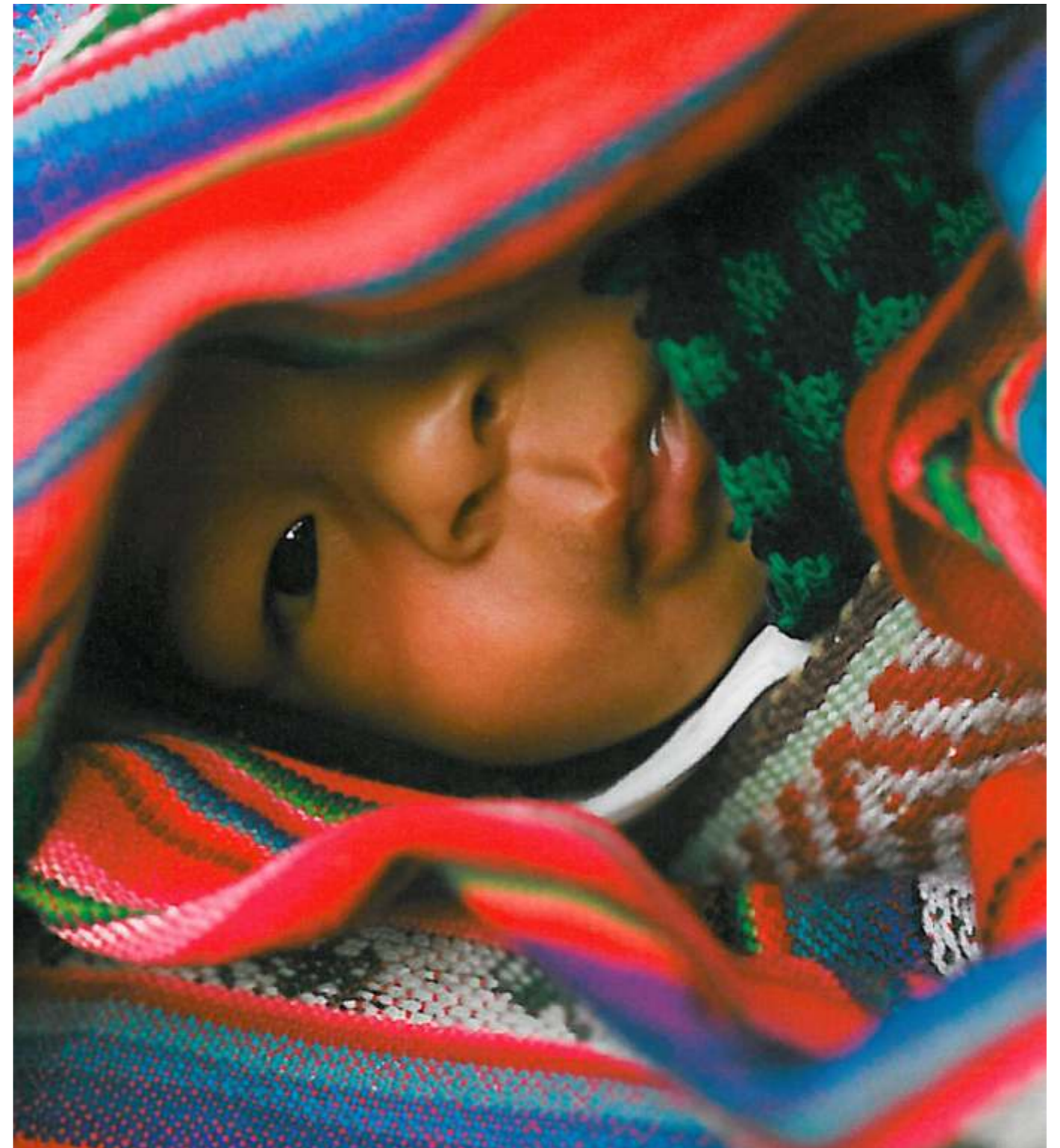
There are already several other projects in the planning stages. Keep checking the website to stay up to date.

My international school has educational and teaching programmes that completely match the requirements/needs of all of these proposed projects

Contact

If you are interested in taking part and investing in these exciting and challenging projects, or if you want to know more about the benefits of reflexology, please contact:

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Sorensensistem@post.tele.dk



Face to Face

An article in the year 2009 for the Global Reflexology Network Sorensensistem™
Turning disadvantages into advantages
A personal facial reflexologist view by Graham Sluter MAR. ITEC (Dip), MCThA

Dear facial reflexology colleague,

I asked Lone Sorensen if she would kindly email this article to you as you are either listed as a Sorensensistem™ trained reflexologist in the United Kingdom (UK) or one of Lone Sorensen's English speaking teachers and I hope this article maybe of interest to you.

In November 2008 I travelled from Cornwall to London using the night Riviera sleeper train to meet Lone Sorensen and Nikke Ariff (Nikke is the UK's Sorensensistem™ teacher) The purpose of my journey was for me to have some important updates in my post graduate training and also for me to meet some of Nikke's students because last year Lone had asked me to consider co-ordinating a UK section to the Global Reflexology Network. For me at that time I needed to get personal assurances that others would offer their unique skills and help with this UK newsletter. I am now writing this article with the intent that hopefully the UK can produce a sustainable group of therapists linked into the Sorensensistem™ Global Reflexology Network willing to write and share information about themselves, good practice, case studies, new opportunities, training updates, and basically anything that they consider worthy of publication about their journey as a complementary therapist and facial reflexology issues in the UK.

When I spoke to the facial reflexology student groups in London, there was consent that it would be a good idea if there was some sort of exchange of ideas and updated information organised in the UK. Therefore at this stage I am hoping you will accept me as a UK representative for the Global Reflexology Network Sorensensistem™ until some other people wish to help me with this task or maybe they could provide this service from a more central location as I am somewhat isolated from the London hub of therapists as I live in Cornwall.

Some of you may be receiving this article by your postal letter service as you may not wish to receive email communications and I would like you to feel that you are fully informed by receiving this first UK facial reflexology article. I am not keeping a data base of names and addresses as such legal requirements like that are most definitely sorted by Lone and Nikke and this news article was sent to Lone for her to distribute personally to you.

It is my belief that sometimes too much personal information from one individual like me willing to write a news letter is not a good thing for the follow up news letters, so that is why I want to encourage you as facial reflexologists in the UK to phone and talk to each other and even arrange meetings to exchange therapies and information socially. Hence, I suggested to Lone that the first title for this article is called "Face to Face". I have no time scale for follow up issues as this process is entirely dependent upon any support offered to me and your interactive interests in networking with each other. If you want to contact me my name is: - Graham Sluter,
My mobile telephone and text number is 07905 971912 international dialling is +447905971912
My email address is reflexology@feetonthesun.com
My website www.face-reflexology.co.uk contact page also uses the above email address.

This 1st article is my opportunity to introduce myself to you by way of describing some key moments in my reflexology journey from being a cancer patient to achieving a professional holistic therapist practice, so that you may hopefully feel inspired and not alone in your current facial reflexology situation whether you are a practicing therapist or you just like to be actively informed about issues concerning facial reflexology.

When I first moved to Cornwall I was contacted via email from another reflexologist who was asking me where she could study facial reflexology and find support for this therapy. At that point in time I had a website but I did not own a computer so I had to take a ferry (water taxi) journey across the river Fal estuary from St. Mawes harbour to get to Falmouth harbour and to check my emails at an internet café. Over a period of weeks we corresponded and I joked that I was on "ferry mail" as it took me a week to answer each email. Imagine my surprise when I introduced myself to the lady sitting next to me at Lone Sorensen's International 2006 Barcelona Conference and this lady said to me you must be "ferry mail from Cornwall". She then told me she was now a qualified facial reflexologist and how our "ferry mail" correspondence had helped her knowing that I would eventually reply each week to important questions she was asking about training to become a facial reflexologist in the UK.

My point here is that one small act in responding to an email enquiry can change lives and bring new therapist and friends into your life. How much more could we all achieve if we just took time to look up some of the nearest facial reflexologists to us and exchange ideas by phone, email and even get to exchange therapies. If this appeals to you as a practical idea then hopefully we can share "good practice" ideas. For me at present and because I am the only fully qualified Sorensensistem™ trained reflexologist in Cornwall I have found that the training week in Spain is my most cost effective way to get a holiday and update my skills with the excellent training Lone offers there. Also I get to meet other therapist from around the world as we share and exchange treatments, and most importantly this skill training earns CPD points (Continuing Professional Development points).

Maybe by now you have heard at one of Lone's training session for the Japanese Cosmo-Lifting course that I created a red face with the Japanese Cosmo-Lifting mask on one of my clients after applying the bright red coloured face mask over an oiled face! Luckily for me she was a test client and I was only practising with the face lift coloured masks, but my point to you is that the experience I had was worth phoning a facial reflexologist friend I had met on the 2008 Spanish training week for her advice and help as she too was experimenting with the new face mask products. After a few hilarious phone calls as she just laughed at the situation I was describing on the phone, she was able to contact some of her other friends she had met on that training week and eventually phoned me back with her advice. The result was that I was able to identify and correct my mistake which is really important to me as I now have therapy work for this treatment in one of Cornwall's most prestigious hotels.

This hotel can be found from a link from an article on my website about a facial reflexology treatment that I had given to a travel writer staying at that hotel last year.

By now you may be asking or wondering how I got offered therapy work in such a fantastic hotel in a remote coastal part of Cornwall.

My answer is to trust the universe to bring to you opportunities so that you may help others and of course network with other therapists, family and friends.

My reflexology story started in 2000 when I was in the Royal Marsden Hospital with a critical life threatening cancer illness and my main obstacle at that point in time was to overcome the chemotherapy which really had quite debilitating and complicated side effects on me. In my care plan the palliative cancer care team from St. Catherine's Hospice in West Sussex provided complementary therapy treatments of reflexology for relaxation. I can still vividly remember my first session with Jeannine my reflexologist. My feet were ice cold and lifeless (I could feel no pain because of the cancer chemotherapy and morphine drugs.) I had so many fears and anxieties about the cancer, my family, friends, and work. I just cried throughout the sessions. However, I soon realised that Jeannine my reflexologist was positive about ensuring that I fully benefited from the individual sessions and relaxed. We also spent time talking about diet, I could not eat solid food and I had permanent stomach pains, I could not pass motions. However, I noticed that the day after each treatment I was really very unwell, but three days later I felt a lot brighter and I was more able to cope with life and this terrible illness.

I had one reflexology session every week and the results were always by coincidence better on the third day after the treatment. Eventually I came to realise that despite all the pain control drugs and uncertainty about my future I could make my own small world more comfortable by having regular reflexology treatments. The effects for me personally were remarkable. I was able with my reflexologist Jeannine's agreement to time treatments to help me feel better for my hospital appointments and my special family days.

Eventually I was told I was in remission from the cancer, but I was unfortunate that the chemotherapy drugs had major side effects and had caused problems with nerve damage to my feet and hands (peripheral neuropathy) and total chronic exhaustion with post cancer fatigue and other lupus type chemotherapy induced skin and nerve conditions. It was at this point in time that I found continued reflexology treatments helped me positively change my outlook on life to adjust my world to cope with my debilities, and of course those treatments were still wonderful relaxation sessions.

Throughout my cancer treatments I felt I was really being offered a tough challenged to survive the illness. To improve my health I needed to consider not only my physical illness but my emotional, mental, spiritual needs, my children, my family, relationships and communication, my lifestyle, my environment and finally my beliefs and goals.

My goal to get better and stay well introduced me to Holistic Reflexology as a way of life. For me it turned my life around. Every treatment was helping me to cope better with all the issues listed above

We all live in a very complicated society.

My own case history leads me to believe in the power of prayer, the love of family and friends, the help of doctors and nurses, and the soothing hands of understanding reflexologists and other comforting therapists and carers.

My aim in life now is simply to maintain the best health I can and to fully enjoy every moment of every day. To be prepared to turn a disadvantage into an advantage allowing luck to prepare me for the right opportunities when they appear.

My luck was meeting Jeannine at the Hospice and having that first reflexology treatment and also to thank her for giving me the encouragement to pursue my vision and bold goal to train and qualify as a reflexologist so that I can give back to society some of the benefits I have received.

Once qualified as a reflexologist I was fortunate to be able with my GP's (doctor) and cancer consultant's recommendations and encouragement to become a volunteer practitioner reflexology comforting therapist at St. Catherine's Hospice as part of my own care plan to help me adjust and prepare for a new life in ill health retirement as I was unable to return to full time employment. It was at this Hospice that I came to realise that at some point in time I would eventually need to study a post graduate course in reflexology and become qualified in facial reflexology because some patients' feet or hands were not available for reflexology treatments but of course their face was. However, I was never able to achieve that goal of taking facial reflexology into a hospice environment as I then moved to Cornwall.

Having arrived in Cornwall to start a new life in retirement I naively and mistakenly thought I could still continue as a volunteer reflexologist at a Cornish Hospice. Imagine how my world and long term care plan fell apart in front of my eyes when I was told that this Hospice management were not interested in my skills as they already had their quota of reflexologists.

If you are fortunate and lucky enough to be one of those gifted therapists working in a management situation similar to hospice care, can I please make you aware about what I consider to be good practice. Please always find time to personally meet any potential volunteer therapist, especially if they have taken the additional time and trouble to write to you. You never know what golden opportunities you are loosing if you just "bottom draw" their letters without interviewing them. For me after receiving so much loving medical and complementary care from the Royal Marsden Hospital and St. Catherine's Hospice this dismissive and negative response from a Cornish hospice was a major disadvantage to my life skills plan in my cancer care recovery programme. Fortunately for me I then broke my leg. You may ask why I can consider that fortunate, because looking back in time now I was able to take that opportunity to go to Truro College and learn holistic massage, and so I was actually in a very practical way turning this set back and disadvantage into an advantage as during my broken leg recovery time I heard that a multiple sclerosis (MS) day centre was to be constructed a few miles from where I lived. My breaking news (please pardon the pun) is that I have just been asked to offer facial reflexology as a therapy treatment at this new MS day centre and Lone has kindly given me her full support with all her wealth and experience in MS reflexology treatments via the Global Reflexology Network

Which leads me nicely into this next subject: as you have spent money time and effort in facial reflexology training, please consider carefully and allow your annual budget to continue your payments for membership to the Global Reflexology Network Sorensensistem™.

For me it is most important to ensure that I have continued access to Lone Sorensen as her experience and advice is vital to ensuring that I can deliver top quality facial reflexology treatments to all my clients and especially now with this exciting new challenge of working in a professional environment with potential MS sufferers and their carers and friends. Lone is probably the world's best leading therapist and most published authority on facial reflexology, so for me it is important that I budget to get all the benefits of the Global Reflexology Network Sorensensistem™ including current information in news letters, product discounts, training week holidays in Spain, conferences, and course information and training updates that this network membership can provide.

For the future I would ask you to consider any practical ideas or advice you may like to share for future issues, because the UK network of therapist and friends can only be effective if it has some willing volunteers to help represent facial reflexology and access other UK complementary therapy organisations. We really do need to inspire more reflexologists and

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complementary therapists to get trained in facial reflexology and to ensure that the Sorensensistem™ remains the gold standard that potential customers identify with for facial reflexology treatments. It is also important that you help to promote and protect Lone's Sorensensistem™ trade mark in your publicity and published articles as you have paid good money to have access to the benefits Lone offers in your annual membership with the Global Reflexology Network Sorensensistem™

Finally those of you who are attending this year's training week in Spain, I hope we can all use this opportunity to get this UK Network up and live. I am really happy to learn from you and get any constructive criticisms sorted, also and any favourable comments and help are most welcome. This is my first public article about my very private journey though a debilitating cancer illness. Now in 2009 I am still managing to cope even today with some post cancer disorders including post cancer fatigue and peripheral neuropathy in my feet. Therefore I am always pleased to receive and exchange any foot or face reflexology and massage treatments especially on the training week or if you are visiting Cornwall and want to meet me.

I hope you have enjoyed reading this article and maybe it will guide you to better understandings within your own practice. For me meeting Lone Sorensen and studying facial reflexology to practitioner level and beyond is continuing to be a rewarding experience. I hope this article may also help you in some small way to appreciate the benefits of helping others and turn your disadvantages into advantages as you improve your life skills.

This quote from Mahatma Gandhi is stuck on the front of my diary so that every day I am inspired as I read "Be the change you want to see in the world"

With warmest greetings and best wishes for successful opportunities in your reflexology business.

Graham

Face to face article for global network March 2009

