

INDEPENDENT STUDY
AMERICAN REFLEXOLOGY CERTIFICATION BOARD
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1.- BOOK: TOTAL REFLEXOLOGY: THE REFLEX POINTS FOR PHYSICAL, EMOTIONAL AND PSYCHOLOGICAL HEALING, BY MARTINE FAURE-ALDERSON, D.O.

In her book, the author talks about the plexuses or energetic nervous centers where the nerves are brought together. The seven centers correspond with the seven chakras and connect with the three levels of being (mental, emotional and physical) through the brain, the endocrine glands and the cells.

- ✚ The coccygeal and the hypogastric plexuses reflect the physical level
- ✚ The solar (digestive), cardiac and thyroid plexuses reflect the emotional level
- ✚ The pituitary and the pineal plexuses reflect the mental level

The plexuses are connected by blood, lymph, autonomic nervous system, and more importantly, by the cerebrospinal fluid, which moves from the spinal column into the connective tissues to bathe the cells of the body, stimulating them and transmitting information to these cells.

According to the author, by treatment of the appropriate reflex points on the feet, reflexology assists the plexuses. Applying deep pressure on these reflex points rebalances plexus function and helps regulate the hormonal, immune, lymphatic, and craniosacral systems. By balancing these systems, reflexology can help to reestablish homeostasis.

REFLEXOLOGY AND THE PLEXUSES INTERACT IN THE FOLLOWING WAY:

Coccygeal plexus – reflexology can help to regulate growth, sexuality (especially related to fertility) and disrupted menstrual cycles.

Hypogastric plexus – it relieves pain and inflammation and improves elimination.

Solar plexus – it treats diabetes and hypoglycemia and improves digestion and the metabolism of fats and sugars.

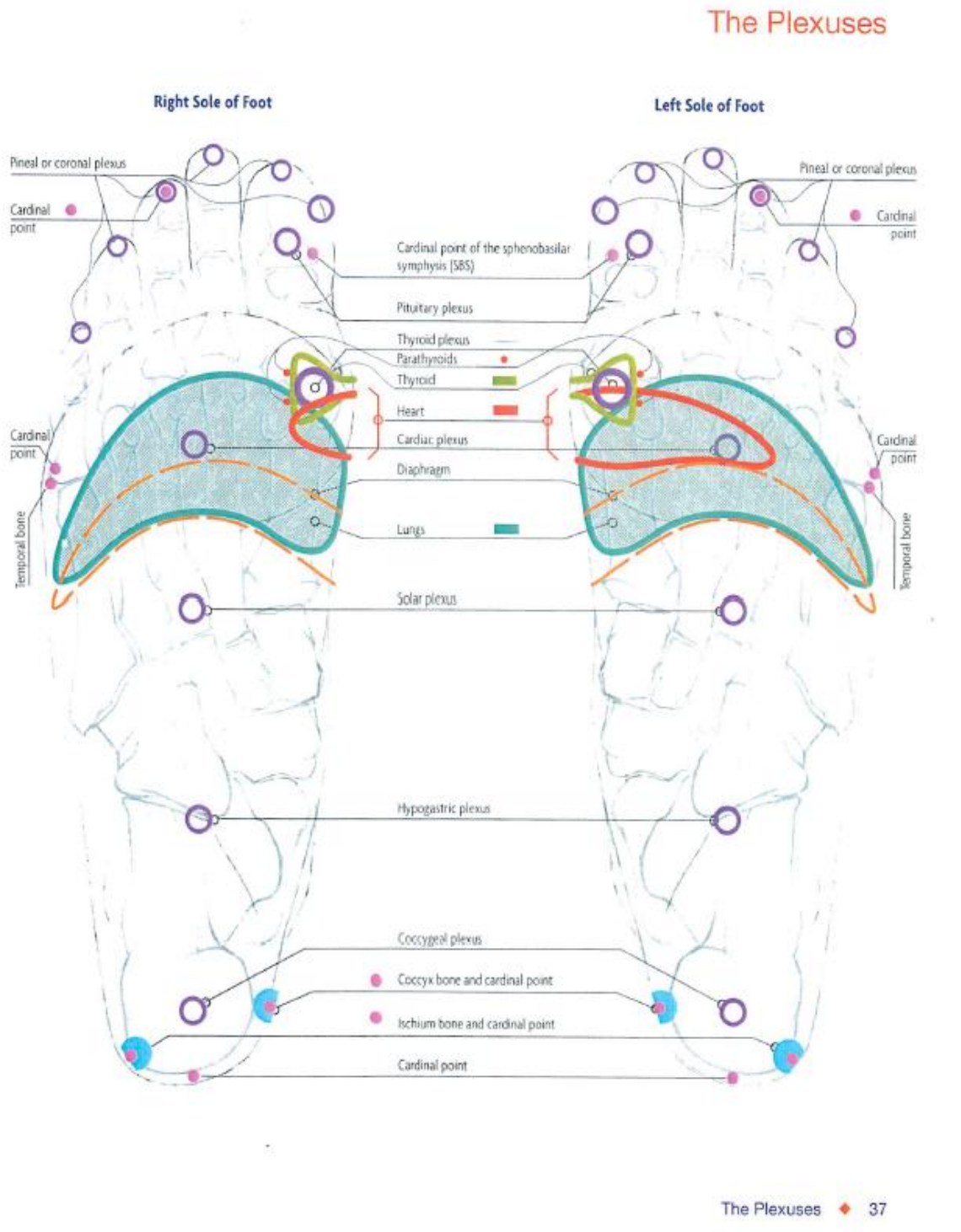
Cardiac plexus – it addresses edema, the muscles, and circulation. Stimulates the immune system.

Thyroid plexus – it regulates disrupted metabolism and treats spasmophilia, osteoporosis, arthrosis and arthritis.

Pituitary plexus – it addresses the hormonal system

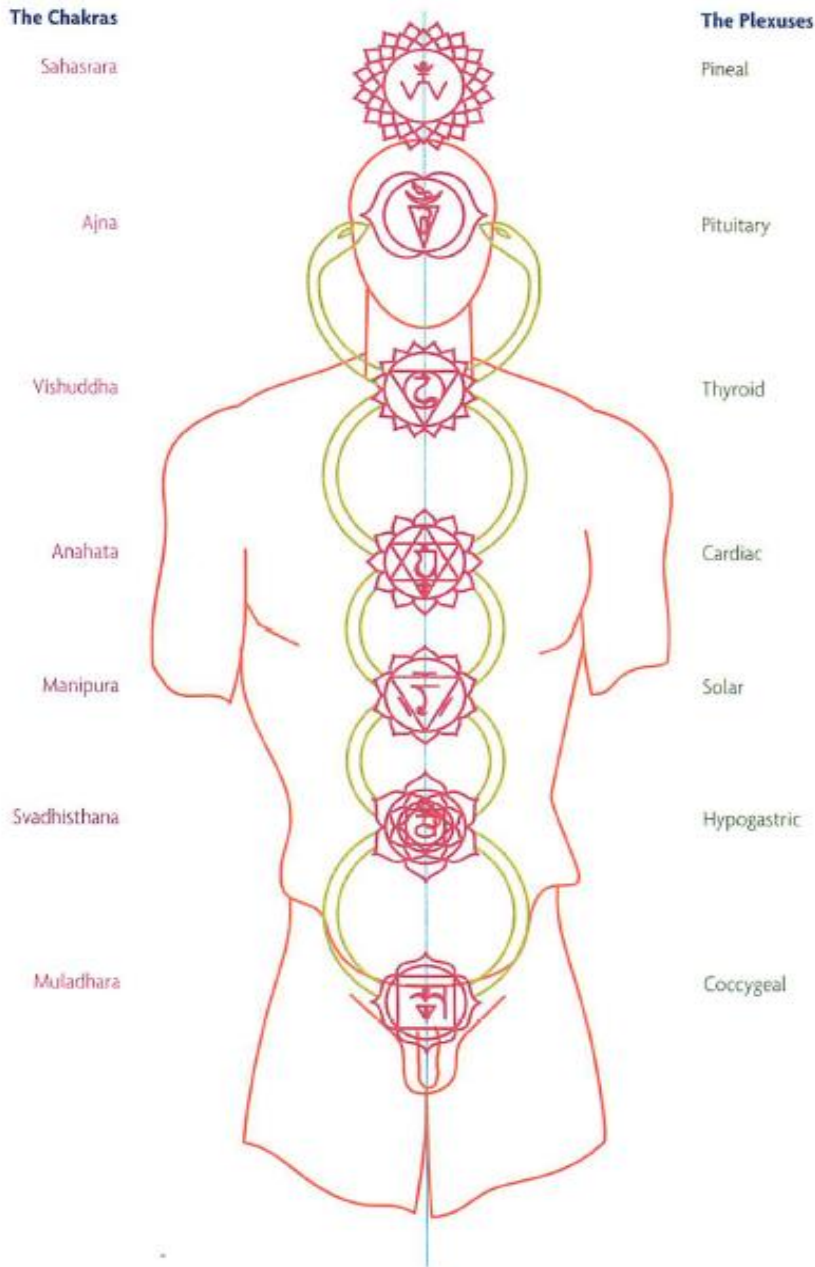
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Pineal plexus – it contributes to the repair of any disorders in the realm of the pineal gland.
THE PLEXUSES



CHAKRAS AND PLEXUSES

Chakras and Plexuses



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2.- BOOK: THE SUBTLE BODY: AN ENCYCLOPEDIA OF YOUR ENERGETIC ANATOMY, BY CYNDI DALE

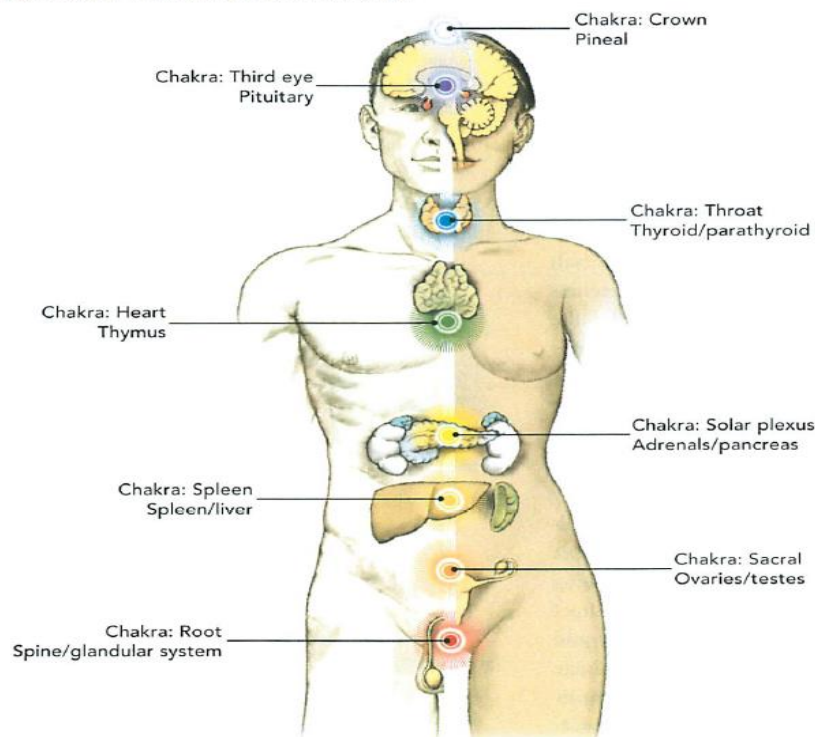
There are three basic structures in energy anatomy which attract subtle energies from external sources and distribute them throughout the body; transforming subtle energies into physical energies and vice versa. In the physical and subtle worlds the three basic structures are *fields, channels and bodies*.

Subtle bodies are connected into the body by the meridians, the nadis and the chakras, which are able to convert the fast-moving frequencies into the slower and mechanical fields and forces. There are energies that move through mediums – including the skin and bodily tissue.

While chakras interface with the energy meridians of the body, they are even more involved with the nadis: *conduits that disperse life energy throughout the body*. Chakras negotiate both physical and subtle energies, transforming one into the other and back again.

CHAKRAS AND THE ENDOCRINE SYSTEM – FIGURE 5.4

FIGURE 5.4
CHAKRAS AND THE ENDOCRINE SYSTEM



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All the definitions of chakra evolve from the Sanskrit meaning of the word “*wheel of light*”. Most authors agree that chakras are subtle energy centers located at the main branching of the nervous system. They serve as collection and transmission centers for both subtle and biophysical energies.

Most systems place the chakras at the same basic locations:

- ✚ First chakra ~ Groin
- ✚ Second chakra ~ Abdomen
- ✚ Third chakra ~ Solar plexus
- ✚ Fourth chakra ~ Heart
- ✚ Fifth chakra ~ Throat
- ✚ Sixth chakra ~ Forehead
- ✚ Seventh chakra ~ In the top of the head

Researchers in subtle energy technologies, as well as those in the medical field, are evolving our understanding of the chakras. A scientific definition of chakras might be:

Chakras are energy transformers, capable of shifting energy from a higher to a lower vibration and vice versa.

From this point of view, chakras interact with the flow of subtle energies through specific energy channels to affect the body at the cellular level, as reflected by hormonal and physiological levels in the physical body.

REFLEXOLOGY: WORKING WITH THE BODY THROUGH ITS PARTS

Sir Henry Head outlined skin or head zones that represent specific organs. An organ-based illness can cause the associated zone to react by becoming more sensitive or painful; by working on the site reflexology can help to alleviate the illness.

The skin is replete with blood vessels and nerves that connect to the muscles and organs and to all parts of the body. By working on the right area of the body, the related areas can be assisted. Foot and Hand reflexology are highly sensitive access points to the meridians.

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3.- FINDINGS AND CONSIDERATIONS

I found both books very informative and well written and presented. I was able to respect the authors' approaches and the information given in their books, since most of it sounded credible and reliable.

I found the approach to the subtle body and specifically the chakras very similar on both books. **Cyndi Dale** in her book **“The Subtle Body”** expands deeply into details of many types of subtle energies and their history, definitions and ways of practice, in my opinion, the book is an excellent source of information on holistic healing. I found Dale's coverage of reflexology brief and attached to acupuncture and Chinese medicine and I noticed that the traditional expression so associated with reflexology of **“reflex points”** was not used.

Martine Faure-Alderson offers a delightful and detailed journey through reflexology, its systems and practice. I liked very much the way she gathers together reflexology and the chakras. The author also offers information on holistic and energetic alternatives to live a peaceful and healthier life.

I am very satisfied with the lecture of both books, since my understanding and personal approach to reflexology and the chakras is now more grounded and educated.

I understand the chakras as an integrated whole system, in which one center cannot function properly without the others. Perfect harmony within the system is required in order to align the chakras along the hara or energy channel.

The human being is “one” where mind, emotions, spirit, and energy coexist in one physical body, and in order to be able to live in health and peace, all the bodies must balance each other in perfect harmony.

When working on the chakras I believe it is important to include the feet and ankles when working on the root chakra and on the hands, when working on the throat chakra.

Our feet keep us grounded, we step our “foot” when we want to make a point. We set our pace and the way we want to walk our path. We are on our feet most of the day in perfect balance, and if needed, our feet allow us to move forward, to stop or to step back to reconsider. They take us places.

The ankles are of great power, they give us flexibility to walk, connecting feet and legs. We can remember that the Achilles tendon - a symbolism for weakness - is located in the back of the ankle. On this area we can work on issues related to power and to stand for ourselves, especially during hard times.

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Our hands are our physical connection with the world, we connect through touch, and we use them to introduce ourselves to others, to express our care and love, to eat, to communicate, and to clean and dress ourselves. With our hands we give and we receive. If there is the need to establish distance with others, we use our hands as a symbol for it.

By applying pressure to reflex points and its respective energy centers on the hands and/or the feet, reflexology allows practitioners to connect with the physical and energetic bodies, initiating a transmission of information via the brain and nervous systems to the organs, cells, glands, nerves and chakras, creating an excellent momentum for integrated healing.

I with the unique possibilities that each client and treatment represent for my practice, always eager to learn their experience after the treatment, should they choose to share it.

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