

# Non projection oriented reflexology.

- by Arve Fahlvik - 13-01-01

I know a medical doctor, he complains about his patients, and wish he had chosen to be a veterinary. He claims that most patients lies to him when telling about their problems. Some wish to be more sick then they are, other wish to be less sick. Some find it hard to talk about their impotency, their dementia, or other touchy issues. So they adjust their descriptions of their symptoms according to this. In contrast, a horse never tells a lye, or a truth. The help the horse can receive is completely dependent of the veterinaries ability to interpret the objective findings, primarily the visual impression.

In homeopathy a very structured interview is used to reveal the best way to help the client. In many cases there are no obvious connection between the question asked and the constitution of the client (from the clients point of view). Even if the client adjusts some of the answers there are enough of other that points in the right direction for the remedy.

Reflexology have no real distinction between diagnosing and treating. If the reflexologist search for a kidney and find an active reflex where expected, then the reflex has already got some treatment.

But stop for a moment. Why search for a kidney in the first place? For a lots of problems it can be quite obvious if the client have it. A flue can be revealed by red nose, cough and coryza. In opposite chest pain is not that easy to confirm for the therapists, and there can be a lots of different reasons for chest pain. The reflexologist can try to treat the whole chest and all its content in all known systems, and in worst case fail if the one active reflex is unfound. Working this way is tremendous time consuming.

I'm glad that mine clients are more trustworthy then the patients of the medical doctor.

## **Let the clients strip!**

The reason I trust my clients is that I don't only listen to what they say with their mouth. Their whole body speaks to me. But to make the body able to speak it must be as nude as possible. When the body is nude it talks to me by visually showing me lines, wrinkles, acne, areas with different colors, different textures. Then I can palpate the body to be told even more. Soft or hard tissue, slight asymmetry. Cloths can also make it difficult to apply the right amount of pressure, and thereby there is a risk of missing sore spots.

When you are not used to it, it can be difficult to start asking your clients to undress. A good way is to start doing it only with new clients. They don't know what to expect. Be relaxed and act as this is the usual way of doing it.

## **Where did the projection go?**

So, what do we do with all the new information the body on the bench gives us? Here the nice and unique property of reflexology is getting to its right. By stimulate all those signals

from the body, the body is being treated. And by prioritize the bodies most pronounced requests for help, we can be sure what we do is the right things. But what do I treat? Hmm, do I really need to know that? What I'm saying is that there are no absolute need for knowing what the body is trying to tell us by showing for example a straight horizontal line between Th 2 and Th 3. If I manage to remove the line, I can be pretty sure that the underlying problem also is removed. That's the way reflexology works.

Sure, it is possible to analyze all the information the body have given us, to find out that the clients problem is related to that he was adopted as a child, but there are really no need for that. When the problem is healed the client will be happy anyway.

I'm not claiming that the knowledge about the projections are unnecessary. Not all problems have are so serious or have existed for so long time that it has been manifested in this way. The knowledge gives you a good foundation for what you are doing. But sometimes knowledge can be misleading. If you are in doubt trust the terrain, not the map.

The heading of this article is *Non projection oriented reflexology*. This way of working can also be named *Reflex oriented reflexology*, in contrast to Projection oriented reflexology.

And please my therapist, tell me to undress, so that you can help me the best way you can. Don't be shy, I'm not.



*This is a picture of an elbow. Can you see the fine line above the joint? It can indicate a thyroid problem.*