

MISSION STATEMENT

Our ministry at Anointed Reflexology is sharing reflexology, either by personally working on people or teaching them how to work on themselves and others. It is truly an underrated, nearly lost healing art that needs to be passed on to future generations which is why I both practice AND teach it to others.

I have been sharing foot and hand reflexology since 1996 (Original Ingham Method Certification 2001). For many years it has been my deepest passion and mission to share reflexology's power in helping the body's innate ability to relax, release tension and reach a new level of homeostasis.

In Louise Hay's book, *Heal Your Body*, "Feet represent our understanding ("standing under") of ourselves, of life, and of others."

The feet are the body's foundation and represent a microcosm of the entire body. Working on the feet allows access to the whole body. The feet reveal underlying issues of the body that can be expressed in many ways.

After sharing reflexology with thousands of people over the years and having tremendous results, I wanted to ensure that this ancient science/art remains a vital part of our health care. Reflexology as an alternative modality is too valuable to be omitted from our allopathic model.