

Emotions of the Feet Relationship to 4 Elements

by Nettie Meissner

Abstract: The relationship of the four elements, the feet, hands and body is developed here.

In the beginning God created the world and all therein and on the 6th day He created man and thereafter Reflexology was born. Yes, you read me correct. Reflexology was born out of the need for man and animal to relieve pain. Although man and animal didn't realize what the word pain or discomfort meant, they soon learned out of necessity that a gentle massage or pressure made their discomfort change to happiness.

In the early 1920, Mrs. Eunice Ingham wrote the first books on Foot Reflexology. Under the direction of colleagues she did the research and know we have a name for the treatment. She wasn't the only one doing reflex testing to help mankind. In the 1950's Dr. George Goodheart needed better results with his chiropractic patients. Much research was put into testing muscles and to his amazement the body would react and hold its balance. With much encouragement from Dr. Goodheart, John Thie, D.C. wrote the first book for the average layman. In 1973 the first Touch for Health book was published and now it is world wide knowledge. Yes, there is a Mr. and Mrs. Santa Claus.

In today's fast pace society it is much easier to take a pill to rid ourselves of pain than take the time to manipulate portions of our body. Remember the last time you took a moment to rub the feet or hands, suddenly the blood seem to rush to those areas and the body is ready for the next 6 hours of work.

The 4 Elements in Relationship to the Feet and Hands:

#4 Earth and its relationship to the heel.

Earth is The Heavy Element or the 'I Need' element. Physically, it represents the feet, legs, thighs, and the pelvis areas of the body. The earth is self-sustaining, slow, yet gravity is very strongly expressed, telling us where things fall. An example is the elimination of waste for the purpose of cleansing the body of its natural resources. The human being and the earth have an instinctive power to create and to show true power and control. This passive, male image element shows the stability of the heel and its ability to cope with life. The earth element personality displays a strong attitude of responsibility for existence.

#3 Water and its relationship to the bladder, intestines, kidneys, as it reflects all the soft organs of the abdomen.

Water is the element that reflects the Sea of Emotions and it resides above the earth. Within all regions of the bodily functions you will find fluids and a constant motion of water. Water is the element that can show uncontrolled emotions in a person by changing direction, being too low, having too much can be dammed up, yet emotional in nature, secretive, impulsive, strong odor and boils above and below the surface of emotions.

Water is a feminine element with mysterious-seductive movements and not like the earth in stability. Air and fire are digested through its elements showing the emotions of anger and pity, yet stormy and calm. Water is the elements that says "I Feel". When Earth and Water meet, growth and life can be possible.

- #2 Fire element with its burning shining element from the sternum to the shoulder blades showing all the breath of life.** Fire is a masculine, positive, element that will provide the enriched blood with oxygen while heating up our ambition and courage. Fire is the internal power off the personality.

The hands are a good expression of fire. They are constantly busy with a tendency to be the center of attraction. It is the beauty of the color green that can be seen in its vast territory. Fire can be swift as in destruction like a heart attack. Fire is the burning element of our ego striving higher to reach its goal. Its only goal is "I Want, I Do."

- #1 Air element and its Thoughtful Perception stemming from the shoulder blades up through the skull.** Our lives are organized through the air field as understanding, comprehension, senses and is represented by the central nervous system, the brain, and the skin.

Air has a color of light blue and is positive with a masculine overtone. All communication will pass through the air. Air is energy, light, and elusive with the ability to sight, taste, smell, with the exclusive ability of making use of existing information. Air is swift, but needs to be contained within our lung framework.

Air can reflect the bad energies of overexertion, mental anguish, physical

fatigue. We abuse the air that we breathe by not opening our house for an airing to allow the bad electrical energies to move on so we may breathe the new air of life. Our toes represent the air and the ability to live with each other and the ability of Air is "I Think."

Fire and air are masculine in element and they compliment each other.

Air=Light, Fire=Hot,
Water=Wet, Earth=Heavy.

Water and Earth are descending, passive elements with feminine energies. Meanwhile Fire and Air are ascending, active elements with masculine energies. Above the toes are the extreme comprehension and below the toes are the extreme of sensations, and we live in the midst of the two. When an imbalance occurs between the zones than we have an equilibrium problem and that is where reflexology and muscle balance pull these body zones together.

1. Air is Light and seeks to disperse.
2. Fire is Hot and seeks to ascend.
3. Water is Wet and cold and will flow to the lowest points.
4. Earth is the Heavy element and has static, yet strongly influenced by gravity.

Sixty percent of today's problems are brought on by unsuspected foot problems. A large percentage of dislocations in our modern life we consider to be purely psychological when they are just a matter of poor feet and the disinclination to walk? Many people spend a lifetime of misery while vainly seeking relief through only psychological correctives when the original cause is not psychological. The affected person finds it difficult to become aware of the situation though they have the poorest feet--because his feet don't hurt.

In my practice I have seen clients come in with beautiful feet, yet complaining of many

different problems. Upon looking at the feet, they waddled, could not curl their toes, hips often locked, foot pulses were absent and it hurt to walk barefooted. Beautiful feet but the pallor was almost dead-like white.

In the computer world, WINDOWS are the eyes into more adventure and longer life of our world. When we become complacent in our computer and not adventure into other avenues, eventually life become stagnant and we go nowhere.

Our feet are the WINDOWS to our soul and life. In the cement and electrical world we have a hard time escaping, but we must find the earth and put our heels in it to help release our stresses and learn to communicate with others.

With the water portion or intestinal area of our feet we can move out the bad energies. When we place the foot down of the muscular ball of the foot, this will represent the upper muscular lung and ribcage strength. When the toes are placed on the sand, it stimulates and helps bring the air into the rest of the body. Walking works the reflexes of the feet to help relieve our stresses and build the body. The hands are also the busiest of our body and therefore must be massaged on a daily basis.

**Open the Windows of Your Body
and Let the Emotions of Your Feet
and Hands Assist in Your Life.
Soon You Will Have the Ability to
Think Clearer and Handle the
Problems of Life, So Tune into the
Body's Needs. Walk, it Does a
Body Good.**

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Touch for Health.

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Foot Reflexology

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Rev. Hanna Kroeger

New Dimensions in Healing Yourself

Avi Grinberg

Foot Analysis

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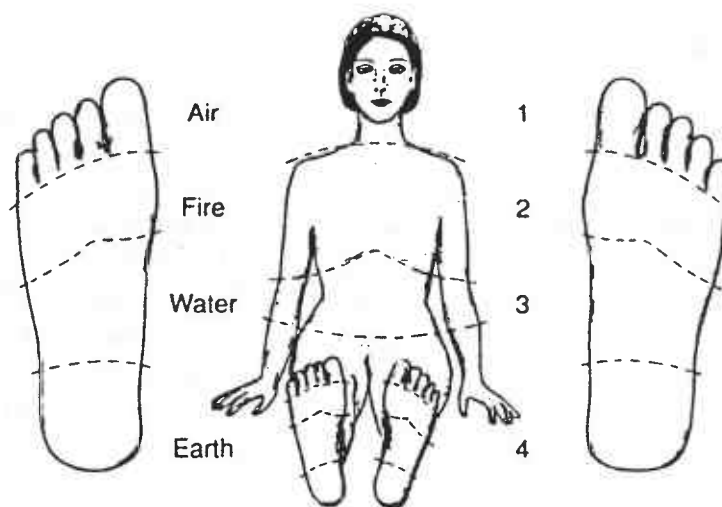


Figure 5. The four elements represented in the feet and body.