

Principle Heel Toe

Maintain rigidly the heel and toe principle for all foot movements.

Place the heel down first so the body's weight is not committed before the ground is found then turn it to direct the toes with the intention of the energy, so the knee is positioned above the toes. This keeps movements in proportion and under control so the weight can be transferred with ease to where it is needed in a slow precise movement giving a solid foundation.

Looking after our feet which are the soul of the body.

Keeping the feet fit and healthy giving them a good daily massage and making sure we are grateful and give thanks to our feet for supporting us each and every day.

It is even better if you have a partner that is willing to give your feet a gentle massage and you can reciprocate and do the same for them.

I have found Ann Gillanders book's very useful in helping me understand my own feet and body, you may find the same.

Reflexology by Ann Gillanders

A water course needs to be dredged often to prevent it from bursting its banks, giving a person freedom of speech in order to prevent the accumulation of anger.

If the body is inactive for a prolonged period of time without moving the various systems, they can become stagnant so we use the feet to get them moving again.

The Digestive Systems,

The Immune System

The Reproductive System

The Respiratory System

The Circulatory System

The Lymphatic System,

The Endocrine System,

The Skeletal System,

The Muscular System,

The Urinary System,

The Nervous System

Just wiggling your toes can wake the body up or going for a slow gentle walk therefor cooling our body and relaxing our mind or a fast quick jog for warming the body and activating the mind, we are helping all the various systems of the body to keeping moving so they do not become stagnant and silt up creating blockages.