

The Health Series: #5 Reflexology by Suzanne

[February 17, 2017](#)

I'm pleased to introduce this month's guest, Suzanne Partridge. Suzanne has been the Reflexologist at [The Haven](#) on Gabriola Island for 23 years. She had a practice in North Vancouver at the same time for 18 years. She has been invited to work with people in China several times. Suzanne currently lives in Nanaimo, B.C.

Welcome, Suzanne!

Reflexology by Suzanne

I received my training in Edmonton, Alberta in Touchpoint Reflexology in 1992, but wasn't totally satisfied, even after I was certified. I always had more questions than my teachers could provide for me in ways of energy blockages as I "saw" them, and so I put it aside except for family and close friends.

I went to The Haven in December 1992 and took my first Come Alive and then the Phase Programs: 1, 2, and 3. It was during Phase 3 that I was introduced to the Chinese Five Elements and had all my previous questions answered, relative to energy, meridians and Yin/Yang.

Yin/Yang – the ancient Chinese symbol of energy opposites.

An internal flow towards balance, known as "Chi", the life energy, the constant evolvement of change. Energy is change; the vibration of all matter all the time. Just as ice melts and turns into water, or as a person's heart rate registers joy and fear.

Chi, the life force, is a notion of the energy being able to flow freely throughout the body via meridians, always seeking optimum functioning.

Reflexology, yet another ancient Chinese belief, is that all the body's parts, functions, and organs, can be accessed on the sole of a person's foot.

Reflexology can determine if, and where, energy blocks may exist, and assist the person to release it to regain energy flow – and health.

I embrace and work with the Chinese Five Element theory in gentle manipulation.

Reflexology as I offer it, is also a guided tour of the body's energy flow from the eyes to the internal organs – all from the soles of the feet.

I will often suggest or ask for a picture or metaphor (something of nature, that is given to me silently) that can more fully describe the sensation or constriction and thus, in this way, I may assist the person to understand their situation and take the responsibility of dealing with, or appreciating themselves more effectively.

In Health,

Suzanne, February, 2017