

*Dedicated to Professional Standards  
Established 1991*

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*Issue 3*

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Website Editor  
*Wendy Decker*, Bath, ME.

Maine Council of Reflexologists  
P. O. Box 5583  
Augusta, Maine 04332  
[www.reflexologyofmaine.org](http://www.reflexologyofmaine.org)  
[info@mcronline.org](mailto:info@mcronline.org)

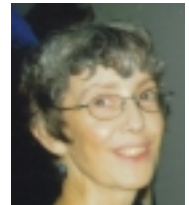
**NEXT MEETING**  
**January 19, 2013**  
Saturday 9am - 4pm  
Snow Date Jan. 26th  
**Bath City Hall**  
Bath, Maine

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**A letter from Wendy Decker, MCR's Acting President:**

As your Acting President, my message to you all is that MCR and the reflexologists living and working in Maine all need to work together, supporting each other with some decisions...**do we start the process of going for state licensure, or registration, or decide to not do anything at this time?**



What is in the best interest of the profession as a whole? At the May 18, 2013 meeting, in Augusta, because it is the most central location and the most attended meeting, we are planning to hire a facilitator, who will guide us through these decisions. It is so important to know what each member thinks and what we as a group feel is the best choice for our profession here in Maine. **It is so important for each member to be heard.** Please take the time to mark this important date on your calendar so you can participate in these very important decisions. If you can't attend the meeting, you may choose a proxy to vote for you, who will be present at the meeting. This will have to be done by a specific date (to be announced later) and be recorded. The Executive Board will pick a facilitator to listen to each of us so that we are all heard. And will help us come together in the way that is in the highest and best interest of the future of our Profession in this state.

The Membership Committee is currently working on a project of recruiting Reflexologists in the State of Maine who are currently not MCR members to join our Association and be involved in these decisions. After all, whatever is decided will affect all Reflexologists in the State, and the more united we are, the more likely we are to be successful in our endeavors. Anyone who can help with contacting non members, please contact June Atherton, Membership Committee Chair.

The MCR website is currently adding documents and articles on legislation in Maine, reflexology licensing information in other states, and any information that will help each of us become informed well enough to make a good decision. The webpage is titled Legislation & Licensure and requires the user name and password you currently use to access the member's page and the member Bylaws page. Some of this information has been in previous newsletters. For the greatest benefit to you and MCR please read these and become familiar with the information. If you have particular questions or comments or suggestions on the topic of Licensure, please send an email to [legislative@mcronline.org](mailto:legislative@mcronline.org) or call (207) 939-6656.

**A Letter from MCR's Acting President Continued**

Our January meeting will be in a new location. We can try out the Bath City Hall and see if it works for us. If we don't like it, we can always go back to using the Inn next year. But, the draw is that it is free and will save MCR \$150. If you can't make the meeting, be sure to send in your ballots, one for the Vice President and President and one for the Bylaws changes. They will be added to either this newsletter or in a separate mailing.

**Wendy Decker, Acting President**

OUT OF 65 MCR MEMBERS  
18 ATTENDED  
THE  
OCTOBER MEETING.



WE NEED YOUR SUPPORT  
AND WE NEED YOUR  
INPUT.  
LET'S ALL GET  
TOGETHER IN JANUARY  
AND MAY 2013!

**Make a Difference**

by volunteering for a position within MCR as a Board Member  
**President, Vice President, Treasurer, Recording Secretary, Correspondence Secretary**  
or on a Committee

Membership, Continuing Education, Bylaws, Legislative, Standards/Ethics, Delegate,  
Newsletter, Website, Brochure, Library, and Historical.

**MCR NEEDS YOUR HELP ~ VOLUNTEER**

**Volunteering offers a chance to give back ~ Volunteers are like gold to a non-profit organization**



**A Big and Heartfelt "Thank You" to Wendy Decker, MCR Acting President**

Our Acting President Wendy Decker joined MCR in 1993. She has well served our organization by volunteering countless hours over the past 19 years. Wendy has held various positions including President, Vice President, Acting Vice President, Recording Secretary, Newsletter Editor, and Website Master. In addition to her work on various committees over the years, she currently serves on the Bylaws Committee as well as the Ethic Committee. Recently she worked with Susan Miller to complete the Herculean task of completely revising the MCR Bylaws, creating a document that should serve well our organization for many years to come. We express our gratitude to Wendy who is a splendid model for all MCR members. Active members like Wendy are the "gold bullion" of our organization. Why not express our gratitude by following her lead and finding ways that we can help carry forth the work of the Maine Council of Reflexologists? Remember that we are a volunteer organization made up of "good folks"; volunteers can be assured that other experienced members will be there to help and guide them. This season of Thanksgiving is the perfect time to as a group say in chorus, "Thank you, Wendy."

## Member-in-the-Spotlight

As a young adult I was drawn to experience alternative and complementary healing modalities. Initially, I was introduced to chiropractic manipulation and Reiki energy therapies. My experience was so favorable that I delved deeper into the world of holistic healthcare. A short time later I experienced Reflexology for the first time. Honestly, I was turned off initially because the practitioner was insistent on “digging in” when he found an area of sensitivity. This was quite painful and I did not enjoy the session at all. It was quite some time later before I gave it another try. This time my experience was remarkable and completely different from my initial experience. Over a series of sessions I began to realize that there was really something to the healing modality of Reflexology.



In the Spring of 2006, after serving 16 years in Corporate America (5 years at a banking institution and 11 as a corporate accountant) I stepped into Myra Achorn’s Treat Your Feet School of Reflexology for the first time. After I got over the shock of forever keeping my nails trimmed quite short, I was ready to learn the skill of Reflexology. By the Spring of 2007 I had successfully earned my private certification in Reflexology. With the support of the universe and of those in my personal life I bravely left the comforts and challenges of the corporate world behind and opened my private practice as a Professional Reflexologist.

For the next 3 years I gained experience and confidence in my abilities as I built my practice. In the fall of 2010 I earned the designation of Nationally Board Certified Reflexologist (NBCR) from the American Reflexology Certification Board (ARCB) for Foot Reflexology. After obtaining the designation of NBCR I approached True North Health Center in Falmouth, Maine to become an affiliate practitioner. True North Health Center is a nonprofit organization changing health care and inspiring individuals to live healthier lives through integrative care, education and research. As an affiliate practitioner I collaborate with medical doctors and various holistic practitioners each week. I find this particularly rewarding as it allows me to offer Reflexology sessions in one location (in home business) while enjoying the opportunity to network, teach, and learn with like minded individuals in a variety of healing professions.

I have been a member of the Maine Council of Reflexologists (MCR) for 6 years. I am a member of MCR because I enjoy interacting with other Reflexologists. In addition, I feel being involved with MCR provides me an opportunity to keep up to date with what is happening in the profession of Reflexology both in the State of Maine and nationally. I have also enjoyed various opportunities to increase my knowledge on an array of topics in the Reflexology industry through MCR sponsored workshops. I choose to serve as an Officer of MCR because I believe in the mission that MCR has set forth as the desire to establish Reflexology as a self regulating profession, ensure professional standards and for the exchange of knowledge of Reflexology.

In addition to being affiliated with MCR and True North Health Center, I am also a member of the International Council of Reflexologists (ICR) and the Reflexology Association of America (RAA). In the Spring of 2012 I attended the RAA Conference that was held in Orlando, Florida. I decided to attend the conference at the last minute...and am I ever glad that I did! I experienced an array of workshops and learned that I had a particular interest in providing Gentle Touch Reflexology (Sue Ricks) to infants and children. I had a suspicion of this interest prior to the conference as I have been serving my 4 year old nephew with Reflexology since I met him shortly after his birth. He now asks, “Auntie Linda, will you rub my feet?” I am hopeful to offer Reflexology through Birth Roots, a Portland, Maine based non-profit organization. Birth Roots is devoted to removing obstacles to perinatal health by offering continuous support through pregnancy and postpartum in a community setting. They serve both woman and infants.

A dream of mine is to study Gentle Touch Reflexology with Sue Ricks in the UK. Yea, I think that I could live in the UK for a spell. For now, I have her dvd set on the topic and will study it over the winter months. I also have the goal of studying and becoming ARCB certified in Hand Reflexology.

### **Member-in-the-Spotlight - continued**

My private practice has taken some twists and turns since its inception. Each providing me with an opportunity to learn and develop what is best for me. Early on in my practice, with the corporate blood still running through my veins, I realized that I was focusing a good amount of energy on earning enough money and I was spreading myself too thin to do it. I was providing services at a few establishments and realized that the quality of my service was impacted by the constant need to get where I needed to be to provide sessions. I invested some energy reflecting on what was really important to me and realized that serving humankind to the best of my abilities topped the list. I quickly made a decision to offer Reflexology sessions exclusively at my home office. I realized that by letting go of my fear around earning enough money, my bank account actually began to grow and I have all the money that I need. When my schedule is on the lighter side I now embrace the space that is created. I have learned that the universe has freed my schedule for a reason that presents itself in due time. My Reflexology practice teaches me how to be in the flow of life!

Being in the flow of life serves me quite well in my personal and professional experiences. What works for me is to sit quietly and center my energy and clear my mind prior to the arrival of my client. From the moment my client arrives at my door I am listening, not just with my ears but with my senses, to what is going on with them and what their needs are physically, emotionally, mentally, and/or energetically. When my hands connect with their feet/hands we create an experience that reflects the needs of the present moment. Therefore sometimes I work one foot at a time and sometimes I alternate between the feet. Sometimes I use a deep pressure other times feather light pressure. At times the pace is quite slow and other times moving right along. As appropriate, I incorporate other healing therapies, including Reiki and Gemstone Therapy. The only pattern to my work is the pattern of listening and working with intention. I trust that my client is receiving exactly what they need in that moment. My clients report profound experiences that reach levels much broader than the physical body. I feel truly blessed to know and serve those with whom I have crossed paths.

Listening to my own special needs is also important. On days that I have clients, I gift myself an extended lunch break in which I practice Anasara Yoga in addition to consuming a nutritious meal. Sometimes I also have space for a meditative walk outside. My journey has taught me that a lifestyle that includes high quality nutrition, regular cardio and strengthening activities, along with meditation serves me quite well. I enjoy participating in activities such as walking, hiking, biking, aqua aerobics, kayaking, and snow shoeing. I enjoy moving my body and my all time favorite activity is dancing. I have studied the art of belly dance and I am currently exploring African dance. Another activity that I enjoy is joining with other yogis for Kirtan. Kirtan is a celebration of the world and an expression of gratitude. Singing is the heart of Kirtan (call & response chanting) and it doesn't matter what you sound like; part of the practice is to cultivate non-judgement toward self and others. I also enjoy knitting, beach combing, and play dates with my nephew.

My personal wellness includes gifting myself at least one healing treatment each week. My tool box contains a variety of healing modalities such as Reflexology, massage, myofascial release, energy medicine, acupuncture, and facials in which to choose from. I receive regular chiropractic adjustments as well. Each of these therapies is a very restorative experience for me which is crucial to my overall wellness. By investing in myself I am able to serve others more effectively.

My vision for the future of the Reflexology profession is that Reflexology is a service that is recognized in our healthcare system as effective and beneficial and worth consideration by insurance companies. I am blessed to be serving as a Professional Reflexologist at a time where some critical and exciting decisions can be made to progress the industry in this direction! I would love for the term "Reflexology" to be a household name!

Respectfully submitted by Linda R. Nickerson, NBCR  
Portland, Maine  
207-939-6656



*Interviewed by Wendy Decker*

# Educational Opportunities

**Next MCR meeting date:** JANUARY 19, 2013 at Bath City Hall, BATH, ME.

Afternoon Program: Chair Yoga with Susan Lubner of Bath ~ Attend each meeting and earn 2 CEU's

**ICR conference:** Milnerton, Cape Town, South Africa, 2013 ~ [www.icrreflexology.org](http://www.icrreflexology.org)

**RAA conference:** Santa Fe, New Mexico, 2014 ~ [www.reflexology-usa.org](http://www.reflexology-usa.org)

**Membership Renewal Date July 1, 2013**

**Current MCR Members: 66**

Mail application & check payable to *MCR, PO Box 5583, Augusta, Maine 04332*



**New Members:** David Nougaret - Lincolnville, ME. ~ (207) 446-3994

**Newly Certified:** Nancy Butler - Monmouth, ME. ~ (207) 592-4573

David Nougaret - Lincolnville, ME. ~ (207) 446-3994



**Changes:** Myra Achorn - New e-mail address: [myraachorn@aol.com](mailto:myraachorn@aol.com)

## From MCR Webmaster, Wendy Decker:

"If you are interested in exchanging links between your website and other member's websites, please contact Wendy at [wendy@reflexologyandmassage.com](mailto:wendy@reflexologyandmassage.com) or (207) 443-2572. Exchanging links is a great way to boost your search engine/google page ranking, so your website will be more visible."

Please check your information on the MCR website public listing of certified MCR reflexologists. If you want your email listed, have any changes, or need passwords, please contact **Wendy Decker** at (207) 443-2572 or [reflexparties@gmail.com](mailto:reflexparties@gmail.com)



## As Reflexologists, we have chosen the path of healing...

It is a tradition that is grounded in the belief that the body has what it needs to heal itself. Many of us have made career or lifestyle changes that support our path of healing, but leave us feeling separated and alone. Is it a coincidence that we feel that we can "do it on our own?" When was the last time that you had your feet done? This is something to think about! We must not lose sight of the fact that sometimes we need the support of like-minded people to help us on our way.

Sometimes the body's lines of communication get snarled or short circuited. As Reflexologists, we are like telephone operators, helping the body reestablish the connections necessary to monitor its internal and external environment and make corrections when necessary. We must also monitor our own connections and make sure that we are "plugged in." It is up to us to reach out to others in the healing community for support and fellowship. There is strength in numbers and the feeling of being part of something bigger than ourselves is what aspires us to carry on.

So, keep your lines of communication open. Call a Reflexology friend and set up a trade. Offer your feet to a Reflexology student and help them on their way. We are on this path together, and together we will help people heal, one pair of feet at a time!

### START SAVING TODAY

TURN YOUR CANS & BOTTLES

INTO CASH

Bring it to the next meeting

Join in the FUN of the AUCTION



Mac MacDonald  
Auctioneer



Don't wait until it's too late

# Continuing Education News and Updates

## 1. 2013 Fall Workshop

We are currently in negotiation with ‘Branch Reflexology Institute’-Barbara Bowers and her lead trainer Becky Sundeen to come to a Portland location in October 2013, to present their “Body Talks Workshop” and access information regarding the Michigan State breast cancer research study. They will provide handouts, technique demonstrations and their wall chart to each participant for this unique study of the body’s congestion in relation to the individual’s emotional realm. Cost for this 2-day 12 credit hour workshop would be in the vicinity of \$300-350. We are very excited to have this constructive and professional program coming to our location. Our hope is that their expertise will be well received in our region and collectively with other northern New England reflexologists. An Informational Flyer will be available at the January meeting in Bath.

## 2. Afternoon Programs

Afternoon programs at our meetings are always open to suggestions. We rotate various topics on integrative wellness techniques, brain-storming discussions about ‘hot topics’ like marketing, and our annual treatment trades with a theme. Please e-mail or call Kate if you have an idea. Opening our 2013 calendar we will host a program in January on self-care techniques for carpal-tunnel syndrome for the professional, as well as information to share with clients. We will incorporate Yoga stretches focusing on thoracic outlet syndrome release, hand stretching, and research discussion from reflexology books on the subject, as well as sharing testimonials from the membership.

**A BIG Thank You** goes to our own **LINDA NICKERSON** for her great presentation on “Creating a Healing Space”. The 17 members who attended this reflexology exchange in Ellsworth, were treated to an opportunity to dive deep into a series of exercises that awakened the individual to renew the 5 senses in treatment preparation and to focus on the “Intent” of our work.

Respectfully submitted,  
Kate Winant

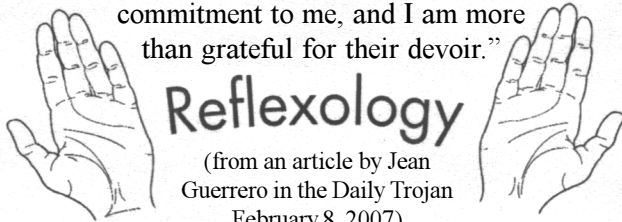
Poem Read by  
*Linda Nickerson*



*Embodiment  
of Heart  
Through Sole*

### **Our Feet**

“Our feet are always faithful, never fickle. Now, don’t contradict this. I don’t know about yours, but my feet pursue me everywhere; they are perfectly content with their commitment to me, and I am more than grateful for their devoir.”



(from an article by Jean Guerrero in the Daily Trojan February 8, 2007)

**Intent** by Deborah Larrimore  
It is with intent  
That you touch the human soul.  
It is with compassion  
That you touch and that you hold.  
It is with a listening ear  
That you hear another’s heart  
It is in the being  
That you feel what might impart.  
Bring your focus to the spirit  
That lies beneath your hands.  
Allow that part of you to know  
What the head can’t understand.  
In the space and in this moment  
A sacred time is spent  
As love transcends the essence  
Of what is called  
“Intent”.

**A BIG  
THANK YOU**  
to all members that  
participated in this years  
Common Ground  
Country Fair.

## Client's Testimonial

After years of problems with my feet and several rounds of cortisone shots which provided only temporary relief I had the good fortune to meet Myra Achorn through a "health day" sponsored at work back in 2001.

By that point my ability to walk and overall health was so impaired my doctor had authorized handicapped plates to assist me with the simple effort of making it back and forth to my car. I had given up going anywhere except to work and had not been out doing things like shopping for over two years (I could not even carry a bag of groceries!)

My husband took on all the extra activities requiring strength and mobility. Going up and down stairs was limited to one trip down in the morning and one trip up at night. If I left something up or down it would have to wait for another trip if my husband was not around to get it for me. My feet hurt so much I could barely touch them and the thought of anyone else touching them made me cringe.

Myra explained how she would begin working with someone in my situation and the 15 minute session at work where she gently held my feet encouraged me to try at least two sessions to see if anything could be done. Long before I met Myra my diagnosis on the foot pain was Morton's neuroma with surgery being a recommended, although not great, option. Cortisone shot therapy had not been successful and was no longer possible due to the damage repeated treatments would eventually cause.

So we began with sessions twice a week for 2 weeks then every other week for 3 months. After that I was going monthly and look forward to each and every one.

Eventually with the improvement in my foot pain, other symptoms I had been struggling with began to change. It was fantastic to walk more freely but what was even more amazing was the discovery that a diagnosis of gall bladder problems when I was 12 years old proved NOT to be the case and in fact I had been in declining health from the progression of celiac sprue. I honestly do not believe I would have discovered this if it were not for the changes that occurred once the problems with my feet (and hands) were under control.

However unlikely or fantastic stories like mine may seem with such dramatic reversals in health, I am convinced and am truly grateful to have discovered reflexology as a path to wellness.

I continue to have reflexology "tune up" sessions and feel years younger as a result of that and being on the diet for celiac sprue (caused by gluten intolerance). Note - the celiac diagnosis was confirmed by the doctors treating me for intestinal issues (a gastroenterologist, surgeon and my regular GP).

Submitted by Dorothea S., Augusta

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### DID YOU KNOW THE ORGAN CLOSEST TO YOUR BRAIN IS YOUR SMALL INTESTINE



From a purely physiological standpoint, your small intestine functions as your second brain. It contains more neurons than any organ but your brain and as many as your spinal cord. The physical structure of the small bowel most resembles that of the brain. In addition, after your brain, your small intestine experiences a range of emotions. In this case, your feelings manifest themselves in the form of gastrointestinal distress. In your brain you react to actions, like feeling loved, upset, mad, humiliated etc.. Your small intestine does the same thing. It reacts to foods depending on their anti- or pro-inflammatory effects. Your foods dictate whether your small intestine feels mild annoyance (a little bloating), anger (gas), stubbornness (constipation), or an all-out temper tantrums (a thar-she-blows case of diarrhea). Of course, you're the one who decides what foods you'll eat, but your small intestine works like an undercover agent; gathering information about all the nutrients and toxins that enter your body. Your intestine performs a critical job during digestion. Remember that saying, **"You Are What You Eat"**.

*Have a Safe and Enjoyable Winter*

*Myra Achorn*

**Enjoy The Holidays**

## Mercy Hospital Event

On Friday evening, September 28, 2012, three MCR members participated in Mercy Hospital's "Cancer Survivorship Celebration". The event, held at Mercy's new Fore River Campus was open to the public and featured a gallery of artwork by survivors, survivor storytelling, music, food, hula-hooping and various booths providing information about staying healthy and happy. MCR was invited to participate in this event because the event's organizers observed, and was impressed with, our booth this summer at Tri for a Cure in South Portland!

Throughout the three-hour event two reflexologists, Suzanne Girlando and Claudia Darneille, gave mini-sessions of 15 minutes each while MCR's education committee chairperson, Kate Winart-NRCB, functioned as the group spokesperson and also provided hand reflexology. The group also included a friend of MCR, a survivor of breast cancer and client of Suzanne Girlando. She helped to schedule sessions and create a warm and friendly atmosphere. We handed out a flyer prepared especially for the event. It mentioned the NIH breast cancer study which seemed appropriate for this venue.

Interestingly, it was the nurses who were most intrigued and excited by our attendance and sessions! They readily recognized the value of reflexology for their patients and for themselves. We are invited to follow up with Mercy Hospital regarding further introduction of reflexology and MCR.

Note: Following a report of this event at the October 20 MCR meeting, a committee was formed to continue our focus on outreach to cancer patients.



Submitted by Suzanne Girlando

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### What about a "Reflexologists' Retreat" from Suzanne Girlando, MCR

I have had an idea for awhile now that I would like to share with fellow members. What if we could get together for a "reflexologists' retreat"? Don't we all enjoy spending time with fellow reflexologists? Don't we always learn something? I especially appreciate the beginnings and endings of meetings when we can meet and talk informally. The truth is that being a reflexologist can at times be lonely—and we usually are *giving* reflexology rather than *receiving* its benefits.

Our meetings are great, but busy. We are sitting down, processing information, concerned with dues, expenditures, dates, calendars, plans, workshops, etc. And sometimes we have to face the stress of controversial issues to address which is simply a natural part of organizational work.

So what would you think about having the chance to get together informally—and *inexpensively*? Getting together perhaps for a weekend where we can relax and do a lot of reflexology sharing. Sharing not only of sessions, but casual sharing of the knowledge and skills of our profession. Instead of paying for a workshop, we will be learning much from each other.

Where? Somewhere, in the summertime, in Maine. A clean and safe place. Swimming, hiking, good food available—that kind of thing. It would not necessarily need to be only for MCR members. When I was at the conference, I spoke casually about this to some new out-of-state friends and they were very positive about it.

If you have any comments about this idea, please let me know. It would not necessarily need to be organized by MCR, though that is certainly a possibility. Remember the idea is minimal cost and maximum benefit for us.

Call (207) 310-8937





## Wonderment and Joy

Beautiful human body

Which before befuddled, amused, disgusted me

Now in study unveils itself

Before my rapt attention

Its most miniscule details of anatomy and physiology

Which but open more doors to vast and complex activities.

Though simply,

just graceful beats of timed changes,

and exchanges.

Look and see, say, for one, the tricuspid valve

Why three? So look more closely

The reasons surely there be

But now, beyond me.

Oh, what do I do? I, mortal who cannot know now the absolute knowledge of body, the apparently infinitude of factoids!

So I testify to my wonderment and joy!

Joy for my glimpse into the kaleidoscope of candy colored corpus!

This, created, they say, temple of God

Thus, humbled by its majestic realm

Unable to climb the ramparts of full understanding

I yet grateful offer my homage

To this mystery of matter and energy

Holding its moveable foundations, I can converse with it with my hands

And help it sustain itself in time.

*Suzanne Girlando 9/20/12*

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***Your Newsletter Team  
Myra, Wendy & Suzanne  
wish you and your family  
all the warmth and  
happiness of the Holidays  
& a Healthy and Peaceful  
New Year***

