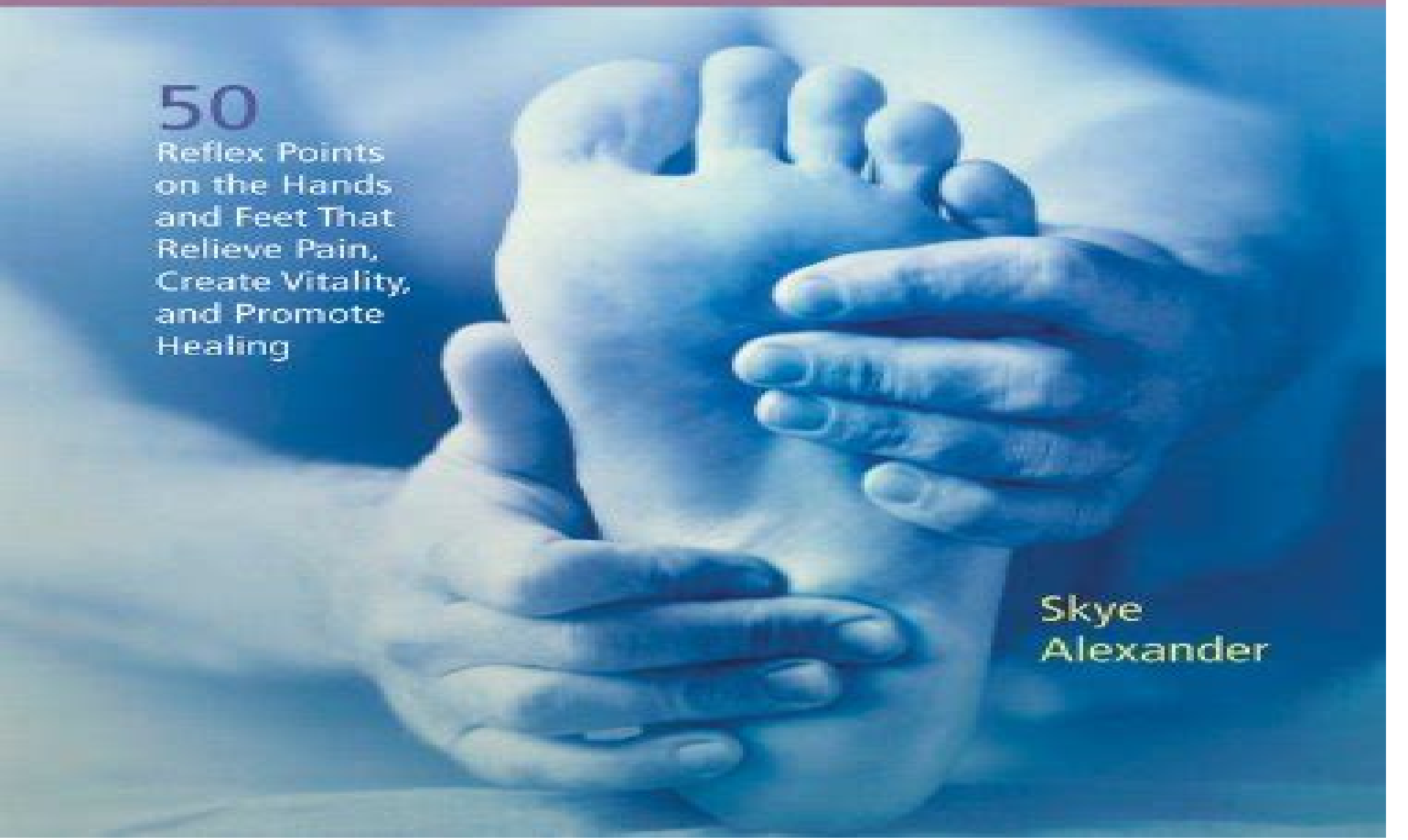


Reflexology CARD DECK

50

Reflex Points
on the Hands
and Feet That
Relieve Pain,
Create Vitality,
and Promote
Healing

Skye
Alexander



Reflexology Card Deck

IM Harris



Reflexology Card Deck:

Reflexology Card Deck Skye Alexander, 2008-07-01 A card deck is a convenient portable way to learn about reflexology. According to the ancient art of reflexology, the body's organs experience illness when they receive the wrong signals from the brain. However, by stimulating pressure or reflex points on the feet, you can interrupt the body's misguided instructions and stimulate the body to naturally heal itself. Reflexology Card Deck gives readers a convenient tool to guide them in the art of healing others and themselves through reflexology. A deck of 52 cards identifies a specific foot point on a photograph and tells the reader what healing benefit it has. On the flip side, the card explains the technique for stimulating the pressure point and expands on the benefits. Introduction cards explain the history of reflexology and the philosophy behind it. **The**

Reflexology Deck Katy Dreyfuss, 2004 The cards include instructions for specific massage and reflexology techniques, maps of reflex areas on hands, feet, and ears, and reflexology sessions to relieve everyday ailments. **Aromatherapy Card Deck**,

The Massage Deck Katy Dreyfuss, 2010-07-01 This deck features 50 easy-to-follow, artfully illustrated techniques for giving and receiving the perfect massage. Coded by body region, these portable cards include detailed instructions, tips for when to use aromatic oils and lotions, and suggested sequences for ten and twenty-minute massages. Learn how to soothe away stress and tension, relieve headaches and muscle pain, and share the language of touch with *The Massage Deck*. **The Best Meditations on the Planet** Martin Hart, Skye Alexander, 2011-04 Beat stress, improve your health, rewire your brain for happiness in just minutes a day with 100 meditation techniques for just about every need. **The 150 Most Effective Ways**

to Boost Your Energy Jonny Bowden, 2018-02-20 Refuel your body to energize your mind and make you sleep better. This will give you vitality from dawn to bedtime. Spa Deck Barbara Close, 2001 Introductory text about using aromatherapy, herbs, and other materials for home spa treatments. Each accompanying card describes one treatment recipe or activity with color photo. Issued in illustrated container. **Reflexology: Reference to Go** Katy Dreyfuss, 2012-01-13 Encourage well-

being in yourself and others with reflexology, an age-old hands-on therapy. Using gentle pressure on specific spots of the hands, feet, and ears, the practice of reflexology relieves the tensions of everyday ailments and promotes energy flow throughout the body. Featuring maps of reflexology regions and flows, easy-to-follow sequences, and color-coded instruction pages, this ebook helps you to achieve good health and natural balance. *The Skeptic's Guide to The Adventures of Life* Connie R. Siewert, 2004-11 *The Skeptic's Guide to the Adventures of Life* is an experiential review of alternative healing modalities and offers a lighthearted look at life's deeper lessons and mysteries. It chronicles business strategist Connie Siewert's personal experiences and those of her healers during a three-year journey to wellness through alternative sources of information and healing. Healing modalities covered include past life regression, healing touch, trauma release, guided imagery, reiki, shamanism, naturopathy, iridology, homeopathic remedies, colon hydrotherapy, angel channeling, astrology, medical intuitive distance healing, paintings that heal, color therapy, gem and mineral therapy, acupuncture, cupping.

reflexology sound and vibration therapy equine assisted psychotherapy spiritual counseling and communing with spirits from the other side And through it all she was able to significantly improve her lung condition eliminate the pain and stiffness from arthritis in her knee and improve her overall wellness all while stimulating the mind and delighting the spirit *Taromancer* Alex Sumner, TAROMANCER is the new story from Alex Sumner author of The Magus and features the adventures of Miranda Tilly Warren Professional Tarot Reader Disenchanted and disillusioned with her career as a fortune teller Miranda meets a crazy old man one night and is plunged into a spiritual quest with the twenty two trumps of the Tarot as her companions More than just a novel this is a tale of Divination Theurgy Ceremonial Magick esoteric Christianity the Qabalah and how to care for your coal black short haired cat **The Deck of Life** Richard Ferrara, 2008-03 Inspiration for The Deck of Life emerged from my clinical observations of patients in my practice of dermatology and internal medicine I became increasingly aware of the connection between the genetic code as it relates to body build temperament and disease predisposition It was further observed that these factors were influenced by the patient's belief system as it relates to personal characteristics behavior and reactions to life's situations This book explores this unique relationship and our inherent ability to alter these features It confirms the truth that we have a choice and an unlimited capacity to live a life stress free with peace happiness and longevity In the pages of this enlightening book the reader is guided to discover his dominate and sub dominate temperament A better understanding of ourselves enables us to play a winning hand with the cards you're dealt in life Consequently we will make decisions more wisely in the areas of health career choice choosing a mate child rearing and the day to day communications and enjoyment of the people in our lives **The Sacred Self-Care Oracle**, **The Publishers Weekly**, 1995 **Connections 2** Frank Chodl, 2020-06-16 One thing I have noticed throughout my life as a psychic medium and teacher is that these roles as well as that of healer often overlap As a medium I work to facilitate the transitioning of those who have passed as well as easing the pain and confusion of those left behind I help to heal both sides while teaching my clients about the processes that are taking place When you look more deeply into the various modalities and methods of the psychics healers teachers you may begin to see many aspects of all three within yourselves When I help someone who is stuck in between this plane and the beyond I am not acting as an exorcist but rather as a transitionist I am not casting them out I am giving them the assistance they need in order to open the path to finally move on Our task is not to release all those souls who have become stuck here single handedly It is to send out the message to everyone on both sides to join together in bringing the healing and release that those souls so desperately need Try to imagine the intense energy of two millennia of trapped souls simultaneously rejoining with the universe Building on the lessons learned in my last book Connections A Journey to Understanding in Connections 2 The Gathering I offer guidance to help us all answer questions including What is our greater purpose in this life What are our true abilities Who and where are our tribes and moves us forward to prepare us for our greatest event yet The Gathering **Press Here! Reiki for**

Beginners Book and Card Deck Victor Archuleta, 2021-02-09 Press Here Reiki for Beginners Book and Card Deck presents the 30 traditional Reiki hand positions 12 for self help practicing on yourself and 12 for family help practicing on others that provide calm soothing comfort that may help to relieve pain stress and anxiety and offer reassurance and support for physical and mental disease In addition to an introduction and a description of the basic principles and benefits of Reiki the book is organized into three ailment category sections which allow the reader to access it in three different ways by location body system and chakra Ailments by Location head neck chest upper abdomen pelvis legs feet Sometimes we have discomfort or disease in a particular part of our body and don't really know the cause or source of these issues By following a protocol that uses hand positions associated with particular locations in the body we can begin to address some of these issues Ailments by Body System immune circulatory gastrointestinal respiratory muscular and skeletal endocrine nervous By following a protocol that uses hand positions associated with particular imbalances in one or more of these systems we may begin to address some of the issues caused by stress or injuries acquired in our daily life Ailments by Chakra root sacral solar plexus heart throat third eye crown These seven energy centers flow from the top of the head to the base of the spine and are associated with certain characteristics for example security vulnerability and trust By following a protocol that uses hand positions associated with imbalances in one or more of these energy centers we can begin to address some of these imbalances The Press Here series offers contemporary takes on traditional hands on healing practices for a new generation of practitioners These introductory guides feature easy to access organization clear instructions and beautiful illustrations of each technique Other Press Here topics include massage reflexology and acupressure **Yoga Journal**, 2005-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *The Modern Witchcraft Introductory Boxed Set* Skye Alexander, 2023-10-10 Start casting spells and holding rituals today with this enchanting boxed set featuring three titles in the Modern Witchcraft series introducing witchcraft for beginners a full spell book and your very own grimoire to chronicle your practice The Modern Witchcraft Introductory Boxed Set is the perfect collection of books for new and novice witches With an introductory guide a spell book and a grimoire novice witches will have all the guidance and direction needed to get started The boxed set includes The Modern Guide to Witchcraft This book carefully guides you through each step needed to start your witchcraft practice along with ways of personalizing them to your specific situation so you can make your practice your own The Modern Witchcraft Spell Book This book teaches you how to harness your inner magic through incantations potions and charms perfect for the modern day witch to find love build wealth and shape your destiny The Modern Witchcraft Grimoire This book teaches you the importance and history of the witch's grimoire Then it goes step by step through the process of

putting together your very own grimoire These three titles come together to create a magickal guide as you start your witchcraft journey The Modern Witchcraft Spell Book Skye Alexander,2015-08-07 Discover hundreds of spells perfect for the modern day witch to find love build wealth and shape your destiny At any given moment you have the power to manifest lasting love boost your prosperity and shape your destiny Written by Skye Alexander spellcraft expert and the author of The Modern Guide to Witchcraft this book teaches you how to harness your inner magic through incantations potions and charms Whether you re looking to get the job of your dreams rejuvenate your body or bring good fortune to family and friends each page provides you with a spell that can be re created or personalized for your specific situation With the tools in The Modern Witchcraft Spell Book practicing witches will hone in on their natural talents and discover a whole new world of possibilities

Never Sleep with a Suspect on Gabriola Island Sandy Frances Duncan,George Szanto,2011-02-01 In this new mystery series set on the islands off the coast of British Columbia and Washington State Noel Franklin and Kyra Rachel team up to form Islands Investigations International Quickly they come to realize that some crimes respect no boundaries Their first job takes Noel and Kyra to Gabriola Island and the unsolved murder of an art gallery groundskeeper The vicious rumours surrounding the case take several sinister turns leading them into grave personal danger As each investigator falls prey to those they need to trust Kyra and Noel discover that even charming island communities can keep deadly secrets Stern's Guide to the Cruise Vacation: 2014 Edition Steven B. Stern,2013-10-31 This valuable guide assists you in selecting the ship best suited to your taste advises you on how to prepare for your cruise and explains what to expect once you are onboard Stern discusses every major port of call worldwide listing details on attractions beaches hotels restaurants shopping sports and other recreation He also includes guidelines on how to make the most of an eight hour stay in port

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