

# foot magic



Are your feet heavy with toxic energy? Are your foot chakras blocked? Maybe bathing your feet in the healing energy of crystals is what they need. Or my favourite dancing barefoot on the grass in the moonlight to bring you back to earth.





# Foot Chakras



Foot chakras are located in the arch of the foot and they are a brownish colour.

These chakras are the openings that allow us to receive wisdom and guidance from our Mother Earth.

When they are healthy they also allow an off-load of stress, fatigue and disharmony to drain away into the earth for cleansing.

When life gets too hard, these chakras can get blocked. Hermes Trismegistus tells us people with blocked foot chakras become very emotional or very intellectual, unable to comprehend others viewpoints and have trouble focusing.

Hermes says a major symptom is a lack of material stability or money. He also says paying attention to your feet can improve your job performance.

Other symptoms can include..

- A head in the clouds attitude,
- A lack of accomplishments,
- Being clumsy, tripping and knocking into things.



# Unblocking foot chakras

Hermes Trismegistus method.

Get a standard clear drinking glass and fill it with 2 or 3 tablespoons of seasalt. Fill the glass with water and mix up the salt and water until no sea salt remains. Now lie down on the floor on your back & place the glass of seasalt mixture between your feet. The idea is to immerse the solution in the centre of the foot chakra's energy field. You could also sit in a meditation position and put the glass near to or against the balls of your feet. Now relax for 3 minutes or so. The sea salt solution will begin to pull any energy blocks out of the centre. Now after several minutes sit up right, if you were on your back. Now use your hand, and in a swirling motion swirl above the energy field of your foot. This swirling distance of your hand should be no more than 6 inches above the tops of your toes. Continue to swirl this energy around for another minute to coax the last of the blocks out of the chakra and into the seasalt solution. The procedure is complete!

Now pick up the glass and yourself. Throw away the salt-water solution and wash the glass thoroughly before using it for human consumption.

Thanks Hermes [www.wisdomdoor.com](http://www.wisdomdoor.com)





# Toxic Energy

The feet store toxic energies, energies that are often associated with grief or resentment. The body wants that energy stored as far away from the heart as possible..... the feet, The body is unable to release this energy so it just keeps building up often resulting in foot ailments.

Metaphysically this means staying in the same spot is painful. We need to move on stop dwelling on the past. Confront it and release it.

Crystal footbaths are a great way to assist us in releasing this toxic energy.





# crystals

The beautiful healing energy of the earth's crystals is a powerful tool to use to bring love and peace to our bodies.

Here are some crystals that are particularly useful when treating our tootsies.

For the foot bath...

Hematite to ensure you are anchored.

Black Tourmaline to convert the negative energy to positive energy.

Black Obsidian to release disharmonious energy.

Specific ailments...

Put these stones on the ailing area.

Larimar or onyx for tired feet

Sunstone for aching feet

Apatite or Aragonite for bunions

Gold for chilblains

Bornite or Prehnite for gout.





# Goddess Crystal bath

## Grab

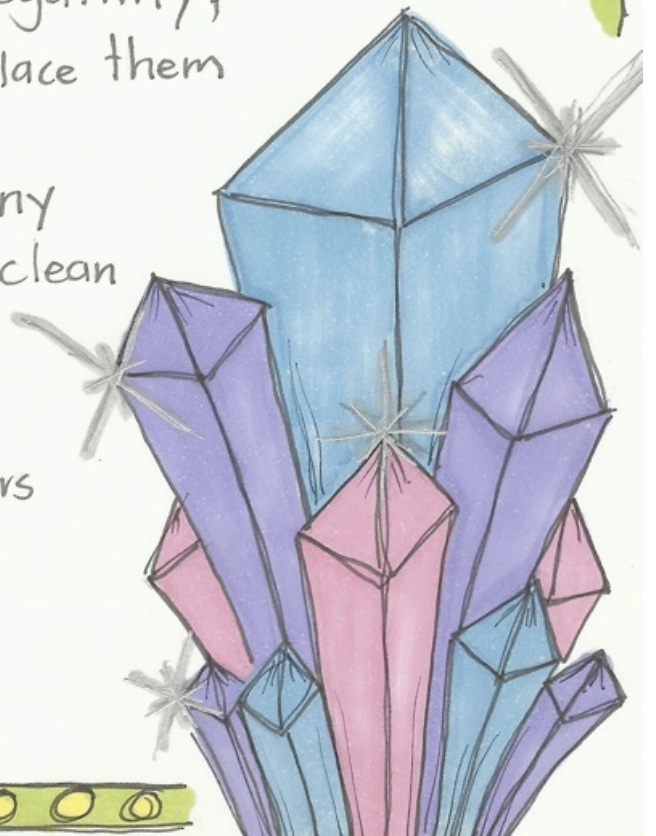
- big bowl.
- sea salt  $\frac{1}{2}$  C.
- Warm water.
- 2 hematite crystals - cleansed.
- 8 Black tourmaline crystals - cleansed.  
or black obsidian crystals.

1. Fill your bowl with warm water +  $\frac{1}{2}$  C sea salt
2. Get comfy and immerse your feet into the water.
3. Squiggle your feet around until they are comfy.
4. Place 1 hematite crystal on each foot directly above your toes in the water.
5. Place the Tourmaline/obsidian crystals on each side of the foot + 2 at the back of each heel.
6. Sit back and soak for 15 minutes, allow the crystals to absorb all the negativity,
7. Remove the crystals and place them carefully on a dry towel.
8. Repeat this process as many times as necessary with clean water + fresh crystals.

## \* Cleaning your crystals

- place them in sunlight for 4 hours once per week.
- smudge them with sage
- Soak them in water + sea salt for 7 hours.

thankyou [www.healingartforms.com](http://www.healingartforms.com)





# Cleansing shower

Have a cleansing shower.

Visualise all the negative energy swirling down the drain with the water. Imagine the negativity as black and watch as the water turns clear.

Scrub away the psychic dirt on your feet.

Dry them with care then add a layer of positive energy in the form of tootsie cream.





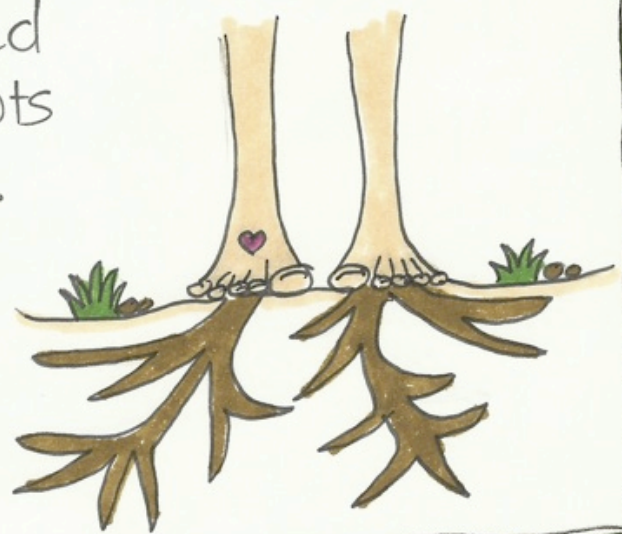
# Grounding

Step outside onto the grass stand with your feet apart, take a couple of deep breaths. Visualise sending roots out from your feet deep into the earth, do this for a few minutes. You should get a sense of being plugged in or connected.

As soon as you feel this connection start sucking up energy from the earth and into your feet then on into the rest of your body. Spend as much time as you like in this divine state.

When you are finished slowly retract the roots back into your feet.

Take your time



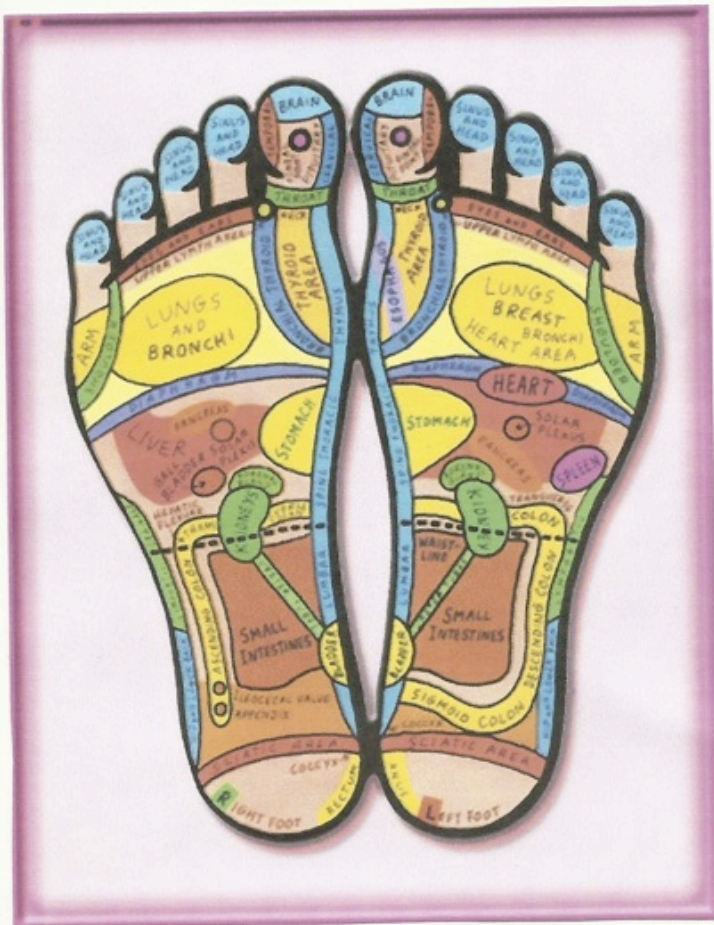


# Reflexology

Reflexology is a holistic therapy that uses pressure points on the feet to treat pain and stress throughout the body.

The feet mirror the body and all organs, systems and glands can be mapped onto the feet at certain points. When pressure is applied to these points it stimulates energy flow along the meridians preventing blockages. Left untreated these blockages can lead to sickness or prevent healing.

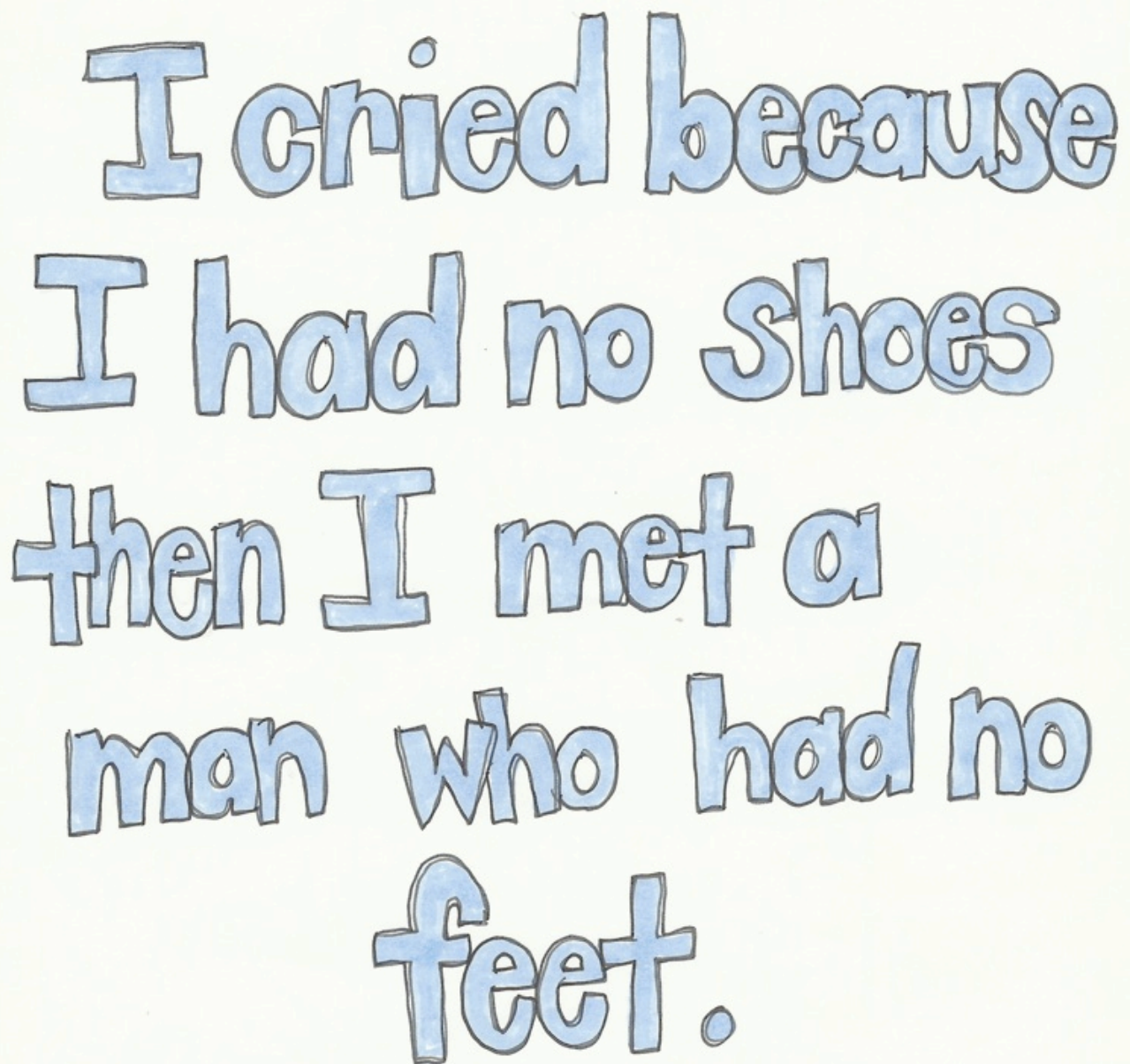
When you find a tender or congested part of the foot, you can try and match it on the chart. It is a bit tricky as just as the organs overlap in the body so they do in the foot.



If you get the chance go have a reflexology session with someone good. It is amazing. You don't have to be sick, just getting the energy flowing freely again is highly beneficial.

Love ♡ Love ♡ Love.  
you deserve it!





I cried because  
I had no shoes  
then I met a  
man who had no  
feet.



# foot Cruelty



## Xiao Mai Sun-niang

"I was born in Fujian Province where every woman bound her feet. I always understood very clearly that it was something every girl just had to do. The thought of not binding never occurred to me...the only question was how small I would make my feet. When I was three years old I remember noticing my aunt's feet for the first time. They were very, very small - just two and a half inches long. She wore red binding cloth and white shoes. I was so enchanted by the beauty of that sight that I decided I wanted to make my feet look just like that.

Before I started to bind my mother told me that if I wanted to have a good life I had to bind very tightly to make my feet especially small. We were not rich - my father was a low ranking sailor on a trade ship...but I

knew that if my feet were very small I would be able to have a servant one day. If a girl's family didn't have status, but she had three-inch or smaller feet, then she might be able to become an attendant in a lady's chamber. Then she might even get a chance to be married to a wealthy man or become a concubine. Only then could she have a maid of her own. But if I didn't bind tightly enough and my feet were larger than three inches, then I'd have to become a servant outside the lady's chamber and house, which meant a lot of hard manual labor and no opportunity to better my life. I wanted to have a maid and a good reputation, so I decided to bind very small.

I was nine when my mother started binding my feet. I never fought with her about it. I was anxious and excited about it, always measuring my progress against my aunt's feet. In three years my feet finally reached two and a half inches. My mother was so proud of me that she bought me a little ankle bracelet that jingled when I



walked. It's unusual to do it within such a short period of time, but I was getting older and was determined to have especially beautiful feet. I started a little late, but that didn't matter. Regardless of when you start, in the end the size of your feet is determined only by how tightly you bind. The most beautiful feet are those that are very small and straight. You don't want them to be curved or to turn outward. In the old days, three-inch golden lotuses were considered the most beautiful, but my own opinion is that two inches is even more beautiful! In the village where I grew up there are many women with feet even smaller than mine.

Binding is very painful in the beginning and there is nothing you can do to find relief. But I never cried about it. If you want to have small feet you have to suffer. During the first few years when you are binding the tightest, your feet bleed. They become rotten and useless. I often had no strength and couldn't do much of anything, so I didn't work or walk around. When I was 12 I started to be able to walk without assistance. It was still painful, though. After about 20 years the pain went away completely. Now I walk and pull my cart to and from the temple where I sell incense, but otherwise I don't go anywhere alone. I don't have very good balance. One time, after I came to Taiwan, I got on a bus with my baby tied to my back. I wasn't able to get a secure hold on a seat back before the bus took off and I fell down. I never went out alone after that.

I wash and rebind my feet every night before I go to bed. Then I put on my sleeping shoes which are like little pouches that I slip over the bindings and tie above the ankle. During the day I always wear the same type of shoes that I'm wearing now, red with flowers embroidered on them. I make them all myself, just the way my cousins taught me when I was little. You can't buy them anywhere. Sometimes a Japanese tourist will see me at the temple and ask to buy my shoes, so once in a while I sell a pair to make a little money. When I was young I didn't work. I just stayed home and did embroidery all day. After my father married me to a sailor I had to do all the housework and take care of my children. My husband bought me a servant who helped me for a few years before we left for Taiwan in 1944. Then I had to do everything alone - take care of my eight children and make money, too.

Even though working on my feet has not been easy, I could never consider letting them out. They are broken in three places in order to be this small, and I must have the binding cloth for support. Without it I could not stand, and the pain of the foot expanding would be too much. I remember hearing about the movement to stop binding, and later on there were a few who refused to bind...but I just couldn't ever let mine out. I have no idea when or why this custom began - I guess it was back in ancient times. We did it because you had to. You would get beaten by your parents if you didn't, because later you would never find a man to marry. What would your parents do with you then? Did binding my feet give me a better life?... (There was a long silence before Sun-niang hung her head and responded so quietly her words could hardly be heard)...I have a good life."



# Fun-stuff

Painting your toe nails a fabulous colour you don't normally use is a great way to bring new energy to your feet. My '100 things to do this year' list has 'paint my toenails blue' as #17. I have always been a bit conservative in my colour choice even though I'm a nail polish junkie.

Toe-rings are another fun way to bring energy to those tootsies. I found this fantastic site [www.toerings.com](http://www.toerings.com) who have the most gorgeous designs. They really do add magic to your Soul.

Make foot prints in the sand, foot prints are the special marks you make as you walk the earth. It is said that a pinch of dirt from someones foot print can be used to cast a spell on them.....

Dance, use your feet to beat the rhythm on the earth  
Skip, preferably around a faery ring to bring magic and happiness. Dance in the moonlight, have a glass of wine first.



# Get on your feet

Gloria Estefan.

You say I know it's a waste of time  
There's no use trying  
So scared that life's gonna pass you by  
Your spirit dying  
Not long ago  
I could feel your strength and your devotion  
What was so clear, is now overcast  
With mixed emotions  
Deep in your heart is the answer  
Find it, I know it will pull you through


Get on your feet  
Get up and make it happen  
Get on your feet  
Stand up and take some action

I think it's true that we've all been through  
Some nasty weather  
Let's understand that we're here  
To handle things together  
You gotta keep looking onto tomorrow  
There's so much in life  
That's meant for you

Get on your feet  
Get up and make it happen  
Get on your feet  
Stand up and take some action  
Get on your feet  
Don't stop before it's over

Get on your feet  
The weight is off your shoulder

Get up and make it happen  
Stand up, stand up, stand up and take some action  
Gotta get on your feet, yeah, yeah  
Don't stop before it's over  
Get on your feet  
The weight is off your shoulder  
Get on your feet  
Get up, get up, get up and make it happen  
Get on your feet  
Stand up, stand up and take some action  
Get on your feet

Check out this song on youtube,  
the official music video is  
my fav. Turn it up loud  
then boogie down! 



## YOU ARE ENOUGH

Dear One,  
Yes you, you who thinks you are not enough.  
You who tries tirelessly  
to do everything you can to show that you are deserving of  
love,  
worthy to be here in this world,  
but always worrying that it is not enough.  
You that feels it is what you are able to do that shows your  
value instead of who you are.  
This letter is for you.  
Because here is the thing -  
the day you were born the world sang;  
for never before was there anyone like you,  
magnificent you,  
just for being.  
So now as you try to fill your days doing things that make  
you feel valuable  
the truth is:  
your true value is in being the one and only you.  
No matter your successes,  
your failures,  
the way you choose to live your life.  
You are Enough.  
I know you think that all the pain  
and anger  
and sadness  
from the past make you somehow less valuable or unworthy,  
but, oh, you just wear that cloak as a way to hide your light.  
Shed the weight dear one,  
I see you.  
You are a gift  
and the world is a better place with you in it.  
Simply because you are here.

Ariana Schoelhorn





you did it  
you gorgeous  
thing!

I really, really hope you have enjoyed yourself and feel a whole lot better about those hardworking tootsies. I am sure they look fantabulous.

Love and Sparkles Sally xxx