

Touch and be Touched... Reflexology for physical and emotional comfort by LINDA GOOGH



In dedication to my white butterfly, my Papa, Ronald E Googh 1929 – July 31, 2010

My first Reflexology article for Living Well Naturally was dedicated to the memory of Angelo D'Addario of Natures Emporium. Little did I know then that my second article would be in loving memory of my own father? Both men were victims of cancer and passed away in palliative care.

Reflexology was not only a comfort physically but also mentally and emotionally. Through the compassionate healing touch of reflexology I was able to give and receive on a higher plane than I ever imagined. Reflexology can release some good feeling endorphins that help to battle fear and anxiety in the sick. Pain is often lessened for periods of time, enough for you to catch the smile you will remember for a lifetime.

Angelo would ask me if he would ever walk again. His goal was to walk by Mother's Day, he told me. I would always reply "I'm not a Doctor but we can work on that together." And there it was...the SMILE, the one that only Angelo and I shared. So just like the miracle stories you read about, Angelo did take some steps on the Mothers Day before his passing. Was Reflexology a miracle treatment? No, but he thought it sure helped and so did I.

Knowing that my Reflexology treatments helped improve the Edema in my Father's feet, giving him relief and comfort made us both smile. In the case of my Father, he loved to joke with the Nurses at Southlake that he had his own personal RCRT and that he did.



Those smiles are now vivid memories that I call upon when giving treatments to patients like Angelo and my Father.

So where does the white butterfly come in? I asked for a sign from above that no matter which way things went with Papa he would be okay. The next day I saw a white butterfly and I knew! My white butterfly sightings

continued until he passed and everyday after until the first frost.

I have since renamed a warm up move called the Butterfly Stretch to the "White Butterfly" in honor of Papa's favorite feel good move. The cancer from his trachea had gotten to his lungs. This was just a gentle airway opener that helped before the arrival of end stage.

Do I still see my white butterfly? YES, whenever I need to, just as vividly as I see the smiles of Angelo and my Father.

Cherish the precious moments! Remember to touch with love and intention. Please share my White Butterfly Stretch with a loved one and let them know they are not alone.

Learn how you can help your loved ones in pain.

Directives for "Butterfly stretch" Gently slide thumbs out to the

edges of the foot. Use a feathering action while the other fingers are placed on the dorsal of the foot. Press thumbs in at the centre and fly the foot open like a butterfly spreading it's wings. This helps to open airways in the chest lungs. It also works the foot's elasticity.

Wishing you wellness.

Linda Googh RCRT/reflexology teacher/ feet/hands /ears
With the Reflexology Association of Canada
www.lgreflexology.com

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