



Teaching Self-Help Reflexology to the World

Eyes & Ears Self-Help Reflexology Workshop

Have you ever heard the saying, “I’ll be your eyes and ears”? This was a workshop focusing on just that: eye and ear issues. This workshop from the World Reflexology Foundation (WRF) led participants to discover how Self-Help Self-Care Reflexology techniques can be performed on oneself for any concerns with the eyes or the ears.

Leading this non-vocational online workshop was **Kathy Reynolds**, WRF Corresponding Secretary. Kathy shared that the World Reflexology Foundation is a nonprofit bringing no-cost Self-Help Self-Care Reflexology to as many people around the world as possible. This is done with step-by-step instruction led by professionally trained reflexologists via articles, videos, and in person and online workshops.

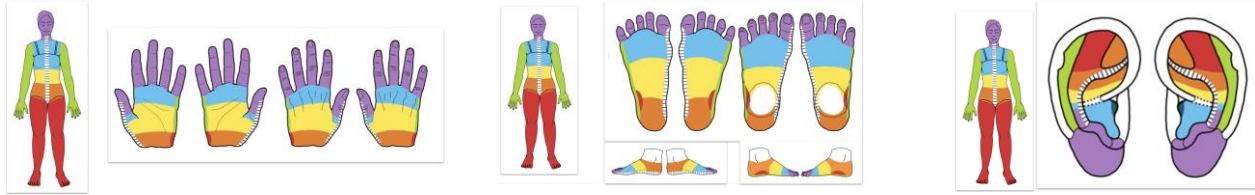


Kathy Introducing the Mission of the World Reflexology Foundation

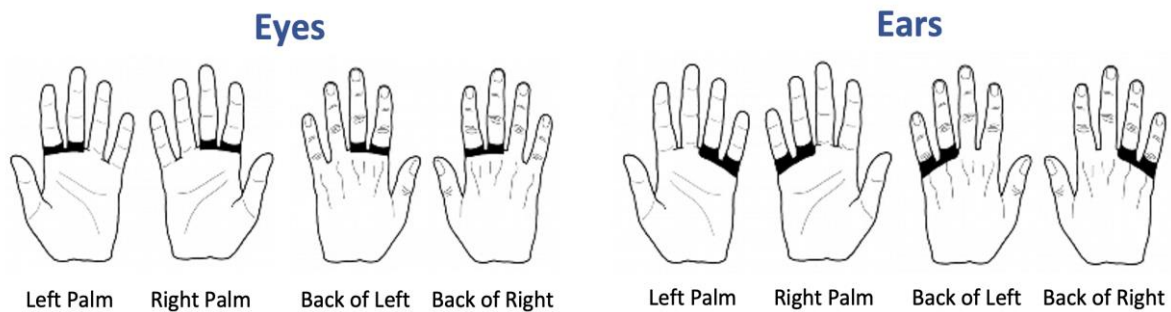


Bill Describing Reflexology, Reflexology Charts, Priority & Progression Reflexing

Bill Flocco, WRF President, talked about reflexology studies from China regarding eye and ear work that showed positive results. To an experienced reflexologist, this is not surprising. However, to someone new to reflexology, this information can be eye opening. (Yes, pun intended.) Bill explained that Self-Care works as preventive, while Self-Help can be used for current health issues and ailments. Showing a WRF color coded chart, he explained that the various colors from the map of a human form corresponds with the matching body parts on the feet, hands and outer ears. Bill then showed a page from the WRF workbook called *Priority Reflexing*. This highlights where to perform Self-Help Reflexology 1st, on the feet, or on the hands, or on the outer ears, to achieve the quickest pain relief when working for the eyes or the ears. *Progression Reflexing* is the next step, indicating where to work 2nd and 3rd for the most optimal results.



Paul Harvey, WRF Director, began the practice sessions with the first in Priority Reflexing: the hands. Referencing the anatomy of the outer head, the ears can be found on the outer sides. Similarly, on the hand, the reflex points for the ears are located outward from the pinky to the ring finger, below the knuckles where they meet the hand. Moving toward the middle and index fingers, again below the knuckles where they meet the hand, we find the eye reflex points. After showing the locations, Paul demonstrated the techniques to be used. At the crease of the hand, where the fingers meet the palm, starting with the outer area (ears reflex), he used an upwards movement with his opposite thumb up and across the areas. Using the same motion, Paul encouraged the participants to work on themselves. He continued across the area to include the eye reflexes at the next two fingers.



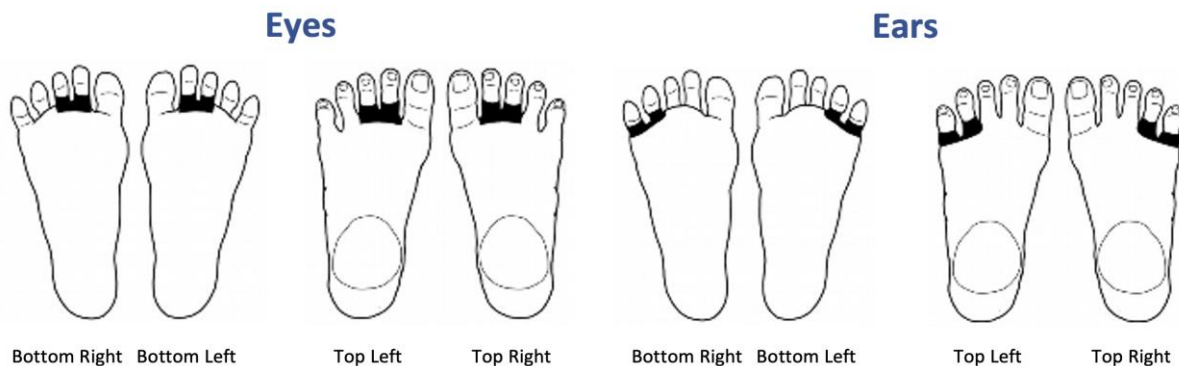
Paul Demonstrating Ear Reflex on Hands



Paul Demonstrating Eye Reflex on Hands

Laurie Hannah, WRF Volunteer Trainer, first gave a brief testimonial to the effectiveness of working on her own hands on the 4th and 5th finger reflex points for relief of altitude ear pressure on a descending plane ride. Laurie then explained that the feet are the 2nd place to go when working the reflexes for the eyes and the ears, and how similar they are to working on the hands. Relating back to anatomy, the eyes are closer to the spine and the ears are farther away. She showed that the spinal reflexes on the foot are located along the length of the foot on the big toe side, so the eye

reflexes are closer to the big toe at the 2nd and 3rd toes, while the ear reflexes are closer to the outside of the foot at the 4th and 5th (pinky) toes. Laurie demonstrated that just above the ridge, at the base of the toes where the toes meet the foot, is where we work. If one is able to cross their foot over their knee, or use a pillow to prop it up, we can use our finger, or thumb, to gently press over the area. Working the area slowly, and finding any tender areas, continue working to cover the reflex points of either the eyes, or the ears, or both. If possible, work both feet to get maximum benefit.



Laurie Demonstrating Eye Reflex on Feet

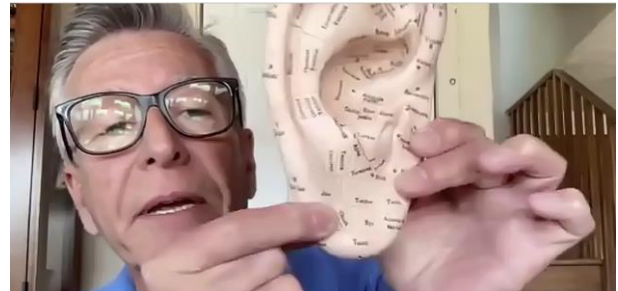


Laurie Demonstrating Ear Reflex on Feet

Victor Archuleta, WRF Volunteer Trainer, showed the participants where on the ears the eye and ear reflex points are found. Beginning with the eye points, Victor showed that on the ear lobe you can use a visual of an imaginary hash tag, and at the center of that grid is where the eye reflex point can be found. Unlike the hands and feet, the reflex points on the ears should be gently held with the tip of the index finger on the front and the tip of the thumb behind. This hold can be for a few minutes, or even more if time permitted. To find the ear reflex points, Victor moved his hold outward, to the outer edge of the lobe on the same grid, where the ear reflex points are located. He demonstrated a squeeze and release, and also a circling technique, while resting his elbows on a table, all the while breathing and relaxing.



Victor Demonstrating Eye Reflex on Ears



Victor Demonstrating Ear Reflex on Ears



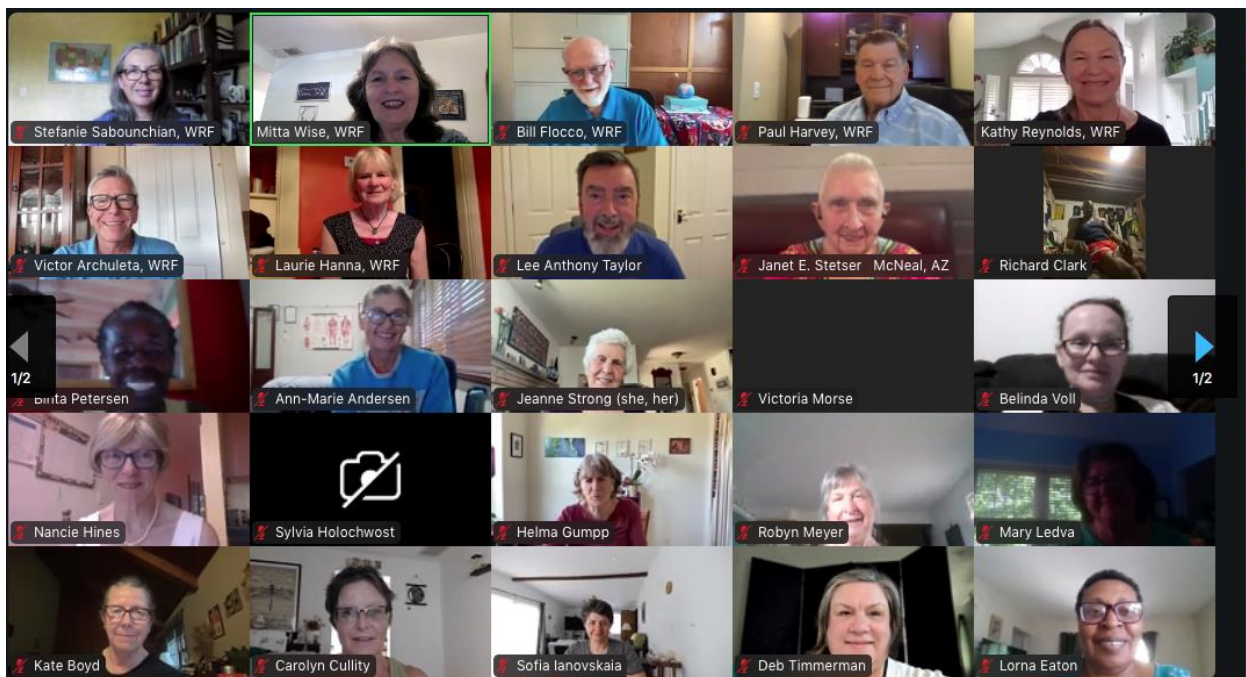
Victor Holding Eye Reflex
on Ear Lobe



Victor Holding Both Ears
Simultaneously



Victor Holding Ear Reflex
on Ear Lobe





Kathy Reviewing Eye
Reflex on Hands



Kathy Reviewing Ear
Reflex on Feet



Kathy Reviewing Eye
Reflex on Ears



Participants from across
America & overseas



Paul showing Eye & Ear
Reflexes at base of fingers

This organization functions completely on a voluntary basis. The WRF relies on donations and grants to fund their outreach and growth. Donations are accepted on our website, or can be mailed to: **P.O. Box 821, La Verne, CA 91750.**

Please help by spreading the word about these free Self-Help Reflexology Educational Programs. Remember to invite your family, friends, neighbors, and colleagues to the next WRF free online Self-Help Reflexology workshop.

*The World Reflexology Foundation (WRF) is a 501(c)(3) nonprofit foundation that does not promote the vocational aspect of the Reflexology profession. The WRF exists as a humanitarian project for the health betterment of humanity throughout the world as its stated mission.

Copyright © 2025 World Reflexology Foundation Email:

info@worldReflexologyfoundation.org www.WorldReflexologyFoundation.org

This article may be re-used only in its entirety, with no additions or changes and includes this final source paragraph. This article may not be re-used for financial remuneration.