

## CHAPTER 5

### THE FINDINGS AND DISCUSSION

Attend to how the body feels ...  
Max van Manen (1990:65).

Because emotional and physical energies are interconnected,  
emotions can have a profound effect on how the body functions  
Wendy L Hurwitz, MD (2000:243).

#### 5.1 INTRODUCTION

Phenomenologists in education and the medical fraternity agree that emotional experience could have a profound effect on the body. In orthodox Western terms, this appears to be at a very rudimentary level, as the connections between emotional experience and the functioning of the physical body are still very crudely defined. On the other hand, holistic approaches to the human life-world - such as reflexology - provide for ways to understand the manifestation and potential manifestation of emotional experience with far greater accuracy. As will be shown during the case study work, specific manifestations of lack of the flow of energies could carry individual meaning to every participant.

Thus, this chapter proposes to illustrate what the researcher found by means of an empirical study of the inclusion of reflexology in the process of phenomenological interviewing. This chapter sheds some dichotomies between mind and body, and between the role players who usually act domain specifically and deal with either mind or body. Thus, this chapter presents a holistic image of the life-world of individuals by means of a methodology which presents a proposed augmented version of phenomenological interviewing.

The next section commences with the data from the case study work with each individual participant.

## 5.2 THE CASES

In total, the life-worlds of ten participants form the data needed for this study. Their ages ranged from 14 years to 53 years of age. Six participants were adolescents (between 14 and 19 years), while the remaining four were between 42 and 53 years old. Summaries of the cases appear in tables 5.1 to 5.10. The data contained in the tables reflects the colloquial language used by the participants to describe their experiences. The nuances of the colloquial speech have been retained as far as possible to allow the participants 'voice'.