

Table 5.1 PARTICIPANT A (Thabo: male, 18 years)

Sensitive reflexes	Related physical conditions	Related emotional experience	Meaning in terms of related events / sets of circumstances according to the participant himself
Pituitary gland	None	Loss of control	Losing his own temper when his mother suggested that he might be like his father. This made Thabo take to the streets in his pyjamas early one morning.
Eye	None	Fear of the future	<ul style="list-style-type: none"> ▪ That his parents might die, leaving him to suffer the consequences of their lack of financial planning; ▪ Failure at school or at work one day; ▪ Becoming like boys in the neighbourhood who resort to drugs and crime; ▪ His girlfriend falling pregnant, as she refuses to take oral contraceptives for fear of gaining weight, and suggests they experiment without a condom.
Ear	None	Shutting out undesired information	<ul style="list-style-type: none"> ▪ His parents' fighting before their divorce when he was nine; ▪ His mother scolding him, and reminding him of his father's failures.
Thyroid	None	Humiliation	His father scolding him in front of others, when he would rather study than work in his father's pub.
Gallbladder (M: headaches on side of head)	None	Anger	His father making empty promises.
Pancreas	None	"Sweetness being gone"	His attempts to reconcile his parents, but his mother throwing his father out again after two weeks when she discovered that he was still cheating on her.
Stomach (M: thyroid)	None	Gut-level fear	<ul style="list-style-type: none"> ▪ Fear when his father used to assault his mother before the divorce; ▪ Fear of losing his grandmother; ▪ Fear of being unsuccessful.
Prostate	None	Troubled relations at home	<ul style="list-style-type: none"> ▪ His parents' divorce, and ▪ His father refusing to spend time with him; but rather with his numerous girlfriends.
Spinal	Back pain	Financial fears	<ul style="list-style-type: none"> ▪ Never getting pocket money, and having to resort to stealing when he cannot find work; ▪ Often worrying about his father falling into arrears with his (Thabo's) school fees.

Interpretation in terms of the most relevant of the Five Elements

The wood element: Thabo experiences significant **anger (related emotion)**, and presents with congestions on the **gallbladder reflex-area (related organ)** as well as with eye problems (**related sense organ**). He also tends to wake up at around 01h00 at night (**related time frame**), and then cannot sleep for an hour or even longer.

Comments:

Thabo, as a grade twelve learner, was referred to me by the local school. He presents with significant anger, as his feet tended to become quite tense under my hands when I touched any area or meridian-area related to his gallbladder, or discussed those issues that particularly point towards the experience of anger in his life-world. His other emotions are not as prominent, as he did not show any detectable reaction when other areas were touched, besides commenting on their being a bit sensitive. In this sense, reflexology provides a way of understanding which emotions are *presently* most prominent. During both the reflexology and the exclusively verbal phase of the interviews, Thabo's focus always turns to the thorny relationship he has with his father in particular. This is also reflected in the sharp, pointed ends of the branches of his tree-drawing. (See figure 5.1).

During our sessions, he was very open with me, indicating how reflexology facilitated the interview. He would verify information by means of writing down particulars - except for the car-theft in which he claimed to have been involved two years ago, because he fears that it might incriminate him. This tendency to be both secretive and open is reflected in his tree drawing, as the bottom of the trunk is partially hidden.

Even though few congestions have actually manifested as real physical problems, I wish to maintain that the events and circumstances which shaped Thabo's life-world influenced the flow of energy through his body to a reflexologically detectable degree. This kind of information would not be possible from a purely medical point of view, as few real manifestations exist at present.

Fig. 5.1 Tree drawing by participant A (Thabo)

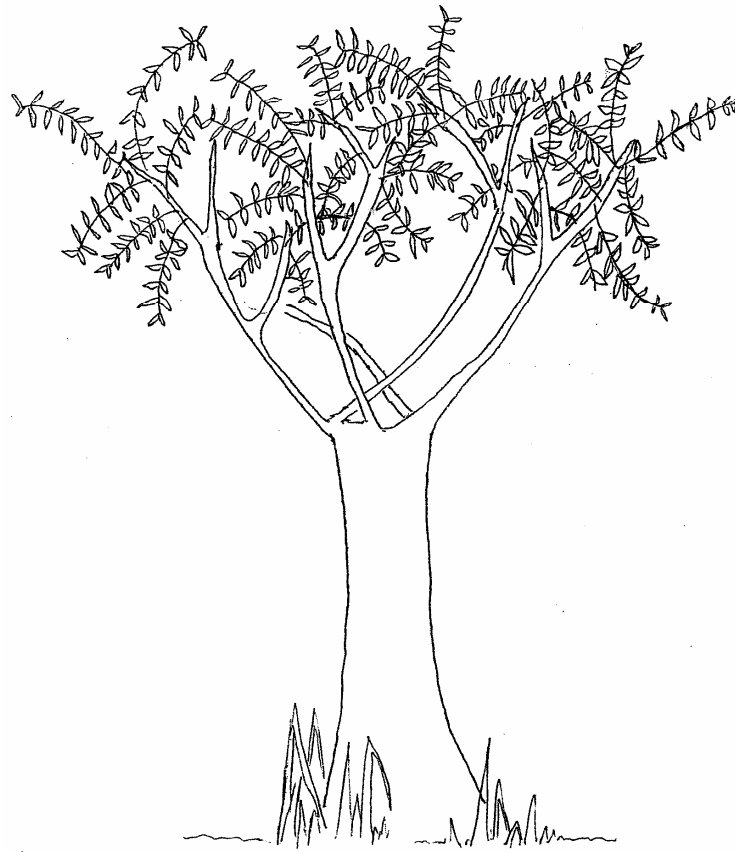


Table 5.2 PARTICIPANT B (Thandi: female, 17 years)

Sensitive reflexes	Related physical conditions	Related emotional experience	Meaning in terms of related events / sets of circumstances according to the participant herself
Eyes	Myopia	Fear of the future	<ul style="list-style-type: none"> ▪ Losing loved ones; ▪ Being wrong, as she does not wish to look 'stupid'.
Tonsil	None	Fear	Family violence before her parents got divorced; her father planning to kill her mother with an axe.
Lungs	None	Sadness	<ul style="list-style-type: none"> ▪ Her parents' divorce; ▪ Missing her father, because she still remembers the good times they shared.
Gallbladder (M: headaches to <i>side</i> of head)	Nausea after too many chocolates; fatty meals & during her period	Anger	<ul style="list-style-type: none"> ▪ At her father, for abusing her sexually - especially as she now misses him. ▪ At the father of a friend of hers, for abusing her four years earlier.
Urinary bladder (M: small toe sensitive; cramps along back of calf)	Cystitis week before we started; never before	Fear; being let down	<ul style="list-style-type: none"> ▪ Being let down by her father, by (1) not putting more effort into making his marriage to her mother work, and (2) abusing her, thereby exacerbating the separation already brought about by the divorce.
Uterine	Dysmenorrhoea	Dysfunctional relations at home	<ul style="list-style-type: none"> ▪ Her parents being divorced; ▪ Her father abusing her sexually.

Interpretation in terms of the most relevant of the Five Elements

The metal element: Although Thandi does present with reflexological-observable congestions on the lung (**related organ**) reflex-area, there is no evidence of any chronic related medically definable illness. Even so, she often weeps (**related to the emotion of sadness**).

The wood element: Thandi presents with nausea (**condition related to gall**) at times, and with congestions on the gallbladder (**related organ**) reflex-area. She suffers from myopia (**the eyes are the related sense organs**); she confesses to often resorting to screaming (**related sound**) when upset.

The earth element: she prefers late summer (**related season**), often sings (**related sound**), and expressions compassion (**related emotion**) with others, for example, in a long poem that she wrote during our sessions. She exhibits a fondness of sweet (**related taste**) eats. Her own need for emotional support (compassion) is mirrored in the large number of open (sucking) roots of her drawing of a tree. (See figure 5.2).

Comments:

Thandi, a grade eleven learner, has been referred to me by the local school, with the contention that "I would find many emotions in her". At first, she shared details regarding her parents' divorce, and her father's sexual abuse of her - information that she has shared with her mother, sisters, best friend, the teacher who referred her to me and with the school counsellor. Then, during one of our sessions, she suddenly blurted out that she had been sexually abused four years earlier by the father of a friend of hers too - and that *she has not told anyone else before* (Appendix G). On my question as to why she would share this with me, she contended that she experiences being far more relaxed during a reflexology session, than during mainstream, traditional counselling. She confirmed this in writing. Therefore, I wish to propose that reflexology provided a milieu in which this participant experienced a sense of emotional safety to disclose intimate detail, that she could not find herself sharing in mainstream, traditional counselling. Thus, reflexology facilitated the phenomenological interview.

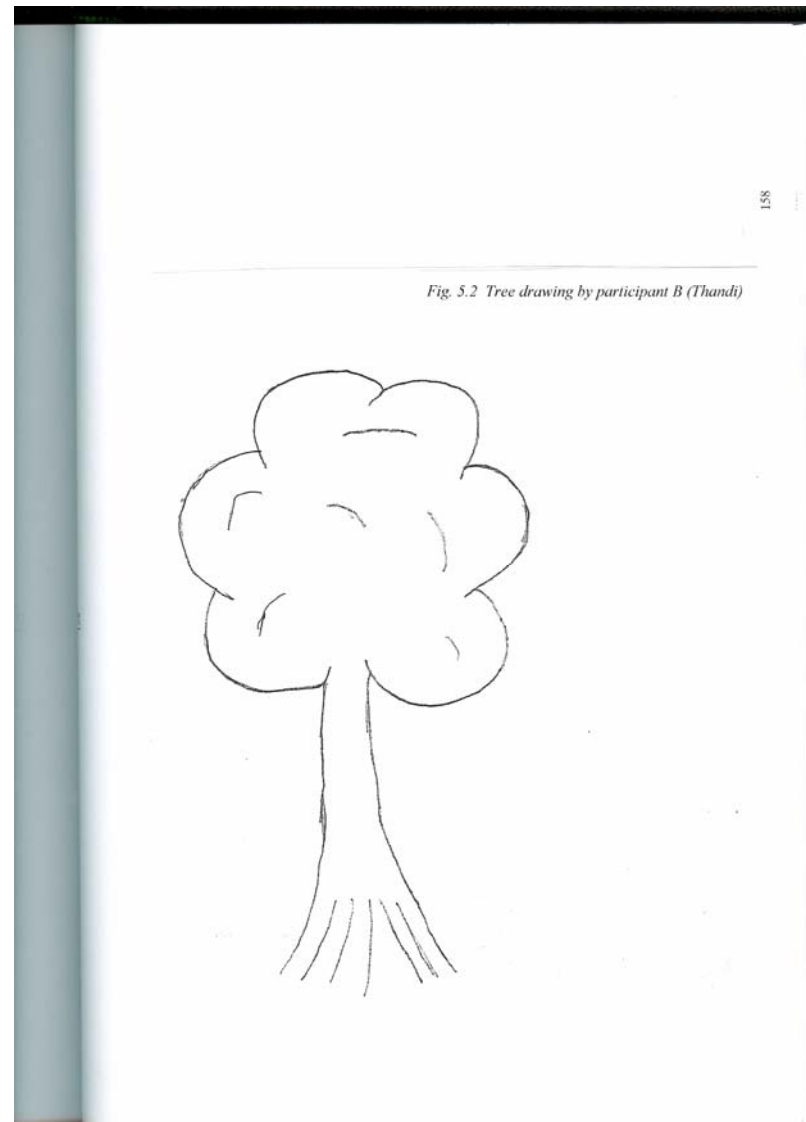


Fig. 5.2 Tree drawing by participant B (Thandi)

Table 5.3 PARTICIPANT C (LUCILLE: female, 19 years)

Sensitive reflexes	Related physical condition	Related emotional experience	Meaning in terms of related events / sets of circumstances according to the participant herself
Thyroid	None	Humiliation	<ul style="list-style-type: none"> ▪ Father hitting mother in front of friends of hers; ▪ Mother having had to serve a short jail sentence for fraud a few years ago.
Liver (M: ingrown toenail on lateral side of big toe; headaches on side of head.)	None	Anger	<ul style="list-style-type: none"> ▪ Anger at her father for hitting her mother - especially when she was small. ▪ Anger at teacher who refused her a place in the first hockey team because she smoked. As a consequence, the 2nd team won all their matches, while the 1st team lost all theirs. The teacher was removed as coach for her undue prejudice. With Lucille in the 1st team again, they won all their matches, and she missed her provincial colours by one match. Now, Lucille has been asked to <i>coach</i> hockey at the school, and to play for the Defence Force Team - even though she does not work for the Defence Force.
Urinary bladder (M: little toe painful; cramps along back of leg)	Incontinence; Repeated cystitis	Fear	<ul style="list-style-type: none"> ▪ Fear of her father's outbursts - especially when he was drunk. ▪ A restraining order had to be issued against her father to prevent family violence. ▪ Even in high school, she used to wet her bed almost every night - and when her father found out, he would shout at her and give her a hiding. Her mother was more understanding and tried to help Lucille by seeking medical help and waking her up late at night.
Uterine	Dysmennorrhoea	Poor family relations	Poor relations with her father, because he used to abuse her mother. (Upon trying to defend her mother once, Lucille herself ended up with a split lip and bruises.)

Interpretation in terms of the most relevant of the Five Elements

The water element: Lucille has experienced extensive fear (**related emotion**) due to domestic violence. She also presents with bladder (**related organ**) problems as indicated. She likes wearing black (**related colour**), and prefers salty (**related taste**) foodstuffs.

The wood element: The participant presents with congestions on the liver (**related organ**), high arched feet (**muscles and tendons being related tissue**), eye problems (**related sense organs**), and has expressed her anger (**related emotion**) at her father and at a particular teacher who tried to "take away the thing [hockey] I love the most."

Comments:

Lucille completed matric two years ago, at the age of seventeen. She is the youngest of four children. While she does not hesitate talking about her father's problematic behaviour, she only mentioned her mother's jail sentence once in passing. She would write extensively about her father's violence, but she refused to pen her mother's ills. This tendency to cover up is also evident from her tree-drawing in which the branches are almost totally hidden behind the foliage (see figure 5.3). During our sessions, she shared with me that she feels that she should come to her mother's rescue by taking her out of the current situation as soon as she (Lucille) could care for them both. At present, she earns a very small salary, but still chooses to board with someone else, as, if staying at home, she sometimes has to hand over her whole salary in order to help ends meet. This adverse family situation is also mirrored by her rootless drawing of the tree.

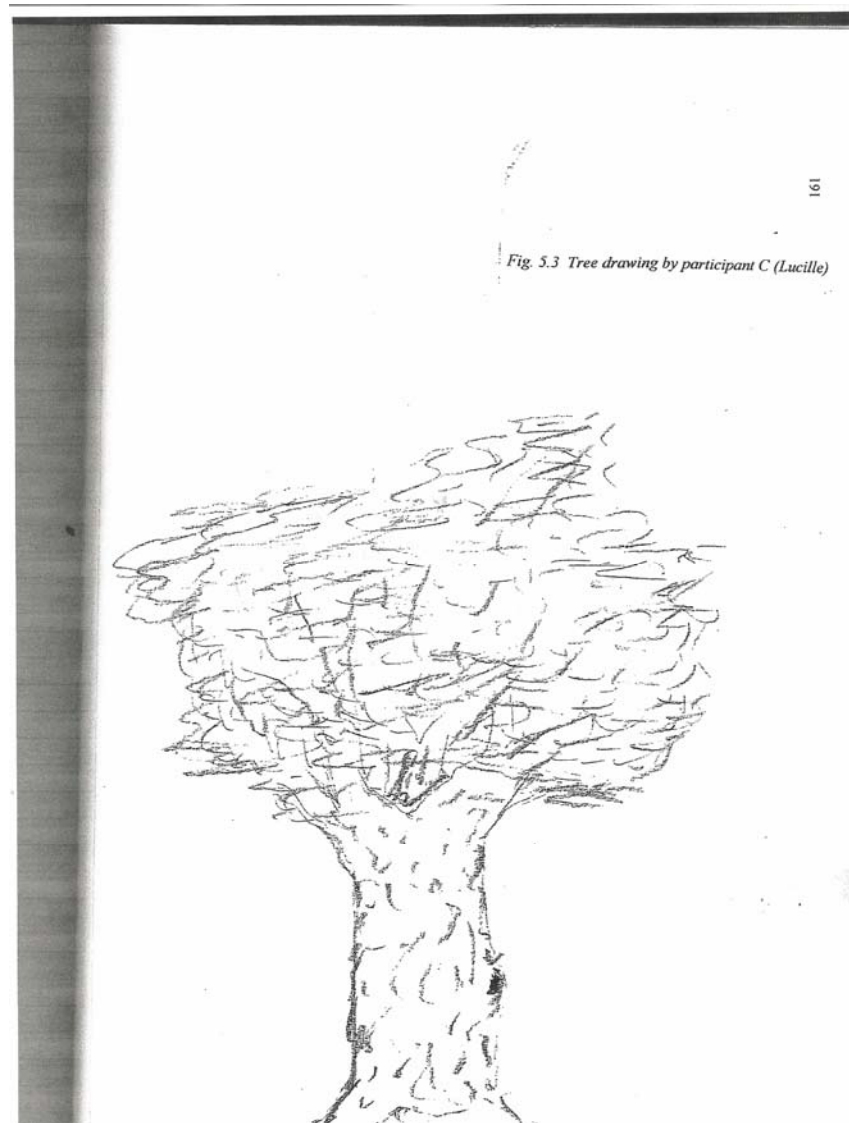


Fig. 5.3 Tree drawing by participant C (Lucille)

Table 5.4 PARTICIPANT D (ISABEL: female, 17 years)

Sensitive reflexes	Related physical condition	Related emotional experience	Meaning in terms of related events or sets of circumstances according to the participant herself
Pituitary gland & uterine	Dysmenorrhea	Problematic family relations	Lack of control in the following incidents: <ul style="list-style-type: none"> ▪ Repeated sexual abuse by a neighbour at the age of ten; ▪ Being taken - together with her siblings - to a children's home for a few months at the age of ten, until their parents had completed a programme on parenting; ▪ Her own emotions, which fluctuate between being ecstatically happy, to attempted suicide.
Throat	Postnasal drip	Inner crying	These all relate to her stay in the children's home: <ul style="list-style-type: none"> ▪ Longing for her parents while in the children's home; ▪ Longing for food that was "prepared with love" and would taste better; ▪ Longing for longer visiting hours, so that her parents could leave after she had fallen asleep (they could visit only on a Saturday / Sunday afternoon.
Tonsils	Tonsillitis; tonsillectomy	Fear	<ul style="list-style-type: none"> ▪ Fear of not being able to finish school, find a good job and being able to provide for her own children one day; ▪ Darkness: "I do not know what awaits me in the cupboard". ▪ Death (dying, and being dead, as she does not know what happens afterwards); ▪ Being on her own at home (the abuser would come when she was alone); ▪ Black people (Black boys at school try to fondle her buttocks, which reminds her of the abuse.)
Lung	None, but she smokes	Sadness	She is sad about losing her virginity.
Gallbladder (M: Headaches to side of head; 4 th little toe sensitive	Often nauseous	Anger	This relates to her abuser: she articulated that he should die a death of suffering and public humiliation, i.e. bleeding to death in front of others after genitals or hands had been cut off with an axe. It must also be made public, i.e. broadcast on the news. She also stressed that he must not receive any form of painkiller.
Urinary bladder (M: little toe sensitive; cramps along back of calf)	Repeated cystitis; mild incontinence	Fear; being let down	Feels let down by everyone, as she had no-one in the family to turn to when she was abused. (A female neighbour used to wash her hair once a week, and, during one of those sessions Isabel blurted out what was happening. The neighbour reported the matter.)

Interpretation in terms of the most relevant of the Five Elements

The water element: She suffers from bladder (**related organ**) problems, and tiredness in the late afternoon (**related time-frame**). She experiences fears and anxiety (**related emotions**). While black (**related colour**) is one of her favourites, she also prefers salty (**related taste**) food.

The wood element: Isabel presents with frequent butts of recurring nausea (**associated with the gallbladder as related organ**). Her extensive, varied contentions regarding what should be done in order to punish her abuser, illustrates her anger (**related emotion**). She also likes sour (**related taste**) sweets.

The metal element: Her degree of sadness and despair (**related emotions**) has led to attempted suicide. When asked about the hole in the trunk of her drawing (see figure 5.4), she explained that it feels like she has a hole in her heart, so sad is she at times.

Comments: Isabel has experienced two profoundly traumatic incidents in her life:

- she was abused sexually by a neighbour, and
- she spent some time in a children's home, where she was separated from her siblings, as they were grouped according to their age. The poor family relations are also evident from the absence of roots in her tree drawing. She could not approach her parents when she was abused, as she did not expect them to understand, and feared being blamed. To this day she is still ashamed of the situation, as she would blush when talking about it. Also, her sister (participant E) would often claim to hit her; indeed, she once arrived for a session with a blue mark on her jaw bone - which her sister claimed earlier to have given her. Isabel, however, tried to hide it with make-up, and did not mention it once. This tendency relates to the emotion of shame, and to the act of hiding - which is also evident from the foliage of her tree drawing hiding all the smaller branches (see figure 5.4).

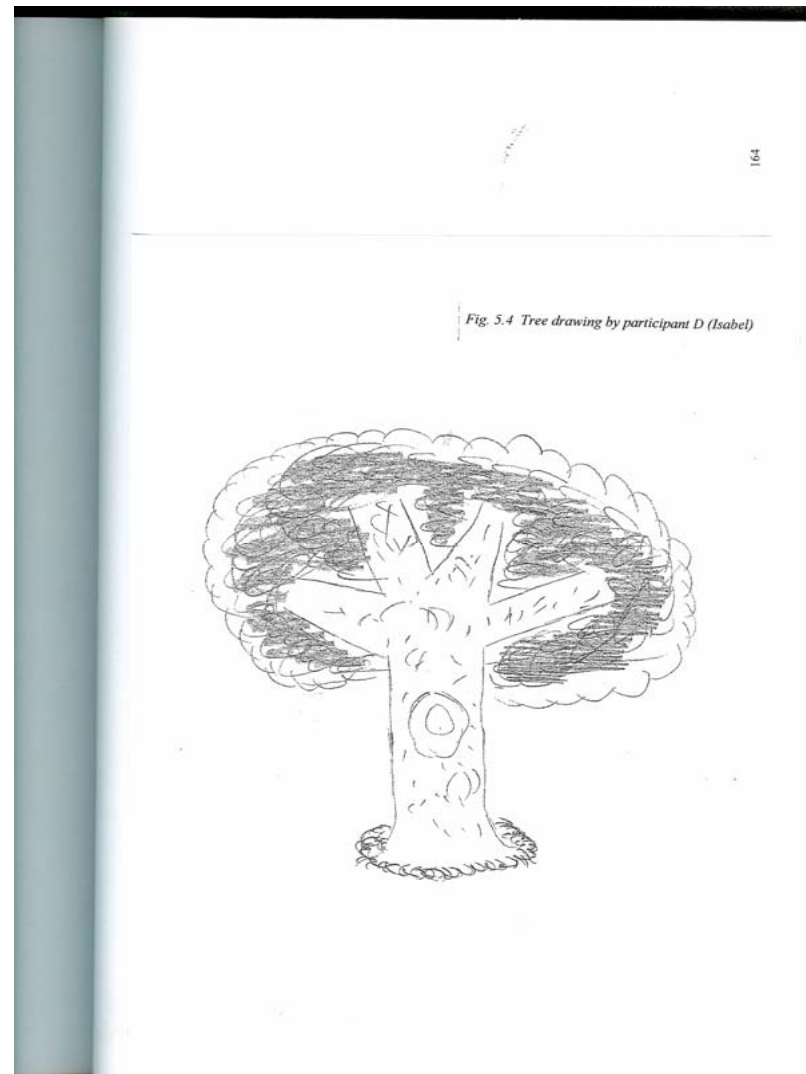


Table 5.5 PARTICIPANT E (Sarah: female, 19 years)

Sensitive reflexes	Related physical Condition	Related emotional experience	Meaning in terms of related sets of circumstances according to the participant herself.
Neck	None	Lack of control; poor choices	<u>Career related:</u> <ul style="list-style-type: none"> ▪ Failure at school; leaving with only grade 10; ▪ Dead-end job as a casual cashier; ▪ No means for training as a chef.
Liver & gallbladder (M: ingrown toenail lateral side of big toe; 4 th toe sensitive)	None	Anger	Anger focussed by means of physical violence against other children: <ul style="list-style-type: none"> ▪ At six, she was expelled from crèche for hitting a boy badly; ▪ One victim at high school took two weeks to recover; ▪ Often hits own sister. She is also angry at her father for locking her and her siblings up in the flat during school holidays.
Stomach	Indigestion	Gut level fear	<ul style="list-style-type: none"> ▪ Fear at not being able to make a proper living; resulting in a life of poverty in adulthood.
Pancreas (M: flaking medial side of big toes)	Often thirsty; father diabetic	Overwhelmed responsibility; "sweetness being gone"	<ul style="list-style-type: none"> ▪ Had to take care of siblings from a very young age; ▪ Feels that life is unfair; that she has no hope for finding true love, nor a job.
Uterine	Dysmenorrhea	Problematic family relations	<ul style="list-style-type: none"> ▪ Having been taken to children's home for three months (at age eleven) due to parental neglect, which resulted in her sister (participant D) being sexually abused - only discovered by someone outside the family. ▪ Having no real communication with her father, but for the two of them wrestling: <p style="text-align: center;">"I leave him; he leaves me."</p> In other words, she does not share her feelings or significant thoughts with him; they do interact according to the rules of wrestling, but not on an emotional, psychological level.

Interpretation in terms of the most relevant of the Five Elements

The wood element: She presents with congestions on the liver- and gallbladder (**related organs**) reflex-areas and meridians. Anger (**related emotion**) tends to present most prominently, since Sarah purports to engage in physical violence whenever she seems to experience being wronged, or feels that she has to defend her two younger brothers. She also boasts that, even upon going to town, "no-one would bother" her, as she also knows a number of people who would defend her. Physical fighting also actively involves the use of muscles (**related tissue**). This aspect is further illustrated by the fact that her feet are high-arched, as tendons also constitute **related tissue**. She embellishes on how she taught her youngest brother to "fight". He (at the age of 11) has the hearing for an offence against him.

The earth element: She experiences extensive problems with her stomach and pancreas (**related organs**). At the same time, she shows compassion (**related emotion**) as she claims to have enjoyed caring for the younger ones, and would lend her only pair of shoes that goes with her work-clothes to a friend - something which nearly got her into trouble. She admits to having a sweet (**related taste**) tooth. She also contends that it is necessary for her mother to help their uncle's family, as this uncle is an alcoholic - even though it means that there is even less for Sarah and her siblings. For example, they largely depend on gifts for clothing.

Comments: Sarah presents with a number of physical problems which belie her age (compare participants I and J addressed in tables 5.9 and 5.10). I wish to propose that the manifestations could be due to the severity of the experiences relating to parental neglect during childhood. At the same time, she shows bravado at how she has always been telling people off. Her tree drawings are relevant to her career (figure 5.5). Starting the drawing at the bottom of the page in each instance relates to a certain degree of lack of intelligence in terms of Koch's Tree Test.

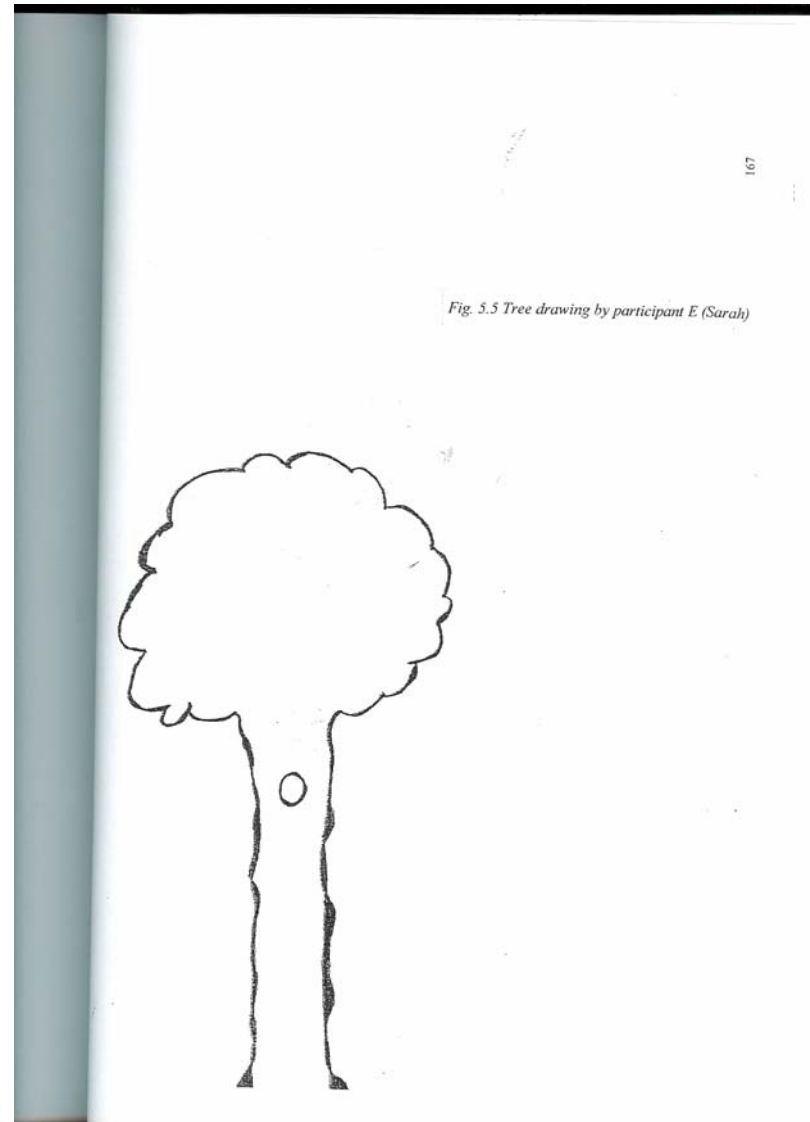


Fig. 3.5 Tree drawing by participant E (Sarah)

Table 5.6 PARTICIPANT F (Thembi: female, 14 years)

Sensitive reflexes	Related physical Condition	Related emotional experience	Meaning in terms of related events or sets of circumstances according to the participant herself
Sinus	Hayfever	Irritation	<ul style="list-style-type: none"> ▪ Her siblings (nothing serious); ▪ False assumptions of shop assistants in Gauteng who assume that all black people in Pretoria speak Sotho / Tswana, and are then rude to her for speaking only Xhosa.
Eye	Myopia	Fear of the future	<ul style="list-style-type: none"> ▪ She fears that, due to her lung problem, she might not see her children grow up when she has them one day; ▪ The death of her parents; ▪ Poverty; ▪ Getting pregnant out of wedlock; ▪ Being raped.
Ear	None	Desire to shut out undesired information	<ul style="list-style-type: none"> ▪ Supposed friends who gossip about her; ▪ The Boeremag; ▪ Leaders who used to be great, but who turned out to disappoint their followers, i.e. Robert Mugabe, because that makes it difficult to trust anyone outside her own family.
Lung	Severe asthma	Sadness	<ul style="list-style-type: none"> ▪ Sadness for her dad growing up without parents; ▪ Victims and activists of apartheid, for example Donald Woods.

Interpretation in terms of the most relevant of the Five Elements

The earth element: This is illustrated by her concern and compassion (**related emotion**) for others inside and outside her own family; her love for singing (**related sound**), her favouring red (**related colour**) clothes; and her fondness of sweet (**related taste**) foods.

The metal element: her persistent lung (**related organ**) problem. Her nails also tend to break easily, while her hair tends to split even if she uses proper shampoo and conditioner, which is often an indication of a mineral (metal) imbalance.

Comments: Thembi comes from a formerly disadvantaged group from the Transkei. After 1994 her father joined the SANDF, and the family moved to Gauteng. She is still very concerned with apartheid and its legacy, as well as certain manifestations of discrimination. For example, after much consultation, she decided to attend a school much farther away than the local school, because the local school has never had a black as head boy or head girl - therefore she concludes that her chances of taking such a position there are virtually nil. Regarding apartheid, she contends:

... some people felt despair because there was nothing they could do about the situation ...
sometimes I lie in my bed and think about the things that happened ... just the thought
of apartheid makes me feel traumatised ...

Reflexology facilitated the interviewing since Thembi started talking spontaneously about being confused about a number of aspects of life. These were not related to physiological findings. This was also evident from her tree-drawings (see figure 5.6): The first one shows a single tree with different types of leaves; the rest showed lack of focus on the assignment of drawing *a tree*, as she would instead produce a picture in which the tree would either form an insignificant part of it, or a number of trees would feature. In this regard, I wish to propose that the reflexology readings did not serve to probe a certain aspect of her life-world, as she did not present with any congestion classical of such confusion.

Fig. 5.6 Tree drawings by participant F. (Thambi)
 (Please notice that, even though her drawings could be seen in terms of a holistic approach towards the broader milieu, the instruction in each case was to draw 'a tree'.)

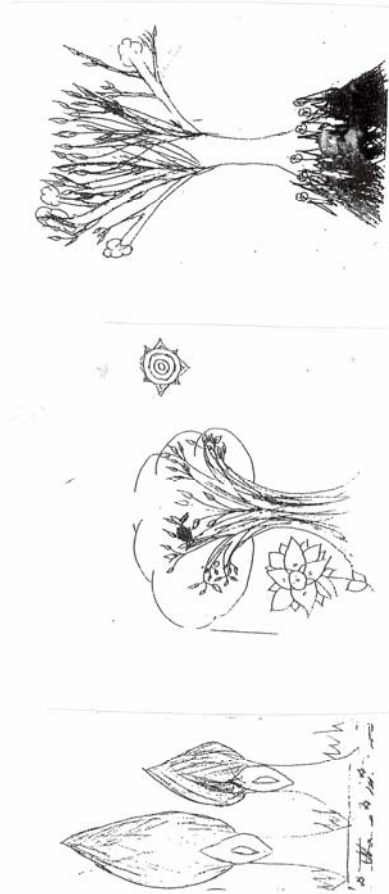


Table 5.7 PARTICIPANT G (Maurice: male, 42 years)

Sensitive Reflexes	Related physical condition	Related emotional experience	Meaning in terms of related events or sets of circumstances according tot the participant himself
Pituitary gland	None	Lack of control	<ul style="list-style-type: none"> ▪ Loss of control over the behaviour of others when he quit the SANDF where he used to take control, from his extrinsic authoritative position as a high-ranking officer; ▪ Now has own courier business and often has to take deliveries himself, as he has no control over the fact that he "has to stoop to the level of a delivery boy." ▪ Cannot change consumer behaviour in his favour. <p>(His vulnerability is elucidated by the broken lines of the trunk of his tree drawing, fig 5.7).</p>
Neck	Aching neck (physiotherapy does not help)	Making choices; making judgements	Poor career choice when he left the SANDF with a package to start his own business, as he was soon near bankruptcy for misjudging the intentions of his partner (lost almost 30% of his package).
Lung	None	Sadness	<ul style="list-style-type: none"> ▪ Experiencing betrayal by his church, as the minister did nothing to show that he cared. ▪ His perception of God letting him down, as he thought that God had forsaken him by allowing him to be swindled by a supposed Christian.
Gallbladder (M: 4 th toe sensitive; headaches on side of head)	None	Anger	<ul style="list-style-type: none"> ▪ Being swindled by former business partner; ▪ Being swindled by employees in various ways, as it made him experience being unsafe. <p>(This insecurity is further elucidated by his drawing of a tree that hangs in mid-air.)</p>
Urinary bladder	None	Anxiety; being taken for a ride	<ul style="list-style-type: none"> ▪ Anxiety over his financial position in old age; ▪ Anxiety over the career of his son, as he could not afford university fees for him; ▪ Anxiety about meeting his commitments each month, as his clients often do not pay him.
Knees	Operations needed on both knees	Finding it hard to change direction in life	<ul style="list-style-type: none"> ▪ Having to adapt to financial position and lower status; ▪ Orientating himself to face the loss of friends, and ▪ his own inner change from being friendly and daring, to being "cynical, bitter and rude ... change of character and disposition."

Interpretation in terms of the most relevant of the Five Elements

The wood element: Maurice presents with congestions on the liver and gallbladder (**related organs**) reflex-areas. Maurice experiences extreme anger (**related emotion**) when thinking about those who swindled him, especially his former partner. At the height of the debacle he used to walk around in his office at night, shouting (**related sound**) at the "swine". Even now, he feels like screaming (**related sound**) at those employees that are not on time, and those clients who do not pay his accounts when due, as it causes him tremendous stress. (In a sense, this also relates to the changed circumstances over which he now has no control, since, as a public servant, he received his salary punctually.)

The water element: although bladder-associated (**related organ**) congestions occur, he experiences anxiety (**related emotion**), as he fears that he might struggle financially in old age.

The fire element: he experiences profound joy (**related emotion**) when thinking of his brilliant, friendly daughter. He also finds hot chillies (**related taste**) appetising. He experienced profound heartache (**related to the heart**) when the pastor of his church showed no interest in his life when he was conned - especially since the swindler also purported to be a Christian.

Comments: When Maurice arrived he was still very concerned about the losses he had suffered when conned out of a substantial portion of his package. He would write:

"I felt I could kill him ... I can just imagine the damage if
I could shove that thorn tree up his ass! No tree deserves [it]..."

His experience of being crushed is further confirmed by the flattened top of the crown of his tree drawing (See figure 5.7). The significance of reflexology in his case was that the foot readings gave him the framework from which to address his emotions, thus illustrating how reflexology can facilitate interviews. At the same time, his experience of psychological pain did not reflect in the findings from the foot readings. In other words, he did not entirely meet the expected reflexological profile.

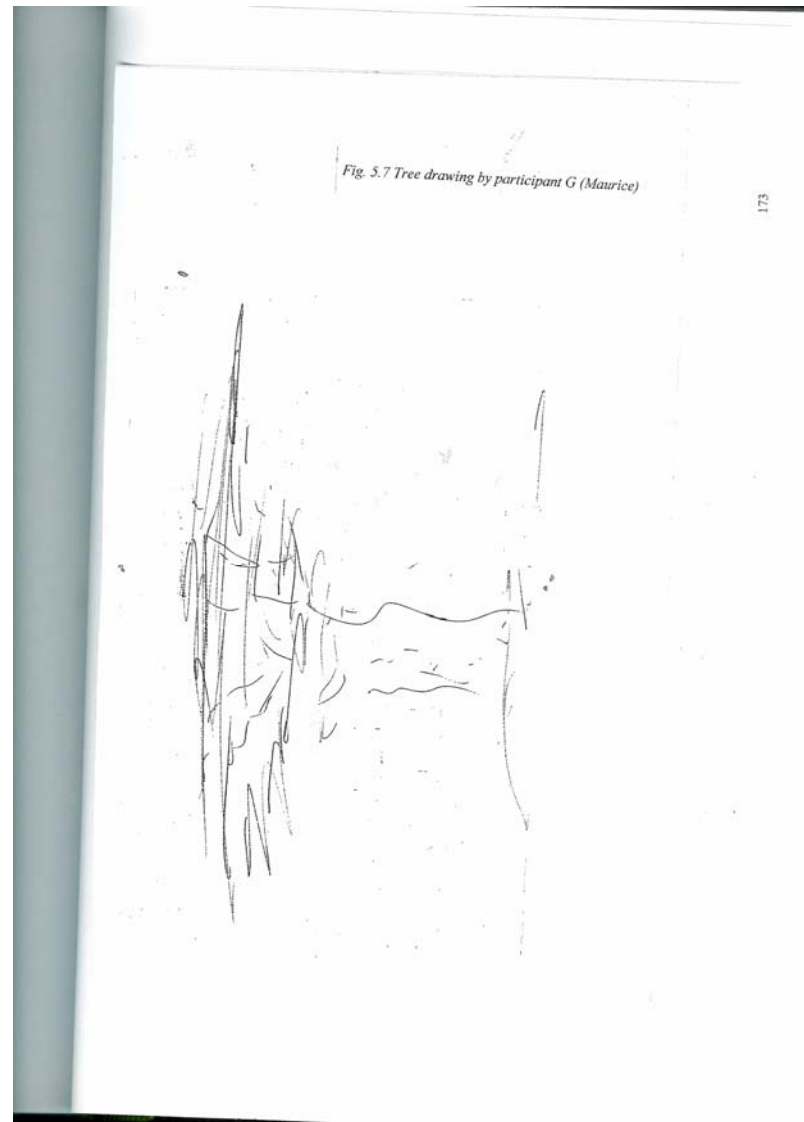


Table 5.8 PARTICIPANT H (Derrick: male, 50 years)

Sensitive reflex-areas	Related physical condition	Related emotional experience	Meaning in terms of related events or sets of circumstances according to the participant himself
Sinus	Sinusitis	Irritation	Shop assistants who behave rudely.
None , but problems along the Triple Burner M.	None	Depression; difficulty making choices; social dysfunction	<ul style="list-style-type: none"> ▪ Depression (Psychiatric drugs / treatment of no help); ▪ Using drugs (dagga, LSD); former jail sentences; ▪ Confusion of loyalty (his mother was a churchgoer, his father not); ▪ Changing jobs frequently; ▪ Now being unemployed but for odd-jobs repairing furniture; ▪ Dependent on his sister, who is a single mother.
Tooth	Occasional abscess of upper gum	Acidification of thoughts over past hurts; revengeful thoughts	Aimed at former bosses for either firing him, or asking him to leave. He describes them as "... real bastards ... these people do exist ..."
Eye	Myopia	Fear of the future	Being forced to become a beggar once more, and being dirty and despicable.
Tonsil	Repeated tonsillitis; tonsillectomy	Fear	<ul style="list-style-type: none"> ▪ Fear of his father, whose face would resemble a bull when angry; ▪ Fear of upsetting either parent when choosing to go to church or not; ▪ Fear of being an ultimate loser as a jobless person.
Gallbladder & liver (M)	Nausea (1 - 2 per week)	Anger	<ul style="list-style-type: none"> ▪ At his father for fighting with his mother; he considers his father to be responsible for her death from leukaemia at 50; ▪ At his former bosses.
Heart (M: pain: inner arm)	Thrombosis	Joy being obstructed	<ul style="list-style-type: none"> ▪ Being a financial burden to his sister; ▪ Not being part of a family.
Lower back	None	Control over environment, esp. with regard to money, relationships, blame.	<ul style="list-style-type: none"> ▪ Being unemployed and sometimes wondering where the next meal will come from; ▪ Poor relationships at home and at school; ▪ Blaming boys-only school for homosexual and prostitute encounters; ▪ Feeling guilty about present "addiction to masturbation".

Interpretation in terms of the most relevant of the Five Elements

The wood element: Derrick presents with congestions on the reflex-areas and meridians of the liver and gallbladder (**related organs**). Derrick experiences anger (**related emotion**), and would shout (**related sound**) at his schizophrenic girlfriend. He likes the spring (**related season**) and windiness (**related climate**), because it leads to a sense of new life and freedom. Indeed, he explains that windiness makes him feel like his troubles are being blown away.

The water element: he has experienced extensive fear (**related emotion**) at his father for his outbursts, and now fears being a beggar once more.

The fire element: Derrick has experienced heartache, in the sense that, during our sessions, he could not recall one happy incident with his father. He has also suffered a thrombosis, and sometimes experiences pain along the heart (**related organ**) meridian.

Comments: Derrick co-operated very well during this study, as he revealed most sensitive information probably facilitated by reflexology which could result in him being sent to jail (such as his involvement with drugs). He also shared sensitive information regarding his sexual activities, to which he confessed being ashamed of. His tendency to hide information is also evident from his tree-drawing, as the bottom of the trunk is entirely hidden by rocks (see figure 5.8).

The participant has had long-term conventional therapy for several years, and nothing seems to have helped him escape from the patterns of self-destructive behaviour. Our five sessions (short-term sessions) did not change that either, and one does not have a way of knowing whether it would, if given the same time. However, it is beyond the scope of this thesis to engage in any kind of therapy. The structure provided by reflexology served to elicit information that - given the sensitivity thereof - he would not have provided outside of the milieu of reflexology, as by then he has been an acquaintance for more than a year.

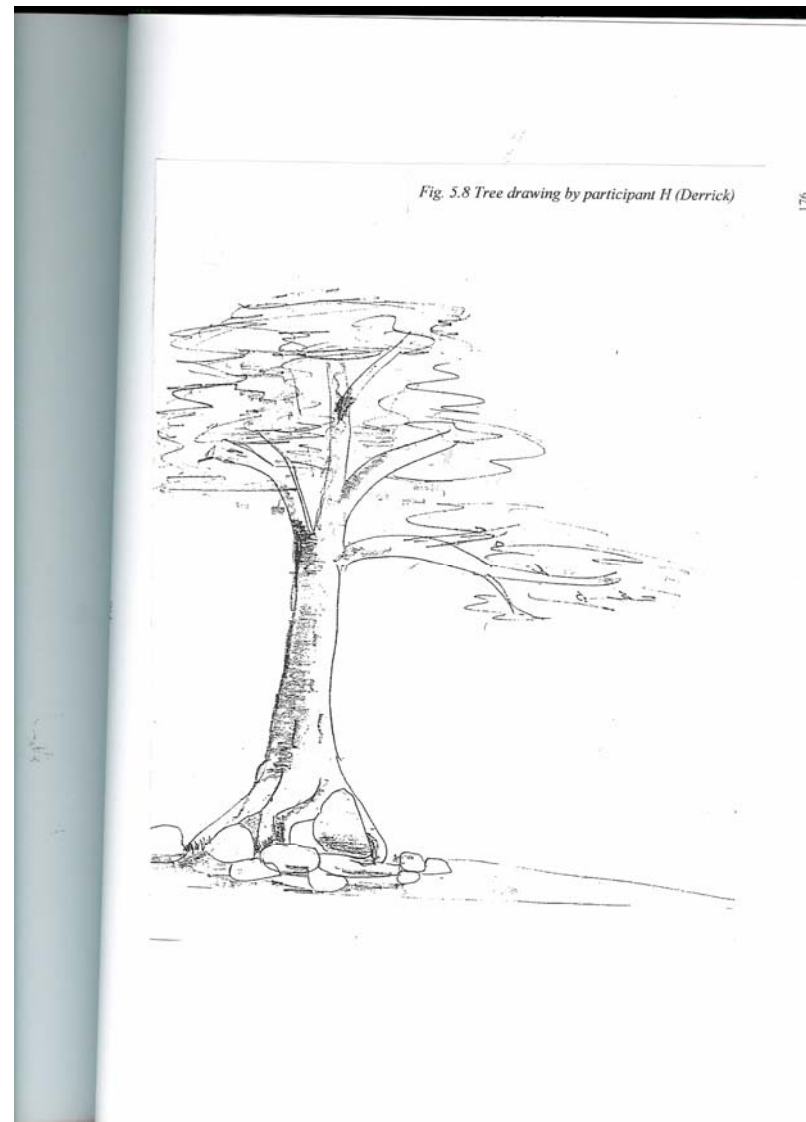


Table 5.9 PARTICIPANT I (Annie: female, 50 years)

Sensitive reflex-areas	Related physical condition	Related emotional experience	Meaning in terms of related events or sets of circumstances according tot the participant herself
Pituitary gland & ovarian	Menopausal problems, i.e. "hot flushes"	Lack of control; rejection of feminine identity	<ul style="list-style-type: none"> ▪ The loss of close family members; ▪ Lack of control over finances; ▪ Lack of control of husband's ability to create a liveable income; ▪ Lack of control over victim-of-financial-insecurity status.
Tonsils	Repeated tonsillitis; tonsillectomy	Fear; restrained creativity	<ul style="list-style-type: none"> ▪ Fear of struggling financially in old age; ▪ Lack of opportunities to study art and/or pursue other venues of being creative.
Liver & gall-bladder	Migraine Gout	Anger	Anger at: <ul style="list-style-type: none"> ▪ her husband for not creating a proper income; ▪ Her daughter for expecting to play secretary for her; ▪ Her daughter and son-in-law for shouting at the children; ▪ Her daughter-in-law for "throwing tantrums".
Stomach	Intolerance of some foods, i.e. potatoes	Gut-level fear & anxiety	Fear of financial dependence in old age.
Heart	High cholesterol	Clogging of the channels of joy	<ul style="list-style-type: none"> ▪ Blocked from being financially secure; ▪ Prevented from studying art, and thus hindering the flow of creative ability.
Pancreas	-	Overwhelmed by responsibility; "sweetness being gone"	<ul style="list-style-type: none"> ▪ Longing for her mother; ▪ Finding it increasingly difficult to make viable financial plans for old-age.
Adrenals & kidneys	Hypertension	Long-term emotional problems	<ul style="list-style-type: none"> ▪ Mourning a miscarriage; ▪ Stress due to financial problems.
Uterine	Needed caesarian deliveries; miscarriage; hysterectomy	Fear of the future; inadequate bonding.	<ul style="list-style-type: none"> ▪ When pregnant: fear that she might not be able to care for the new baby; ▪ Problems with relationship with her husband and grown-up children, as revealed through the letters that she wrote to them during our sessions.
Urinary bladder	Incontinence	Anxiety; being let down.	<ul style="list-style-type: none"> ▪ Being exploited by clients; ▪ Both she and her husband being disappointed by clients who did not pay their accounts, resulting in bankruptcy.
Spine	Lower back pain; 3 operations	Physical (financial) security of the family	Worry about the financial prospects of herself and her husband - especially with regard to their old age approaching fast.

Interpretation in terms of the most relevant of the Five Elements

The wood element: Annie presents with congestions related to the liver and gallbladder (related organs), and she experiences anger (related emotion) towards a number of people. This emotion is so strong, that all her letters to her family members contain a number of swearwords, while the fact that she presses hard on the pen / pencil when writing, is also said to reveal built-up anger in graphological terms. In her own words, she also screams (related sound) at her family, and at workers who are lazy. Her letters to her family contain a number of swear words, which I propose to be consonant to swearing.

The water element: she expressed anxiety (related emotion) about their financial future in every session. Even when asked to compile a list of her worries, she would first start off by drawing a house (a symbol of financial security), and then proceed to list factors that contribute to her experience of anxiety.

The fire element: she loves summer (related season), and experiences profound joy (related emotion) when thinking about her grandchildren. She also has problems related to the functioning of her heart (related organ) in the form of cholesterol.

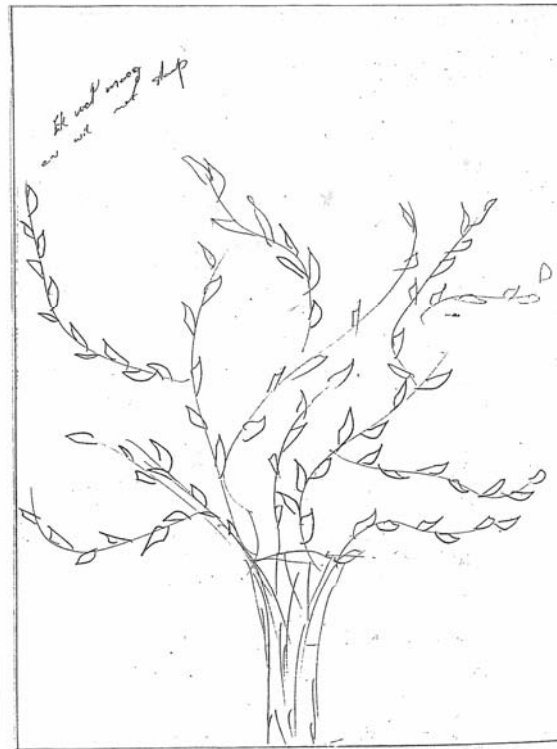
The metal element: Annie does not present with congestions on related organs per se, but she does present with problems of the vertebrae of the spine, which translates into a adversity related to minerals, as sound mineral compounds are essential to healthy bones. She also experiences the emotion of sadness (related emotion), as she discloses:

"Today I am missing my mom ... I can smell her in her room ... when I open the cupboard she gave me,
I feel lonely ... when I looked through photographs ... I felt a pain in my chest ... one day, we will be together again".

The earth element: She suffers from problems of the stomach and pancreas (related organs), are creating crafts (related activity, as the earth creates life), responds positively to yellow (related colour), and sings (related sound) when with her grandchildren.

Comments: Annie is consumed with worry about their finances. The discrepancy between her financial aspiration and financial status (reality) is also evident from her tree drawing (Fig. 5.9), as there is a definite cut-off line between the trunk and the branches.

Fig. 5.9 Tree drawing by participant 1 (Annie)



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Table 5.10 PARTICIPANT J (JUDY: female, 50)

Sensitive reflex-areas	Related physical condition	Related emotional experience	Meaning in terms of related event(s) of sets of circumstances according to the participant
Sinus	Sinusitis	Reaction to inescapable situation	<ul style="list-style-type: none"> Stifling bureaucracy & rudeness; English speaking people not using language correctly; Neighbours' dogs barking at odd hours.
Pituitary- gland	Hormone fluctuations (menopause)	Lack of control	<ul style="list-style-type: none"> Loss of her husband; Loss of control over her family (her son got his teenage girlfriend pregnant); possible loss of her grandson to adoption; loss of control over her own TV-watching habits, as she watches CNN until 02h00 or even later).
Eyes	Myopia	Fear of the future	Fear of coping on her own, without her husband.
Ears	Repeated infections	Shutting out undesired information	<ul style="list-style-type: none"> Her son's failed marriage; Her daughter's drug abuse, being expelled from school, and subsequent admission to a psychiatric unit a few years back - even though she is now living a 'normal' life.
Tonsils	Tonsillitis; tonsillectomy	Fear; repressed creativity	<ul style="list-style-type: none"> Fear of father (temper outbursts; had to flee from home in the night); Little opportunity for writing poetry in the past.
Throat	Postnasal drip	Inner crying	Missing her husband.
Alimentary canal (but the mouth)	Food intolerance, mainly milk.	Fear and intimidation; rejection of nourishment from primary caregiver	Fear of her own father; dysfunctional relationship with him during childhood.
Pancreas (M: flaking medial side of big toe; bunions)	Latent diabetes?	Overwhelmed by responsibilities; "sweetness being gone"	<ul style="list-style-type: none"> Taking care of her husband before he died; Taking care of the household on her own.
Colon	Constipation; hernia	Constipation of thought; difficulty releasing old ideas; ruptured relationship(s).	<ul style="list-style-type: none"> Finding it difficult to "let -go" of her husband; Suffering from writers' block, even though she is an acclaimed poet. "Ruptured relationship" with her father.
Urinary bladder (5 th toe sensitive; cramps along calf muscle)	Incontinence	Anxiety; being let down.	<ul style="list-style-type: none"> Anxiety over caring for all five children; Being let down by those who were paid to repair the roof.
Knee, elbow, shoulder, hip	Arthritis	Difficulty experienced in changing direction in life.	Difficulty in orientating herself to her widowed status.

Interpretation in terms of the most relevant of the Five Elements

The earth element: she has problems with her stomach and pancreas (**related organs**), responds positively to yellow (**related colour**) and sweetness (**related taste**). She is also creative as an acclaimed poet (creativity is related to the earth).

The metal element: she experiences profound problems with her colon (**related organ**) in the form of constipation. She also seems to relate easily to sadness (**related emotion**), as her poetry would largely focus on topics that would depict some form of it. For example, she wrote about the Princess of Wales' death - that could be seen as a form of projecting her own grief:

"Disjointed scenes ... shocked disbelief ... a world, a nation, a family in mourning ...
an empty table ... our grief outpoured ... irreplaceable mother ... never to walk this world's paths again".

The water element: since childhood she has been subjected to various fears (**related emotion**), and suffers from incontinence of the urinary bladder (**related organ**) and periodic ear (**related sense organ**) infections. She would wear a combination of black and blue (**related colours**).

Closing comments: Judy is an American citizen, who was married to a South African doctor of physics for 25 years. Following his death, she has had to finish raising their five children. She misses her husband deeply, and longs for the past (see fig. 5.10). This reluctance to release the past is also evident from her tree drawing, as it leans more to the left - which in graphology terms, relate to the past. She found her creativity ailing when she arrived for her first session. During our last session she commented on being less constipated, and more creative in terms of her writing: she could, once more, produce poems, and has subsequently been nominated for a number of prizes. This indicates a possible physical effect of the reflexology.

