

5.3 CONCLUSION

The body is the shadow of the soul
Marsilio Ficino (Hassed 2000:5)

The call for greater emphasis on the body and on the somatic dimensions of knowledge comes also from recent explorations in phenomenological [studies]
Krige (2003:5).

The overarching aim of phenomenological interviewing is to obtain a clear picture of the life-world of an individual person. This means that as many dimensions as possible of the life-world of an individual should be accounted for. Reflexology facilitated the phenomenological interviewing in order to achieve this goal in the following ways:

- Congestions in the physical body, as identified by means of reflexology served as impetus to the disclosure of information regarding the life-world of individual persons. In almost each instance, the participants could relate these congestions to particular experience(s). This served to clarify body/mind links, bridging the divide between biology and biography.
- Linguistics did not play the major role associated with phenomenological studies (cf. Van Manen 2002). The exchange of information verbally was subject to tactile and other non-verbal information that could be well-organised, serving to either elicit verbal information, or confirm it. The intelligence of the body became significant. This means that the sharing of verbal information - as the main component to traditional understanding the life-worlds of individuals - has been *complemented* by those aspects that cannot be put into words. This is congruent with current debates on the incorporation of somatic information in phenomenological interviewing (Blok 2000; Coward 1985; Krige 2003).
- Pastiche in this study meant the triangulation of methods, as well as triangulation of the perceptions of the researcher. The frame of reference of the researcher is broadened, as the life-world of the individual participant could be viewed in terms of the ways in which it presents itself (section 2.2.2).

- In at least one instance the participant disclosed sensitive information which she never shared before, even though she has had fairly extensive traditional counselling before (see participant B).

With regard to the cases themselves, the following concerns prevail:

- Each life-world was portrayed as a theme on its own (Nicol & Prins 2003:48).
- With a few exceptions, it appears that, the older one is, the likelihood of manifestations of congestions increases, as those participants from the middle-age group in general presented with more real forms of illness;
- Some participants would see reflexology as counselling, especially Thandi (participant B), because it involves a procedure that does present traditional counselling in certain ways;
- Some participants presented with realities that could not be detected by means of the foot reading. As pointed out, in the cases of Thembi (participant F), Maurice (participant G) and Derrick (participant H), there was at least one issue each that could not be accessed by means of this sequence of interviewing procedure: In Thembi's case, her confusion could firstly only be seen from her drawings, even though she did experience the situation as fostering disclosure about such confusion. In other words, the reflexology situation could be said to promote the sharing of personal information, even though every part of the data mined may not strictly adhere to the reflexology matrix in terms of Appendixes A - D. In Maurice' case, reflexology-logic would pose that he might have a congestion on the heart reflex-area, but he did not. In Derrick's case, he had problems along a particular meridian, but with no corresponding congestion on a reflex-area. This means that, even though it seems as if congestions could serve as points of departure about events or circumstances to generate working hypotheses, these hypotheses could not always be confirmed. Seeing that not all aspects of the life-world of individuals are being addressed, researchers should take note that probing by means of other methodologies is important (triangulation of methods).

- There were a number of incidences where congestions had not manifested in terms of real illness. In the case of participant A (Thabo), only the sensitive spinal reflex could be related to a real physical condition. On the other hand, Judy experiences a related physical condition with each and every sensitive reflex-area identified by means of reflexology.

Against this background the last chapter will proceed in terms of final conclusions, limitations, further considerations regarding the implications for research in education, and recommendations regarding future research.