

**Emotional Reflexology, Practical Guide  
Second Edition: 2021**

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## **Introduction**

This book has been written as an update to the original book written in 2010. It is intended for all the clients and Reflexologists who have asked me, “How do you know all that from my feet?” It is also for all student Reflexologists or Reflexologists that have had basic training and for anyone interested in reflexology as a truly holistic approach. Drawn from years of experience and noticing patterns consistently showing up. These observations and deductions may be a clear guide as to identify underlying emotions or it may just be the opinion of an experienced Reflexologist. However, having tested these theories for over twenty years in workshops and daily in my practice, I am even more convinced that this guide can be applied by any observant reflexologist.

I was fortunate enough to receive quality training at the Oxford school of Reflexology and passed my exams in 1998. Since then, I have had a busy practice for over 20 years. When working with clients, I always check efficacy of the reflexology I give based on my client's assessment of improvement over a period of three to four weeks. As well as the physical issues and symptoms that clients are hoping that their reflexology session will help with, I also work with any emotional imbalances that the client is aware of or not that may be playing a role in their life.

Back in 2010, I considered that the emotions I was “finding” on people’s feet came from the excellent training I had received combined with some innate intuition. However, after testing the emotional link theories for over 20 years and on “blind” foot-charts from colleagues, it became clear to me, that what I was observing on the reflexes of the feet and hands seem to relate to common emotions that make up the human experience.

As human beings, we are not just made up of cells, tissues, organs and systems, we also have a wonderful array of emotions. The strong link between how we feel emotionally and how we feel physically goes without question. Balanced, happy and peaceful people tend to also be healthy too.

Most good Reflexologist’s training and books show which physical system or organ’s reflex is located where on the feet using foot charts that are all derivatives of Eunice Ingam’s original works. These foot charts continue to evolve with new points and “helper” points being found as practitioners continue to test and refine the original theories and practices.

Important note about the diagrams: This book is not intended to show the exact locations of each reflex in relation to its physical organ, gland or system, as there is enough good quality material available on that subject. I will be using a highly stylised foot chart that may differ from any you use in your practices for the purposes of clarity. For example: When

you are working the kidney reflex, it's likely to be much higher up the foot than is shown on these foot chart diagrams.

I recommend that anyone wishing to deepen their knowledge about the emotional links within reflexology, to use the foot chart/s that you know work for you and your practice.

This book has been written to show an extra dimension to a reflexology session and offer suggestions. It is my hope that the tools I share here provide a truly holistic treatment.

I believe that a reflexology session does not just treat the human anatomy and physiology but aims also to bring balance the emotions too.

As responsible Reflexologists, we do not aspire to diagnose, prescribe or make any healing claims. However, we can, when properly trained, gain very clear insights to any possible emotional issues or imbalances. By our thorough treatment of each of the reflexes, we allow the body to activate its own healing and balancing mechanisms.

## **The Author: Jenny Talkington,** **Reflexologist**

Having qualified to the very high standard at the Oxford School of Reflexology and now with over 20 years as a busy Reflexologist, Clients and colleagues often ask me, how is it that I am so accurate about the emotional



issues going on just by treating their feet? “That is correct! How did you know all that from my feet?” “Even my partner doesn't know that!” To answer these questions, I have to say that some of the knowledge has been taught to me by my exceptional training, however, a great deal of what I now take for granted in my practice has come from the books and extensive continual professional development courses and work-shops I have attended over the years.

Teachers that have influenced me and added to my knowledge are:

Advanced Reflexology: Tony Porter ART™,

Vertical Reflexology: Lynne Booth VRT™

Facial Reflexology: Lone Sorensen's method

Maternity Reflexology: Susanne Enzer's teachings.

Most recently, since moving to The Netherlands in 2012, when I discovered that all my years of training and experience were