

# DEAR PARENTS\*ANIMAL LOVERS\*RESCUERS\*REFLEXOLOGISTS

21st century living is often intense by default. Long term tension can become chronic. Animals can pick up their humans' tension, and may be impacted by genetics, puppy mills, abandonment, health challenges, age. This is an invitation to get you started with Reflexology.

## ONE-MINUTE REFLEXOLOGY FOR ANIMALS

Areas selected support general wellbeing

### WHY?

Can support bonding between parents/caregivers and animals and wellbeing - especially if done regularly/daily and empower, improving quality of life for both.

### WHAT IS REFLEXOLOGY?

- "Reflexology, an integrative health practice, maps a reflection of the body predominately on the feet, hands and outer ears. It uses unique manual techniques to deliver pressure to neural pathways assisting the body to function optimally. (RAA2019)"
- Modern Reflexology was developed by US physicians, and Eunice Ingham is the mother of Reflexology.
- This intro to reflexology is inspired by Marie-France Muller's Dien Cham, Mowgli. Many thanks to Raul Peñaranda for the artwork.

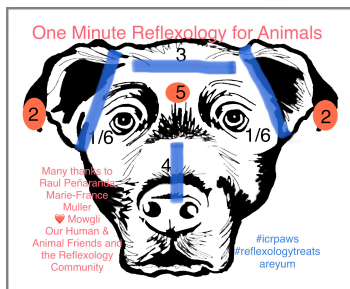
*With gratitude to International Council of Reflexologists (ICR)*

*for joining forces as ICR Paws  in Anchorage, Alaska.*

**PLEASE SUPPORT/CONTACT YOUR LOCAL CERTIFIED REFLEXOLOGIST**

This session can be part of daily quality time.

- Notice a deepening breath, a sigh, a stretch?



**WHEN?** Now or next time you interact with your animal friend.

**HOW?** Take a few breaths or pause to prepare yourself to be hands-on with your friend:

- Use a bit more pressure than petting but ease if needed.
- If animal pulls away, move to next area (*reflex*) but consider returning later - **going with the pet's flow, respecting the animal's comfort zone to empower her/him.**
- Doing about 10-12 **passes (going back and forth)** totaling about 4-5 seconds on each area as marked on image:
  1. area where ears are attached to face.
  2. ear tips
  3. across forehead
  4. along nose
  5. third eye (above and between eyebrows)
  6. end session at 1, same area as started; i.e., where ears are attached to face; gently remove hands... we hope you and your animal friend like it.

"Some of these areas we intuitively touch."  
Stormy's Dad

**Translations: Norwegian/Arve Fahlvik, Dutch/Dorothea Kreidl, Portuguese/Maria Joao Oliveira, Spanish/Catalan/Felip Alcon, Italian/Fabiana Donati, German/Birgit Nagele**



May this practice help improve Quality of Life for our animal friends, it's short and sweet.  
#ICRPaws #oneminutereflexologyforanimals

Mowgli received Reflexology most days until the very last day of his life after being adopted at age six months.

Birgit Nagele is Mowgli's and Ember's mom. She is an ARCB Nationally Certified Reflexologist, Trauma-Informed Yoga Facilitator (TCTSY-F), based in New York City. (She is a grateful recipient of the ICR Humanitarian Award 2017)

Permission is hereby granted to reproduce this to support animals, their caregivers including rescuers.



Souhey (photo: Gina Stewart)

Dear Reflexologists,

I hope this finds you and your animal friends well considering these complex times.

You are welcome to consider participating at home, and/or in your community to extend integrative care to our fellow sentient beings, our animal friends. Feel free to copy, shrink the above [One Minute Reflexology for Animals/ICR Paws](#) PDF and to use it on your letterheads, translate it into your language, or similar.

Words can not express what meeting animals and their humans “reflexologically” has been like. Around 2010 I began to start my day with a few minutes of reflexology (inspired by Marie France Muller’s Dien Cham for self care - Vietnam-based) and decided that our adopted puppy would benefit, too. This insight followed a scary event with *Mowgli* on a hot summer day.

In 2019, *ICR Paws* was shared at an after-hours event for parents, their animals, and reflexologists at the *ICR Conference in Anchorage*. Marie-France Muller joined us, and in return asked me to join her own presentation briefly. Lorraine Senior added a very special touch after asking her to read the poem “Just a Dog” by Richard Biby she had shared with me. The idea to include animal reflexology was sparked by a conversation in Taitung in 2017 with Gina Stewart (RVP) after she saw me with a dog named *Souhey*. At that time I joined the ICR board (2017-2021). Planning the conference, supported by Mary Reiman, Liza Thomas and the board, the ICR Paws event started to take shape. Since then both names - ICR Paws (#ICRPaws) and One Minute Reflexology for Animals (#oneminutereflexologyforanimals) have been used.



artwork top: unknown

A few years earlier fellow pet parent Raul Peñaranda did a sketch of *Mowgli* after we spoke about our adopted pets and reflexology. As a result sharing the practice with local dog parents (often strangers!) began and started accompanying me on trips. Before then it had been shared with dogs I met at the dog run or with our friends, etc. We also do Pup-Ups at times.

Translations: Arve Fahlvik started a trend if you will by translating the practice into Norwegian. Dorothea Kreidl (Dutch), Maria João Oliveira (Portuguese), Felipe Alcon (Spanish/Catalan), Anna Lechert (Polish), Fabiana Donati (Italian), Birgit Nagele (German) followed.

Published on Spiros Dimitrakoulas’ World Reflexology Blog in November 2017. At the beginning of the *Lunar Year of the Dog (February 2018)*, I began to share cards (see photo at the bottom). In 2020/2021 we did a series (free of charge) of [ICRPaws Zoom](#) events for reflexologists - hosts: Arve Fahlvik, Dorothea Kreidl, Birgit Nagele, supported by ICR. Several reflexologists presented about animals: Vivian Birle, Jackie Segers, Susanne Løfgren. Raul Peñaranda visited and shared details surrounding Bloo’s last-minute adoption.

*One Minute Reflexology for Animals* - was included in my [final paper](#) completing my TCTSY certification with *Center for Trauma and Embodiment* in 2019 and explores *trauma-informed* care for animals. - If your animal friend does not like their face touched or some of the areas, a possibility might be to do it without touch, like “air touch”: *Distance Reflexology (DR)* is an approach I learned from Dorothea Kreidl. DR could be done from close or far distance. All sentient beings have a unique story.

