NCRA NEWS
North Carolina Reflexology Association

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Something to Think About
Q: How do you advertise your services?
Q: Who are your clients?
Q. How do you stay positive?

“Footnotes” NCRA’s new Book club
Host Terry Smith

Want to be inspired to explore various aspects of Reflexology? Want to connect to other energy workers that share your interests. How about future meetups to trade sessions with others in our trade? Maybe a Reflexology Book Swap? Step onto the path of our predecessors and learn what made them of value to us today. Join “Footnotes” NCRA’s Book Club!

Greetings My Fellow Reflexologists: Dust off those Reflexology books lining your selves. Now is the time to read and discuss them with others. Meet new friends in our growing community. -Terry Smith

Moments of Mindfulness
Take a moment and sit in our gratitude for this work. Breathing in all stress you may feel and breathing out, deeply, calm spacious peace that is just for you. Remember that we are here for one another, to support and build community as Reflexology practitioners.

-Kathryn Ambrosini

You are worth your time, your education, your expertise. Remember that the next time someone tries to manipulate you into giving yourself away.

March 30, 2022

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I would like to ask you a question. Take it in as a reflection or send us your thoughts back to be published in the next newsletter.

“How do you keep the positivity in your practice?”

I am reminded of the joy this work brings each time a client takes a deep breath and opens their eyes to get off my table. There is this palpable moment you can observe when they are savoring the ease of their own bodies and minds, feeling the relaxation, as if preparing themselves to gather all their renewed strength and stillness to greet the world and tackle their days.

I light up seeing their faces glow in relief, joy, calm, happiness, etc. as they step down and move their bodies to feel their expansion into balance. Seeing these reactions to Reflexology, not only gives me so much momentum and inspiration to continue, but it also provides me with this feeling of positivity.

There is something so special in being filled with positive emotions and energy through the work you actively choose as your career. Keeping this momentum and remembering it, as I set my intentions for my space each day, allows me to bring about the energy that I enjoy not only being in, but working in. Seeing my colleagues also choose joy in their working lives, additionally inspires me to keep the positivity in my practice.

When we can share our excitement for this work with our community, we allow for this positivity to grow. I am reminded of this each time I am greeted by a colleague with a big smile, that allows me to return one in kind. Imagine what the day would be like if we chose happiness in our work rather than giving into the stress of “have to get done” or feel “obligated to do”. Imagine what it could feel like if you knew you could still do those things but do them while focusing on the tuned in way you feel with your work and keeping that positivity in your activity.

So, my question to you is, how do you keep the positivity in your practice and how might we share our positivity with others?
Why do you need NCRA and Why does NCRA need YOU?

- Jean Glickman

The most pertinent reason you need NCRA now is to save your right to practice. The NC Massage Board has repeatedly tried to take over our profession, as they have tried in many states. We are like David fighting a Goliath that just won’t go away, as we don’t have anything close to their numbers and money. But like David, we can defeat this giant once and for all with the groundbreaking legislation we have been working to get passed the last several years. It is a long, costly, time-consuming process but we are getting so close.

You NEED NCRA, its board members, and the lobbyists that NCRA pays to put in the hours meeting with reps and senators, planning strategies, and making decisions as to how best to proceed forward from moment to moment.

You need NCRA and its resources, like our newsletter, historical records, and our website with all its information and special forms and tools that only members can access.

You need NCRA to keep you abreast of what’s happening in reflexology legislatively, locally, and across the nation, and to give you support for your practice.

You need those NCRA board members as a resource that members can reach out to for updates or to ask questions.

And NCRA members get discounted classes at Cyndi Hill’s Academy of Reflective Wellness or Connie Kerns Integrative Health Institute.

State groups are a place to connect, encourage, inform, and exchange ideas. We have discussed ideas we’d like to implement to help:

- support you in your practices,
- mentor each other,
- educate the public, and
- grow reflexology here in the Carolinas.

NCRA NEEDS YOU too! The organization needs your input and involvement. Whether it is being part of the board or a committee, calling and emailing state reps and senators about our bills, getting involved with events promoting reflexology, or sharing your ideas and suggestions. It’s not as scary as it sounds. It’s quite empowering.

NCRA needs you as there is power and money in numbers and it will take both to get our bills across the finish line. We are as strong as our members. With members’ dues and fundraisers, and pre-pandemic, NCRA sponsored classes, we have been able to put money into our coffers to:

- support our legislation.
- Lobbyists are necessary but expensive,
- fees associated with things like our tax filings
- The NCRA’s website

We live in a time where people are looking more and more to natural modalities to live their best lives. And we are doing our best to ensure that reflexologists in NC will be here for them. I’ve said it before, but this really is an exciting time for reflexology in NC. These bills truly are groundbreaking. They will help secure your right to practice and be a catapult for reflexology to grow here. It could even serve as a blueprint for other states as well.

Membership renewal has begun for the 2022-2023 year and you can sign up now! Just go to https://reflexology-nc.org/ncra-member-renewal. You now have the option to renew online or through snail mail. Please contact our Administrative Secretary, Kathryn Ambrosini kb.ambrosini@gmail.com, with any membership questions. You can also contact any of us on the board with questions, suggestions, or to get updates.
Recently I had the opportunity to travel to San Miguel de Allende, Mexico for an Artists’ Retreat. We mixed our own watercolors and used our new paint to create! Of course there was also a lot of sight seeing and walking and dining and wining. We did tour some fabulous studios and galleries. Plus we made a trip to a fabulous botanical garden.

So what does that have to do with Reflexology? Good question. A fellow traveler was complaining about her hips and her low back. She was afraid that she wouldn’t be able to go on the next day’s adventure.

Remembering that I just learned Korean Hand Therapy, I asked for her hand assuring her that any hand would work. I gently but firmly worked those reflexes that she was complaining about and pretty much everything else. I worked both hands for balance. She actually felt some better after the quick treatment. But the next day, she was absolutely amazed at how much better she would walk.

Yes, Reflexology can help anyone at most any time. And no one even needs to come out of their shoes.

Mary Margaret Steele  
NBCR  
Director at Large

Proclamation Day at the Capitol this May

We will be setting up to do demonstration mini sessions in the courtyard, at the capitol once again to promote reflexology and our bills. We have done this twice before and it was a great success. We had a nice setup, and our canopy was full of anti-gravity chairs which were filled with smiling, relaxed people who’d only ever heard the word Reflexology, and some not even that! It was a joyful, fun atmosphere as we got to work on and talk to legislators and all the other capitol workers, lawyers, and lobbyists. It was a wonderful way to promote reflexology and our bills while bonding with one another.

If you’d like to participate in what is sure to be history, contact Cyndi Hill for all the details. Keep your eyes out for the date!

Hope to see you there!
NCRA Elections

We are now actively preparing for elections within our organization. This is where it really gets fun, trust me. As someone who was unsure and a little uneasy about how I could contribute as a board member, while also having a busy life these days, I was shocked when I realized the easy flow that the Board has and how much fun I have when interacting on board meetings and attending events. Plus, as a board member you have a chance to be involved in the hands-on workings of NCRA’s adventures in Raleigh and our blossoming regulations that are vital to our continued work in the state. Sounds intense, but it is honestly such a cool experience that can really change your perspective and get you involved.

Here’s what we need: People who

love Reflexology,

have been a Professional member in good standing of NCRA for at least one year,

are willing to learn, and

would like to actively participate in their community.

You each have your own unique strengths and there is a place for you whether you enjoy being more socially active and speaking, or you love to write and observe, perhaps your brain processes numbers wonderfully with ease, or perhaps you are open to seeing the possibilities.

We have five positions up for election this term:

Recording Secretary - Takes notes and records minutes at monthly board meetings

Treasurer - Tracts accounts and submits reports to the NCRA Board at monthly meetings as well as submits annual reports to the state

Director at Large - Represents the interests of the members, attends events, and helps to keep an eye on NCRA finances

Historian - Keeps a record of photographs of events and is the point of organization for NCRA newsletters

Delegate B (for the RAA delegate assembly) - Is the point of contact between RAA and NCRA during delegate assembly meetings. Lets RAA know of NCRA news and dealings and relays what is new or happening with the national association back to NCRA

We encourage all of you to participate as a Board Member for at least one term in order to gain a better working knowledge of the organization, community, and your Reflexology profession within the state.

Please feel free to nominate yourself and encourage those you know to accept nomination from those who admire their skills. NCRA is a volunteer organization and for that reason, we honor your contributions and very much look forward to working with you.

Early voting will open in April electronically, so be on the look out for your NCRA emails. The announcement of voting results will happen at our annual meeting in May. We invite and encourage you to join us in person for the fun!

-Kathryn Ambrosini
Dear Friends,

Years ago, I led an annual campaign for a large charity located in Raleigh. Among the many personal takeaways during my journey with the campaign, and there were many, one remains with me today: true wealth is not about money. True wealth is the ability to make the choices that are best for one’s life.

When you have nothing, including those whom the abovementioned charity so honorably serves, choices, right down to what you eat and wear, are made for you by others, others more than likely that you will never even know.

In 2019, overregulation challenged your “wealth.” And then, upon the arrival of the pandemic in 2020, the government’s reaction to the crisis forced you into sufferings neither anticipated nor thoughtful. The very constructs of our human experience came into question: to limit our ability to come together, to curtail the labors of our hands and minds, to restrain us from even breaking bread together at the same table. You all were victims of a counterintuitive sacrifice for collective public health.

As we come out of the pandemic, (hopefully) it will truly be morning in our world again. While we weathered the instability, chaos, and fear of the last two years, we also cut a path to free you from the handcuffs of needless overregulation, to once and for all, codify that you are free to practice your modality without interruption or fear.

During the 2021 session, we made ample progress toward this goal. Because of our efforts, we now have superhero champions for our cause. We have made many friends in both chambers at the General Assembly. We have two pieces of legislative language, ready when the correct “vehicle” comes to drive our effort home. We have championed our opposition.

We have, in fact, fought a true fight of attrition. And importantly, we are standing at the threshold of creating a national model for reflexologists across the country. Not bad for our tiny association!

The 2022 Legislative begins in mid-May. While 2021 brought many wins on the battlefield, we have more work to do. I know, the road is long and potholed, but we have stayed the course.

All, let us bring it home this year. Let us make sure that you have ample opportunity to make your life one of exceptional freedom, teeming with personal, professional, and even financial “wealth.”

As always, it remains my great honor to serve NCRA. Thank you for making our state a healthier, saner place.

Warm regards,

Jessica Proctor

Jessica Kozma Proctor | Managing Director and Founder
North State Solutions, LLC

https://thenorthstatenc.com

3739 National Drive, Suite 105
The Cumberland Building
Raleigh, NC 27612

919-632-9853
This is an opportunity to fulfill ARCB CE’s, join NCRA, and become a voice for Reflexologists’ right to practice in NC. 

Percentage of proceeds from this class go to our legislative efforts. 

Join NCRA today.

Prerequisite: Certified Reflexologist

The Vagus Nerve sends 80-90% of its communication to the Brain. The Brain then assesses that information and communicates back to the Body making up the other 10% of the “conversation.” This makes balancing the Vagus Nerve a valuable part of a Reflexology protocol when addressing:

- PTSD
- Depression
- Anxiety
- Grief
- IBS
- Pancreatitis
- Blood Pressure

This class is designed to familiarize you with anatomical and reflective locations of the Vagus Nerve and its branches.

14 ARCB CEU’s have been assigned to this education.

Class cost: NCRA Members 295.00
Non Members: 355.00

If registered before May 7
Members: 325.00
Non Members 375.00

Register with payment to:
The Academy of Reflective Wellness
4010 Oak St
Salisbury NC 28147

You can also submit payment to
PayPal at cyndihill@att.net
or Venmo at Cynthia-Hill-93

Class Location:
4070 Pine St.
Salisbury NC 28147

Upon receipt of payment, your class notes file will be emailed to you. Please include the current functioning email you wish to receive your file to.

An additional $15 will be assigned to those who wish The Academy of Reflective Wellness to print for you.
Message from the Prez

Change is inevitable, it is also necessary. Our latest efforts are taking us further away from an industry that seeks to dominate us and closer to full autonomy than we’ve ever been before! The creative efforts of our board and members have been instrumental in advancing our work. It is a thing of beauty to behold.

Reflexology has developed standards by which educators present their work by means of a certifying entity that looks at curriculum making it much more accessible to potential future Reflexologists. Anyone seeking competent education may confirm whether or not a course of study is listed with NCRE. North Carolina is one of a small handful of states that boasts multiple courses of study for Reflexology.

Our schedule with ARCB makes it possible to put students on a direct path to obtain their national boards.

If all that wasn’t cause enough for celebration, HB 434 and HB 911 have made significant progress in legislation! I gotta tell you, that’s empowering stuff.

I hope YOU will step into action with us. I know this is a creative crowd, so there are multiple opportunities available for you to make your mark. I am so honored to serve such a wonderful group of healers who genuinely care about their clients and one another.

Thank you from the bottom to the top of my heart.

Love,

Cynthia Hill

Logo Ideas

What do you like? What ideas do YOU have? Let us hear from you and see your ideas. Our members (family) input is important to us all. CHill