



RAC- BC Chapter

## July 2008 Newsletter

The mission of the Reflexology Association of Canada BC Chapter is to advance the understanding and knowledge of Reflexology both for its members and for society as a whole. We will accomplish this by focusing on education, publicity and activism in local health events and forums. We will provide a supportive environment for mentorship and camaraderie amongst BC practitioners.



### Message from the Chair:

Hello Everyone,

I hope we are all enjoying the summer and the wonderful times it brings, even though the weather this year has not always been the greatest.

Our web site has been updated and I like to encourage you to have a look. The address is [www.racbc reflexology.com](http://www.racbc reflexology.com) . I am thankful for any suggestions that you may have. You will see that we are passing along upcoming events, but our "Opportunities" page is not having much success. Please feel free to contact me for advertising your needs on our website, such as having or looking for available practice space, chairs or tables that you may want to sell, etc. Whatever you would like to pass along to other members can be put on this page

As an opportunity to have Reflexology recognized as a health benefit, we have sent out a form letter to all our members. A copy of this letter should be given to your clients, who in turn should send it to their insurance company in an attempt to encourage them to recognize and cover Reflexology. If you haven't received a copy of this letter, please contact Shirley at [smarcotte@shaw.ca](mailto:smarcotte@shaw.ca) . In time I am sure the response will be good.

As you know, Hanne Marquardt returned as our guest in May. The Study Day was very informative and successful. We all had fun and Hanne shared a lot more of her knowledge with us.

Now we are looking forward to the Vancouver Health Show in October. **WE NEED VOLUNTEERS** to provide sample Reflexology sessions and man our display. Please help in our promotion. This is also an opportunity to promote yourself and to see the Health Show. Contact me if you are interested. My email address is [helgacp@shaw.ca](mailto:helgacp@shaw.ca) .

On May the 20<sup>th</sup>, a letter was sent out to all members asking whether there is any interest in bringing the topics that will be presented at the Annual General Meeting in Montreal to B.C. I have had some response but not enough to allow me to send a definite "yes" back to RAC. This is a great opportunity

for all of us to ask for topics that we desire. Besides, it will provide an avenue for earning credits. I need more input please. Send your response to Shirley at [smarcotte@shaw.ca](mailto:smarcotte@shaw.ca)

Hope to hear from you soon. Bye for now.



Helga Petersen



### Who's Who?

#### Chair and Vancouver Librarian

Helga Petersen  
[helgacp@shaw.ca](mailto:helgacp@shaw.ca)

#### Secretary/Treasurer/Okanagan Librarian

Denuse Deleeuw Blouin  
[summerlandreflexology@telus.net](mailto:summerlandreflexology@telus.net)

#### Newsletter Director

Colleen Elder  
[celder02@hotmail.com](mailto:celder02@hotmail.com)

#### Membership Director

Shirley Marcotte  
[smarcotte@shaw.ca](mailto:smarcotte@shaw.ca)

#### Director and Island Librarian

Dianne Faux  
[diannefaux@hotmail.com](mailto:diannefaux@hotmail.com)



### Article of Interest:

(Thanks to Diane Wiebe for sending in this article)

## BRAZILIAN TOE MASSAGE

By Peter Eedy

As a result of my work in psychotherapy, I have gained a limited understanding of the correlation to organ condition and emotional states. Acupuncture lists some of the emotional states and how they correlate to different organs, for example, liver and gall bladder relate to anger, kidney and bladder to fear, heart to joy and spleen to anguish.

Acupuncture can bring about changes in the emotional state by emptying out excessive energy trapped in organs, and by increasing the flow of energy into depleted or undercharged organs. It seems to me that the exact same phenomenon occurs during Brazilian toe massage.

There are **six energy meridians** that connect to the organs in the body, all of which end in the toes. They are the spleen and liver, which end in the big toe, stomach - the second biggest toe, bladder - the central toe, gall bladder - the second smallest toe and kidney - the small toe.

By holding the toes, the energy meridians can be influenced by creating a circuit of chi energy between the practitioner/masseur and the person receiving the treatment, this in turn influences the organs.

The person receiving the massage lies comfortably on their back with their eyes closed and palms facing upwards. The massage begins with the masseur lightly holding the tips of both the central toes with their central fingers and thumbs (thumbs underneath the toes),

After three minutes has elapsed, the masseur moves onto the next toe in the order demonstrated in the diagram.

Each toe should be held for exactly 3 minutes before moving onto the next toe, and each toe should be held by the corresponding finger and thumb except in the case of the big toe, which is held by the first two fingers and the thumb, since the big toes have two energy meridians whilst the remaining toes have only one meridian (**see diagram**) (*sorry, but the picture would not copy... CE*). Some basic principles concerning the massage are:

- 1.** Move each finger into each toe prior to breaking contact with the person receiving the massage.
- 2.** Each toe should be held for three minutes except if the toe (or toes) jerks involuntarily. If this occurs, move on immediately to the next toe as this startle reflex action is a message from the organ saying enough energy has been received - any more stimulation will overcharge the organ, inducing in the patient an uncomfortable state.

Several people who have learnt the massage have reported that on applying it to their insomniac relatives, they were able to put them to sleep after only a few treatments (this may not be a permanent cure but results look promising). Other people complaining of aches and pains or headaches seem to lose their pain after a treatment. Once again this may not be a permanent state of affairs.

The only short term research that has been conducted regarding the therapeutic effects of the Brazilian toe massage was carried out by the Reverend Alf Foote, who is the director of Morlund Hall, a drug and alcohol referral clinic in Melbourne.

I taught Alf the technique over a year ago. He recently reported to me that many of the drug dependents with withdrawn personalities, who did not respond to the normal bio-energetic and emotional release psychotherapeutic approaches used at the clinic, responded well to the Brazilian toe massage, which was applied twice a day for several weeks.

After some weeks patients reported pleasurable feeling in their arms and legs and a floating sensation in their limbs. Alf also reported that the patients became more open-minded toward other techniques, such as psychoperistalsis, and less withdrawn. The Brazilian toe massage: an interesting holistic (or sole-istic!) approach to healing.

*Article copied from the [www.reflexologyworld.com](http://www.reflexologyworld.com) & reprinted from Nature & Health No 10. Other reference sources on this topic are: [www.reflexology.suite101.com?article.cfm/meridian\\_toe\\_hold](http://www.reflexology.suite101.com?article.cfm/meridian_toe_hold) written by Amy Kreydin and Toe Balance devised by Moss Arnold of the Australian College of Chi Reflexology*



### Article

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### The Influence of the Weather Upon Our Health by Polly Hall

Hippocrates, the renowned father of medicine, noted that 'every disease has its own nature and arises from external causes, from cold, from the sun, from changing winds'. With an advancing technological society we are robbed of the time or inclination to synchronize our bodies with the environment and, as a result, we rarely consider that the climate is having an adverse effect on us until our physical body notifies us through ill health.

If we look back only 100 years we can compare the difference in climatic changes and the way in which we, as human beings, responded to them. For example, if it was cold we would eat hot, earth-nourished food to rebalance ourselves and wear natural fibres to insulate our bodies. Nature gave us the foods of the seasons that we needed to survive.

Today we can buy almost any fruit or vegetable from a supermarket at any time of year and just crank up the central heating if we feel cold. We have lost touch with the signs and remedies that nature is providing us. Man and weather are no longer in tune, and our respect for its power has blurred with increased man-made security and protection, but at what cost?

Weather still plays a huge part in our environment, and still continues to affect our health. If we explore from a historical perspective, we discover that symbolically, weather is deified in many cultures. For example, in mythology we are reminded of Aeolus – Greek god of the winds, Apollo – Roman and Greek god of the sun and Nut – Egyptian god of the sky (Graves, 1993). The reverence for these powerful gods was so great that ancient stories tell of punishment by some unseen force via the mediums of flood, drought, hail, thunderstorms or even wind blowing plagues of locusts

(Alexander et al, 1988). The relationship between man and weather continues to be an evolving one and our reaction to the external environment is dependent on a number of factors, including our age, lifestyle, gender and location.

### **Biometeorology**

Biometeorology is formed from the Greek word *bios* meaning life, and *meteoros* meaning the study of phenomena up above. It emerged as a science in the 1940s and investigates the interactions between atmospheric processes and living organisms.

A study demonstrating these interactions and thus launching biometeorology was conducted by Otto Hollich, a student based at the University of Hamburg in 1945. He recorded daily weather patterns for five years and collated them with those of Claus Therkow, who recorded the onset, degree and duration of his pain, following the loss of his arm in World War Two. When analysed, the results showed that Claus's pain started when humidity rose and pressure fell, i.e. a storm was approaching, and the pain did not subside until the storm had passed, pressures rose and humidity fell. Biometeorologists today are interested in 'the process-response system of energy and matter flows within the biosphere' (International Society of Biometeorology, 2003). The aims of the International Society of Biometeorology are to study the effects of atmospheric variation upon ecological, biological, environmental and economic systems.

### **Extremes of Temperature**

We all know how uncomfortable and distressing it can be on a hot day when we are unable to cool down. We rarely consider our body's complex homeostatic mechanisms that are working to maintain a constant body temperature, and yet they are so important for correct functioning in our changing environment. The usual temperature of the human body is 98.4°F or 37°C and is controlled by the hypothalamus in the brain (Minett *et al*, 1998).

When we are within an environment that is hotter than our body's natural state, we automatically instigate coping strategies to regulate our temperature, such as dilating blood vessels to enable heat loss on the skin's surface, and sweating to produce moisture, thereby using up heat as it evaporates on the skin. However, in humid weather these functions can be impaired as demonstrated by the heat index.

The heat index determines the temperature that your body feels, not the temperature measured by a thermometer, therefore it is the 'perceived' temperature that is important not the 'actual' temperature. Consequently it relates not only to the body's ability to cool itself but to the external environment. The effects of hot weather on the human body may result in heat exhaustion, skin problems, fainting and dehydration.

These uncomfortable effects of hot weather can be fatal, claiming more lives than cold weather (National Office for Statistics, 2003). During August 2003 when temperature soared above 30°C, the National Office for Statistics reported over 2,000 more deaths (UK) than average in a week. During the same month in Europe, the National Institute for Health and Medical Research reported that over 21,000 lives were lost as a result of the extreme heatwave, with over 15,000 of those people dying in France.

Cold weather can also adversely affect our bodies if we are not able to cope with its effects. Changeable weather can lower the body's resistance to infection, and increases in colds and flu symptoms, frostbite and hypothermia occur during the winter months. The physiological effects when

we are cold lead to blood vessels constricting to prevent heat loss, reduction in the rate of sweat production and muscle movement through shivering to generate more heat. Mortality rates rise during the hot summers as well as the cold winters and the extremes of temperature can take their toll if we are unprepared or unaware of our bodily needs.

### **Ultraviolet Light**

We cannot function correctly without sunlight; it is needed so our skin can synthesize essential Vitamin D. When we are exposed to sunlight, our skin produces melanin to absorb the light energy and act as a barrier to the radiation. Yet there is growing concern over the negative effects of being in direct sunlight through activities such as sunbathing. Major awareness campaigns are often launched during the summer months to educate people on the detrimental effects of staying in the sun for extended periods of time.

It has been documented by the medical profession that ultraviolet light can damage human tissue if exposed and cause long-term damage to the collagen in the skin making it appear wrinkled. More serious side-effects of exposure to ultraviolet light are that of fatal skin cancers. Cancer Research UK recorded that approximately 6,000 people per year are being diagnosed with the fatal skin cancer, malignant melanoma. Excessive exposure to sunlight can also harm the eyes, impairing vision if the thin layer of outer tissues is damaged.

### **Atmospheric Pressure**

When we consider that the human body constitutes about 60-70% fluid and we know that pressure affects liquids, it is clear that changes in atmospheric pressure do have an effect on our wellbeing.

This effect has been demonstrated by the American Labour and Birth Index. D'Aleo (2002) states, "birth follows often near the passage of the lowest pressure or associated fronts". He also noted that when atmospheric pressure fell there was an increase in the admission of pregnant women to hospital. His observations suggested that due to the large amount of fluid in the womb, the expansion and contraction caused by atmospheric pressure changes was thought to induce the labour of those women reaching the end of their pregnancy.

The human brain is also subject to the effect of changes in atmospheric pressure. If we consider the amount of fluid circulating in the brain it is often noted that people comment they can detect a change in the weather by an uncomfortable headache or pressure on the head. A study by Cull (1981) reported fewer attacks by migraine sufferers when barometric pressure was low.

### **Link between Weather and Health**

The link between weather conditions and health issues will always be a complex one due to the changeable state of the human being and of the external environment. People with ongoing medical conditions can often detect a change in their symptoms correlating to a change in the weather patterns.

A study on 'the influence of heat and cold on the pain threshold in rheumatoid arthritis' (Curkovic B et al, 1993) concluded that heat and cold therapeutic methods remarkably raised the pain threshold right after application. This suggests that using temperature as a therapeutic tool can improve symptoms momentarily. The cold, damp weather and falling barometric pressure can escalate the effects felt by arthritis and rheumatism sufferers. The sensitive joints expand when air pressure drops which causes more resistance to movement and thus increased pain.

Respiratory disorders, such as influenza, increase during the colder months rather than the warm weather. Sudden changes in air temperature and pressure can affect those with conditions such as emphysema, asthma, bronchitis and pneumonia.

Polluted and stagnant air prevalent in hot weather may aggravate the symptoms of asthma sufferers. Many people suffer from seasonal allergic rhinitis (hay fever), during the summer months. An estimated 15 million people suffer from an allergy in the UK (The British Allergy Foundation) with over half having hay fever.

Weather during the summer is predominantly dry with higher levels of sunshine. This pattern, combined with the natural prevalence of pollinating flowers, trees and air-borne fungus spores, can cause distressing symptoms in allergy sufferers, such as difficulty breathing, watery sore eyes and blocked noses. Weather reports today often include a pollen index to forecast the levels of pollen in localized areas, giving allergy sufferers the good or bad news, dependent on what is to come.

### **Weather and Mood**

How many times have you heard the expression 'I'm feeling under the weather', or 'I'm on top of the world', or 'I'm on cloud nine'? We use these phrases to describe metaphorically how we feel. We also integrate them into our language to reflect our affinity with climatic occurrences. For example we may act like 'greased lightning' or be in a 'stormy relationship'. Poets and philosophers use the weather to describe their emotions, "Shall I compare thee to a summer's day?" wrote Shakespeare, and Dylan Thomas' *On a Wedding Anniversary* demonstrated beautifully how we cannot separate our feelings from our natural environment.

Our expectations of how the weather will be can also have an effect on our mood; for example, if we are planning an outside event and the forecast is rain, our hopes are often shattered. This relates to cause and effect rather than environmental changes affecting our physiology; however, perceptions of weather can have a marked effect on a person's psychological wellbeing. Often this is not on a conscious level, but by observing our own behaviour patterns and our moods. We generally feel uplifted when fine weather follows a spell of drab, rainy days. In contrast we may become depressed and miserable with the onset of cold, stormy or wet weather. The expression 'an ill wind blows no good' refers perhaps to the symptoms experienced during rapidly changing climate brought about by winds. Electrically charged air and changes in temperature can all contribute to changes in our wellbeing, resulting in headaches, nausea, insomnia and mood imbalances.

Many people suffer from Seasonal Affective Disorder (SAD) yet may not categorize it as a valid condition. With onset normally during the winter months when days are shorter, sufferers report feeling down, having low energy, sleeping more hours than usual and changes in mood. This does not normally occur during the longer summer days when people are exposed to more hours of daylight, and are generally more active because of the warmer climate. Light and mood can be linked, considering that light suppresses the hormone melatonin. It is due to a biochemical imbalance that results in mood changes with the change in seasons.

Studies in Canada (Met Office Health features, 2002) have found that it is the length of the day, rather than the amount of sunlight, that is the contributing factor, and this correlates with SAD patients who do not become clinically depressed in bad weather during the summer, and do not experience normal mood patterns in good weather during the winter.

It is no surprise then that suicide rates increase during the winter months, suggesting the negative

impact that colder, darker days can have on our wellbeing. With an estimated 70% of suicide victims being clinically depressed (Mind 2001), research conducted by the leading mental health charity in England and Wales showed that the winter months have a big impact on the nation's mental health. Our mental faculties are affected by our bodily comfort, as demonstrated by Maslow's hierarchy of needs. If our body is not nourished and our needs not met then other aspects of the self cannot be fulfilled. Mental function is impaired when we are preoccupied with the prevailing discomfort. If we do not adapt to changes in the climate then we cannot expect to be fully in tune with ourselves, as both are not mutually exclusive. We all too often dress inappropriately for the prevailing weather or ignore the warning signs our bodies give us to slow down or cool down, warm up or rest.

### **In Touch with Nature**

It is all too easy to suggest that we must hibernate in winter, get up when the sun rises, go to sleep when the sun sets. This is virtually impossible in our fast-paced, consumer-led society. Nevertheless, if you are lucky enough not to have to work and have time and resources to spare, there is nothing to stop you doing this; it is after all what nature teaches us to do. If we follow the example of the tortoise maybe we could all live over 100 years!

However, man is a social animal and as such is interactive with his environment. Therefore, it is important that weather and climate be considered a crucial part of a person's wellbeing.

Complementary therapies such as acupuncture, aromatherapy, hydrotherapy, homeopathy and reflexology all look at the individual from a wider perspective rather than just a bunch of symptoms. Key aspects to these treatments are the understanding of how external influences such as diet, lifestyle, emotions and relationships can have on that person. I wonder how often therapists consider the weather as having an effect on their clients. Climatic conditions continue to change, we as humans continue to change and it is this understanding of the cause and effect that can lead to greater wellbeing. If we are balanced and healthy we are ready to face the world whatever the weather.

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(Format of above article was changed as my scanner was not working, so I had to type it out...my apologies for any spelling mistakes!! – Colleen)

## Reflexology World magazine Bookshop:

### **Reflexology for Womens Heath** by *Ann Gillanders*

Written by a world-renowned reflexologist, this book takes the gentle, drug-free and noninvasive alternative therapy of reflexology and shows how it can be effectively used to treat over 100 women-specific ailments. The author's approach is simple and straightforward, with clearly written text and color photographs teaching healing therapies for a whole range of common problems, both physical and psychological. 128 pages

### **Ayurveda and Marma Therapy** by Drs Frawley, Ranade & Lele

Marma therapy is one of the great tools of Yogic & Ayurvedic healing. A knowledge of marmas and how to treat them is important for all those who want to fully employ either system.

Marmas are special Ayurvedic energy points similar to acupuncture points. This book describes the main 107 marma points, it explains how to treat them with many methods including massage, aromas, herbs & yoga.

### **Facial Reflexology** by Marie-France Muller

The Author describes the mechanics of facial reflexology—facial diagnosis, facial pressure points, reflex zones, massage and pressure techniques—and provides healing routines both for treating acute ailments and maintaining overall good health. Included is an extensive dictionary of more than 200 common ailments, accompanied by therapeutic instructions and easy-to-follow diagrams of the points to be stimulated, for complaints such as indigestion, asthma, pinched nerves, fatigue, insomnia, menstrual cramps, migraines, high blood pressure, sprains, pulled muscles, and even the common cold.

To subscribe to Reflexology World magazine or order books: [www.reflexologyworld.com](http://www.reflexologyworld.com)

## Tools for the Toolbox - Keeping Yourself Healthy

One must always remember to keep you healthy when working on many clients with numerous complaints. Here is a list of a few things some of our Reflexologists do:

- \*Burn Candles
- \*Rinse Hands under cold water and flick off excess water
- \*Yawn (to discharge energy)
- \*Mix a cup of water with pickling salt to rinse hands under
- \*Stand in the sunshine
- \*Ring a gong
- \*Use sage spray
- \*Use a protector oil
- \*Burn frankincense
- \*Stand in a corner of the room and clap your hands (with window open)
- \*Bach Flower "Walnut" protects our energy field
- \*Imaging roots are growing through our feet into the earth
- \*Imagine a rope grows into the universe and the energy can flow

Do you know of any others? We'd love to hear from you!

## Other Information

Here is a website you might like to investigate (thanks to Diane Wiebe)

[www.wellbeingbusinesssecrets.com](http://www.wellbeingbusinesssecrets.com)

and

### **FloodLight - Tip of the month**

**10 tips on How to “work a room” that deliver results!!!!!!**

Donald Robichaud / FloodLight Consulting

<http://donaldrobichaud.blogspot.com>

- 1. Start with the end in mind** – You want to create a positive first impression. Dress appropriately. Take plenty of business cards; this makes it easier for others to contact you. Decide that you want to make the most of the event. Be open, upbeat and enthusiastic. Choose an event that is closely matched with your target market. Wear your own personalized name badge or wear a badge with your personal tag line.
- 2. Arrive early and scout the room** – Look over the room and pick three to four key areas where traffic will flow but also allow you to acknowledge people. At a recent event I chose two areas where people had to go by and get their refreshments. It allowed me to meet seven new business contacts and I renewed six old acquaintances in my target market. Out of this event three prospects have recently become clients.
- 3. Set a goal for the number of new people (Prospects) you want to meet** who are in your target market – Consider how many people you would like to talk to and how many cards you would like to take away. Ideally at a two hour event a minimum of 5 to 10 new people in your target market should be your goal. Make sure your goal is a stretch, yet achievable, and don't leave until you've met your goal. This can give you the impetus to move on in the conversation.
- 4. Act like a host, not a guest** – If you adopt the mindset of a host you are more likely to be proactive in greeting people, introducing yourself and asking people if they would like to meet others. You can create as strong an impression by being a conduit for people. Be open in posture and do not square your shoulders to your prospect, boxing people in. Keep an open stance which will allow others to join in your conversation and give more opportunities to meet people.
- 5. Breaking into groups** – Avoid approaching two people who seem to be talking intensely. Instead approach groups of three or more. Stand close by and acknowledge what's being said through your body language and facial expressions. Seize the right moment to make eye contact and say 'hello' or add something to the conversation. Even better, look for an acquaintance or business associate and stop by to speak with them when they are speaking with someone you do not know.
- 6. Make your introduction interesting (Elevator Pitch)** – An effective introduction is brief and memorable; it needs to have sufficient impact to get the interest of the group. That's why you need an Elevator Pitch – a short description of your business that enables prospective buyers to know who you work with and what value you bring to the relationship. An Elevator Pitch conveys your marketing message in a manner that literally attracts the right customer to you.
- 7. Listen and aim to give value** – Listening is crucial when networking and it's only too evident when someone is not paying attention to you. Find out about the person/people in the group, uncover ways you can be a useful resource to them. Show a genuine interest in the person – you're more likely to find common ground as they open up. People want to spend time with people they like and trust.
- 8. Change your focus from ‘what's in it for me?’ to ‘what can I offer you?’** – People quickly work out if someone is aiming to sell to them or is only interested in taking what they can get. Networking is about developing

relationships with others, so meeting people at events is about starting the process, not ending it. If you give value by helping them in some way – by introducing them to a referral or offering some information – they’re more likely to spend time with you and respond to your follow-ups.

9. **Breaking away professionally** – You may feel uncomfortable or rude breaking away from a conversation, even though such events or cocktail parties are designed for people to circulate. If you’re enjoying the company, suggest that you both join another group. If you want to get away completely, or the conversation has run its course, say something like ‘it’s been great to meet you, I hope you enjoy the rest of the event’ or ‘let’s keep in touch’. Don’t over-complicate your exit, just make your voice tone sound final, and then move away. As you leave mention that you will follow up with them later in the week.

10. **Follow up afterwards** – Ask each person you meet for two cards – one to pass on and one to keep. It’s a powerful way of demonstrating you’d like to refer them to someone, or vice versa. Make a note on their business card of what you’ve promised to do for them, so you don’t forget. If they were open to your “Elevator Pitch” suggest that you will send them some further information. Once you have stepped away, note down a memorable feature of their image, or the conversation, to remind you of who they are. If you’re meeting lots of people, it’s easy to lose track. As soon as possible afterwards, drop them a line or give them a call and do what you said you would do. They’ll be delighted that you remembered them. Agree how you’ll keep in touch going forward.



### Some words of wisdom

The Ten Grave Precepts as noted by John Daido Looi in  
*Invoking Reality*

Affirm Life  
Be Giving  
Honor the Body  
Manifest Truth  
Proceed Clearly (Clear Mind)  
See the Perfection  
Realize Self and Other as One  
Give Generously  
Actualize Harmony  
Experience the Intimacy of Things

Om Madi Pade Hum  
- TIBETAN MANTRA

Anything to add?? Please contact me:

Colleen Elder – Newsletter Director  
[celder02@hotmail.com](mailto:celder02@hotmail.com)

Or  
690 Richards Rd  
Kelowna, BC

V1X 2X6

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