

N.B. This translation contains errors due to the insurmountable language differences between German and English

Taken from The Psyche by Billy Eduard Albert Meier. Please note that this may contain errors.

Massaging the Soles of the Feet – Physical Well-being

The presented teachings are not only meant for sick people, but also for all those who wish to acquire a correct way of life, which lies in the basic laws of nature. Included is also the massage of the reflex-zones of the soles of the feet, as indicated in the following illustration.

The nerve-reflex-zones of the entire body are concentrated in the feet, that is to say, especially in the soles of the feet. Very many ailments can, in effect, be healed, eliminated or at least substantially eased by an appropriate massage of the foot soles. A fact which was already well-known by the old Chinese and other ancient peoples. Therefore it is also easily understandable that many people, who do not have sufficient foot exercise/natural massage (from walking barefoot outdoors), are suffering from diverse ills and must accept even severe psychic damage. It can be observed at anytime that primitive races, which habitually walk barefoot and walk a great deal, practically never succumb to ailments apparent in so-called 'civilized' peoples. Among the peoples close to nature, practically only diseases which are caused by infections and the like are prevalent.

A great deal of barefoot walking, (in the open, preferably in grass wet with dew or rain), is of great and enormous importance for every human being, since this normal and natural process provides a massage of the foot soles. But since this is not being done, a skillful massage has to help out.

Everyone should walk barefoot outside at least ½ hour everyday, preferably on uneven natural terrain. One should avoid, as far as possible, synthetic, concrete and asphalt surfaces.

Appropriate foot sole massages should, (when necessary), be conducted thoroughly for fifteen minutes daily.

For a PDF Reflexology Chart

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