



In touch, with Touched By Grace

Hello everyone!

I hope this note finds you feeling well and enjoying life.

Last weekend's Reflexology class about nutrition through the feet was very informative, and I have more tools and techniques to use to give an even more beneficial Reflexology treatment. The instructor, Ina, trained in South Africa under Liz Graham who is one of the best authorities on Reflexology today.

This week's issue is about giving and receiving in the form of the affectionate - and caring- hug.

Brightening your day, lowering blood pressure, encouraging and uplifting, hugs are great for everyone. Long hugs, short hugs, give somebody a hug.

For those who muscle test, you will be amazed to discover that we actually hug in the wrong direction. When Canadians hug we lean to the left to make contact with the other person. This actually *weakens* both parties. If you hug the other way... lean to the right when hugging, you are engaging the heart field and *strengthening* both of you!

Is that cool or what?

Problem is when leaning in to hug the uninitiated by leaning to the right instead of the usual left, our friend will become confused. If you show them the proof by muscle testing they will be amazed at how strengthening it is to hug heart-to-heart.

Why not start a new trend? Hug them the usual expected way, then hug again briefly heart-to-heart.

As we're gearing into Spring and making plans for Easter may you find hope in the promise that spring always brings.

Blessings to all,

~Grace~

P.S. I couldn't get the hug coupons to copy into this newsletter, so please click on the link below to visit my webpage and download the .pdf. The link will take you right there.

Why not slip some coupons into Easter baskets? And be sure to keep some for yourself!

[Click Here to download this newsletter from my website.](#)

Upcoming:

April 29-30

Participating in Body Soul and Spirit Expo. Look for me at the Reflexology Chapter booth. (Click [HERE](#) to visit the show's website.)

May 2-6

Working out of my Swan River studio. To make an appointment call (306) 533-6549 or click on the sun to reserve your time for basking in healing touch. ☀️



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