

Some people wear their heart on their sleeve, some believe the eyes are the windows of the soul, but I prefer feet. I am a feet reader. I look at feet to tell you all about your personality and emotions and by studying the colour, lines, imperfections and perfections of each foot, I can reveal so much about your character, how you've lived, and are living your life.

From verrucas to varnish, corns to callouses, everything on your feet says something about you and your own personal history. You may only think about your feet when the summer comes around or when shoes rub up blisters, but to me they offer insights into your true feelings and character. Yes, your feet speak.

Feet reading is great fun, as we all love to hear a little bit about ourselves but it can also be used as a very effective self-development tool, helping you to recognise and address emotional issues so that you can step forward with confidence.

If there is an issue in your life that you are struggling to deal with, it will manifest in your feet. It can come as quite a surprise to hear a complete stranger tell you all about your short temper, work problems or family feuds – you will know all about them, even if you are not keen to own up to them. So, by bringing situations and tendencies to your attention, hopefully, it can begin to sow the seed for a new step in the right direction.

I am also a reflexologist so the two stand very well together, helping me to gain a deeper understanding of my clients. Reflexology deals with a physical imbalance whilst feet reading helps to understand the emotion that caused the imbalance in the first place.

Feet carry us through our entire life and we pay little heed to them. We express our feelings through them without even realising: when we are cross we stamp, depressed we drag them and when we are happy we have a light step. And, it's not just your shoes. Besides, if you are wearing painful shoes, that immediately tells me so much about your character.

What is Feet Reading?

Feet reading can be traced back to ancient China and India. The Chinese



FEET READING

At KS, we often search the soul for answers but Anna Scardarella tells us why we should start with the physical sole

meridian system plots energy pathways through the feet and body. In India, Marma points on the feet have links with personality too.

There are many cultural references to feet: the Grecians believed that a long second toe indicated good breeding; in the Vedas, feet are referred to as 'organs of actions' and some nomadic tribes are able to match footprints in the sand to their owners.

Feet reading deals with the past and the present. I don't predict lottery wins, handsome strangers, fame or fortune,

but I can give you an insight into the workings of your inner self.

What to expect

When I look at feet I read the top of the foot first. This is how we want to project ourselves to the world, or what we want the world to think they know about us. Underneath the foot, which no one usually gets to see, is what's really happening – our true soul.


Sometimes I may look at the top foot and say one thing, because that's what my client wants me to think and then, when I look underneath, it's a completely different story and I can see what's really going on. Feet reading gets to the heart of our soul.

Bunions, hard skin, twisted toes, or whatever the blemish, tell me so much and, depending where they are on the foot, relate to a particular area of your life. So, for example, bunions: if you have a bunion, or bunions, the angle to which the big toe leans over towards the other toes means that you are doing too much for

others and not enough for yourself. The greater the angle the more you are doing – so perhaps it's time to learn to say no occasionally. Hard skin represents protection, commonly seen under the second toe on the ball of the foot, meaning keeping in emotions and feelings, not adequately expressing how, or what,

it is that you are truly feeling.

Feet will change. Not overnight but, if you address the problem or emotion then, over time, they will alter. Just think of a baby's feet. They are soft and supple, the toes stretch and curl with no restrictions. Fast forward a few years and even a five-year-old can have verrucas, corns and rigid toes reflecting how they have had to conform to their immediate environment.

Even the size of your feet speaks volumes about personality. Katie Price has size 9 feet which, in relation to her height, is out of proportion. Such large feet on a short frame says 'ta dah, here I am, look at me, grabbing the limelight, demanding attention'. Victoria Beckham has very prominent tendons showing on the tops of both her feet. This says how much self-discipline she has, she sets high standards, likes to be in control and micro-manage everything. 

Find Out More

Anne offers individual readings, feet reading parties or reflexology.
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