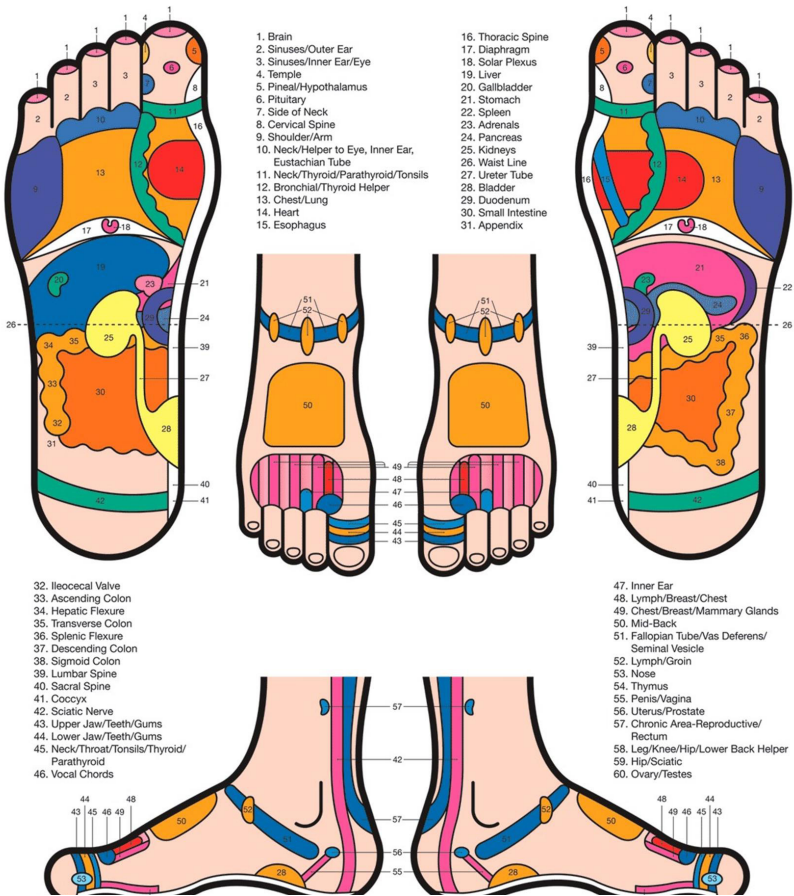


FOOT REFLEXOLOGY: THE BODY REFLECTED IN THE FEET



We have all experienced how a simple and easy foot massage is extremely relaxing and enjoyable. However, foot reflex therapy goes far beyond the exclusive sensation of pleasure and relaxation in our feet. Foot reflex therapy is practiced with the tips of the thumbs (and other areas of the hand), massaging the painful points in the feet, while at the same time generating more pain, it also produces short-term well-being as well as medium term. The massage of each point will last approximately half a minute, repeating itself cyclically throughout each session, the duration of which will not be less than fifteen minutes, for each foot. With this we ensure continuance of the good results obtained at the beginning.

- Improved sleep, which becomes deeper and more restorative.
- Greater elimination of fecal matter, not infrequently with a worse smell, color (darker) and consistency.
- Increased amount of urine; often strong-smelling, darker and with greater urinary sediment.
- Abundant elimination of mucus through the nose or in the form of expectoration, which often resembles a nasobronchial catarrh.
- Deep sweating for no apparent reason, especially at night, with a worse odor than usual.
- In many women, elimination of a vaginal discharge that usually subsides when the period comes.
- Other times the “discharge” is emotional and the patient tears up between sobs, especially in those who come to the office with problems of nervous tension or stress.



Resting phase

The pad of the thumb only rests on the point to be pressed

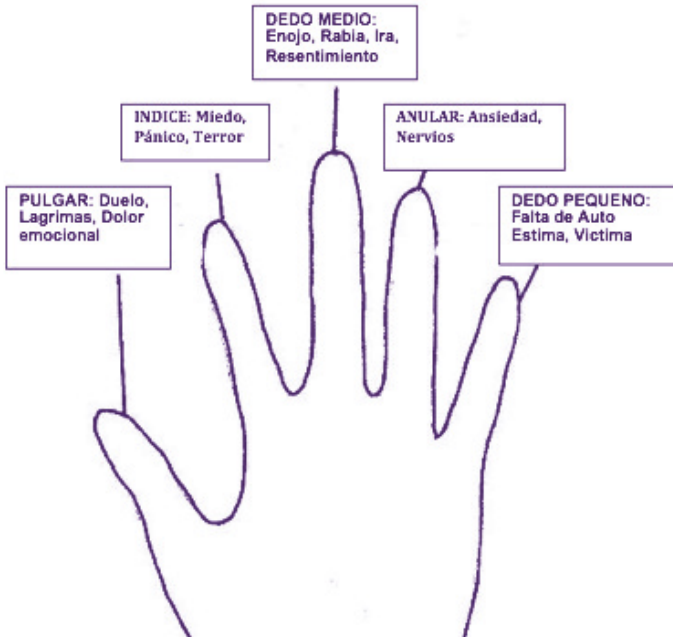


Pressure phase

With the tip of the thumb, the rest of the fingers release the patient's foot and the hand assumes a pincer shape.

SQUEEZE YOUR FINGERS TO DISCHARGE STRONG EMOTIONS

When you feel a strong emotion, squeeze the finger with the other hand and hold it for 2-5 minutes until the level of emotion drops.



For each finger there is an energy connection that corresponds to an emotion as we show them in the following way:

- Thumb: is for tears, pain and emotional grief. Holding on to the fingers does not prevent tears or pain, but it does allow the energy to move until the person calms down. Grip your thumb, take a deep breath, and exhale the pain and grief you feel. Hold on to your finger until you feel a pulse of energy.
- Index: is for fear, it is important to listen to fear as one would listen to a guide. Fear can tell us many things about our environment, our physical well-being, and our growth. It is what we do with fear that is important. If you are afraid, instead of becoming paralyzed, grab your index finger to make a wise decision in the situation - flee, stay, or react. With traumatic stress, a person can continually panic in their body-mind-spirit. Using the index finger is a good way to learn how to work with fear, rather than being

a victim of fear. While grasping your index finger, breathe out and let go of fear, and breathe in courage and strength of being.

- **Middle Finger:** is for anger and rage. Anger is a natural and normal emotion in many situations. Anger can result in violence towards others or towards ourselves. Acting without violence means that we acknowledge the injustice and anger in a situation and that we choose to act with justice and peace. Repressed anger or denial of our own depths of rage can result in passive-aggressive behavior or many physical symptoms in the body including arthritis, ulcers, migraines, and knots in the muscles of various parts of the body. Hold on to the finger, breathe out and let go of all the fury and anger, breathe in mercy, energy and creative passion into your being.

- **Ring Finger:** is for anxiety and nervousness. Like many people, she unconsciously plays with her ring fingers when she is distressed and bothered by the constant mental noise. The ring finger helps to discharge unnecessary distress and anxiety, saving energy for action. Take a deep breath and grasp your ring finger. Exhale, letting go of all worries and anxiety. Breathe in with a deep sense of peace and security in the midst of life's troubles, knowing that you are supported and cared for spiritually.

- **Pinky:** it is for self-esteem when one feels oneself a victim of circumstances. Holding the pinky is a way to control feelings of unworthiness and low self-esteem. To stop feeling like a victim, it is important to first recognize what you get when you feel that way - attention, hurt, the concern of others. Placing yourself in a state of power and self-worth brings many rewards and a true sense of appreciation in the eyes of others. Hold on to your pinky, take a deep breath, exhale, and let go of insecurity and lack of self-esteem. Breathe in, thanking and appreciating the gift of life.

SUPPORTING THE BODY FOR TRAUMA AND ANXIETY¹

This technique brings peace and tranquility to people who are going through a traumatic situation and who manifest anguish, anxiety, fear, sadness, discouragement, etc. Through this technique a direct connection is made with the energy of the affected person, therefore it is necessary to be very centered, calm and aware that they are going to share love, peace, harmony and tranquility with the person being cared for. It is necessary to take a few minutes of silence to start the process, especially to protect yourself and give a lot of light and love to the person who needs it. With each part you will touch, take a deep breath imagining the flow of light and energy through the body, mind, spirit, relaxing the person and sending messages of love, harmony, strength and peace.

Instructions

- Support the forehead and the base of the skull, placing the hands gently without touching the head. For 3 to 5 minutes.
- Hold the crown with the tips of the fingers on the forehead. For 3 to 5 minutes.
- Support the shoulders. For 3 to 5 minutes.
- Hold the area over the sternum (chest) and behind the heart (back). For 3 to 5 minutes.



¹ Adapted from 'Self-care Manual' by the Movement of Women for Peace "Visitación Padilla", Spain, 2007

DRAIN THE PAIN

- Put the left hand on the chest and point the right hand towards mother earth.
- Take a deep breath and imagine the pain entering the left hand and leaving the right hand, flowing towards mother earth.
- Do it for several minutes and feel less pain in the affected part of the body. Change hands.
- Raise the right left hand towards the sky and imagine the energy and light from the sky entering through the hand. Put your hand on your chest.
- Imagine the energy of the sky filling your chest, do it for several minutes and feel the heat of the energy. Breathe deeply filling the body with light and feeling.



Ajo

Allium sativum L.
Liliaceae

Herbario

Se utiliza para combatir los parásitos intestinales, se emplea además en trastornos digestivos como dolor de estómago, gases intestinales y estreñimiento. También para el tratamiento del reumatismo, problemas de la piel como sabañones, mezquinos, roña, sarna, tiña y granos. También se utiliza en picadura de araña, picadura de hormiga o picadura de alacrán. Se usa también en enfermedades respiratorias como tos, anginas, asma, garganta irritada, ronquera y bronquitis y para dolores en general, como los de espalda, cabeza, musculares y dolor de oído; para esto último se usa en forma local. Se le atribuyen propiedades abortivas y se utiliza para acelerar el parto. Controla la fiebre, la presión arterial alta y el corazón. También se emplea para casos de alferecía, várices, fatiga, nervios, insomnio, anemia, mal de orín, caries e infección del oído. En padecimientos como "mal aire y mal de ojo".

Albajacar

Prunella vulgaris L.
Labiatae

Esta planta es empleada principalmente para atender la diarrea y para aliviar el dolor de estómago. Se le utiliza además en algunos problemas obstétricos como infección o inflamación vaginal. En afecciones de la piel como nacidos, sarna, perrillas y heridas, así como para las reumas, la tos e infecciones en los ojos. Se le indica también para el "latido", que se origina por no comer "es un aire en la boca del estómago", también en casos de dolor en la caja del cuerpo causado por "golpes internos que no se atienden". Otros padecimientos en los que se indica su uso son: inflamación, aire, calentura y cáncer.

Anís estrella

Illicium verum Hook.
Magnoliaceae

El fruto y la flor en cocimiento son utilizados para aliviar los cólicos del recién nacido o de los niños, se da en dosis pequeñas, dos cucharadas tres veces al día, para niños lactantes. Cuando se trata de una persona adulta se hierven las flores en agua y de esto se bebe una taza tres veces al día. También se recomienda para aliviar desórdenes digestivos como: dolor de estómago, hipo y vómito. El anís es empleado para aliviar la disentería. Asimismo, se le usa para propiciar la producción de leche, la mujer bebe como agua de uso la infusión de las semillas de hinojo, anís de tienda, y anís estrella; también se aplica como anticonceptivo y contra el flujo blanco.

Epazote

Telexys ambrosioides (L.) Weber
Chenopodiaceae

Se le emplea contra múltiples padecimientos, que en general corresponden al aparato digestivo. Es útil en casos de parasitosis, se busca expulsar las lombrices mediante la ingestión, en ayunas, del cocimiento en agua o leche, de las ramas y en algunos casos de la raíz. En ocasiones se le agrega ajenojo, estafiate o hierba buena. Es recomendación popular preparar el té de epazote sin que el paciente esté presente, pues se dice que "las lombrices huelen el medicamento y ya no salen". También con frecuencia se le ocupa cuando hay dolor de estómago, diarrea o vómito.

Los tarahumaras consideran que los tés concentrados de epazote son peligrosos y deben ser usados únicamente para severos casos de infección por lombrices, cuando no hayan sido eficaces otros tratamientos con hierbas. Otras alteraciones tratadas con el epazote son los trastornos menstruales tales como: retención de la regla y menstruación escasa, para los cuales se toma la infusión de las ramas. Además, es utilizado para acelerar las contracciones uterinas durante el parto o para eliminar entuertos a la parturienta. Asimismo, se le usa como abortivo y para aliviar la esterilidad, en aplicación de lavados vaginales, para limpiar la matriz o "purgar" a la mujer después del parto. Durante el puerperio, cuando las madres no tienen suficiente leche para amamantar a sus hijos, las parteras recomiendan atole de chocolate con epazote. Se dice que es útil contra picadura de alacrán y verrugas. Aplicado en emplasto, junto con tabaco y sal, sirve para las heridas, solo, como emplasto o en baños, se usa en torceduras y triturado o en infusiones en la piel.

Por otra parte, se destaca el uso de esta planta en el tratamiento de enfermedades como el "espanto" o susto, el aire y el mal de ojo. Contra el "espanto", se emplean las hojas machacadas en alcohol junto con hojas de poleo) y un diente de ajo con lo que se frota al paciente por las noches.

Guayaba

Illicium verum Hook.
Magnoliaceae

La guayaba, planta medicinal considerada de calidad caliente, tiene gran importancia en la actualidad. De hecho se usa en el tratamiento de más de 40 padecimientos que afectan la salud de los mexicanos en diferentes áreas del país. Es utilizada con frecuencia en el tratamiento de enfermedades gastrointestinales, principalmente la diarrea (evacuaciones líquidas y continuas, con dolor de estómago, excrementos de color amarillo o amarillo-verdoso, de escalofrío). Se preparan las hojas en infusión y el fruto comido en ayunas o preparado en cocción actúa como desparasitante, contra lombrices y amibas lombrices y amibas. Otros usos locales de interés son: su empleo en el tratamiento de empacho. Entre los padecimientos de la piel que son tratados con la infusión o cocción de las hojas, aplicada de forma local en lavados, enjuagues o cataplasmas, están la caída del pelo, granos, salpullido, jiones, acné, prurito, sarampión, escarlatina y sarna escarlatina y sarna.

Hierba santa

Piper sanctum (Miq.) Schlechtendal
Piperaceae

Sirve cuando hay empachos, para bajar la calentura, se pone en los pies untada con aceite o manteca. Para su empleo en trastornos estomacales, se utilizan las hojas untadas con manteca y "bicarbonato", aplicadas localmente. Cuando hay dolor de estómago, se prepara una infusión con la planta y se da de beber en una taza chica. Esta infusión, tomada tres veces al día, también sirve para curar la gripe; administrada durante nueve días, en ayunas, se usa para tratar las varices. Este cocimiento se aplica también en baños de recién nacidos y parturientas; para limpiar la matriz o contra "quipupuas", además del baño, la paciente debe ingerir el cocimiento como agua de uso. Se emplea cuando hay hinchazón con fiebre, así como para bajar la fiebre. En las inflamaciones se aplica la hoja tibia, después de haberla metido en agua caliente por unos segundos.

Higuerilla

Ricinus communis L.
Euphorbiaceae

Se utiliza principalmente para bajar la calentura, para aminorar la bilis. De la misma forma se utiliza cuando hay "fiebres estomacales" originadas por asolearse mucho tiempo (se encierra el calor en el cuerpo, hay falta de apetito, asco, no se consiente nada de alimento, hay presencia de tristeza y ardor en el estómago). La semilla se emplea en diversos padecimientos como purgante, machacada y tomada como agua de uso. Molida en seco por vía oral, en casos de diabetes. Y por vía local se aplica para dolores musculares. Extrayendo su aceite se aplica en hinchazones de la piel, granos y piquetes de insectos para lo cual se pone antes de dormir. Además se utiliza en desórdenes digestivos como: acidez, diarrea, disentería, empacho seco, estreñimiento, "recrudescimiento del estómago" y tifoidea. También en afecciones respiratorias como anginas (de pecho), dolor pulmonar, gripa, "niños mocolones" y resfriados. Empleada después del parto, para fortalecer los ovarios, y curar entuertos. Para problemas de piel como: chincual, enfermedades del pelo, erisipela, jiones, rozaduras y sarampión. Otros padecimientos en los que se emplea esta planta son: cólicos, cortadas, dolor de abdomen y de pecho, espinilla, frialdad del niño, llagas y mordeduras de víbora. De la semilla se produce el aceite de ricino para purgar.

Lavanda

Lavandula spp
l.dentata

La lavanda es principalmente utilizada en conexión con el insomnio, ansiedad, depresión y problemas con cambios de humor, lo cual se debe a sus propiedades medicinales capaces de producir efectos calmantes, relajantes y anticonvulsivos en el ser humano. También puede ayudar a calmar los dolores de cabeza y las migrañas. Tiene propiedades emolientes, antioxidantes, funciona muy bien como antiséptico, analgésico, en su función antiinflamatoria. Es digestiva y buen remedio como repelente de insectos. Se usa también para combatir la caspa.

Tomillo

Thymus vulgaris L.
Labiatae

Posee cualidades medicinales antibióticas para las vías respiratorias, para curar la tos con las ramas hervidas, esta decocción se endulza y es administrada por las noches, durante tres días. Cuando hay diarrea, se recomienda emplear el tallo y las hojas para preparar un té que endulzado se bebe tres veces al día, antes de los alimentos. Para aliviar las agruras, se agregan gotas de limón a este preparado y se toma durante tres días. Se usa contra *Escherichia*, *Salmonella*, *Staphylococcus*, *Streptococcus* y parásitos intestinales. Es utilizado también para aliviar el dolor de estómago, dolor de muelas y el dolor de regla o menstrual, curar la garganta irritada, para eliminar flemas de leche y aminorar el nerviosismo. Algunos autores atribuyen propiedades como antiespasmódico, carminativo y estimulante.

SWITCHING THE ENERGY FIELD TO FOCUS OR CORRECT THE ENERGY FLOW¹

“Switching” is a very beneficial exercise to calm down and focus; to use before meditation to focus, to relieve depression or anxiety; and to focus the mind and spirit. When working with individuals or groups, this practice can be used to calm someone before therapy or to focus the energy of children or students after a break in school, before an exam, or before class begins.



- ☯ Sit comfortably and breathe deeply.
- ☯ Cross the left ankle over the right ankle
- ☯ Extend your hands to the front. Make a turn with the hands with the thumbs directed towards the ground.
- ☯ Cross the right hand over the left hand. Interlock the fingers of the hands into a fist.
- ☯ With a fist of the hands touch the center of the sternum.

Adaptado de materiales de Brain Gym y EFT/TFT (para corregir el flujo de energía); y capacitar.org



- ☯ Close your eyes, take a deep breath and relax your whole body. Imagine that you can go down to a place in the center of your being. (You can imagine a center below the navel in the center of the abdomen. For the people of China this center is called the Dantien. For the people of India it is the Hara.)
- ☯ Relax the tongue inside the mouth and with the tip of the tongue touch behind the upper teeth.
- ☯ Take a deep breath and let go of all thoughts. Rest in peace and deep

silence for a few minutes.

- ☯ After two or three minutes, relax your hands on top of your legs. Breathe deeply and slowly open your eyes.
- ☯ Stretch your hands and arms.
- ☯ Gently tap your fingers on the head to stimulate your head and energy



TECHNIQUE FOR EMOTIONAL RELEASE - EFT¹

Techniques for emotional release were developed by Gary Craig and Gary Flint. They are very useful for unlocking and healing strong emotions, fears, anxiety, emotional pain, anger, traumatic memories, phobias, and addictions, as well as alleviating pain symptoms, such as headaches or body aches.



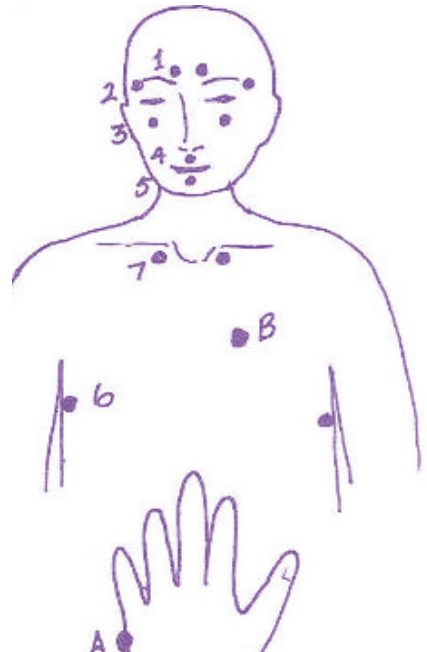
The technique is based on the theory of the energy field of the body, mind and spirit, together with the meridian theory of oriental medicine. Problems, trauma, anxiety and pain can cause a blockage in the path of energy in the body. Tapping or acupressure at the points connected to the energy channels or meridians can help to unblock congested energy and promote a fluid or healthy flow of energy in the body and mental field.



Practice the technique to release energy:

1. Think of a problem that can be used to measure your level of anxiety:

Choose to work on a problem, a concern, a phobia, an anxiety, a traumatic memory, or some negative thought. Using a scale of 0 to 10 measure the level of anxiety you feel when you think about it. (0 = no anxiety and 10 = maximum anxiety level). If you find it difficult to measure anxiety with this numerical scale, use a simpler scale such as: not at all, little, medium, a lot, or a lot - little, or all the way up - all the way down.



1 Adaptado de materiales de Brain Gym y EFT/TFT (para corregir el flujo de energía); y capacitar.org

2. Give 7 or 9 taps to the acupressure points identified below:

Breathe deeply as you tap your index and middle fingers at the indicated spots:

- The points where the eyebrows begin
- The points where the eyebrows end
- The points on the cheekbones, below the pupils
- The point under the nose
- The point on the chin, under the lips
- The points about 10cm, under the armpits
- The points below the clavicles by the sternum.



3. Touch point A which is next to the hand and repeat 3 times: “Even though I have this problem, I’m fine, I accept myself!”

4. Repeat the sequence presented in points 2 and 3: Repeat this sequence until your anxiety level has dropped to 0-2

5. Gently massage the “sore spot” (point B) Massage or press very gently on the Pain Susceptible point on the left side of the chest, about 5cm below the left side of the clavicle and 4-5cm next to the breastbone.

the clavicle and 4-5cm next to the breastbone.

BASIC GUIDELINES TO STRENGTHEN THE PHYSICAL SECURITY OF WOMEN DEFENDERS

How do you move?

- Change your routes, avoid going through isolated places and at night, do not move alone.
- Enlist a trusted person always knows where you are and is clear about how to react if you do not report.
 - Always have your cell phone charged and with credit.
 - To respond in case of aggression, prepare yourself with handling exercises stress, and / or self-defense.
 - If an incident or assault happens, share it with your colleagues and seeks support to address the emotional and physical impacts.

Do you travel to risk areas?

- Make a map of the area you are moving within
- Locate different routes, emergency contacts in the area and a place of safe accommodation, travel in safe transport
- Share your travel plan with a trusted person and agree to action steps in case of an emergency

Do you participate in marches?

- Always have a credential to support your work as an advocate with you.
- Make sure you are not carrying sensitive information, empty your phone and keep a clean notebook.
- Bring a bandanna, coke or vinegar and comfortable clothes for gas cases tear gas.
- Document any incidents with your camera.
- Memorize at least one number of an emergency contact to whom notify for any incident.
- Locate the route of the march and different exit routes.
- Report and make sure that whoever monitors you is aware of what keep happening on the fly.

How safe is your home and / or office?

- To strengthen the protection of your home / office, make a map of your neighborhood. • Locate who are allies and can support you to be aware of what happens.
- Always have emergency numbers at hand: local authorities, hospitals, safe taxis, police, firefighters, ...
- Document any suspicious situations around the home by taking photos.
- Prepare monitoring plans

What is monitoring?

By monitoring we understand the actions we take to supervise our risk situation. For this, we develop differentiated plans based on the activities we develop: closer monitoring when the risk is higher and more punctual monitoring when the risk is lower.

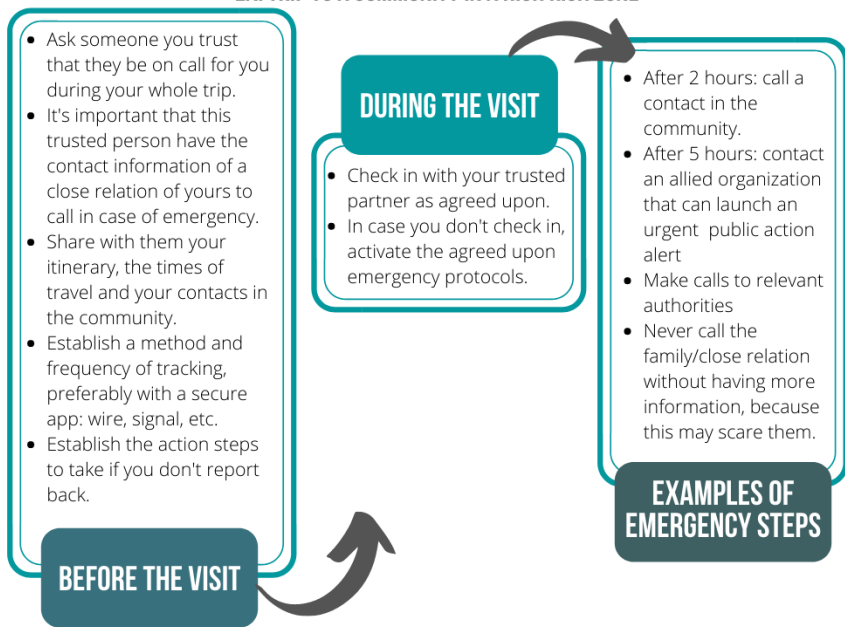
For what?

The defense of human rights exposes you to high risks, hence an important mechanism to prevent them is the establishment of agreements and mechanisms for your monitoring; especially when you move or participate in risky activities.

How does it work?

These plans imply prior agreements with key actors that will allow expediting prompt and effective responses in the event of an emergency.

EX: TRIP TO A COMMUNITY IN A HIGH RISK ZONE



HOW TO CREATE A SECURE MAIL ACCOUNT WITH THE RISEUP COLLECTIVE SERVER?

In order to obtain this email account, you need to know a person who already has an email account in Riseup and who can create an invitation code for you. NOTE: being able to invite another person to be a Riseup user is not immediate, Riseup will wait a few months before considering that you are trustworthy and giving you this option

STEP 1 Enter the page: <https://account.riseup.net/> and ask him to sign up

STEP 2 Now riseup asks for your invitation code that another riseup user will have given you. From there it asks you to enter a username and password. NOTE the password must include uppercase, lowercase and symbols. If it's too simple, riseup will reject it.

STEP 3 Now a recovery code appears. Write it down. If you lose your password, it is the only way to recover your account.

STEP 4 Congratulations, you already have a secure Riseup email account and can use it. To use your account you just have to enter the link <https://mail.riseup.net/rc/> and enter your username and password and that's it.

STEP 5 Now let's see how to create invitations, but just remember that you will have to wait a few months before riseup gives you the possibility. Picale invitations And a code will appear that you can share with another colleague that you want to invite ...

ENSURE THE USE OF SECURE TELEPHONE COMMUNICATIONS USING WIRE

One of the applications that allows you to send messages and make encrypted calls, as long as we have an internet connection is WIRE.

How to download and use Wire?

STEP 1: Download the App 1) Enter Google Play if you have Android or App Store if you have Iphone 2) Type “Wire”, once it appears, click “Install” 3) When it is already downloaded, click on “Open

STEP 2: Register 1) **Using the application** Once installed, the following image will appear, click on the blue icon that says “For Personal use” this step only serves to indicate that the application will be used personally and not corporately 2) Give your registration number Insert your phone number in the box and click the arrow. You will receive an SMS message with a 6-digit code, enter it in the box marked with the arrow: 3) Choose a pseudonym • Choose your pseudonym and enter it in the box that appears • Once you have chosen your name, the following window will appear where you must choose, “use this name”

STEP 3: Start using Wire 1) By clicking on the icon marked in orange you can start conversations 2) In order to connect with your contacts using wire, ask them to allow contact sharing. If you only want to contact specific people, ask them to deny. **STEP 4: Modify the settings** If you click on your profile photo (indicated by the orange arrow in the following image) you will be able to access the configuration options By clicking on the configuration wheel you can modify various elements. It would be important for example to add an email associated with your account, so you can use your Wire on the computer with the same account!

LAST STEP: Research and test Once step 4 is finished, you only have to start using the application and look for everything it offers you, for example in conversations there is the possibility of drawing, adding images, try it!