

Root Inquiry Questions: The Feet

Your feet represent your ancestral energy. The right foot represents Dad's Ancestors and the left foot represents Mom's Ancestors.

You will be answering what questions. The body answers to "What". Please write out the first thing that comes to mind. Don't think about the questions too much.

The Basic Right To Be Here Questions -

What is your greatest fear?

What is your relationship with food?

What do you do to nourish yourself?

Root Trauma Questions -

What was your birth like? Did you experience any birth trauma?

What abandonment experiences have you had? Do you abandon yourself?

What is your experience of neglect? Do you neglect yourself?

Standing and Walking Questions

Look down at your feet as you stand.

What do you notice?

What direction do your feet go when you stand?

Are they ducking out?

If yes, what are you protecting yourself from?

What causes you to give yourself away?

Are they pigeon-toeing in?

If yes, what boundaries do you need to set to feel safe in your world?

Are you placing weight on the balls of your feet?

If yes, what causes you to live more in the future than the present moment?

Are your toes gripping the earth?

If yes, what don't you trust?

Spend a moment with your feet —

What are they saying to you?

Ancestral Questions

What were/are your dad's ancestors like? Describe them in as much detail as you can focusing on the dark and light aspects of those who walked before you.

What were/are your mom's ancestors like? Describe them in as much detail as you can focusing on the dark and light aspects of those who walked before you.

What diseases or disorders do or did your ancestors have?

What diseases or disorders that challenged your ancestors do you struggle with?

What was your ancestors general emotional state?

What ancestral emotional states do you struggle with?

Foot Pain Questions

What part or parts of your foot causes you pain?

What is the pain in your foot related to according to the reflexology chart?

What are you doing to alleviate your foot pain?

Place any significant answers or ahhh aaaa's on your feet/leg body map.

Common Foot Challenges -

Read through the common foot challenges and answer only the questions pertaining to your challenges.



Achilles tendonitis/rupture - caused by violent strain on the tendon. The energetic meaning is — STOP. The remedy is to stop and do gentle stretches to the calf and arch of the foot.

Stop what you were doing.

Question:

What is causing you to move too fast, and do too much (right side tendonitis or rupture) or feel too much (left side tendonitis or rupture)?



Flat Foot - The inner arch is collapsed. Represents a weak inner leg/core. The energetic meaning is you are ungrounded. The remedy is to strengthen the inner leg/core. Learn to contain your power.

Question:

What causes you to be ungrounded? Right flat foot is others or something outside of you. Left side flat foot is you.



Plantar fasciitis - A chronic inflammation of the plantar fascia. Small tears can form from wear and tear causing a heel spur. The energetic meaning is losing the spring in your step — that happy-go-lucky feeling. The remedy is rolling a ball on the arch of the foot and stretching the arch of the foot by sitting back on your heels with your toes under. Learn to manage your emotions.

Question:

What causes you to lose your happiness? Right foot would be others or something outside of you, left foot would be something about you.

Bunions and bunionettes - are caused by walking on the inside of the foot with bunions, which are located on the big toe knuckles or walking on the outside of the foot with bunionettes located on the little toe knuckles.



A bunion or bunionette on your right foot is related to your relationship with the outside world and others. A bunion or bunionette on your left foot is related to your relationship with your self.

The remedy - strengthening the inner legs (gracillis) for bunions and the outer legs (IT band) for bunionettes. Find the balance between your inner and outer world.

Question:

Do you have a bunion or a bunionette? What side is it on? What is the reason for your bunion or bunionette? Refer to the energetic meaning above.

Hammer toe - Usually the second toe. Caused by weakness in the lumbrical and interosseus muscles. The energetic meaning is fear of moving forward because of something outside of you on right foot and inside of you on left foot. The remedy - toe spreading exercises can help and release your fear of moving forward.

Question:

What foot is your hammer toe on? What is the reason for your hammer toe?

Morton's Neuroma - An inflammation of one of the nerves that runs into the forefoot and out to the toes between the metatarsal bones. Pain occurs in the ball of the foot. The energetic meaning is pushing too far forward into the future. The remedy - spreading the toes wide apart and learning to live in the present moment.

Question:

What keeps you from living in the present moment?

Stress fractures of the foot - Common on the 2nd metatarsal. The energetic meaning is too much stress or pressure from others or the outer world when the fracture is on the right foot. When the fracture is on the left foot it is too much stress or pressure from within yourself.

The remedy - learn to walk rolling from your outer heel to your big toe and learn to release stress.

Question:

What's stressing you out?

Corns or calluses - These often occur on the toes or balls of the feet. The energetic meaning feeling too confined. The remedy - walk barefoot, spread your toes and break old habits.

Question:

What patterns do you need to break?

Ingrown toenails - These normally happen to the big toe nails. The energetic meaning is feeling closed in on. The remedy - walk barefoot, spread your toes, and try new things.

Question:

What boxes you in and what can you do to get out of the box?

Fungal infections, athlete's foot, and plantar warts - These are all outer invasions. The energetic meaning is you've allowed something into your system that is harmful to you. The remedy is take care of yourself first and learn to love yourself.

Question:

What do you need to set boundaries around?

Ankle sprains or breaks - All ankle issues are related to issues of conception. Dad struggles on the right ankle, Mom challenges on the left ankle.

Question:

What if any conception issues have you struggled with?

Frontiers of Health by Christine Page Questions

What illness do you have or have you experienced that is listed on pg. 108-122 — Associated Illnesses?

What did you feel when you read the explanation of the condition?

BodyMind by Ken Dychwald Questions

What foot posture do you recognize from pg. 51-58 The Feet?