

# *The Language of the Toes*

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by Iva Lloyd, BScH, RNC, RPP

Have you ever looked at someone's toes - or maybe your own and wondered why a toe was bent a certain way, longer or shorter than another toe or just different. Toes tell a story, you just need to spend a little time to understand the language.

Physiology and medical science looks beneath the skin for explanations of health, behaviour and responses but the art of 'physiognomy' or reading the body stays on the surface, studying features, alignment, size, shape, colour and movement. The understanding is that an individual's nature or energetic patterns are a hologram and what is on the inside is mirrored on the outside.

Toes are the most crystallized expression of the body/mind, they are akin to the material plane of manifestation. Hence, toes represent patterns that have been around for a long time, unlike fingers which represent the current patterns of our life. There are five toes on each foot - one for each of the elements. Starting at the big toe and going lateral (towards the outside of the body) we have the Ether, Air, Fire, Water and Earth toe. Each toe represents all the qualities of that element, but as a general guideline the Ether toe represents purpose and the effect of the external environment; the Air toe the intellect; the Fire toe the emotions; the Water toe represents ways that we nurture ourselves - often indicated by food; and the Earth toe represents the structural side of ourselves. Left foot represents the left side of body and receptivity to our environment in general. The right foot represents the right side of the body and issues that focus on our self-expression.

Toe reading not only gives you a clue to the energetic makeup of a person, but also provides insight into energetic patterns that may be unbalanced, in excess or deficient. Learning to read toes is about noticing, being aware, understanding the elements and being able to interpret the energetic patterns that are displayed. Every deviation, colour difference, size, position and spacing of the toes tells a little bit of the story and will provide a practitioner with insight on how to best communicate to their client.

For example, if there is a large space between the ether toe and the air toe it often indicates that it takes that person awhile to integrate information and hence you may find that you need to move slowly with a client. If the air toe is longer than the ether toe it often indicates that the person, although intellectual, can become overwhelmed with a lot of information. If the air toe and fire toe appear to be joined in a horseshoe fashion (the crease of the toes does not go down as far as the other toes) it often indicates that emotions and thoughts are linked and the person may find it difficult to separate how they are thinking from how they are feeling. If the water toe is 'hidden' under the fire toe it is often an indication that the person eats emotionally.

Some general guidelines for toe reading is to recognize that all 'movement' is a message. Spaces between toes indicate a separation between those two elements and hence a need for time or space for integration. Lines, grooves or areas of discolouration indicate areas of blocked energy. Movement away from centre may indicate that the element is not in line with the inner source or purpose of a person; whereas movement towards centre may indicate that person's energy is pulled inward and they may be avoiding external energies or information. Toes gripping (hammer toe) often relate to fear or sensitivity around that element. Toes off the ground relates to ungrounding.

The art of 'physiognomy', and toe reading specifically is a fascinating field. I encourage you to practice the art of toe reading and to expand your awareness of the language of the toes.

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