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A close-up photograph of a human ear, showing the outer ear (pinna) and the ear canal. The ear is positioned in the center of the frame, with dark hair visible on the right side. The skin is a light, natural tone.

Ear

Acupressure

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Greetings From RAC



It is difficult to believe that we are at the beginning of 2012. It seems like only yesterday we were all worrying and wondering about the arrival of the new millennium and what it might mean for our computers and our lives. In the end it all happened smoothly, and without glitches, although the time since has been a troubled one for the world.

In many ways, RAC is a microcosm of the world with conflict, politics and hidden agendas. Just as with the world, however, there is an underlying goodness and positive intent and we just need to give that part room to thrive, grow and succeed.

It is traditional, at the beginning of each new year, for people to make resolutions most of which will have been broken well before the end of January. I have never made resolutions but, rather, have made promises to myself as to what it is I want to achieve in the year ahead and what I shall do to make that possible. Breaking any promise is not a good thing but breaking promises made to oneself are probably the worst and akin to cheating at solitaire.

What we at TEAM RAC headquarters want for the coming year is for each and every member of RAC to make a solemn promise to her/himself to make a commitment to RAC and to reflexology. That commitment would involve looking beyond the troubled history of the Association, putting aside real (and also the all too often imagined), slights and disagreements, and to vow to work as part of the RAC team to bring about positive change.

Not only is this the right thing to do, and a noble cause, but it is also absolutely imperative if RAC is to survive and grow. The history of RAC is one that is checkered and not always good and now the present membership has the chance to make the future different and better.

While wishing you all a very happy and prosperous new year we also implore you to make the commitment required to your Association. If you believe in RAC and want it to continue and grow then you can underline that belief and help take your association to new heights.

It is you – the members – and not the Board or the operational staff who can do this. Make that promise to yourself right now and work with us to take RAC to where it should rightly be. ❖

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