



# Caring Palms Massage and Reiki Newsletter

April 2007

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## Greetings!

Welcome to the April issue of the Caring Palms newsletter. It looks like warmer weather is here, and although we had a short cold snap, I think it is here to stay. Now that the winter is over, it's time to get in for a de-stressing massage. Caring Palms has an array of styles to help you get through whatever stress you might currently have.

This month, we have an updated Reiki class schedule with a masters class on it. Anyone looking to take that class and having the proper pre-requisites, please let us know. We have two new articles this month. One talks about 'The Secret' and the other about releasing control. As promised, this month we start repeating our massage modality descriptions. As we add new ones, they will be featured when offered.

I hope you find what we have here enjoyable.

## New Discounts Offered at Caring Palms

Caring Palms has changed the discounts it offers. We now offer a Loyalty Bonus which is \$25 off your 5<sup>th</sup> session. This is a way of thanking our clients for continuing to get massage or Reiki sessions and to do so at Caring Palms. This bonus applies to every 5<sup>th</sup> session or gift certificate purchased. That means that you save \$25 on your 5<sup>th</sup> session, \$25 on your 10<sup>th</sup> session, and so on. This replaces the "10<sup>th</sup> Session Free" discount. We felt it was better to say 'Thank You' sooner, and help you save some money. Purchasing sessions in packages is



still the best way to save. Packages can be purchased in groups of three, five or ten sessions. Caring Palms is always looking to make it affordable for you to get necessary work. We do this because we care.

### Modality of the Month: Reiki

Although Reiki is not massage (as the muscles of the body are not manipulated), it is a very relaxing yet powerful method of healing. In the simplest form, Reiki is the laying on of hands. It is guided, positive energy brought in from the universe by someone that knows how to 'tap into' it, and passed into someone in need of healing.

[read more...](#)

### Mother's Day is Approaching

With Mother's Day approaching, it is time to start thinking of a gift for Mom. What could be better than a massage or a Reiki session? Let her come in and receive some needed healing or relaxation. Give her the gift that shows you care, the loving touch of Caring Palms. Gift certificates are available for all types of sessions and styles. Pick one up today.

### What is The Secret?

**by Brian Dean**

Ok, let's talk energies. What can you do with them, and what can they do for you? What prompted these questions is a video I watched (which is from a book) that everyone seems to be putting down. It's called The Secret.

Through the years I have learned that there is energy available for lots of different things. We can use it to heal, to calm, to strengthen. We can even move our consciousness out of our body because that is energy. When we boil it all down, we are energy existing in a physical body.

But what we might not be aware of is that we can shape

our environment around us with energy. Now, you may be scoffing at this, but it is true. Think about it for a minute. Our attitude determines whether things are good or bad. Or does it? Maybe it simply determines how we perceive if things are good or bad.

[read more...](#)

## Reiki Class Schedule

The following is a list of currently scheduled Reiki Classes. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. The current schedule is as follows:

### Reiki 1

April 14 (Saturday) 11am - 5pm

May 26 (Saturday) 11am - 5pm

June 23 (Saturday) 11am - 5pm

July 14 (Saturday) 11am - 5pm

### Reiki 3

April 29 (Sunday) 11am - 5pm (*Confirmed*)

All classes are open to anyone wanting to learn this unique method of hands-on healing. The cost for each class is \$100 no matter what level of Reiki the class is for. A 50% deposit (\$50) is required a minimum of seven (7) days prior to the class date (or permission of the instructor) to reserve a space in the class. Classes with no deposits received by the deposit date will be cancelled. All class statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'.

## Releasing Control

by Brian Dean

Control. We are, in our own ways, control freaks. We want to feel in control of ourselves and our surroundings, but all too often we don't have control at all. Maybe it's time to let go.

[read more...](#)

### Web Site Consolidation

For several years now, Caring Palms has been operating two distinct web sites for the two parts of its business, massage and Reiki. The Reiki site ([www.ReikiHolisticHealing.com](http://www.ReikiHolisticHealing.com)) existed first, and has been around for seven years. Once Brian became a massage therapist, the Caring Palms name was created along with a web site dedicated to massage ([www.CaringPalms.com](http://www.CaringPalms.com)). The two sides were kept separate because it was felt that Reiki might scare some people away who simply wanted massage. That opinion changed, and the two sites were set up to refer to each other.

Since then, everyone interested in either Reiki or massage was sent to Caring Palms which offered a 'massage side' of the web site and a 'Reiki side' of the website. When someone selected the 'Reiki side' they were physically sent to the Reiki web site. What we had was two different web sites masquerading as one. Many search engines would find the Reiki site and send people directly there.

Recently, Caring Palms has truly combined the information from both web sites and put it under one. All the information previously found on the Reiki site is now on the Caring Palms site. The name [ReikiHolisticHealing.com](http://ReikiHolisticHealing.com) will still be active as several search engines still refer to it, but it will send everyone to [CaringPalms.com](http://CaringPalms.com).

As with anything dealing with computers, extensive testing has been performed, but there could be problems linking to all of the pages. If you encounter any

problems, please let us know so that those problems can be fixed. If you go to the web site, and select the 'Reiki side' of the site, if it gives you an error, go back to the Caring Palms front screen and 'press' the 'Refresh button' on your browser. This should allow you to go to the Reiki side without incident. We hope you enjoy the site.

### Help Wanted

Caring Palms is currently seeking a nationally certified female licensed massage therapist to work at the studio for those clients that prefer a female therapist. This can be either a full time or part time position. If you know anyone that might be interested, please have them contact Caring Palms either by phone or by e-mail.

May light illuminate your path. Take care.

**Sincerely,**

Brian Dean  
Caring Palms Massage and Reiki