

Caring Palms Massage and Reiki Newsletter

January 2007

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Greetings

Welcome to the January issue of the Caring Palms newsletter. As we begin a new year, Caring Palms is looking ahead with optimism and hope. We are hoping this new year brings goodness and light, and that we will find answers for any problems we currently have. We hope you feel the same way. Caring Palms is ready to help in any way that we can.



There are several articles and an announcement in this issue. We hope that you find them enjoyable.

Newsletter Style Change

This newsletter may look a little different than usual. The company I use to create it has made available a pre-release of their new newsletter creation wizard. Unfortunately, this does not currently have the template that I have used in the past. It does however allow things that make the text more presentable (like bullets and multiple paragraphs in each segment). Since the new features outweigh the problems, I am going to change style, and hopefully at some point, they'll offer the old template we had been using. I hope you enjoy the changes.

Promises, Promises by Brian Dean

Well, here it is, the New Year. What will it be filled with? What will we let it be filled with?

As I write this, it is day one of a brand spanking new year. Right now, it's a year filled with hopes and promises. As it unfolds we'll know if those promises came true, and if our hopes have been fulfilled. We'll know if it is a year of happiness or tragedy and sadness.

[Read on...](#)

Modality of the Month: Deep Tissue Massage

One of the most requested styles of massage is Deep Tissue. It almost seems that everyone wants very deep work on their muscles, but that is not what they want at all. Most people just want to feel their massage. The best place to start is to define Deep Tissue massage.

[Read on...](#)

Reiki Class Schedule

靈 氣 The schedule of Reiki classes has been set for the first half of the year. So far, seven Reiki 1 classes have been scheduled (one each month from January through July), as well as one Reiki 2 class. Additional Reiki classes (for any level) will be set as the need arises. Each class 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

- January 7 (Sunday) 11am - 5pm
- February 10 (Saturday) 11am - 5pm
- March 10 (Saturday) 11am - 5pm
- April 14 (Saturday) 11am - 5pm
- May 26 (Saturday) 11am - 5pm
- June 23 (Saturday) 11am - 5pm
- July 14 (Saturday) 11am - 5pm

Reiki 2

- February 24 (Saturday) 11am - 5pm

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 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'.

Temple Lomi Lomi

The Caring Palms studio will be closed Monday January 22nd through Thursday January 25th to allow Brian to attend training in Temple Lomi Lomi in Orlando. Temple Lomi Lomi is different from the style that Brian currently knows (Auntie Margaret's style). It is a very flowing pleasant feeling massage. Anyone interested in experiencing this relaxing style of massage should mark their calendars for the end of January and beginning of February when it will be available at the studio.

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.

Light Steps by Brian Dean

Fact. Fantasy. Reality. In all things, there is darkness, and there is light. And even in those, there must be balance.

Something interesting happened the other day while I was watching an episode of the current incarnation of Battlestar Galactica. Now, keep in mind that I am a huge fan of the original series. It had the magic that was so wonderful, the magic that made it special. Today's series is grittier, more realistic. It has the dysfunctional families that we see so much of today. It has a group of humans trying to survive against all odds, and not even thinking that they can. It has none of the feelings and ideals set by the original series. In the original, the characters believed that there was hope in their flight from extinction. They were optimistic.

[Read on...](#)

May light illuminate your path through the coming year. Take care.

Sincerely,

Brian
Caring Palms Massage and Reiki