



Caring Palms Massage and Reiki Newsletter

June 2007

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Greetings!

Welcome to the June issue of the Caring Palms newsletter. This month, we have an updated Reiki class schedule, an announcement about changes at the studio, and a couple articles for you.

I hope you like what we have here.

Caring Palms Takes Part in Wellness Fair



On Thursday, May 17th, Caring Palms participated in Bank of America's Wellness Fair at their Southside Avenue campus. There were many vendors at the fair offering all types of healthcare services. Brian, with help from his wife Shirley, manned the Caring Palms table giving out flyers, pads of paper, pens, and samples of Biofreeze. Brian also did three to five minute sample massages on anyone that wanted it, working on people in the massage chair, or on the massage table. The only complaint he heard was that the sample needed to be longer.

Brian said "We got to meet a lot of nice people, and talk about what we do, and can do for them. It was all very positive."

More than 60 people entered the drawing for a free massage session. Several sessions were awarded, and those winners notified by mail.

Caring Palms wants to thank all those that came by and showed interest in what we do. Brian hopes that this event can be a regular on their calendar.

Caring Palms at Bank of America Postponed

In the last newsletter, we announced that Caring Palms would be closed Fridays as Brian would be doing chair massage at Bank of America's Wellness Center. The first date was supposed to be May 18th, but got pushed back to June 1st as the Center could not get their advertising out in time.

Since that time, some questions have come up, and we are currently in negotiations with the Center and Bank of America to offer chair massage one day per week to any employee wanting it whether they are a Center member or not. We are hopeful that this will be available by the beginning of July.

Until that time, Caring Palms will be open on Fridays at the regular hours.

Moving Forward

by Brian Dean

Moving forward. What is involved with moving forward? Well, I think a good part of it has to do with letting go. Now, what is involved with letting go?

Let's imagine for a moment that you are in one of those disaster movies. You've come to a chasm that needs to be crossed, and the only thing there which would allow you to cross it with is a long steel beam. It is too far to jump, say maybe 20 feet to the other side. As you step onto the beam, you grab a branch on a nearby tree that is there. You use it to balance yourself before moving across. You need to move across because there is molten lava approaching the side you are on. You need to move forward. What is the first thing you need to do to move forward? Well, you need to let go of that branch you're holding onto.

[read more](#)

Father's Day

With Father's Day approaching, it is time to start thinking of a gift for Dad. What could be better than a massage or a Reiki session? Let him come in and receive some needed healing or relaxation. Give him 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.

Modality of the Month

Swedish Massage

Although exotic sounding, Swedish massage is the most common type of massage performed. Developed by Per Heinrick Ling, who based it on the movements of Swedish gymnasts, it can be a very relaxing session, but can also be therapeutic.

[read more](#)

Spam, Spam, Spam

by Brian Dean

I wanted to let you all know that I have been having problems with my e-mail system. The problem could cause me to lose e-mail from anyone mailing me. The problem could cause me to not reply to questions about classes or any services. The problem is? SPAM. And it's not about the product by Hormel.

I think we all know how much spam we each get. I saw a study which stated that 80% of all e-mail coming in to corporate mail boxes is spam. I actually know people that change their e-mail address a couple times a year because they get too much spam. But really, you can tell a lot about yourself from spam. Seriously. No, seriously. You want to know what I've learned about myself?

[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:

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Reiki 1

- June 23 (Saturday) 11am - 5pm
- July 14 (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 (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'.

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.

The Moose Story

by Brian Dean

I used to take a weekly psychic development class from my Reiki teacher, Kaimora, who was a local Psychic in St. Augustine. Along with what she taught one particular week, she told us the story of the moose.

She had been in another part of Maine (where she stays in the summer months), and had listened to a concert with a small group of musicians from New York. She invited them up to spend a few days with her at her place before they headed back. She felt it would be calming and spiritual.

While there, they had commented that they had never seen a moose.

[read more](#)

May light continue to illuminate your path. Take care.

Sincerely,

Brian
Caring Palms Massage and Reiki