



# Caring Palms Massage and Reiki Newsletter

May 2007

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### Greetings!

Welcome to the May issue of the Caring Palms newsletter. We have had smoky times here in Jacksonville due to the fires in Valdosta, GA. Some days, it is so thick you can't see across the intracoastal waterway. (Word is that they're looking for a professional Rain Dancer.) If you can brave the bad air, it is still nice and pleasant inside the studio. Here you can relax, and get some much needed healing.

This month, we have an updated Reiki class schedule, an announcement about changes at the studio, and a couple articles I hope you enjoy.

I hope you like what we have here.

### Mother's Day Fast 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.



### Caring Palms Studio Hours Changing

In the past couple of weeks, there have been some changes at the Caring Palms studio, and in two more weeks, there will be more changes. Brian has recently accepted an evening teaching position at Florida Metropolitan University. Because of this, Caring Palms will not be able to offer evening hours (at least until such time that we find the second therapist that we are currently looking for). Weekend hours will be available on an appointment basis only. Appointments will be accepted for same day sessions on weekends if there is nothing else interfering. The studio will not be open for walk-ins on the weekend.

Beginning May 18<sup>th</sup>, Brian will be doing corporate massage at Bank

of America's Wellness Center on Southside Blvd. every Friday from 11am until 2pm. Because of this, the studio will be closed Fridays. It may be possible to schedule a 3pm session on Fridays, but that will be done on an as needed basis.

The new studio hours will be

Monday - Thursday, 10am - 5pm  
for walk-ins and appointments  
(The last session can be scheduled no later than 3:45pm)

Saturday and Sunday,  
by appointment only  
Same day appointments available

Caring Palms is still open Fridays until May 18<sup>th</sup>, so if you're a Friday-person, come on in before then. Reiki classes will still be taught according to the schedule on the website, and additional classes can be scheduled as needed.

## We're All Healers

by Brian Dean

I had an interesting thought today (yes, just one, one interesting thought, not one thought). We can all be healers, and it doesn't take any training at all. Now, I know that most people are perplexed at my last statement. But read on. Enlightenment comes to those who read.

[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

- May 26 (Saturday) 11am - 5pm
- 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'.

## Modality of the Month

### **Myofascial Release**

Myofascial Release (MFR) is a style of massage / physical therapy that takes a whole body "hands-on" approach to the evaluation and treatment of the human structure. The goal is to help return the body's capacity to adapt, by restoring three-dimensional balance. What this means is that it works on realigning the body to its proper shape through manipulation of connective tissue (fascia).

[Read More](#)

## Caring Palms to Take Part in Wellness Fair

The Caring Palms studio will be closed Thursday, May 17<sup>th</sup> so that we may take part in the Wellness Fair at Bank of America for their employees. Caring Palms will reopen Monday, May 21<sup>st</sup> at the regular hours. We will also be available for appointments Saturday and Sunday, May 19<sup>th</sup> and 20<sup>th</sup>.

## Manifesting

by Brian Dean

In the last newsletter, we talked about 'The Secret'. The key to 'The Secret' was about manifesting your dreams. Now, what about manifestations? What are we manifesting?

Manifestations. What do we think of when we think about manifestations? Do we think of ghosts and goblins appearing out of the woodwork to come get us? Do we think about some evil manifesting itself into the real world and causing problems? Why must a manifestation always be evil?

[Read More](#)

## FDA Announcement

Over the past month, there has been a massive amount of activity because of proposed FDA legislation. This has come from many

reliable sources including the Florida State Massage Therapy Association (FSMTA). What the legislation deals with is wording that would make it illegal for anyone other than licensed medical professionals to offer complimentary alternative care. This includes the sale of herbs and other things commonly sold in health food stores. These things would then be considered 'unlicensed drugs'. Even though herbs have been around longer than drugs and the FDA, it seems that the government wants to control everything. This even goes so far as to limit, or control the use of essential oils that are used by massage therapists in their sessions.

The Natural Solutions Foundation has been pushing this issue as they are working to keep alternative care from being limited to the medical profession (the people that would like to do away with these things). They have a place on their website to post comments that will be forward to the FDA.

At the same time this is going on, William Rand (head of the International Center for Reiki Healing) is saying that Natural Solutions (and others involved) have misread the proposed legislation and that the panic they are creating is for nothing. The point he makes is that the legislation says that if you claim certain herbs can cure, then you have to be a medical professional, and those herbs need to be approved by the FDA. The same is true for Reiki and other energy healing modalities. If a Reiki practitioner claims that Reiki can cure, then they need to be a medical professional (a massage therapist is a medical professional) and the Reiki energy needs to be approved by the FDA.

I feel the best thing is for you to look over the information and decide for yourself. As a complimentary alternative care practitioner, I am constantly seeing where government is trying to control what I do and put it in the hands of those that would see it abolished completely. This not only makes a difference in what I can offer, but what you as the general public can get in the way of care. In a time where alternative care is becoming popular because standard medical care is failing to meet people's needs, certain legislation could keep you from getting the care you want and need. Please take the time to look over the information and respond if you feel you should. Below are the links to take you to the various sites.

[Natural Solutions Foundation](#)

[William Rand's Letter](#) (which includes links to the National Health Freedom Coalition and the FDA document)

[International Center for Reiki Training](#)

**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 continue to illuminate your path. Take care.

**Sincerely,**

Brian  
Caring Palms Massage and Reiki