



# Caring Palms Massage and Reiki Newsletter

November 2007

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## Greetings!

Welcome to the November issue of the Caring Palms newsletter. This month, we have an updated Reiki class schedule and a couple of related articles for you. November also is the start of the holiday gift certificate sale. (See the article below.)

I hope you like what we have here.

## Holiday Gift Certificate Sale



Caring Palms is announcing the Holiday Gift Certificate Sale. Buy 1 gift certificate, save \$5 Buy 2 gift certificates, save \$15 Buy 3 gift certificates, save \$25

**Best Deal: Buy 4 gift certificates, get 1 gift certificate FREE!** Gift Certificates are available for massage or Reiki sessions, or massage or Reiki classes. Buy gift certificates for friends and loved ones, or just for yourself. If you have four friends that can benefit from massage or Reiki (and everyone can), you can buy four gift certificates for them, and get one free for yourself. If you are a regular client, you can buy four gift certificates for yourself and get five sessions (this is the best deal going). **The sale begins Monday, November 5<sup>th</sup>, and runs through Monday, December 24<sup>th</sup>.** Gift certificates are available in the studio and can be ordered by phone with a credit card at (904) 246-2206. (Sorry, this special is not available at the web site.) What better gift to give to those you care about? Give them the gift of love and healing.

## Florida Health Freedom

For a while now, the Florida Board of Health has been saying that complimentary care modalities such as Reiki and aromatherapy are part of their domain and that anyone performing these gentle, non-harmful healing methods must be a doctor. This includes all types of energy work. In some cases, they feel that a massage license

does not allow one to do energy work. (While this differs from the opinion of the Board of Massage, the Board of Health is actually a higher power, so what they say, goes.)

Apparently, the situation has become critical. The Board of Health has been actively going after energy workers and either fining them or closing down their practices. According to the e-mail I got, "The state's harassment of good people who are doing no harm, through arrests, fines and shutting down their businesses, has recently reached unprecedented levels." Please read the article below and help if you can. This does not involve just a bunch of energy workers (healers) trying to do their healing. It has to do with your right to choose alternative methods to treat your problems. I see many people that feel modern medicine has given up on them, and they are finding things like Reiki do wonders. Please, don't let the state take away your right to alternative care.

### Press Release from Florida Health Freedom Action

***October 25, 2007***

**URGENT! Florida Health Freedom needs your Action TODAY**

Dear Practitioners and Clients:

***In a year's time you could be informed that energy workers can finally practice legally in Florida!***

You and only you can make this event a reality!

How? ***If You and 10 of your clients and friends donate a minimum of \$200 to Florida Health Freedom Action by November 10<sup>th</sup>, we can raise sufficient funds for future peace of mind!***

***The spotlight is now on whether the law requires energy workers to be licensed.*** Despite the absence of evidence that therapies to affect the human energy field are harmful, the Department of Health recently interpreted the law to require licensure of hands-on energy workers. Last month, it went further and ordered a hands-off Reiki practitioner to close her practice or risk fines and criminal penalties

Florida Health Freedom Action disagrees with the Department's interpretation. Our legislature must pass a bill to clarify that therapies which are primarily intended to affect the human energy field aren't regulated.

Our past efforts to pass health freedom legislation for a variety of

practitioners of low and no risk therapies have not succeeded. However, we believe that legislation focused on the most benign group of therapies - energy work - will meet less opposition. ***Our success will be the first step towards creating health freedom for practitioners of all gentle, natural health therapies. We urge all practitioner groups to support this effort.***

Join this fundraising drive to raise \$350,000 by November the 10<sup>th</sup> for Action's ongoing financial obligations and a campaign to pass this legislation for you and your clients.

### **Florida Health Freedom Action**

P.O. Box 430871, South Miami, FL 33243-0871

Phone: 305 668 2800 · Fax: 305 661 8459

### ***Promoting health freedom for Floridians***

**Donations to "Florida Health Freedom Action" can be made by mail**

**or through our website:** [www.floridahealthfreedom.org](http://www.floridahealthfreedom.org)

### **Mind Over Matter**

**by Brian Dean**

Mind over matter. We've heard that term forever, but usually as the butt end of some joke. Mind over matter. Yes, in most cases, my mind doesn't matter. See? Mind over matter. This is the ability to convince oneself, or empower oneself to do things that are above the ordinary simply by concentrating.

We've all laughed at someone sitting, saying to themselves "I'm not cold" as they try to convince themselves that they can stay warm by thought alone while being in 20 degree weather. But why isn't something like this possible? Well, it is. Why do we laugh when this person who is trying to prove them self fails? Well, because we know they're going to fail. If they didn't, we'd be truly surprised. Why do they fail? Because they don't truly believe.

[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

- November 17 (Saturday) 11am - 5pm
  
- January 12, 2008 (Saturday) 11am - 5pm
- February 9 (Saturday) 11am - 5pm
- March 8 (Saturday) 11am - 5pm
- April 19 (Saturday) 11am - 5pm
- May 10 (Saturday) 11am - 5pm
- June 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'.

**Note:** There are no classes scheduled for December as most people usually have more pressing things to do, but classes can be scheduled if needed. Classes may be scheduled during the weekday or any weekend if someone wishes to have training during that month.

### Caring Palms Closed for Thanksgiving

The Caring Palms studio will be closed from November 22<sup>nd</sup> through November 25<sup>th</sup> for the Thanksgiving holiday. Caring Palms will reopen Monday, November 26<sup>th</sup> at the regular hours. To schedule an appointment, call 246-2206.

### 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](#)

### Having Faith

by Brian Dean

Faith. What is faith? Well, simply, it is what bridges the gap

between what we know can be proven scientifically, and what we think is true, or can be done, whether it can be proven or not.

We believe in certain things. We believe the earth is round. We believe that medicine can help us. We believe in ourselves, at least most of the time. Most people believe in a deity, an entity we call god or goddess that is all-powerful, yet can't be proven with any scientific fact.

[read more](#)

May light continue to illuminate your path. Take care.

**Sincerely,**

Brian  
Caring Palms Massage and Reiki  
(904) 246-2206