



Caring Palms Massage and Reiki Newsletter

December 2008

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Greetings!

Welcome to the December issue of the Caring Palms newsletter. This month, we have a Reiki class schedule with dates added through June of 2009, and an article for you.

I hope you like what we have here.

Holiday Gift Certificate Sale

Caring Palms is currently having 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 ends Friday Wednesday, December 24th.** 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.

Caring Palms at Eco Baby Expo

Caring Palms attended the Eco Baby Expo on November 8th which promoted "green" and holistic products to families and families to be. It was a great day with a bit of wind, but the temperatures were nice for the outdoors event. We got to meet a lot of great people and did either massage or Reiki on many of the folks. Also several entered our contest for a free massage or Reiki session and a few winners were sent gift certificates.

It was fun and educational explaining how Reiki does not hurt anyone. It can only help, and is wonderful for expectant mothers.

Hopefully, some of the people there will remember us when they are needing some healing time.

Holiday Hours

The Caring Palms studio will be closed December 25th for the Christmas holiday. Caring Palms will be open for appointments only Friday, December 26th. Appointments can be scheduled same day depending on the schedule. If you are looking to purchase gift certificates, please call and we can arrange an 'appointment' to meet with you. To schedule an appointment, call 246-2206.

Modality of the Month

Trigger Point Therapy

A trigger point is a very sore spot located in a tight muscle. Not only is it sore at its location, it also refers (causes) pain in a predictable pattern to other areas. When one comes to Caring Palms with chronic (ongoing) pain that nothing seems to relieve, we will usually suspect trigger points.

Remember the story of the princess and the pea? Well, think of the mattresses as muscle fibers and the pea as the trigger point. Yes, it's usually that small and yes, it can cause that much discomfort. Because of their small size, we rely on your feedback as to whether something hurts, how much, and does it hurt anywhere else.

[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

- December 6 (Saturday) 11am - 5pm **Confirmed**

2009

- January 24 (Saturday) 11am - 5pm
- February 28 (Saturday) 11am - 5pm
- March 28 (Saturday) 11am - 5pm
- April 25 (Saturday) 11am - 5pm
- May 23 (Saturday) 11am - 5pm
- June 27 (Saturday) 11am - 5pm

- December 14 (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'.

Holiday Energy and Your Health

by **Brian Dean**

There are a lot of energies floating around during the holiday season. There is love and joy thinking about friends and family, and getting the perfect gifts for them. There is a lot of happiness. But there is also sadness and negativity, mostly when you go to the stores to buy gifts.

Everyone is rushing around trying to find the perfect gift at the last minute. The lines are long as people try to get the best sale prices. There are arguments on items that have limited quantities. There is pushing and shoving, and general nastiness out there. So, what can you do about it?

Well, let's start out by explaining energies. Emotions are energies. People having strong emotions give off strong energies, and believe it or not, you can pick up these energies and let them affect you. Did you ever walk into a room where someone was really angry? How long was it before you were feeling angry? Or did you ever walk into a room with a group of people that were happy? I'll bet it didn't take long before you were feeling happy. You see, whether we want to admit it or not, we pick up these emotions, these energies and they affect us. They go into us, and we accept them, and before long we feel these emotions. These energies affect our state of mind which in turn affects our health.

Most people that feel emotions strongly avoid shopping at this time of year because going into a mall causes them instant migraines. But those that understand that energies do affect us can use energies to stop the negativity bombarding them, and actually reverse some of it. It is a technique called shielding.

To do this, all one has to do is think of what they want to have happen, and it will. You see, thought is also energy. Visualize energy coming into you from the ground. Take this energy and create a bubble of light around you. Once you have this, think to yourself... Good energy comes in, bad energy bounces off and goes away. Next think about your bubble shrinking until it is skin tight.

Believe it or not, it is that simple.

Doing this blocks out the negative energies created by negative emotions. Now all you have to do is keep a positive attitude and know that the negativity won't bother you. Try not to be in a rush. Understand that it will take longer to complete your tasks. With this knowledge giving you a positive attitude and your bubble of protection, you will keep a healthier state of mind and not be affected by all the craziness that is going on around you.

And then the next thing you can do is take that positive energy you have in your bubble, and pass it to others. You do this simply by doing nice things like smiling to the harried clerk at the checkout. You'd be amazed at what a simple smile can do for someone going through a tough time. Smile at people around you. Be nice to people. Happiness is contagious. All you have to do is pass it on. And the beauty is that you have improved your health, and that of those around you.

Have a happy and healthy holiday season.

Can We Answer Your Questions?

You have Questions? Maybe we have answers.

Each month, we write articles on a variety of subjects. Is there something that you would like to see us write about? Do you have questions that you 'd like answered? Do you have questions on massage? On Reiki? On energy work in general? Submit your questions or requests to Brian@CaringPalms.com and we will try to see if we can answer them for you.

May light continue to illuminate your path. Take care.

Sincerely,

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