



Caring Palms Massage and Reiki Newsletter

July 2008

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Greetings!

Welcome to the July issue of the Caring Palms newsletter. This month, we have an extended Reiki class schedule and an article for you.

I hope you like what we have here.

Independence Day

Caring Palms will be closed Friday, July 4th, but will be available for appointments only. We will also be available for appointments Saturday and Sunday as well. Caring Palms wishes everyone a safe and enjoyable holiday weekend.



Help Wanted

Due to personal circumstances, Melissa Speerly has moved back to Illinois and is no longer available to our clients. We wish her well in whatever interests she decides to pursue. Because of this, 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.

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).

Every part in the body is connected by fascia. The organs don't just hang there in open space. There is connective tissue surrounding everything holding them in place. Throughout life, one's body takes a lot of punishment, or trauma. We fall down. We get in accidents. We have surgery. All these things affect the fascia. You see, the fascia is normally a nice, soft, rubbery substance that gives when we move. But through trauma, this pliable substance can become hard and constricting. When this happens, the body's alignment changes. We feel pain, and a host of other problems crop up. (A good example of constricted fascia is carpal tunnel syndrome. This is where the fascia in the wrist becomes hard and painful. The normal response is to have surgery which cuts out the constricted fascia, but it also leaves scar tissue which later causes more constricted fascia.)

[read more](#)

Time to Take a Breath

by Brian Dean

Things have been crazy lately, and it is getting crazier. We are rushed. We are stressed. We are feeling pinched in everything we do and want to do. The cause? Well, there are many causes, the most predominate right now being the price of gas. But that is only a part of things.

We live in a society where computers have made things easier, yet made them more hectic at the same time. We can do more things, and get information much faster than ever before. But with that speed comes the need to react at the same speed. Because information changes quickly, we have to change to process that and follow the new trends. Businesses need to be able to change directions in a flash to stay in business. And we need to be able to react at warp speed to stay employed. The rich seem to be getting richer, and the poor and middle class poorer.

The cost of everything is going up causing our hard earned income to seem smaller. With the price of gas going up a couple pennies every day causing the price of everything else to go up (because of the increased transportation costs), we are feeling very stressed. This stress is leading to anger. This anger may start at the gas pump, but it follows wherever we go. It makes us angry at the person that cuts in front of us on the road. It makes us angry at the boss when he wants us to spend more time at work for the same pay. It is getting to the point that an explosion is immanent.

Before that happens, we need to take a step back and breathe. We

need to calm and let things pass without letting the emotion of anger creep its way into things. We need to do this for our health and for the health of others, because anger as emotion, as energy keeps going and getting stronger. We need to let it dissipate before it reaches critical mass.

[read more](#)

Reiki Class Schedule

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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

- July 12 (Saturday) 11am - 5pm **Confirmed**
- August 9 (Saturday) 11am - 5pm
- September 13 (Saturday) 11am - 5pm
- October 11 (Saturday) 11am - 5pm
- November 8 (Saturday) 11am - 5pm

Caring Palms is looking to have a **Reiki 2** class some time in August. Anyone interested should call or e-mail with dates that would work for them.

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'.

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

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