



Caring Palms Massage and Reiki Newsletter

March 2008

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Greetings!

Welcome to the march issue of the Caring Palms newsletter. This month, we have an updated Reiki class schedule with a Reiki 2 class added and a couple articles for you.

I hope you like what we have here.

Modality of the Month

Hot Stone Massage

Hot Stone massage is a unique style where heated rocks are moved over the body allowing the heat to sink into the muscles. Although deep work is not usually done with Hot Stone, the heat penetrates to make the muscles relax and feel better.



There are several types of Hot Stone massage and like other massage styles, these change with each therapist that does the work. Probably the most known style is called La Stone which was based on the types of massage done by native American Indians. They used hot and cold stones to create a relaxing experience. Marie Hannigan took this information and created La Stone from it as she was hurting her hands doing a lot of deep tissue work. With the stone, it gave her a tool to go deeply with while the heat penetrated and softened the muscles.

[read more](#)

Translating the Chakras

by Brian Dean

Energy is a strange and wondrous thing, but it is energies, not just energy. There are energies all around us in the trees, the rocks, the earth, even the air and light. (Yes, the Force surrounds us always.) But there are energies in the human body, and they are controlled by energy centers called Chakras (pronounced shock-rah).

In the body, we have seven major energy centers (chakras). There are many minor energy centers, or sub-chakras, and many more

much smaller energy centers, or sub-sub-chakras. Energy is always moving through the body, and its path is controlled by the chakras. If there is a problem in any of the energy centers, there is a corresponding problem in the person, or visa versa.

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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

- March 8 (Saturday) 11am - 5pm **Confirmed**
- March 15 (Saturday) 11am - 5pm **Confirmed**
- April 19 (Saturday) 11am - 5pm
- May 10 (Saturday) 11am - 5pm
- June 14 (Saturday) 11am - 5pm

Reiki 2

- March 29 (Saturday) 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'.

Note: Classes may be scheduled during the weekday or any weekend if someone wishes to have training during that month.

Reconsidering Massage

by Brian Dean

While massage is something that you think about when you are at a fancy resort on vacation, luxuriating under someone's touch in the absolute decadent world, it is actually much more than that. It is necessary healthcare that we ignore, but should not.

When we think of massage, we think of many movies where the rich

folks are at some resort in the mountains, where they get into mineral baths and then get worked on by people whose names are Ingrid or Svetlana or Sven. And because the cost of massage, and the unavailability of it (at least at the time the movies were made), we still think it is only a luxury. But with today's stresses and work issues, it really is something we need, and it is not as unaffordable or unavailable as one might think.

[read more](#)

May light continue to illuminate your path through the new year. Take care.

Sincerely,

Brian
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