



# Caring Palms Massage and Reiki Newsletter

November 2008

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## Greetings!

Welcome to the November issue of the Caring Palms newsletter. This month, we have an extended Reiki class schedule with a new class added in December and dates added through June of 2009, and an article for you. There is also news on the Eco Baby Expo that Caring Palms will be participating in and a holiday schedule.

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 Friday, November 7th, and runs through Monday, 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 to Take Part in Local Expo

Caring Palms will be taking part in the Eco Baby Expo on Saturday, November 8th. The purpose of the expo is to introduce ecologically friendly (or 'Green') products to young and expectant families as well as presenting the best in holistic healthcare from holistic doctors to massage therapists to holistic healing practitioners.

Caring Palms will be there talking about how Massage and Reiki can

be helpful to families looking at having children and those already expecting, as well as needed care after the birth. We will also be giving a short talk on Reiki and how it can help in every situation.

The fair will be having gifts for people coming. There will also be drawings and raffles. Caring Palms will have a box for entries to win a free massage or Reiki session.

The fair will be at the Harbour Village Shopping Center (Atlantic and San Pablo) on November 8th from 1:00pm to 5:00pm. Please come see us.

## **Press Release: Eco Baby Expo**

### **Jacksonville's First Annual Eco Baby Expo**

JACKSONVILLE BEACH, FL. August 29, 2008 ---

So much for "baby steps"! Women around Jacksonville are making HUGE green strides! Two local women entrepreneurs have teamed up to create an exciting green event to increase awareness of all the opportunities available to local residents. On November 8th SAMA Baby, USA Baby will team up with Skirt! Magazine and 96.1 to present the First Annual Eco Baby Expo to Jacksonville families.

The event will have vendors ranging from Holistic OBGYN and Midwives to prenatal masseuses, yoga and organic food options.

The event will also include non-profits, informational seminars and fun activities for the kids. The founder of SAMA Baby, Shivani Gupta, has had a long interest in the "green" and Holistic lifestyle while Laura Dague, the owner of USA Baby and Child Space, has a great interest in the health and well being of local moms, being a mom herself.

The event will be held in the Harbor Village Shopping Plaza, which is located on Atlantic Blvd. and San Pablo from 1-5pm. This is also the location of USA Baby and Child Space, which is proud to host the event and is excited about all of the prizes and giveaways!

Attendees can register online at [Jacksonville.skirt.com](http://Jacksonville.skirt.com) to get prizes and have a chance to win the raffle that will be held that afternoon.

## **Holiday Hours**

The Caring Palms studio will be closed November 27th for the Thanksgiving holiday. Caring Palms will be open for appointments only Friday, November 28th through Sunday November 30th. 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.

### Brian to Take Additional Training

The Caring Palms Studio will be closed Thursday, November 20th through Sunday, November 23rd while Brian travels to Miami to take additional training in Esalen Massage. Esalen is a unique and very relaxing style of massage. If relaxation is what you need, this may be the right thing for you. The studio will reopen Monday, November 24th at the regular hours.

[Go here for more information on Esalen Massage](#)

### 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...](#)

### 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 9 (Sunday) 11am - 5pm
- November 30 (Sunday) 11am - 5pm
- 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

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'.

## What Can Meditation Do For You?

by Brian Dean

Back in the 1960s and 70s, we were introduced to the term meditation. This is something that had been around for centuries, yet was just becoming popular at that time. Unfortunately, it brought about images of people sitting around contemplating their navels or chanting "OM" for hours on end as they tried to find the spiritual tone of the universe. While meditation can be some of that, it is much more. It is a method of calming, of being, of creativity, as well as a means to make changes in yourself. And it does not require a lot of time. Meditation can be done in as little as 15 to 20 minutes or less depending on what you are trying to accomplish.

Meditation deals with the mind, the most powerful organ in the body. The mind can do many things. It can heal the body, block pain, change the way we perceive things, and in doing that change our stress levels. In fact, we can reduce our stress, calm from anger, decrease anxiety.

There is a medical term called "the Placebo Effect". It involves the way the mind makes things happen because it believes certain things. If a person has a headache, and they are given an aspirin, and told that it will make their headache go away, it might not. If they truly believe that it will not, their headache will remain even though they are being given proven medication. At the same time, if you take that same person and give them an M&M and tell them the same thing, their headache will go away if they believe it will. Basically, the mind makes it happen.

Meditation works in a similar way, but you control it. You are in command. In a way, it could be considered self-hypnosis, but it is still more than that. People get scared when they think of being hypnotized and that fear carries over to meditation, but in truth you are in complete control of what you do. You will not do anything that is contrary to your will. You won't start barking like a dog or cackling like a chicken. You define what you do, or want to do. You set the conditions.

How we perceive things is what controls our stress levels. If we see things as bad, then our stress goes up. If we hate the job we do, our stress and anger can rise. Meditation can help take the labels off, to see things as they are and not define them as good or bad. Once we do this, we accept them and reduce our stress.

There are many styles of meditation, but for the most part it is a journey inside your mind where you can rest or make changes. Guided meditations are most popular. This is where you put in a tape or CD, and a voice walks you through a journey of some type. Many of these deal with creating a calming environment for you to experience. This helps relieve stress by giving you some calm time. Some do this by having you visualize a calm place, like a beach or stream. Others allow you to create a sanctuary within your mind and then take you there to rest and recuperate.

Other meditations are working meditations. These involve making changes in yourself. Through these types of meditations, you can set up keywords to use in various situations. These keywords can change the way you are feeling, instantly. Using them can make you calm from stress or anger, or give you strength when you need it.

Other working meditations help you deal with past experiences. This works on the belief that we are a combination of our experiences, and those experiences control how we react to various situations. To give an example, if a person was mugged in the parking garage at work, they would react differently each time they parked their car in a garage, any garage. They would be afraid. Maybe they'd start parking somewhere else. Some of this is reasonable, but some is pure reaction. Meditation can help diffuse this reaction by working with these experiences.

But although there are many detailed guided meditations, there are simple ones too. The idea of counting to 10 or taking a deep breath when you get angry is actually a meditation. It is a way of calming before reacting, but just like keywords, you have to remember to use it.

Exercising can be a meditation in itself. Just going for a walk, letting your mind clear does wonders. There is also yoga meditation which is done in various yoga positions. This allows focus on many things

and can be calming as well.

Try this simple meditation. Go somewhere calming, whatever that place is for you. It might be the beach, or simply the back yard. Close your eyes and listen to the sounds. Hear the waves coming on shore, or the water moving. Listen to the birds, or the rustling of trees. Feel what is there whether it be a cool breeze or the warmth of the sun. Let any thoughts that come into your mind go back out again. Just keep your mind open. After you have done this for a couple of minutes, count slowly from 10 to one, then open your eyes and go about your business.

When you come to a stressful point in your life, take a moment and find someplace quiet (yes, it can even be that room). Remember the feeling you had when you did this meditation. Recall the feel of the breeze or the warmth of the sun. Recall the sounds of the birds. Then count from 10 to one. All this only takes a moment. When you are done, you will be calmer and able to go back to your stressful situation with a calmness you did not have a few moments before. Try it. You'll be surprised.

Meditation CDs can be found online at places like Amazon.com. Teachers can also be found locally that can give you the basics of meditation. This allows you to learn the basic concepts and then do whatever you want to do, accomplish whatever you want to accomplish on your own time. Don't dismiss meditation as something to be afraid of, or thinking about your navel. Try it. See how much you can improve the way you feel.

**Caring Palms teaches several types of meditation. Please see the website for more details.**

### 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](mailto: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