



Caring Palms Massage and Reiki Newsletter

December 2009

In This Issue

[Holiday Gift Certificate Sale](#)

[Reiki Class Schedule](#)

[Studio Closed Dates](#)

[Introducing Myofascial](#)

[Unwinding](#)

[Modality of the Month](#)

[Holiday Wishes](#)

[Help Surviving Holiday](#)

[Craziness](#)

[You Have Questions?](#)

Quick Links

[The Caring Palms Website](#)

Join our list

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Greetings!

Welcome to the December issue of the Caring Palms newsletter. This month we continue our gift certificate sale. We have no Reiki classes because we figure people have other things to do this month. We do have an updated confirmed Reiki class scheduled and an article for you.

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 is going on now through Thursday, December 24th. Gift certificates are available in the studio and can be ordered by phone with a credit card at (904) 246-2206, or by mail with a check. (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.

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'. Any class marked as 'Closed' has basically filled up. (**Note:** In some cases, one may be able to enter a class marked 'Closed' with permission of the instructor.) The current schedule is as follows:

Reiki 1

- January 9, 2010 (Saturday) 11am - 5pm (**Note: one can take this class and then advance to the Reiki 2 class on January 30th.**)
- February 13 (Saturday) 11am - 5pm
- March 13 (Saturday) 11am - 5pm **Confirmed**
- April 10 (Saturday) 11am - 5pm
- May 8 (Saturday) 11am - 5pm
- June 12 (Saturday) 11am - 5pm

Reiki 2

- January 30, 2010 (Saturday) 11am - 5pm **Confirmed**

Reiki 3

- February 27, 2010 (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 canceled. All class statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'.

Closed Dates

Caring Palms will be closed Friday, December 25th for the Christmas holiday. Caring Palms may also close early on Thursday, December 24th.

Caring Palms will also be closed Friday, January 1st for New Year's Day.

For hours, appointments, or gift certificate purchasing, please call us at (904) 246-2206.

Caring Palms has recently added Myofascial Unwinding to its menu of services. Although Brian learned this technique over three years ago, it has been used sparingly, and only when the unwinding process was started by the client during some other session. However, recently it has been the key to helping several people with issues ranging from stress to auto accidents to everyday reactions to things. Although it is an unusual, yet very good form of therapy, it has been offered, but not advertised. Brian felt that with the need for it increasing, it would become part of Caring Palms' standard services offered.

Myofascial Unwinding is a method of releasing unwanted energy from the body. Every memory of everything we have done in our lives is stored as energy in every cell of our bodies. This energy can cause us problems unless it is released because it is linked to all of our experiences, the good as well as the bad. Memories such as sexual abuse, auto accidents, or any other memory based energy can affect us in how we act or react to things. Unwinding is a way of releasing this energy. It involves allowing your body to go in the positions where it wants to go while a therapist watches over you, keeps you safe, and helps you through the process.

For more information on Myofascial Unwinding, please read the article below as it is featured as this month's Modality of the Month.

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John Barnes discovered that our bodies need to release energies to be able to let go of past issues. If you were to watch a dog as it gets up or lies down, you will see that it does not simply get up or lay down. It goes through a lot of movement. When a dog gets up, it usually shakes itself. When it lies down, it will move in circles several times. This is a form of releasing energy.

Because we are humans, and slightly more complex mentally, we tend not to do things like this. It also means that being more complex, we don't do all the natural things to help ourselves. That is why unwinding was developed.

[read more](#)

Caring Palms wishes everyone a happy and joyous holiday season no matter what your belief. May the season bring you good will, good cheer, and positive energies.

Help in Surviving Holiday Crazyiness

by [Brian Dean](#)

Welcome to the crazyiness of the season. This is the time of the year where people go rushing around trying to find the perfect gift. A time when the malls are jam packed and parking is scarce. Where getting into the stores and getting to the merchandise involves being pushed, shoved, and stepped on. Yes, it's the holidays. That time when negative energy abounds during the season of love and giving.

While there is a lot of negativity out there, you can go forth right through it, untouched, with just a little effort and awareness. I'm talking about using positive energy to offset and block out the negativity. Here are a few tips to help you cope through the crazyiness.

First off, try to plan enough so that you are not going out in a rush. I'm not saying that you need to know everything you are going to get ahead of time. I am saying not to go rushing around looking for it.

The stress of rushing is one of the biggest factors causing problems out there. The feeling that there is no time left causing people to go tearing through the malls and climbing over people is where most of this negativity comes from. Relax. Go about your shopping calmly. And as you stay calm, you can watch all the other people climbing over each other as they rush from place to place.

Do calming exercises before going out. Meditation can be a wonderful calming and focusing tool to set yourself in the proper state before mixing in the fray.

A deep breath is also a great technique. Whenever you feel yourself getting stressed, take a deep breath (or two or three). Remind yourself that good energy comes in and negative energy goes out. Then proceed with what you were trying to do.

One technique that many energy workers (me included) use is called shielding. This is where you create a shield of energy around you to protect yourself from negative energy. It is very similar to the shields used to protect the Enterprise on Star Trek. To shield, visualize energy coming in through the palms of your hands creating a ball of light around you. Once you have this ball, relax it until it is as tight around you as you can get it. Say to yourself, "Good energy comes in, bad energy bounces off and goes away." This will set things so that good energies are allowed to enter your shields, but negative energies will not. Once you have the vision, just push it to the back of your mind. Know it is there, but don't concentrate on it. When you are out of the fray and want to take the shields down, just visualize the energy no longer coming in through your hands.

One more point is to keep positive. Remember the love you have for the people you are shopping for. Love is positive energy. If you keep loving thoughts as you go about your day, you will have surrounded yourself with positive energy, and negativity will not be able to touch you.

And if you are surrounded by positive energy, you can actually pass that out to the people around you. Smile at the clerk at the checkout. Be nice to the store personnel. Putting out positive energy, even with a simple smile can change someone's attitude, and make them feel better. It may only last for a few irate customers in the checkout lines, but even to improve someone's day for just a moment can be magic.

So go placidly amid the fray of noise and confusion, and pass love and peace to those you come in contact with. It will make them feel better, even if it is for a short time. And more importantly, it will make you feel better.

Take care. Have a positive holiday season.

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