



Caring Palms Massage and Reiki Newsletter

January 2009

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Greetings!

Welcome to the January issue of the Caring Palms newsletter. This month, we have a Reiki class schedule with a Reiki 2 and a Reiki 3 class scheduled and a couple of articles for you.

I hope you like what we have here.

Thank You

Caring Palms wants to thank all that supported the business over the past year. In a year where all service industry businesses have suffered, it was your support that enabled us to stay here so that we may continue our healing work. We hope you continue to support Caring Palms in the coming year. To this end, Caring Palms pledges that we will continue to do our best healing work with every session, helping as many people feel better as we can. Again, thank you.



Caring Palms Hours Change

Caring Palms' hours are changing. Brian was recently laid off from his evening job. Although he is looking for something else, Caring Palms can now offer late afternoon or early evening sessions. The studio hours remain:

Monday - Friday 10am - 5pm for walk-ins and appointments
After 5pm for appointments only.

Saturday and Sunday for appointments only
Appointments can be made the same day.

If you find that evening hours are best for you, then Caring Palms is now available.

Holiday Hours

The Caring Palms studio will be closed Thursday, January 1st for the New Year's holiday. Caring Palms will be open for business at the normal hours, Friday, January 2nd. To schedule an appointment, call 246-2206.

Modality of the Month

Hawaiian Lomi Lomi

The ancient art of Hawaiian Lomi Lomi has been practiced for hundreds of years. The gift of healing was passed down to the "chosen one" who spent their life practicing the healing arts. Kahuna's (healers, shaman) were taught to use thumbs, hands, forearms and elbows to massage. It wasn't uncommon to have hot rocks placed on injuries or have the Kahuna walk on your back. Kahuna's were even known to use a mild form of hypnosis, instilling feelings of well-being. They believed they could transfer their own vital energy into a person who was sick.

Hawaiian Lomi Lomi was kept secret within families for most of its history, until Kahuna Aunty Margaret Machado decided to teach anyone who wanted to learn "the loving touch". Aunty says, "Lomi Lomi is a loving touch. When they feel loving hands on their body, they'll respond, "she loves me, she'll take good care of me, and I'm going to get well."

[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

- 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

Reiki 2

- January 31, 2009 (Saturday) 11am - 5pm

Reiki 3

- February 21 (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'.

New Year Optimism

by Brian Dean

January 1st is the start of a new year. Now, which outlook is going to win... optimism or pessimism?

We start every year with promises. We call these promises resolutions. They start out with committing to do certain things and we are optimistic about them. We tell ourselves that "I can" or "I will". But soon we let these promises go, and with them our resolve. And then we become pessimistic. We see the "I can" become "I can't".

The real question is... what do you want the world to be, and what are you willing to do to make it happen? Ah, there's the key. We have to do something, something more than make empty promises. We have to believe that we can make a difference. We have to be optimistic.

Admittedly, we live in dark times. While the price of gas is good right now, it was ridiculously high a couple of months ago, and the economy has not yet recovered from it. People are spending less. Jobs are scarce. Companies are going out of business left and right. All service industries are hurting. Things are looking really bad. People are wondering how to survive. Pessimism is the main thought.

But there is still optimism out there. Soon, a new president will be sworn in. We feel he will make changes. We hope these changes will be good, but we don't truly know. But there is hope, hope that things will turn around and get better. And we have to believe that it actually will, because without that belief, that glimmer of hope, we have nothing. And if we have nothing, we might as well pack it in now.

Hope is what keeps us going, that thought process that makes us believe things will get better. And things can get better, but only if we work to make it so. I'm not talking about getting a job with the Peace Corps or anything large. I'm talking about starting small.

You see, to change things, we need to start inside ourselves. We

change how we look at things, our outlook. Do we see things lost, or do we see opportunity? This changes how we feel about ourselves and about things around us. It's like lighting a candle in a dark room. Suddenly, the darkness is gone, and there is light. If you take your candle, and use it to light someone else's, then there is more light and less darkness.

A positive attitude can be contagious. You can pass it on to others. And once they have it, they can pass it on. I'm not saying it is easy. It takes work. But are you willing to work to make things better? All you need to do is start with yourself. Make changes there, and watch it spread. Pass on your optimism. Make this new year a better time.

New Year's Curse?

by Brian Dean

Curses. The curse of the mummy? Curses, foiled again? How about the old Chinese blessing which is also referred to as a curse... May you live in interesting times? Or how about, may you get what you want (knowing that you won't want it after you get it)? But I have one for the New Year...Every day of the year will be a reflection of the first day.

This is something that my mother told me when I was little. It was something to get me to behave. Basically, she told me that how I acted on the first day of the year, and how things went because of it would be how things would go the rest of the year. Because of my being very young when she told me, it lodged in the back of my mind and pops out every January 1st. (This really goes to show that parents should really think about the stuff they tell their kids.)

I mean, if the first day of the year really sucks, then you might as well pack it in and go into hiding for the next 12 months. If it is just perfect, then the rest of the year will be peaches and cream. Of course, this isn't true, but the thought being put into one's mind, especially at so young an age can be really harmful.

Once a seed is planted, it will generally grow, and that is true for thoughts. How many times have we been told that we can't do something, or that something is impossible? You can't manipulate energy. You can't just take away someone's headache by waving your hand in front of their head. Why not? I do it all the time.

But every time we want to do something out of the ordinary, we have to fight several "you can'ts" to be able to do it. Depending when those "I can'ts" or those seeds were planted, they can be very hard to overcome. The younger we were, the harder things are to overcome, such as feeling like the rest of the year is going to be as good, or as bad as the first day.

It is something that can be overcome. But it does take effort to ignore that little part of your mind that tells you that this is how it will be, and to go ahead and make things the way you think they should be. But it can be done.

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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