



# Caring Palms Massage and Reiki Newsletter

July 2009

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## Greetings!

Welcome to the July issue of the Caring Palms newsletter. This month, Caring Palms again announces its new continuing education class and schedule. We have a Reiki class schedule with a Reiki 2 class and a Reiki 3 class scheduled and other information for you.

I hope you like what we have here.

## Caring Palms Teaches First Class on Body Mechanics for Massage Therapists



The Caring Palms studio was host to its first class on Body Mechanics for Massage Therapists. The class consisted of four students whom have been practicing therapists for anywhere from two to 11 years. The students were impressed as new ideas were shown and movements practiced. The two students who had been practicing the longest came because they have been hurting themselves in how they work. They saw how to use their body to make the movements instead of relying on just their hands and shoulders.

While some of the concepts should have been familiar, the students saw them in a new light. They saw how they could work without hurting themselves and how they could give deep pressure with less or little effort.

Most of the students had bad habits that developed over years of practicing. They saw how they can correct these issues as long as they practice what they were shown. According to Brian, "This type of class is a unique situation. Usually a teacher of some unique style of massage starts their classes by teaching from ground zero and building from there. They teach how to move the feet and use the arms and do the movement that they have shown. But I am starting at ground minus 20 because most students have to unlearn years of bad habits before they can begin to build the foundation I am showing them. It makes it a little bit more of a challenge, but well worth the time and effort when it pays off and students begin to see how much more they can do with what I show them."

Caring Palms will teach one more class on Body Mechanics this year the weekend of August 15th and 16th. Anyone interested or that knows someone that could be interested should contact Caring Palms for more information.

### Student Comments on Body Mechanics

At the end of each class Caring Palms teaches, the student is asked to grade the instructor and class in five categories as well as an overall score. These categories are Valuable Concepts, Effective Presentation, Instructor Knowledge, Response to Questions, and if they would Recommend the Class. This class scored each category with 10 out of 10.

They liked the "Personal interaction between me and instructor." and the "Informal class with structured syllabus." One said that she "Enjoyed the class and would love to take a refresher and maybe a Reiki class." and the other said that "what I learned can be really effective in my sessions."

All in all, it was good, positive feedback.

### Closed July 4 Weekend

Caring Palms will be closed Saturday and Sunday July 4 and July 5 for the holiday. We hope you have a happy and safe holiday.

### Body Mechanics and Advanced Techniques for Massage Therapists Class Schedule

The following is a list of currently scheduled classes. This class is a two-day class worth 12 CE hours. 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:

- August 15th - August 16th (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm) **Confirmed**

At the Hampton Inn at Jacksonville Beach, FL [Hotel Details](#)

This is a comprehensive course that is presented in a friendly, easy to follow manner with the student gaining hands-on experience before the conclusion. Part of the class is lecture with basic exercises that the class will participate in. Part of the class is hands-on practice where movements are shown that the student will perform. Some of

the movements will be basic (Effleurage, Pétrissage, etc) with the focus being on better mechanics and deeper pressure. Other movements will be more advanced showing new ways to get deeply into certain areas.

### **Florida Board of Massage Approved for twelve (12) Continuing Education Hours (CEUs)**

**Class Cost: \$300 Early Registration (at least 19 days before the class date)**

**\$350 within 19 days of the class date**

### **Brian Gives Talk at FCCJ**

Brian gave a talk to a massage at FCCJ the other week. This class had been in school for nine months and wanted to know a lot about the styles of massage Caring Palms does. So Brian demonstrated and talked about each style, using the students as guinea pigs. What they wanted to know most about was Myofascial Release, and he did a longer demonstration on that. Other demonstrations included Deep Tissue, both version of Lomi Lomi, Reiki, with talk and class interaction on energy work and body mechanics.

The student (while shy coming up to be demonstrated on) paid attention and asked questions. Brian said "I like showing the types of things I do to new students. It gives them an opportunity to see something they would not normally see in a school situation."

It was a good talk with great interaction.

### **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. The current schedule is as follows:

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#### Reiki 1

- July 25 (Saturday) 11am - 5pm **Closed**
- August 1 (Saturday) 11am - 5pm **Confirmed**
- September 12 (Saturday) 11am - 5pm
- October 10 (Saturday) 11am - 5pm
- November 14 (Saturday) 11am - 5pm

#### Reiki 2

- August 8 (Saturday) 11am - 5pm **Confirmed**

### Reiki 3

- August 29 (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'.

## Modality of the Month

### Swedish Massage

Although exotic sounding, Swedish massage is the most common type of massage performed. Developed by Pehr Henrick Ling, who based it on the movements of Swedish gymnasts, it can be a very relaxing session, but can also be therapeutic.

Swedish massage is usually the first style of taught in most schools. It is a great beginning point for students to learn to touch a client, and develop pressures and movements. This is actually the basis for most of what they learn later.

[read more](#)

## Commentary

### by Brian Dean

Over the last 12 years, I have been a Reiki master, even though I have been doing this for a while now, I am still amazed at what it can do, and how amazing, almost miraculous it can be. By now, one would think that I would be used to it. I mean, people come in and get Reiki, and then leave feeling better. That is normal. But every now and then, it is like the sky opening up and everything falling into alignment.

I received a call from a lady asking if I did Deep Tissue and Trigger Point work. She said that she had a hip alignment issue and thought I could help with it. I told her I would be glad to see what I could do, and we set an appointment. When she arrived, I saw that she was a frail looking woman in her 80's. When we went over her health information, I found she had many contraindications (problems that could be made worse with massage) that kept me from doing the work she wanted. In fact, her doctor had postponed working on her

until some swelling had gone down. So, seeing as I could not do a massage, I suggested Reiki.

After I explained what it was, and what it did, she decided to give it a try. During the session, she kept telling me of things she was seeing that ranged from purple clouds to other things. It was all very nice, and very peaceful. She commented on how hot my hands had gotten. When I got to her cold feet, she told me that they would cool down my hands. Actually, my hot hands warmed her feet.

When I was done with the Reiki, I did some light compressions, and worked out two trigger points in her hip. After that, I had her sit up.

She was very slow as she felt so good and so peaceful. But once she got up, she looked at me with wide eyes. She told me that she was feeling so wonderful. All her pain was gone. She told me that just to feel that way for five minutes would have been worth anything.

One of the things that amazed her was how peaceful the session had been. She told me a couple days later that if she were to die in that Reiki session, it would have been perfect. To leave while in such a peaceful state would have been what she could hope for when the time comes. I told her that I was glad she did not die during the session. It may have fulfilled her desire for a peaceful exit, but it really looks bad when one's client dies during a session. (Go see Brian, he gives a killer massage.)

One of the things she suffers from is Scoliosis, and side to side curvature of the spine. When she got off the table, she told me that it felt like her spine was straight. She was standing taller as well. Wow.

I have seen Reiki do some miraculous things, yet I never stop being amazed when these things happen. I keep getting told that I am a miracle worker, but miracles are not part of my bailiwick. That belongs to a higher power, which is where the energy comes from. Also, it is the energy that does the healing, not the practitioner. Our job is to simply be the connection, the cord between the lamp and the wall socket.

When I go into a Reiki session, I have no expectations. I hope that the client will feel better. I ask higher power to help the client. But I just make the connection. I guess if I expected amazing results every time, I would be disappointed too often. So by not expecting anything, I am open to magic happening.

I think I like it better that way. Also, it keeps amazing me as it does the people I work on.

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  
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