



Caring Palms Massage and Reiki Newsletter

June 2009

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Greetings!

Welcome to the June 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 Announced Online Registration

In an effort to make things easier for its clients, Caring Palms has just added Online Registration for all its classes. Previously, students needed to mail a check or call in a credit card number. These options are still available, but now all classes can be paid for and registration information entered online with a credit card.



Considering that classes are filling up because of changes in massage education requirements, having online registration makes sense. Once someone has registered online, a place in the class has been immediately reserved. It is the quickest way to reserve a place in a class. And this way, classes will not be over booked.

For anyone wishing to register for any class online, go to the website and choose either the Reiki side of the site or the Continuing Education side. Once there, go to 'Schedule of Classes' and find the class you want. Select the 'Register Now' option to sign up. It's that easy.

Commentary

by [Brian Dean](#)

I meet some interesting people doing what I do. For instance, I have worked on Chuck Yeager, John Corbett, Linda Williams, Jimmy Olson, Nancy Walker, and Linda Hamilton.

Unfortunately, the Chuck Yeager I worked on was not the one who was the first pilot to break the sound barrier, nor was the John Corbett the one that starred in "My Big Fat Greek Wedding". The

Nancy Walker is not the one that starred in "Rhoda" and "McMillan and Wife". The Linda Williams is not the one that was in "Something the Lord Made" and Jimmy Olson certainly isn't Superman's pal. And of course, Linda Hamilton is not the one that starred in "Terminator".

Yet I do get interesting people.

One time I worked on a guy from Ireland that was part of the ground crew for the Fuji blimp. His job is driving a certain distance and then waiting for the blimp to catch up, and then repeating the same thing over and over. (The blimp only goes 35mph.)

But today was really neat. I worked on the head chef to the Cirque du Soleil (Circus of the Sun). The Cirque de Soleil is acrobats and animals and a host of other things that travels from city to city. My client travels in a truck which is his kitchen. He feeds 120 people twice a day with an international menu with no repeats. Since these people are effectively athletes, he can not use butter or cream (nothing with high fat content). He has to come up with all the menus, buy the food locally in each city, and direct his team of five chefs to prepare the meals. Better him than me.

But I like meeting these interesting people and learning about them. And they seem to really like my work. I just wish they would find me before they are on their last day here.

Caring Palms Announces New Class

Caring Palms is pleased to announce **Body Mechanics for Massage Therapists**, a new class in its continuing education series. This class is 12 CEUs (continuing education credits) for Florida Massage Therapists.

Body Mechanics for Massage Therapists was created to reconnect the massage therapist with proper body mechanics and techniques showing how to work without hurting oneself and how to apply deep pressure with little effort. The class being part lecture, part hands-on practice takes stances, centering, and the proper use of body strength from martial arts and applies them to the art of massage. The student will learn how to focus their energies and use their body to do deep work and not get hurt. This class will help anyone to work deeply with less effort no matter if one is 90 pounds or 250 pounds. This class is for the seasoned therapist or the new therapist. It will show moves everyone does, but in a new light as well as moves many people may not have seen before. The idea is not to dictate how to practice, but to show better body mechanics which the therapist can adapt to what they do. This is true whether they adapt all of it or just part of it.

For more information, see the website under Continuing Education. Also see the current class schedule below.

Body Mechanics 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:

- June 27th - June 28th (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm) **Confirmed**
At the Hampton Inn at Jacksonville Beach, FL [Hotel Details](#)
- August 15th - August 16th (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)
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

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

- June 13 (Saturday) 11am - 5pm **Closed**
- July 25 (Saturday) 11am - 5pm **Confirmed**
- August 1 (Saturday) 11am - 5pm **Confirmed**

- September 12 (Saturday) 11am - 5pm
- October 10 (Saturday) 11am - 5pm
- November 14 (Saturday) 11am - 5pm

Reiki 2

- May 2 (Saturday) 11am - 5pm **Confirmed**
- August 8 (Saturday) 11am - 5pm **Confirmed**

Reiki 3

- June 6 (Saturday) 11am - 5pm **Confirmed**
- 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

Myofascial Release

Myofascial Release (MFR) is a style of massage / physical therapy that takes a whole body "hands-on" approach to the evaluation and treatment of the human structure. The goal is to help return the body's capacity to adapt, by restoring three-dimensional balance. What this means is that it works on realigning the body to its proper shape through manipulation of connective tissue (fascia).

Every part in the body is connected by fascia. The organs don't just hang there in open space. There is connective tissue surrounding everything holding them in place. Throughout life, one's body takes a lot of punishment, or trauma. We fall down. We get in accidents. We have surgery. All these things affect the fascia. You see, the fascia is normally a nice, soft, rubbery substance that gives when we move. But through trauma, this pliable substance can become hard and constricting. When this happens, the body's alignment changes. We feel pain, and a host of other problems crop up. (A good example of constricted fascia is carpal tunnel syndrome. This is where the fascia in the wrist becomes hard and painful. The normal response is to have surgery which cuts out the constricted fascia, but it also leaves scar tissue which later causes more constricted fascia.)

[read more](#)

The following article by William Lee Rand was sent to Caring Palms as a link. The original article resides on his website, www.Reiki.org, the site of the International Center for Reiki Training. It is being published here without permission, but it was felt that it would be better to show the whole article here where people could read it immediately, rather than link to it.

A Response to the Bishops' Statement on Reiki

by William Lee Rand

On March 25, 2009, U.S. Catholic bishops issued a statement advising Catholic hospitals, health care facilities, and Catholic chaplains not to support the use of Reiki sessions. The statement was issued by The Committee on Doctrine, United States Conference of Catholic Bishops and titled: "Guidelines for Evaluating Reiki as Alternative Therapy."

The statement was based on research the committee had done over a period of several months involving information found on the Internet and in Reiki books. Based on these sources, they concluded that Reiki came from Buddhist texts and has a religious basis; that Reiki healing energy is directed by human thought and will; that Reiki is not validated by scientific studies and has no scientific explanation, and that Reiki is not accepted by the medical community.

When considering the value of the bishops' statement, it's important to note the sources they accessed. Much of their research came from information published on Internet Web sites. Overall, the Internet isn't a good source of factual information because there is no requirement that information published there be checked or approved for accuracy. Anyone can set up a Web site and publish anything they wish. What often happens is that authors of sites copy from each other, so if inaccurate information is published on one site, it can easily spread to many sites across the Internet. If one makes use of the Internet for research, one must use a developed set of selection criteria that limits one to only the most respected and reputable Web sites. Otherwise, one runs the risk of accepting rumor and misinformation as fact.

This is especially true for Reiki Web sites. Reiki information has been riddled with inaccurate ideas from the beginning of its practice in the West. Many Reiki practitioners, teachers and authors fail to check the accuracy of the information they base their teaching and writing on, and this has had a detrimental effect on the quality of information published both on the Internet and in Reiki books.

The best information on Reiki comes from those who have researched the history and practice of Reiki professionally by conducting research in Japan, reading original documents, and interviewing members of the founding Reiki organization in Japan. If the bishops who wrote the statement on Reiki had interviewed several of these experts, they would have realized that much of the published information on Reiki is inaccurate, and they would have had accurate, verifiable information on which to base their conclusions.

Origin of Reiki

One of the stories told by Mrs. Takata about the origin of Reiki indicates that the founder, Mikao Usui discovered the secret of Reiki in Buddhist texts.¹ This story has been repeated over and over in Reiki classes, on Internet Web sites and in many Reiki books. Yet we know this isn't true. For many years, Mrs. Takata was the only source of information about Reiki for those in the West, and most practitioners accepted her statements without question. Language, cultural, and organizational barriers in Japan made research difficult for those who wanted to learn more about the origins and practice of Reiki. It wasn't until the end of the 90's that a few researchers were able to make breakthroughs.

Researchers, including Toshitaka Mochizuki, Hiroshi Doi and Frank Arjava Petter, made contact with the original Reiki organization, discovered Mikao Usui's grave, translated the story of Reiki inscribed on his memorial stone, and uncovered an original document written by Mikao Usui about the nature of Reiki. These sources indicate that Mikao Usui wasn't seeking to discover a method of healing, but that the ability to heal came to him spontaneously during a spiritual experience on a sacred mountain. Furthermore, in his *Reiki Ryoho Hikkei* (Reiki Healing Art Handbook), Mikao Usui states: "My Usui Reiki Ryoho (healing art) is original, never before explored, and incomparable in the world." These facts indicate that Reiki couldn't have come from Buddhist texts, nor could it be connected to any religion or belief system. In addition, Japanese Reiki Masters who have knowledge of Buddhism have indicated that they can find nothing from Buddhism in the practice of Reiki and that Reiki is religiously neutral.²

The Nature of Reiki Healing

One of the first things I noticed after I took my first Reiki class and began to practice Reiki is that Reiki healing energy directs itself. I was unable to direct it with my mind or will and realized this wasn't necessary as Reiki had its own form of guidance that was superior to my own. This experience has been verified by other professional Reiki practitioners and forms the basis of one of the important keys to using Reiki: If you want Reiki to provide the best healing experience, it's necessary for the practitioner to set their own desire, will and ego aside, and allow the Reiki energy to guide itself.

Scientific Explanation for Reiki

There is a scientific explanation for Reiki that is based on scientific studies and factual information. This explanation has been presented as a testable hypothesis by James Oschman, Ph.D.

Dr. Oschman is a scientist with a conventional background who became interested in the practice of energy medicine. Through research, he discovered a number of important scientific studies that point to a scientific basis for energy medicine based on the laws of physics and biology. These findings are discussed in an interview, "Science and the Human Energy Field," published in the Winter 2002 issue of Reiki News Magazine.

The electrical currents that run through every part of the human body provide the basis for Dr. Oschman's hypothesis. These currents are present in the nervous system, organs, and cells of the body. For instance, the electrical signals that trigger the heartbeat travel throughout all the tissues of the body and can be detected anywhere on the body.

Ampere's law indicates that when an electrical current flows through a conductor, an electromagnetic field is produced that reflects the nature of the current that created it. Tests with scientific instruments indicate that electromagnetic fields exist around the body and around each of the organs of the body, including the brain, heart, kidneys, liver, stomach, etc. The heart has the strongest field, which has been measured at a distance of 15 feet from the body.

The fields around each of the organs pulse at different frequencies and stay within a specific frequency range when they are healthy, but move out of this range when they are unhealthy. The hands of healers produce pulsing electromagnetic fields when they are in the process of healing, whereas the hands of non-healer do not produce these fields. When a healer places his or her hands on or near a person in need of healing, the electromagnetic field of the healer's hands sweeps through a range of frequencies based on the needs of the part of the body being treated. Faraday's law indicates that one electromagnetic field can induce currents into a nearby conductor and through this process, induce a similar field around it. In this way, a healer induces a healthy electromagnetic field around an unhealthy organ, thus inducing a healthy state in the organ. A detailed explanation of this hypothesis, including descriptions of the scientific studies, diagrams, and references is presented in the interview mentioned above.

Acceptance by the Medical Community

Although Reiki is not universally accepted within the medical community, many medical professionals, hospitals, and healthcare facilities recognize its benefits and accept it as an adjunct therapy. In *Holistic Nursing, A Handbook for Practice*, Chapter 2 "Scope and Standards of Practice," the American Holistic Nursing Association

(AHNA) lists Reiki as an accepted form of treatment.³ In addition, according to the American Hospital Association, in 2007 Reiki was offered as a standard part of patient care in 15% or over 800 hospitals across the US.⁴ Doctors have recommended Reiki to their patients for amelioration of various health-related conditions. Surgeons make use of Reiki practitioners prior to, during, and following surgery. As an example, Dr. Mehmet Oz, one of the most respected cardiovascular surgeons in the US, uses Reiki during open-heart surgeries and heart transplants. According to Dr. Oz, "Reiki has become a sought-after healing art among patients and mainstream medical professionals."⁵

Ethical Implications

To refuse Reiki treatment to patients that request it creates an ethical issue. According to the AHNA statement in response to the bishops' statement, the practice of holistic nursing is not subject to regulation by the Catholic church and it would be an ethical violation for a member of the AHNA to withhold Reiki treatment from a patient who requests it; this includes those working in Catholic hospitals.

Scientific Studies

There are a number of reputable scientific studies that provide evidence that Reiki is therapeutic. These studies can be found by using one of the professional medical databases such as PubMed or Cochrane Collection.⁶ Studies meeting medical and scientific standards are usually published in peer-reviewed journals. There are over 20 such studies on the therapeutic value of Reiki. A review of some of these studies, "An Integrative Review of Reiki Touch Therapy Research" by Anne Vitale, Ph. D., can be found at <http://www.nursingcenter.com/pdf.asp?AID=732068>. While the Reiki studies conducted to date are preliminary in nature, they do provide support for additional studies.

One well-designed Reiki study is "Autonomic Nervous-System-Changes During Reiki Treatment: A Preliminary Study."⁷ Forty-five subjects were assigned randomly to three groups. One group received no treatment, another received Reiki treatment by experienced Reiki practitioners, and the third group received sham treatment by a person with no Reiki training who used the same hand positions as those receiving real Reiki.

Measurements were made of heart rate, cardiac vagal tone, blood pressure, cardiac sensitivity to baroreflex, and breathing. Heart rate and diastolic blood pressure decreased significantly for those receiving Reiki, but not for those receiving sham Reiki, or no treatment. This study indicates that the body does respond to Reiki energy and that this response isn't purely psychological. It also indicates a potential therapeutic effect for Reiki.

"Reiki Improves Heart Rate Homeostasis in Laboratory Rats"⁸ is another valuable study. The value of using animals in this type of study is that they are not affected by belief or skepticism regarding Reiki. In addition, highly accurate telemetric implants were used to

transmit the biometric data. White noise was used to increase the heart rate of three implanted laboratory rats. The rats were treated by a Reiki practitioner and by a sham Reiki practitioner prior to being exposed to white noise and after exposure. The procedure involved the practitioner directing their hands toward the caged rat at a distance of four feet. The rats that received Reiki experienced a significant reduction in heart rate, both before having their heart rates elevated by white noise and after, whereas those treated with sham Reiki did not. This is one of the most rigorous Reiki studies to date and demonstrates that Reiki reduces the heart rate in both stressed and unstressed animals and promotes homeostasis, both of which promote healthy heart function.

Reiki is practiced by followers of many religious traditions. Although some practitioners integrate Reiki into their existing religious beliefs, Reiki is not a religion, doctrine, or dogma. Reiki is grounded in the principle of compassionate action, which is common to all religious traditions. While each religion has the right to create its own rules, it's within the nature of human dignity and free will for each person to decide which path to follow and what activities are appropriate for them.

1 Paul David Mitchell, *The Blue Book*, revised edition for The Reiki Alliance (Coeur d'Alene, Idaho: 1985), page 13.

2 Personal communication with Japanese Reiki practitioners Hiroshi Doi and Hyakuten Inamoto.

3 page 56.

4 http://www.usatoday.com/news/health/2008-09-14-alternative-therapies_N.htm and www.reikiinhospitals.org

5 http://healthcare-research.suite101.com/article.cfm/reiki_in_hospitals

6 <http://www.pubmedcentral.nih.gov/> PubMed is the U.S. National Institutes of Health (NIH) free digital archive of biomedical and life sciences journal literature. <http://www.lib.umb.edu/node/1353> The Cochrane Collection provides access to a collection of databases, which focus on the effects of health care and evidence based medical practice.

7 Nicole Mackay, M.Sc., Stig Hansen, Ph.D., and Oona McFarlane, M.A., *The Journal of Alternative and Complementary Medicine*, Volume 10, Number 6, 2004, pp. 1077-1081. This study is also discussed in "The Science of Reiki" by Nicole Mackay, *Reiki News Magazine* (Summer 2005).

8 Ann Linda Baldwin, Ph.D, Christina Wagers, and Gary E. Schwartz, Ph.D., *The Journal of Alternative and Complementary Medicine*, Volume 14, Number 4, 2008, pp. 417-422.

William Lee Rand is president of the International Center for Reiki Training and executive editor of the *Reiki News Magazine*. He has studied with five Reiki teachers, including two from Japan, and has made three trips to Japan to research the history and nature of Reiki. Rand has practiced Reiki since 1981 and has taught full time for 20

years.

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
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