



# Caring Palms Massage and Reiki Newsletter

March 2009

## Greetings!

### In This Issue

[Lisa Oz](#)

[H Magazine](#)

[Modality of the Month](#)

[Reiki Class Schedule](#)

[East Meets West?](#)

[You Have Questions?](#)

### Quick Links

[The Caring Palms Website](#)

### Join our list

[Join Our Mailing List!](#)

Welcome to the March issue of the Caring Palms newsletter. This month, we have a Reiki class schedule with a Reiki 3 class scheduled and an article for you.

I hope you like what we have here.

### Lisa Oz to Talk in Jacksonville

Lisa Oz will be speaking at the Hyatt on April 16th about holistic living and energies. Lisa is a very spiritual person and a Reiki master. She is the wife of Doctor Mehmet Oz (yes, that Dr. Oz from Oprah).

I was called by the Florida Times-Union because I am a Reiki master, and they wanted to know a little bit about it. I did not know anything about Lisa until then, but I had read a book with a connection.

An energy worker, psychic intuitive Julie Motz wrote a book titled "Hands of Life" which described her efforts to explore energy in the realm of modern medicine. She had gotten grants from a university and convinced doctors to let her in the operating room during surgeries. She told of the things she could feel during organ transplants and mastectomies. Later on, she went into a type of counseling where she would help prepare people for these types of operations through meditation. One of the doctors that had her in the operating room was Dr. Oz.

I expect Lisa's talk will be interesting. I do not know if it is open to the public, but you could call the Hyatt and find out if you were interested in being there. Lisa's biography (taken from the web) follows.

Lisa Oz is a producer, writer, actress, and frequent co-host of The Dr. Oz Show on Oprah & Friends' XM radio telecast. Lisa has co-authored three New York Times best selling books, including the "YOU: The Owner's Manual" series. She is President of Ozworks

LLC, a media and investment consulting company that she founded, and directs Pine Room Pictures, a production company specializing in family friendly media. Lisa Oz was born July 20, 1963 in Philadelphia, PA and received her undergraduate degree from Bryn Mawr College (1985), where she was the award winning captain of her college tennis team. She attended Columbia University's Union Theological Seminary and has written on and maintains a passion for the spiritual studies. Lisa is a Reiki Master and has spoken widely of her insights into energy and health. She lives in Cliffside Park, NJ with her husband Mehmet of 22 years and their 4 children, Daphne (21), Arabella (16), Zoe (12), and Oliver (7).

## H Magazine

As part of Lisa Oz coming to town, the editor of the Florida Times-Union's H Magazine was referred to Caring Palms to ask about Reiki and to see if they could send a photographer out. Since Lisa (who is a Reiki master) does not have a practice, they felt it would be a good idea to show a local practitioner doing Reiki to go along with their interview with her.



The photographer took several pictures of Brian performing Reiki on a volunteer. The Lisa Oz interview along with Brian's picture should be in the April issue. H Magazine is a free publication and is available at places like Walgreens and CVS as well as other businesses.

## Modality of the Month

### Trigger Point Therapy

A trigger point is a very sore spot located in a tight muscle. Not only is it sore at its location, it also refers (causes) pain in a predictable pattern to other areas. When one comes to Caring Palms with chronic (ongoing) pain that nothing seems to relieve, we will usually suspect trigger points.

Remember the story of the princess and the pea? Well, think of the mattresses as muscle fibers and the pea as the trigger point. Yes, it's usually that small and yes, it can cause that much discomfort. Because of their small size, we rely on your feedback as to whether something hurts, how much, and does it hurt anywhere else.

[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

靈氣

'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:

#### Reiki 1

- February 28 (Saturday) 11am - 5pm **Confirmed**
- March 28 (Saturday) 11am - 5pm
- April 25 (Saturday) 11am - 5pm
- May 23 (Saturday) 11am - 5pm
- June 27 (Saturday) 11am - 5pm

#### Reiki 3

- March 14 (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'.

#### East Meets West (or Should)

by Brian Dean

I have been saying for years that eastern medicine and western medicine need to come together. I think the most important part of that is that western medicine needs to look at eastern techniques and accept them, or at least study them so there is an understanding of what they are and can do.

Right now, there is a general acceptance of acupuncture (which is an ancient healing art). This was not true many years ago. In the 60s when we first saw acupuncture, we all just felt that it was crazy. We saw surgeons doing operations and using acupuncture to block nerves and eliminate pain instead of anesthesia and we did not believe it.

Over the past 30 - 40 years, acupuncture has grown to where it is accepted by most medical professionals. Many people still have their doubts, but for the most part, it is an accepted practice with proven results. But why stop there?

There are a lot of CAM (Complimentary Alternative Medicine) modalities out there. But they are being overlooked in a strange turf war between medical professionals and holistic healers. Many states are either working on, or fighting legislation that will allow people who practice CAM modalities to practice without having to

have a medical license.

Part of the problem comes down to the doctors that have been trained to believe certain things and not accept anything other than what is in the textbooks which they take as scientific proof. You see, what is in the textbooks works, therefore it is proven fact. However, this line of thought does not take into consideration that even with specific medical procedures and diagnoses and medications, the same result does not occur all of the time. They work most of the time. If you take an aspirin, it will most likely get rid of your headache, but there are times when it will not. That is why medicine is called a practice. With all the scientific specifications and procedures around it, there is a good amount of times when it does not work. It is not like putting batteries in a flashlight and having the light come on (as long as the bulb is good and the batteries have power). There are times when it is hit or miss.

CAM modalities are the same way. And that includes energy work like Reiki. Sometimes what Reiki does is miraculous. Other times it is not. But it seems to work more times than not, just as modern, scientific medicine. the same can be said of many CAM modalities such as Reflexology, Color Therapy, or Aromatherapy as well as a host of other energy methods.

Because of the growing popularity of Reiki, some medical practitioners are starting to look into it as something that will help what they are doing. They see the benefits to their patients with it assisting the treatments they are prescribing. After all, no Reiki master with any brains is going to tell a client not to get proper medical care. After all Reiki is complimentary. Sometimes it can fix problems completely. But many times it will help a person going through medical care like chemotherapy.

Unfortunately, all too many doctors will tell their patients not to seek alternative means as they don't work. This is because they do not understand them, and do not want to understand them. They know their niche in things and are happy with that. But breakthroughs in the medical field were not made by people happy with what they have. They were made by people willing to open their minds to other things, to explore, to test.

We are getting so locked into 'my turf' and 'your turf' that we are overlooking the benefits that can be gained by combining both practices. Because of Reiki's growing popularity, many massage boards are stating that Reiki practitioners have to be massage therapists simply because we touch our subjects. (All too many massage books that would not mention energy work 15 years ago because it was too 'out there' now include it as part of massage training.) In Florida, the Board of Health claims that one has to be a doctor to do such things as aromatherapy. (And how many doctors

do you really think will do aromatherapy?)

Meanwhile, the one's that lose the most from this fight are the people seeking care. All too often, it is a combination of types of treatments that help someone out of their problems. Hopefully soon, these two sides will wise up and see that both offer something important and that by combining them, the quality of healthcare will improve dramatically.

### 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