



# Caring Palms Massage and Reiki Newsletter

September 2009

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## Greetings!

Welcome to the September issue of the Caring Palms newsletter. This month we have a Reiki 1 class scheduled and other information.

I hope you like what we have here.

## Labor Day

Caring Palms will be closed Monday, September 7th for the Labor Day holiday. The studio will reopen Tuesday, September 8th at the normal hours.

## Classes, Classes, and More Classes, and Yet More Classes

Thanks to the massage license period that just ended on the 31st, and a change in the laws requiring the massage portion of the continuing education hours to be in a classroom, Caring Palms has taught a record number of students. Since the beginning of the year, there have been 54 Reiki 1 students, 26 Reiki 2 students, 4 Reiki 3 students, and 8 students for the Body Mechanics classes. And 48 of those 92 students took class in August.



Though not all of these people are massage therapists, the majority of them are, and all too many waited to the last minute to get their CEUs (continuing education hours). Part of the reason for the last minute rush was because of the economy. People just have not had the money, but faced with the prospect of not being able to work after August, they came up with it. A couple told the story of having taken someone else's massage class to find that it was categorized incorrectly. It was not listed as massage and the people that teach it are not doing anything to get it changed. So, they ended up taking my Reiki classes to get their hours.

Caring Palms has bent over backwards to accommodate as many people as we could. When people couldn't make the existing class dates, we created more classes. When the need was greater than

the studio capacity, we convinced the landlord to let us use an empty office at the other end of the building. And although this office had its challenges with having to move chairs, tables, music, and other things from the studio each class, it gave us the opportunity to teach a larger number of people. (The fun part was watching the temperature go up as we did the energy work. It would start out at 70 degrees in the morning and end up at 84 by the end of the day.)

August has definitely been a busy month. But classes will continue and are scheduled through November. They just probably won't be as full. (One of the classes had 12 students while another had 15.)

Caring Palms wants to thank some people for helping during the large number of classes we had. We want to thank Cathy for being part of the Body Mechanics test class which helped define the class. We also want to thank Alicia for evening out the first Body Mechanics class.

We want to thank the landlord for making available the empty office at the other end of the building.

Caring Palms also wants to thank Heather and BJ. Heather helped with the 15 student Reiki 2 class, but also helped cart chairs, tables, and anything else that needed to be moved to and from the empty office we used as a classroom. BJ also helped doing the same for that class and two others. Without their help, it would have been a huge mess no matter how organized it was.

And finally, Caring Palms wants to thank all the students that took the classes and put up with the less than ideal conditions. Without you, it would not have happened.

## **Back to School**

Now that the kids are back in school, it is time to do something for yourself. It is time to get some needed work and relaxation. Caring Palms has many styles of massage available for relaxation as well as working out any problems you may have from the summer. We also have Reiki healing energy to help any problem you might have.

This could also be a good time to improve yourself by taking classes on a wide range of things from meditation to Reiki to massage. Caring Palms offers classes in energy and meditation. We also offer classes for couples to learn to do massage on themselves. (A complete list of classes is available on the Reiki side of the website under Class Pricing.)

So whether you need relaxation or want to improve yourself, Caring Palms is the place to look. Check out the website, or call us today.

## 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:

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### Reiki 1

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

### Reiki 2

- A Reiki 2 class will be scheduled before the end of the year

### Reiki 3

- A Reiki 3 class will be scheduled before the end of the year

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'.

## 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."

So, what is the difference between Lomi Lomi and any other massage? That is a difficult question to answer. Clients have said, "It's as if you are right inside of my muscles and you know exactly where to go and how deep to go." "The pressure points melt, your hands and elbows feel strong and loving as if they are guided." I don't know how elbows and forearms can feel loving, but that is what clients say! Lomi Lomi feels like many different techniques put into one flowing system. It has a rhythm and flow that is soothing and feels complete.

[read more](#)

### Body Mechanics Classes Went Well

During the month of August, Caring Palms held its second class on Body Mechanics for Massage Therapists. Although the class did not sell as well as hoped for, we still had four students looking to improve their massage skills. Because of the small class, we were able to hold it at the studio without too much difficulty.

The two classes of this type that were taught (one in June, one in August) were definitely a learning experience, and not just for the students. We found things that worked, and things that did not work as well as hoped for.

One of the things discovered was that most students have never been taught forearm work. This is taught as part of this class because it takes some of the wear and tear off of the hands and fingers. Although some had had some training with the concept, this was completely new to most students, and because of that took more time to learn.

In one of the classes, two of the students had been practicing for years, and had been hurting themselves for years. It was a challenge for them to drop their old habits and relearn how to move with their body.

Most of the students liked the advanced moves that come from Hawaiian Lomi, Esalen, and the teacher's experience. They found that they like how easy it is to get deeply into someone with much less effort.

In each class one thing was seen. Students need more time to practice what is being taught. While the concepts of the class should not be new (provided whatever school they went to bothered

to teach them properly), it has been taking a long time for the students to assimilate the material.

Right now, there are no more Body Mechanics classes scheduled this year. During the next few months, this class is going to be looked at and redefined. The first change will be to increase the number of hours, maybe offer it over three days instead of two. Some of the moves might be extended, while others might be dropped. New material might be added keeping in mind the time constraints.

Look for this redefined class to be offered some time next year.

## Editorial

by Brian Dean

What is it about people and lifestyles? Why is it that anything different is wrong? Aren't we all different? Why should we all be the same?

I had a student in my class this month that was 'different'. She follows an alternate lifestyle. Does it harm people? No.

At the beginning of each Reiki 1 class, I go around the room and have each student introduce themselves and tell a little bit about who they are. One of my students told us that she was a vampire. Now, first off, it was daylight. Secondly, I know one of the other students was wearing a crucifix. And thirdly, this student was wearing jewelry that was silver. Ok, so she is not a creature of the night bitten by another creature ages ago and looking to drink everyone's blood.

Now, I don't know a lot about this lifestyle. I do remember there being a reality series on the SciFi channel some years ago where the residents of the castle (contestants) had to experience each of the four lifestyles represented by the four people judging them. The contestants would go through challenges to be able to score points and stay. Each week, one was asked to leave the castle (the equivalent of getting booted of the island).

Of these four people (if I remember correctly) one was a Goth, one was a nudist, and one was a vampire. And while this vampire had the contestants do some strange things including drinking blood (it was not known to be human), he for the most part was harmless.

My student follows this same lifestyle. She does not harm people. She is a healer. In her description, she talked about the healing work she does, and a lot of it was true empathy where she would pull the problem from someone else inside of her, make it her own, and then get rid of it.

But she has great energies. Now, I know her talking about herself made some of the other students uncomfortable, but her energies did not.

My helper, BJ, made the comment that it was going to be a long day, and this student's response was "we'll see." When I heard about this, I asked and was very surprised at the answer. Apparently, she has tried to take Reiki before, THREE TIMES. In each case, after she told about who she is, she was asked to leave, THREE TIMES. I was shocked. Here was this person with good energies, and a talented healer, and she was asked to leave for wanting to learn more energy healing. Wow. Needless to say, I did not ask her to leave.

There are tons of alternate lifestyles. Some are not too strange, and some are really bizarre. There are people that like Goth and they dress up in black and use black nail polish. There are people that are into whips and chains and bondage and like to have control taken from them while others like to be in control. Then there are groups like the Star Trek fans, or Trekkies. (Years ago, I used to go to Star Trek conventions and would consider myself a Trekkie. Now, I'm just a Science Fiction fan as I always have been.)

So what makes one different from the other? None of these people hurt other people, at least not without mutual consent. They are not nut cases running around the streets looking for helpless prey. In each case, there is a psychological need that is being fulfilled whether it is to dress up like Captain Kirk or to be tied up and flogged. And in each case, this is done between consenting adults. No one is going out and kidnapping people to beat them up and drink their blood. Yes, there are some whackos (and yes, that's a technical term) that do this, but it is not because they belong to a lifestyle. It is because they are whackos.

And another thing I have found is that many of the people that choose some type of alternative lifestyle do it for a reason, and they do it after careful consideration. For the most part, they seem to have a little above average intelligence (yes, even the Trekkies, or at least a good percentage of them).

These lifestyle people have their terms for 'normal' people too. In some circles normal people are referred to as vanilla, being all the same, not having any flavor. The science fiction people refer to normals as mundanes as they don't have the imagination to think outside the box (or in this case the starship). There is a saying that reality is for people that can't handle science fiction. But what is normal? One person's normal is not the same as another's.

But the point is that these are just people with a different point of view. Why are we afraid of those that live differently, or have a different religions (non-Christian)? Why can't we just accept people

for people? When we don't, we miss out on a lot of good energy.

Caring Palms does not care what your lifestyle is. We are not here to judge you. If you are a person in need of healing, we are here for you.

### 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  
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