



Caring Palms Massage and Reiki Newsletter

April 2010

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Greetings!

Welcome to the April issue of the Caring Palms newsletter. This month we have two Reiki classes scheduled and a couple articles for you.

I hope you like what we have here.

Spring Time

As spring begins to happen, it is time to get out and do things outside again. Most of us go out and do yard work. We mow the lawn, or plant trees and bushes and flowers. And we also put our bodies through some things that it has not been through in many months, and our bodies let us know with aches and pains. As you make plans to work outside, also make plans to take care of yourself as you do it. Wear sunscreen. Lift properly. Work in moderation. And after you have ignored most of that, come in and get some needed bodywork or energy work to put in place what you have knocked out of whack. You will feel better for it.



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

- March 13 (Saturday) 11am - 5pm
- April 10 (Saturday) 11am - 5pm **Confirmed**

- May 8 (Saturday) 11am - 5pm **Confirmed**
- June 12 (Saturday) 11am - 5pm

Reiki 2

- April 24, 2010 (Saturday) 11am - 5pm **Confirmed**

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

Deep Tissue Massage

One of the most requested styles of massage is Deep Tissue. It almost seems that everyone wants very deep work on their muscles, but that is not what they want at all. Most people just want to feel their massage. The best place to start is to define Deep Tissue massage.

When muscles become very tight and stiff, they need lots of pressure to get them to loosen up and stretch. Deep Tissue is that added pressure that gets way down into the belly of the muscle to get it to relax. Many times this can be painful depending on how deep the therapist goes, but all too often, that is what is required for someone to feel better.

[read more](#)

Making A Difference

by **Brian Dean**

It's a great satisfaction knowing that for a brief point in time you made a difference.

Every year about this time, I start looking back at what I have done with my life and wondering if I have value, if I'm a success. The question is how you measure success, and what you give value to. Well, first off, I'm not rich and I'm not famous, not that I've ever give a lot of credence to either of those things (although not having to worry about an income would certainly be nice). So, am I a success? I don't think I'm still sure about this one. I get by. I'm not out there changing the world, or if I am, I'm doing it in real small increments (as in one body at a time).

So the next questions is... do I have value? Sometimes it sure seems like I don't. I am earning no income. Eventually, I expect my practice will pick up to the point that I actually start bringing home money instead of siphoning it from the home to the company. Up until a few years ago, when my wife changed jobs, I had the bigger income. It is very daunting to go from having a good income, and being able to take some of the pressure off my wife to not being able to be any support whatsoever. This is what really haunts me on the days when I sit at the shop and do nothing because there is no business.

Other than income, do I have value? I think I do. I'm supportive to family and friends, at least most of the time. I am a sounding board, a booster, a teacher.

The final question is... do I make a difference? This I believe I do, either in the people I have helped in the past, or the ones that come to me now. I used to be able to say that I could count at least six people that I have helped over various hurdles in their lives. My being there, having the right things to say, or the right gifts to use, made a big difference. A lot of what I do now is to help people, and for them I do make a difference.

So yes, I guess I am a success because I have value, and I make a difference, even though it may be a small one. And yes, that does bring satisfaction. To know that no matter how small, or for what period of time, I do make a difference, that is a good feeling.

How do you rate your life?

All Roads Lead to... Me?

by Brian Dean

I'm sure you've heard the saying "All roads lead to Rome". I am starting to think if not all roads, many roads to Reiki seem to lead to me.

I got a call from someone that learned Reiki 1 from a former student of mine. She was wanting to take Reiki 2 from me. Normally I don't let people take the upper levels without taking Reiki 1 from me

because no one teaches the same stuff I do. But, after talking with her, and hearing what she learned, I decided to let her go straight to level two.

But in talking with her she was telling me that everywhere she turned looking for the next class, she came up with my name. Now, I know I have taught a lot of students over the past 10 years or so, but I really never imagined that someone would constantly turn up my name when they talk to people about learning Reiki. I mean she literally talked with several people about either taking class from them or asking who they would recommend to teach. Those she asked about teaching, she asked who taught them. In each case, my name came up. So, she decided to go to the source.

Interesting. I never thought that I had taught so many people that I would be the one most people would mention when asked about Reiki. Wow. This really does surprise me.

Caring Palms Promise

At Caring Palms, we pledge to do the best work we can at every session. We not only do this to continue to earn your business, but because we believe that you deserve the best care possible every time you are here. This is true whether it is massage, or energy work, or classes. This is our promise. This is what we will continue to do.

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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