



# Caring Palms Massage and Reiki Newsletter

August 2010

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## Greetings!

Welcome to the August issue of the Caring Palms newsletter. This month we have a Reiki class scheduled with classes scheduled through the end of the year and an article for you.

I hope you like what we have here.

## Labor Day

Caring Palms will be closed Monday, September 6th for the Labor Day holiday. Caring Palms will reopen at the regular hours on Tuesday September 7th. We hope everyone has a safe and happy holiday.



## 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.)

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**Special Note:** If you are looking at taking the Reiki 2 class in September and the Reiki 3 class in October, you must have taken Caring Palms Reiki 1 either in the past, on August 14th, or September 11th.

The current schedule is as follows:

### Reiki 1

- August 14 (Saturday) 11am - 5pm
- September 11 (Saturday) 11am - 5pm
- October 9 (Saturday) 11am - 5pm
- November 13 (Saturday) 11am - 5pm

## Reiki 2

- September 25, 2010 (Saturday) 11am - 5pm

## Reiki 3

- October 30 (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 canceled. All class statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'.

Each Reiki class is six (6) CEUs from Florida massage therapists.

## Modality of the Month

### Hot Stone

Hot Stone massage is a unique style where heated rocks are moved over the body allowing the heat to sink into the muscles. Although deep work is not usually done with Hot Stone, the heat penetrates to make the muscles relax and feel better.

There are several types of Hot Stone massage and like other massage styles, these change with each therapist that does the work. Probably the most known style is called La Stone which was based on the types of massage done by native American Indians. They used hot and cold stones to create a relaxing experience. Marie Hannigan took this information and created La Stone from it as she was hurting her hands doing a lot of deep tissue work. With the stone, it gave her a tool to go deeply with while the heat penetrated and softened the muscles.

[read more](#)

## Massage and Pain

by Brian Dean

We know that massage can help relieve various pains that one might have. It can help pulled or tight muscles, help sore backs, even relieve problems from some types of chronic pain illnesses. But what I hear a lot of is that many people don't get massage because it hurts.

Now, there are a lot of variables here. What type of massage did

you get? What types of problems were you having at the time? Who did the work and how much pressure did they use? Did you ask them to change anything and did they listen to you? Were you sore after the work? Did it relieve problems you were having or create new ones? All these things combine to make a good massage session or a bad one.

First off, people get massage for many reasons from relaxation to pain relief. If one is going for a relaxation massage, it should not hurt. (Keep in mind there are some movements than can cause a little pain, but it is usually described as a good pain.) But for the most part, any relaxation massage should not hurt. If the therapist is using too much pressure, ask them to back off. Remember, you have control over what happens here. Pressure can always be changed from heavy to light or the reverse. And you must also remember that you can get a firm massage without getting a killer-deep massage.

I have heard too many horror stories of people that told the therapist that was working on them to ease off on the pressure, and that person did not listen. These people stayed on the table and let the therapist hurt them. If a therapist does not listen to you, and is hurting you because they will not ease off on the pressure, tell them to stop and then leave. There is no point in getting hurt because you feel you should fill the entire session. If it is too painful, and the therapist does not listen, leave.

When you are a client on that table, you are the one in control. You just have to remember that and speak up when changes need to be made. I tell my clients when they come to me for the first time to tell me if the pressure is too much or too little. I also tell them to let me know if I am hurting them (preferably without loud screaming). And I do listen and make changes accordingly.

Now for those people that are getting massage because they are already in pain from some issue, the session could hurt. Getting rid of pain could mean stretching muscles in or around the affected area, and it could hurt. But the idea is that once the muscles are stretched, they will be looser and less painful. But getting there could hurt a little. And you will never hear me say 'no pain, no gain'.

Depending on the style used to work on someone in pain, there could be different types of pain. For instance, Trigger Point Therapy uses pressure on a sore spot until the pain goes away. But the pressure will never be so much that it is intolerable. Lomi Lomi will use compressions to stretch muscles. Myofascial Release might cause burning sensations while it realigns the body.

Sometimes pain is necessary to relieve problems you might have. And if a therapist can not perform certain movements, they might not be able to work their best 'magic' and really fix someone. But anything they do will be within your tolerance and with your okay.

But once the session is over, you should start feeling better almost immediately. And remember to drink a lot of water afterwards as well. Massage causes a lot of garbage (in the form of lactic acid) to be kicked out of the muscles into the blood stream. Drinking water flushes this from your system. Drinking water helps you to not hurt.

So if you are in need, go get a massage. It will make you feel better.

## **Making Changes**

Someone told me something that makes sense yesterday... If we want change, we have to make it.

Most of us are dissatisfied with some things in our lives. Most of us want change. But most of us wait around for change to happen. We put the energies into wanting and hoping, but we actually need to put some into doing.

We are the impetus that creates change. If we put the effort into making changes, and changes will happen. That is something important to remember.

Don't just want change, make change.

## **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](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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