



Caring Palms Massage and Reiki Newsletter

February 2010

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Greetings!

Welcome to the February issue of the Caring Palms newsletter. This month we have two confirmed Reiki classes scheduled and an article for you.

I hope you like what we have here.

Reiki Classes

Last month saw a couple of wonderful Reiki classes.

At the beginning of the month, we had six students getting introduced to the Reiki method of healing. At



the end of the month, Caring Palms was host to seven new students and two returning students to the second level of Reiki. All in all, it was a great couple of classes with great people. It was educational beyond the class material as we learned what each student was about, and listened to the questions they asked. It was also fun with the interaction of all the students.

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

- February 13 (Saturday) 11am - 5pm **Confirmed**
- March 13 (Saturday) 11am - 5pm **Confirmed**
- April 10 (Saturday) 11am - 5pm
- May 8 (Saturday) 11am - 5pm

- June 12 (Saturday) 11am - 5pm

Reiki 3

- February 27, 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

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](#)

Caring Palms on Facebook

Caring Palms Massage and Reiki is now on Facebook. Become a fan. Get all the announcements of events and classes. Enter into the discussions. Talk with other fans. Just do a search for 'Caring Palms' and go to the page. From there, you add pictures, join discussions and become a fan.

In last month's news letter, we told about a new non-profit corporation called the Holistic Health Education Association, Inc. (HHEA). This group was formed to help educate people about alternative methods of healthcare so that when they have decisions to make about their health, they can do it knowing all the possibilities.

Education is important. More and more, people are going through problems and procedures that might have been solved with easier, gentler methods. For instance, Caring Palms heard a story of a 15 year old that suffered from Scoliosis, a curvature of the spine. The doctors convinced her parents that she needed surgery. They then went in and implanted rods on each side of her spine to keep it straight. (This is not the first time Caring Palms has seen this.)

The issue is that Caring Palms (and other healthcare providers from massage therapists to physical therapists) does a method called Myofascial Release (See this month's Modality of the Month) that can work on Scoliosis, in many cases correcting the problem. Now, that is not to say that it works on all cases, but it has been effective in many. At least trying that first would be better than immediately going into surgery.

The problem is that doctors are not aware of methods like this and how effective they can be. The other problem is that they make more money if they cut into people. More doctors would rather do surgery instead of referring to someone who would do something less painful.

The point is that it is up to the general public to educate themselves on other methods so they have all the facts when presented with situation. This gives them more options. That is the purpose of the HHEA, to educate people through their many members all of whom are holistic healthcare professionals.

Next month, we will be announcing the date of the first HHEA Health Fair.

Last month, Brian attended a mediumship seminar presented by the International Foundation for Spiritual Knowledge. The guest speaker/instructor was Eamon Downey from the Arthur Findley School in England.

Eamon was a very dynamic individual who had a different take on the subject. He introduced some new methods that most other teachers do not teach. His approach was fresh and special.

The first thing the group did was to learn how to 'sit in the power'. This started with a method to turn off one's mind. He had each student go into their mind and see what was there. Brian's first feeling was that he was standing on one side shouting "hello" and then hearing it echo from the other side. But as Eamon described it, all the students saw the light and heard the noise of activity that was going on in there. He had them each find the 'dimmer switch' there and turn it way down. After that, it was a means of focusing energies, and coming into the 'power'.

What was different was that Eamon was not looking to teach the class to be great mediums. He was looking to make them masters of energy. This was something that hit home for Brian as most of what he does is work with energies. Being able to control the energies is one of the biggest keys to communicating with the other side. Making the energies match perfectly is what allows mediums to communicate. When this works, information comes through.

After that, the class broke into groups of four (that he assigned) to read for others in the group. This was fairly successful.

The next day showed how a group could give a reading. One person was made as the key contact. Then after that person gave a few details, the energies were spread to the others. Each person was then able to fill in information to validate whom they had reached, and who this person was there for.

The last session of the day had the class split into pairs and giving readings to each other. The person Brian was paired with is a person (like him) that is hard to read. They each knew little of their

grandparents and other family members that have passed. While the person he was with had trouble reading for him, what he got was spot on. The information flowed and the validations kept on coming.

The two day seminar was wonderful and enlightening.

Caring Palms Now Offering Life Coaching Sessions

While the primary focus of Caring Palms has been massage and Reiki, Brian has been doing whatever he can to help people through difficult times, to help them calm, focus, set goals. It was brought to his attention that these are primarily the traits of a life coach.

According to Webster's...

Life coaching is a future-focused practice with the aim of helping clients determine and achieve personal goals. Life coaches use multiple methods that will help clients with the process of setting and reaching goals. Coaching is not targeted at psychological illness and coaches are neither therapists nor consultants.

This is what Brian has been doing. Many life coaches use an array of methods including hypnotism. While Brian is not a hypnotist, he does offer meditation as a way of getting to the inner self and making changes. Brian works intuitively to help find a person's needs, and point them in the right direction. It is the same intuition that guides him through massage sessions, finding what each person needs the most. His tools include meditation and energy work (including, but not limited to Reiki).

If you feel you have a need for something like this, call Caring Palms and set up an appointment.

Approaching Situations

by Brian Dean

Life is a series of situations. It is how we approach these situations that determines success or failure. These situations can be career related, social, personal, life threatening, or any other thing that might come along.

When approaching a situation, we can do many things, including walk away. Sometimes we don't have that option. Sometimes we face a no win situation where no matter what we do, we lose. Here are a few suggestions to think about when coming into a situation.

Notice Everything

Look around. What is there? What can you see? What is said? What piece leads to what else? Be a detective.

Sometimes the smallest detail can reveal an important key. Take stock in what you can see. It might be important. Do research. Know what there is to know.

Fortune Favors the Bold

Sometimes, just to enter into a situation takes bravery.

Some people would be afraid to attempt some things. They would walk away, and that might be an option. But in all too many cases, if you don't try, you will never succeed. Be brave. Don't let your fear get the best of you. Take a chance. Don't be afraid to be the explorer that crosses that ocean.

Expect the Unexpected

Never go into a situation expecting it to go one way only.

Look at all angles. What options are there? What else could happen other than what you want? This is something computer programmers do. They look at all possibilities including that one perfect situation where everything works out right. Don't be so focused on the one thing. Look at the possibilities.

Move Out of the Way

Don't go into a situation like a bull in a china shop. Walk through the aisles. Avoid obstacles. Get out of the way of things coming at you. In the martial art Aikido, they teach to get out of the way of attacks coming in rather than blocking them. Then it is possible to use the motion of the attack to overcome your opponent. Avoid these obstacles by stepping aside either physically or verbally.

So, what does all this say? When faced with a situation, you should take note of everything around you, then be bold and take that step.

But don't take it fool heartedly. Be prepared and expect other options. Then as you proceed, move out of the way of obstacles as you steer your way to your goal.

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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