



# Caring Palms Massage and Reiki Newsletter

January 2010

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## Greetings!

Welcome to the January issue of the Caring Palms newsletter. This is the first newsletter of the new year (and it is coming out late, go figure). This month we have two confirmed Reiki classes scheduled, some announcements and an article for you.

I hope you like what we have here.

## Thank You

This past year has been an interesting one for Caring Palms. While the economy has been bad, and all too many small business have closed, Caring Palms remains open and willing to help you when you need it.



Thanks to you, the clients, Caring Palms is still here. And although sessions have been down, changes in massage licensing regulations brought in a huge amount of students last year. The people that kept coming, and the students looking to learn new things have kept Caring Palms afloat.

And for that, we thank you.

## 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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- January 9, 2010 (Saturday) 11am - 5pm **Confirmed** (Note: one can take this class and then advance to the Reiki 2 class on January 30th.)
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- February 13 (Saturday) 11am - 5pm
- March 13 (Saturday) 11am - 5pm **Confirmed**
- April 10 (Saturday) 11am - 5pm
- May 8 (Saturday) 11am - 5pm
- June 12 (Saturday) 11am - 5pm

#### Reiki 2

- January 30, 2010 (Saturday) 11am - 5pm **Confirmed**

#### Reiki 3

- February 27, 2010 (Saturday) 11am - 5pm

**Note:** I promised to teach another Reiki 2 and Reiki 3 before the end of the year, but with the holidays coming up, there just is not enough room in the schedule.

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

#### Esalen-Inspired

A beautifully landscaped grounds overlooking the Pacific ocean is the home of the Esalen Institute in Big Sur California. The institute has a center for the arts, a center for theory and research, lush gardens, natural hot springs, and massage. While the owner wanted it to be known for the arts and research and such, Esalen became known for its unique style of massage.

Californians are very laid back when it comes to massage. Esalen became known for doing massage without draping (as long as the client was comfortable with it). There were times even when the therapists wore nothing because they were comfortable with it. At one point, when the local licensing board became aware of this, they told the therapists that they would have to wear something or be licensed under Adult Entertainment.

While they do Esalen in California with little or no draping, it can be

done within most people's comfort levels. Sometimes creative draping is needed to keep a person covered, but it can be done. Minimal draping is best, but full draping can be used.

[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.

### Announcing the HHEA

Last month, a new non-profit corporation was started called the **Holistic Health Education Association, Inc.** (HHEA). The HHEA is a professional network of holistic healthcare practitioners whose purpose is providing education and public awareness of choices in alternative healthcare. The creation of this association has resulted from awareness that true health can only be regained or maintained more effectively when all options for healing are known and utilized. Most people are well aware of what Western medicine can do for them, but know of no other options when that fails, or performs below what is expected. There are many types of holistic alternative healthcare that can work with regular medical treatment, oft times improving the condition of the patient dramatically. All too often, most people find alternative healthcare when Western medicine has failed them, and it is too late. It is the purpose of this association to educate the people of the community so they see all of the options when faced with problems. The association feels that having more information will allow people to make more informed decisions on their treatment. Initially, the association will be promoting health fairs where people can come and learn about holistic healthcare. As Caring Palms has long been a supporter of holistic healthcare education, all events will appear here in this newsletter. Caring Palms is also a member of this association and hopes that you as readers support it as well.

### Brian to Attend Mediumship Seminar

This month, Brian will be attending a special seminar by Eamonn Downey, a psychic medium from the Arthur Findlay school in England. Brian has been taking ongoing classes in mediumship which along with the psychic development training taken a few years ago has been adding to his ability to help others. He feels that any training in these realms increases his intuitiveness which guides him to give each individual the specific work that they need the most. Because of this, Caring Palms will be unavailable the evening of Friday, January 22<sup>nd</sup>, and Saturday, January 23<sup>rd</sup>.

## 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.

## New Year, New Purpose

by Brian Dean

Each year we hear the same thing... it is a new year, filled with new promise, time to make resolutions. And each year we break those

resolutions.

Well, it is a new year. And that new year is as yet uncharted. It is filled with promises and possibilities. It can be a year of wonderment. It is truly up to us.

How will we look at the new year? How will we approach it? Instead of approaching it with half hearted promises that we know we won't keep, why not change our focus, our purpose?

What is it this year that we truly want to accomplish? Where do we want to go? Who do we want to be? That's right, we're asking questions, as before we can truly know what we want, we have to ask the question. But the answers to those questions leads to something else... setting goals. Having goals puts us on a journey, or a series of journeys.

Those journeys that we go on help us grow, give us focus, just like having the goals gives us purpose. By doing realistic goal setting instead of blind promises, we have a reasonable chance of reaching those goals, and achieving what we truly want. But isn't that the idea anyway? To create a goal and reach it?

By looking at it as goal setting we do much more than we do with blind promises. We set a goal. Then we figure how to reach it. We decide a path to take. We follow that path. While we do that, we grow. Eventually, we succeed, and reach our goal.

So, as you set forth in this new year, make some goals. Go on some journeys. Redefine your focus, and have purpose. And may love and light be with each of you as you do.

### **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  
Caring Palms Massage and Reiki  
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