



Caring Palms Massage and Reiki Newsletter

June 2010

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Greetings!

Welcome to the May 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.

Memorial Day

Caring Palms will be closed Monday, May 31st for the Memorial Day holiday. Caring Palms will reopen at the regular hours on Tuesday June 1st. We hope everyone enjoys their 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.) The current schedule is as follows:



Reiki 1

- June 12 (Saturday) 11am - 5pm
- July 10 (Saturday) 11am - 5pm
- 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

- June 26, 2010 (Saturday) 11am - 5pm **Confirmed**
- 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'.

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](#)

Courage

by Brian Dean

Here is a proverb to think about...A ship in the harbor is safe, but that is not what ships are built for.

This is so very true about a lot of things. But we're not talking about sailing here. We're talking about courage. Courage to do the things you were meant to do. Or courage to do the things you should be doing.

For a healer, this is a very important thing. I teach Reiki to quite a few people. There are few that really want to go out and make a living at it, or even to do it on a regular basis. One thing that does occur when students realize that they can do Reiki is that they see how many people they can help with it. But the question always comes up... do they have the courage to do so?

The other question of courage for a healer, especially one of an unusual or non-mainstream discipline, is are they brave enough to offer to help when someone is in need? I couldn't count the number of times I've been in this situation. I felt that what I could offer could help, but didn't have the courage to actually go offer to the person and make that offer. There were other times where I was not comfortable, or felt that the other person would not understand or accept my help.

So, just as a ship is safe in the harbor, a healer is safe knowing what he/she does, and sitting back and doing nothing. But, that's not what they became a healer for.

Move Gently, Live Gently

by Brian Dean

How do we move through life? What kind of mark do we make?
How big a wake do we leave behind?

It always fascinated me when I would drive into the state of Maryland. Just like all states, they have their sign welcoming drivers to the state. But they have a line on it that asks people to "please drive gently". I always used to wonder how one drives gently.

But then one looks at how we move and live. What are our goals and how do we approach them? Do we push everyone out of the way as we race to finish line, or do we walk casually, moving around obstacles we encounter? Are we pushy or relaxed?

There are many ways to get what we want, or to reach goals. One way is to just push and push until one has flattened out every obstacle that one runs into. This way forcefully shoves everything aside creating a path to the goal. It is almost in many ways like building a house. First the developer removes all the trees so they are dealing with flat land. Then a house is built forcing everything to be bent to the builder's will. Then a few trees may be added as landscaping, again bending to the will. The problem is that an area

was destroyed and then rebuilt around someone's will.

Another way is to move gently. Instead of plowing through obstacles, move around them. Instead of flattening everything on your path, learn to work with them. A home builder that moves gently would work a house into the existing environment with as little change as possible. They would incorporate the existing elements into what they want to do.

When Caring Palms teaches shielding (an energy technique where an energy field surrounds the body blocking unwanted energies), we teach that the shield should be pliable, like water. With water, it moves around obstacles, it gives so other things may pass, but it never completely goes away. That is how shields should work. Without being pliable, these shields would be rigid and push everyone as we pass. We don't want to bash our way through life. I always tell people to use The Force, but not use force.

There are people that want to effect huge groups of people at once. They push their ideas and beliefs on others. Healers tend to be a little less forceful. We change groups of people by working one body at a time.

Going back to driving, while I may like to drive a bit faster, I don't swerve in and out of traffic to force my way ahead. If I run into slower traffic, I slow down. I work with what is there.

In truth, how we approach and do things is more important than the things themselves. There is an old saying that if you see yourself as a hammer, then everything around you becomes a nail. If we approach things with an open mind and gentle attitude, then we will move with less effort and leave a smaller swath in our wake.

Move gently. Live gently. Understand what is there, and work with it.

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
(904) 246-2206