



Caring Palms Massage and Reiki Newsletter

March 2010

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Greetings!

Welcome to the March issue of the Caring Palms newsletter. This month we have a Reiki class scheduled and an article for you.

I hope you like what we have here.

Reiki Classes

Reiki classes continue to be popular as this last month saw a couple of wonderful Reiki classes including a master's class. Four students were taught



Reiki and how to work on themselves and others, and four got promoted to Reiki Master. 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 questioned they asked. It was also fun with the interaction of all the students.

Quick Links

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

- 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

Swedish Massage

Although exotic sounding, Swedish massage is the most common type of massage performed. Developed by Pehr Henrick Ling, who based it on the movements of Swedish gymnasts, it can be a very relaxing session, but can also be therapeutic.

Swedish massage is usually the first style of taught in most schools. It is a great beginning point for students to learn to touch a client, and develop pressures and movements. This is actually the basis for most of what they learn later.

[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.

Health Fair Announced

The Holistic Health Education Association will be putting on its first health fair on Saturday September 25th. At this point, we are still accepting members and vendors. Admission to the fair will be free. More details will follow as soon as they are announced.

Health Fair Meeting

The Holistic Health Education Association will be holding its next

Health Fair meeting on Tuesday, March 30th at 7:15pm at the Isabella Healing Center located at 2850 Isabella Blvd, Suite 50, in Jacksonville Beach, FL. Any holistic health practitioners that are interested in being part of the health fair in September, or simply interested in checking the group out are encouraged to be at this meeting. Membership in the HHEA is not required to take part in the health fair, but it will cost less for those that are. If you have any questions, please feel free to contact Caring Palms.

Holistic Health Education Association

The HHEA is dedicated to providing education about alternative methods of healthcare so that when people have decisions to make about their health, they can do it knowing all the possibilities. This includes modes of treatment that work with conventional medicine to make whatever process they might be going through easier. This association of holistic healthcare professionals is dedicated to providing information about to help people make the choices that are right for them.

Currently, the group is just starting out, but the number of members is growing. If you are a provider of some form of holistic healthcare such as massage, acupuncture, energy work, natural foods, biofeedback or anything that could be considered a holistic health modality, then this could be a good group for you. The HHEA is a non-profit organization, and membership costs are tax deductible.

The HHEA is also looking for sponsors and donations. Sponsorship packages are currently being drawn up and will be available soon. Tax deductible donations are always accepted. If you or your company would like to be associated with the education of alternative methods of care, please contact us.

Any questions can be directed to Caring Palms Massage and Reiki.

(Caring Palms is also one of the founding members of the organization.)

Taking a Step

by Brian Dean

A journey is an incredible thing, but I'm not talking about packing your bags and going abroad. We have physical journeys, spiritual journeys, healing journeys. Anything we do, any goal we set starts us on a journey. The problem is that we sit around without goals, so we have no where to go.

All too many of us tend to see ourselves in a rut. We go to work. We go to school. We go home, and then do the same thing again the next day. But this is not what we want. We want to be out of the rut, out of this pattern we are in. We spin in circles with no direction to follow. The problem is that we are not even sure which direction to pick. So what do we do? Well the first step is defining what we want, and it has to be reasonable. It is real easy to sit there and say that your goal is to win the lottery and retire. That is more of a fantasy than a goal, and yet there are steps to getting there too. The difference is that there is a huge element of chance involved.

Pick something real. Pick something attainable. Maybe you'd like to be doing a different type of work. Pick the field you want to be in. Maybe you'd like to lose weight, or be healthier. Maybe it is a combination of things. Maybe one thing will lead to another (as these things typically do).

Once you have a goal, you know what you are working for. This gives you a direction. Once you have a direction, you can start moving. But a long term goal is a carrot at the end of a long stick. One needs to feel progress, so we look at what we want, and define how we will get there. We create steps to take which gives us intermediate goals, goals that will eventually take us to our final goal.

With these goals, we start taking steps. Sometimes they are baby steps, but that is how we have to start. The key is to get moving. Once we are moving, things come easier. A friend told me that he was at a crossroads, and did not know which way to go. He felt his compass was just spinning. I asked him what he wants. This made him define a goal. He wanted to sharpen certain skills and get in shape, basically to improve himself. So once the overall goal was defined, I got him to define the intermediate goals.

Well, getting in shape physically was the first thing on the list. To do that, he needs to start working out. Once he makes the steps to do that, he will start feeling better, and feel better about himself. Once he starts working out, he will open himself to other options. With the blood flowing, other possibilities will open themselves to him, and he will see different paths that will get him to his destination. Once he feels better, he will start doing the exercises necessary to sharpen his skills, and eventually become what he wants.

The same is true for anyone. Define your goal. Define how you will get there. Break it down into steps. Set intermediate goals. And the start moving by taking that first step. A journey of a thousand

miles starts with a single step. Take that step.

Skeptical About Energy Work?

by Brian Dean

As a skeptic (and yes, I really am one), I keep having doubts about doing energy work distantly and if it really has effect. At the same time, I keep on sending. And every now and then I get confirmation that something is happening.

A friend's friend's father (you got all that?) was in the hospital. What he had did not give him much more time on this plane of existence. For the most part, he was out of it, basically half conscious if that. My friend asked me to send him energy.

As I usually do, I did what she requested. I tapped into white light and sent him a bunch of it. This is something I do. I located him by getting a sense of his vibration, and directed energy to him (it's easier than it sounds).

When my friend saw him again, which was not too long after I had sent the energy, he was awake and alert. She said that this transformation coincided with my sending the white light that there could be no doubt that this was what brought him to consciousness.

For several days, he was able to speak with his family, his friends, and to make sure everything would be alright once he was gone. (Keep in mind, what he had could not be cured. The question was when he would be able to go.) Once everything was in order, he slipped back into a semi-conscious state, and then drifted off.

I know that a soul will use energy to fix the body if it feels that this is what should be done. If not, it will use energy to go to the other side. The energy I directed at him, was used to say goodbye, and put things in order. Then the remainder was used to make the journey over. This is how it is done.

I will always be skeptical. And I keep getting proven that the work I do with energy actually does do things. I guess I like when getting slapped in the face with proof. I hope that keeps happening.

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
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