



Caring Palms Massage and Reiki Newsletter

May 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.

Time to Get Some Relaxation

School will be letting out soon, and life will get a little more complicated for a while. Before that happens, get some needed relaxation to help you get through the next few months. Come in for a relaxing massage or Reiki session. Start your summer off right.



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

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

Esalen Massage

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.

What came out of this freedom was a very unique style of massage that was geared to major relaxation. It utilizes long strokes done with slow motions to create a very relaxing feeling. The client is encouraged to breathe deeply, and the therapist tries to match that breath pattern in their breathing and motions. Movements sweep the entire length of the body in straight lines and swirling patterns. These movements are done with the hands, forearms, elbows, and so forth.

[read more](#)

Desire and Intent Control Energies and Make Things Happen

by Brian Dean

Whether we believe in them or not, energies are all around us. Some of the energy practices sound silly like talking to plants, while others sound very important like *The Secret* or *The Power of Positive Thinking*. In truth, we can make things happen in our daily lives by changing the way we think and in some ways giving ourselves an attitude adjustment.

While thoughts of how energies affect us and the things around us have been around for centuries, it has really only come to prominence in the last 40 years or so. The 70s saw many types of 'mind over matter' thought processes come out with one of the most known being EST.

The training for this locked people in a room while 'the message' was taught. Many compared it to mind control or brainwashing. But it worked on many levels. Many people walked away from it feeling that a lot of things were no longer important. While in truth some things were important, others were not. When you look at some of the basics of it, it has a little in common with something that came out in the 90s called "Don't Sweat The Small Stuff" which prioritized things so you could deal with them. By the time you were done, you began to realize that it is all small stuff.

Again, the same message tends to come through... Be positive, think positive. This in turn creates energies and manipulates energies. Just as talking to plants creates goodness and love in the form of energy that the plants take in and use, being positive creates energies that gear for a certain outcome. That outcome could be a good day, passing a test, or even doing well in an interview. It could also work to a better car or a better situation, but those things take longer to happen and all too often we give up before things can come about.

No matter what it is, the process starts with desire. What is it we want? How badly do we want it? How important is it to us? With desire, comes the intent to see this happen. And intent makes us do things that lead to our goal (yes we are goal setting again). If our desire is to take some classes and get good grades, our intent pushes us to study hard and know the material. We want to have a good day, and we use our intent to have that good day by playing

down problems and issues so they don't overwhelm us. We desire this job, and we use our intent to set our frame of mind to be absolutely what we should be to have a good interview.

This creates the energies. And whether other people notice these energies or not, they do affect what is happening. Positive people tend to go further. Is that because they just seem nicer? Or is it because these energies they create affect other energies which smooth things along?

In the same way positive energies help people, negative energies hold people back. People who dwell on the negative always seem to have ongoing problems. They always have some tale to tell of this thing going wrong or that thing that just isn't right or this person is making their life miserable.

The same is true of people that fear a lot. If we have fear, we put a lot of energy to being afraid, or being worried that something is going to happen. That energy affects what happens to us as well. Because we put so much energy into it, we tend to draw to us what we fear the most.

The bottom line is that we need to look at the energy we're putting out and change it to make a positive difference. Look at what you desire. Next create the intent to make that happen. Keep that energy going and make what you desire happen.

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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