



Caring Palms Massage and Reiki Newsletter

November 2010

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Greetings!

Welcome to the November issue of the Caring Palms newsletter. This month we have two Reiki classes scheduled (one that was postponed) with classes scheduled through the end of the year and a couple articles for you. Also this month starts our annual Gift Certificate sale. See the article below for details.

I hope you like what we have here.

Thanksgiving

The Caring Palms studio will be closed Thursday November 25th for the Thanksgiving holiday. At present, it is uncertain if the studio will be open on Friday the 26th. It may be closed, or may be operating on an appointment only basis. If you are looking for a session that day, please call to enquire.



Caring Palms hopes that everyone has a pleasant and joyful holiday.

Holiday Gift Certificate Sale Begins

Caring Palms is announcing the **Holiday Gift Certificate Sale**.

Buy 1 gift certificate, save \$5

Buy 2 gift certificates, save \$15

Buy 3 gift certificates, save \$25

Best Deal: Buy 4 gift certificates, get 1 gift certificate FREE!

Gift Certificates are available for massage or Reiki sessions, or massage or Reiki classes. Buy gift certificates for friends and loved ones, or just for yourself. If you have four friends that can benefit from massage or Reiki (and everyone can), you can buy four gift certificates for them, and get one free for yourself. If you are a regular client, you can buy four gift certificates for yourself and get five sessions (this is the best deal going).

The sale begins **Monday, November 15th, and runs through Friday, December 24th**. Gift certificates are available in the studio and can be ordered by phone with a credit card at (904) 246-2206, or by mail with a check. (Sorry, this special is not available at the web site.) What better gift to give to those you care about? Give them the gift of love and healing.

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.)

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The current schedule is as follows:

Reiki 1

- November 13 (Saturday) 11am - 5pm

Reiki 3

- November 7 (Sunday) 11am - 5pm **Confirmed** (this class was postponed from October 30th)

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'. You can also sign up for classes there.

Each Reiki class is six (6) CEUs for Florida massage therapists.

Modality of the Month

Deep Tissue Massage

One of the most requested styles of massage is Deep Tissue. It almost seems that everyone wants very deep work on their muscles, but that is not what they want at all. Most people just want to feel their massage. The best place to start is to define Deep Tissue massage.

When muscles become very tight and stiff, they need lots of pressure to get them to loosen up and stretch. Deep Tissue is that

added pressure that gets way down into the belly of the muscle to get it to relax. Many times this can be painful depending on how deep the therapist goes, but all too often, that is what is required for someone to feel better.

[read more](#)

New Class Schedule Coming

Caring Palms is currently looking at dates for next year for classes. Since it is a massage therapist renewal year, and Caring Palms is a provider for continuing education, there will be more classes scheduled than normal, and there will be more scheduled as we approach the renewal date of August 31, 2011. (More classes will be scheduled after that date, but the majority will come before to allow people to make their renewal on time.)

The classes available for continuing education will include all three levels of Reiki and Advanced Body Mechanics for Massage Therapists. Reiki classes will be available for anyone wanting to learn how to do Reiki whether they are a massage therapist or not. The Body Mechanics classes are specifically geared for massage therapists or other licensed healthcare professionals that do massage with their work. (Only Florida licensed massage therapists may receive CEUs, but the material and training is good for anyone that wants to learn it.)

For those wanting to learn massage basics as something to do for their friends and family (not as part of any business), Caring Palms offers classes on Massage For Couples. These classes are taught to one couple at a time in a private setting (the Caring Palms studio) and teach basic massage techniques while providing a written routine that one can follow once they have learned the moves. These classes will never be on posted schedules as they are scheduled as needed (as students sign up for them).

So, watch here next month as Caring Palms unveils its new schedule of classes.

Web Site Updating Coming

A Note From Brian

I recently purchased new software to create my website with. Because it is new, I am starting the learning process and finding out that some things are so much easier, and other things I can't figure out (like changing one word of text to a different color). But because it is new and different, all the old files will need to be imported into it.

After I go through all the books, and feel I have a good enough grasp on how to do what I want to do, I will start changing the site over to the new (better) software.

Most things will stay the same. Some things will be a little different simply because there does not seem to be a simple way to do some of the things the site already does. (A good example of this is the menu options. Currently, they change to italics when the mouse goes over them. That does not seem to be possible, but it can change to a different color.)

This will also give me a chance to reorganize some things internally just so they are better organized for my use. Outwardly, there will be no changes, but it will be easier for me to find crucial things.

The problem is that there are over 1,000 pages on the site, about 700 of which are the Reiki journal entries. Then there are the sub-sites that most people do not know about. They will also have to be updated, but that priority is much lower.

The new software will eventually allow me to do more things like streaming audio and video. It will also allow me to get feedback right there on the site.

I expect it will be a month before I can actually get any changes out there. It will be critical that it be working properly with all the classes that I will be creating due to Florida massage therapist license renewal being next year.

So, if you run into any problems, please be patient, but also, please let me know in case I have missed something. Thank you for your patience and continued support.

Trust and Faith

by Brian Dean

You can do it. Just do it. Trust yourself. You're stronger than you realize. I trust you. I know you can do what I need. How many times have I heard these comments? Way too many.

In a way, I find it scary that so many people have such faith in me to know what to do to help them. At the same time, I haven't disappointed anyone yet. But knowing, and figuring out, and intuiting are different things.

First off, I appreciate that my clients trust me. They trust that I will be able to deal with whatever problems they have. They trust that my touch is for healing only as that is what I am all about. They trust that my mindset is proper (as it always is) in situations where less than normal draping is used (like with Temple Lomi Lomi).

And they are correct. My focus is on healing, on fixing problems, not on how much or how little draping is being used. I have no other agenda. I have no other thoughts. My only concern is to help my

subject. Sometimes that is easy, and sometimes that is not.

Many times I will look at my subject and wait for lightning to strike. Now whether that is inner knowledge, intuition, spiritual guidance, or something else, I don't know. But I do count on it and trust it.

Now, I know my clients have faith in me, and what they would say would be my ability to help with their problems. But I feel they have more faith in me than I do. I guess that I may not have that much faith in myself, but I have faith in the answers coming to me. I know they are out there. I just wait to be pointed in the right direction. That I trust, and it has not failed.

There used to be a saying about certain types of computer programmers. They don't hope for miracles, they rely on them. In a way, I guess I feel the same way. I am drawn to places that need work, to specific moves to use, to specific stretches, to certain manipulations of energies. And I may not have ever done these before. So, in a way, I rely on being shown what needs to be done. And it works. I have more faith in that than I do going in with a plan and sticking to it no matter what.

So, I do appreciate the trust and faith that my clients have in me, and I will always do my best to show that this faith and trust are not misplaced. No matter how I truly go about doing what I do, or how I figure out what to do, I will be what they need. And in this, I guess I do have faith in myself.

It's the Great Pumpkin, MacGyver

by Brian Dean

MacGyver lives. Ok, this one's just for a laugh.

We bought a pumpkin a couple weeks ago, and it was not where we usually would get one, nor as good. In the past, we would get a fair sized pumpkin and simply put it out in the alcove outside our front door. We wouldn't carve it, just let it sit. And it would stay there for Halloween. And then not too long after that, it would go from being the Halloween pumpkin to being the Thanksgiving pumpkin. Shortly afterward, it would be (shades of Charlie Brown) the Christmas pumpkin (yet, I have never gotten out there to put a Santa hat on one). Then it becomes the New Year's pumpkin. I keep hoping to have one be the Easter pumpkin, but they usually rot a few weeks before the holiday.

At any rate, I digress. The pumpkin we got was not what we usually get as it came from a grocery store, but it was cheap and quick. The other night, my wife noticed that it had a bad spot already (well that means it won't even last until Thanksgiving). When I poked at it, the spot went in, so I had to doctor it rather quick

(hmm, Reiki?).

When all else fails, I fall back to my all time hero, MacGyver. Yup, you guessed it. I tore of a strip of regular old duct tape and bandaged it. And it's never been happier. Now, what should I do with the Swiss army knife?

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