



Caring Palms Massage and Reiki Newsletter

September 2010

Greetings!

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Welcome to the September issue of the Caring Palms newsletter. This month we have two Reiki classes scheduled with classes scheduled through the end of the year and a couple articles for you.

I hope you like what we have here.

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This newsletter goes out to customers of Caring Palms who gave their e-mail address when filling out their initial forms. That contact information is not shared with anyone, nor is it sold to anyone for any purpose whatsoever. All information given to Caring Palms is private and will stay that way unless specific permission is given to share it. If you feel you are getting this newsletter in error, or wish to stop receiving it, please select the 'SafeUnsubscribe' link at the bottom. Your address will be safely removed and you will not get further communications.

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Labor Day

Caring Palms will be closed Monday, September 6th for the Labor Day holiday. Caring Palms will reopen at the regular hours on Tuesday September 7th. We hope everyone has a safe and happy holiday.



Reiki Classes

As the end of the year approaches, Caring Palms is offering a Reiki 2 (Intermediate) class and a Reiki 3 (Masters) class. Now, there will

be more classes scheduled next year including the advanced Reiki classes especially since it is a massage licensing year, and LMTs get continuing education credits for classes. At the same time, one does not need to be a massage therapist to learn Reiki.

The last Intermediate class this year will be on September 25th. To take this class, one must have had Reiki 1 (Beginners) from Caring Palms. If you have had the Beginners class, then you may sign up for the Intermediate class at any time. If you have not had the Beginners class, the last chance to take Reiki 1 before the Intermediate class is September 11th.

The last Masters class this year will be on October 30th. To take this class, one must have Reiki 1 and Reiki 2 from Caring Palms. Taking the Beginners and Intermediate classes in September will allow you to take the Reiki 3 in October.

There will be more Reiki 1 classes this year if you can not get to the September class and more advanced classes after the beginning of the year.

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

- September 11 (Saturday) 11am - 5pm **Confirmed**
- October 9 (Saturday) 11am - 5pm
- November 13 (Saturday) 11am - 5pm

Reiki 2

- September 25, 2010 (Saturday) 11am - 5pm **Confirmed**

Reiki 3

- 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'. You can also sign up for classes there.

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

The Birthday Club

New this month. Join our Birthday Club. What better way to celebrate your birthday than by treating yourself to a massage or reiki session. Friends or family can even gift it to you. Register your birthday (month and day only) by replying to this e-mail with your name and birthday information... I will e-mail you a coupon for \$10 off a massage or Reiki session on your birthday.

Modality of the Month

Reiki

Although Reiki is not massage (as the muscles of the body are not manipulated), it is a very relaxing yet powerful method of healing. In the simplest form, Reiki is the laying on of hands. It is guided, positive energy brought in from the universe by someone that knows how to 'tap into' it, and passed into someone in need of healing.

All problems in the body, whether they be illnesses or injuries, are centered around negative energy. Reiki overcomes the negative energies with positive energy, in most cases making the person feel better, and in some cases removing the problem completely. Reiki has been known to reduce and alleviate pain, discomfort, or disease of any kind, and has been used on all major diseases. Reiki is hands-on healing and a nice pleasant experience.

[read more](#)

Clearing The Mind

by Brian Dean

I walked across the grassy area to the path and the small bridge that would take me over the stream to the park. I could feel the softness of each step in the cushy grass as I moved forward with purpose. I set foot upon the wooden bridge feeling no give as I started to make my way over. At the halfway point, I paused to look down into the

low water, and I could make out small fish moving just above the muddy bottom. I walked to the other side and peered down and saw bigger fish moving, hunting food. One looked like the one fish in my aquarium, the one that cleans stuff off the bottom. I continued on, walking across the bridge and traveled into the park. I found a bench under an awning providing shade, and parked myself.

It really was a nice morning to be here. The temperature was about 80° (much cooler than it had been) and there was a nice breeze. The sound of the closest fountain spraying water up and out in a circular pattern was extremely pleasant. Although I have had my business next to this park for some seven years now, I have never ventured into it until this morning. There are many paths of streams with two large circular ponds, each with a fountain in them. The bench I had parked myself on was on a peninsula between two streams and with a pond at the tip. There is playground equipment a ways across the one stream, and tennis courts in the distance beyond the pond. Getting to either would require crossing another bridge.

As I looked into the pond, I could see an egret standing in the water near the edge, calmly looking and waiting for something to come swimming by. I noticed a pair of brown ducks making their way from the pond and into the stream, heading away from the fountain toward where I was sitting. The whole place said calm. I took a couple deep breaths and let myself settle into the energies that were there. My gaze followed the stream up from the two ducks to closer to where I was sitting, seeing the movement of the water and the ripples left from whatever was swimming in it. As I got to a patch of vegetation, I noticed there were more ducks. The more I looked, the more I noticed. Not only were there four or five ducks there, but further up there were another three by another patch of vegetation along with more now swimming out into the open. Even though I knew they were paddling underneath, their movement looked so effortless as they calmly swam through the water. Amid all the brown ducks sat one bigger, white one that had been accepted as part of the group.

As I looked further up the stream, I saw this huge turtle sitting on the bank. I got up to get a better look at it, but the movement made him uneasy enough that he went back into the water. I apologized and went back to my seat.

I watched four ladies playing tennis in the distance, and the mothers with their babies and small children in the play area. At one point, one of the mothers brought some bread over and gave it to her two children to throw to the ducks. This caused a mass exodus of ducks from the pond almost to the feet of the children. They all crowded around, each getting a piece of bread.

As this was going on, there was a honking sound from above and a flock of fifteen or more geese flew over, then circled to land in the nearest pond. They settled in to what they wanted to do until one noticed that the ducks were getting fed. There was more honking and the geese started walking over in single file toward where the ducks were. It was almost like they were telling the people to save some bread for them. But the children ran out of bread before the geese could arrive. As the children walked off, the geese stopped and changed course heading into the water where they preened themselves and scouted for food. The ducks also quietly returned to the water, one not so quiet.

During all this, there were pigeons coming and going, some landing on the roof above my head, their feet scratching on the metal as they scrambled to hang on to the sloped siding. There was a hawk flying in the distance. The big, billowy clouds passed by so slowly as they crossed the sky on their way to somewhere else.

With each moment, I took in the peacefulness of the scene, the sereness of my surroundings, and the calm in the sounds of the water and the touch of the breeze. And I was at peace. When something related to any problems I had came to mind, I was distracted by being drawn to something new I hadn't seen a moment before. Whenever my mind wandered, something brought me back to 'here' at the park, whether that was a movement by someone or something there, or a change in the sound of the sprayed water falling on the pond, or a duck that decided to make its presence known. Sitting 'here', I had no problems, no other thoughts except being here and being a part of the calm around me. And while I came to the park with purpose (to find some calming), that purpose vanished as calming erased it.

This is what we need to do now and then to clear our minds of all the things that are being processed at any one moment, to renew the positive energies, and remove the negative. In a way, it is a meditation in physical form. Meditation can help keep inner calm, but sometimes, one simply needs to get out of the everyday environment, and go somewhere and let that place fill them with peace. Go. Do something different, yet pleasant. Find peace. Make the time. You'll feel better for 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
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