



# Caring Palms Massage and Reiki Newsletter

December 2011

## In This Issue

[Thank You](#)

[Holiday Gift Certificate Sale](#)

[Begins](#)

[Holiday Closings](#)

[One](#)

[The Art of Caring Palms](#)

[Change](#)

[Reiki Class Schedule](#)

[Modality of the Month](#)

[Mailing List Trimming](#)

[Caring Palms Promise](#)

[You Have Questions?](#)

## Greetings!

Welcome to the December issue of the Caring Palms newsletter. This month we have a couple articles and an updated class schedule. Classes have been added through the end of next year. Also this month, we continue the holiday gift certificate sale (see details below).

I hope you like what we have here.

## Thank You

Caring Palms would like to thank all of the people that supported us this year. Your support of Caring Palms allows Caring Palms to support you. That is symmetry. Thank you.



We at Caring Palms hopes everyone has a safe and happy holiday season.

## Quick Links

[The Caring Palms Website](#)

## Join our list

[Join Our Mailing List!](#)

## Holiday Gift Certificate Sale

**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 14th, and runs through Friday, December 23rd**. 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.

## Holiday Closings

The Caring Palms studio will be closed Saturday, December 24th through Monday December 26th for the Christmas holiday. Caring Palms will reopen Tuesday, December 27th at the regular hours.

## One

by Brian Dean

We think of **one** in many ways. **One** single person. **One** unit. The power of **one**. **One** is the loneliest number (if you remember song references). **One** heart. **One** soul. **One** mind.

In energy, we are all **one, one** entity, **one** mind. And it does not take much to reach out and connect with others. In that connection, we can know that we are not alone.

At this time of year, while many are getting together with family and friends, some are alone, missing loved ones that are far away or no longer here. They feel darkness closing in as depression settles. They feel alone, single, solitary. **One**.

But **one** is also a collection, a collection of things that make up a whole, **one**. If I take some carrots, celery, potatoes, and other things, cut them up and put them together in a pot, add some stock and cook it, I will come up with **one** soup. Here we get **one** from a collection of items.

The same is true for people. Through energy, we can know that friends and family are with us even if they are distant. By thinking of one happy memory of these people, we can extend ourselves to touch and be touched by them. The same is true for those that have passed over. While not here physically, they are still here energetically, and through energy we can touch them, become **one** with them.

All it takes is the tiniest of thoughts. **One** small memory. And we can reach out with others and be **one** with them. All it takes is **one**

small spark to push back the darkness and bring us into the heart, the mind, and the *One*.

## The Art of Caring Palms

Caring Palms continues to update the jewelry for sale in the studio and added a new display case. Billed as The Art of Caring Palms, this jewelry is all handcrafted by Shirley Dean. Many of the pieces use actual gemstones which contain energies specific to the type. There are even some in all the colors of the chakras. Please stop by and see what we have to offer. These would make great gifts for the holidays.

## Change

by Brian Dean

Someone told me something that makes sense yesterday... If we want change, we have to make it.

Most of us are dissatisfied with some things in our lives. Most of us want change. But most of us wait around for change to happen. We put the energies into wanting and hoping, but we actually need to put some into doing.

We are the impetus that creates change. If we put the effort into making changes, and changes will happen. That is something important to remember.

Don't just want change, make change.

## 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

- January 14, 2012 (Saturday) 10am - 5pm
- February 11 (Saturday) 10am - 5pm
- March 10 (Saturday) 10am - 5pm

- April 14 (Saturday) 10am - 5pm
- May 12 (Saturday) 10am - 5pm
- June 9 (Saturday) 10am - 5pm
- July 14 (Saturday) 10am - 5pm
- August 11 (Saturday) 10am - 5pm
- September 8 (Saturday) 10am - 5pm
- October 13 (Saturday) 10am - 5pm
- November 10 (Saturday) 10am - 5pm

#### Reiki 2

- March 24, 2012 (Saturday) 10am - 5pm
- June 23 (Saturday) 10am - 5pm
- October 27 (Saturday) 10am - 5pm

#### Reiki 3

- April 28, 2012 (Saturday) 10am - 5pm
- July 28 (Saturday) 10am - 5pm
- December 27 (Saturday) 10am - 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.

### 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](#)

## Mailing List Trim Time

Caring Palms has been creating a list of mailing addresses for a few years now, and those people on this list receive the monthly newsletter. The list consists of clients, students, people that came by to see us at shows, and people that signed up through the website. Because of the statistics available to us, we know how many that receive it actually open it.

First off, if you wish to be removed from the newsletter mailing list, simply select the 'Unsubscribe' option at the bottom. That is the quickest, easiest method. The result is immediate.

While it is nice to say that we send out the newsletter to over 500 people, it is a smaller percentage that actually open it, so it is time to start shrinking the list. We will be keeping all current clients and students, and those that have opened the last couple of newsletters. We will also be keeping those that have signed up through the website whether they are a client or not. This trimming will be done before the December newsletter comes out.

If you do not receive the next newsletter, and would like to continue to receive our mailings, please email and let us know.

## 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](mailto: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