



# Caring Palms Massage and Reiki Newsletter

February 2011

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## Greetings!

Welcome to the February issue of the Caring Palms newsletter. This month we have a couple of news stories for you along with a couple articles and an updated class schedule.

I hope you like what we have here.

## Testimonials Requested

Caring Palms has been keeping a list of testimonials on its website for some time. These are things that clients have written to tell of their positive experiences in sessions or classes. Since most of these have been there for a while, we would like to add new ones to this to change it up a bit. If you have felt very positively about your experiences here (either in sessions or classes) and would like to send in a few words stating so, Caring Palms will give you \$5 off your next purchase. Either send them in by e-mail or snail mail. Thank you.



## The Art of Caring Palms

Aside from the art that is the healing sessions at Caring Palms, there is art in the form of hand crafted jewelry that is available for sale. Caring Palms has recently updated 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 each type of stone. There are even some in the colors of the chakras. Please stop by and see what we have to offer.





## 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

- February 12 (Saturday) 11am - 5pm **Confirmed**
- March 12 (Saturday) 11am - 5pm
- April 9 (Saturday) 11am - 5pm
- May 7 (Saturday) 11am - 5pm
- June 11 (Saturday) 11am - 5pm
- July 9 (Saturday) 11am - 5pm
- August 6 (Saturday) 11am - 5pm
- September 10 (Saturday) 11am - 5pm
- October 8 (Saturday) 11am - 5pm
- November 12 (Saturday) 11am - 5pm

### Reiki 2

- February 26 (Saturday) 11am - 5pm **Confirmed**
- June 25 (Saturday) 11am - 5pm
- August 20 (Saturday) 11am - 5pm

### Reiki 3

- March 26 (Saturday) 11am - 5pm
- July 23 (Saturday) 11am - 5pm
- August 27 (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.

Note: Because this is a licensing year for massage therapists, Caring Palms expects to be scheduling more classes during July and August as the last minute demand for classes increases. We also expect to schedule another Reiki 2 and Reiki 3 class sometime after August. Please continue to check the website for changes and additions.

## Brian Attends Mediumship Seminar

On the weekend of January 15<sup>th</sup>, Brian attended a mediumship seminar hosted by the [International Foundation for Spiritual Knowledge](#). The guest instructor was [Eamonn Downey](#) of the [Arthur Findlay College](#) in England where he teaches the British style of mediumship.

The seminar was two days and started with meditation and energy exercises. Then students were put into various groups to do different types of exercises finishing with a one on one reading with a partner.

According to Brian, "Eamonn has a unique way of finding what each person needs and showing them how to make the connections they need." He felt that it was a great learning experience.

(Mediumship is where one converses with those that have passed. The British style is that used by John Edward of Crossing Over. For more information about mediumship, Eamonn Downey, or the Arthur Findlay school, follow the links in the story.)

## How Do You See Yourself?

by Brian Dean

A client passed on something out of the Emmanuel Book. It had a great metaphor about taking care of yourself.

It said to imagine yourself as a pitcher filled with water. When you do, you can easily give to others by filling their cups. But you can't do that if you are empty.

How many times do I see where healers (and others) tend to forget themselves and focus on healing others, putting others first? And how many times do we do that to the point where we are bad off because we have ignored ourselves for too long? Too many.

If we ignore care to ourselves for too long, eventually we lose the ability to help others. As I was taught long ago... there has to be balance. And all too often we are off balance.

Take care of yourself. You have to be strong and well to help others. Don't ignore your problems. Be a pitcher filled with water.

## Body Mechanics and Advanced Techniques for Massage Therapists Class Schedule

The following is a list of currently scheduled classes. This class is a two-day class worth 12 CE hours for Florida massage therapists. 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'. The current schedule is as follows:

- May 14th - May 15th (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)

At the Hampton Inn at Jacksonville Beach, FL [Hotel](#)

[Details](#)

- August 13th - August 14th (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)

At the Hampton Inn at Jacksonville Beach, FL [Hotel](#)

[Details](#)

**Note:** Check with the hotel for special room rates.

Body Mechanics and Advanced Techniques for Massage Therapists is designed to reconnect the massage therapist with proper body mechanics and techniques showing how to work without hurting oneself and how to apply deep pressure with little effort. The class being part lecture, part hands-on practice uses theory, stances, centering, and the proper use of body strength from martial arts and applies them to the art of massage therapy. Students will learn how to focus their energies and use their body to do deep work with less effort and not get hurt. This class will help anyone to work deeply with less effort no matter if one is 90 pounds or 250 pounds. This class is for both the seasoned therapist and the new therapist. It will show moves everyone is familiar with, but in a new light as well as moves many people may not have seen before (which have been taken from Lomi Lomi, Esalen, and other styles). The idea is not to dictate how to practice, but to show better body mechanics which

the therapist can adapt to what they do. This is true whether they adapt all of it or just part of it.

### **Florida Board of Massage Approved for twelve (12) Continuing Education Hours (CEUs)**

**Class Cost: \$300 Early Registration (at least 19 days before the class date)**

**\$350 within 19 days of the class date**

This class is for licensed massage therapists or anyone that regularly uses massage in their practice. CEUs are available for Florida massage therapists only. For those looking to learn basic massage for relaxation for their partner or friends, see the website on the Massage For Couples classes.

To sign up for classes, go to the website and select Caring Palms CEU Seminars. Look under Massage Classes, and then Schedule of Classes to see additions and changes or to sign up.

### **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](#)

### **Realizing, Understanding, Doing**

**by Brian Dean**

There is *realizing*, *understanding*, and *doing*.

When there is a problem or issue, the first step is to *realize* that it exists. To recognize something that is going on is crucial.

Sometimes it takes someone else to see something and tell you about it. But even then, you still may not see it or recognize it. But once you do, and realize that it is an issue, you have taken the first step to fixing it.

Once you have realized an issue exists, the next step is to *understand* it. Why is it there? Where did it come from? Why does this keep happening? In the understanding of something, we see what it is, what caused it, what keeps triggering it and keeping it there. But through this process, we also see the solution, the means to correct whatever is going on.

Once we understand an issue, and have the solution to correcting it, the final step is the *doing*, the actual mechanics of carrying out the solution. This all too often can be the hardest step. You actually have to get up, sometimes fighting your desire not to, and forcing yourself to make changes. All too often we fall back to old patterns, (but this is a point where even that can be looked at using this process). The key is to take the final step and implement the plan and correct the issue.

The *realizing* an issue exists, the *understanding* that issue well enough to have a solution, and the *doing* of whatever it takes to make the changes needed. This is how we effect change, change within ourselves, and change within all realms.

## Just for a Laugh

Someone shared this photo on their FaceBook page. It came from a church in Buffalo, New York. It says a bit about the weather much of the country is experiencing.



## 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  
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