



# Caring Palms Massage and Reiki Newsletter

January 2011

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## Greetings!

It's a new year, and this is the first issue of the Caring Palms newsletter. I hope everyone had a safe and pleasant holiday. This year starts new energies just waiting to be tapped into. This month starts our new schedule of classes for Reiki and Body Mechanics which run through the end of the year (and there are a couple changes since the previous posting). We also have a couple articles for you.

I hope you like what we have here.

## Studio Closings

The Caring Palms studio will close early Friday January 7<sup>th</sup> and be closed Saturday January 8<sup>th</sup> for Brian to attend a mediumship seminar put on by the International Foundation for Spiritual Knowledge ([www.ifsk.org](http://www.ifsk.org)). The studio will be open at the normal hours Monday, January 10<sup>th</sup>.



## 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 22 (Saturday) 11am - 5pm
- February 12 (Saturday) 11am - 5pm
- 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
- 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.*

### **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. 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**

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

### Hot Stone Massage

Hot Stone massage is a unique style where heated rocks are moved over the body allowing the heat to sink into the muscles. Although deep work is not usually done with Hot Stone, the heat penetrates to make the muscles relax and feel better.

There are several types of Hot Stone massage and like other massage styles, these change with each therapist that does the work. Probably the most known style is called La Stone which was based on the types of massage done by native American Indians. They used hot and cold stones to create a relaxing experience.

Marie Hannigan took this information and created La Stone from it as she was hurting her hands doing a lot of deep tissue work. With the stone, it gave her a tool to go deeply with while the heat penetrated and softened the muscles.

[read more](#)

## Looking For Help

Caring Palms is looking for help from someone that is familiar with Dreamweaver. Brian is looking for someone willing to do a day of training at the Caring Palms studio to help get over some basic differences that are becoming stumbling blocks in getting the website files into the new program. The fee for this training could be in trade or payment. If you know anyone willing to do this, please have them contact Brian at Caring Palms.

## Empathy

by Brian Dean

Empath. Being an empath. What is it? What should it be? Here's something that will surprise you. Empathy is just a diagnostic tool.

First off, let's cover some basics. An empath is a person that can sense other's emotions. Think Deanna Troi on Star Trek: The Next Generation... "Captain, I feel fear. I feel anger. I feel... bad script writing."

Now while science fiction writers like to imbue their characters with mega-power, in real life it usually doesn't happen that way. Most empaths can feel other's emotions, but not to this level. Ever walk into a room where everyone was upset? How long did you stay there before you were upset, or had a headache? Ever walk into a room where everyone was happy. Felt good, didn't it?

All too many empaths feel these emotions, but do not know if they are their emotions, or someone else's. It is like looking at everything you are feeling and asking if there is a reason to feel this way. I do it way more than I like to, as do many others I know. So while it may sound sexy, it is a real pain in the backside. We don't necessarily know if we are taking on someone else's emotions and reacting to them like they are our own. In fact, it is a real issue for therapists not to take on their client's problems.

Many people that are empaths get into the holistic healing modalities. They become massage therapists, counselors, and

more. But here is what I was told...

Empathy is there to know what someone is feeling, but so you can act from a point of strength. It does no good for an empath to take on someone else's emotions and wallow in what they are feeling (to wallow in their pain or sadness). It is there so you can help them and be strong for them. Being an empath is like doing a diagnostic test. You see what is going on, learn from it, and treat with this information in mind. The person that takes your blood, a phlebotomist (and I'm sure you're surprised I know that) does not take on the blood.

Think about it. Empaths all too often take on their client's problems. Instead, they should be looking at what they are picking up, letting it go, and then treating based on what they learned. It is a hard thing, but it is where we need to be.

## New Year's Promise

by Brian Dean

As I sit here on New Year's Day, I wonder about the promise of the year to come. And right now, the year is full of promise, and more importantly... hope.

At the stroke of midnight, I looked at the last year, all the things that happened right, and all the things that went wrong. I started the year, as I am starting this year, as we all do. We make promises we call resolutions. We look forward to what is to come. But as the year goes on, we lose our promises, and our outlook changes. Things change. We saw changes last year, and will again this year.

But right now, things are fresh and new. I say goodbye to the problems of the previous year. I welcome the new year and the promise it brings. I feel the energies that this day brings, and I file them away, knowing I will be bringing them out from time to time to remember their feel. This way I can keep the promise with me as the year changes. This way, the promise will continue throughout the year.

I sit here and look at the challenges of the year to come, knowing that they will be faced and overcome. This year will be one of growth, personally, professionally, and spiritually. I look forward to it, and hope everyone else does as well.

Here's wishing everyone a happy new year and hoping that you keep the promise of this day with you throughout the year.

## 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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