



Caring Palms Massage and Reiki Newsletter

March 2011

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Greetings!

Welcome to the March issue of the Caring Palms newsletter. This month we have a couple articles and an updated class schedule.

I hope you like what we have here.

Classes, Classes, and Classes

This year is a licensing year for Florida massage therapists, and Caring Palms is offering plenty of classes for continuing education. But most of these classes are not just for the massage therapist. They are for anyone that wants to learn what is being taught.



The Reiki classes are available to anyone that wants to learn this form of hands on healing. Florida LMTs get continuing education for them, but they are not for massage therapists only. All are welcome.

The Body Mechanics classes are geared to massage therapists, or those that use massage in their work such as physical therapists, acupuncturists, and anyone that has learned massage as part of their training. Continuing education is only available to Florida LMTs, but the information that the class covers is a necessity to anyone that uses massage.

So although many of the students signing up for classes will be LMTs looking for continuing education, if you have any interest, feel free to ask questions and take a class.

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

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enter a class marked 'Closed' with permission of the instructor.)

The current schedule is as follows:

Reiki 1

- March 12 (Saturday) 11am - 5pm **Confirmed**
- 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

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

Reiki 3

- March 26 (Saturday) 11am - 5pm **Confirmed**
- July 23 (Saturday) 11am - 5pm **Confirmed**
- 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 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) **Confirmed**

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.

Energy Flows...

by Brian Dean

During the Reiki 2 class last weekend, we talked about sending energy to others not present (as in distant Reiki). The students kept asking... how does energy know where to go? How does someone direct it?

Energy moves through intent. One's intention makes energy move (and we're not just talking Reiki). This is what we are taught. We learn through visualizations and ideas that we can move energy. We do this to help others. Every time we put a hand on someone's shoulder to help calm them, we are actually sending calming energy to them. Our intent is to calm, and that intent creates the energy and sends it where it needs to go. Every time we feel an emotion, that is energy and it is broadcast to those around.

Energy follows our intention. Healers learn that. Their intention makes them a better healer by letting people know that they are safe, and that they care. Whatever we intend is where we send energy. So...

Energy Flows

Where Intention Goes.

Modality of the Month

Swedish Massage

Although exotic sounding, Swedish massage is the most common type of massage performed. Developed by Pehr Henrick Ling, who based it on the movements of Swedish gymnasts, it can be a very relaxing session, but can also be therapeutic.

Swedish massage is usually the first style of taught in most schools. It is a great beginning point for students to learn to touch a client, and develop pressures and movements. This is actually the basis for most of what they learn later.

[read more](#)

Motivation and Inspiration

by Brian Dean

There is something that we want to do. It could be a task that needs doing, or an improvement that we want to make, maybe even in ourselves. The questions is... do we get motivated, or do we get inspired?

There are lots of forms of motivation, and they range from the

positive to the negative, but mostly, I think we use the negative. For example, the motivation to put a fountain in the yard would be the nice view and sounds of water moving. At the same time, motivation to lose weight could be the doctor telling you that you will die in a few months unless you do.

When we think of motivation, we generally know of some problem or negative occurrence that will happen if we don't do what we are trying to get motivated to do. Losing weight has its negative health concerns. Paying bills has its negative financial concerns.

People who motivate us to do something tend to do so by telling us what will happen if we don't (ask any drill sergeant). We constantly refer to someone lighting a fire under our backsides to get us going.

But the world is full of negative consequences. "Do your job or you'll be fired." "Practice or you'll lose the competition." "Wear a helmet or you'll get hurt." What this does is make us act out of fear. And while we've heard that fear is a great motivator, isn't there enough fear out there already? Wouldn't it be better to have a positive reason? Wouldn't it be better to be inspired?

Inspiration comes to achieve something positive. Artists are inspired to create art, not (usually) because they are motivated by money. That person looking to put a fountain in their yard would be inspired to do so for the pleasure of having something nice and pleasant.

Those that inspire us do so through positive example and reinforcement rather than threats and warnings. They make us reach out, to be better, to want change and make that change happen. They make us rise for the betterment rather than acting out of fear.

Good teachers inspire students to be better, to get good grades, to learn. Bad teachers motivate students with fear of failure. I think everyone has had their share of each. Those that inspired you made you want to learn the subject as they made it interesting. Those that didn't taught their subjects in an uninteresting manner and then harped on you to get better grades.

I was inspired to write this based on a comment from a client. It was eye opening and profound. I hope this article came across the same.

So, what inspires you today?

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
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