



Caring Palms Massage and Reiki Newsletter

May 2011

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Greetings!

Welcome to the May 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.

Memorial Day

Caring Palms will be closed Monday, May 30th in observance of Memorial Day.



Caring Palms hopes you have a safe and happy holiday.

Under Pressure

by Brian Dean

More pressure. More pressure. No, less pressure. Back off, dammit!

There are a number of factors that make a massage good or bad. Did the therapist pay attention to me? Were they 'there' during the session? Were the movements smooth? Was the pressure correct?

Massage is a form of healing that relies on touch. If the touch is too heavy, it is bad. If it is too light, it is like not being worked at all. A therapist's touch has to be caring, healing, appropriate with the proper intent, and it has to be 'just right'. And it is the latter that usually makes or breaks the massage.

Depending on what type of massage is needed (and that has to be agreed upon between the client and therapist), massage can be pleasant or painful. Sometimes, the problems someone has can only be worked out by deep massage which could utilize trigger points in very tight muscles. Sometimes, what someone needs is fascial work (work on the connective tissues) which can hurt at times and is not what people think of when they think massage. The plus

side on these styles is that a person will generally feel much better afterwards, and that feeling will increase over the next couple of days. The effect can be more permanent as well.

But for most 'normal' style of massage, someone is looking to relax and loosen up muscles. The right type of pressure here is important. Pressure that is too light makes one feel like they were not worked on at all. Too heavy makes one feel 'beat up'.

A survey a few years back said that the most requested style of massage in the state of Florida is Deep Tissue. And most massage places charge more for that. But most people don't realize what deep tissue truly is. Deep Tissue can be killer deep. It employs lots of pressure, and most people don't want that. But people request it because they have had massage previously where the therapist used too little pressure (what we in the industry call 'Fluff and Buff'). These people walk away thinking that regular massage is too light so they must need Deep Tissue work.

In truth, most people just want to feel their massage, and most (intuitive) therapists should be able to gauge the pressure that is appropriate. However, if you are receiving a massage and the pressure is not right, feel free to tell the therapist what they should do. If they do not listen to you, that is another issue. But, they should change to give you what you need. The key is that you need to speak up and let them know.

So, what pressure is right for you?

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

- May 7 (Saturday) 11am - 5pm **Confirmed**
- June 4 (Saturday) 11am - 5pm **Confirmed**
- 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

- 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.

Maximize your results with less effort. Utilize the science of martial arts

and apply it to massage. 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.

Brian Takes Continuing Education

The Caring Palms Studio will be closed June 10th thru June 12th as Brian will be out of town taking continuing education classes in Hawaiian Temple Lomi Lomi. The studio will reopen on Monday, June 13th at the regular hours.

Modality of the Month

Hawaiian Lomi Lomi

The ancient art of Hawaiian Lomi Lomi has been practiced for hundreds of years. The gift of healing was passed down to the "chosen one" who spent their life practicing the healing arts.

Kahuna's (healers, shaman) were taught to use thumbs, hands, forearms and elbows to massage. It wasn't uncommon to have hot rocks placed on injuries or have the Kahuna walk on your back. Kahuna's were even known to use a mild form of hypnosis, instilling feelings of well-being. They believed they could transfer their own vital energy into a person who was sick.

Hawaiian Lomi Lomi was kept secret within families for most of its history, until Kahuna Aunty Margaret Machado decided to teach anyone who wanted to learn "the loving touch". Aunty says, "Lomi Lomi is a loving touch. When they feel loving hands on their body, they'll respond, "she loves me, she'll take good care of me, and I'm going to get well."

So, what is the difference between Lomi Lomi and any other massage? That is a difficult question to answer. Clients have said, "It's as if you are right inside of my muscles and you know exactly where to go and how deep to go." "The pressure points melt, your hands and elbows feel strong and loving as if they are guided." I don't know how elbows and forearms can feel loving, but that is what clients say! Lomi Lomi feels like many different techniques put into one flowing system. It has a rhythm and flow that is soothing and feels complete.

[read more](#)

Move Like Water

by Brian Dean

A friend pointed me to an [article](#) written by a Reiki master that quoted this line. I remember the line from an old science fiction TV show where one person was trying to ready another for a fight. But the line originally, "Be Like Water" came from actor and famed martial artist Bruce Lee.

Lee was talking about doing martial arts with such a flow that it resembled the smoothness of water. But the comparison does not stop there.

The first thing to ask is.... What does water do? Water is a substance that bends, moves, works around things. It is very strong (look at how it erodes land and smoothes rocks). But, while it moves around denser objects, it never goes away. If you move your hand through water, you can move unimpeded as water moves around to make way for you. But when you take your hand out of the water, your hand is wet. The water may give way, but it does not go away.

As the article mentioned, when we learn something, we learn basics, a routine, by rote if you will. For example, massage therapists may

be jerky at first. After time, and practice (lots of practice), routine turns into skill, then (hopefully) into intuition. That is the point that it becomes flow. That is the point that one becomes like water.

This is the case for healers of all types. Massage therapists blend their motions until it is just one motion. Lightworkers (energy workers) open to their intuition to where they are listening to the energies of the person they are working on, and adjusting what they do to meet the needs. It is a point where healers of all types become one with the person they are working on. It is where they feel themselves and their motions combine with their subject's to create a dance of energy, of healing, of flow. It is a symbiotic relationship of balance, of giving and taking, of matching and meeting needs. And when it is done, the healer has made their subject feel better.

Flow is also about our approach to life. Do we go charging through life, bashing things out of our way as we go? Do you walk through the mall that way? Or do we move around objects, blend with them in this short dance and then separate? Do we charge, or do we flow?

Think about that the next time you are out. And as you do, move like water.

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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