



Caring Palms Massage and Reiki Newsletter

November 2011

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Greetings!

Welcome to the November 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 start the holiday gift certificate sale (see details below).

I hope you like what we have here.

Closed for Thanksgiving

The Caring Palms studio will be closed Thursday November 17th for the Thanksgiving holiday. At present, it is uncertain if the studio will be open on Friday the 18th. It may be closed, or may be operating on an appointment only basis. If you are looking for a session that day, please call to enquire.



Caring Palms hopes that everyone has a pleasant and joyful holiday.

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.

Affecting Others, Affecting Ourselves

by Brian Dean

In what we do, we exude energy, energy that is generated from our doing, from our passion for what we do. But in doing something, even something simple, we affect others, and they in turn affect more, and eventually, that comes back to affect us.

In what I do, I help people, but it does not stop with that one person. If I do something that makes someone feel better (and this could be massage, or energy work, or just smiling at the clerk at the grocery), my energies affect them, change them, make them act differently. They in turn, feeling better, pass this on to others. These people in turn pass it on to those they come in contact with. Remember that hair products commercial, "she tells two friends and they tell two friends and they tell two friends..."? Think of a wave moving out from one point and then passing through others, and moving out through those others to others.

But things don't just move in one direction. When one passes this energy on, it goes out in a circle. Think of a broadcast tower sending out a signal in all directions. This "signal", this energy spreads out to everyone around.

In my example of me working on someone, I make them feel better. In their feeling better, they make others around them feel better. Even I feel better because that energy comes back and makes me feel better because I know I helped someone.

Think about this when you do things. You are starting a wave of energy that spreads out and affects others, and in turn that wave comes back and affects you. Ride the waves.

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 December newsletter, and would like to continue to receive our mailings, please email and let us know.

The Art of Caring Palms

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 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.

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

- November 12 (Saturday) 10am - 5pm **Confirmed**
- 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

- November 5 (Saturday) 10am - 5pm **Confirmed**
- 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

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](#)

Inspired Writing

by Brian Dean

As part of a class exercise, we did speaking and writing off the tops of our heads. This is called Inspired speaking and Writing and the information comes from outside. I was given a word to talk about, and that word was "Purpose". What came out was the basics for the other article in this newsletter. Then when asked to write with no subject, the following is what flowed out.

Going through the motions. Is it really me, or is it someone else?

As I walk through the world, I see things, things that move, things that flow, things that affect other things. Some I see are good, some not so. These things, these energies affect me, yet I affect them.

I push and I pull. I give and I take. I work with and around and through these energies that I see. I place them in motion, change their vibrations, bring them to a higher plane, and then slow them to the physical world. I look. I see. I change. I make better. I have to.

I go through the motions of moving energies, putting them into motion. Is it really me, or is it someone else? It is both and neither. It is just us.

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

(904) 246-2206