



Caring Palms Massage and Reiki Newsletter

August 2011

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Greetings!

Welcome to the September 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.

Closed for Labor Day

The Caring Palms studio will be closed Monday, September 5th for Labor Day. The studio will reopen Tuesday, September 6th at the normal hours. If you would like to make an appointment, please call. We hope everyone has a safe and happy holiday.



The Rush is Over

Well, the rush is finally over. The licensing renewal period for massage therapists has come and gone. Caring Palms did its part by scheduling classes as often as possible including a Reiki 1 and a Reiki 2 on the last two days of the period.

There was someone on a Facebook page that was commenting on people waiting until the last minute to take their continuing education, but while some people simply had no excuse, others had really good reasons for not getting this done until the last minute. As we know, life happens. Many of the people Caring Palms has taught have been dealing with health issues, business issues, money issues, and more. These things have kept them from being able to take classes earlier. A couple people had been signed up for classes that were cancelled at the last minute leaving them with little time to find something else. One student had been signed up for a class for months. At the last minute, they decided that her health problems were more than they wanted to deal with and told her she could not take the class. This happened a week before the end of the licensing period.

Caring Palms is glad it could fill the needed requirements at the last minute so these people could renew their licenses with having to pay a late penalty.

By The Numbers

This year, being a massage therapist licensing period, Caring Palms has been teaching a lot of classes. In fact, when massage licensing happened two years ago, Caring Palms taught 92 students that entire year. This year, Caring Palms has taught 95 students, and the year is not over yet. More classes are scheduled and many are already confirmed.

As it breaks down, there have been 51 Reiki 1 students, 31 Reiki 2 students, 9 Reiki 3 students, and 4 Body Mechanics students. Most of these students were massage therapists looking for continuing education, but many were just people looking to learn.

Caring Palms thanks everyone for making this such a successful period, and we hope that the students found the classes interesting, and that they go forth and use what they have learned.

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

- September 10 (Saturday) 10am - 5pm **Confirmed**
- October 8 (Saturday) 10am - 5pm **Confirmed**
- November 12 (Saturday) 10am - 5pm

Reiki 2

- October 22 (Saturday) 10am - 5pm **Confirmed**

Reiki 3

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

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.

Future Classes

Classes at Caring Palms are always ongoing. There is a Reiki 1 class every month (except December) with Reiki 2 and Reiki 3 scheduled a couple of times during the year. By December, we should have the schedule for the first half of next year decided and posted. Keep in mind that if you are interested in a class and the scheduled dates do not work for you, a class can be set on any date, on any day of the week (depending on the session schedule). Reiki 2, however requires a minimum of two students.

Although there are no Body Mechanics seminars on the schedule, a class can be set on any two days (again depending on the session schedule). It is preferable to teach this class to a minimum of two students. You do not have to wait until a huge seminar is available. Caring Palms can work with you to meet your needs.

So, there are plenty of learning opportunities in the future, and the schedule can usually be changed to meet your needs if you can not meet ours.

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](#)

Being Forced to Follow Your Path

by Brian Dean

We are all on a path, one specifically for us, and designed by us (although we will not remember doing so). As we go through this life, we discover this path, and the journey that it takes us on, and the things we learn along the way.

This path was set so that you would have certain experiences in this life. How you move along it, though, is up to you. Sometimes, we are drawn to certain things... career, people, opportunities. Sometimes we feel we have limited choices and we have to accept one of the options we have. Other times, it seems we are simply forced to move on from where we are.

I remember looking for a career, and being into science fiction, I was drawn into computers. The idea of getting a machine to do something was a really cool idea. So, I went to school, and worked for several years as a programmer / analyst.

While I was doing that, I was drawn to healing, specifically energy work, then Reiki, and then massage. The knowledge that I could help people was a cool idea.

In each case, I listened to what was there, and followed my heart. This is the best way to move along your path, letting yourself be drawn to what you need. But this is not always the way things work.

Sometimes, we know we need a change, a decision. We get offered some choices and none of them really appeal to us. We don't feel any of them calling us, so we make the best choice we can, and hope that it is the right one. This moves us along that path of ours, and we have a hand in it, but it is a gentle nudge to make a move. When we don't move, we end up being forced to.

As humans, we have points in our lives where we get comfortable, complacent. Unfortunately, the only constant in life is change. And once we are comfortable, we really, really fight off change. I know all too well about this having been forced to make big changes in recent years.

When we lived in Maryland, we were comfortable, but the energies started changing. We noticed, but we didn't notice. Our peach tree gave us the sweetest peaches every year. But one year, as soon as

they started to ripen, some disease hit them. We also had an apple tree that gave wonderful apples, until a windstorm knocked it down. This was the first warning. These were the subtle hints of things to come, hints that may have been too subtle.

Next, the company I worked for went out of business leaving us with one job. Finding another was difficult, especially one that did not take 90 minutes of travel to get to. The final straw was when the company my wife worked for decided to move to Jacksonville, FL.

Rather than stay with no jobs and little prospects, we took the offer to move when it was offered. This meant moving from friends and family. But, this was part of the path I needed to be on. I was being forced out of my comfort zone to move along that path. It brought me to a Reiki teacher, and to massage school, and to all the other things I have learned and done in the past several years. When I was laid off of my day job after seven in years in Florida, it led me to opening my studio. This led me to helping all the people that have been in here for treatment. This is the path I was meant to be on.

Sometimes, to follow our path, we need to be kicked in the backside several times. Sometimes we need to have devastating things happen to force us to move along in the right direction. Sometimes losing what we know is the only way we can look at the unknown and see where we really should be going, or at least see a glimmer of hope.

How do you move along your path? Do you go peaceably, or do you need to feel the kick of a very large boot?

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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