



Caring Palms Massage and Reiki Newsletter

February 2012

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Greetings!

Welcome to the February 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.

Yes It Does Work

Recently, one of Brian's students from the Reiki 1 class on January 14th, stopped by to let him know that she had recently done her first Reiki session. She described how she had gone about it and was very surprised that the energy that she learned how to utilize was there and very strong. She was so excited, that she had stopped by just to let him know that it worked.



Caring Palms does its best to give its students the information and practice in the classes so that with some practice outside of class, they can be working at a high level very quickly. Basically, yes, what we teach works.

Wizardly Things

One of Caring Palms' clients told Brian that he likes his work so much that he considers Brian a wizard at what he does. It has gotten to the point that when he tells his wife that he is going for a massage she asks him, "So, you're off to see the Wizard?"

Reiki Pet Rescue (one week later)

by Brian Dean

It was the beginning of the new year. Unlike most New Year's days, I ended up doing something really meaningful, I did Reiki on Rilind.

Ericka had set up a Facebook page called [Rilind Reborn](#) (hopefully that link into Facebook works) so she could get some sponsorship to pay down the costs of

bringing this dog back to full health. As part of that, she set up the photo shoot with Carmen (a student of mine and excellent photographer) at a local elementary school. She wanted me there to give the dog Reiki and to be in a couple of pictures. (The pictures here are from Carmen. Visit her website, [Carmen Cay Photography](#). To go directly to her photo story on Rilind, go [here](#).)

What I saw amazed me. This dog looked a lot different than the one I had seen at the vet's office less than a week ago. He was much more awake and alert and willing to move around. He was actually even half running which was the first time he'd done that since being rescued. It was very clear that this dog has the heart and will to get better.

Throughout the couple of hours I was there, I gave him Reiki on and off. He stayed with me while I gave it, and seemed to enjoy it. I even got more doggy kisses as I worked. He definitely remembered me from last week.

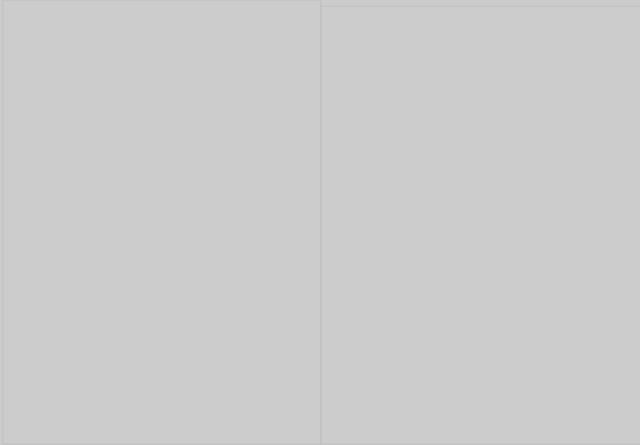
In this past week, he has gained almost 3 pounds, and has lost all the fleas that were all over him. His eyes are clearing up and he is learning manners. I watched him sit and wait for his food bowl to be put down before going over to eat.

He is still skin and bones, and has trouble balancing now and then, but he is doing so much better than last week it is not

funny. He's reacting to the love and the care given him by Ericka and people in her foster group, and of course the Reiki.

It is just neat watching him progress. I hope that he will continue to do so, and of course, I will be there with energy work as he needs.

Rilind needs the support of anyone willing to help. If anyone does wish to contribute, you can contact Ericka through the Rilind Reborn Facebook page or [PitSisters.org](#), the group that has rescued him. Or you can email Caring Palms and I will put you in contact with them.



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

- February 11 (Saturday) 10am - 5pm **Confirmed**
- March 17 (Saturday) 10am - 5pm (this date has changed)
- 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 **Confirmed**
- June 23 (Saturday) 10am - 5pm
- October 27 (Saturday) 10am - 5pm

Reiki 3

- 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.

Emotional Sessions

by Brian Dean

Recently, a client came out of a Caring Palms session in tears. Believe it or not, this is not because she was beaten on. The massage and energy session she had gone through, had been so beneficial and so uplifting, that she just started crying with tears of joy. But in truth, emotions can be a part of any session whether it be energy or physical body work.

Through our lives, we collect energy in every cell of our body (this is what Myofascial Unwinding is all about, releasing energy of past experiences stored in the cells of the body). There are many things that can release these energies, and they can come out in emotions, and these emotions can be happy or sad. It is not unusual for someone to have an emotional response to a certain touch or certain feel. At times this can cause the client to start crying, or start laughing, depending on what emotion is brought forth.

If someone has had traumatic experiences in their life, it is very possible that a touch in a certain area can bring forth memories that have long been buried. The same is true for people that have been abused. Such an occurrence can bring forth emotions from those time periods and have them relived again at this very moment. Occasionally, the client can become sad, or afraid, even have a panic attack.

The same is true for happy moments. A touch can release the memory of a very special time causing emotions of joy and love. It can even tickle the funny bone and cause hysterical laughter.

This can be more true when dealing with energy work such as Reiki. With energy being pushed into the body, it connects with other energies in the body. This can stir things up and release emotions have been setting for quite some time.

That is not to say that one should not have massage or energy work. It is simply to make one aware of the possibilities that could ensue. Any good massage therapist will be expecting the possibility that something other than a normal session could occur, and hopefully be ready for these occurrences. The idea is not to stop the motion from

happening, but let the emotions release themselves, run their course and be free of the body. Sometimes, what happens to the body, connects to the spirit and the emotions and creates "a lifting of the soul" where great stresses are removed so a person can feel lighter. This was the case in the session mentioned earlier. The client had such a relief, and felt so uplifted, that she just burst into tears of joy.

Every therapist hopes that at the end of the session, there client is physically and emotionally happy with the work that was done. But there are those sessions that go beyond that, and those are magical.

Modality of the Month

Esalen-Inspired Massage

A beautifully landscaped grounds overlooking the Pacific ocean is the home of the Esalen Institute in Big Sur California. The institute has a center for the arts, a center for theory and research, lush gardens, natural hot springs, and massage. While the owner wanted it to be known for the arts and research and such, Esalen became known for its unique style of massage.

Californians are very laid back when it comes to massage. Esalen became known for doing massage without draping (as long as the client was comfortable with it). There were times even when the therapists wore nothing because they were comfortable with it. At one point, when the local licensing board became aware of this, they told the therapists that they would have to wear something or be licensed under Adult Entertainment.

While they do Esalen in California with little or no draping, it can be done within most people's comfort levels. Sometimes creative draping is needed to keep a person covered, but it can be done. Minimal draping is best, but full draping can be used.

[read more](#)

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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