



Caring Palms Massage and Reiki Newsletter

July 2012

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Greetings!

Welcome to the July issue of the Caring Palms newsletter. This month we have an article and an updated class schedule.

I hope you like what we have here.

Caring Palms Closed for the 4th

The Caring Palms studio will be closed Wednesday, July 4th in observance of the Independence Day holiday. Caring Palms will reopen Thursday, July 5th at the regular hours. We hope everyone has a safe and happy holiday.



Brian Takes Continuing Education

This past month, Brian completed a three day seminar in Table top Thai massage. There were two intensive days of learning all of the moves, and one day of putting it all together.

Thai massage is a lot of stretching and pressing, so much so that it has been called forced yoga. It is typically done dressed on a mat on the floor. But since most massage therapists don't want to be closing up their tables and putting down mats, they developed a method of doing it on the table.

Brian has been doing this new style on several volunteer 'victims' so that he can learn the routine involved. Although the moves can be completely integrated into other styles (which he has done with great results), he is hoping to offer this as a stand-alone modality soon.

Studio Will be Closed for More Continuing Education

The Caring Palms studio will be closed Thursday, July 12th (at 1:00pm) through Sunday, July 15th while Brian is taking continuing education in mediumship. He will be attending Stansted-in-Florida, a four day intensive course focusing on the development of one's personal Psychic / Mediumistic skills. It is patterned after and taught by tutors associated with the Arthur Findlay College in Stansted, Essex, England. This course follows the same level of quality and the same format as courses taught regularly at the College and gives each student an opportunity to meet and mingle with like-minded people.

Table Top Thai Massage

Thai massage is a lot of stretching and pressing, so much so that it has been called forced yoga. It is typically done dressed on a mat on the floor. But since most massage therapists don't want to be closing up their tables and putting down mats, they developed a method of doing on the table.

Thai does a lot of stretches that Caring Palms already does, but while those are intuitive and have to be worked out, these are doing the same things but are more polished.

The Thai routine involves stretching each part of the body (arms, legs, torso, etc.) and then doing palm and thumb compressions along SEN (energy) lines. Because the therapist uses their body to facilitate the stretches, they are on the table almost as much as the client. To reach the positions needed for the stretches that they do, the therapist will be kneeling or perching or standing over the client. Some of these involve leg lifts and shoulder stretches as well as the 'Bow' and the 'Cobra'.

The movements can be completely integrated into other things Caring Palms currently does such as MFR and other fascial (connective tissue) work. (Caring Palms integrated movements from the Auntie Margaret version of Hawaiian Lomi Lomi as needed and will be doing the same with Thai movements.)

One of the people worked on asked why people would pay to be stretched like this. But when she got up off the table and saw how much she could move, she understood.

July Reiki 1 Class Cancelled

The Reiki 1 class scheduled for July 14th has been cancelled due to

a scheduling conflict. Brian will be attending Stansted in Florida that weekend. The next scheduled Reiki 1 class is Saturday, August 14th. Please remember, Reiki classes can be scheduled during the week if someone cannot wait for the current scheduled ones.

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 filled up. (Note: In some cases, one may be able to enter a class marked 'Closed' with permission of the instructor.)



Reiki 1

- July 14 (Saturday) 10am - 5pm **Canceled**
- August 11 (Saturday) 10am - 5pm
- September 8 (Saturday) 10am - 5pm
- October 13 (Saturday) 10am - 5pm
- November 10 (Saturday) 10am - 5pm

Reiki 2

- June 23 (Saturday) 10am - 5pm **Confirmed**
- October 27 (Saturday) 10am - 5pm **Confirmed**

Reiki 3

- July 28 (Saturday) 10am - 5pm **Confirmed**
- 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 cut off 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.

Possible Location Change for Reiki 3 in July

There is a possibility that the Reiki 3 class scheduled for July 28th may take place at the Hampton Inn instead of the Caring Palms studio. There have been several people interested in taking this class, and it could expand beyond the maximum number that could

be comfortably taught at the studio. (We can comfortably teach six in the studio, but need a minimum of eight to move to the hotel due to the cost of the room.) The hotel is available, but Caring Palms needs to let them know at least one week before the class date. Right now, the registration system will allow up to 10 people into the class. If the 'drop date' for the hotel comes before we do not have enough to move it, the maximum number will be changed back to six.

If you are interested in the class, please register as early as possible as we need to make a decision on the location by Monday morning on July 23rd. If there is a location change, everyone will be notified by email.

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](#)

Now Rooster, Next Tinkerbell

by Brian Dean

A couple weekends ago, I went out to work on another pitbull, Rooster (or more appropriately Rooster Cogburn of Clay County). Rooster is a one eyed pit that is mostly skin and bones and was rescued by Pit Sisters, the same group that rescued Rilind. Rooster has never had heartworm treatment and is suffering from a really bad case of it, so bad that the vet would have normally put down a dog in this condition. In fact, he couldn't figure out why this dog was still alive.

But Rooster does not act like he is on death's door. He still has interest in chasing lizards and seems to have the will to live. He is alert, and would be more active, but he is kept to minimal activity because of the condition of his heart. They



Rooster Cogburn

are currently working medicines and hoping that one of them will help him back to health. They also decided to try Reiki since it seemed to work on Rilind and before him, Friday.

So, my wife and I went to visit one Sunday, and I spent about 45 minutes giving Reiki to Rooster. This dog was such a sweetie. He was calm, and although moved around a bit, seemed to like it, and be willing to take it in. I was told a couple days later that they believed it helped some.

Reiki does whatever the soul of the individual wants it to do. If it wants to heal the body, it will. If it has decided that it is time to travel, it can be that vehicle. So, the foster family is open to whatever it can

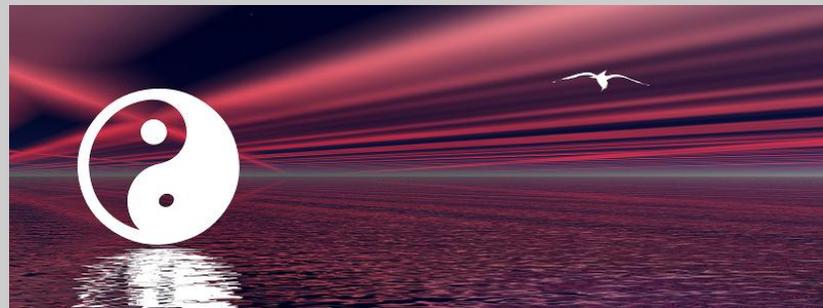
do. At least if Rooster decides to move on, his last memories will be of love. If he decides to stay, then he will receive more love.

I was just contacted about another dog, Tinkerbelle, being rescued that looks like she is in as bad a condition as Rilind was when I first saw him. I am waiting for Pit Sisters to let me know when they want me to see her. I think we are all hoping that Reiki will help her as it has the other dogs.



Tinkerbelle

I think I am going to change my title to "The Dog Reiki-er".



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
