



Caring Palms Massage and Reiki Newsletter

March 2012

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Greetings!

Welcome to the March 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.

Caring Palms Closed for Continuing Education

The Caring Palms studio will be closed on Friday, March 9, and Saturday March 10 while Brian is taking energy healing classes in Orlando. The studio will be open at the normal hours Monday, March 12.



Brian Taking Classes

Brian has been doing energy healing for many years now. Aside from being a Reiki Master, he has a certificate in Therapeutic Touch, and some knowledge of Polarity Therapy, as well as things he does not have a name for. This month, Brian will be taking more energy healing modalities with the idea that it is part of mediumship (dealing with spirit). These classes are being taught by Jan Marshall, an instructor from the Arthur Findlay school in England. (To learn more about Jan and the school, see the International Foundation for Spiritual Knowledge [website](#).) Brian has already taken one class this month, and will be taking more the weekend of March 10th.

In June, Brian will be taking classes in Table-Top Thai massage. This involves a lot of stretching (something he has been incorporating with Myofascial Release and other fascial and massage work). With the addition of this modality, Brian should be able to help his clients even more than before.

Changing Your Habits

by [Brian Dean](#)

We are creatures of habit. How we react, what we do is based on what habits we have created. Changing this habit, or these habits seems to be a hard thing, convincing yourself not to do something

that you really feel you need to do, and doing something else instead. Also, starting new habits seems to be difficult as well, especially when we want to improve ourselves. Part of that comes down to commitment, a big part.

All of us have things that we want to stop doing that are bad for us. Some of the most obvious things would be to quit smoking, not eat as much, watch less TV. But there are lots more that may not be as obvious such as sitting with poor posture (as poor posture can hurt the body), working in poor light, not paying attention to safety issues.

At the same time all of us have things who like to do to make ourselves better. These could include exercising, eating better foods, reading more. The key is that whatever we want to do we have to make it positive in nature. Instead of looking at stopping bad habits, we look at as creating good habits that replace bad habits. For example, if one wanted to eat less junk food, one goal would be to eat better food. In the long run, creating good habits creates a positive mental attitude and creates better health.

Experts (and the use the term loosely) agree that it takes 21 days to instill a habit. By doing the same thing over and over again for 21 days, makes a habit, and once something is a habit you will continue doing it. For instance if one of your goals was to exercise more, if you were to exercise every day for 21 days in a row, that would become part of your daily routine and you would miss it if you did not do it.

Here are a few steps to help you create new and better habits in your life.

1. Create a goal and write it down. Writing something down makes it physical, makes it something you can touch, something you can do. It makes magic.
2. List your reasons for your goal and write them down. Making a list of reasons puts form to your goal. It shows your arguments and gives credence to what you want to do.
3. Find substitute routines. If there are points when it is difficult to do this new habit, you need to find something else to do during that period. For example, if you are trying to improve your eating and there is a time of the day where it is difficult, you need to find something else to do to take your attention from what you don't want to do.
4. Talk to yourself (and I'm not talking about doing so by yourself in crowds). All too often we put ourselves down when we do not do what we are wanting to do, or were supposed to do. After all, we are our own worst critics. But instead of approaching it from the negative, we need to approach it from the positive. Tell yourself how

well you are doing, and if you do not do as well as you want to, tell yourself that you will improve. Positive feedback helps and sometimes the only place we can rely on positive feedback is from ourselves.

5. Recruit helpers for support. Obviously, everything is more difficult if we do it by ourselves without outside support. Our first leg of support needs to be ourselves, but it helps a lot if there are other people prodding us on in supporting what we are doing. Their role may be the needed encouragement to get over a certain spot.

6. Be prepared for people that may sabotage what we are doing. All too often we get sabotaged by people that mean well and care, but in what they do, they are hurting our efforts. For instance, someone that is motivating to lose weight does not need a friend that is baking them cookies. Someone that is trying to create a habit of exercising does not need a friend telling them to skip a day and come have a beer. The key here is to be assertive and stand up for yourself. You know that your friends do not mean harm, but you need to make them understand that this is something you need to do for your health.

Now, when you start on your path of improvement, you will need help for sustaining that motivation and determination. Here are some suggestions.

1. Keep reviewing your list of reasons. This will keep these reasons fresh in your mind and help remind yourself why you're doing what you are doing.

2. Create mental images of yourself already having succeeded at what you are doing. Picturing yourself in this way creates energy and puts it out to the universe. This energy will eventually return back to you and help you achieve your goal.

3. Make affirmations. These are positive statements about your habit for change. For instance, "I will continue to lose weight until I am at the weight I wish to be." Make a list of these on paper and read them to yourself daily. Initially, you may not believe any of them, but eventually, you will believe all of them.

4. Reward yourself. At the end of every goal, there needs to be a reward. That reward can be a verbal pat on the back. It can also be a change in attitude through the accomplishment which is a positive change in health.

5. Take one day at a time. Just as with everything we want, we want it now. Now is not always possible especially when what you are dealing with something that has to develop over a period of time. If you slide back, don't think that you failed, just look ahead and continue on the path to getting where you need to be. Changes that

take time, take time. We get through one day, then we start the next.

I hope this is a good starting point as you start yourself on your first 21 day cycle. Remember, be positive, move forward step by step, take each day as it comes, and you will get there. As my favorite little green person would say, try not. Do. Or do not. There is no try. Remember, you can do it.

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

- March 17 (Saturday) 10am - 5pm **Confirmed**
- April 14 (Saturday) 10am - 5pm **Confirmed**
- 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.

Education Is Essential

by Brian Dean

Currently in the Florida legislature, there is a bill that tries to limit fraud in accident cases. The bill deals specifically with the PIP insurance or, personal injury protection. Unfortunately, the bill really is not limiting fraud, it is limiting health care options. The original language of the bill excluded massage therapy, acupuncture, and other treatments from coverage. Since then, new language has been added to the bill which does not exclude these modalities, but instead lists healthcare methods that are acceptable, none of which includes complementary care of any kind, so essentially it says the same thing.

The problem with all of this stems from a lack of education about what complementary care can do for a person, especially massage therapy. Now, I will fully admit that there are many massage therapists who double, triple, even quadruple their prices when they treat somebody who's covered by insurance, and part of that stems from the work that goes into billing the insurance company and supplying all of the information it wants in order to get paid. But the real key is that too many people do not know what massage therapy or other complementary care methods can do for someone. This list of undereducated people includes people in the legislature, people on the street, and people in the medical profession.

All too often, doctors will not look outside their domain for something that might help their patients. Doctors will treat somebody as best they can within what they know, and if that can't help them enough, or that person is still in pain, they then get sent to pain management which is modern medicine's way of giving up on a person instead of looking elsewhere. And it is understandable that they do this, but in a way by not educating themselves and their patients on other methods, they limit or remove care that could actually bring their patient back to full health.

Over the past several years, Caring Palms has worked on a lot of accident victims, bringing mobility back where it had been lost, and reducing or eliminating pain. Through methods like Myofascial Release, connective tissue is relaxed, muscles are stretched, and proper alignment is returned, thus eliminating a lot of problems that were causing pain. In one particular case, an accident victim came to Caring Palms as the treatment they were receiving was not working to relieve the problems caused by an accident two years earlier. In six months, Caring Palms had returned her to 80% of normal function. For the remaining 20%, Caring Palms then

recommended a chiropractor who works without popping bones.

However there is another case where the outcome is not so promising. Caring Palms worked on someone that has been in a lot of pain due to various things. Their primary care doctor had referred them to a pain management doctor who prescribed pain medication. In three sessions with Caring Palms, we found various reasons for what is happening and a plan of attack to help this person. Part of the problem was that each time the client came in, they brought up something new that was going on that they had not talked about previously that did have an effect on what their problem was. A visit to another doctor for another opinion showed a bulging disc which Caring Palms was not aware of. The client decided to follow the doctor's orders and get injections instead of seeking further treatment from Caring Palms. His feeling was that he needed immediate relief and felt that the injections would give him that (and in truth they might do that). Unfortunately, the client is not aware that there are specific movements to work with bulging discs and help them get back into place, something Caring Palms has done before, and the injections while eliminating pain at the moment, are not a cure.

Each person will do what they feel is right for them, but to make the best decision, one needs to be presented with all the information. One needs to see all the options not just some of them. There are many things that could help that we just do not know about and therefore do not consider in the decision-making.

There are many types of alternative care modalities out there, any of which can help a person come back to full functionality. It is up to all of us to do the research and learn that there are alternatives and what those alternatives are.

Modality of the Month

Myofascial Release

Myofascial Release (MFR) is a style of massage / physical therapy that takes a whole body "hands-on" approach to the evaluation and treatment of the human structure. The goal is to help return the body's capacity to adapt, by restoring three-dimensional balance. What this means is that it works on realigning the body to its proper shape through manipulation of connective tissue (fascia).

Every part in the body is connected by fascia. The organs don't just hang there in open space. There is connective tissue surrounding everything holding them in place. Throughout life, one's body takes a lot of punishment, or trauma. We fall down. We get in accidents. We have surgery. All these things affect the fascia. You see, the fascia is normally a nice, soft, rubbery substance that gives when we move. But through trauma, this pliable substance can become

hard and constricting. When this happens, the body's alignment changes. We feel pain, and a host of other problems crop up. (A good example of constricted fascia is carpal tunnel syndrome. This is where the fascia in the wrist becomes hard and painful. The normal response is to have surgery which cuts out the constricted fascia, but it also leaves scar tissue which later causes more constricted fascia.)

[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
(904) 246-2206