



Caring Palms Massage and Reiki Newsletter August 2013

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Greetings!

Welcome to the August issue of the Caring Palms newsletter. This month we have a couple articles, and an updated class schedule for you.

I hope you like what we have here.

Busy Month Behind and Ahead

This last month was a busy one. It saw several classes in Reiki, and many students attaining their next level, two of which became Reiki masters. It also saw lots of good healing work done and a seminar on personal development. This month looks to be just as busy with more classes and sessions scheduled. In fact because of the lateness of this newsletter, one class has already completed. But more are yet to come. I hope you are looking forward to it as much as I am.



Reiki Share

Caring Palms has a Reiki Share the first Wednesday of each month. A Share is where Reiki practitioners get together to work on each other. Group Reiki work is done where each person gets time on the table and worked on by several therapists at once. Any practitioner is invited no matter what lineage they have.

This month's share is on
Wednesday, August 7th from 7pm to 9pm.

Since this month's share is the night before a holiday, PLEASE let us know if you plan to attend.

Stansted-in-Florida

This past month, Brian attended Stansted in Florida, a seminar geared toward improving one's mediumship skills. Although, the focus is mediumship, it also worked in the realm of energy manipulation (something that happens when doing healing like Reiki and other methods). It is through the manipulation and openness to energies that mediumship occurs. But this same process increases one's ability to understand and feel energies which is what makes an energy healer (or healer of any kind) be better able to help their clients with whatever problems they might be having.

The seminar involved learning to do a number of things as well as getting more practice at things we already do, although with new theories and methods to do them. Classes included Sitting in The Power, a method of attuning one's self with the energies needed to work, the Soul's Color Journey, Practical Mediumship, and Trance Healing and Trance Phenomena. All in all, it was a very intense, yet fulfilling four days of classes.

Healthcare Industry Issues

by Brian Dean

Someone told me that the healthcare industry is hurting for money. This is due to the fact that a lot of patients are not going to doctor ordered tests because they can't afford them. In fact, people are not going to doctors unless they absolutely have to (me included) because the cost to them is so high due to lousy insurance.

In fact, doctors are ordering tests that are not normal just so they can raise more income. They are also doing more procedures when the patient might not need it for the same reason. A couple cases come to mind. A friend had breast cancer. She was battling it with holistic medicine until one doctor scared her into surgery. One of my teachers has an ex-husband that has a 15% to 20% blockage in one of his arteries, something that would not become a major problem for a number of years. It might have been something that could have been fixed through chelation (drugs to dissolve plaque in the arteries). Instead, they put a stint in his heart.

I have also been a victim of the doctor wanting to make more money. The new doctor I started with at the beginning of this year decided that she wanted to do an Echocardiogram (a sonogram of the heart done by sending the sound waves between the ribs). Now, there were no symptoms that prompted this decision. I feel it was another one of those 'make money' ideas where the earning of income is more important than the care of the patient, or the patient's ability to pay, especially since the test was done in the doctor's

office.

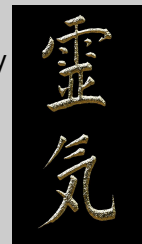
Then of all surprises, this test came back with a reading of abnormal. It said that I had something hanging from the valve in the left ventricle of my heart which could break off and go to the brain (nothing important) causing a stroke. So, my new doctor (there are other things this doctor did that was questionable that cost me money) sent me to the cardiologist who scheduled a better test (a sonogram done from inside the throat). This test showed that I had nothing wrong. What it showed was that I had an extra tendon connected to the valve in my heart, or as they put it an anomaly of anatomy (say that five times fast) or as someone else said I am a freak of nature.

Basically I have nothing wrong or the least bit dangerous. But I spent a month wondering if I would be undergoing open heart surgery (as one of my clients had for the same issue). So \$1,000 out of my pocket later (due to lousy insurance) I know I am in good shape. But all this would not have been necessary had this first doctor not have demanded this test. She actually had demanded others, one of which would have cost me \$500, but I said no.

One of the things I have said for a long time is that we need to take responsibility for our own healthcare. That means looking at what the doctor wants to have done, and deciding on whether it should be done or not. It also means knowing more about how your insurance works so you know what you have to pay. (This is where I got caught as I expected the new insurance to act the same way as the one we had last year.) The advice I can give is to get all the information you can before having anything done. Know all your options, and don't let yourself get bullied. And if your doctor is there for the money and not for your care, change doctors.

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

- August 10 (Saturday) 10am - 5pm **Confirmed**
- August 14 (Wednesday) 10am - 5pm **Confirmed**
- September 14 (Saturday) 10am - 5pm
- September 18 (Wednesday) 10am - 5pm
- October 12 (Saturday) 10am - 5pm
- October 16 (Wednesday) 10am - 5pm

- November 9 (Saturday) 10am - 5pm

June 29 (Saturday) 10am - 5pm

Reiki 2

- August 17 (Saturday) 10am - 5pm **Confirmed**
- August 28 (Wednesday) 10am - 5pm **Confirmed**
- October 26 (Saturday) 10am - 5pm

Reiki 3

- August 24 (Saturday) 10am - 5pm
- November 23 (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 under Reiki, Reiki Class Information, and Class Schedule. You can also sign up for classes there. (Check the website for the location.)

Each Reiki class is six (6) CEUs for Florida massage therapists.

Body Mechanics and Advanced Techniques was Taught in July

This past month, Caring Palms taught its Body Mechanics and Advanced Techniques and the experience was awesome. There were two students, both interested in improving their skills so they can keep practicing for many years.

It was a great group with great attitudes. Everyone participated, trying new takes on old moves as well as new moves. Each person said that they got something out of the class that they did not have before.

All in all, it was a wonderful class with great students. And having wonderful students made the class pleasure to teach.

Note: This is the last class of this type scheduled this year. However, if you are someone that wants to take this and can find someone to take it with you (as happened this past weekend), please let Caring Palms know and we can schedule a two day class for you.

Protection Energy

by Brian Dean

Something one of my teachers taught us a long time ago was about protecting one's home, energetically. I think it's time to pass it on here.

So, let's talk about protecting your house against weather. To do this, it will require a trip to Home Depot or your favorite home improvement store. You might think that I'm going to tell you to get boards and nails to cover the windows. Wrong. (Well if you have a hurricane coming, boards and nails would still be smart, as would leaving if you are in a bad spot.) What I want you to get is copper pipe, like they use in plumbing. Good old one inch copper pipe will suffice. Buy two 8-foot pieces.

Once you have them home, cut the pipe into 2-foot lengths. You should have eight of them when you are done (if I've done my math correctly). At each of the four corners of your house, pound a 2-foot piece of pipe into the ground. Put it down far enough so that the top is flat with the ground or a little below ground level. (You don't want to be hitting it with the lawn mower, nor do you want it attracting lightning.) If you have an odd shaped house, put one at each significant corner.

As you put each one in, touch it and think about grounding and protection. (Those thoughts create the energies needed. Remember that thought is energy, and thinking about things happening creates energy.)

After you have done the corners of the house, do the same thing at each corner of the yard. Again, if you are dealing with an odd shaped lot, then put one at each significant corner. Obviously, you might need more than two pieces of pipe if you have extra corners.

Once you are done, go in the house, then think about reaching out with your energies, and touching the four pieces of pipe at the corners of the house. Connect them energetically just by thinking about connecting them. Visualize them connected, and then raising up in the center, creating a pyramid. You should see the pyramid being built with each wall being energy. The top should reach up far so that all of the house is within the pyramid's walls.

Once you have that in place, reach out to the ones at the corners of the property. Connect them the same way. Make a pyramid of it as well. Interconnect both pyramids together, just by thinking of it. Next visualize a tornado coming by. See it move up to the pyramid, and jump over your property because the pyramid of energy makes it do that. Visualize other storms that go around your property because of this pyramid. This is not shields per se, we are not blocking emotions, or energies. We are changing the course of weather. It is possible. It can be done.

Sometime after doing this, there were tornadoes around town. Although one didn't hit our neighborhood directly, one may have gone by and come close. Our next door neighbor said there was a lot of wind, and total blackness. She told us it sounded like a tornado, and she took appropriate action, she got her mother and they hid in the bathroom. (We don't have basements in Florida, so they tell you to go to an inner room like a bathroom. It's not as silly as it sounds. The joke is that when the stuff hits the fan, you want to be in the bathroom or it gets messy to clean up.)

What I saw when I got home was a lot of branches and things littering the neighborhood. There was some damage to roofs here and there, nothing major. Aside from a couple branches that tore holes in our screen enclosure, we had no damage, or stuff in our yard. It was like whatever went by, jumped over our property. Hmm.

Now, I don't promise that this will save your place from tornadoes or category five hurricanes, or floods, but it can help. But one key thing is that even though you have protected your property energetically, still be smart. If evacuation is the smart thing, do it. Plan ahead. Plan smart. Be safe. And maybe a little magic will help out.

Modality of the Month

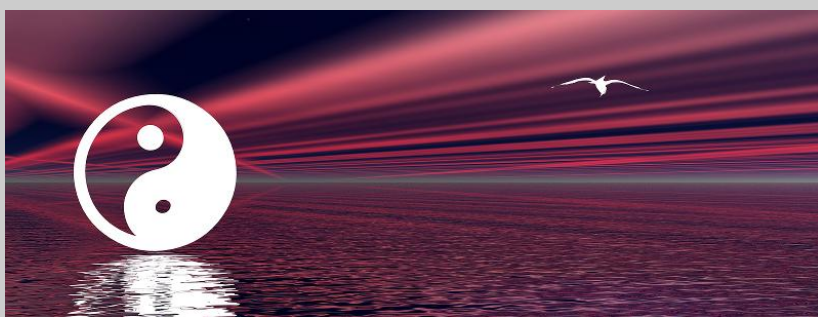
Myofascial Unwinding

Every memory of everything we have done in our lives is stored as energy in every cell of our bodies. This energy can cause us problems unless it is released because it is linked to all of our experiences, the good as well as the bad. Memories such as sexual abuse, auto accidents, or any other memory based energy can affect us in how we act or react to things. Unwinding is a way of releasing this energy.

John Barnes discovered that our bodies need to release energies to be able to let go of past issues. If you were to watch a dog as it gets up or lies down, you will see that it does not simply get up or lay down. It goes through a lot of movement. When a dog gets up, it usually shakes itself. When it lies down, it will move in circles several times. This is a form of releasing energy.

Because we are humans, and slightly more complex mentally, we tend not to do things like this. It also means that being more complex, we don't do all the natural things to help ourselves. That is why unwinding was developed.

[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
