



# Caring Palms Massage and Reiki Newsletter December 2013

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## Greetings!

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month finds us closing in on our goal... the opening of the new studio. Things are very close to the schedule we had hoped for. See the article below for all the details.

In the meantime, we have added to the class schedules (adding next year's schedule), updated the website, and have a couple articles.

I hope you enjoy what we have here.

## Business As Usual, or Almost

As of the release of this newsletter, there are a few firm dates, and several questions. All local licensing has been received and the studio is ready for inspection by the state who received the request

Friday, November 22<sup>nd</sup>. I was told that it takes about a week for them to come out for inspection, so I am hoping it happens early the week of December 2<sup>nd</sup>. At any rate, the following will happen...

Caring Palms will have Open House Friday and Saturday, December 6<sup>th</sup> and 7<sup>th</sup>. Caring Palms will also be open regular hours beginning December 9<sup>th</sup>. If we have the state licensing, we will be offering massage and Reiki sessions as usual. If not, we will be there to sell gift certificates as part of the annual Holiday Gift Certificate Sale. Classes and non-massage sessions (meditation, energy work) are available as they are governed by local licensing instead of state licensing.



Join Our List

Join Our Mailing List!

During the week of December 2<sup>nd</sup>, we will be putting the final touches on things as we can. Currently, the office needs to be set up (and will take a couple days). There is one room that needs to be painted. And there is one room that has been the dumping ground for things that haven't found a home yet. So, all those things need to be worked on before open house. If you want to come by and visit, please do.

### Open House

Caring Palms is announcing Open House at the new studio Friday, December 6<sup>th</sup> and Saturday, December 7<sup>th</sup> from 10am to 5pm both days. Please stop in and tour the new studio. Get a couple minutes of chair massage. Put your name in for a drawing to win a massage or Reiki session. So come out and say hi, and see the new place.

### Holiday Gift Certificate Sale

**Caring Palms** is announcing the **Holiday Gift Certificate Sale**.

Buy 1 gift certificate, save \$5

Buy 2 gift certificates, save \$15

Buy 3 gift certificates, save \$25

**Best Deal:** Buy 4 gift certificates, get 1 gift certificate FREE!

Gift Certificates are available for massage or Reiki sessions, or massage or Reiki classes. Buy gift certificates for friends and loved ones, or just for yourself. If you have four friends that can benefit from massage or Reiki (and everyone can), you can buy four gift certificates for them, and get one free for yourself. If you are a regular client, you can buy four gift certificates for yourself and get five sessions (this is the best deal going).

The sale begins **Thursday, November 28th, and runs through Monday, December 23rd**. Gift certificates are available in the studio and can be ordered by phone with a credit card at (904) 246-2206, or by mail with a check. This year, you can get the 'Best Deal - Buy 4, Get 5' through the website, but you can not mix and match. What better gift to give to those you care about? Give them the gift of love and healing.

The Caring Palms studio will be closed Tuesday and Wednesday December 24<sup>th</sup> and 25<sup>th</sup> for the Christmas holiday.

Caring Palms hopes that everyone has a safe and joyful holiday.

### 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.

The next Reiki share is on  
**Wednesday, December 4th from 7pm to 9pm.**

**Note:** This will be the first Reiki share at the new location. Please let us know if you will be coming.

### Big Thank You

I want to thank all the people that have supported Caring Palms this year, and all the previous years. It is you that has kept us here when times were hard. It is you that has kept faith through this urgent move to a new location. It is you that by keeping faith helped make the magic happen that got us to where we are now. It is you that helped with moving and packing, and unpacking and setting up, and helped by listening when I was having my doubts. It is you that helped kick me in the butt to get moving and back me away from a cliff I was about to fall over. I look forward to seeing you all in December and the following months. And, thank you.

### First Classes Have Already Been Taught

While the studio was still 'under construction', the first two classes were taught there. Marilyn Jenquin taught a mediumship class on November 21<sup>st</sup> and Brian taught Reiki 3 on November 23<sup>rd</sup>. So while work was still being done, magic happened. This just shows that the energies were right and will continue to be so for training and healing.

### Looking To Hire

Caring Palms is looking to hire a massage therapist for the new studio. This person would be working as an employee of Caring Palms and should be licensed in the state of Florida and have practitioner's insurance (or be willing to get it). Serious applicants will be expected to give a massage to be evaluated. They should also be willing to build a clientele rather than walk into one built by someone else.

Caring Palms pays 50% of the hourly rate charged (\$70) with any discounts coming out of Caring Palms' half. If you know anyone interested, please have them call us.

### A Special Thank You

I want to single out a few people that went out of their way to help. They include the people that helped by spackling, painting, moving, packing, and more. Thank you, Alicia, Samantha, Euboia, Mickey, Arvin, Chris, Candice, Rick, Bev, Denver (and friends).

### New Classes Announced

New Reiki classes have been added setting next year's schedule. While the year has been filled out, other classes will be added so there will be Reiki classes on the weekdays. And while these classes are being announced here, the website will be a little while catching up. We ask for your patience if you are looking to sign up for classes. (Hopefully, massage classes will also be announced soon. Look here for details.)

### Website Is Up To Date

While all the moving and prepping has been going on, there has been little attention spent on the website. As of now, however, it is up to date. All the classes that were listed this and last month are now available to be signed up for. All the pricing information has now been changed to reflect the changes that have occurred. If you need information on what we do, this is the best place for it. If you don't find what you want to know there, then give us a call.

### 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

- January 18 (Saturday) 10am - 5pm

- February 8 (Saturday) 10am - 5pm
- March 8 (Saturday) 10am - 5pm
- April 12 (Saturday) 10am - 5pm
- May 10 (Saturday) 10am - 5pm
- June 14 (Saturday) 10am - 5pm
- July 12 (Saturday) 10am - 5pm
- August 9 (Saturday) 10am - 5pm
- September 13 (Saturday) 10am - 5pm
- October 11 (Saturday) 10am - 5pm
- November 8 (Saturday) 10am - 5pm

#### Reiki 2

- February 22 (Saturday) 10am - 5pm
- May 26 (Saturday) 10am - 5pm
- July 28 (Saturday) 10am - 5pm
- October 25 (Saturday) 10am - 5pm

#### Reiki 3

- April 24 (Saturday) 10am - 5pm
- August 26 (Saturday) 10am - 5pm
- November 22 (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 \$125 no matter what level of Reiki the class is for. A \$50 deposit 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.  
November 9 (Saturday) 10am - 5pm

### **Crazy? Maybe. But It Works**

If someone had told me that I would be out of my old office and in a new one in a month or so, I would have thought they were crazy. In fact, I would have known they were crazy. Such an idea was so impossible that I could not have believed that it could happen. (And as Yoda said, you can not, because you do not believe.) And if it did, what dump would I be working out of because there was no way I could find a nice place in a good location in such a short amount of time. But then it happened.

I found myself looking at being without a studio. I knew this was

coming. I had about two weeks to decide whether to renew my lease for three years (this decision happening while I was in Maryland taking care of my Dad) or be out at the end of October. I decided that if I stayed where I was, I would never grow, something I definitely wanted to do. So, it was time to throw caution to the wind and trust the universe to make it right.

I looked around and gave up control. I put it out for spirit to make it happen. Now, while that may sound easy, it certainly was not. When you are a control freak, it is not easy to give up control. There is this back and forth motion that continues through the whole process until finally one side wins. If one holds on too much, they actually lose. If one gives in, they win. Sounds oxymoronic, but it is very right.

There were times when I told spirit to find me a place. There were times when I told spirit to get me into this place. There were times when I told the realtor to take the place and shove it, and there were times when I was ready to give up. And then there is now.

After two very long weeks of work, and two longer weeks of sorting, finalizing, and moving forward, it is almost where I need it to be. One room still needs to be painted, but that is not the priority. One room needs to be set up and cleaned up from all the stuff that was put in it until we could find places for it. My office still needs to be put together including the computer and client files. There are still rocks that need to be put somewhere and pictures that need to find spaces on walls. But that is small compared to what has been done already.

As it stands right now, the studio is ready for inspection. The only question is when this will happen, and how long after approval before we can start working. I'm betting on soon. Hear that spirit? Get the inspector out for inspection early next week, have them approve the place, and make it so we can open for regular business no later than December 9<sup>th</sup>. As an Enterprise captain many times said, "Make it so."

## Having Faith

In a class last week, one of the students was having trouble with faith, more so believing that she actually had control and could make her desires happen. And she looked at me and told me how amazed she was that I could manifest everything like I did. It was proof that something like that could happen.

And yes, what has happened was manifested. Manifestation comes from wanting something and truly believing it can happen. Of course, along that line, there is one believing and then doubting, and then believing again. To do this one has to have faith that something can happen.

And having faith and holding onto it is not easy as every path has its

peaks and valleys. But if one keeps coming back to having faith, coming back to believing, coming back to the positive outcome, anything can be manifested. And when I talk about faith, I mean faith in one's endeavor, faith in the universe, faith in spirit, and most importantly, faith in yourself.

So, through the doubts, through the wants and fears, I have a studio that is one step from being open. And I have faith that this one step will happen soon.

The question is, what do you have faith in, and what can you manifest with it?

## Modality of the Month

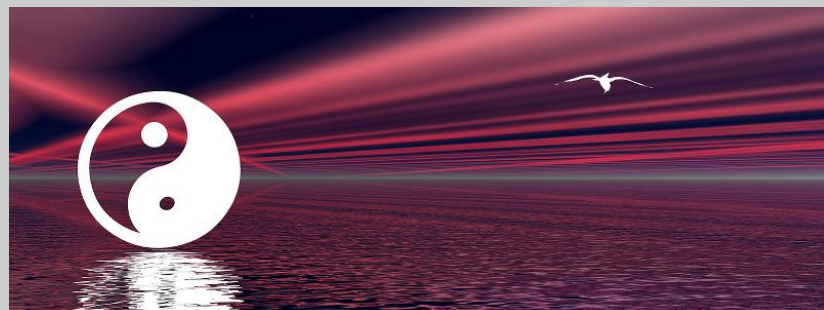
### Deep Tissue Massage

One of the most requested styles of massage is Deep Tissue. It almost seems that everyone wants very deep work on their muscles, but that is not what they want at all. Most people just want to feel their massage. The best place to start is to define Deep Tissue massage.

When muscles become very tight and stiff, they need lots of pressure to get them to loosen up and stretch. Deep Tissue is that added pressure that gets way down into the belly of the muscle to get it to relax. Many times this can be painful depending on how deep the therapist goes, but all too often, that is what is required for someone to feel better.

So the key is that Deep Tissue is not a style in its own, but added pressure into many regular styles like Swedish. With most styles, the pressure can be varied to fit the comfort of the client. When the pressure goes to a certain depth, and problem areas are worked on, this becomes Deep Tissue work.

[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](mailto:Brian@CaringPalms.com) and we will try to see if we can answer them for you.

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May light continue to illuminate your path. Take care.

**Sincerely,**

Brian  
Caring Palms Massage and Reiki  
(904) 246-2206

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