



Caring Palms Massage and Reiki Newsletter July 2013

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Greetings!

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

I hope you like what we have here.

Independence Day

The Caring Palms studio will be closed Thursday, July 4th in observance of the Independence Day holiday.

Caring Palms will reopen Friday, July 5th at the regular hours. We hope everyone has a safe and happy 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.

This month's share is on

Wednesday, July 3rd 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

The Caring Palms studio will be closed Thursday, July 18th (at 1:00pm) through Sunday, July 21st 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.

Universal Allowance

This has been an interesting month. There was a point that I thought the universe was conspiring against me. Then there was a point that I felt it was fixing everything. This month has been challenging with some big classes coming up, and students waiting until the last second to sign up.

The first challenge had to do with the Body Mechanics class scheduled on the 22nd which was to be held at the Hampton Inn. I had emailed my contact almost two weeks before to let her know that I would be using the hotel. When I had not heard from her for five days I called to find out she no longer worked there. Not only that, since I had not signed a contract (which she had not demanded I do), the current manager and new owner had no record of my reserving it, and they refused to rent it to me, even though I had an email telling me it was available, and me telling her to reserve it. So one week before the class, I had no classroom to hold the class in.

Since I had had to cancel the class in March because I was ill, I was not about to cancel this one. If need be, I was going to hold it at the studio even if that meant constantly moving between two separate rooms to teach.

The next challenge dealt with the Reiki 1 class on Wednesday the 19th. This class had been sold out for a couple of weeks (and I have not figured out how to have a waiting list). The Monday before the class, I got an email telling me that one of the students had an emergency and had to go out of town the Friday before. Being a first level class, and maxxed out as it was, I needed someone to come in and even up the number of people. And because I would be putting a table in the lobby, I either needed another student or someone that had taken the class before.

These were quite interesting challenges. I spent half a day on the Friday driving around to hotels investigating conference room space. While I found a couple that were reasonably priced (and several that were not), none had availability on the dates I needed.

On Tuesday before the class, I had a client (Candice) who brought

her son in for treatment. When she heard this story, she started making phone calls. When the session was over, she had Lisa, owner of The Noble School on the phone. A few minutes of talking, and I had a classroom for the Body Mechanics class.

The morning of the Reiki 1 class, I had a call from Mary, a student whom I had taught in January. She was looking for a Reiki session. Although I could not see her that day, I asked, "Are you doing anything this afternoon?" she was not, and came in to even up the numbers. Very cool.

So, the universe threw me curves in the form of problems. And then once I had stopped pushing and decided to let happen whatever was going to happen, the universe (in the form of three wonderful people) gave me solutions. There is definitely a lesson here. I think it is to accept, and then allow change.

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 13 (Saturday) 10am - 5pm **Confirmed**
- August 10 (Saturday) 10am - 5pm
- August 14 (Wednesday) 10am - 5pm
- 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

- July 17 (Wednesday) 10am - 5pm **Confirmed**
- July 27 (Saturday) 10am - 5pm **Confirmed**
- August 17 (Saturday) 10am - 5pm **Confirmed**
- August 28 (Wednesday) 10am - 5pm **Confirmed**
- October 26 (Saturday) 10am - 5pm

Reiki 3

- June 29 (Saturday) 10am - 5pm **Confirmed**
- August 7 (Wednesday) 10am - 5pm
- August 24 (Saturday) 10am - 5pm **Confirmed**
- 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 June

This past month, Caring Palms taught its Body Mechanics and Advanced Techniques for the first time in two years, and the experience was awesome. There were five students and one helper. One of the students has been practicing for 18 years, and another had been practicing a couple years longer than Brian. Two of the students were fairly new. All were there to learn, and all of them saw something new.

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. One of the newer students said that this filled in a lot of things that her school did not cover, while the other was so happy that she had moves to use to keep from hurting herself. Even the ones that had been practicing for years said they were pleased with what had been shown.

A few problems popped up due to the fact that the original location became unavailable, and an air conditioning problem occurred on the second day. Thanks to Lisa at The Noble School, we got a wonderful class space. And although the main room lost its air conditioner for the second day of class, we were able to fit into the smaller room without too much trouble. Actually, the slight tightness showed the true meaning of finding the proper body mechanics in small places.

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

Body Mechanics and Advanced Techniques Class Schedule

The following is a list of currently scheduled classes. This class is a two-day class worth 12 CE hours for Florida massage therapists. 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'. The current schedule is as follows:

- August 3 - August 4 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)
- August 20 - August 21 (Tuesday 9:00am - 5:00pm and Wednesday 10:00am - 4:00pm)

All classes are scheduled to be held at either The Noble School in Jacksonville Beach, FL or the Caring Palms studio. Should the location change, that change will be on the website and students will be notified. For details on the school, and directions, see the Class Registration page on the website.

Maximize your results with less effort. Utilize the science of martial arts and apply it to massage. Body Mechanics and Advanced Techniques for Massage Therapists is designed to reconnect the massage therapist with proper body mechanics and techniques showing how to work without hurting oneself and how to apply deep pressure with little effort. The class being part lecture, part hands-on practice uses theory, stances, centering, and the proper use of body strength from martial arts and applies them to the art of massage therapy. Students will learn how to focus their energies and use their body to do deep work with less effort and not get hurt. This class will help anyone to work deeply with less effort no matter if one is 90 pounds or 250 pounds. This class is for both the seasoned therapist and the new therapist. It will show moves everyone is familiar with, but in a new light as well as moves many people may not have seen before (which have been taken from Lomi Lomi, Esalen, and other styles). The idea is not to dictate how to practice, but to show better body mechanics which the therapist can adapt to what they do. This is true whether they adapt all of it or just part of it.

Florida Board of Massage Approved for twelve (12) Continuing Education Hours (CEUs)

Class Cost: \$300 Early Registration (at least 19 days before the class date)

\$350 within 19 days of the class date

This class is for licensed massage therapists or anyone that regularly uses massage in their practice. CEUs are available for Florida massage therapists only. For those looking to learn basic massage for relaxation for their partner or friends, see the website on the Massage For Couples classes.

To sign up for classes, go to the website and select Continuing Education, Body Mechanics and Advanced Techniques, and Class Schedule to see additions and changes or to sign up.

Physical Problems or Fashion Sense?

Now that I think I've caught everyone's eye with a 'what the hell is he talking about', I will elaborate.

Let's talk about women's breasts (and no, I'm not trying to be sexist here). Over the years, I have found a comical anecdote when scanning women (and I'm not making any blonde jokes here). Generally, before I work on a subject, I will sight scan them first (this is when I stand them across the room, close my eyes, and tell them where their problems are). Then I might go back over and hand scan them (this is where one runs their hand a few inches above someone looking for either temperature changes, or to be drawn to an area).

When I hand scan, I know that (to me) cold areas are where a problem is (this differs with every person). I have many times in scanning a woman's chest area found her breasts to be cold. Sometimes only one is cold, sometimes both, sometimes neither. When I sense cold in one, then I believe there is a problem. When I sense cold in both, I have one question that I ask... "are you wearing an underwire bra?"

Go on laugh. It's true. Underwire bras have metal (and I'm now told plastic) in them to support the breasts. Now, I don't believe that I am sensing the metal. I think this because I get the cold sensation over most of the breast, not just where the wire is. I believe that the wire, in keeping the support, does hold the breasts a little differently, which makes them irritated. After long hours, I can believe that the breasts hurt. (Ladies, you will have to tell me this as fact or not, seeing as I don't wear a bra that often, and never an underwire.)

I just find it funny that about 99% of the time that I have sensed 'problems' in both breasts, it has been due to an underwire bra. And this is true in cases where I didn't think my subject was wearing an underwire bra, or a bra at all. You should see some of the looks I get from subjects when I ask them that. It's like "I'm here for energy and you're asking what I'm wearing?" or "what are you using, x-ray vision?" Once I explain, and they answer yes, then they think I'm either very psychic, or very good. Now who am I to argue with the opinions of a client?

So, laugh if you will, but if you're a practitioner, and you sense problems in both breasts, ask your subject. You may be surprised. If not, then it is a good anecdote, and you can have a good laugh.

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](#)

Some Insights on Reiki

by Brian Dean

Recently, there have been a lot of questions coming in about Reiki and why it does some things and does not do others. I thought I would clarify some things to hopefully make them clearer.

First thing, Reiki comes from the universe and is passed through a practitioner into someone in need. The Reiki energy does not come from the practitioner. They do not create it, add to it, or subtract from it. They are nothing more than a hollow pipe or the electrical cord from the wall to the lamp. The energy comes in one end and out the other unchanged. While that has been said, there are things that can affect this process.

The amount of energy coming through is dependent on the practitioner's clarity, and the subject's need. If the subject does not have that great a need, they will not 'pull' much energy into them. If the practitioner has his/her mind on other things, they can limit the amount that goes through them. A practitioner must be aware of the energy flow at all times and not be super involved with some issue going on in their life (this is true for massage therapists as it creates negative energy that can affect a session). I prefer to think of allowing the energy to flow as it needs to in whatever strength it needs to. I start the flow and monitor it, but pull my concentration from it so I allow it and not control it, as if I control it, I limit it.

The subject's mental state can also affect what Reiki does to them. They can block the energy and keep it from working.

There is a well-known medical phenomena called the Placebo Effect. If someone has a headache, and you give them an aspirin, if they believe that this aspirin will not get rid of their headache, it will not. They block the effect of the aspirin even though it is a real physical, proven drug. On the other hand, if someone has a headache and you give them an M&M, if they believe that it will get rid of their headache, it will (well, it is chocolate). If I approach someone and offer Reiki to help with whatever problem they have, and they tell me "that stuff won't work", well, I am just going to walk away. At that point, they have blocked anything the energy could have done for them.

I am not saying that someone receiving Reiki has to be a believer. They are allowed to have their doubts. They are allowed to be skeptical. (With all the things I do, I approached each with skepticism, saying prove it to me. This is not disbelief, but open-mindedness looking for proof.) As long as someone is open-minded, Reiki has a chance to work. As long as someone is not actively disbelieving, it may work.

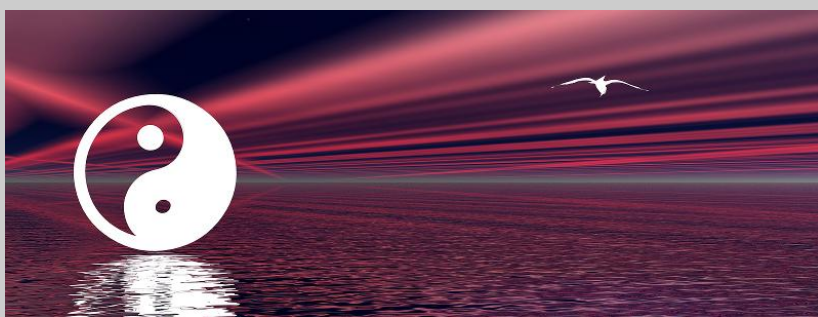
One of the things that is different about Reiki from other methods of healing is that Reiki goes where it needs to go most, rather than where it is sent. And that place that it goes could be on a physical, mental, or even spiritual level. Practitioners have been taught that Reiki is guided by spirit, and therefore knows what the greatest needs are. Another theory is that the subconscious of the person receiving Reiki sends it where it needs to go. Either way, it goes where it needs to go most.

I have seen many cases where massive amounts of Reiki went into a subject for them to still have a sore back or other problem. It is possible that the Reiki had other plans. I personally have seen it ignore a physical issue so that it could work on mental issues that the subject had buried away. In this case, it made her work through her problems instead of leaving them buried. It took time, but this person was better off for it. So, it may not do what is expected.

Also, it may not work immediately. Sometimes, the Reiki will work over a period of a couple of days making the person feel better a few days after the treatment. And in these cases, they will probably not even realize that it was the Reiki energy that helped them.

Basically, the rule is that once the energy leaves my hands, I have no say in what it does or where it goes. I simply trust that it is for the highest good as Reiki can do no harm.

Reiki is an excellent method of energy medicine. It can do things that seem wondrous. If ever you had a thought to try it, it is a very relaxing, healing feeling. Book a session today.



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
