



Caring Palms Massage and Reiki Newsletter November 2013

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Greetings!

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month finds us in limbo to an extent. The old studio has been closed, and the new one is not ready yet. We are working to get things prepped, painted, and carpeted so we can have the necessary inspections needed to open. I hope that we will be announcing an Grand Opening date in next month's newsletter.

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

I hope you enjoy what we have here.

Sign Removal

On Thursday, October 31st, Brian took down the sign outside the old studio signifying the end of one stage, and yet the beginning of another. This sign has marked the studio's location for many years, and now sits inside the window of the new studio. While it will not be used there, it currently gives it an identity and tells what is coming into that location, a bookmark if you will. Soon it will be time to turn to that chapter and start reading. (Thank you to Linda for taking the picture.)





Painting Parties

This coming weekend, we will be having a painting party at the new studio. Anyone willing to come help out will be welcome. We will be starting Saturday at 10am and Sunday at 11am. There are a lot of rooms, and a lot of doors, and a lot of trim that needs to be done. If you can make either day, please let us know when to expect you.

If our plans come together, we hope to have all the painting and construction done by the middle of next week. If that happens, we could be putting down carpet (by we, I mean Lowes) at the end of next week. If that happens (and yes I am stringing a lot of ifs together), then we could be looking at a Moving In day the following weekend. Keep watching here and the Caring Palms Facebook page for updates.

A Big Thank You

Saturday, October 27th was Caring Palms big Moving Out day. Four wonderful people showed up to help. We picked up the truck at 11am and had one volunteer waiting for us when we got to the studio. We got the truck loaded in a reasonable amount of time, drove to the storage unit and unloaded. (The contents of the studio fit into one truckload as most of the small stuff had been moved in many smaller loads beforehand.) By 2:00, the truck was returned and we gave our helpers a tour of the new location.

Thank you to Arvin, Mickey, Chris, and Samantha. Without your help, it would have been 7pm before things were done. Thank you for making it quick and painless.

Tentative Moving In Day

If the timetable holds, we hope to be having another moving day soon. At this moment, I am thinking the weekend of the 16th. This will depend on the painting being completed and the carpet being installed. If you are available to come help move, please let me know. I will be sending out some notification beforehand with the details of date and time as soon as I know.

Rooms For Rent

When Caring Palms opens the new studio, there will be two rooms available to rent for holistic practitioners. This includes massage therapists, acupuncturists, hypnotists, or any other person that practices holistic healing. Those people will need to get their own tax license for Jacksonville Beach and carry proper insurance for their vocation. If you know anyone looking for a room in the beaches area in a very good location, please have them contact Caring Palms.

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.

Outcalls Available

While Caring Palms is 'between places', Caring Palms will continue to service clients by doing outcalls (going to their homes and doing the work there). There will be no additional charge for this service as it makes me available to clients when I otherwise would not be. I won't be able to offer Hot Stone massage or Temple Lomi Lomi. But everything else should be doable. Just call the office number as it

will be forwarded to my cell phone, and I will come out to see you.

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.)

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

- November 9 (Saturday) 10am - 5pm **Cancelled**
- 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

- November 23, 2013 (Saturday) 10am - 5pm **Confirmed**
- April 26 (Saturday) 10am - 5pm
- August 23 (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

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.

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

Note: This will happen as long as we are in the new place.

Change Is A-Coming

As I sit here typing this, it still has not dawned on me the full impact of what is happening. The enormity of the things I have to do is staggering. Changes have to be made to business cards, flyers, the website. Last week, I left what I could have considered the safety and security of a familiar location with a known number of clients. But that place had its problems. Aside from the noises and equipment malfunctions, it was small, too small to hold decent sized classes. But it was comfy.

In January 2004, I paid my first month's rent on that location. At the time, I had a lobby and a treatment room. The front room (which at that point was one big room) was my sister-in-law's art studio. My computer was behind a screen in the treatment

room and got turned on at the end of each session before I walked out of the room. That first year, I had to pay the rent out of my pocket four times. (With the exception of one month four years ago, that was the only time the company did not earn its rent.)

As time progressed, I expanded into part of the front room so I could have a separate office. Not long after that, I took over the entire office (and the entire rent). My landlord had one wall moved into her office four feet, while I had another constructed creating a second treatment room.

There was a time that I had someone working for me until she had to move to Georgia. I tried that again, but it did not work out. Since then, I have been renting it out to another therapist. And this is where things are today.

This office saw the growth of Reiki training classes, the creation of massage classes for professionals as well as for the everyday person on the street. It also saw my growth as a massage therapist and energy worker. A lot of good energy was put into that place making it feel *just right*. But as of last week, that has all changed. All of the trappings of what made it Caring Palms have been taken away and the protective shields removed. The feeling was bitter-sweet. It is sad to be leaving what one has been comfortable with, yet the joy ahead could be so much greater.

To grow, one has to leave what is secure and comfortable. We have to push against the bonds that hold us there even if they are something we created ourselves. We need to struggle, to climb to the next level. I have often said that when I stop learning, then it is time to leave, as we should constantly be learning. The same could be said with growth. If we stop growing, then why are we here?

I could almost say that if we are truly safe, secure, and comfortable, then we are not living up to our potential.

Logic, Reason, Spirit

A lot of things have come together for Caring Palms to be able to move into a new studio in the short amount of time available. There are points in this process where logic and reason seem to be left behind. There are points where there is no business reason, or business sense for this to happen. Yet it is.

I am getting the place at less than what the normal rent is. Do I

think I am such a special person that I deserve this? No. But maybe I should. Part of what we create or manifest comes from what we think of ourselves. We ask questions like... do I deserve good things happening to me? And truly, the answer should always be 'yes'.

If we look at things, the landlord may not be getting what he wants for this space, but he is getting something, which is better than getting nothing. It, along with another business coming in the other vacant location, completes the shopping center... all the storefronts are filled. Is there some logic in this? Yes.

But what is the real driving force? It can't be logic. It can't be business reason. So that leaves spirit.

I have wanted to grow for a few years now. Spirit decided that now was the time. Even given the limited time and extraordinary conditions, things happened, and are still happening. Call it manifestation. Call it spirit. Call it energy. Call it Fred for all that matter. Spirit wants me to continue doing the work I'm doing. They want me to grow and expend. Who am I to argue?

So, do I deserve to have this happen? No matter what I feel, the answer has to be 'yes'.

Modality of the Month

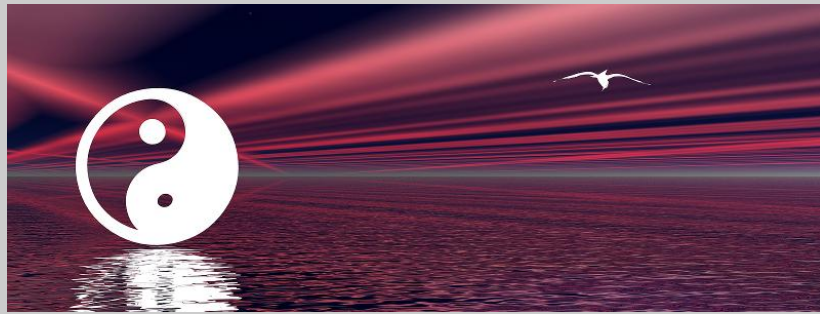
Swedish Massage

Although exotic sounding, Swedish massage is the most common type of massage performed. Developed by Pehr Henrik 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.

This style of massage can be very relaxing as it uses long strokes (Effleurage) and kneading (Petrissage) to make a person feel good. The long strokes are very relaxing, and the kneading of the muscles just plain old feels good. These things allow a person to relax and release tension while they are being worked on.

[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
