



# Caring Palms Massage and Reiki Newsletter October 2013

## In This Issue

[Big News](#)

[Outcalls Available](#)

[A Leap of Faith](#)

[Changes to the Class](#)

[Schedule](#)

[Reiki Class Schedule](#)

[Reiki Share](#)

[Stay On Target](#)

[Caring Palms Facts](#)

[Asked and Answered](#)

[Modality of the Month](#)

[Caring Palms Promise](#)

[You Have Questions?](#)

## Quick Links

[The Caring Palms Website](#)

## Join Our List

[Join Our Mailing List!](#)

## Greetings!

Welcome to this month's Caring Palms Massage and Reiki newsletter. I had intentionally been holding off the release of this newsletter until I had more news, but I can not wait any longer. So, here is the news that I have. Should more news be available later in the month, I will come out with a newsletter addendum. This month, we have an updated class schedule, a couple of articles, and some very BIG NEWS.

I hope you enjoy what we have here.

## Big News



After 10 years at 1112 Third Street, Caring Palms is moving. This came from a decision of the landlord and Caring Palms. I have been feeling that I needed to expand, to grow for the past couple of years. The current location does not allow me to do that. The landlord wanted a three year lease signed and would not accept anything else, so he gave Caring Palms until October 31<sup>st</sup> to vacate the premises.

Now while this may sound like bad news, it is the best news ever. Spirit is telling me that it is time to expand and grow. I just wish they were not so short with their timeframe.

Caring Palms is currently looking for a place to move its business to, and has looked at several places. We are very close to closing on one location, but waiting on the landlord to promise one thing before signing a lease (and that one thing will make the difference of

whether the Health Department will allow work to be done there). We are hoping that he will see it properly and make the changes. If this is the case, then Caring Palms could reopen at the beginning of December.

At any rate, Caring Palms will be looking for people to take part in a moving party (or two depending on if things need to go into storage first), and hopefully soon, a painting party. Let me know if you would like to participate.

I will post any news as soon as I know it in a newsletter addendum.

### Outcalls Available

Caring Palms will slowly be moving things out of the current office through the month of October with the bulk of the move (either to storage or to a new office) will happen during the last week of the month. I will keep a table there as long as I can to service clients.

After we have moved out of the current location, 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. 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.

### A Leap of Faith

I am always telling people to have faith, to push forward, to make a leap. Now it is my turn, and guess what... just because I see what other people need, and can confidently tell them that if they get rid of their fear, they will get what they want, well, it is not that easy when doing it for yourself. I can look at myself and know what I need, and know what to do, yet clearing away that fear, that indecision is a lot harder than it looks when I am the one that needs to do it.

For a while now, I have been toying with the idea of looking for another place to run my business out of. I keep wanting a couple more treatment rooms, and a larger room to teach classes in without my students sitting on each other's laps (although that can create really friendly classes). Well, although I wanted this, I never got off my backside and made it happen. Well, spirit decided that it was time for me to do that.

The landlord (the one that bought the building a couple of years ago) decided that they wanted three year contracts with every tenant. (Keep in mind that these are the same people that cost me to lose a

number of sessions because of their construction during business hours, or their turning off my electricity, or their not paying the water bill causing it to be shut off.) But even though they have a track record of not caring for their renters, this is not about that.

I felt that if I stayed in this location for another three years, I would never grow. Since the landlord refused to discuss any shorter lease period, I was given 30 days to leave. So I am making that leap of faith hoping it lands me where I want to be, err, uhh, positive now... I am making that leap of faith knowing that spirit will put me where I need to be to create what I need to create.

I am looking for someplace that has a little bit of room at a reasonable cost where I can bring in people of other holistic healing professions and create the Caring Palms Healing Arts Center. That is the plan. How spirit is going to make it happen is still something I don't know yet. But I know they will make it happen.

I have to admit that I am always a person that likes to be safe, that likes to plan everything out and see it unfold as it should. That comes from the computer programmer that I used to be. But life is not always something you can predict, or plan. Sometimes it is something that you just need to go with. It turns you around and makes you jump through hoops that you never would have imagined. It spins you around until you are dizzy enough to let go of the safety that you are clinging to, and brave the storm, allowing the winds to blow you where you need to go.

This is where I am right now, still trying to cling on (or was that Klingon?) to the safety that I have known, and trying to be brave enough to let go and let spirit take me where I need to go. And I know many of you will see this, and in your minds hear Yoda's quote... Try not. Do. Or do not. There is no try.

So, losing my place of practice is not a bad thing. It is the spur that will create the magic that will be the next regeneration of Caring Palms. And it will happen soon.

So, I thank you for coming into the studio and trying some strange style of massage or energy work, or taking classes, and coming back for more. I thank you ahead of time for allowing me into your homes during the transition time to give you the same quality healing experience that you have gotten at the studio, and I thank you for coming to the new location once it is open.

## Changes to the Class Schedule

This month will see the last Reiki classes taught from the studio at

1112 Third Street. Both Reiki classes scheduled are confirmed and will take place. They include the Reiki 1 class on Saturday the 12<sup>th</sup> and the Reiki 2 on Saturday the 26<sup>th</sup>. The Reiki 1 class for November is being cancelled as I do not know where I would hold it.

The Reiki 3 for November 23<sup>rd</sup> has someone signed up for it and I will find someplace to hold that.

### 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

- October 12 (Saturday) 10am - 5pm **Confirmed**
- October 16 (Wednesday) 10am - 5pm **Cancelled**
- November 9 (Saturday) 10am - 5pm **Cancelled**

#### Reiki 2

- October 26 (Saturday) 10am - 5pm **Confirmed**

#### Reiki 3

- November 23 (Saturday) 10am - 5pm **Confirmed**

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.

### Reiki Share

Last week, Caring Palms held the last Reiki share at the current office location. Three wonderful people showed up to join their energies with the wonders of Reiki and pass healing to those that were there and those that could not make it.

Caring Palms Reiki shares will be on hold until a new location is found. (There is the possibility that we might hold them at the house, but people would need to be comfortable with the dogs and cat that allow us to share the place with them.) Either way, announcements will be made.

### **Stay On Target. Stay On Target. (Focusing Energies)**

In all prospects, one needs focus, focus and visualization. To get something, to reach a goal, one needs to focus their energies on it. They also need to visualize it happening, to see, to feel the change as if it already happened. Caring Palms is going through a change. And as we have all heard before, the only constant is change. Change brings about growth, personally, physically, mentally, energetically. But one has to keep a focus on it. We need to keep looking at it with a positive eye and try to not let the fear that is within us overpower the possibilities that could be.

We need to look at positive outcomes, truly believing that things will change in our favor, and ignore the little boo birds that tell us how badly we are going to crash. That does not mean that we should blindly rely on faith, and expect that spirit will handle it all. It means that we should plan for problems that might come up along the way. By putting in some work, we can allow spirit to handle the part of it that we can not do. And trust me, this year. I had something that I could not handle, and I told spirit that if I am to be doing what I am doing, to take care of it as it was beyond me. And spirit did.

For instance, if I want more clients, I will tell spirit that I need more clients and to ask them to bring more clients to me. But I also go out and advertise, and do word of mouth and all the other things I do to increase business. I do the part I can, and spirit does the part that I can not.

So my part of the situation is to focus on the positive and do what I can do. Then I free up spirit work behind the scenes and do the big stuff I can't. Nice how that works, huh? (And yes, in case any of you are wondering, these things I am writing are not only things I need to pass onto others, but things I need to hear myself as I grow into the next phase.)

### **Facts You Might Be Wondering About**

Caring Palms is NOT going out of business. Caring Palms will continue to do business on an outcall basis until a new location for the studio is found.

Caring Palms has been asked to vacate the current premises

because we refused to sign a three year lease. The fact that the landlord could easily get more than we are paying because of the improvements we made may have had something to do with their swift action.

Caring Palms is actively looking for someplace to rent or buy (yes that possibility is being considered). Any information you might have about places would be appreciated.

Caring Palms asks that you send some positive energies this way that we may find something quickly that meets our needs (which includes being able to afford it).

## Questions Asked and Answered

Do we want to stay at the beach? Yes, if possible. I think the energies are right here. That does not mean that we could not make the energies right wherever we go, but right now we would like to stay at the beach.

Is massage and healing work something you want to continue to do? Duh, yes. As a practitioner, I have not felt the joy I get doing any other work. Helping people in this manner is what I was meant to do. I would feel lost if I had to do something else.

Does Caring Palms want other people working with us or for us? Yes. The hope is that we can find a place with enough rooms to rent them out to other practitioners of different modalities. While we would welcome other massage therapists, we would also like to add an acupuncturist as well as other holistic healing modalities.

What timeframe are we looking at? If we were to get the place we are currently looking at, worst case scenario would have us open December 1<sup>st</sup>. If we do not, we will have to push that date back. The hope is to be open to have the annual gift certificate sale.

## Modality of the Month

### Reiki

Although Reiki is not massage (as the muscles of the body are not manipulated), it is a very relaxing yet powerful method of healing. In the simplest form, Reiki is the laying on of hands. It is guided, positive energy brought in from the universe by someone that knows how to 'tap into' it, and passed into someone in need of healing.

All problems in the body, whether they be illnesses or injuries, are centered around negative energy. Reiki overcomes the negative energies with positive energy, in most cases making the person feel

better, and in some cases removing the problem completely. Reiki has been known to reduce and alleviate pain, discomfort, or disease of any kind, and has been used on all major diseases. Reiki is hands-on healing and a nice pleasant experience.

[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

