



# Caring Palms Massage and Reiki Newsletter September 2013

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## Greetings!

Welcome to the September 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.

## Closed for Labor Day

Caring Palms will be closed Monday, September 2<sup>nd</sup> for Labor Day. The studio will open at the normal hours on Tuesday, September 3<sup>rd</sup>. We hope everyone has a safe and enjoyable Labor Day.



## 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, September 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.

## Possible Vacation Closing

Caring Palms may be closed one week this month. Brian is looking at going up to Maryland to see his father, but at the time of this writing, there are no concrete plans. Hopefully, those will be worked out soon. As for those looking for appointments, please call as you normally would. If the studio is closed, calls will be transferred to Brian's cell phone where he can let you know when he will be available and schedule appointments.

### Lots of Students, Lots of Classes

Over the past two months, Caring Palms has seen a lot of students come through the doors. Most of this has to do with the fact that the license renewal period for massage therapists ends on August 31<sup>st</sup>. While not all of the students have been massage therapists, many have, and they have been rushing to get their last hours of continuing education. Between Reiki classes and massage classes, Caring Palms has taught 35 students in the months of July and August. If we look at the year so far, Caring Palms has taught 78 students. They break down as 41 Reiki 1 students, 22 Reiki 2 students, and 8 students were promoted to Reiki Master. We have also taught Body Mechanics and Advanced Techniques to 7 students and Massage for Couples to 2 students.

It has been fun and rewarding to pass on information to those looking to learn. For those that are still interested in classes in Reiki, there are Reiki 1 classes scheduled throughout the remainder of the year with advanced classes scheduled in October and November. While there are no Body Mechanics classes scheduled, any two massage therapists can inquire and a class can be scheduled. For those interested in Massage for Couples, this is a class that can be scheduled any time there is a couple interested. Simply call to set one up.

### 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

- 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

#### Reiki 2

- October 26 (Saturday) 10am - 5pm

#### Reiki 3

- 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.

### Saying

Ok, so here's a saying...Happiness is a perfume you can't pour on others without getting a drop on yourself!

We know that emotion is energy. And that energy can spread to others. We also know that when we feel some powerful emotion, it fills the field around us, and does spread to others nearby. But one thing is true, if you aren't feeling that emotion, it is hard, if not impossible to get someone else to feel it. But if you do get someone else feeling it, you will find that some of it spreads back to you.

So go spill some happiness on others.

### Trust

Trust is important whether you deal with a business or a person. There are many businesses where you walk into with an inherent lack of trust as you know you will be dealing with sales people who are looking to dicker and get a commission. There are businesses where you walk into expecting to have someone that you should be able to trust, like a bank or doctor.

As part of the healthcare field, massage therapists fall into that latter group. You go to them hoping they can help you with your problems whether it be sore muscles, nerves, or other problems. You put your faith in them, and trust them with your most precious possession,

your body. You trust that they either know enough to be able to help you without hurting you, or can intuit enough to help you without hurting you.

You put yourself in their care and trust that they can do what is needed to make you feel better. You also trust them to be completely above board, professional, and non-judgmental. At Caring Palms, we do our best to meet these expectations with every session. We will gladly answer any questions put to us as honestly and truthfully as we can. We will explain any process or procedure in detail as we believe the client should be educated to the best of our abilities as to what they should expect before they get on the table so there are no surprises. We also educate to make sure the client knows that they have rights, and if something is uncomfortable, we will change it. We do our best to earn and keep your trust with every session. We do this because we know you are putting your most precious possession into our hands.

## **Making a Difference**

**by Brian Dean**

It's a great satisfaction knowing that for a brief point in time you made a difference.

Every now and then, I start looking back at what I have done with my life and wondering if I have value, if I'm a success.

The question is how do you measure success, and what you give value to. Well, first off, I'm not rich and I'm not famous, not that I've ever given a lot of credence to either of those things (although not having to worry about an income would certainly be nice). So, am I a success? I don't think I'm still sure about this one. I get by. I'm not out there changing the world, or if I am, I'm doing it in real small increments (as in one body at a time).

So the next questions is... do I have value? Sometimes it sure seems like I don't. The company is paying its expenses, and there is money in the bank. Yet, I am still waiting for business to increase to the point that I can start paying myself. I do expect this will happen, and I hope it happens soon. Every year gets better.

Other than income, do I have value? I think I do. I'm supportive to family and friends, at least most of the time. I am a sounding block, a booster, a teacher.

The final question is... do I make a difference? This I believe I do, either in the people I have helped in the past, or the ones that come to me now. I used to be able to say that I could

count at least six people that I have helped over various hurdles in their lives. My being there, having the right things to say, or the right gifts to use, made a big difference. A lot of what I do now is to help people, and for them I do make a difference.

So yes, I guess I am a success because I have value, and I make a difference, even though it may be a small one. And yes, that does bring satisfaction. To know that no matter how small, or for what period of time, I do make a difference, that is a good feeling.

How do you rate your life?

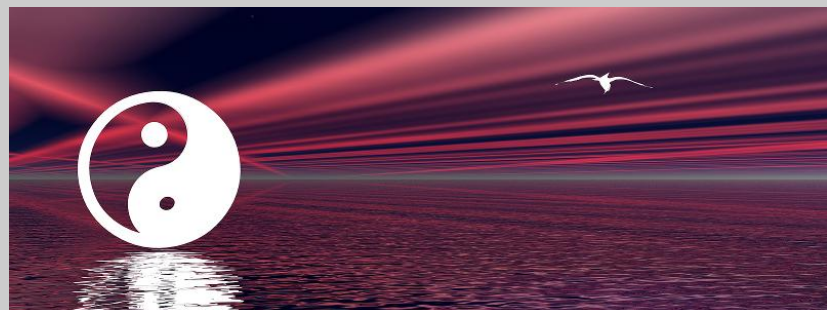
## Modality of the Month

### Hot Stone Massage

Hot Stone massage is a unique style where heated rocks are moved over the body allowing the heat to sink into the muscles. Although deep work is not usually done with Hot Stone, the heat penetrates to make the muscles relax and feel better.

There are several types of Hot Stone massage and like other massage styles, these change with each therapist that does the work. Probably the most known style is called La Stone which was based on the types of massage done by native American Indians. They used hot and cold stones to create a relaxing experience. Marie Hannigan took this information and created La Stone from it as she was hurting her hands doing a lot of deep tissue work. With the stone, it gave her a tool to go deeply with while the heat penetrated and softened the muscles.

[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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