



Caring Palms Massage and Reiki Newsletter August 2014

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Greetings!

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news, an important announcement, class schedule changes and additions, and a couple articles.

I hope you enjoy what we have here.

Brian Attends Stansted in Florida

Recently, Brian attended a four day mediumship seminar called Stansted in Florida. The name comes from Stansted, England, home of the Arthur Findlay College, the "world's foremost college for the advancement of spiritualism and psychic sciences". The seminar was put on by Marilyn Jenquin of the International Foundation for Spiritual Knowledge and featured guest instructor Eamonn Downey, a tutor from the college in England.



It was an intense four days with many classes each day ranging from mediumship to healing to trance. With each of the classes, the students went in and out of the quasi-meditative state several times. This allowed them to become in tune with the energies needed to do the work required and get used to the feeling of those energies. The frequency and repetition of doing this made it easier so that the students could reach their goal quicker with better results.

While there, Brian met and got to interact with healers from all over the state, doing readings and healings. He especially liked

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Forward This Newsletter

Did you know that Caring Palms offers a Referral Bonus? Forward this newsletter to people you know, and if they come in for a session and give your name, you will get \$5 off your next purchase. And the beauty of this is that it is cumulative. If two people come in, you get \$10 off your next purchase, three people, \$15 off, and so forth. So if you know people that could benefit from any of the services we offer (and everyone can), forward this newsletter to them. If they come in, you will benefit as well.

the three types of healing shown and will be looking for volunteers to practice them on. One style is called Trance Healing where spirit energies do the healing work. (This is similar to Reiki, but yet quite different.) Another style he is calling Auric Healing where healing occurs through the human aura (similar, but yet different from Therapeutic Touch and Polarity Therapy. The third method did not have a name and worked by connecting one's energy flow. Eventually, one or two of these will be offered as regular Caring Palms services.

All in all, it was a wonderful, yet intense seminar. It was well worth the effort spent.

Caring Palms to Host Herbalism Seminar

Caring Palms will again be hosting an Herbalism Seminar taught by Master Herbalist, Cindy Whitley in September. The last seminar was well received by the students who attended, who thought it was a tremendous amount of information that was well worth the money they had spent for the class.

This seminar works with herbal medicine to help keep one well. Here are the details...

Staying Well with Herbs, Saturday, September 27, 2014, 10:00am - 3:00pm, at the Caring Palms Studio

Improve your quality of life by learning how to stay healthy and fight illness with herbal medicine. Learn which herbs can replace antibiotics, treat and prevent the flu, colds, coughs, infections and viruses. Not only will you gain knowledge of the herbs themselves, you will also learn how to prepare your own herbal treatments. After this workshop, you will bring home information that can save you countless doctor visits and trips to the pharmacy, and everyone will make 3 remedies in class!

The cost for this seminar is \$60 in advance. One can sign up through the Caring Palms website. Go to the 'Our Studio' tab and select 'Events'. You can also visit Cindy's website [here](#).

Caring Palms Welcomes New Therapist

Caring Palms welcomes Christine Neubauer (MA76713) to its practice. Christine is a nationally certified, Florida licensed massage therapist (since 2005). Interested in rehabilitation, she originally consulted with corporate clients for ergonomic therapeutics and wellness fairs. In March of 2006, she was offered a full time position at the Spa at Amelia Island Plantation (now an Omni Resort) where she worked for several years. The spa clientele quickly increased for Sports, Deep Tissue and Trigger Point therapies, which made up most of Christine's client roster. Christine is also a Reiki Master. Her modalities include: Swedish, Hawaiian Lomi Lomi (Auntie Margaret's style), Deep Tissue, Hot Stone, Reflexology, Neuromuscular, Trigger point & Sports Massage.



Christine will be the primary therapist on duty Saturdays starting sometime in August (dates still to be determined).

The Studio to be Open Regular Hours on Saturdays

Starting sometime in August, Caring Palms will be open regular hours every Saturday. Our newest therapist, Christine Neubauer will be here to do massage and Reiki sessions.

Previously, the studio had been open 'by appointment only', but now someone will be here from 10:00am to 5:00pm to take appointments and walk-ins. Brian will still be available, by appointment only as he always has, based on what his schedule is.

As of this writing, we have no set date for this to begin, but we are hoping to be open starting Saturday, August 16th. If you are in need of a good massage, please call for an appointment.

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 Share has been opened up to include non-practitioners and has been featured on MeetUp.

The next Reiki share is on

Wednesday, July 6th from 7pm to 9pm.

Please let us know if you will be coming.

Caring Palms Now Has Videos On the Website

Caring Palms is pleased to announce that we now have videos on the website and on YouTube demonstrating many of the styles we do. Originally done for promotional advertising, these videos give good examples of styles like Swedish and Deep Tissue massages as well as the more esoteric styles like Hawaiian Lomi Lomi and Freeform massages. There is also a video on Reiki.

To view these videos, go to the website to the 'Massage' tab, then to the 'Massage Styles' option. When you pull down certain of the styles, you will be able to scroll down through the description to see the videos. (You can still go to the longer explanations of each style by selecting "Learn More"). You can make these videos full screen if you want. On YouTube, you go to the Caring Palms Channel.

As of this writing, we have videos for Swedish, Deep Tissue, Integrative, Hawaiian Lomi Lomi, and Esalen-Inspired Freeform massages as well as Reiki. The Reiki video is under the 'Reiki' tab under the 'What is Reiki' option. Still being worked on are videos for Hot Stone Massage and Myofascial Release. And I'm told that when they are done, there will be an awesome blooper reel.

Take a look and tell us what you think.

Caring Palms wants to thank several people who made these videos possible. Thank you to Samantha Solley who shot, edited and put these videos together. I owe you big time for all the work you have put into these. Thank you to Ed Gomez whose incredible music seems to fit each massage style we put it against. And thank you to Cindy Whitley who has had the patience to lay on the table for all the times we were shooting and reshooting and reshooting. Without all of you talents, this would still be just a pipe dream.

Brian to Attend Master Mediumship Class in August

Brian will be attending a masters class in mediumship the weekend of August 9th and 10th in Orlando. During this time, he will be extending his skills in communication and healing. During that weekend, he will be unavailable for massage or Reiki sessions. He is looking forward to seeing friends he has met in the last few years and working with them during the education process.

Be Kind, Rewind

by Brian Dean

How focused are you? We all should be focused, right? But should that focus be so strong, so determined that we see only one thing? So focused that we lose sight of what is around us?

Have you ever been in the left lane in traffic, waiting to get up to the left turn lane? Maybe you are lucky enough to just squeeze into the lane by driving on the grass a bit and just missing the car in front of you. And then you notice that one of the cars in the lane you were just in has left about three car lengths in front of them and the car ahead of them. (As someone told me when I mentioned this story, that this is the time they want to take a two by four out and readjust this person's focus.)

Or in another instance, you're in the store, maybe a big warehouse store like Sam's Club, and there is someone that leaves their cart in the middle of the aisle, blocking everyone while they go over to get a sample piece of cheese. After all, there isn't anyone else in the store, is there?

There is focus, and there is fixation. It is like putting blinders on a horse so it can only see ahead. Do we get so fixated on something that we are blind to everything else around us? Maybe we need to take a step back and take notice of what is around, and see what we are impacting by our actions. (I told the person who mentioned the two by four where I was going to go with this piece, and she said, "So, you're going to take the high road." Uhh, yes.)

While it is tremendously important to have goals, part of reaching a goal is learning from what is going on around you, what you get on the journey that changes you so you can reach that goal. And this is true whether your goal is to massively change your lifestyle, or locate a jar of pickles on the grocery shelf. Maybe before we reach out and grab those pickles, we should see if we are going to hit someone walking by.

There is a joke that I pass out with my Reiki 1 classes about focus. It involves solving a problem...

When faced with an objective, one should... Analyze all situations, Anticipate all problems prior to their occurrence, Define Steps that will create a plan, and Use these steps to implement the plan, thus completing the task. HOWEVER, when you're up to your ass in alligators, it's hard to remember that your objective was to DRAIN THE SWAMP.

While comical, it is a good reminder to look at what is around

us. When doing something, we tend to get bogged down into one part of something, so much so that we can forget how it relates to the big picture. This is a reminder to take a step back and look at how what you are doing affects the big picture. It is a reminder to look around you and see how your actions, or inactions are affecting others. It is a reminder to be kind.

When I was learning energies, I played a lot. What can I feel here? What do I notice there? My wife and I used to follow this band around (as some of the members were friends) and we would go to places that they were playing. When a slow song was being played, we would go out on the dance floor. I used to close my eyes and visualize a circle of energy around us. When I felt something was pushing into this circle, I would change directions.

It is a really cool exercise that works better than you think, and anyone can do it as long as they trust themselves and what they are feeling. You can even do this while driving, though I would not recommend closing your eyes. Is someone in your blind spot? Of course with all the new technology like blind spot radar monitoring, we have cars handling this for us. When in the grocery, look and 'feel' what is around you before doing anything. Are you blocking someone? Will walking away from your cart impact someone?

Take a second, and take a look around you. And above all else, be kind. Because the more kindness we spread, the more will be out there.

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

- August 16 (Saturday) 10am - 5pm **Confirmed**
- September 13 (Saturday) 10am - 5pm
- October 11 (Saturday) 10am - 5pm
- November 8 (Saturday) 10am - 5pm

Reiki 2

- October 25 (Saturday) 10am - 5pm

Reiki 3

- August 26 (Saturday) 10am - 5pm **Confirmed**
- 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 NCBTMB and Florida Board of Massage Approved for six (6) Continuing Education Hours (CEUs)

Advanced Body Mechanics and Techniques

The following is a list of currently scheduled classes. This class is a two-day class worth 12 CE hours for 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:

- October 18 - October 19 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm) **Confirmed**

All classes are scheduled to be held at the Caring Palms Studio. Should the location change, that change will be on the website and students notified.

Maximize your results with less effort. Utilize the science of martial arts and apply it to massage. Advanced Body Mechanics and Techniques for Massage Therapists, is designed to reconnect the massage therapist with proper body mechanics and techniques while putting a new twist on things and showing how to get more pressure with little effort. While it does go over some basics, it takes body mechanics to a new level where every move involves the use of the therapist's entire body so they can work without hurting themselves. The class being part lecture, part hands-on practice takes positions, centering, and the proper use of body strength from Japanese martial arts and applies them to the art of massage therapy. It also shows how to focus one's energies to increase their strength with simple exercises meant to teach the student how to 'think' beyond where they are working so they can get deeper into the client and to channel their energies to the point of thought. The student will learn how to focus their energies and use their body to do deep work 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 does, but in a new light as well as moves many people may not have seen before. 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.

NCBTMB and 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. 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, Advanced Body Mechanics and Techniques, and Class Schedule to see additions and changes or to sign up.

What About Placebos?

By Brian Dean

Here is a question that keeps coming up in our industry, especially when it comes to energy healing. How much of the healing is done with the mind? How much of it is done by an outside force? Do placebos really work?

First we have to ask what a placebo is. I initially thought it was the name of an opera singer... Placebo Domingo. No? Ok. A placebo is something that is given someone in place of real medicine, where the person receiving it does not know that it is not medicine. The funny thing with many placebos is that they work.

How can they work? Well, that has to do with the mind believing it is real and bringing on the desired effects even though there is no chemical reaction to do that. But this makes me ask if the chemical reactions of real drugs just stimulate parts of the mind that make one believe they are healing, and in turn the belief causing actual healing.

The mind is a powerful thing. If someone has a headache and we give them an aspirin, if they firmly believe that this will not cure their headache, it will not, even though it is proven medicine. At the same time, if this person is given an M&M, and they firmly believe that it will cure their headache, it will. (Well, it is chocolate.)

Belief by the mind can make people feel good, or feel bad. It is what we truly believe that makes us sick or well, or it can be for the most of things. I worked on a cancer patient not too long ago who had come to me for Reiki. He had exhausted all conventional medical treatments except one, and he knew that this would not cure him. He decided to pass on that wanting to have a better quality of life as opposed to being in a drugged stupor. He started investigating alternative treatments.

One of the things he told me was that he had read where there is more oxygen in the mornings, which is why birds sing more in the mornings. Now, I highly doubt this is the case, but he started getting up early and watching the sunrise, and feeling really good about it. And in feeling good about it, he was feeling better all over.

Isn't that the point of things? If we believe that we are feeling good, then we are. And no matter what is wrong, doesn't that act as a placebo? We feel better, and our mind creates the proper energies that allow us to feel better, and maybe even heal ourselves.

I have seen energy work like Reiki do amazing things. But I always ask if it is the energy, or what the mind feels and creates that actually makes (or allows) the healing to happen. When I learned Reiki, I was told that this was an intelligent energy that goes where it is needed most. But there is another theory that says that the subconscious of the person receiving the Reiki sends the energy where it is needed because the subconscious is what knows.

All energy work can be blocked simply by disbelieving in it, just the same as medicines can be blocked by disbelieving in them (as in our case with the aspirin). I am not saying that one has to believe in the energy work for it to have an effect. If one has an open mind, it can work. Just one has to not actively disbelieve in it.

So this again begs to ask how much healing can be done without the direct action of the person receiving the treatment? I always have people come in and say "Fix me." But in truth, don't we need to be part of that healing? I was told that a healing session involves two people, the healer and the healee. The healer can do massive energy work, or bodywork, or medicine. But if the subject does not allow the healing to take place, it does not.

I tend to think that all healing is self healing that we have to allow. The healer may be the talent that "does the magic", or seem to. But it is really the subject that accepts it or not.

So, with this in mind, is all medicine truly placebos? Don't we need to convince the mind to do the healing?

As I have said before, we must all be a part of the healing process. So take part in your healing.

Rooms For Rent

Caring Palms has two rooms for rent to a holistic arts practitioner. This person could be a practitioner of acupuncture, reflexology, hypnosis, massage or any similar modality. If you know anyone interested, please have them call Brian at Caring Palms.

Caring Palms Hosts Mediumship Classes

Every month, Caring Palms is host a mediumship class taught by Marilyn Jenquin of the International Foundation for Spiritual Knowledge. In this class, Marilyn teaches the British style of mediumship (this is similar to the style used by John Edward). Each class contains a lecture, a meditation, and class exercises. This is for all ranges of students from the beginner, to the long time student.

Mediumship is a method of communicating with people who are no longer in their physical body, but in the spirit world. The class teaches students to do evidential readings as exercises so they get comfortable developing a relationship with those in spirit. This class is for anyone wanting to work with spirit whether they intend to become professional mediums or simply to use it in their everyday lives.

Classes are usually scheduled the last Thursday of each month from 1pm to 3:30pm at the Caring Palms studio. For more information, go to the [IFSK website](#) where you can learn more about this, check class schedules and locations, and get contact information.

Looking To Hire

Caring Palms is looking to hire a part-time 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.

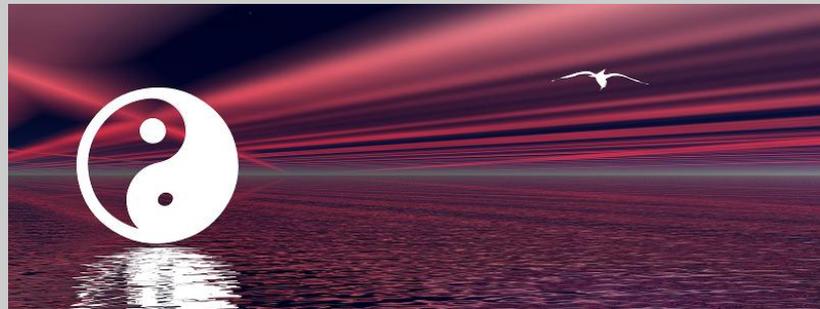
We are looking for either one or more part time employees. If you know anyone interested, please have them call us.

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.

[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
