



Caring Palms Massage and Reiki Newsletter March 2014

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Greetings!

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have class schedule changes, an announcement, and an article.

I hope you enjoy what we have here.

Class Venues Available

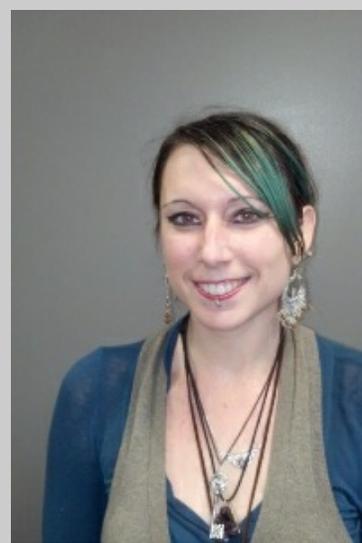
For those that did not know, Caring Palms is about helping people. This is done through various styles of massage, meditations, and classes. Some of those methods involve what could be considered unusual, like energy healing, or life coaching. To that end, Caring Palms also hosts classes by other instructors like this month's herbalism class and the ongoing mediumship classes. If you know anyone looking to teach classes of a holistic nature who is looking for a location, have them call Caring Palms.



Welcome Whitney Salvador

Caring Palms welcomes Whitney Salvador to its practice.

Whitney is a practicing Florida Licensed Massage Therapist, Neuromuscular Therapist as well as a Reiki practitioner. She graduated from Keiser University of Melbourne Florida in 2012 with her Associates of Science degree in Massage Therapy and Bodywork in an accelerated 10 month program. The curriculum provided insight and hands on practice into multiple systems and modalities of massage



including eastern techniques, Anatomy and Physiology, Kinesiology, Spa Standards and Guidelines, Pathology, Myofascial Release, and Laws and Ethics. Whitney is also a Reiki level 2 practitioner.

Exposed periodically to massage and loving touch during her teenage years as well as her own bodily pains and dysfunctions, she felt within her own heart the desire to help others towards the benefits of a pain free / minimal pain healthy lifestyle. For many years, Whitney felt a sense of anxiousness to involve herself in the field, but once taking the plunge, it became apparent this was the career and life path for her.

Whitney is also intuitive and offers tarot readings for those who seek guidance or answers within their lives. Her primary objective is to be of service to the community, never stop learning, and to share happiness on a global scale. She enjoys helping others and studies esoteric subjects like nutrition, yoga, and dancing.

Whitney will be available part time on Wednesday afternoons and Thursdays. As demand grows, she will be at the studio more often.

See Whitney's full biography [here](#).

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, March 5th from 7pm to 9pm.

Please let us know if you will be coming.

by Brian Dean

Here it is, March already. Time is truly MARCHing on. As I think of that, all the old catch phrases come to mind, but where else better to start an article?

March on over there. March in a straight line. March to the beat of a different drummer.

Personally, I prefer the last one. While I have strived to be part of the crowd, I always find myself outside of it a little. I always seem to be a little different. I don't seem to fit right in. I'm too strange. But I have learned that this is what works for me. When I worked for the local football team, I did good work, but I never really fit in personality-wise. Rather than be "Go team, go", I was always more "Beam me up, Scotty".

But being different works for me. In fact, I have learned to embrace it. It is these differences that have made me the healer I am today. Rather than follow the path that many massage therapists take, I was never drawn to medical massage or neuromuscular therapy. I was pulled to more unusual things like Hawaiian Lomi Lomi, or Esalen, or Thai. And in these styles I found something I truly like that amazes people. I found things that I can substitute into any massage. I found something that people see as another level of massage as some of these methods work the whole body as one, rather than parts. One of those methods opened up my intuition making me able to offer a freeform massage that tailors itself to each person's needs. These have taken me out of the rut of what everyone else does.

Being different opened me up to possibilities, which lead me to energy work. This led me from crystals and earth energy to Reiki and mediumship and beyond. It has made me rounded in my approach to helping people. I can see many things and many paths to solving someone's problems. I like to think when someone comes in here, unless they are fixated on one thing that they want, I offer suggestions as to what I think would help them the most and let them decide.

It always amuses me when someone has had something strange happen and they come to me to ask questions. They usually start off with, "You're going to think this is weird, but..." Weird? I play with energies. Define weird. There is not too much out there that I would find totally weird.

But weird, or different works for me, and I'm not afraid of it. I'm not afraid to put myself out there as who I am. One might think that this would scare some people away. But in truth, it attracts open-minded

and like-minded people. It brings me people I can help and that need my help. It brings me people that are willing to try what I do, and in doing so, find that it is exactly what they need.

So, strange? Yes. Weird? Possibly. Different? Definitely. But as long as different works, why fight it? Why try to conform? In truth, it is the non-conformists that are going to lead people into a better way of thinking. If everyone conformed, we would all be wearing suits and ties to work, and doing the same jobs forever. It would be very much like the images from the movie based on the Orwell book, 1984.

Yes, non-conformity is finding what works for you and not going along with the crowd just to be a part of it. It is not changing your mind-set just to fit in and be liked by a certain group. It is standing on your own and attracting like-minded people to you. And when you do that, I think you will find that the people who you were trying to fit in with are not worth the time and effort, and the people that come into your life will be the ones you truly want.

So, march to the beat of a different drummer? Yes, I do. But I like to embrace my Celtic roots on my father's side. I tend to think I march to the beat of a different piper.

Room For Rent

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

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.

Medical Herbalism Class to be Hosted at Caring Palms

Energy Solutions

Saturday, March 15, 2014, 10:00am - 3:00pm
(with a break for lunch)

Location: The Caring Palms Studio

Cost: \$75 (includes all materials for three remedies)

Are you struggling to have enough focus and energy to get through your day? Are you mentally weary? Let Master Herbalist, Cindy Whitley, teach you how to rev up your physical, mental and emotional endurance naturally! Through the time tested use of specific herbs, you can get more out of life and achieve more than you ever thought possible. In this workshop, you will learn how simple it can be to make huge improvements in your energy, focus and mood and even how to create your own herbal remedies. You won't want to miss this! For more information, go to Cindy's website, [Natural Healing Workshops](#).

To sign up for this class, go to the [Caring Palms Events Page](#).

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

- March 8 (Saturday) 10am - 5pm **Confirmed**
- 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

- May 24 (Saturday) 10am - 5pm
- July 28 (Saturday) 10am - 5pm
- October 25 (Saturday) 10am - 5pm

Reiki 3

- April 24 (Saturday) 10am - 5pm
- August 26 (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.

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.

A Path Through the Woods

By Brian Dean

What path are you on? Is it the right path to the destination you want? Or is it curvy because you are not sure which way to go? Is it headed to a dead end because of bad decisions? How do you get on the right path? How do you find the right way to your desired destination?

Something happened today in a class where I got the message that I am on my right path and that this path was clearly defined by a road through rows of trees, truly a path through the woods. This is what got me talking about paths. Now paths are something that I talk about frequently, as we all seem to need guidance now and then. We all need to be shown the way through difficult situations.

But I also heard from a friend this week that I have not heard from in

a long time. She had been avoiding people until she had figured out what she was doing, and where she is going. In the end, she decided to let a lot of people out of her life, and to keep a few based on their beliefs and feelings. Basically, she cut loose everyone that was negative, or did not see things the way she did. She got rid of everyone that would hold her back. But she kept everyone that was a positive influence for her, or people that were open to what she felt she needed to do. Thankfully, I am one of the people she decided to keep.

But one has to ask, how she decided what she needed to do. Well, first she had to ask what she truly wanted. And I'm not talking about what to have for dinner. She needed to decide what she truly wanted for her life. And we're not talking about daydream wants (although it is possible to manifest those too), but something more attuned to what she thought is within the realm of possibility.

The big key here was to ask what truly resonated with her, what did she feel in her soul was right for her. Once she had done that, she had her destination, and therefore, she had her path. Now along this path there are more decisions to make. In her case, it had to do with which people to keep with her, and which ones to leave behind. Which ones would support and help guide her, and which would drag her back down.

What path are you on? Is it going to get you where you want to be? Do you truly know where you want to be? To create this path, you need to first know where you want to go, what you want to be doing. I am not talking about deciding on a career that looks cool and then changing your mind 90% of the way through your education for this. You have to know it on such a deep level that it resonates down deep within you.

This is what drove me to go to massage school, and to learn many modes of energy work. This way of helping people resonated deep within me to the point that I knew it was what I wanted to do. I gave up on programming computers, which was something I liked, something that got me to the right place so I could learn other, more esoteric stuff.

So while I know my path, my path changes and grows, and I have to change and grow with it. I still know what I want to be, and be doing, but as I keep moving forward, little adjustments (more refinements) are made. The path remains, but it gets clearer the further along it I move.

So my path takes me through the woods, a path through the trees. I was told that this path was written in the trees. I commented that when you tell someone that something is written, it is usually written in the stars. Seeing as I really would like to be commanding starships, the stars made more sense. But then it came to me. My

path is written in the trees because I have to stay grounded while traversing it.

So, what path are you on?

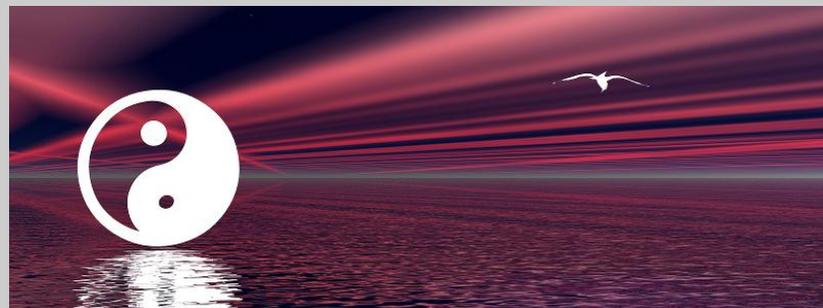
Modality of the Month

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](#)



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
