



Caring Palms Massage and Reiki Newsletter

May 2014

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Join Our List

Greetings!

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

I hope you enjoy what we have here.

Social Media and Review Sites

Caring Palms is now expanding into social media and search sites. After a recent educational awakening, we realized what we were missing. Since then we have been expanding and filling information on tons of sites in hopes of attracting new business. And in the first week or so, it has helped thanks to a couple clients that have left reviews on several sites.



While Caring Palms has many clients that like our services and classes, we need more. If you would like to help us, there are a few things you can do...

Facebook: if you are on Facebook, please search for the "Caring Palms Massage and Reiki" page, and LIKE it. You can also leave reviews and comments there. Since Facebook has changed its policies on how it allows posts to go out, this is important. Previously, anyone that liked a particular page, got all the updates. Now it depends on how many likes there are.

Google, Yelp, Yahoo, Topix, Bing, Superpages, Angies List, MapQuest, Foursquare, and up to 150 others: Go to any or many of

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these sites and leave reviews. This is what drives business to us. Just the other day we had someone come in that found us on Google+, and although she looked at other sites, it was the reviews that convinced her to come in.

So, please take a few minutes, and leave some reviews for us. This will help us to draw in the business to guarantee that we will be here in the future to help you.

Reiki Share

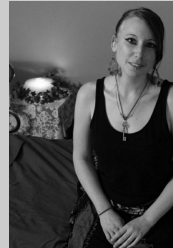
Caring Palms has a Reiki Share the first Wednesday of each month. A Share is where Reiki practitioners get together to work on each other. Group Reiki work is done where each person gets time on the table and worked on by several therapists at once. Any practitioner is invited no matter what lineage they have.

The next Reiki share is on
Wednesday, May 7th from 7pm to 9pm.

Please let us know if you will be coming.

Whitney Has Increased Availability

Whitney Salvador is now more available for massage or Reiki sessions. She has increased her hours at the Caring Palms studio. She is available for sessions Tuesday afternoons after 2pm, or all day Wednesdays and all day Thursdays. If you prefer a female therapist, book a session with her.



Moving Forward

by Brian Dean

I've talked about moving forward before, but the subject keeps coming up. I think maybe because so many people need to see it.

What is moving forward? Well, it is just that. It is looking to the future and 'moving' to it even if that future is only one day ahead, or one hour, or one step.

Now, I am not talking about setting goals, though this would be helpful. I am talking about taking the steps necessary to grow.

One of those steps is letting go, in fact it is a big step. We all cling to the past. We listen to the 'oldies' stations because they have the music we liked when we were younger. We remember the 'good old

days' and all the good times we had. But we also remember the bad times, the pain, situations where we feel we should have acted better, or differently. The "I should have stood up to that jerk", or "I should have thought more before doing what I did" keeps coming up.

What we have to do is let go, realize that the past is the past and it can not be changed. What we can change is the future. That is what we have control of. We can use it to grow, and become something we want to be. Or we can use it to remember what we should have done and dwell on the problems we had in the past. Now don't get me wrong. The past is important as it is the learning we have done, the education we received, the path we took. But past that learning, it is something we need to let go of, and focus on the future. Take that knowledge and use it to guide you, but don't live in it to the point that you keep looking back when you need to look ahead.

The other thing is to cut ties. We all have people in our lives. Some help us, and some hold us back.

We all have friends that tell us to follow our dreams, even when some of those dreams sound unrealistic. They support us. They help us when they can. They are there when things don't work out as we'd hoped. But they are positive people that make us think through what we are looking to do, and support us while doing it. These are the people that help build us up.

Then there are the friends that can not even think of us changing. They want us the way we are. The problem with this is that to stay as we are, we stagnate. As human beings, we need to grow, no matter where that growth takes us even if it takes us away from friends, or family. But these friends won't let us. We get the "Why would you want to get a job? Aren't you happy being a housewife?", or "You're making good money programming computers. Why would you want to leave that and be a massage therapist? They don't get paid as much." speeches. Unfortunately, these are the people who tear you down, who keep you stagnant, who keep you from growing. And it might even be reasonable to assume that they do this because they are afraid of change. But change is a constant, and if we don't change, we get left behind. These are the people we need to let go of because they don't support us.

Now, that sounds cruel, but it is the best thing. Over the years we lose friends. We go off in different directions, grow into different things. Sometimes it is the friend leaving, sometimes it is us. But this is a part of life. And this could mean leaving specific friends (or fading them out) or leaving various groups you might belong to if you feel they are holding you back. If you feel the need to grow, you have to leave certain comfort areas, and that could very well mean people or groups to heal.

But even with letting go, we have to start looking forward, and then

heading in that direction, whether it is making plans for long term future, or recovering from illnesses or injuries. Sometimes we can look at the future and see what we will be and make big leaps. Other times we are looking at being recovered from something and then we can only look at things one step at a time.

We put one foot in front of the other, step by step. That is how we get to where we need to be. It takes time, it takes patience, and it takes being positive. But we know as we do it that we are indeed moving forward. That is where we keep our focus. And through this, we grow.

Rooms For Rent

Caring Palms has two rooms 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.

Medical Herbalism Class to be Hosted at Caring Palms

Energy Solutions

Saturday, June 7, 2014, 10:00am - 3:00pm

(with a break for lunch)

Location: The Caring Palms Studio

Cost: \$60 (includes all materials for three remedies)

This is the same as the advertised March class, but the date and cost have changed.

Are you struggling to have enough focus and energy to get through your day? Learn the time tested herbs that can help you get more out of life. More energy to get things done. More focus and concentration. Even herbs that can balance and calm the emotions. Let Master Herbalist, Cindy Whitley introduce you to these herbs and even teach you how to prepare your own herbal remedies with them. In this workshop, each participant will make **3** herbal remedies to take home. 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 Natural Healing Workshops website by the link above, or the [Caring Palms Events Page](#).

Note: This class will be held at the Caring Palms studio, and is recommended by Caring Palms, but is not a Caring Palms class. This class must be paid for in advance, and if you have any questions, please contact Cindy directly.

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

- May 10 (Saturday) 10am - 5pm **Confirmed**
- 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

- 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.

We Take the Time Because We Care

By Brian Dean

While setting up social networking sites, I came across some reviews left by clients. They all said the same thing, more or less. And it was then that I realized what truly makes us different from everyone else. What the true difference came down to was the fact that we care. We care that everyone that comes in here gets treated well, and gets the best care. We care whether they are still hurting or not when they leave. We care enough to take extra time (at our expense) if need be. But mostly, we take the time to make sure we understand what is going on to make sure you get the right treatment.

When you go to most other massage establishments, you get a 1-hour session. That session is comprised of 50 minutes of massage with the rest of that hour being meeting with you, and letting you get on and off the table. They also book sessions back to back so that if someone takes an extra couple of minutes getting dressed, the whole schedule is off. That is what is called a spa massage and is typically what most places do.

At Caring Palms, we don't do spa massages. Each 1-hour session includes 60 minutes of massage. Caring Palms typically schedules 30 minutes between sessions so we have time to talk with you and see what is really going on. (We even promise to talk to and assess anyone for up to 15 minutes whether they get a session or not.)

Once we understand your issues, we recommend what we think you need the most. We talk about massage styles, or energy work, or whatever we think would be best for you. Then, we let you decide. Even if you decide you want something that might not be the best thing for you, we will do what you want, unless that will hurt you. (There are issues that could be made worse through massage, and we will not work on someone with something that will hurt them. We truly follow "Do No Harm.")

It is always our intention to do the best possible work and fix whatever problems we can in the time allowed. If we need a couple more minutes, we take it and don't charge for it. Our goal is to fix all the problems and have the person leaving be pain free. That is not always possible, and it bothers us when we can't make that happen, but sometimes it takes more than one session.

We offer our services with the best intentions. We will never try to force you into more sessions if you don't need them. As many times as we have been asked, "When should I come back?", our answer is always, "When you feel you need to." We have all been to places that would tell us that we should return weekly for a while. Caring Palms will not do that. Every person that gets on our tables is different. Their needs are different. We would rather let you decide when you need to return than to force you into multiple sessions. (There have actually been people that figured their problem was so deep that it would take multiple sessions, and were surprised when it was fixed in one session.)

While Caring Palms needs money to stay in business, and its people need money to survive, that is not our focus. We could make more money by booking the sessions closer together so we could do more sessions, but we don't. Our goal, our primary focus is on the work, and the client and their needs. That is our only concern. Because of this, we take the time you need, because we care.

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.

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 and we will try to see if we can answer them for you.

Sincerely,

Brian

Caring Palms Massage and Reiki

(904) 246-2206
