



Caring Palms Massage and Reiki Newsletter October 2014

In This Issue

[Dog Reiki](#)

[Studio to be Open Regular](#)

[Hours on Saturdays](#)

[Reiki Share](#)

[Six Words](#)

[Reiki Class Schedule](#)

[Advanced Body Mechanics
and Techniques](#)

[Just for Laughs](#)

[Thai Massage](#)

[Ego](#)

[Rooms For Rent](#)

[Caring Palms Hosts](#)

[Mediumship Classes](#)

[Adding Videos](#)

[Modality of the Month](#)

[Brian Offering Readings](#)

[Caring Palms Promise](#)

[You Have Questions?](#)

[Quick Links](#)

Greetings!

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news, class schedule changes and additions, and a couple articles, one of which will speak very clearly to some people. Also, we are changing the day of the Reiki share, so if you are interested in that, please see the article.

I hope you enjoy what we have here.

Dog Reiki

by Brian Dean



I am still amazed at the power of Reiki. One night a week or so ago, I went out after 9pm to do a Reiki session on a dog. The person that has this dog is a client and student. The dog, Deuce is a big 13 year old, lovable pup. The emergency vet had x-rayed him and said that he had cancer of the lungs. I laid on the floor with him for the better part of an hour doing Reiki. He stayed with me and took in all the energy I could pass to him. At one point, I felt that was all he wanted. I told his Mom that he might heal the body, or he might move on, and he had enough energy to do that if he wanted. (What the Reiki does is up to the soul of the individual receiving the energy, sort of like a gatekeeper. It will use it to heal the body, not allow it at all, or use it as a conveyance to pass from the body to the other side.) Deuce had been coughing most of the time I was working on him. Even without being told the condition, I knew it centered around his lungs. And with the diagnosis of cancer, I wasn't sure how long he would last. I wasn't sure if he would make it through the night.

Unfortunately, this reminded me of a time three years ago when my golden retriever, Bebe had cancer. In a couple of days, the cancer

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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.

moved up her spine very quickly. Her last night at home was spent with both of us laying on the floor as I gave her whatever energy she needed while she coughed most of the night. This was what I was thinking as I worked on Deuce as he sounded just like she had.

The next afternoon, I got an email telling me of Deuce's condition. Apparently, the emergency vet called and said that they read the x-rays wrong. Deuce has pneumonia, not cancer. Well that was promising. But then it went into his condition. That morning, he seemed better, like his old self. He was up and active, and seemed well. Amazing. I have to attribute it to the Reiki. No matter how long I use this energy, I doubt I will stop being amazed at what it can do.

The Studio to be Open Regular Hours on Saturdays

Caring Palms is now 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. We can also offer Couple's Massages on Saturdays, but we will need enough notice to set up.

If you are in need of a good massage, please call for an appointment.

Reiki Share

Caring Palms has a Reiki share every 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, the share is being over to the first Thursday.

The next Reiki share is on
Thursday, October 2nd from 7pm to 9pm.

Please let us know if you will be coming.

Six Words

by [Brian Dean](#)

Everyone has times in their lives when they are not sure, when they wonder if they have the strength to do something whether

it be public speaking, or carrying out a plan they have devised. We might wonder "how do I go through this?" or "Am I strong enough?" And thanks to a Neil Diamond song, there are two words that can be used to bolster that strength. Those words are "I AM".

Yes, I AM. Not I am, but said with force, with inner strength, with power... I AM. I AM something. I AM strong. I AM centered. I AM within my power. I AM connected with all the strength available to me from the core of my being to the tips of my fingers and beyond. I AM attunes you to energies, to power. It puts you in harmony with any situation. It is the affirmation of belief in yourself that gives you the power you need. It allows you to stand up and do whatever you need to do.

I AM aligns you with the universe giving you strength to complete whatever task you have decided to take on. I AM someone than can do this. I AM strong, I AM powerful, I AM whole. I can do this because I AM.

But now, we are supplied with the next two words... I CAN. Once we have the strength, I CAN allows us to do anything we want. I CAN wipes away all doubt, all fears. It gives us the center of purpose to persevere through anything until it is completed. I CAN tells us that we have made up our mind to do something and that we will see it through to the end. Combined with the strength from I AM, I CAN says we have made the decision and are going to do something knowing it can be done.

Now we look for the final two words, and most would expect them to be "I will". That would be the next logical progression. But "I will", while it holds promise, could hold an empty promise. They simply are not strong enough. Therefore, the final two words are... I DO.

I DO holds a promise fulfilled. It says, "I am doing this, not just promising to do it." How many times do we say "I will" and not lived up to the promise? I DO says, that we have made it past all of that, and are in fact doing what we said we would. I DO says we have taken a giant leap and lived up to our promises. I DO says we have found the strength, conquered the fear, and pushed past all boundaries to actually accomplish something. It says "I've found the confidence to take action" whatever that action may be.

Six words can change your entire existence if you accept them and bring them into yourself with conviction. I AM centers you and connects you to the inner strength you may not have known you have. I CAN erases all doubt and pushes you past all fears, and convinces you that all things are possible. I DO reinforces that confidence and acknowledges that you are

accomplishing what you wanted to accomplish.

I AM. I CAN. I DO. Make these words your mantra, because with them, you can accomplish anything.

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 11 (Saturday) 10am - 5pm
- November 8 (Saturday) 10am - 5pm

Reiki 2

- October 25 (Saturday) 10am - 5pm
- November 1 (Saturday) 10am - 5pm **Confirmed**

Reiki 3

- 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

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

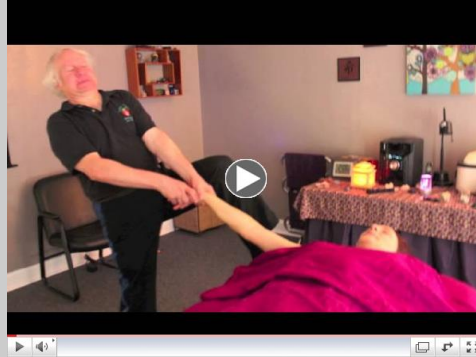
This class is for licensed massage therapists or anyone that regularly uses massage in their practice. For those looking to learn basic massage for relaxation for their partner or friends, see the website on the Massage For Couples classes.

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.

Just For Laughs

When we were doing the videos for the website, we had lots of fun. Some of that fun got caught by the camera either in stills or video. So, thanks to the vision of Samantha Solley (our

videographer), we present the out-takes for your perusal. We hope you laugh at it as we did, and see the fun in it that we had working together.



Caring Palms Outtakes

Caring Palms Now Offering Thai Massage

Caring Palms will now be offering Thai Massage with our Thai massage practitioner, Whitney Salvador. A Thai massage involves a lot of stretching and manipulation along with compressions done with fingers, forearms, and elbows. It is done on a mat on the floor, and the recipient wears loose fitting clothing such as sweats or yoga clothes. The massage generally follows Sen (energy) lines in the body.

After a Thai massage, one feels looser with a wider range of motion. While Brian had taken classes in Table-Top Thai, and has used parts of it in a lot of his therapies, he has not offered it as a stand-alone treatment. Whitney does traditional Thai and will be doing full sessions. Anyone interested should call to book a session with her on Tuesdays, Wednesdays, or Thursdays.

Ego

By Brian Dean

There are people that are egotistical, and there are many that can not stand them. Those that have large egos go about letting others know how good, or how important they are. This makes most of us believe that ego is a bad thing, especially in large doses. The rest tend to bury their egos. They understand their importance, or lack thereof. They understand that the universe does not revolve around them, and that they are only a piece of what is going on at all times. These people tend to remove their egos from most things that they do. With healers who work with outside energies, they know this to be true as it

is the energy being utilized that is responsible for the magic that happens.

But, believe it or not, the ego is important, and necessary. At the same time, I will note that anything in large quantities is a bad thing, even ice cream. But a certain amount of ego is necessary for us.

Ego is a strength, a desire, a push to be better than we are. With some people, it can get out of control and cause them to start believing that they are responsible for every amazing thing that happens where in truth, these amazing things come from outside. We are only the facilitators of those outside forces.

But ego is the force that makes us want to improve, to be better than we are. It helps us believe that something is possible and that we can make a difference. It feeds us the energy we need to start a project. When we combine that with belief and faith, self-determination and desire, it is the first affirmation of confidence in ourselves that gets us going to accomplish what we set out to do.

With healers, especially those that bring in an outside forces (like Reiki), we know that we allow the energy in to do whatever it needs to do. And that it is the energy that actually does the work needed. We healers kick any egos to the curb because we just sat there and allowed the energy to do the work. But in truth, without the healer there to facilitate, nothing would happen. So there has to be some ego there if for nothing more than to know we helped.

But where the ego is needed most with healers is to spur us into motion, to get us to go up to someone and say, "Can I help?" Without that, we would simply sit by and watch what happens. That piece of ego is what gives us the confidence to offer whatever it is we have to offer. So to that end, it is necessary.

So, while too much ego is a bad thing, ego itself, (kept in moderation), is a good thing. It is the first connection of belief in ourselves to offer to help someone else.

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.

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.

Adding Videos

As we have mentioned before in this newsletter, we now have videos on the website that demonstrate many of the styles of massage that we do. Each month, this newsletter presents a style of massage. We present part of the description of the style and link to the entire thing. We are trying something new this month by adding the videos to the description here. Let us know what you think.

Modality of the Month

Esalen-Inspired Freeform Massage

A beautifully landscaped grounds overlooking the Pacific ocean is the home of the Esalen Institute in Big Sur California. The institute has a center for the arts, a center for theory and research, lush gardens, natural hot springs, and massage. While the owner wanted it to be known for the arts and research and such, Esalen became known for its unique style of massage.

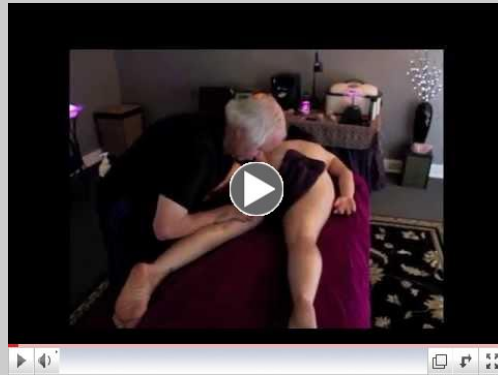
Californians are very laid back when it comes to massage. Esalen became known for doing massage without draping (as long as the client was comfortable with it). There were times even when the therapists wore nothing because they were comfortable with it. At one point, when the local licensing board became aware of this, they told the therapists that they would have to wear something or be licensed under Adult Entertainment.

While they do Esalen in California with little or no draping, it can be

done within most people's comfort levels. Sometimes creative draping is needed to keep a person covered, but it can be done. Minimal draping is best, but full draping can be used.

What came out of this freedom was a very unique style of massage that was geared to major relaxation with therapeutic results. It utilizes long strokes done with slow motions to create a very relaxing feeling. The client is encouraged to breathe deeply, and the therapist tries to match that breath pattern in their breathing and motions. Movements sweep the entire length of the body in straight lines and swirling patterns. These movements are done with the hands, forearms, elbows, and so forth.

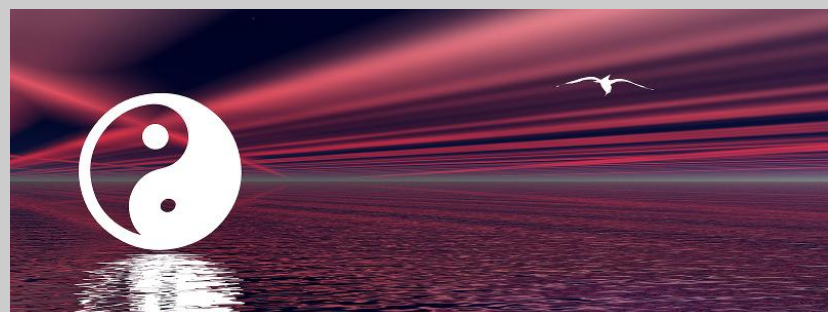
[read more](#)



Esalen Inspired Freeform

Brian Offering Readings

For practice, Brian is still offering to do some readings to anyone that wants to sit for one. Keep in mind, these are mediumship readings, not psychic readings. If you have an interest, please contact Brian and something can be scheduled.



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
