



Caring Palms Massage and Reiki Newsletter September 2014

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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.

I hope you enjoy what we have here.

Caring Palms Closed for Labor Day

Caring Palms will be closed Labor Day, Monday September 1st. We hope everyone has a good and safe holiday.



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,

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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.

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](#).

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.

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.

A Day in the Heat

Last weekend, Caring Palms had a booth at the 12th Annual Festival of Chariots and Mantra Music Festival at the Seawalk

Pavilion in Jacksonville Beach. Although it was hot (heat index 106 degrees), it was a fun day getting to be part of the event and meeting new people. Whitney, Christine, and I arrived at 2:00 to begin setting up for the event which started at 4pm. Once we were up and running, we were constantly busy doing chair and table massage and Reiki for love offerings which included cash, papers, a book, and a banana. All were appreciated.

The event gave us a great opportunity to meet people who are into the type of things we do at the studio... meditation, energy healing, etc. Everyone we touched seemed impressed with the type of work that we did and were surprised that we did not use our fingers that much. They got to see that there are a lot of differences in what we do as opposed to other massage therapists whether we were doing massage or Reiki.

So, even though it was hot (did I mention that it was hot?), there were wonderful people and great energies. We want to thank everyone that came out, that talked with us about what we do, and those that had time to get some work done. We also want to thank those that entered our contest to receive a free session. Those notifications are going out as you are reading this.

Again it was a great day, and great fun. Thank you all that came out to see us.

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, September 3rd from 7pm to 9pm.

Please let us know if you will be coming.

Whitney Will Be Out Of Office Week of September 8th

Whitney will be out of the office September 8th through September 12th. She will return to her regular schedule on Tuesday, September 16th. If you need to see her, please

schedule the week before, or the week after.

Christine will be in the office on Wednesday, September 10th for those that want a female therapist.

Brian Offering Readings

Recently, Brian attended master classes in mediumship in Orlando taught by Eamonn Downey of the Arthur Findlay College in Britain. The purpose of these classes was to better the connection between medium and spirit, so that good information could be received and passed on. While part of mediumship is the passing on of the information gotten from spirit, the classes spent more time and focus on making sure a solid connection was made rather than the presentation (or performance) of the evidence. The idea is that if we have a solid connection, and we can receive solid evidence, the presentation will take care of itself.

For practice, Brian is 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.

Black and White

by Brian Dean

Black and white. What are they? Well, in truth, white is the absence of all color, and black is the combination of all colors (with the exception of the computer screen). One, emptiness, one fullness. Basically, they are polar opposites, extremes if you will, the quintessential yin and yang. In terminology, they signify a concrete evaluation where something can be measured.

We look for things to be black and white. This signifies a clarity that can not be disputed. It is something that is so crisp and clear that it can not be misunderstood, so clear that we could say that it is a yes or a no.

But we also look at it as good and evil. In the old westerns, good guys wore white hats while bad guys wore black hats. In Star Wars, Luke Skywalker's outfit was white, while Darth Vader was dressed all in black. And although we look at white being full of good, it is the absence of everything. Maybe that is why we put things in the terms of light and dark.

Go to the light. Follow the light. Let the light guide your way.

Or... are you afraid of the dark?

I think this comes from an innate sense of fear of the unknown. As children, we were afraid of the dark because we could not see what was there, what was waiting to grab us. You know, those monsters under the bed. When our key sense is sight, and that is taken away, it is quite scary.

But by defining things as light and dark, we open up to the possibilities of shades of gray. Black and white photos are not all black and white, but a variety of shades of gray. The same occurs with laws. We want our laws to be written in pure black and white, but then there seems to be way too much room for interpretation which brings us into the gray. But the gray is where most of us live.

We make decisions, and usually, there is no clear-cut choice. We decide based on facts and feelings. So we maneuver our way between the possibilities, between the dark and the light to come up with something in the middle that we feel will work for us. We do the best we can with the information we have. We try to avoid the darkness, and stay within the light. Sometimes we need to cross through shadow to get to that light. But we have to remember, that shadow is there because there is light. It is the light shining that casts the shadows. And if you look at that shadow hard enough, you will find that while it may be dark, it is not completely black. It might be a darker shade of gray, but there is light there making it so.

When dealing with light and dark, we may travel in the dark for a spell. But one thing we need to remember is that even a little bit of light will push back the darkness. And if we have some light, and are travelling through the gray, one thing to remember is to head to the lighter gray so eventually we will emerge into the light.

The metaphors are obvious. We stay within the light by being and thinking positively. When we are negative we (as Yoda would say) turn to the dark side. The dark represents fear. And we need to put the least amount of energy into that as possible. We get back what we put the most energy into. If we put it into making good things happen, they will. If we spend it in fear, we will draw to us what we fear. It is the law of attraction. We bring to us what we put the most effort into.

So where are you heading? Do you wander through the gray, or do you go to extremes and do dark or light? The key to entering darkness is to remember light, and bring that light with you. Personally, I carry a flashlight.

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 13 (Saturday) 10am - 5pm **Confirmed**
- September 24 (Wednesday) 10am - 5pm **Confirmed**
- October 11 (Saturday) 10am - 5pm
- November 8 (Saturday) 10am - 5pm

Reiki 2

- October 25 (Saturday) 10am - 5pm

Reiki 3

- August 30 (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.

Being Lighter

By Brian Dean

I have been amazed for a while now at the comments that most people have when they finish a Reiki session. But the one that seems to come up the most is "I feel lighter."

Lighter? Did they feel heavier before? Did they physically shed

a few pounds? (If they did, I should start marketing this as a new all natural method of weight loss.)

We use a lot of phrases when we have a lot to deal with. Think like "carrying the weight of the world on my shoulders", or "carrying a huge burden". We seem to talk about problems and responsibilities as they are physical items that we are lugging around with us, weighing us down, like Atlas carrying the world on his shoulders. And when we let go of some of those issues, we "feel lighter". And it feels good to get that weight off our shoulders.

Do you have any idea how many people carry their stress in their shoulders? A lot! We do carry stress in various parts of our body depending on who and what we are. And that stress manifests in physical ills. I have a friend that carries her stress in her stomach, and she suffers from ulcers because of it. Many carry it in their backs and shoulders causing them to have back pain. (Hmm, sounds like they need a massage therapist. I think I might be able to recommend a couple.)

But what can we do to "lighten the load" or "lessen the burden"? Well first off, we can stop worrying over everything we need to do. Trust that it will all work out. I am not saying that we should do nothing and expect it to work. I am saying that we should work towards our goals, but not stress every minute over them.

There are a magnitude of things we carry with us as stress, many we need, but many we don't. We need to get rid of the things we do not need to worry about, and I think we'll find that many of those are out of our control anyway. We worry about our job, and our performance there. We should as we have to do well to stay employed.

But we also worry about all the things we see on the news on TV. We see stories about diseases spreading, or wars, or destruction. And we worry about them. Why? What can we do about them? Probably nothing. Yet we still worry. We add these things to our burden and carry it along with us wherever we go. Every problem in the world ends up in that little sack on top of our shoulders, that little sack that weighs so much.

What can we do? Well maybe instead of carrying around a sack, we should start carrying a colander. Yes, a colander, one of those things that you pour cooked pasta into, or put veggies in to wash them off. Why? Well, think about it. A colander holds big things. But it also has holes in it for the little things to slip out of.

Our colander holds the big things we need to worry about, and

lets the little things we don't need to worry about, or have no control over, run out the holes and trickle away. This lessens our burden tremendously.

How do we do this? How do we make this change? Slowly. Start with some quiet time (and if you don't have any make some). Do some meditation. See your problems melting and flowing away from you. Take a walk or do some exercise. When we do this, we breathe more, bring in more oxygen. This makes us feel stronger, lighter. Get a massage or Reiki session.

But do something. Don't just sit there and allow things to pile up, to get heavier. Do something positive. Get relief. Lighten your load.

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.

Modality of the Month

Hawaiian Lomi Lomi Massage

The ancient art of Hawaiian Lomi Lomi has been practiced for hundreds of years. The gift of healing was passed down to the

"chosen one" who spent their life practicing the healing arts. Kahuna's (healers, shaman) were taught to use thumbs, hands, forearms and elbows to massage. It wasn't uncommon to have hot rocks placed on injuries or have the Kahuna walk on your back. Kahuna's were even known to use a mild form of hypnosis, instilling feelings of well-being. They believed they could transfer their own vital energy into a person who was sick.

Hawaiian Lomi Lomi was kept secret within families for most of its history, until Kahuna Aunty Margaret Machado decided to teach anyone who wanted to learn "the loving touch". Aunty says, "Lomi Lomi is a loving touch. When they feel loving hands on their body, they'll respond, "she loves me, she'll take good care of me, and I'm going to get well. "

So, what is the difference between Lomi Lomi and any other massage? That is a difficult question to answer. Clients have said, "It's as if you are right inside of my muscles and you know exactly where to go and how deep to go. " "The pressure points melt, your hands and elbows feel strong and loving as if they are guided. " I don't know how elbows and forearms can feel loving, but that is what clients say! Lomi Lomi feels like many different techniques put into one flowing system. It has a rhythm and flow that is soothing and feels complete.

[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
