



# Caring Palms Massage and Reiki Newsletter

April 2015

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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.

## Meditations

Caring Palms is currently working to produce guided meditations that will come either as an audio CD, or audio file download. For years, Brian has been taking people through various meditations, some standard, some right in the moment based on what they need.



We are looking at initially producing four meditations, Finding Sanctuary, Working With Past Experiences, Speaking With Your Guides, and Setting Keywords. Finding Sanctuary takes one on a journey to a safe place inside themselves where they can rest and relax during stressful times. The Past Experiences meditation allows one to work on things that have happened in the past (good or bad) and remove the triggers that cause problems in current life. Speaking With Your Guides is just that. One is taken to a safe place where they invite spirit guides in to speak with them. The last one, Setting Keywords allows one to set words or phrases to help them change their behavior in situations, like becoming calm in stressful situations, or receiving strength when it is needed.

With the exception of the Keywords meditation, these differ from most guided meditations in that they do not guide one 100% of the time. These guide one in, set up a location where one is safe and protected, then leave one to whatever their subconscious brings to

## Join Our List

[Join Our Mailing List!](#)

### 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.

them. Seeing as one's subconscious knows what one needs best, that is the most reliable guide. Then once enough time has passed, the meditation will guide one back, back to where they started.

Once they are completed, you will be able to order these guided meditations directly from Caring Palms. We are currently exploring other avenues of distribution such as download from a secure website. As soon as they are ready, we will announce it here.

### Caring Palms is Producing T-Shirts

In a previous newsletter, we published a funny saying based on the Hindu greeting Namasté (the presence in me of love, of light, greets the presence in you). Since it seemed so popular, Caring Palms has partnered with Teespring to produce shirts. Teespring is a graphic shirt producer where users upload an image, and start a campaign. The current campaign ends April 9th, so shirts need to be ordered by then. Caring Palms' goal is to sell 50 of these, however, all we need to do is sell three (3) for them to be printed. Brian set the price low so they would be affordable (\$16 for regular tagless t-shirt), and Caring Palms only makes \$1.00 on each sale. (Profit was not the motivating factor.) The shirts come in black, blue, purple, and gray. If you are interested, please follow the link below to order.

[Order T-Shirt](#)



### Welcome

Caring Palms welcomes Peaceful Acupuncture and Wellness to the studio. They are now renting the front room in the studio between Brian's workroom/classroom and 5 Elements.

Peaceful Acupuncture and wellness is Michael Hibberts, Acupuncture Physician, and Taylor Winn, Acupuncture Physician and Doula. If you are in need of their services, please come by, or you can call Michael at (912) 507-9605 and Taylor at (904) 800-8228.

## Caring Palms Looking For New Therapist

Caring Palms Massage and Reiki is looking for a female therapist(s) to add to its staff of talented individuals. This person could be full or part time. Caring Palms pays 50% of the billed amount before discounts. All discounts come out of Caring Palms' end. All tips go to the therapist in full. If you are interested, or you know of anyone that might be interested, please have them call Brian at the studio at 904-246-2206, or email him at [brian@caringpalms.com](mailto:brian@caringpalms.com) to schedule an interview.

## Seeing Can Be Deceiving

by Brian Dean

Forever we have heard this phrase, "Seeing can be deceiving." It says that even though, we are looking at something, and it seems concrete and irrefutable, it may not be what we think it is. Of course, this seems to contradict the other adage, "Seeing is believing."

The second takes upon a theory where we hear something, and take it as truth. But just because we are told something, it does not make it whole, or factual. To believe something, we should go look at it, to "see it", to investigate it. And only then can we be sure that here with the evidence before us can we accept the validity. But can we?

We live in a world of fakes and imitations. "It looks like the real thing", but isn't quite that. We shop at the grocery and see imitation crab meat made from whitefish (which some restaurants use and call crab meat). We see deals that look too good to be true, and guess what? They are. And don't get me started on politicians. We live in a world where special effects can be made to look so real, we can't be sure if they are or not. (I remember when the Challenger exploded seconds after lift-off and thinking it looks just like the special effects in a movie, and probably not as good.)

So, even though we see these things, and they look real good, they might not be. So while we think that seeing is believing, it actually can be deceiving. When we start questioning what we see as real or not, we have to rely on other senses. We have to rely on intuition, and mostly on ourselves.

Intuition looks at the energy information that we receive through our 'third eye' in the center of our forehead, and then presents itself in such a way, that we wonder about something. In other words, we get vibes about something, good or bad. And based on those vibes, we make decisions. We do this all the time... when we meet someone, when we choose where to eat, when we walk into a business and decide if this place is right for us or not.

Of course, to do that, to rely on our intuition, we need to trust ourselves. We need to trust that inner voice that we hear in our ear telling us to beware of something, or that this is just perfect for us. To do that, we need to turn off our mind, and not overthink something. Unfortunately, what we too often do is overthink. We reason ourselves away from what is right by convincing ourselves that there is no logic to the feeling we are having that is telling us something different. But that feeling is the true guide. And the more we trust in ourselves, the more we will make the right decisions even though logic and reason argue differently.

So, while seeing is believing, the more we trust ourselves and those little voices in our ear, the more we will recognize that seeing can be deceiving. The key is trust. And that trust must be in something that we should trust above all other things, ourselves. So, where does your trust lie?

### 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.

The next Reiki share is on  
**Wednesday, April 1st from 7pm to 9pm.**  
No, this is not an April Fools.

Please let us know if you will be coming.

### 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

- April 11 (Saturday) 10am - 5pm **Confirmed**
- April 21 (Tuesday) 10am - 5pm **Confirmed**
- May 9 (Saturday) 10am - 5pm
- June 13 (Saturday) 10am - 5pm
- June 16 (Tuesday) 10am - 5pm
- July 11 (Saturday) 10am - 5pm
- July 21 (Tuesday) 10am - 5pm
- August 4 (Tuesday) 10am - 5pm
- August 8 (Saturday) 10am - 5pm
- August 11 (Tuesday) 10am - 5pm
- August 25 (Tuesday) 10am - 5pm
- September 12 (Saturday) 10am - 5pm
- October 10 (Saturday) 10am - 5pm
- November 14 (Saturday) 10am - 5pm

### Reiki 2

- April 7 (Tuesday) 10am - 5pm **Confirmed**
- June 27 (Saturday) 10am - 5pm
- July 7 (Tuesday) 10am - 5pm
- August 15 (Saturday) 10am - 5pm
- August 27 (Thursday) 10am - 5pm
- October 24 (Saturday) 10am - 5pm

### Reiki 3

- May 2 (Saturday) 10am - 5pm **Confirmed**
- May 12 (Tuesday) 10am - 5pm
- July 25 (Saturday) 10am - 5pm
- July 28 (Tuesday) 10am - 5pm
- August 22 (Saturday) 10am - 5pm
- August 29 (Saturday) 10am - 5pm
- November 21 (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)**

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 2015 schedule is as follows:

- April 18 - April 19 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)
- May 19 - May 20 (Tuesday 9:00am - 5:00pm and Wednesday 10:00am - 4:00pm)
- June 20 - June 21 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)
- August 18 - August 19 (Tuesday 9:00am - 5:00pm and Wednesday 10:00am - 4:00pm)
- October 17 - October 18 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)

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.

## **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.

## **Heroes**

**by Brian Dean**

I like to think we all have heroes in our lives, either real or fictional. Oft times, they can be a parent, an athlete, or one of the main characters on a TV show or in a movie. The actors who play these parts usually do not live up to qualities of the parts they play, but sometimes they do. Leonard Nimoy was just that.

For those that do not know (and I can't imagine there are too many of them), Nimoy (who passed away last month) played Mr. Spock, the half human / half Vulcan first officer of the Enterprise on the original Star Trek series. This part, and his approach to it gained him leagues of fans. In fact, the entire series did because of him and all the actors that played key parts, as well as the message it sent out, one of hope, hope that we will survive this juvenile desire for power and riches, and that we will become something much more.

You may not know it, but I have been a fan of science fiction for a very long time. (Like you didn't know that.) Before Star Trek, conventions were held, but they were for people who followed the genre by reading books. (Too many books, too little time.) The video representation of things were made for people of deep thought. But Star Trek brought a positive outlook of the future that nothing else to date did. It brought real heroes into our living rooms that weren't riding horses in the old west. The characters (and as much the actors portraying them) inspired people with their confidence and dedication to doing the right thing. Many inspired by this went on to become doctors, engineers, and astronauts. (There is even a story how Jimmy Doohan who played Scotty, the ship's engineer, kept writing a fan to get them to see him at each convention that he appeared at. That push turned this fan's desire to commit suicide into a desire to live. That fan lives today thanks to Doohan.)

Leonard Nimoy has always been wonderful to his fans, and to everyone he knew. He kept pushing positivity as a way of life. His character's signature line, "Live long and prosper", became his. He

was an actor, a director, an author, and a photographer. He interacted with fans through social media like twitter. He kept sending out messages that were positive, all signed with LLAP. He made people believe the world portrayed in the fiction he starred in, is possible. And we know that if we believe things hard enough, we can make them happen. But among all the things he was, he was a hero.

This world needs heroes. We need heroes, people we can look up to. People we can emulate. People to give us goals.

While I like all types of science fiction, Star Trek came along at a time in my life where I needed heroes. It taught me to think for myself, to look at evidence instead of jumping to conclusions based on pure emotion. It introduced me to like-minded people that lived in the belief that someday this world and worlds like it will happen, that we will solve our problems and reach out into the final frontier.

But it also taught me to keep an open mind. And that gave me the opportunity to explore different things like energy healing and Mediumship. So while they were creating fictional stories, they were also teaching us morality, and right and wrong. And these heroes that came across the screen made room for more fictional heroes to emulate, like Luke Skywalker and Han Solo, Jean-Luc Picard, and Malcolm Reynolds. And these heroes created real life heroes like astronauts and soldiers. (Many soldiers' motto in war was "What would Captain Kirk do?")

But as for the man that Nimoy was, he believed in the vision that the fiction created, and pushed people to be positive to make that happen. And I find it interesting, looking back on it now, that my original career was that of a computer programmer, a person that deals in logic. Fascinating, no?

So for the man that was the actor and artist, I thank you for all the good work you did in this life, and look forward to seeing what you do in the next. And in the meantime, I will try to live up to the example that you set to be the hero I think I can be.

### **Rooms For Rent**

Caring Palms has one room for rent to a holistic arts practitioner. This person could be a practitioner of herbalism, 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 hosts 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

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.

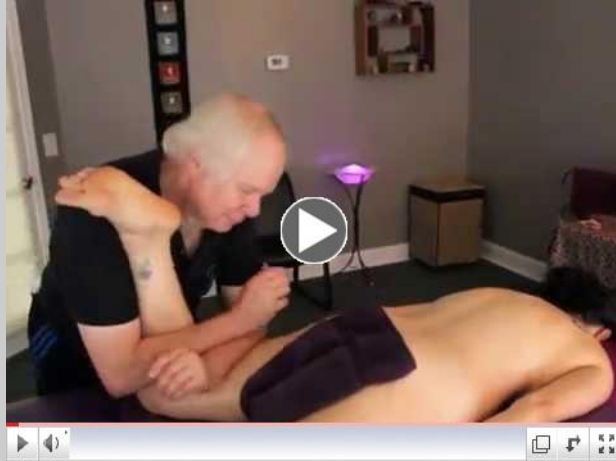
Hawaiian Lomi Lomi was kept secret within families for most of its history, until Kahuna Aunty Margaret Machado decided to teach anyone who wanted to learn "the loving touch". Aunty says, "Lomi Lomi is a loving touch. When they feel loving hands on their body, they'll respond, "she loves me, she'll take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

Today, there are about five styles of Hawaiian Lomi Lomi. The two most well known are Lomi Lomi Nui (better known as Temple Lomi) and Polo Lei (better known as Aunty Margaret's style). One of the keys to Lomi Lomi is that most of the work is done with the forearm instead of the hands. Caring Palms has been practicing Aunty

Margaret's style for over two years now. This is a very good form that gets down deeply into the muscles and in many cases is used in place of Deep Tissue massage. Temple Lomi is a smooth, flowing dance that makes one relax and enjoy.

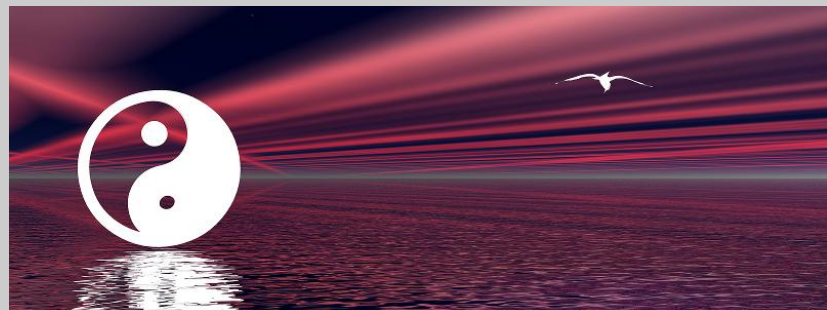
[read more](#)



Hawaiian lomi lomi Massage

### Brian Offering Readings

Brian is now doing readings to anyone that wants to sit for one for tips. Keep in mind, these are mediumship readings, not psychic readings. If you think that it was a good session feel free to leave a gratuity. 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](mailto:Brian@CaringPalms.com) and we will try to see if we can answer them for you.

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May light continue to illuminate your path. Take care.

**Sincerely,**

Brian  
Caring Palms Massage and Reiki  
(904) 246-2206

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