



Caring Palms Massage and Reiki Newsletter August 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 a couple articles.

I hope you enjoy what we have here.

Closed August 7th

Caring Palms will be closed Friday, August 7th while Brian attends a mediumship master class in Winter Park. Caring Palms will be open for massage and Reiki sessions Saturday, August 8th with Christine. The other businesses in the studio will be open per their normal schedules.



Reiki Class Milestone Reached

This past month saw a milestone in Reiki classes. Brian has been keeping track of Reiki students since 2004. That is when he started having students fill out comment forms at the end of classes. This month, the number of students that have taken Reiki 1 has passed 400. That is an amazing number. Combining that with 184 students that have taken Reiki 2, and the 90 students that have taken Reiki 3, that means that Brian has taught 674 students in his Reiki classes, and this number does not include those that took classes between 1997 and 2004.

Caring Palms Looking For New Therapist

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.

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@caringspalms.com to schedule an interview.

Having Faith in Your Gut

by Brian Dean

We hear this all the time... we're in a situation and need to make a decision, and someone says, "Trust your gut." But what does that mean? Does it mean to listen to the noises coming from there? The rumbling? Maybe your gut is telling you that it is lunchtime. Probably not.

What it means is to have faith in your intuition, your gut feeling. To go with that unseen, unquantifiable something, ignoring whatever reasoning we have built up that proves that wrong. It is to trust something that makes no sense in the face of logic and hard evidence. Good investigators do it all the time. I know. I've seen it on the cop shows on TV.

The problem with gut reasoning is that we tend to explain it away with mental reasoning. When I teach the beginning level of Reiki to students, I teach them hand scanning, a method of locating someone's problem areas simply by running one's hand over them a few inches above the body. What the students do is look for temperature changes (yes, I am giving away a big secret here). When they encounter a change, that is usually where a problem lies. It take some practice and an instructor to help determine what criteria they are looking for.

As I watch students try this for the first time, I see them have doubts at everything they find. First they find something. Then they go over it again to make sure. Then they do this five more time, just to be positive. And somewhere in that amount of retries, they convince themselves that they really didn't feel anything at all.

This is the point where they are sure they never felt anything, where they threw out their gut feeling, and went with cold, hard reason. The problem is that cold, hard reason can be wrong. And it is talking ourselves out of it that turns us away from the truth, whether that be seen, or unseen.

I have been where the students have. Worse, I have been through

this in a live situation. I was working one of my Reiki teacher's psychic fairs many years ago. I had something like 20 minutes to do Reiki on people that wanted it, and this time included all the prep work and scanning. So, when I hand scanned, I did it very quickly, so fast, in fact, that I knew I was missing small stuff.

My client asked me if I had felt anything in her left breast. I had not, but on rescanning, I did. Of course, I played devil's advocate with myself.... "Did I feel it because it was there, or because I expected to find something there?" I decided to go with my gut. I did feel something. I could not tell what it was. It could be serious, or not. All I knew was that it was negative energy.

I did the right thing, and recommended that she have it checked out by a doctor. She stated that she did not like doctors. I told her that she thought something was there, and I thought something was there, and that she should have it checked out. These are the people we healers usually never see again, and we have to trust that what we told them was correct. All we can do is have faith in ourselves and that gut feeling that said we actually did feel something. And considering that I scan people now by closing my eyes and looking at their energies, I have to have lots of faith that I am seeing what is there.

So it comes down to believing in ourselves, in our abilities, in our gut. Basically to have faith in ourselves.

And by the way, I did a similar scan on people during the time of the fairs, and there were about three that I had felt had a problem and recommended that they consult a doctor. At one of the fairs during the last couple years before my teacher passed over, a lady came in, saw me and says, "I remember you. You told me I had a problem, and to see a doctor. And dammit, you were right!" So maybe I saved someone's life. I can only hope she wasn't the only one.

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, August 5th from 7pm to 9pm.

Please let us know if you will be coming.

These past few months have been exciting as far as classes go due to massage therapist license renewal which is due at the end of this August. During this month, Caring Palms has many classes set up for therapists to get their hours, even at the last minute. After that, we will go back to the usual Reiki 1 every month, and there are still opportunities available to get Reiki 2 and Reiki 3 before the end of the year.

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

- August 4 (Tuesday) 10am - 5pm **Confirmed**
- August 11 (Tuesday) 10am - 5pm **Confirmed**
- August 23 (Sunday) 10am - 5pm **Confirmed**
- August 26 (Wednesday) 10am - 5pm
- September 12 (Saturday) 10am - 5pm
- October 10 (Saturday) 10am - 5pm
- November 14 (Saturday) 10am - 5pm

Reiki 2

- August 12 (Wednesday) 10am - 5pm
- August 15 (Saturday) 10am - 5pm **Confirmed**
- August 27 (Thursday) 10am - 5pm **Confirmed**
- October 24 (Saturday) 10am - 5pm

Reiki 3

- 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)

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 2015 schedule is as follows:

- 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.

NCBTMB and Florida Board of Massage Approved for twelve (12) Continuing Education Hours (CEUs)

Class Cost: \$300

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.

Differences

by Brian Dean

There are differences and there is sameness. There is style and there is rote. I like to think that what we offer is a little bit different, and while part of that difference is style, the rest has good solid reasoning based on experience and observation (there are two good terms to revisit in a future newsletter).

With massage, a lot is based on style. But that style is combined with experience, intuition, and what draws a therapist. For instance, many therapists feel they need to go through the regular classes that most therapists do. They think that will give them the marketability in the mainstream of services. These classes usually include Medical Massage and Neuromuscular Therapy. They go to classes based on these core programs as they feel it will make them appeal to the most people.

I, on the other hand, stay away from these like the plague. And this is not because there is anything wrong with them as they do work

and work well. I am simply not drawn to them. I think I feel that it would pigeon-hole me into a specific category. I find myself drawn to the weirdly unique things, the things you can't find everywhere, like Lomi Lomi, or MFR, or Esalen. In these, I see unique opportunities to help people. I see new methods that most people just don't understand, nor can they fathom how they would work. And because of this, I have helped many people that other therapists could not. And each time, I hear, "no one else has ever approached it that way before, and this is working amazingly."

The same is true for our Reiki sessions and classes. We do more hand positions in our sessions than most people. This is not because we feel we need to be different. This is based on the fact that the client feels more complete, more secure with the extra positions.

I teach classes the same way, telling my students *not* to concentrate on what they are doing. This is what I learned through experience, not instruction. And yes, it is different from everyone else's teaching.

The basic learning teaches us the basics. Then experience teaches us so much more. But then, we throw intuition on top of that. And when you put all those together, it does make us different. And I am not just talking about me. Christine has been through similar training and has great intuition.

Each company tries to come up with some niche that makes them different, that makes them stand out. I guess that what makes us stand out are our people, our training, our care, and mostly our differences.

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.

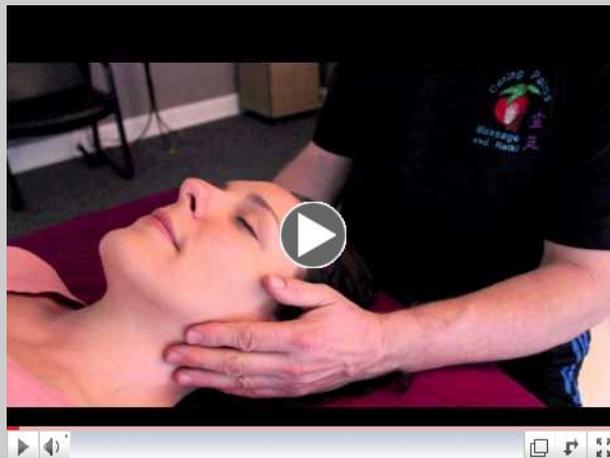
Modality of the Month

Reiki

Although Reiki is not massage (as the muscles of the body are not manipulated), it is a very relaxing yet powerful method of healing. In the simplest form, Reiki is the laying on of hands. It is guided, positive energy brought in from the universe by someone that knows how to 'tap into' it, and passed into someone in need of healing.

All problems in the body, whether they be illnesses or injuries, are centered around negative energy. Reiki overcomes the negative energies with positive energy, in most cases making the person feel better, and in some cases removing the problem completely. Reiki has been known to reduce and alleviate pain, discomfort, or disease of any kind, and has been used on all major diseases. Reiki is hands-on healing and a nice pleasant experience.

[read more](#)



Reiki

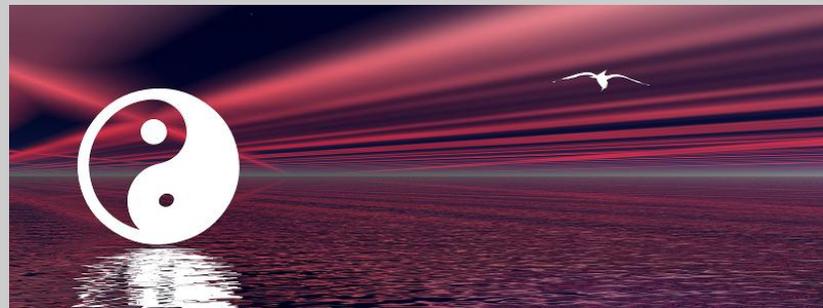
Brian Attends Classes

During the third week in July, Brian attended mediumship classes at the 9th annual Stansted in Florida seminar, which was designed to emulate the classes at the Arthur Findlay school in Stansted, England. He and others learned from two wonderful teachers. One track was specifically working with mediumship, connecting to spirit, passing on messages, getting details. The other track was a more advanced and dealt with trance, getting into a trance state, getting

information in trance, doing trance healing, and speaking. It was all very enlightening and stretched each student's abilities. Brian is already looking forward to next year's seminar.

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 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
