



Caring Palms Massage and Reiki Newsletter January 2015

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Greetings!

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

I hope you enjoy what we have here.

January Holiday Closures

The Caring Palms studio will be closed Thursday, January 1st for New Years Day. We will be open Friday, January 2nd at the regular hours.



We here at Caring Palms hope you have an enjoyable and safe New Year.

Brian, Christine, Ashlee

New Beginnings, or Just Continuation

by Brian Dean

Each year end, we come to a point where we discard the old, and pick up the new. We shed off the old year, and all of its problems, and we start fresh. But maybe we don't need to start fresh. Maybe what we need to do is continue.

Yes, we should cast off anything we no longer need. Yes, we should embrace the changes coming in the year ahead, no matter what those changes may bring. But instead of starting fresh, maybe what

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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.

we need to do is simply continue the growth we did in the previous year.

As individuals, we grow, and that growth brings change (or is it the other way around, or both). Growth is continuous whether we realize it or not. The same is true for learning. The day we stop learning is the day we stop paying attention to everything around us. It is also the day we stop growing because growth is dependent on learning. To grow we understand and assimilate changes. We adapt to new things. We add new concepts to our way of thinking, thus changing how we think, changing how we act and react.

Sometimes, there is a point that we do indeed need to start over, whether that be starting a new career, moving to a new town, or saying goodbye to old friends, and meeting new ones. But even the decisions that created this change came from growth. When one starts a new career, it is a new beginning. But they do so because they have grown out of the previous one. One starts into a new endeavor, a new field. But one does not leave behind everything that was. That is part of growth. That is experience. We take experience with us, and use it to move forward and continue to grow.

So as this year comes to a close, I look forward to continuing the growth that I had last year, and years before that. And as a wish for the new year, I hope that you continue to grow, and reach the fulfillment of what you can achieve in whatever endeavors you find yourself.

Thank You

As we wrap up this year, and look forward to the next, we need to acknowledge you, our clients. This has been the first full year in our new location (we opened December 9th last year), and the response could not have been better. We saw a lot of the people that came to our old location, and met a whole lot of people that sought us out at the new place. We met people that looked for us specifically, those that gave us a try after searching for what we do, and those that simply saw us after walking out of the restaurant next door. And your response to the new therapists here has been wonderful.

For keeping with us, or trying us for the first time, we want to say thank you. Your support is what keeps us here to help you as best we can. And as always, we promise to do the best we can in every session because this is how we support you. Thank you.

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, January 7th from 7pm to 9pm.

Please let us know if you will be coming.

Moving On

by Brian Dean

Since we are talking about the new year, and leaving the old and bringing in the new, we should focus on bringing in what is good for you, and leaving behind what is not. And this could mean situations, people, or groups.

One of the key things to growth is learning, or realizing who you are, and being that person. How many of us truly are ourselves? I am sure most will say they are. But do you find that you act differently when you are alone than you do when others are around? Why is that? Is it because they won't accept you as you are when you are alone? When you are alone, do you feel free to let loose your real self? These are the questions we ask to understand what and who we are, and how we change with different people around.

We all have a private side, usually only reserved for ourselves. This is the most real us. Then we have the real us that we show to the people we trust most. As we keep adding more people to the mix, the less we start acting like our true selves. But why is that? Is it because we are afraid that these people really can't accept us as we truly are? The answer is probably yes.

A while ago, I realized that I got tired of being a dozen different forms of 'me'. And there are many different sides of 'me'. There's the 'me' that teaches, the 'me' that cares, the 'me' that heals (and many times you will get a mix of all of these at once). You will also find the happy 'me' and the sad 'me', along with the witty 'me' and the dumbfounded 'me'. But they are all truly 'me'. And the people that stay around me like me for who I am, not what I pretend to be.

You see, I do strange things. I play with energies. And I don't have a problem telling people that. I also don't have a problem if some of them think I am a fruitcake. But some of them understand, and even if they don't understand, they still accept me as I am. Those are the people and groups of people I hang around with.

One of the mediumship students once told me that she was really amazed that I put myself out there like I do. I don't hold back. Everything I am and everything I do is me. You see she was afraid

that if she told people she was a medium, they would not be her friends anymore because that was too weird. My thinking is that if my friends can not accept me as I am, then maybe they are not truly my friends. And this is where we start talking about moving on.

Sometimes to truly be yourself, you need to surround yourself with those that accept you. And if the people around you do not accept you, then maybe is it time to find new people to be with. This could be friends, or organizations, or even lovers. The latter is the most important. Yes, we all change some to be close to the people that are most important to us, our partners. We compromise in what we do to share a life together. But we do that with those that we can be ourselves with.

So, as we approach this new year, we think about letting go of things, and moving forward. The key here is that we let go of the things that hold us back whether they be jobs, situations, or people. As we move forward, we want to draw people and situations to us that will allow us to be ourselves in every way.

Sometimes it is painful letting go of things, but in the end we find that there is less pain than there is if we try to hold on to them. So, this is the hope I have for everyone as we move into the next year. I hope that each of us can let go of the things that we do not need, the things that are not good for us, the things that hold us back, and draw to us the things that are beneficial and help us grow into our potential. So, take that next step, and step into hope.

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

- January 17 (Saturday) 10am - 5pm
- February 10 (Tuesday) 10am - 5pm
- February 21 (Saturday) 10am - 5pm
- March 14 (Saturday) 10am - 5pm
- April 11 (Saturday) 10am - 5pm
- April 21 (Tuesday) 10am - 5pm
- 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

- March 28 (Saturday)
- April 7 (Tuesday) 10am - 5pm
- 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

- April 25 (Saturday) 10am - 5pm
- May 5 (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)



Namasté

The word Namasté (Na ma stay) is a Hindu word of greeting. Translated, it means: "The Presence in me honors and greets the

Presence in you. I honor the place within you of love, of light, of peace. When you are in that place in you and I am in that place in me, we are one."

Weirdmasté

The weirdness in me honors the weirdness in you.

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:

- 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.

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.

Concern For The Client

By Brian Dean

I belong to a number of Facebook groups, many of which deal with massage therapy. I came across one post in the Massage Nerd group that was quite troubling to me. You see, a massage therapist had called into her job at a franchise massage business and told them that she would not be in because her 7 year-old daughter was very sick and throwing up. Her manager told her that she had a massage on the books and that she needed to be there. They also told her to bring her daughter in with her to wait.

That alone is scary in so many ways. First off, the manager has no compassion for their therapist who must take care of a sick child. (Their compassion only seems to be to the almighty dollar.) What next caught my eye was that they told her to bring her daughter in with her. Now, where is this child going to be as she is constantly throwing up? Would she be waiting in the lobby? Sitting in the bathroom? Worse yet, they were telling the therapist to bring in a sick child to a place of business where she could infect not only clients, but other therapists. (I am sure we have all seen the situation where the sick person comes into the office job and infects everyone else because their job is more important than taking care of themselves. In fact, I have been there myself when I was programming computers.)

Now, I had a similar situation happen here. One of my therapists called in and told me that her daughter was ill. I told her to take what

time she needed, as taking care of her child should be her number one priority. I also had one Saturday where one of my therapists could not work due to her full time job committing her to that day. Although I had plans, I came in to work in her place. And I was not angry about it at all. Stuff happens and we simply adjust.

But the number of unprofessional and unethical things done by the franchise owner are numerous. And a lot of these go back to corporate greed, and the fact that a lot of people that own massage franchises really do not understand massage. But the ones that bother me the most are the ones where there is lack of concern for the staff and the clients.

Massage is healthcare. No matter how you look at it, that is the bottom line. The last thing we want to do is infect our clientele. We are here to make them feel better, not worse.

At Caring Palms, we will never come in while we are ill, and work on clients. We will postpone or cancel that session even if that means losing their business. A number of years ago, a client told me that they had an allergy. Well, I caught that 'allergy' and was closed for a week. Some of the sessions I cancelled did not rebook. But I would rather see that happen than come in and give an illness to someone else.

The same is true for contraindications. A contraindication is a situation where massage will make someone worse. This could be a recent injury where more time has to pass before the area is workable, or a medical condition that could cause life threatening problems, like thrombosis.

I had a client come in for a massage that listed this on his intake form. According to my medical book, thrombosis is a condition where a blood clot could be knocked loose and end up blocking blood to the brain or heart. Since massage increases blood flow, there is that possibility. I told my client that I could not work on him without a doctor's note. He, of course, told me that he has received massage before without any problems. I did not want to take the chance of hurting him. And I never saw him again.

So, no matter what the reason is, if we have to cancel a session, it is because we are concerned about you, our clients. We will not knowingly do anything that will harm our clients whether it be because we are ill, or they have a condition where we could make them worse. In those cases, we will cancel a session even if it means losing their business. We would rather lose someone's business than cause them harm.

This is our pledge. This is our promise.

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

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.

Coming from the Japanese words Rei (God or Goddess consciousness) and Ki (universal life force energy), Reiki is a natural method of hands-on holistic (relating to, or concerning the whole body and mind) healing where universal energy is channeled through a practitioner into a person in need for the sole purpose of healing. The word Ki is the same that is used in Japanese martial arts such

as Aikido or Hapkido. Ki is also synonymous with Chi as in Tai-Chi. It also means the same as the Indian word Prana.

Although channeled into the body's seven major energy centers, chakras (pronounced shock-rahs), the healing energy of Reiki goes where it is needed most. Reiki works on physical, emotional, and spiritual levels. Sometimes people will bury away problems that they have had in their lives. This is bad as to release problems, they need to be worked out. Sometimes Reiki will attack those problems to try to release them instead of what the client (or therapist) is expecting it to work on. As stated, it goes where it is needed most.

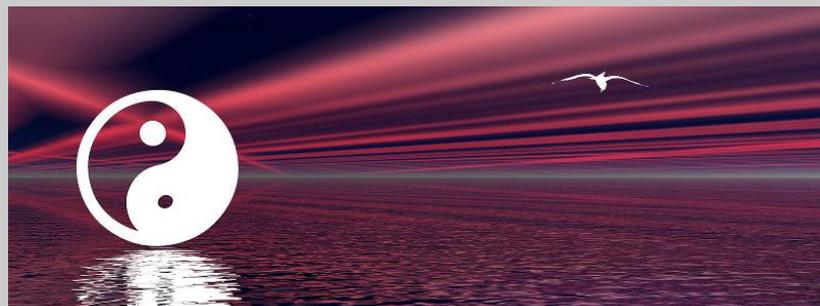
[read more](#)

Reiki

Reiki

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
