



Caring Palms Massage and Reiki Newsletter October 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.

Caring Palms Open Sundays

Christine Neubauer will be in the studio Sundays from 11:00am to 3:00pm to do massage and Reiki sessions. We are putting this out there to see if there is any interest, as some have asked if there are Sunday hours available. As long as the demand continues and Christine's availability holds we will continue to have Sunday hours. For future days, please check on the website under the "Schedule Online" button to see her availability. She will also continue to be here Saturdays at the normal hours. So, if you need work on a Sunday, please call to schedule an appointment, or book online.



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 to schedule an interview.

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.

What Makes a Good Massage?

by Brian Dean

Well, that is a good question. Is it the right pressure? How about the time spent on needed areas? Is it the therapist? Or maybe it is the fact that you are relaxed and out of pain when it is over?

These are all good questions, and it seems like all I can do is ask questions. But what makes a good session is something that is different to each individual. And every person that receives a massage has different things that they look for. Some like deep pressure, others not so deep. Some like conversation, others like silence. So, I guess the only approach I can take is to tell you what I think a good session consists of, and you can take that and compare it to your own likes.

Obviously, the first impression is the most important. In that, I like the therapist to be pleasant. I look for the space to be calming. I expect them to spend some time with me to see what exactly is going on, to get a good idea on how to work and what needs special attention. I look for them to have (or suggest) a plan that will be the best for me.

On the table, I want them to be quiet unless they have specific questions or concerns. I expect the massage itself to be firm, not too deep, not too light. Of course, I expect that to change in certain areas that need working out. If I ask for more pressure, I expect them to give it. If they are beating on me too hard, I expect them to ease off if I ask. Basically, I expect their touch to be competent and knowledgeable.

I expect them to work all parts of the body from back to glutes to legs to shoulders to abdominals (abs) in a non-sexual manner (excluding genitals of course). After all, every part of the body has important muscles in it, and those muscles connect to all other muscles. To work one muscle group and not another does not make sense. For instance, the glutes (buttocks) are a major part of the low back. If there are low back problems, these muscles need to be worked. The ab muscles are a key part of the core of your being. All too many people don't do them.

When the session is over, I expect to have a few minutes with the therapist to offer feedback and see if they have suggestions.

I guess for me, the mark of a good session is that I am not rushed in and out, that sufficient time is taken to make sure they do what is needed. I like to feel like the therapist cares about me as a person, and that shows not only in their attitude, but in their work. That for

me is what makes a good massage. It is what we try to give because our passion for doing this makes us. What makes a good massage for you?

Room for Rent

Caring Palms has a room for rent to a holistic arts practitioner. This person could be a practitioner of aromatherapy, herbalism, reflexology, hypnosis, massage or any similar holistic modality. Already in the studio, we have massage, Reiki, and acupuncture. If you know anyone interested, please have them call Brian at Caring Palms.

What Are Energies?

by Brian Dean

At Caring Palms we do a lot of 'energy work'. But what is that? What energies do we use?

Let's start with some basic concepts. The first is that everything is energy, energy moving at different vibrational speeds (or frequencies). Some energy vibrates at a very low speed. These things appear to us as solid objects, things in the physical environment. Other things vibrate at faster speeds, some we can see or hear such as light and sound, others we can't such as sound thought.

As scientists will tell us, energy can not be destroyed, it simply changes form (vibration). For instance, if you burn a log, that log (which is energy moving at a low speed), will be consumed until there is nothing left. But while the log is gone, it still exists in the form of ash and smoke. The energy was not destroyed, it simply changed into another form.

If we accept that everything is energy, and that all energy vibrates at a different frequency, then we can know an order of vibrations. If we start at the bottom with very low vibrations, we pass through a lot of things as the vibrations get higher. Think of it like tuning a radio to another channel, or scanning the band for new stations. You start at the low end and go to the high end.

At the low end, we have the physical things. That chair you are probably sitting in while you read this has a low vibration. That is why it is physical. As energy vibrations get higher, we move from the physical, down the road and encounter sound. As we keep moving up the line, we pass into radio waves. The first you encounter is the AM band from 6.5^{mhz} to 16^{mhz}. After that comes FM and shortwave, and then TV waves (which is actually in the FM band somewhere - didn't know I knew this stuff did you?). Then we get to light,

microwaves, x-rays, gamma energy, delta energy, and finally cosmic energy. That is quite a list. Somewhere at the top end of that is thought energy. (The Law of Attraction says that any energies you put into certain outcomes will come to pass as long as you keep doing it. The problem is that it takes a while for thought energies to slow their vibration down to become physical.)

Most of the energy work we do at Caring Palms is Reiki. Reiki is life force energy brought in from the universe, passed through someone, into someone else in need. By organizing our thoughts (or using the energies of our thoughts), we Reiki practitioners can tap into this energy, bring it into ourselves, and then send it to someone else. By utilizing the energies that are our own thoughts, we control other energies so that we can help people.

Every problem in someone has negative energy associated with it, whether physical, emotional, or spiritual. We use the energies of our thoughts to manipulate other energies to get rid of (or at least lessen) these negative energies. A headache is negative energy. We can (with training and practice) use energies to remove this negative energy, thus removing the headache.

But energy starts at intent. What do we intend to do? Is our intent pure? I like to think that for us to be able to work on people as we do, we have to be pure of intent. We have to push aside everything going on right now, and simply have focus on what we are doing, and doing that for the greatest good. As I tell my students, if you can't be pure of intent and focus, you have no business touching somebody else. It is this purity that lets people know they can trust us, to know that we mean no harm, to know that we will help them.

By manipulating energies, we can affect other energies. For instance, if someone is depressed, and we pass positive energy and love into them, then they feel better. (And yes, emotions, like love, are energies.) This is why energy medicine works. It works on a higher level (vibration / frequency), it works on the level of the problem. And because it works on this level, it can do wonders.

Energy work. It does not matter whether we are talking Reiki, white light, crystals, Polarity, or something else. Energy work can be powerful.

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, October 7th from 7pm to 9pm.

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

- October 10 (Saturday) 10am - 5pm
Confirmed
- November 14 (Saturday) 10am - 5pm

Reiki 2

- October 24 (Saturday) 10am - 5pm
Confirmed

Reiki 3

- 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:

- October 17 - October 18 (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

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.

What Are Chakras?

By Brian Dean

When we start talking energy work, the term chakras often comes up. But what are they. Well, first of all, unless you are from the south, the word is not pronounced as 'chack-razz'. The correct pronunciation is 'shock- ruhs'. These chakras are the key energy centers in your body. Each has a color assigned to it (at least in most beliefs), and each controls some part of you either physically, mentally, or energetically.

There are seven main chakras, or energy centers in the body. But there are sub-chakras, and sub-sub-chakras. As part of a Reiki session, we clean, align and close each chakra. In some cases, we check for blocks and then remove those blocks.

Looking at someone, their chakras should be spinning in a clockwise manner. One usually tests this by holding a pendulum over each one and looking for how it moves. If it moves in an other than clockwise direction, that indicates that something is wrong.

Here is the basic chart...

Root Chakra

Location: Pubic Bone

Color: Red

Controls: Physical. A block here would indicate some sort of major physical problem in the body.

Spleen Chakra / Center

Location: Just below the naval

Color: Orange

Controls: Emotions. A block here would indicate someone is having emotional issues.

Solar Plexus Chakra

Location: Just below the rib cage

Color: Yellow

Controls: Thought Processes. A block here would indicate someone is either having trouble thinking, or they are over-thinking (worrying.)

Heart Chakra

Location: Center of chest

Color: Green

Controls: Balance. The balance that is controlled is not necessarily physical balance, but could be balance between work and play, or balance in life. A block here would indicate someone is having issues that are keeping them off balance.

Throat Chakra

Location: Throat area

Color: Blue

Controls: Communication. A block here would indicate that someone is either having trouble communicating, or they are biting their tongue a lot (not saying what is on their mind).

Third Eye / Brow Chakra

Location: Center of forehead

Color: Indigo (blue-violet)

Controls: Insight / Intuition. A block here would indicate that someone is having trouble making decisions, or not knowing where to turn.

Crown Chakra

Location: Just above the head

Color: Violet

Controls: Connection to spirit, ethereal connection to the universe. A block here would indicate someone not feeling too spiritually connected.

The trick to remembering the colors is to remember my friend, Roy G. Biv (red, orange, yellow, green, blue, indigo, violet).

There is more information available on the website. Go here to see the entire chart. Each chakra also associates with a different element, like wood or metal. They also vibrate in a certain range and to a certain tone. And changing the vibration (like the last article mentioned) of that tone, we change the range of energy it is in. For instance, starting at the root, we have the notes C, D, E, F, G, A, and B. If we stretch a bit, and look at the A-note (the third eye chakra), it vibrates at 440 (and I honestly don't know if we are talking vibrations per second or not). If we double that vibration, it is still an A-note, but it is now an octave higher. If we were to keep raising the vibration of the A-note by 440, it would eventually move from the range of sound into the range of light. When it did, the color of the light would be indigo, the color of the third eye chakra. Interesting

huh? Something new to dazzle people with at trivia contests.

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 fourth 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

Deep Tissue Massage

One of the most requested styles of massage is Deep Tissue. It almost seems that everyone wants very deep work on their muscles, but that is not what they want at all. Most people just want to feel their massage. The best place to start is to define Deep Tissue massage.

When muscles become very tight and stiff, they need lots of pressure to get them to loosen up and stretch. Deep Tissue is that added pressure that gets way down into the belly of the muscle to get it to relax. Many times this can be painful depending on how deep the therapist goes, but all too often, that is what is required for someone to feel better.

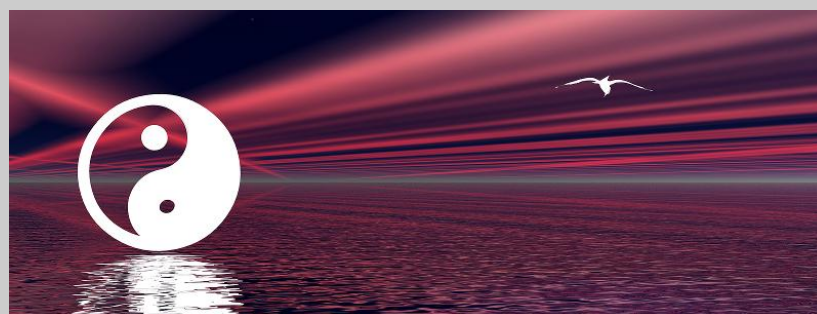
[read more](#)



Deep Tissue 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 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
