



## Caring Palms Massage and Reiki Newsletter January 2016

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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.

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### Happy Holidays

Caring Palms will be closed Friday, January 1st and Saturday, January 2nd for the New Years holiday. We at Caring Palms hope you have a safe and happy holiday season, and look forward to seeing you into the new year.



### It Was a Very Good Year

Last year was one of the best years Caring Palms has had. This is because of the people that came in to try us out, the ones that came back, our regulars, and the fact that it was a massage license renewal year. All in all, we had 238 new people come in the door this year for sessions and classes.

We taught 41 classes this year with 140 Reiki students, 6 Advanced Body Mechanics students, and 20 students for Couples Massage.

We want to thank you for the support you have shown us this year, trusting us with your health care in the form of massage and Reiki, trusting us for your continuing education, and trusting us to teach you how to help each other. We hope we have lived up to the promises we made. We also hope we lived up to the hope from previous clients and students.

We here at Caring Palms stand ready to help you during the new year. We hope to see you soon. Until then, thank you for an awesome year.

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## New Jewelry for Sale

Caring Palms has restocked its selection of jewelry. Over the past month, Shirley Dean has been working to create new and interesting necklaces, bracelets, and earrings. These new pieces have recently been added, and are available for your perusal. Come on in and take a look.

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## Rest In Peace, Kelly

Shortly after the beginning of this month, my friend and student, Kelly Worthley passed away in a fire. Kelly had taken Reiki 1 and Reiki 2 a couple years ago, and retaken them this year in preparation for her Master's class, which she took in July. Kelly was a source of light like no other. In class, she was always jibber-jabbering, which endeared her to the other students. Wherever she was, the mood changed from serious to enjoyable to fun. She had that effect on people. She was a force of light to be reckoned with. As I described her, she was a starburst in a dark room.

This piece is to let others that may not have gotten word, to know. But while she is gone from this plane of existence, she is still here in our hearts and our memories. She has passed to the next stage of life where she still checks in on family and friends.

I was asked by her daughter to give the eulogy at her funeral which was for family only. Having no prepared speech, I allowed spirit to guide me down the path of things to talk about. I am thankful for Kelly's friendship, and for spirit giving me the right words to say to bring comfort to her family.

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## The Pieces We Leave

by Brian Dean

I have always wondered about the things we do, and if they make a difference. I mean, we go through our lives just living them as we see fit, and never think about what effect we have on others.

I have never measured my life by how successful I am, or how much money I make. I have always felt successful simply by the few people I have been lucky enough to help, and I count them on the fingers of one or two hands. But today, I was really surprised.

I attended a memorial for a friend and student today. I met Kelly when I gave a talk at the massage school she was attending. Since then, she had become a student for Reiki and massage, as well as a friend. We traded massages from time to time as she was very good. When she had problems she could not work out, she would come see me. I would listen, talk, do energy work, whatever she needed. When her daughter had problems, she sent her to me. I was glad that she accepted what I offered, and that it did help her.

As for my friend, she was a burst of light in a dark room. Everyone she touched, she infected with her joy and positivity. The amount of love she generated was amazing. That love was echoed by the people that were there today. She touched many lives who were all better for knowing her.

But that was just part of it.

Something I learned today was the effect I had on my friend and her family. Her husband came over and introduced himself to me, and then fell apart in my arms. He thanked me for all I did for his wife and his daughter. Kelly's daughter grabbed me and thanked me for coming, and then started crying again.

The day after she had called me to let me know what had happened to her mother, I did a reading for her

and connected the two of them along with her grandmother who passed a few months ago. At the memorial, I met a friend of hers whom she saw after the reading. She told me how much better she felt afterward. I was simply glad that I could help.

There was one person that came up to me that does some other type of healing. She said that she just wanted to meet me as Kelly benefitted so much from all I had done for her. Her brother-in-law thanked me for all I had done. Her father-in-law introduced himself and wondered how I knew his family as they were giving me an inordinate amount of hugs.

I had no idea what effect I had had on Kelly, nor through her, on the people that surrounded her. I only do what I do. I don't think of it in terms of what it affects further out. But this is what we all do. We live our lives not knowing how far reaching what we do will go, or what, or who it will affect. We just live our lives.

This here is a good lesson in the ripple effect. It makes us realize that what we do affects others, and in turn others. It makes me want to be more cognizant of everything I do and hope that the effect I have on others is a positive one.

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## Leave a Review, Enter Our Drawing

If you have enjoyed the service or at Caring Palms, whether that be for massage, Reiki, or classes, or something else, please leave a review on one of the review sites like Google, Facebook, Yelp (you must be a Yelp member to use Yelp), or any of the many places that take reviews. All people leaving reviews will be entered into a drawing to receive a free session (massage or Reiki). The drawing will take place at the end of December. The winner will receive a gift certificate for a free session (massage or Reiki) valid for six months which they can use for themselves, or give to someone else. Like us? Let us know. You might win a free session.

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## Reiki Share at Caring Palms

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 or practice level they are at. If you are a non-practitioner and have not experienced Reiki, you are also welcome.

The next Reiki share is on **Wednesday, January 6th from 7pm to 9pm**. Please let us know if you will be coming.

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## Newsletter Archive

There is a new look to the newsletter archive page on the website. Previously, archiving was done as the newsletter was sent out, and then held on the servers of the site that send them (ConstantContact.com). However, the hosting company is no longer doing archiving, at least that is the current decision. They may change their minds, but we felt that it was important to keep consistency, and not have it disappear for a while.

So, all past newsletters are being kept on Caring Palm's host server and are available anytime. To see past newsletters, simply select the "Newsletter Archive" link on the homescreen to go to the new Archive Page.

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# Intuition vs. Routine

by Brian Dean

When people get massage (or energy work), there is always a question of how good the therapist is, and what they do that draws you to them. What moves do they do that you like? Are they caring? Do they listen? How much of what they do is specific to your needs? Do they solely do a routine? Do they solely work off of intuition? What is the percentage of each?

Massage is a specific and individual thing. Every person that gets one likes something different. And every person is drawn to something different. Some therapists do a routine, and that is all they do. That is not to say that this is bad as the routine may be very good. It is just that a routine does not allow for modifications based on needs.

I do a routine which I label "Integrated Massage" (actually, unless something is very specific, everything gets labeled as Integrated Massage). If someone comes in with no complaints, and no specification, that is what they get. The routine I use covers a lot of things and combines movements from several styles. I have heard people say that the massage was the best they have had, and unique to anything they have had previously. But even in this routine, I allow for changes based on needs.

You see, everybody's needs are different. And while this routine can meet most people's needs, and can be slowed or quickened, or made deeper or lighter based on what they want, it can also be modified for specific problems. Unless the therapist works at a place that makes them do a specific routine without change, they are free to modify it to the client's needs. The more education the therapist has, the more moves they have in their repertoire to add in. And they do this based on intuition.

A therapist's intuition is what tells them the right pressure before asking. It tells them what movements would be best. It allows them to follow their guidance to give the client what they need the most within the parameters the client sets as their comfort level.

There are therapists that do massages based solely on intuition. I refer to this type of massage as a "Freeform Massage" because there is no routine at all. The therapist starts moving, and whatever movements come out are what the client needs the most.

Now sometimes certain moves get lumped together making it look like a routine, but that is only because many moves compliment each other and are better put together. When I do arms in a Freeform session, I generally tend to do the same thing, unless other moves are called for, and I use intuition for that.

Intuition is what tells me what moves will work best, and which ones will not. Many times I will see a movement in my head that I have never done before, and it will take a moment or two to figure it out and get it to work. But these moves are what the client needs the most.

A Freeform massage ends up being crafted to meet the needs of each specific client at the time that they get on the table. Now while there is nothing wrong with the regular massage routine, I like the Freeform as it makes me rely completely on intuition, and allows me to give the client exactly what they need. While the massage routine was built around standard draping practices, the Freeform was built around minimal draping (usually one hand towel while face down, and one or two hand towels while face up). This allows the client to experience something that most massages do not... the feeling that they are a whole being rather than a series of parts.

Standard draping is where each part of the body is uncovered, worked, then covered back up, never to be touched again during the session. The therapist basically does parts work. With minimal draping, the therapist is allowed to flow from one part to another, and then return as needed. This makes the client feel like all their parts are connected, a feeling of wholeness. (Although routine driven, Temple Lomi Lomi uses minimal draping so it can constantly move from shoulder to ankle and back.) Of course any change from the standard draping is done within the client's comfort level and with their permission.

So what draws you? Do you like a routine that you can count on each time, thus knowing exactly what you will be getting? Or do you like something that changes and is crafted to meet your needs? So, how do you pick a therapist?

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## 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(s) 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.

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## Rules For Life Published

Brian's article "Rules for Life" was published in the December 2015 issue of Natural Awakenings. Brian was hoping to see it in the January issue as it had been submitted way past the deadline. But the publisher decided to give up his "Letter from the Publisher" space and printed Brian's article instead. If you missed it, go to the Newsletter Archive on the front page of the website, and select the December 2015 newsletter.

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## 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 16 (Saturday) 10am - 5pm
- February 13 (Saturday) 10am - 5pm
- March 12 (Saturday) 10am - 5pm
- March 15 (Tuesday) 10am - 5pm
- April 9 (Saturday) 10am - 5pm
- May 14 (Saturday) 10am - 5pm
- June 11 (Saturday) 10am - 5pm
- July 9 (Saturday) 10am - 5pm
- August 20 (Saturday) 10am - 5pm
- August 23 (Tuesday) 10am - 5pm
- September 10 (Saturday) 10am - 5pm
- October 8 (Saturday) 10am - 5pm
- November 12 (Saturday) 10am - 5pm

### Reiki 2

- February 27 (Saturday) 10am - 5pm
- April 23 (Saturday) 10am - 5pm
- July 23 (Saturday) 10am - 5pm
- October 29 (Saturday) 10am - 5pm

### Reiki 3

- March 26 (Saturday) 10am - 5pm
- May 28 (Saturday) 10am - 5pm
- August 27 (Saturday) 10am - 5pm
- November 19 (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)**

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## 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 schedule is as follows:

- April 30 - May 1 (Saturday 9am - 5pm and Sunday 10am - 4pm)
- September 6 - September 7 (Tuesday 9am - 5pm and Wednesday 10am - 4pm)

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.

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### **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.

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### **Modality of the Month**

#### **Myofascial Release**

Myofascial Release (MFR) is a style of massage / physical therapy that takes a whole body "hands-on" approach to the evaluation and treatment of the human structure. The goal is to help return the body's capacity to adapt, by restoring three-dimensional balance. What this means is that it works on realigning the body to its proper shape through manipulation of connective tissue (fascia).

Every part in the body is connected by fascia. The organs don't just hang there in open space. There is connective tissue surrounding everything holding them in place. Throughout life, one's body takes a lot of punishment, or trauma. We fall down. We get in accidents. We have surgery. All these things affect the fascia. You see, the fascia is normally a nice, soft, rubbery substance that gives when we move. But through trauma, this pliable substance can become hard and constricting. When this happens, the body's alignment changes. We feel pain, and a host of other problems crop up. (A good example of constricted fascia is carpal tunnel syndrome. This is where the fascia in the wrist becomes hard and painful. The normal response is to have surgery which cuts out the constricted fascia, but it also leaves scar tissue which later causes more constricted fascia. )

[read more](#)



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### Myofascial Release

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## 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.

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## 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.

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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.

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## 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) we will try to see if we can answer them for you.

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Caring Palms Massage and Reiki | (904) 246-2206 | [Brian@CaringPalms.com](mailto:Brian@CaringPalms.com) | [www.CaringPalms.com](http://www.CaringPalms.com)

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