



Caring Palms Massage and Reiki Newsletter

August 2007

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Greetings!

Welcome to the August issue of the Caring Palms newsletter. This month, we have an updated Reiki class schedule with a Reiki 2 class confirmed, and a couple articles for you.

I hope you like what we have here.

Caring Palms Not Going to Bank of America



Over the past three months, Brian has been working with Matt Kelley, director of Bank of America's Wellness Center, to bring Caring Palms chair massage in one day per week. Although Matt wanted this to happen, once he started looking into the corporate regulations, he found that things were not quite so simple. Initially MedFit (the center's corporate management company) and Bank of America would allow Caring Palms in as a sub contractor, taking 30% of all earnings made from chair massage with a recommended price of \$1.00 per minute of massage. That was later negotiated to 20%. Next, one of the two corporate entities demanded liability insurance that exceeded the maximum recommended and offered by the Florida State Massage Therapy Association (whom Caring Palms has its insurance through).

While negotiations continued, one of the corporations contracted with Bodyworking, a company out of New Jersey for all corporate massage services. Brian, following a suggestion that he look into working for them, made some inquiries. What he was told was that their price for chair massage was also \$1.00 per minute with a surcharge, and that they would take a flat fee from the therapist whether that therapist earned any money or not. (For the initially talked about three hour time period, that fee would be \$45.) The question of where MedFit's fee would come from was still unanswered.

At this point, Brian felt that to work for Bodyworking, and go to the effort of going to the site, and paying a flat fee with the possibility of not doing any work was not something he wanted to do. Therefore

Caring Palms will not be providing chair massage at the Wellness Center as promised.

Caring Palms does want to thank Matt Kelley for his efforts to make this available to Bank of America's employees. It is unfortunate that decisions at the corporate level made this not possible.

Caring Palms Hours to Remain the Same

Because of the cancellation at Bank of America, Caring Palms will continue to have the same hours which are

Monday - Friday 10am until 5pm
for appointments and walk-ins
(the last session can start no later than 4pm)

Saturday and Sunday 10am until 7pm
by appointment only
(appointments may be scheduled same day)

Four Attend July Reiki 1 Class

Caring Palms last Reiki 1 class had four students, making it a very good class. Three of the students are massage therapists earning their continuing education credits for license renewal.

Although the class did run a little long, everyone learned well and asked good questions. Everyone came away with a positive attitude, feeling that the class was good. Most of them are looking forward to the Reiki 2 class scheduled this month.

Caring Palms schedules a Reiki 1 class each month. Other levels of Reiki are scheduled based on students desires to move forward. Although large classes are great, Caring Palms will teach to as few as one student if that is all that are interested for that month. If you might be interested in taking a class, see the schedule of Reiki classes in this newsletter. Also, more information can be found about Reiki (including class outlines) on the website under *Class Scheduling and Schedule of Classes* as well as *Class Contents and Materials*.

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'. The current schedule is as follows:

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Reiki 1

- August 18 (Saturday) 11am - 5pm **Confirmed**
- September 22 (Saturday) 11am - 5pm
- October 20 (Saturday) 11am - 5pm
- November 17 (Saturday) 11am - 5pm

Reiki 2

- August 25 (Saturday) 11am - 5pm **Confirmed**

All classes are open to anyone wanting to learn this unique method of hands-on healing. The cost for each class is \$100 no matter what level of Reiki the class is for. A 50% deposit (\$50) 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 deposit deadline will be cancelled. All class statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'.

Chronic Pain Sufferers May Get Relief From Massage

by [Brian Dean](#)

There seem to be many diseases out there that cause chronic (constant) pain, and each day it seems more appear. They range from Fibromyalgia to RSD and even Chronic Pain Syndrome (which is doctor lingo for "they have constant pain and we don't have a clue why"). Some of these diseases, like RSD, actually date back as far as World War I. In most all cases, doctors can do nothing more that prescribe pain medication. In a few more severe cases, they go in and cut certain nerves to stop the transmission of the pain sensations to the brain. The problem with this is that nerves grow back, and the patient ends up having to have this done every few years. But it has been found that there are a few styles of massage that do help with many chronic pain problems.

[read more](#)

Modality of the Month

Hawaiian Lomi Lomi Massage (Updated)

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."

[read more](#)

Ego

by Brian Dean

Ego. It's our dreaded enemy. But, is it really?

As healers, ego is something we try to shun, to move away from. Most people dislike those that have large egos. We always hear comments like "that egotistical jerk." Why is it that some people have to push themselves so that they make sure everyone knows that they are better. I can see pushing yourself to be better than others to make yourself the best at what you do. But not to do it so you can rub others faces in it.

[read more](#)

May light continue to illuminate your path. Take care.

Sincerely,

Brian

Caring Palms Massage and Reiki