



# Caring Palms Massage and Reiki Newsletter

February 2008

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## Greetings!

Welcome to the February issue of the Caring Palms newsletter.

This month, we have an updated Reiki class schedule and a couple articles for you.

I hope you like what we have here.

## Modality of the Month

### Hawaiian Lomi Lomi Massage

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](#)

## Reiki



Last month, Caring Palms saw its youngest client, a 2 ½ year old girl. Because of some health problems, her mother brought her in to see if Reiki will help her.

This goes to show that Reiki can help people no matter what their age is. If you, or someone you know is having problems, and are thinking about looking at alternative care, then Reiki might be the

answer for you. Reiki is positive energy that goes into the body and overcomes the negative energy there (all problems have negative energy associated with them). It has been known to remove pain and work against all types of diseases and illnesses. It can never harm as it adjusts itself to what each person needs.

If you think this complimentary alternative care modality might be something you want to try, please give us a call and schedule a session. We will answer your questions over the phone so you can be sure it is right for you before coming into the studio.

## The Benefits of Massage Therapy

by Brian Dean

Massagetherapy has changed a lot over the centuries, and it is just that - *therapy* - the act of caring for someone. In the times of the Greeks and Romans, massage was used to help with injuries and muscle problems for soldiers returning from battle. Today, it is a means of helping someone regain and maintain good health.

Massage has moved from something expected in red light districts and given by people of questionable cleanliness to a part of mainstream healthcare. Licensed massage therapists are trained for hundreds of hours in anatomy, physiology, healthcare, pathology, and several styles of massage. Their goal is to help a person regain a level of health that they may have had before being injured, and help people with no injuries maintain health simply by the beneficial effects massage has on the body.

[read more](#)

## 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

- February 9 (Saturday) 11am - 5pm **Confirmed**
- March 8 (Saturday) 11am - 5pm
- April 19 (Saturday) 11am - 5pm
- May 10 (Saturday) 11am - 5pm
- June 14 (Saturday) 11am - 5pm

### Reiki 2

- Caring Palms is looking to schedule a Reiki 2 class either

February 23<sup>rd</sup> or March 1<sup>st</sup>. Any one interested in taking this class should let us know as soon as possible.

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 date will be cancelled. All class statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'.

Note: There are few classes scheduled for December as most people usually have more pressing things to do, but classes can be scheduled if needed. Classes may be scheduled during the weekday or any weekend if someone wishes to have training during that month.

## What is Involved in a Massage Session?

by Brian Dean

Before one schedules a message session, it is best to know what is involved. You might be asking questions like: What really happens in a session? What types or lubricants are used? Oils? Lotion? Do I have to get undressed? Completely? Will I be covered at all? How much better will it make me feel?

Well, let's start at the beginning. Once you've made the decision to have a massage session, selected a therapist, and made an appointment, you're ready for some relaxation and healing. The first suggestion is to show up for your appointment about 10 minutes early as there will probably be some forms to fill out.

Most licensed massage therapists (LMTs) keep client records, which include contact information, health information, and session notes. Because some people have health conditions that could pop up at any time (asthma, heart conditions), basic contact information including an emergency contact is kept. This includes a client's birth date as (whether we like to admit it or not) age does have some bearing on what we can receive in massage movements and pressure.

[read more](#)

May light continue to illuminate your path through the new year. Take care.

**Sincerely,**

Brian

Caring Palms Massage and Reiki

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