



# Caring Palms Massage and Reiki Newsletter

June 2008

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## Greetings!

Welcome to the June issue of the Caring Palms newsletter. This month, we are announcing a new style of massage (see Modality of the Month), an extended Reiki class schedule and a couple of articles.

I hope you like what we have here.

## Brian Takes Continuing Education

This past month, Brian traveled to Asheville, NC where he took a continuing education workshop in Esalen Massage. The workshop was presented by the Asheville School of Massage and Yoga, and taught by Ellen Watson, a 24-year veteran of the Esalen Institute in Big Sur, CA. Her focus was to teach some new positions and to get each of the therapists to use what they already know to work in the intuitive mindset and style that is Esalen Massage.



The key to Esalen is that it is very intuitive. There are no set strokes or routine. Esalen is a flow that works the entire body as a whole instead of parts (like in most styles of massage). It is a very relaxing session which allows the client to forget their daily problems and simply enjoy.

At one point in the class, Brian was working on the instructor (since the class had an odd number of students.). She told him that he was very intuitive, and liked what he was doing.

Caring Palms is now offering an Esalen-inspired relaxation massage. Come have a session and see what true relaxation is.

## Father's Day

Father's day is right around the corner. What can you get Dad to show him that you love him? How about a nice relaxing massage from Caring Palms? Each massage is crafted to the needs of the

client and can be soft and relaxing, or deep work. Show Dad that you care. Purchase him a gift certificate for either a one-hour or 90-minute massage. Either way, he will appreciate it.

## Modality of the Month

### Esalen Massage

A beautifully landscaped grounds overlooking the Pacific ocean is the home of the Esalen Institute in Big Sur, California. The institute has a center for the arts, a center for theory and research, lush gardens, natural hot springs, and massage. While the owner wanted it to be known for the arts and research and such, Esalen became known for its unique style of massage.

Californians are very laid back when it comes to massage. Esalen became known for doing massage without draping (as long as the client was comfortable with it). There were times even when the therapists wore nothing because they were comfortable with it. At one point, when the local licensing board became aware of this, they told the therapists that they would have to wear something or be licensed under Adult Entertainment.

While they do Esalen in California with little or no draping, it can be done within most people's comfort levels. Sometimes creative draping is needed to keep a person covered, but it can be done. Minimal draping is best, but full draping can be used.

What came out of this freedom was a very unique style of massage that was geared to major relaxation. It utilizes long strokes done with slow motions to create a very relaxing feeling. The client is encouraged to breathe deeply, and the therapist tries to match that breath pattern in their breathing and motions. Movements sweep the entire length of the body in straight lines and swirling patterns. These movements are done with the hands, forearms, elbows, and so forth.

[read more](#)

## Summer Care

### by Brian Dean

With summer coming, care for ourselves becomes more important than usual. In most parts of the country, summer time means getting out in the warm weather and doing things that one can not do

in the colder months. Even here in Florida where it is warm earlier than most places, we still tend to do more things.

Now that the kids are out of school, a lot of us think about vacation. Others think about spending time at the beach. The bottom line is that we tend to be more active whether that means surfing, biking, or even working in the yard, we are more physical. I know that warm weather means being out in the yard mowing, trimming bushes, planting flowers, weeding, and many other things.

Because of this, we use different muscles than we have been, muscles that may have not been used for many months. These could be muscles in the legs from walking and bending, or muscles in the arms from clipping and pulling. Along with those are muscles in the back from lifting.

This is the time when we need to watch what we are doing so that we don't hurt ourselves. We also need to do other things to care for ourselves. This means drinking lots of water while working out in the heat. It could also mean taking hot baths with Epsom salts or using a heating pad for sore muscles. But it could also mean massage.

Getting massage can help with sore muscles. It can go in, and relieve much of the pain from pulled muscles, sore backs, sore legs. It can stretch the sore spots so that the muscles relax and feel better. It can also help with relaxation from the strenuous work (or play) one might be doing.

Don't neglect yourself this summer. Get the care you need. Schedule an appointment today.

## 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

- June 14 (Saturday) 11am - 5pm
- July 12 (Saturday) 11am - 5pm
- August 9 (Saturday) 11am - 5pm
- September 13 (Saturday) 11am - 5pm
- October 11 (Saturday) 11am - 5pm
- November 8 (Saturday) 11am - 5pm

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'.

## Publications

Caring Palms had another article published recently. The article "Reconsidering Massage" was published in the May issue of the Intercoastal Connector. If you missed this article, you can see it along with others on the web site. On the massage side, the articles are listed on the bottom left of the menu. On the Reiki side, they appear as 'Articles' under the 'Special Things' heading.

## Our Pledge

by Brian Dean

I have heard something from two clients recently that is neat to hear, and amazing, but I know that I have to continue to earn it. They told me that I have a client for life.

One of the two people is someone I have seen several times. The first time, I did regular massage, but suggested Myofascial Release. The next two times, I did MFR with terrific results. She told me that she was feeling so much better because of the work I have done. She told me that I am truly gifted and I have a client for life.

The other person is an 81 year-old. She has loved the work that I did, and was truly amazed by the results both on her and her cat (yes, I did Reiki on a cat). She also told me that I had a client for life. Wow. Of course considering she is 81 makes that time period possibly shorter.

I like hearing this, but the truth is that no matter what someone says, I need to continually earn this. As I tell my students, the focus has to be on the work, and one has to do the best job they can every time. It is not easy separating from the problems of the day, but one has to. Each time I work, it is an audition. Was this performance good enough to earn another? If for any reason, I started doing bad work, I would lose clients. That is why I need to always do at least as good as I did the time before, if not better. Of course I keep worrying that sooner or later I may not be able to top what I did before.

Oh well. Like I said, it is nice to hear these things, but it does not change my attitude. I have said before that if I believed what people told me, I might not work so hard. By not believing them, I push

myself and earn that next performance. Let the show begin.

***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 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](mailto: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  
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