



Caring Palms Massage and Reiki Newsletter

September 2008

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Greetings!

Welcome to the September issue of the Caring Palms newsletter. This month, we have an extended Reiki class schedule with a Reiki 2 class scheduled, and an article for you.

I hope you like what we have here.

Weathering the Storm

This past week has been interesting to say the least. It saw a tropical storm come through the area causing many closures and cancellations. These were due to wind, rain (which caused flooding), and just plain old bad travel conditions.



The Caring Palms studio spent three days with its hurricane shutters closed. Some sessions were postponed, some were refused. A Reiki 2 class was rescheduled. We felt it was better to be closed than to have therapists and clients brave hazardous conditions to get in their sessions.

Although the city of Jacksonville asked businesses to close, and told residents to stay home, all too many businesses opened during the storm including all three malls in the area. The employees that risked their lives to be at their jobs instead of home with their families sat around and did nothing, as there was no business.

At Caring Palms, we believe that the safety of our clients and the therapists come first. We will not open in hazardous conditions. It is better to lose a session or class than to risk having a client hurt trying to get here. That has always been our policy and will continue to be so.

We at Caring Palms hope that you came through the storm with little or no problems and look forward to serving you now that the weather has cleared up.

Advertisement

Weather got you stressed?

Relieve that tension with a relaxing massage at Caring Palms.

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](#)

Labor Day

Caring Palms will be available for "appointments only" on Labor Day, Monday, September 1st. The studio will be opened during hours with appointments only and will not be available for walk-ins. Appointments can be made anytime by phone including that morning (based on availability). Caring Palms will return to its normal hours Tuesday September 2nd. Have a good holiday.

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

- September 13 (Saturday) 11am - 5pm
- October 11 (Saturday) 11am - 5pm
- November 8 (Saturday) 11am - 5pm

- September 6 (Saturday) **Confirmed** (Postponed from August 23)

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'.

Time For Me

by Brian Dean

Today's life has a good amount of stress. In fact, the stress levels of people have quadrupled in the last 30 years, maybe even the last 10. Computers have made things faster causing business to live or die on how quickly they can make decisions and implement them. This, of course, makes people have to react faster, work harder, and work longer.

Fifty years ago, one would wrap up a day at the office, go home, have dinner with their family, and watch 'Leave It To Beaver'. Thirty years ago, it was the Brady Bunch. Today, both people in a household work because it takes two incomes to afford a house. They come home late because they could not finish the work they needed to in the normal(?) eight-hour day, microwave something to eat, and then pay bills or do work on their home computers.

But what is missing here? Me Time.

Where do we get time to really relax and do some calming, or unwinding? Sometimes we catch a show on television, but that really is not unwinding. It is a form of relaxation, but not deep enough for most people. When was the last time you sat and did nothing for more than a half hour? And when you did that nothing, were you thinking about problems or working out issues?

In this rush-rush environment, we are losing something very important: ourselves. We cease to be an individual with feelings, thoughts, emotions, and desires, and we simply become part of a process. We live and breathe our work. This is all we are, all we've become. We don't have time for things we enjoy whether they be sports, entertainment, relaxation (that being the most key), or anything else. The problem is that without these things, we lose ourselves. We simply exist. We are a part of something else and that part reflects through us. We become the frustration, anger, disappointment, or fear depending on what state our work is in at any given moment.

What can we do about it? Well, first thing is that you have to want things to be different. You have to want to be you instead of a process. Then we have to schedule time for whatever it is we want to do. Yes, that's right, schedule it, just like you would a meeting or important event. In some cases, Me Time is so special that it is an important event. But we need to do it.

What can Me Time be? It can be anything that breaks the normal routine and gives us some time to do something to take our minds off the things that crowd it too often. Go to a ballgame. See a movie. Take a walk on the beach. Read a book. Sit in the park and watch the children play. Do something special for yourself. Get a massage. Have your hair done. Go out to eat. Do some meditation.

The key is to do something to distract you from the normal happenings. Do something that makes you laugh, or have fun. Do something that calms you.

We are our own best resource. We are the center of our lives, or should be. If we let the us slip away, then we become nothing but a part of something else. We need to maintain ourselves. Do it today. Schedule some Me Time.

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
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