



# Caring Palms Massage and Reiki Newsletter

October 2009

## In This Issue

[Holiday Specials](#)

[Welcome to Fall](#)

[Reiki Class Schedule](#)

[Modality of the Month](#)

[Thoughts on Energy](#)

[Taking the Long Way](#)

[Psychis Muscles](#)

[You Have Questions?](#)

## Quick Links

[The Caring Palms Website](#)

## Join our list

[Join Our Mailing List!](#)

## Greetings!

Welcome to the October issue of the Caring Palms newsletter. There hasn't been a lot going on now that most of the classes are over. This month we have a Reiki 1 class scheduled and some articles on energy for you.

I hope you like what we have here.

## Holiday Specials

Caring Palms will be starting its holiday specials some time in November. Watch for the November newsletter for details.

## Welcome to Fall

Now that the kids are back in school, the leaves are starting to fall (at least up north), and the temperatures have gotten cooler, it is time to do something for yourself. It is time to get some needed work and relaxation. Caring Palms has many styles of massage available for relaxation as well as working out any problems you may have from the summer. We also have Reiki healing energy to help any problem you might have.



This could also be a good time to improve yourself by taking classes on a wide range of things from meditation to Reiki to massage. Caring Palms offers classes in energy and meditation. We also offer classes for couples to learn to do massage on themselves. (A complete list of classes is available on the Reiki side of the website under Class Pricing.)

So whether you need relaxation or want to improve yourself, Caring Palms is the place to look. Check out the website, or call us 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'. Any class marked as 'Closed' has basically filled up. (**Note:** In some cases, one may be able to enter a class marked 'Closed' with permission of the instructor.) The current schedule is as follows:

#### Reiki 1

- October 10 (Saturday) 11am - 5pm **Confirmed**
- November 14 (Saturday) 11am - 5pm
- January 9, 2010 (Saturday) 11am - 5pm
- February 13 (Saturday) 11am - 5pm
- March 13 (Saturday) 11am - 5pm
- April 10 (Saturday) 11am - 5pm
- May 8 (Saturday) 11am - 5pm
- June 12 (Saturday) 11am - 5pm

#### Reiki 2

- January 30, 2010 (Saturday) 11am - 5pm

#### Reiki 3

- February 27, 2010 (Saturday) 11am - 5pm

**Note:** I promised to teach another Reiki 2 and Reiki 3 before the end of the year, but with the holidays coming up, there just is not enough room in the schedule.

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

### Modality of the Month

#### Hot Stone Massage

Hot Stone massage is a unique style where heated rocks are moved over the body allowing the heat to sink into the muscles. Although deep work is not usually done with Hot Stone, the heat penetrates to make the muscles relax and feel better.

There are several types of Hot Stone massage and like other

massage styles, these change with each therapist that does the work. Probably the most known style is called La Stone which was based on the types of massage done by native American Indians. They used hot and cold stones to create a relaxing experience. Marie Hannigan took this information and created La Stone from it as she was hurting her hands doing a lot of deep tissue work. With the stone, it gave her a tool to go deeply with while the heat penetrated and softened the muscles.

[read more](#)

**Have a safe and happy Halloween no matter what you celebrate.**

### **Some Thoughts on Energy**

I got a forwarding of an e-mail that asked for help for someone. I get these now and then, and send healing energy. What bothers me is that these people that are sending them are missing the point. Many Reiki practitioners get requests for healing of someone that is really bad off. Many Reiki boards have lists of people that need healing. In each case, the practitioner is asked to send healing to the person/people in need.

This is what this request did. Then it made the same mistake that every one of them has made thus far. It asked for those people that have had Reiki 2 to send distant healing. At that point, they just limited the amount of healing that their "person in need" could get.

I understand that because Reiki 2 teaches distant healing, that most people think that only someone trained in Reiki 2 or above can heal someone not present. Well, that is only partially true. Only someone trained in Reiki 2 or above can send Reiki healing over a distance. But anyone can send healing energy.

As I have said to many before, anything can create energy. A thought creates energy. Good thoughts create good energy, bad thoughts create negative energy.

So consider this... A thought creates energy. A good thought creates good energy. A thought about healing creates healing energy. A thought about healing someone creates healing energy and sends it to that person. A healing thought can take many forms. It can be thinking about someone getting better. It can be just thinking happiness and health to them. It can be as simple as saying a prayer for that person to get better. (Say a prayer for me?)

I guess I've sounded off enough. I just ask that if you are asking for healing for yourself or someone else, please don't limit the healing you are asking for by requesting Reiki 2 and above. Ask for any healing energies that anyone can send.

### Taking the Long(?) Way

Sometimes things seem to take the longest route possible to reach their goal. But in the grand scheme, that truly was the shortest route, and the way things were supposed to go.

It was the day after Thanksgiving one year when I got a call from a friend that is also a student. She was having a problem with a dead woman, and needed some help. Now, before you start thinking that she had just committed some dastardly crime, I need to explain that my friend is very psychic. At times when she least expects it, her energies open up, and things (energies) come in. Unlike John Edward, she does not like talking with dead people. (Had a friend a few years back that would go to cemeteries and have chats with the spirits there. Have another one now that doesn't even like passing them.)

The lady who had passed wanted my friend's help to do something, and wasn't going to leave her alone until she did. My friend didn't know what to do. She didn't know how to help this lady. When she reached the end of her rope, she called me, thinking that I might have some advice, or suggestion to help her deal with her ethereal visitor.

As I listened, she told me that her visitor was driving her crazy (almost like the scene from "Ghost"). Several things came to mind, like dropping a set of shields over my friend. I have for a while now been able to "reach" out and manipulate energies at great distances. I knew I could shield her, but wasn't sure if I could do it well enough to keep a spirit out.

I started asking questions and settled on "what does she want?" My friend relayed that her visitor had died about six months beforehand, and that her husband was in pain. Here it was Thanksgiving, and he was alone, on a family holiday, a holiday that he spent with the woman he loved. Her spirit was feeling his pain, and was desperate to get some help for him. Sherry wasn't sure what help to give him. Obviously, without astral phone numbers we couldn't call and offer a Reiki healing. We didn't even know where he was. He could have been anywhere in the country.

I got an idea, and tuned in on the energies, and got a fair "vision" of the man. He had shields built up around him. These shields were blocking everything. They were layers of pain, and anguish. At that moment, I had a plan. I asked my friend to talk to her visitor, and

relay my message. I figured that I could reach out, and pull the man's shields down. I figured I needed to do it in layers as he wouldn't be able to handle it going all at once. I was thinking that if I did that, his wife would be able to move in, and give love and comfort. My friend told me that her visitor agreed, but warned to pull the shields down slowly.

I reached out, and touched his shields. Then I started taking them down, one or two layers at a time. I was sending calm the whole time I was doing this. When I was ready to take down the final layer, I told my friend to inform her "guest". She said that her guest was ready. I took down the final layer of shielding around the man. At that moment, my friend felt her visitor leave, and go be with her husband. Sherry could feel his pain, and her love combine, then she dropped the link between herself and the spirit.

I never cease to be amazed at how things may go a long way around, but always seem to end up like they are supposed to. The spirit went to my friend because it knew that she could either help, or get help. My friend would not have come up with the solution I did, and I really don't know if she could have done what I did, possibly not. At the same time, I could not have talked with the spirit. So to do what was necessary, my friend needed to call me, even though she didn't know what needed to be done. It took the two of us with our own individual talents to help someone in pain. But, that's how it's supposed to work, right?

## Psychic Muscles

Everyone's body is comprised of muscles (I learned this in anatomy and physiology classes). Everything we do requires moving muscles, from running to lifting weights, to blinking to breathing. As we move a part of our body, electrical impulses are sent along pathways through the body to tell certain muscles to move. If we don't use some muscles for a while, and then use them (such as walking five miles after not exercising for six months) we feel pain as those muscles start to pull the load that they have gotten unused to pulling. If we don't exercise our muscles at all, they become very weak and begin to atrophy (weaken to the point that they can't be used).

I could make a good example of your arm. Let's say that with your right arm, you lift a 10-pound weight with ease. Now if you take that arm, and put it in a sling for three months and do absolutely nothing with it, it will weaken, and the muscle tissue in it will start to go away. If you then try to lift a 10-pound weight, you probably won't be able to. You may not even be able to move the arm at all.

We are all born with some degree of psychic ability. This ability can come across as many things like intuition, seeing auras, feeling

energies. Not everyone has them to the extent that they can predict the future or move objects with their mind (otherwise we'd have a lot of broken items around the house every time some two year old threw a tantrum). But none the less, we do have these muscles which give us certain abilities. (I do have an internet friend in Connecticut that has the ability to move things with her mind, at least when she gets angry. She has tried to control it consciously, but can't seem to get it to work unless she puts the strength of anger behind it. (Avoid anger, it leads to the dark side of the force.)

Depending on how we play, on what we like, on how we are taught, we either exercise these muscles, or we don't. If we use our imagination a lot, we tend to use our muscles more. (This is the point that I will mention how the TV generations have tended to use their imaginations less because so much today is given to them. Those that read more, tend to imagine more.)

It's that imagining that works the muscles of the mind. The more we work those muscles, the stronger they become. As a child, one friend used to sit in school and focus on various boys in the class. She'd concentrate and focus on them to make them like her. (Sorry, but the secret is out.) What she was doing was not necessarily imagination. She was actually stretching her muscles. She was focusing energy. Now, she may not have been moving energy (although I'd be pretty sure she was), but she may just have been visualizing energy moving. In this way, she may not have been moving her muscles, but she was teaching them how she wanted them to move.

With children, we tell them to use their imaginations. They 'pretend' that they see things moving around a person. When we grow up (and I still haven't yet), we stop using words like imagine or pretend. We start using words like visualize or see.

What my friend did was to 'see' energy moving, focusing, and reaching an objective. We do very much the same thing when we do shielding exercises. We visualize ourselves in a bubble of light. When we astral project, we start by visualizing energy coming out of us. (The book I read on AP mentioned that the movement of the energy may not actually happen initially, but by visualizing we were training our muscles how to move.)

When we start learning things in the ethereal realm, we start exercising and training our muscles. When we do meditation we are exercising. When someone learns Reiki, they start exercising, and in exercising, they open themselves up to a larger world.

The more we 'exercise' the stronger we get. The stronger we get, the more we find we can do, or notice, that we couldn't before. The first time someone goes into meditation, it may not be easy, but the more they do it, the easier it gets. The more someone practices Reiki, the

easier it gets. The beauty is that not only Reiki gets easier. One finds that they can pick up things that they couldn't before, like to know when the subject has had enough.

What now happens is that this thing we call intuition starts working more, and better than before. It may come across as knowing what someone is going to say, or knowing to move out of the way of an oncoming car. It may show up as feeling emotions, or simply knowing to do, or not to do something.

A side story dealing with intuition...

I was at a club meeting years ago (all right, it was a meeting of a science fiction club), and one of the people there had her son with her and he was playing with his small toys that were in a box. What held the box together was a screw and wing nut. At one point he was holding this screw up in the air over his face when he dropped it. The screw went into his mouth, and lodged in his throat.

He started to choke and turn blue. His mother started to panic. I had this vision of holding him by his ankles and shaking him. Unfortunately, I was frozen by the situation. The whole scene was flashing around me like slow motion. I was too unsure of myself to think to do anything. I felt that I didn't know anything and didn't have any right to even suggest any course of action.

What happened was that one of the group started to do the Heimlich maneuver. This didn't seem to do anything. The one member whose house it was, ran to get her Dad who had been staying with her for a few days (he is a doctor). Another had picked up the phone and had dialed 911. I was still sitting there feeling that I didn't know enough to interfere in any of it. In the next few seconds, something happened, and the child swallowed. The screw was free from his throat, and now in his stomach. Everything was ok.

At this moment, the doctor came out to look at the boy. He determined that the child was ok, and that the mother was going to spend the next few days looking for the screw to make sure it came out (the other end). When told what had been done, he said that the best thing would have been to hold him upside down by his ankles and shake him up and down to get the screw out.

Interesting. I had been shown the proper means of solving the problem. Had I been confident in my intuition (as well as myself), I could have done what was needed.

Now what does that story have to do with opening up and flexing muscles? I had muscles that I wasn't using. They opened up and told me something. I did not believe it. Since then, I have learned to flex my muscles, and trust them. You have to have trust in your muscles as well as have them work. If you pick up a 10-pound

weight, and don't trust yourself to do so, you could drop it on your head.

Here's one more thought to leave you with...

When you are a child, you used your imagination. How much of it is imagination? Were those things hiding under your bed just figments? Did you have an invisible friend? Was it something you made up? I've been told otherwise. The jury is still open for me. How about you?

Think about it. Visualize it happening. Imagine a bit. I'm going to visualize whirled peas.

### 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  
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