



# Caring Palms Massage and Reiki Newsletter

December 2010

## In This Issue

[Holiday Schedule](#)

[Holiday Gift Certificate Sale](#)

[Reiki Class Schedule](#)

[Body Mechanics Class  
Schedule](#)

[Modality of the Month](#)

[Web Site Updating Coming](#)

[Looking For Help](#)

[We Are Like a Pendulum](#)

[A Journey, Baby Steps](#)

[Caring Palms Promise](#)

[You Have Questions?](#)

## Greetings!

Welcome to the December issue of the Caring Palms newsletter. This month although we have no classes, we are releasing the class schedule for Reiki and Body Mechanics through the end of next year. We also have a couple articles for you. Also this month we continue our annual Gift Certificate sale. See the article below for details.

I hope you like what we have here.

## Holiday Schedule

The Caring Palms studio will be closed Friday December 24<sup>th</sup> and Saturday December 25<sup>th</sup> for the Christmas holiday. The gift certificate sale will continue through Christmas Eve, but to purchase any on that day, you will need to call and set up a time to meet.



Caring Palms hopes that everyone has a safe and joyful holiday season.

## Quick Links

[The Caring Palms Website](#)

## Join our list

[Join Our Mailing List!](#)

## Holiday Gift Certificate Sale Continues

**Caring Palms** is announcing the **Holiday Gift Certificate Sale**.

Buy 1 gift certificate, save \$5

Buy 2 gift certificates, save \$15

Buy 3 gift certificates, save \$25

**Best Deal:** Buy 4 gift certificates, get 1 gift certificate FREE!

Gift Certificates are available for massage or Reiki sessions, or massage or Reiki classes. Buy gift certificates for friends and loved ones, or just for yourself. If you have four friends that can benefit from massage or Reiki (and everyone can), you can buy four gift certificates for them, and get one free for yourself. If you are a regular client, you can buy four gift certificates for yourself and get

five sessions (this is the best deal going).

The sale is going on now and runs through Friday, December 24th. Gift certificates are available in the studio and can be ordered by phone with a credit card at (904) 246-2206, or by mail with a check. (Sorry, this special is not available at the web site.) What better gift to give to those you care about? Give them the gift of love and healing.

## 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.)

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The current schedule is as follows:

### Reiki 1

- January 22 (Saturday) 11am - 5pm
- February 12 (Saturday) 11am - 5pm
- March 12 (Saturday) 11am - 5pm
- April 9 (Saturday) 11am - 5pm
- May 14 (Saturday) 11am - 5pm
- June 11 (Saturday) 11am - 5pm
- July 9 (Saturday) 11am - 5pm
- August 6 (Saturday) 11am - 5pm
- September 10 (Saturday) 11am - 5pm
- October 8 (Saturday) 11am - 5pm
- November 12 (Saturday) 11am - 5pm

### Reiki 2

- February 26 (Saturday) 11am - 5pm
- June 25 (Saturday) 11am - 5pm
- August 20 (Saturday) 11am - 5pm

### Reiki 3

- March 26 (Saturday) 11am - 5pm
- July 23 (Saturday) 11am - 5pm
- August 27 (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 canceled. All class

statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'. You can also sign up for classes there.

Each Reiki class is six (6) CEUs for Florida massage therapists.

**Note:** Because this is a licensing year for massage therapists, Caring Palms expects to be scheduling more classes during July and August as the last minute demand for classes increases. We also expect to schedule another Reiki 2 and Reiki 3 class sometime after August. Please continue to check the website for changes and additions.

### **Body Mechanics and Advanced Techniques for Massage Therapists Class Schedule**

The following is a list of currently scheduled classes. This class is a two-day class worth 12 CE hours. 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:

- May 28th - May 29th (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)

At the Hampton Inn at Jacksonville Beach, FL [Hotel](#)

[Details](#)

- August 13th - August 14th (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)

At the Hampton Inn at Jacksonville Beach, FL [Hotel](#)

[Details](#)

Body Mechanics and Advanced Techniques for Massage Therapists is designed to reconnect the massage therapist with proper body mechanics and techniques showing how to work without hurting oneself and how to apply deep pressure with little effort. The class being part lecture, part hands-on practice uses theory, stances, centering, and the proper use of body strength from martial arts and applies them to the art of massage therapy. Students will learn how to focus their energies and use their body to do deep work with less effort and not get hurt. This class will help anyone to work deeply with less effort no matter if one is 90 pounds or 250 pounds. This class is for both the seasoned therapist and the new therapist. It will show moves everyone is familiar with, but in a new light as well as moves many people may not have seen before (which have been taken from Lomi Lomi, Esalen, and other styles). The idea is not to dictate how to practice, but to show better body mechanics which the therapist can adapt to what they do. This is true whether they

adapt all of it or just part of it.

## **Florida Board of Massage Approved for twelve (12) Continuing Education Hours (CEUs)**

**Class Cost: \$300 Early Registration (at least 19 days before the class date)**

**\$350 within 19 days of the class date**

To sign up for classes, go to the website and select Caring Palms CEU Seminars. Look under Massage Classes, and then Schedule of Classes to see additions and changes or to sign up.

### **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."

So, what is the difference between Lomi Lomi and any other massage? That is a difficult question to answer. Clients have said, "It's as if you are right inside of my muscles and you know exactly where to go and how deep to go." "The pressure points melt, your hands and elbows feel strong and loving as if they are guided." I don't know how elbows and forearms can feel loving, but that is what clients say! Lomi Lomi feels like many different techniques put into one flowing system. It has a rhythm and flow that is soothing and feels complete.

[read more](#)

### **Web Site Updating Coming**

#### **A Note From Brian**

I recently purchased new software to create my website with. Because it is new, I am starting the learning process and finding out that some things are so much easier, and other things I can't figure out (like changing one word of text to a different color). But because

it is new and different, all the old files will need to be imported into it.

After I go through all the books, and feel I have a good enough grasp on how to do what I want to do, I will start changing the site over to the new (better) software.

Most things will stay the same. Some things will be a little different simply because there does not seem to be a simple way to do some of the things the site already does. (A good example of this is the menu options. Currently, they change to italics when the mouse goes over them. That does not seem to be possible, but it can change to a different color.)

This will also give me a chance to reorganize some things internally just so they are better organized for my use. Outwardly, there will be no changes, but it will be easier for me to find crucial things.

The problem is that there are over 1,000 pages on the site, about 700 of which are the Reiki journal entries. Then there are the sub-sites that most people do not know about. They will also have to be updated, but that priority is much lower.

The new software will eventually allow me to do more things like streaming audio and video. It will also allow me to get feedback right there on the site.

I expect it will be a month before I can actually get any changes out there. It will be critical that it be working properly with all the classes that I will be creating due to Florida massage therapist license renewal being next year.

So, if you run into any problems, please be patient, but also, please let me know in case I have missed something. Thank you for your patience and continued support.

## Looking For Help

Caring Palms is looking for help from someone that is familiar with Dreamweaver. Brian is looking for someone willing to do a day of training at the Caring Palms studio to help get over some basic differences that are becoming stumbling blocks in getting the website files into the new program. The fee for this training could be in trade or payment. If you know anyone willing to do this, please have them contact Brian at Caring Palms.

## We Are Like a Pendulum

by Brian Dean

I was told a good one by a Methodist minister from Tennessee. It has to do with a pendulum.

In life, we resemble a pendulum, swinging from side to side. We go from one extreme to the other. As the pendulum reaches one side, it slows as it climbs upward and spends some time there before it completely changes direction, going back the other way. When it reaches the other side, it again slows down and spends some time before heading back. At the point that the pendulum is balanced, at the center, is where it goes by with the greatest speed and spends the least time.

We live our lives like a roller coaster with great highs and lows. Just like a pendulum, we reach one end, and then things start changing and we head the other way. We have times when things are bad, and eventually things will get better, then good. And when we reach the peak of that, we start heading back the other way. Things are not as good, or things are going wrong, or things are bad again. But then it will turn around and get better. It is the optimist that knows things will turn around and get better, and the pessimist that knows when times are good, that something will louse it up. Each a swing of the pendulum.

But where we should be is at the center, balanced between good and bad, happy and sad. Highs and lows. We strive for balance, but how often do we stay in balance? Once we find balance, it seems like something comes along to change that. In fact the point of balance always seems short lived, the pendulum passing through there at the highest speed on the downward fall. Where as we reach one end, and it seems like we are there for a long time, the pendulum going upwards until it stops and reverses direction.

So maybe what we should be doing is working on slowing the pendulum and limiting its range so it spends more time at the point of balance. Just a thought.

## **A Journey, Baby Steps**

**by Brian Dean**

A journey is an incredible thing, but I'm not talking about packing your bags and going abroad. We have physical journeys, spiritual journeys, healing journeys. Anything we do, any goal we set starts us on a journey. The problem is that we sit around without goals, so we have no where to go.

All too many of us tend to see ourselves in a rut. We go to work. We go to school. We go home, and then do the same thing again the next day. But this is not what we want. We want to be out of the rut, out of this pattern we are in. We spin in circles with no direction to follow. The problem is that we are not even sure which

direction to pick. So what do we do? Well the first step is defining what we want, and it has to be reasonable. It is real easy to sit there and say that your goal is to win the lottery and retire. That is more of a fantasy than a goal, and yet there are steps to getting there too. The difference is that there is a huge element of chance involved.

Pick something real. Pick something attainable. Maybe you'd like to be doing a different type of work. Pick the field you want to be in. Maybe you'd like to lose weight, or be healthier. Maybe it is a combination of things. Maybe one thing will lead to another (as these things typically do).

Once you have a goal, you know what you are working for. This gives you a direction. Once you have a direction, you can start moving. But a long term goal is a carrot at the end of a long stick. One needs to feel progress, so we look at what we want, and define how we will get there. We create steps to take which gives us intermediate goals, goals that will eventually take us to our final goal.

With these goals, we start taking steps. Sometimes they are baby steps, but that is how we have to start. The key is to get moving. Once we are moving, things come easier. A friend told me that he was at a crossroads, and did not know which way to go. He felt his compass was just spinning. I asked him what he wants. This made him define a goal. He wanted to sharpen certain skills and get in shape, basically to improve himself. So once the overall goal was defined, I got him to define the intermediate goals.

Well, getting in shape physically was the first thing on the list. To do that, he needs to start working out. Once he makes the steps to do that, he will start feeling better, and feel better about himself. Once he starts working out, he will open himself to other options. With the blood flowing, other possibilities will open themselves to him, and he will see different paths that will get him to his destination. Once he feels better, he will start doing the exercises necessary to sharpen his skills, and eventually become what he wants.

The same is true for anyone. Define your goal. Define how you will get there. Break it down into steps. Set intermediate goals. And then start moving by taking that first step. A journey of a thousand miles starts with a single step. Take that step.

### **Caring Palms Promise**

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 true whether it is massage, or energy work, or classes. 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  
(904) 246-2206