



# Caring Palms Massage and Reiki Newsletter

April 2011

## In This Issue

[Classes Keep Growing](#)

[If I Had a Nickel](#)

[Reiki Class Schedule](#)

[Body Mechanics Class](#)

[Schedule](#)

[Modality of the Month](#)

[New Reiki Masters](#)

[Participating in Your Own](#)

[Healing](#)

[Caring Palms Promise](#)

[You Have Questions?](#)

## Quick Links

[The Caring Palms Website](#)

## Join our list

[Join Our Mailing List!](#)

## Greetings!

Welcome to the April issue of the Caring Palms newsletter. This month we have a couple articles and an updated class schedule.

I hope you like what we have here.

## Classes Keep Growing

Classes continue to grow this year at Caring Palms. Although classes are usually scheduled on weekends as that seems to work the best, now and then these classes are scheduled on weekdays to meet the demand of those that can not attend on weekends. One case in point is the Reiki class on Monday, May 2<sup>nd</sup> which already has students signed up for it.



Caring Palms has a split focus... healing sessions and classes. But it is all geared toward healing as that is what we are all about. Whether we are doing the healing session or teaching others how to, it all contributes to healing.

Caring Palms offers classes in Reiki to massage therapists as well as the general public. We also offer classes in Body Mechanics for deep work to massage therapists. Caring Palms also offers classes in Massage for Couples for anyone that wants to learn basic massage.

Any of these classes can be scheduled on weekdays or weekends depending on the class size. If you or anyone you know would be interested in classes, please let us know.

## If I Had Nickel

by Brian Dean

If I had a nickel for every time someone said "I didn't know I hurt there..."

When most people come to a massage therapist with a problem,

they usually know where they hurt, or they think they do. I'll get to an area that the client thought was not a problem, and suddenly I hear that they are sore there and they didn't know that they were.

One of the things that we tend to forget is that the body is one organism made of multiple pieces. But the key to that is that all those pieces are connected. Something going on in one area may cause pain somewhere else. In fact one massage style tells the therapist to find the pain... and look for the cause elsewhere. And although the client may not feel pain at the place that is causing the pain, they probably will once that area is worked on. And a massage therapist may find the cause of the problem even though the client may tell them no. I remember a time when someone told me that their problem was in their neck, not their back. I worked the back as that was what I was drawn to work on. The neck pain went away. One just has to remember that every part is connected to every other part, and that any part can cause a problem in any other part.

If I had a nickel for every time someone said "I didn't know I hurt there...", well I wouldn't be hurting for nickels (but I might need to see a massage therapist to deal with the back pain from carrying them).

## 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.)

靈  
氣

The current schedule is as follows:

### Reiki 1

- April 9 (Saturday) 11am - 5pm **Confirmed**
- May 2 (Monday) 10am - 4pm **Confirmed**
- May 7 (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

- June 25 (Saturday) 11am - 5pm **Confirmed**
- August 20 (Saturday) 11am - 5pm

### Reiki 3

- July 23 (Saturday) 11am - 5pm **Confirmed**
- 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 for Florida massage therapists. 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 14th - May 15th (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm) **Confirmed**

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](#)

**Note:** Check with the hotel for special room rates.

Maximize your results with less effort. Utilize the science of martial arts and apply it to massage. 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**

This class is for licensed massage therapists or anyone that regularly uses massage in their practice. CEUs are available for Florida massage therapists only. For those looking to learn basic massage for relaxation for their partner or friends, see the website on the Massage For Couples classes.

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**

### **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](#)

## **New Reiki Masters**

Last Saturday saw the first Reiki 3 class of the year. Caring Palms congratulates the six new Reiki Masters that graduated during that class. Although it sounds counterproductive in a business sense, Caring Palms believes that the more Reiki practitioners and Masters there are, the more healing is available to everyone.

To those six new masters... go forth and spread healing.

## Participating in Your Own Healing

by Brian Dean

Today, we want miracle cures and solutions. Why with medical science as advanced as it is, there should be nothing that can't be cured. That's right isn't it? We want to lose weight by taking a pill, or be healthier by drinking some blue or green concoction. But what part are we leaving out? Us.

We need to be a part of the process, and while you're thinking that by taking this pill or drinking that *stuff* we are involved, but we really are not. We are just sitting there watching it happen, and a lot of that is waiting for it to happen. We need to be invested in what is happening. We need to be extremely involved.

Let's face it, every diet supplement on the market says that by taking their product you will lose weight as long as you add eating right and some exercise. Well if one was eating right and exercising, they would lose weight. The point is that this supplement will not do it all on its own. We need to get involved. We need to realize that we need to take care of ourselves. And more than realizing that we need to be involved, we need to get involved.

If we want to be healthier, we need to do more than just take vitamins. We need to eat better. We need to do things that promote good health, like going for a walk instead of sitting around watching TV.

Even when we go to a healer whether that be a medical doctor, massage therapist, chiropractor, or some form of energy worker, we need to be involved. The number of people that have walked into the Caring Palms office and said "fix me" is incredible. But in doing that, they are telling the healer to fix them while they remove themselves from the process. They need to be more involved, and this is not to say they should be looking at and judging every little move. It is saying that they need to be mentally open and accepting of their treatment. They need to if not have belief, at least be open to the treatment working and making them better. That is being involved.

Mental preparation is 90% of every cure, every solution. Believing in

the process, whether that process is a massage, Reiki session, or an operation dramatically increases the positive effect gained from it. Mental preparation ahead of time is important so you understand the procedure you will be going through and be able to put your energies into the positive parts of it that will end with you being better. This is how you get involved.

You make the choice to improve yourself whether that be weight loss, better health, or healing from some problem. Don't sit and watch this happen from the sidelines. Get in there and be involved in every part of it. How much you want, and how much you do makes a difference as to your success. Be successful. Be involved. Be a participant in your own healing.

### 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

