



# Caring Palms Massage and Reiki Newsletter

October 2011

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## Greetings!

Welcome to the October 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.

## Closed for Vacation

The Caring Palms studio will be closed Wednesday, October 12th through Tuesday, October 18th for a short vacation (yes, I do get one once in a blue moon). The studio will reopen Wednesday, October 19th at the normal hours. We will be taking phone calls and setting up appointments for after the 18th during this time. If you would like to make an appointment, please call.



## Strength

by Brian Dean

What is strength? Are we strong, or do we just think we are? Is it being physically strong, or is it the belief that makes us so?

We each have our own strengths, but what makes us strong? I have been told that I have strong hands, but I never considered myself to be physically strong in any way. But my strength comes from proper body mechanics and focus. The fact that I use my body to create pressure is a big part of my being 'strong'. But the other part of that is mental focus. By focusing on what I am doing, that focus creates energy which translates to strength. Between the two methods, I am much stronger than my normal, physical strength.

But what about mental strength, strength of character or will power? That is the focus of our minds to do the right thing, the willingness to follow the morals that we have set out for ourselves. Or the willpower to follow a straight and narrow path no matter what might tempt us.

But is it that we are strong, or that the mental focus we put on something makes us strong?

Most of it comes down to having faith in ourselves, faith that we can do what we set out to do. I know that there are many things that I do that I don't feel confident. And it is that lack of confidence that causes me to not be as good as I want. There are things that I am very confident about, but that confidence has solidified through a lot of trial and error. It is taking the risk that creates the successes that creates the confidence.

I know that I have refused to do things because I was not confident enough that I could do it. At the same time, I keep getting told that I am much stronger than I realize, and that all I need to do to use that strength is believe that I can. Basically, I need to get out of my own way. It is my lack of faith in myself that keeps getting in the way of the things I want to do, and that I could do. But aren't we all the same way?

I think the key is not to be so afraid of losing that we don't play the game. Yes, we will have failure, and yes, we will have setbacks. But isn't that how we learn? I guess true strength comes from believing in yourself enough to try. Because only then can we succeed.

## 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

- October 8 (Saturday) 10am - 5pm **Confirmed**
- November 12 (Saturday) 10am - 5pm

### Reiki 2

- October 22 (Saturday) 10am - 5pm **Confirmed**

### Reiki 3

- October 6 (Thursday) 10am - 5pm **Confirmed**
- November 5 (Saturday) 10am - 5pm **Confirmed**

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.

## Modality of the Month

### Reiki

Although Reiki is not massage (as the muscles of the body are not manipulated), it is a very relaxing yet powerful method of healing. In the simplest form, Reiki is the laying on of hands. It is guided, positive energy brought in from the universe by someone that knows how to 'tap into' it, and passed into someone in need of healing.

All problems in the body, whether they be illnesses or injuries, are centered around negative energy. Reiki overcomes the negative energies with positive energy, in most cases making the person feel better, and in some cases removing the problem completely. Reiki has been known to reduce and alleviate pain, discomfort, or disease of any kind, and has been used on all major diseases. Reiki is hands-on healing and a nice pleasant experience.

[read more](#)

## Massage is Healthcare

### by Brian Dean

What is massage? Many people think of it as a luxury that they get when on vacation at some swanky resort. They see Inga or Sven for the most relaxing hour of their life. Massage is that. But it is so much more. It is healthcare in the truest form.

A lot of people get massage for relaxation. Styles like Temple Lomi Lomi, Esalen, and even basic Swedish help a person relax from all the stresses in their life. They get touched in a positive, loving, healing manner. Their mind relaxes, their muscles melt, and they forget about the world outside, at least for a little while. The rejuvenating, invigorating effect this has is amazing. It is like a short vacation which allows someone to step back from everything, relax, and gain strength so they will be able to re-enter the world stronger. This de-stressing hour makes for better health. But relaxation massage covers only a small percentage of what clients get, or need.

While Caring Palms does relaxation massage in several different styles, it is a small part of what we do. Most types of massages given are because someone is in pain.

Massage is helpful when someone hurts. It can help people with sore backs, arms, legs. It can loosen stiff necks and increase the range of motion. It can align a person that has problems because of posture or injuries from an accident. It can help someone return to normal health after an injury or operation. In some cases it can help someone prepare for surgery by loosening up an area that is going to be operated on.

In cases where someone has ongoing chronic pain illnesses, massage can help keep the pain away. These include Fibromyalgia and RSD. General massage has been known to help people with Fibromyalgia, and Myofascial Release has been known to cut down the symptoms dramatically. Of course, cases like these would need ongoing treatments where the frequency would be dependent on each individual's needs.

The point is that while many people consider massage a luxury, it is a vital part of modern mainstream healthcare. It is something that we truly can not ignore as it can do many things to help someone physically, mentally, emotionally, and sometimes spiritually.

Come see what massage is all about. Book a session today.

### **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  
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