



# Caring Palms Massage and Reiki Newsletter December 2012

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## Greetings!

Welcome to the December issue of the Caring Palms newsletter. This month we have a couple articles, some announcements (including the continuation of the holiday Gift Certificate sale), and an updated class schedule for the next year.

I hope you like what we have here.

## Holiday Closings

Caring Palms will be closed Monday, December 24th and Tuesday, December 25th for the Christmas holiday. Anyone looking for last minute gift certificates on the 24th, please call and we will make arrangements to meet you. We hope everyone has a safe and happy holiday.



## More Client Comments

I was working on a new client, doing an Esalen-inspired freeform massage. I seemed to be hitting all her problem areas. She told me that I should rename my intuitive massage to 'search and destroy'. Uhh, ok.

## Holiday Gift Certificate Sale

**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 Monday, 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 filled up. (Note: In some cases, one may be able to enter a class marked 'Closed' with permission of the instructor.)



#### Reiki 1

- January 19 (Saturday) 10am - 5pm **Confirmed**
- February 9 (Saturday) 10am - 5pm
- February 13 (Wednesday) 10am - 5pm
- March 9 (Saturday) 10am - 5pm
- April 13 (Saturday) 10am - 5pm
- April 17 (Wednesday) 10am - 5pm
- May 11 (Saturday) 10am - 5pm
- June 8 (Saturday) 10am - 5pm
- June 19 (Wednesday) 10am - 5pm
- July 13 (Saturday) 10am - 5pm
- August 10 (Saturday) 10am - 5pm
- August 14 (Wednesday) 10am - 5pm
- September 14 (Saturday) 10am - 5pm
- September 18 (Wednesday) 10am - 5pm
- October 12 (Saturday) 10am - 5pm
- October 16 (Wednesday) 10am - 5pm
- November 9 (Saturday) 10am - 5pm
- March 2 (Saturday) 10am - 5pm

## Reiki 2

- May 25 (Saturday) 10am - 5pm
- July 27 (Saturday) 10am - 5pm
- August 17 (Saturday) 10am - 5pm
- October 26 (Saturday) 10am - 5pm

## Reiki 3

- December 1 (Saturday) 10am - 5pm **Confirmed**
- December 4 (Tuesday) 10am - 5pm **Confirmed**

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- April 6 (Saturday) 10am - 5pm
- June 29 (Saturday) 10am - 5pm
- August 24 (Saturday) 10am - 5pm
- November 23 (Saturday) 10am - 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 cut off date will be canceled. All class statuses may be viewed under Reiki, Reiki Class Information, and Class Schedule. You can also sign up for classes there. (Check the website for the location.)

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

## Body Mechanics and Advanced Techniques 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:

- March 16 - March 17 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)
- June 4 - June 5 (Tuesday 9:00am - 5:00pm and Wednesday 10:00am - 4:00pm)
- June 22 - June 23 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)
- August 3 - August 4 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)
- August 20 - August 21 (Tuesday 9:00am - 5:00pm and Wednesday 10:00am - 4:00pm)

All classes are scheduled to be held at the Hampton Inn at Jacksonville Beach, FL. Should the location change, that change will be on the website and students notified.

[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 Continuing Education, Body Mechanics and Advanced Techniques, and Class Schedule to see additions and changes or to sign up.

## **The Law of Attraction**

**by Brian Dean**

I was listening to a talk by someone the other day, and they said something I knew, but really had not realized. The speaker was

talking about the Law of Attraction.

Put simply, the Law of Attraction states that you bring to you what you spend the most energy on. If you spend your days thinking how good things are going to go, you help create that outcome... you attract good things to you. If you spend your day in fear, you will bring to you the things that you fear the most.

For example, when I do my work, it is in a legal, professional, and ethically and morally correct manner. Yet, if I am constantly afraid that someone will come in and misinterpret what I am doing, it will happen (as it did in another Florida county where a massage therapist and Reiki practitioner was arrested for doing Reiki and charged with practicing medicine without a license). If I put a lot of energy into being afraid, I will attract exactly that to me. If I am afraid that I will get a lot of perverts coming in, I will get that. Instead, I put my energies into bringing people to me that will understand and need my work. Because I put that positive energy out there, I get exactly the type of clientele I want.

The Law of Attraction is the basis of several books and self-help methods including 'The Secret'. You have to put the positive energy out there and keep having faith in it to make it manifest into reality. But it takes time. That is where most people fail.

But one thing the speaker I was listening to said that hit home was that the Law of Attraction is always in effect. It is always working. It is always bringing things to you based on what you are putting your energy into. It doesn't just happen when you really, really want something, or are really, really concerned about something. It is happening constantly. So whatever is going on in your head, with your attitude, you are attracting things to you. So, what is it you're attracting? And if it is not what you want, what can you change? Me, I'm attracting a good end to this year, and a great year next year.

Just something to think about.

## Modality of the Month

### Myofascial Unwinding

Every memory of everything we have done in our lives is stored as energy in every cell of our bodies. This energy can cause us problems unless it is released because it is linked to all of our experiences, the good as well as the bad. Memories such as sexual abuse, auto accidents, or any other memory based energy can affect us in how we act or react to things. Unwinding is a way of releasing this energy.

John Barnes discovered that our bodies need to release energies to be able to let go of past issues. If you were to watch a dog as it gets

up or lies down, you will see that it does not simply get up or lay down. It goes through a lot of movement. When a dog gets up, it usually shakes itself. When it lies down, it will move in circles several times. This is a form of releasing energy.

[read more](#)

## Taking Care of Ourselves

by Brian Dean

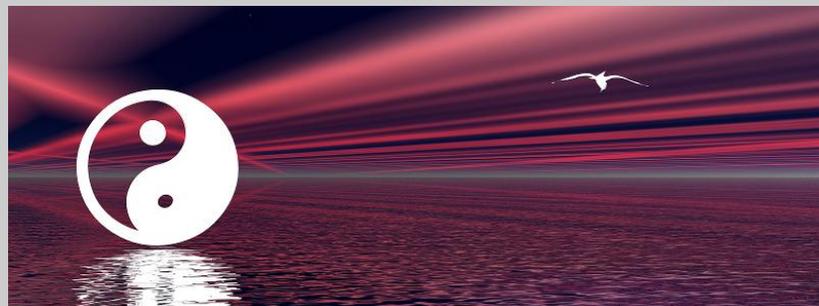
How often do we take time for ourselves? Those of us with jobs, families, people who rely on us, we find it hard to take a step back and care for ourselves. This is especially true for people in the healing profession. We find it hard to say no when someone is in need. In fact we will help others long before we make the time for ourselves.

In fact, we can't seem to make the time to care for ourselves. And when we do make it, all too often we feel selfish for indulging in some much needed healing. But the truth is that if we let ourselves get too dragged out, our ability to help others diminishes, sometimes to the point of being ineffective. This is true whether it is a therapist giving a massage or someone trying to put a good meal on the table for their family.

Now what started this topic was something I said to someone that I had just taken though a meditation. The words just popped into my head. The first thought I had (after I realized that it would make a good topic for this newsletter) was that it was very profound and true. And that something was this...

The best thing we can do for others... the best gift we can give others, is to be in the best shape possible, mentally, physically, and energetically. That way, when they have need, we are the best prepared to help them. To achieve this, we need to take time for ourselves to heal, to be the best possible, to be at the top of our game, to be what they need.

Interesting huh?



## 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.

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May light continue to illuminate your path. Take care.

**Sincerely,**

Brian  
Caring Palms Massage and Reiki  
(904) 246-2206

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