



Caring Palms Massage and Reiki Newsletter January 2013

In This Issue

[Happy New Year](#)

[Reiki Class Schedule](#)

[Body Mechanics and
Advanced Techniques CClass
Schedule](#)

[New Year, Newer Energies](#)

[Modality of the Month](#)

[Intuition](#)

[Caring Palms Promise](#)

[You Have Questions?](#)

Quick Links

[The Caring Palms Website](#)

Join Our List

[Join Our Mailing List!](#)

Greetings!

Welcome to the first newsletter of the new year, the January issue of the Caring Palms newsletter. This month we have a couple articles, and an updated class schedule for the next year.

I hope you like what we have here.

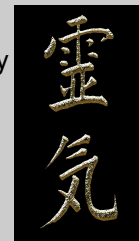
Happy New Year

Caring Palms hopes everyone had a couple good holidays and hopes that the coming year will be filled with positive energies and happenings for all.



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

Reiki 2

- March 2 (Saturday) 10am - 5pm
- May 25 (Saturday) 10am - 5pm
- July 27 (Saturday) 10am - 5pm
- August 17 (Saturday) 10am - 5pm
- October 26 (Saturday) 10am - 5pm

Reiki 3

- 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.

New Year, Newer Energies

by Brian Dean

It is a new year (and I'm sure I have started out too many articles like this) with new possibilities. But this year is different. This year, we have new energies available for us.

On December 21st, the end of the world (as we know it), or as some people called it, "the worst apocalypse ever", our planet became aligned with the center of our galaxy which exposed us to energies we have not seen in thousands of years. These are energies that we have not known about because they have been forgotten from our existence. Since we truly are beings of energy, the effect they can have on us as we learn to work with them can be profound. These are positive energies that can help us in all our positive endeavors.

Like most people, I did not notice anything until I did my first work with energy. I came into the studio and did my usual energy exercises at the beginning of the day. In one of those exercises, I cleanse myself with white light. As I did this, I noticed a silver colored energy (many referred to it as platinum when they saw it) that mingled in through the normal white light. As I felt it, it felt calm and loving.

When I did my first massage a couple hours later, I felt it mingling through the normal guidance that I get. I was drawn here, then there. And the whole thing just felt like love, the love of doing the work I do, the love I have for my clients, and the love of working to make them feel better. It was very nice.

So, these energies are here for you to use to make things better, to improve yourself. Reach out. Touch them. Bring them to you with positive affirmations. Then move forward in a positive manner.

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](#)

Intuition

by Brian Dean

Intuition. Is it psychic ability? Is it a special something only some people get? Or is it just noticing when things happen, that reading of the energy waves, and believing it?

Everyone has intuition. Some listen to it, and others ignore it. Some just feel things are right, or perceive them correctly, and others don't. Why do some feel things are right? Is it the willingness to listen to unseen, unheard messages we're constantly inundated with?

Intuition can be a strong thing. When it happens, and we really feel it is right, we take it as fact that has yet to happen, or be proven. As Kirk once told Spock, "No matter how illogical, intuition is still considered a command prerogative." There are those that will take intuition over fact any day. So, what is it?

All the time, our senses are bombarded with different stimuli. With the five basic senses, we pick up sounds, and smells, and so forth. But many of these things that stimulate us come on an entirely different level. They come in the form of unseen, and unfelt (at least by the normal senses) energies. These stimuli are picked up by the third eye (yes, there really is one). This is located in the center of the forehead, and is one of the seven major chakras (energy centers).

We can get all types of information this way. For an example, you know how you can sense when someone is looking at you? You just tend to feel it. When someone looks at you, there are energies emanating from them. These energies are picked up by the third eye. They're translated through the brain, and then we look up to see who is staring at us. But this is only one

example out of millions of things that come into us every day. The real question is why don't we pay attention to it? Well, we do some of the time. Other times, we just write it off, or we let ego get in the way.

When my daughter was young, she used to have a very singular view on things. Things would go exactly as she expected, because they couldn't go any other way. Even though we would look at her and tell her exactly how this, or that situation would go, she truly believed that we knew nothing of what we talked about. Oh, the confidence of youth. As expected, things went way south of my daughter's expectations. This is how ego overrides any possibility of listening to any outside stimulus.

Now, most ego situations are not as specific as this. Suppose you had a sudden feeling that something was going to happen. But then you thought, "nah, that can't happen." You've just ignored the signals. I do this now and then, but mine comes from a lack of knowledge. I like to play Jumble, a puzzle where the letters of words are mixed up, and the goal is to figure out what the real words are. All too many times, I'll look at the letters, and see what could be a word, and say, "nah, that's not a word, is it?" All too many times it will be.

I think that a big part of this is allowing yourself to be open, to hear the input. Does one have to be psychic to do this? Well, what do you think psychics do? They have either been opened, or have trained to be open enough to hear and perceive the signs that they are being shown. This is something that anyone can do if they allow themselves to be open to the possibilities.

As I have said, we are all part psychic. We have psychic muscles that if we don't use, we'll lose. Whether we exercise them or not, intuition is still something that comes through. It is in part based on these psychic muscles, but you don't have to be, say, John Edward to be intuitive. All you need to do is open up, and allow yourself to hear the signs.

Several years ago, when I had my day job, I was sitting in a staff meeting, when my boss announced that he had something unpleasant for someone to do. He decided to pick a number and let the one closest to it do the work. Because of some extenuating circumstances, some people were eliminated from the contest. That left five of us, and he went in order of seniority, which gave me first guess. He wanted us to

guess a number between 1 and 5.

Now, I've tried things like this before, usually with less than desired effects. I took a deep breath, closed my eyes, and opened myself up. Suddenly, the number '2' came into my head. (The first thing is that you go with your first 'gut feeling'. If you go back to 're-sample', you're over thinking and will be wrong.) Here's where it gets tricky. Was this the number my boss had thought of, or was some entity telling me what to guess? I decided that since I had wanted to know the number he wrote down, that this was it. I opened my eyes and told them that my number was '5' (the furthest I could get away from what I thought was his choice).

Each of the other four persons guessed, and then the paper my boss had written his number on was turned over. On the page was a big number '2'. Of course, that was when all the others claimed that it was unfair. They said I had an unfair advantage. What I had actually done was allow myself to be open to the energies from my boss's thoughts as he put down the number. As they came in through my third eye, I let them be what they were, rather than making them into something.

Now, yes, I have been training to open myself up to these types of situations. Taking my Reiki teacher's psychic development classes weekly had a lot to do with it. But the point is that even though I have tried this many times before, I had not been open enough, or I simply did not listen. I also on those other occasions probably re-sampled.

So, try it. Let yourself be open to possibilities. Go with your gut instinct, and don't over think things. Sounds easy enough. Well, it is, but it takes practice, lots and lots of practice.

Model Wanted

Caring Palms is looking for a massage model for pictures for the Body Mechanics and Advanced Techniques manual. The manual is as descriptive as it can be using words to tell what each move is about. But, it needs to be better so that massage therapists taking the course will be able to remember the moves that they have been taught. So, we will be adding pictures. We are looking for a volunteer that is willing to lie on a massage table while pictures are taken depicting each move that will be taught. If anyone is interested,

please call or e-mail.



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 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
