



Caring Palms Massage and Reiki Newsletter February 2015

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Greetings!

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news, some events and specials, class schedule changes and additions, and a couple articles.

I hope you enjoy what we have here.

Valentine's Day Specials



This month is Valentine's Day, in case you may have forgotten. It is a perfect time to get your loved one something they would truly appreciate. And at Caring Palms, we have specials to make it easier for you.

This year, we are offering money off on all gift certificates purchased between now and February 14th. These purchases can be made in the studio or over the phone. The gift certificates are good for up to six months from the date of purchase in case you have other plans for Valentine's Day itself. There will be two massage therapists available on Valentine's Day to do Couples Massage or Single sessions.

The details are such...

\$15 off any single session gift certificate (massage or Reiki)

\$15 off any single session on Valentine's Day only

\$30 off Couples Massage session or gift certificate

\$30 off Couples Massage Class or gift certificate (to be scheduled at some other time)

All purchases must be made before February 14, 2015, before the

Forward This Newsletter

Did you know that Caring Palms offers a Referral Bonus? Forward this newsletter to people you know, and if they come in for a session and give your name, you will get \$5 off your next purchase. And the beauty of this is that it is cumulative. If two people come in, you get \$10 off your next purchase, three people, \$15 off, and so forth. So if you know people that could benefit from any of the services we offer (and everyone can), forward this newsletter to them. If they come in, you will benefit as well.

end of the business day (even if the sessions are to be scheduled for after that date).

Jewelry For Your Loved One

Valentine's Day is fast approaching. Caring Palms has hand-crafted jewelry made by Shirley Dean. In fact, we have stocked our display cases with fresh new pieces that would tell someone that you care. Come see our selection and find something that your loved one would like.



Finding Inner Strength

by Brian Dean

We all have times when we feel we are not strong enough to face issues that come up in life. We may feel that we are not worthy of an opportunity, or that we do not have the strength to overcome some obstacle that has been placed in our path. We all have situation where we simply feel we are not good enough. We flounder and fight and sometimes overcome, but many times do not. What we really need to do is tap into that piece of inner strength to give us that boost to push on, or push past.

First off, what is inner strength? Inner strength is the power we have in ourselves (whether we know it or not). It is the boost of confidence we need to tackle a project. It is that belief that we can overcome anything. It is what keeps us going when all else has failed. It is the ability to keep pushing forward when we feel like we are sliding back. It could be physical strength, or mental strength. It could be the difference of failing or succeeding.

We all have within us reserves of power that flows through us all the time. And believing that it is there is half the battle. Many times we feel that we are all tapped out when we have a reserve that is waiting for us to tap into it. But convincing ourselves that we have it is the

key.

Meditation would help here. Go into a meditative state and visualize a massive power grid within yourself. Then plug an electrical cable into it connecting it to yourself. You could also look at that power as a massive ocean, and you simply open the floodgates allowing it to flood into you.

Another thing is to do affirmations. Affirmations are statements that you say to yourself daily to affirm belief in yourself. Making a list of positive statements and reading them is very effective. These can be statements like, "I have the ability to change my state of mind", or "I handle problems and adversity with ease", or "I am the master of my fate", or even "the force will be with me always". Believing in yourself is the first part of believing that you can overcome a problem.

You can also come up with phrases that you use to convince yourself that you are powerful. One that comes to mind comes from the cartoon He-Man and the Masters of the universe which was later turned into a movie. He-Man would walk up to the sword and pull it from the stone it was in. As he did that, he would raise it above his head and shout "I have the power!" At that moment, he would be filled with massive amounts of strength. If we make this a mantra during difficult times, we can fill ourselves with inner strength, either mental or physical.

We hear stories of people that lifted cars to free someone pinned under it. Even though a car weighs a lot more than one can normally lift, believing that they could, forced adrenaline through their system and allowed them to do something extraordinary.

If someone needs help lifting something, and you end up holding part of it, while standing there, keep repeating to yourself, "I have the power!" This taps you into energies to strengthen you and gives you that power that you need.

Another mantra is the I Am, I Can, and I Do. I Am a being of strength and power. I Am worthy. I Can overcome any situation. I Do overcome any problem. These lay the foundation of belief that allow you to do whatever it is that you need to do.

So, meditation, affirmations, phrases that you can take to heart. These are all parts of tapping into your inner strength. So, the next time you are facing a problem, just remember... You have the power!

Reiki Share

Caring Palms has a Reiki share every month. A Share is where Reiki practitioners get together to work on each other. Group Reiki

work is done where each person gets time on the table and worked on by several therapists at once. Any practitioner is invited no matter what lineage they have.

The next Reiki share is on

Wednesday, February 4th from 7pm to 9pm.

Please let us know if you will be coming.

Peace Starts Within

by Brian Dean

I was listening to satellite radio one night on the way home, and they were talking with Peter Yarrow and Paul Stookey who are the remaining members of the folk group Peter, Paul, and Mary which was popular in the 60s and 70s. Remember "Puff The Magic Dragon" and "Leaving on a Jet Plane"? As the interview progressed (at least what little I heard of it), Peter talked about much of their music being related to the peace movement of the 60s and how they are involved today trying to spread peace. At one point, he made a very powerful observation... Peace starts within.

It is an old joke about beauty pageant contestants being asked what they wish for most, and the standby answer is always "World Peace". But we all want world peace. We all want changes. We all want the world to be a better place. We watch the TV news and see war, and violence, and all the things bad going on around our planet. It makes us upset. It makes us angry. It makes us depressed because we feel we can't do anything about it. But we can.

Now, we can't just snap our fingers, or read some magical incantation that will instantly make the world a peaceful and happy place. Making that change would take big things, because what needs to be changed is big. But even mountains can be wiped away, but it takes time, and it takes consistently working at it. The ocean can wash away the land, but it does it by constantly pushing at it. The key is to start small.

If you put a bucket out in the yard, eventually, it will fill with rain water. It will happen a drop at a time, but it will happen. We have to work the same way.

Within us is where we start to make global changes. We make peace with ourselves, with what and who we are. Then we fill ourselves with that peace. Once we are peaceful within our own being, that energy of peacefulness spreads out to others. As they become one with that energy, it moves out to others still. It's like that old commercial "She told two friends, and they told two friends...". Eventually, a lot of people are believing the same way. Eventually this energy spreads out and grows. Eventually, it inhabits the planet, and things do

change. They don't change overnight. They don't change in a week, or a month, but they do change. The problem with making this change is that we have to stay with it.

The Law of Attraction says that we pull to us what we project. In fact, that is the key to "The Secret". You keep putting positive energy to what you want and eventually, it will happen. Why so many people have such trouble with this is they fall back onto old habits, and lose that positive energy. If you want a new car, and you keep putting positive energy to it, you will bring that to you. But every time you swear at the car you have removes all positive energy you sent to getting a new one.

When we watch the news on TV, we get angry or depressed at what we see. That wipes away any peacefulness we have. The key is to see these events, and think "I am peaceful, and I spread that peace to this region, or events, or people." Meditation can help. It will let you create the base for your building blocks. Also recognizing mood changes, specifically when you are not peaceful, will allow you to make instant changes so you are.

Yes, it takes effort. Yes, it takes time. But eventually, it will happen. And depending on what it is, it may not happen in our lifetimes. But once planted, the seed will grow. So, peace starts within. Once there, it can spread, grow, and eventually become something special. It takes time, patience, and commitment.

So, outer peace starts with inner peace. Start planting the seeds now (as I am with this article).

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

- February 10 (Tuesday) 10am - 5pm **Confirmed**
- February 21 (Saturday) 10am - 5pm **Confirmed**
- March 14 (Saturday) 10am - 5pm
- April 11 (Saturday) 10am - 5pm
- April 21 (Tuesday) 10am - 5pm
- May 9 (Saturday) 10am - 5pm
- June 13 (Saturday) 10am - 5pm

- June 16 (Tuesday) 10am - 5pm
- July 11 (Saturday) 10am - 5pm
- July 21 (Tuesday) 10am - 5pm
- August 4 (Tuesday) 10am - 5pm
- August 8 (Saturday) 10am - 5pm
- August 11 (Tuesday) 10am - 5pm
- August 25 (Tuesday) 10am - 5pm
- September 12 (Saturday) 10am - 5pm
- October 10 (Saturday) 10am - 5pm
- November 14 (Saturday) 10am - 5pm

Reiki 2

- March 28 (Saturday)
- April 7 (Tuesday) 10am - 5pm
- June 27 (Saturday) 10am - 5pm
- July 7 (Tuesday) 10am - 5pm
- August 15 (Saturday) 10am - 5pm
- August 27 (Thursday) 10am - 5pm
- October 24 (Saturday) 10am - 5pm

Reiki 3

- April 25 (Saturday) 10am - 5pm **Confirmed**
- May 12 (Tuesday) 10am - 5pm
- July 25 (Saturday) 10am - 5pm
- July 28 (Tuesday) 10am - 5pm
- August 22 (Saturday) 10am - 5pm
- August 29 (Saturday) 10am - 5pm
- November 21 (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 \$125 no matter what level of Reiki the class is for. A \$50 deposit 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 NCBTMB and Florida Board of Massage Approved for six (6) Continuing Education Hours (CEUs)

Advanced Body Mechanics and Techniques

The following is a list of currently scheduled classes. This class is a two-day class worth 12 CE hours for 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 2015 schedule is as follows:

- April 18 - April 19 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)
- May 19 - May 20 (Tuesday 9:00am - 5:00pm and Wednesday 10:00am - 4:00pm)
- June 20 - June 21 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)
- August 18 - August 19 (Tuesday 9:00am - 5:00pm and Wednesday 10:00am - 4:00pm)
- October 17 - October 18 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)

All classes are scheduled to be held at the Caring Palms Studio. Should the location change, that change will be on the website and students notified.

Maximize your results with less effort. Utilize the science of martial arts and apply it to massage. Advanced Body Mechanics and Techniques for Massage Therapists, is designed to reconnect the massage therapist with proper body mechanics and techniques while putting a new twist on things and showing how to get more pressure with little effort. While it does go over some basics, it takes body mechanics to a new level where every move involves the use of the therapist's entire body so they can work without hurting themselves. The class being part lecture, part hands-on practice takes positions, centering, and the proper use of body strength from Japanese martial arts and applies them to the art of massage therapy. It also shows how to focus one's energies to increase their strength with simple exercises meant to teach the student how to 'think' beyond where they are working so they can get deeper into the client and to channel their energies to the point of thought. The student will learn how to focus their energies and use their body to do deep work 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 does, but in a new light as well as moves many people may not have seen before. 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.

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

Rooms For Rent

Caring Palms has two rooms for rent to a holistic arts practitioner. This person could be a practitioner of acupuncture, reflexology, hypnosis, massage or any similar modality. If you know anyone interested, please have them call Brian at Caring Palms.

Caring Palms Hosts Mediumship Classes

Every month, Caring Palms is host a mediumship class taught by Marilyn Jenquin of the International Foundation for Spiritual Knowledge. In this class, Marilyn teaches the British style of mediumship (this is similar to the style used by John Edward). Each class contains a lecture, a meditation, and class exercises. This is for all ranges of students from the beginner, to the long time student.

Mediumship is a method of communicating with people who are no longer in their physical body, but in the spirit world. The class teaches students to do evidential readings as exercises so they get comfortable developing a relationship with those in spirit. This class is for anyone wanting to work with spirit whether they intend to become professional mediums or simply to use it in their everyday lives.

Classes are usually scheduled the last Thursday of each month from 1pm to 3:30pm at the Caring Palms studio. For more information, go to the [IFSK website](#) where you can learn more about this, check class schedules and locations, and get contact information.

Modality of the Month

Swedish Massage

Although exotic sounding, Swedish massage is the most common type of massage performed. Developed by Pehr Henrick Ling, who based it on the movements of Swedish gymnasts, it can be a very relaxing session, but can also be therapeutic.

Swedish massage is usually the first style of taught in most schools. It is a great beginning point for students to learn to touch a client, and develop pressures and movements. This is actually the basis for most of what they learn later.

This style of massage can be very relaxing as it uses long strokes (Effleurage) and kneading (Petrissage) to make a person feel good.

The long strokes are very relaxing, and the kneading of the muscles just plain old feels good. These things allow a person to relax and release tension while they are being worked on.

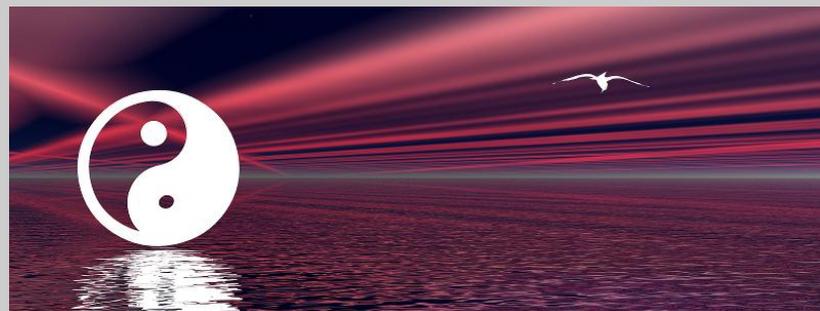
[read more](#)



Swedish Massage

Brian Offering Readings

Brian is now doing readings to anyone that wants to sit for one for tips. Keep in mind, these are mediumship readings, not psychic readings. If you think that it was a good session feel free to leave a gratuity. If you have an interest, please contact Brian and something can be scheduled.



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
