



# Caring Palms Massage and Reiki Newsletter

April 2009

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## Greetings!

Welcome to the April issue of the Caring Palms newsletter. What started out to be a small newsletter grew rather quickly with a record number of articles. This month, we have a Reiki class schedule with a Reiki 2 class and a Reiki 3 class scheduled and some news stories, announcements and an article for you.

I hope you like what we have here.

## Lisa Oz to Talk in Jacksonville

Lisa Oz will be speaking at the Hyatt on April 16th about holistic living and energies. Lisa is a very spiritual person and a Reiki master. She is the wife of Doctor Mehmet Oz (yes, that Dr. Oz from Oprah). The talk is being sponsored through US, Women and Girls Health Initiative.

Lisa Oz is a producer, writer, actress, and frequent co-host of The Dr. Oz Show on Oprah & Friends' XM radio telecast. Lisa has co-authored three New York Times best selling books, including the "YOU: The Owner's Manual" series. She is President of Ozworks LLC, a media and investment consulting company that she founded, and directs Pine Room Pictures, a production company specializing in family friendly media. Lisa Oz was born July 20, 1963 in Philadelphia, PA and received her undergraduate degree from Bryn Mawr College (1985), where she was the award winning captain of her college tennis team. She attended Columbia University's Union Theological Seminary and has written on and maintains a passion for the spiritual studies. Lisa is a Reiki Master and has spoken widely of her insights into energy and health. She lives in Cliffside Park, NJ with her husband Mehmet of 22 years and their 4 children, Daphne (21), Arabella (16), Zoe (12), and Oliver (7).

Tickets are \$50 per person, and can be purchased through

Emily Milward

Assistant Director of Development

Brooks College of Health, University of North Florida

## H Magazine

H Magazine, a production of the Florida Times-Union, did a phone interview with Lisa Oz. During the interview, Lisa talked about her lifestyle and her studies into Eastern Healings (including Reiki) and how they have affected her life as well as that of her Husband. She greatly stresses how western medicine needs to combine with eastern medicine for people to receive proper holistic care.



As part of the article, the Times-Union sent a photographer to the Caring Palms studio to show a Reiki practitioner at work. This article appears in the April edition of H Magazine which is on newsstands now. It is a free publication and can be picked up at various places including Walgreens and CVS pharmacies. The article begins on page 24 with the picture of Brian and his subject on page 26. The article is very good. If you can, go out and get a copy.

If you are not local to this area (as this newsletter does go to people across the country), you can read the article by following the link below. It may take a moment for it to load, so please be patient.

[Read 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'. The current schedule is as follows:

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### Reiki 1

- April 25 (Saturday) 11am - 5pm
- May 23 (Saturday) 11am - 5pm
- June 27 (Saturday) 11am - 5pm

### Reiki 2

- May 2 (Saturday) 11am - 5pm

### Reiki 3

- June 6 (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 cancelled. All class statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'.

### **Caring Palms Closed a Few Days for Continuing Education and Other Events**

During the months of April and May, there are a couple events that will cause the Caring Palms studio to be closed for a few days.

April 17th - April 19th (Friday - Sunday)

Caring Palms will be closed while Brian takes continuing education in Hawaiian Temple Lomi Lomi. This will be a 3-day course at the Gate Parkway Marriott. Caring Palms will reopen Monday, April 20th at the normal hours.

April 30th - May 1st (Thursday and Friday)

Caring Palms will be closed while Brian undergoes cataract surgery in one eye. The studio will be open for the Reiki 2 class scheduled for May 2nd.

May 14th - May 15th (Thursday and Friday)

Caring Palms will be closed while Brian undergoes cataract surgery in the other eye. The studio will reopen Monday, May 18th at the normal hours.

### **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](#)

### **CEU Crunch Time**

Florida massage therapists get licensed every two years, and in that time period, they need to have 24 hours of continuing education. (This number may be less for new massage therapists.) Six of those hours are 'the mandatories', Medical Errors, HIV, Ethics, Florida Law. Of the remaining 18 hours, six can be anything as long as it is approved by the Board of Massage (Insurance Billing, Accounting, etc.). The remaining 12 hours have to be either massage or massage-related. These hours can include massage styles, Reiki, or subjects like anatomy and physiology. This current licensing period ends August 31st. All therapists must renew by then or become unlicensed.

A change in the laws this period requires that the 12 hours of classes actually be in a live class. Internet based classes are no longer accepted for this. Right now, many therapists are looking for classes that they can attend, that they can afford that will give them their required hours. Caring Palms suggests Reiki.

Reiki is energy work and a very nice compliment to massage. Depending on the mood of the Board of Massage, they either qualify it as massage (even though it is not) or massage-related.

Reiki energy can be added to any hands-on treatment, or used as a stand-alone modality. Receiving a treatment is a warm, relaxing experience that lets clients walk away feeling refreshed and energized.

Caring Palms teaches Reiki in three levels, Beginner, Intermediate, and Master. Each class is six (6) hours and costs \$100 per level. Compared to many classes that cost upwards of \$600 for the same number of hours, this is a good price. Each class is a comprehensive, interactive course where the student will be doing Reiki during the class. Also, the class includes a manual that instructs the student in the same order as the class.

If you are a Florida massage therapist, or know someone that is, you might think about Reiki for continuing education. If you are a new therapist, and only need a few hours, you may take only one or two of the classes to get what you need this period, and then take the rest next licensing period.

A Reiki 1 class is scheduled each month, and Reiki 2 and Reiki 3 are scheduled as needed. Classes can be scheduled at any time, even weekdays. For more information on classes, including class outlines, see the Reiki side of the website under 'Class Contents and Materials'. See the class schedule in this newsletter for current class dates. For more information, please call the Caring Palms studio at 246-2206.

Over the past couple of months, Caring Palms has been developing a new class specifically for massage therapists. Because too many therapists hurt themselves and can not practice, or can not give the strength they need without hurting themselves, Caring Palms has developed 'Body Mechanics for Massage Therapists' to help them improve their ability to help others. The 12 hour course covers stances and positions taken from martial arts that allow therapists to give deep pressure without a lot of effort. No matter whether one is 90 pounds or 250 pounds, they can learn to give deep pressure without hurting themselves.

This course has just been approved for Continuing Education by the Florida Board of Massage. Changes are being made to the website to include information for this class. Caring Palms is currently scouting for a location and dates to present this class in the Jacksonville area. Watch the next newsletter or the website for further details.

### Mediumship Classes at Caring Palms

Marilyn Jenquin of the International Foundation for Spiritual Knowledge has just started a monthly daytime beginner's class in the British style of mediumship at the Caring Palms studio. For those that do not know, mediumship is the communication with those passed. The British style is the style that John Edward (Crossing Over) does. It involves giving validations to prove that the medium is indeed talking with whom they say they are before passing on a message. If you are interested in mediumship, or interested in taking this class, please contact Marilyn. The next scheduled class will be Wednesday, April 22nd at 1:00pm. If a daytime class is not something you can make, but are interested, she does have evening classes as well. Contact her for more information.

Marilyn's Phone Number: (407) 247-7823

[E-Mail Marilyn](#)

### Letting Go and Trusting The Right Outcome Will Occur

by **Brian Dean**

When a client comes to see a massage therapist or Reiki master, they are hoping to achieve a specific goal. This could be something as simple as a sore muscle not hurting or to relieve the pain in the low back. The same is also true for someone wanting Reiki.

But with Reiki, we know that expectations are met if that is what is most needed. As I often teach, Reiki goes where it is needed most.

I was taught that it is an intelligent energy that seeks out the object that needs healing the most. Another theory is that the subconscious of the subject is what guides the Reiki where it needs to go. Either way, what it does is what is most needed, but not necessarily what is expected.

There was a lady in England who had a sore back, and went to see a Reiki therapist. She had the expectation that the Reiki would help her back. I'm sure the therapist was hoping the same thing. Afterward, she started having nightmares, definitely not a normal occurrence.

Now, I met her on a Reiki chat board, and then talked with her through instant messenger for quite a while. After much digging, I found out that she had been sexually abused by her father from the age of four to the age of 20. At the time we were talking, she was 42. Now, what had happened was that she had walled off these memories and buried them into a dark corner of her mind. The Reiki went into her and decided that this was what needed the most work (as it works on the physical, emotional, and spiritual levels). While it may have helped her back pain, it also started breaking down the walls so that it could work on healing her experiences. (Any psychiatrist will tell you that burying our problems will not solve them. The only way to solve them is to face them and work them out.)

But the key here is that as a practitioner and therapist, I have to not marry myself to the outcome, especially when I am doing Reiki. Now if someone comes in for massage and they have pain, I will work as hard as I can to alleviate it, and admittedly, I am not happy if I can't 'fix' the whole problem. At the same time, I know that some problems can not be fixed in one session. If I return 95% functionality, then I should be happy. But Reiki is yet a different animal.

Since it goes where it needs to go and works on what is needed most, I have to basically let it 'do its own thing'. As a practitioner, I don't want to direct it as I am then limiting it. My job is to be there and be as clear and open as possible. This way, the Reiki energy is not blocked or limited.

I will start with a prayer or request that the Reiki do what needs to be done and that it give my client everything that they need. Past that, I am just there. I can hope that it fixes certain problems, but I will accept the outcome no matter what it does. That is a very important key for a Reiki practitioner, or a healer of any type. One does the best they can, even if that means sitting there, letting energy pass through you, and trusting that the outcome is for the higher good. This way I am not married to the outcome. I let the outcome happen that will happen and trust that it is for the highest good.

It is called letting go and trusting. It can even be called having faith.

### Brian Interviewed by Florida Times-Union

Brian was interviewed by Jeffrey Brumley , religion and spirituality editor for the Florida Times-Union about Reiki and the recent press release by Catholic Bishops. The article stated that because Reiki is not scientific and does not comply with Christian beliefs that it is inappropriate for Catholic sponsored facilities as well as Catholics as it leads to belief in superstition. The questions asked dealt with what Reiki was and comments on it being 'Non-Christian' and unscientific. Brian stated that he disagreed with the article stating that Reiki comes from the divine. As to it being unscientific, there have been articles in this newsletter before about science not being able to measure energy, and that not meaning it does not mean that it does not exist. "Science takes time to declare anything as scientific fact. Even when they took bread mold and turned it into Penicillin, it was not recognized overnight."

Brian was one of two Reiki therapists in town that were interviewed. The article is scheduled to be in the Lifestyle section of the Times-Union April 1st.

[read the news article](#)

### 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

