

# Caring Palms Massage and Reiki Newsletter

December 2007

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## Greetings!

Welcome to the December issue of the Caring Palms newsletter. This month, we have an updated Reiki class schedule and a couple articles for you. We are also continuing the holiday gift certificate sale. (See the article below.)

I hope you like what we have here.

## 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. You can get several of the same type or mix and match. 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 24<sup>th</sup>. Gift certificates are available in the studio and can be ordered by phone with a credit card. (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.

## Caring Palms Holiday Hours

The Caring Palms studio will be closed Tuesday, December 25<sup>th</sup> for the Christmas holiday. We will be available for appointments and gift certificate sales Monday, December 24<sup>th</sup> by appointment only. Caring Palms will reopen Wednesday, December 26<sup>th</sup> at the regular hours. Caring Palms will also be available for appointments and gift certificate sales Saturday and Sunday December 22<sup>nd</sup> and 23<sup>rd</sup> by appointment. To schedule an appointment, please call 246-2206.



**Special Note:** Caring Palms will be closed Thursday and Friday, December 27<sup>th</sup> and December 28<sup>th</sup> so that Brian may teach the day classes at Everest University. Appointments will be available that weekend.

## Holiday Balance

by Brian Dean

With the holidays approaching, everyone is in good spirits and passing joy. Or so we would like to think. In truth, the holidays are one of the hardest times of the year. This is when the suicide rate goes up and people tend to be depressed. Many are caught up in the holiday shopping as they push and shove their way through stores trying to buy that last gift. Others who can't afford to shop, stay at home and are sad.

[read more](#)

## Reiki Class Schdule

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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:

### Reiki 1

- December 4 (Tuesday) 10:30am - 4:30pm **Confirmed**
- January 12, 2008 (Saturday) 11am - 5pm
- February 9 (Saturday) 11am - 5pm
- March 8 (Saturday) 11am - 5pm
- April 19 (Saturday) 11am - 5pm
- May 10 (Saturday) 11am - 5pm
- June 14 (Saturday) 11am - 5pm

### Reiki 2

- December 2, 2007 (Sunday) 11:00am - 5:00pm **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 cancelled. All class statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'.

Note: There are few classes scheduled for December as most people usually have more pressing things to do, but other classes can be scheduled if needed. Classes may be scheduled during the weekday or

any weekend if someone wishes to have training during that month.

## Explaining It All (Maybe)

by Brian Dean

What is it about Reiki and mysticism? I guess it is time to sound off again (and I say that like it usually isn't), but I just get tired of some of the things I hear people telling others about Reiki. I guess it comes down to there being no consistency in what is taught from one instructor to another.

In all too many cases, I see so many teachers teaching too many things at too many different prices with too many different scales of belief.

OK, where to start?

[read more](#)

## Modality of the Month: Swedish Massage

Although exotic sounding, Swedish massage is the most common type of massage performed. Developed by Pehr Henrik 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.

[read more](#)

## Being Humble

by Brian Dean

There was a post on a Reiki chat site a long while ago that talked about being humble. The poster worked with someone that had said he was humble, and the poster didn't think it was a jest. Oook. Isn't that a contradiction in terms?

The poster was asking the same question. Because we try to be humble, does it make us so? And if we are bold enough to declare that we are humble, doesn't that say just the opposite? What is the deciding factor on whether we are humble or not? Well, in my (ahem) humble opinion, I feel it has to do with other's perceptions of us.

[read more](#)

May light continue to illuminate your path and envelope you with love this holiday season and into the new year. Take care.

Sincerely,

Brian

Caring Palms Massage and Reiki