

Caring Palms Massage and Reiki Newsletter

July 2007

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Greetings!

Welcome to the July issue of the Caring Palms newsletter. As we head into the hottest months of the year, remember to have lots of water with you when you are out. If you want to get cooled off and relaxed, come in for a nice relaxing massage. This month, we have an updated Reiki class schedule and a couple articles for you.

I hope you like what we have here.

Caring Palms Closed for Independence Day

The Caring Palms studio will be closed Wednesday, July 4th for Independence Day. Caring Palms will reopen Thursday, July 5th at the regular hours. We hope everyone has a safe and holiday.



Quick Links

[The Caring Palms Website](#)

Reiki Class Saw Six Students

Caring Palms last Reiki 1 class had six students, making it a very good class. One of the students is a massage therapist (who earned continuing education credits for her participation), two are massage students, while one is a medium. The other two are people that felt drawn toward healing, and decided that Reiki was a positive way to help others.

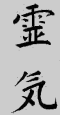
Although the class did run a little long, everyone learned well and asked good questions. Everyone came away with a positive attitude, feeling that the class was good.

Caring Palms schedules a Reiki 1 class each month. Other levels of Reiki are scheduled based on students' desires to move forward. Although large classes are great, Caring Palms will teach to as few as one student if that is all that are interested for that month. If you might be interested in taking a class, see the schedule of Reiki classes in this newsletter. Also, more information can be found about Reiki (including class outlines) on the website under Class

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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:

Reiki 1

- July 21 (Saturday) 11am - 5pm **Confirmed**
- August 18 (Saturday) 11am - 5pm
- September 22 (Saturday) 11am - 5pm
- October 20 (Saturday) 11am - 5pm
- November 17 (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'.

The Buzz

What's the buzz? Well, bees. What about bees? Do you know that they are dying?

I had read or heard a news story some time back. Did you know that a large portion of the honey bee population has been disappearing?

I've talked about changes that have been happening in the environment, and how normal, expected things in nature, just aren't happening anymore. Migratory patterns are changing. For instance, the swallows no longer return to Capistrano. The Baltimore Oriole (the bird that the baseball team was named after) no longer lives in Baltimore. Now I am hearing about the decreasing bee population. [read more](#)

Modality of the Month

Deep Tissue Massage

One of the most requested styles of massage is Deep Tissue. It

almost seems that everyone wants very deep work on their muscles, but that is not what they want at all. Most people just want to feel their massage. The best place to start is to define Deep Tissue massage.

[read more](#)

Caring Palms at Bank of America Postponed

Negotiations are still continuing so that Caring Palms can come in and do chair massage at Bank of America's Wellness Center one day per week. Although we had hoped this would already be in place, there are still some things that need to be worked out. We are waiting on decisions to be made at the corporate levels of MedFit (and possible Bank of America) regarding requirements for subcontractors.

We hope these issues can be resolved soon, and we can be available for you soon.

As a reminder to those that won gift certificates for a free massage in the drawing at the Wellness Fair back in May, those gift certificates are valid for six months. So if you haven't called to schedule your free session, you should think about doing so.

Measuring Energy

We talk about Reiki, Therapeutic Touch, and many other healing modalities. One thing that they all have in common is that modern day science (modern medicine) doesn't believe in them. And that mostly stems from the inability to measure them.

Doctors look at the energy medicines as bunk. It can't be measured, so it can't exist. Scientists feel the same way when they talk about psychic phenomena.

[read more](#)

Touching Tells What You Are About

Here is something that came to me that seems to make a lot of sense: Your touch is your introduction. Your energies are your intent, and define who you are.

Think about it. If you are a massage therapist, energy healer, doctor, or anyone that helps people, then this is very true. How often are people judged on the quality and strength of their handshake?

As a massage therapist, one of the first things I do when I do a massage is to lightly run over the entire back of the body above the sheet. This tells me a lot of things, but also introduces the client to my touch. As an energy worker, the instant I touch someone, the energies are flowing. This initial touch is saying hello. The pressure and feeling produced by it say a lot.

[read more](#)

May light continue to illuminate your path. Take care.

Sincerely,

Brian Dean

Caring Palms Massage and Reiki