



Caring Palms Massage and Reiki Newsletter

September 2007

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Greetings!

Welcome to the September issue of the Caring Palms newsletter. Last month was extremely busy, unfortunately most of it was outside the business. It was spent preparing lessons for school and dealing with personal issues. Things were so busy that the beginning of the month crept up on me and snuck right on by. Hence the lateness of this issue.

This month, we have an updated Reiki class schedule and a couple articles for you. I hope you like what we have here.

Back to School

Well, it's back to school for the children. Now that they are safely back in their classes, it's a good chance to take some much needed time for yourself. Treat yourself to a much needed 'tune-up' at Caring Palms. We have a style to meet your needs whether you need relaxation or have problems that need work. So come on in and set up a session.



Last Month's Reiki Classes

Caring Palms Reiki classes were real good last month. The Reiki 1 class had two students, one who had taken Reiki before from another teacher. She said what most people do, that they learned a lot more from the Caring Palms class. The Reiki 2 class had five students who learned to work on someone distantly, and locally in groups. It was a wonderful group of students and two wonderful classes.

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 Scheduling and Schedule of Classes.

Life Value

It's a great satisfaction knowing that for a brief point in time you made a difference.

Every year, I start looking back at what I have done with my life and wondering if I have value, if I'm a success.

The question is how you measure success, and what you give value to. Well, first off, I'm not rich and I'm not famous, not that I've ever given a lot of credence to either of those things (although not having to worry about an income would certainly be nice). J So, am I a success? I don't think I'm still sure about this one. I get by. I'm not out there changing the world, or if I am, I'm doing it in real small increments (as in one body at a time).

[read more](#)

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

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

Modality of the Month

Trigger Point Therapy

A trigger point is a very sore spot located in a tight muscle. Not only is it sore at its location, it also refers (causes) pain in a predictable pattern to other areas. When one comes to Caring Palms with chronic (ongoing) pain that nothing seems to relieve, we will usually suspect trigger points.

[read more](#)

Having Courage

by Brian Dean

Here is a proverb to think about: A ship in the harbor is safe, but that is not what ships are built for.

This is so very true about a lot of things. But we're not talking about sailing here. We're talking about courage. Courage to do the things you were meant to do. Or courage to do the things you should be doing.

[read more](#)

Happiness

by Brian Dean

Ok, so here's another saying: Happiness is a perfume you can't pour on others without getting a drop on yourself!

We know that emotion is energy. And that energy can spread to others. We also know that when we feel some powerful emotion, it fills the field around us, and does spread to others nearby. But one thing is true, if you aren't feeling that emotion, it is hard, if not impossible to get someone else to feel it. But if you do get someone else feeling it, you will find that some of it spreads back to you.

So go spill some happiness on others.

May light continue to illuminate your path. Take care.

Sincerely,

Brian
Caring Palms Massage and Reiki