



# Caring Palms Massage and Reiki Newsletter

April 2008

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## Greetings!

Welcome to the April issue of the Caring Palms newsletter. This month, we have an updated Reiki class schedule and a couple articles for you.

I hope you like what we have here.

## Modality of the Month

### Triigger 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.

Remember the story of the princess and the pea? Well, think of the mattresses as muscle fibers and the pea as the trigger point. Yes, it's usually that small and yes, it can cause that much discomfort. Because of their small size, we rely on your feedback as to whether something hurts, how much, and does it hurt anywhere else.

[read more](#)

## Holistic Healing is No April Fools

by Brian Dean

Holistic methods of care have grown tremendously in the past 10 to 20 years. Although a lot of people have not heard of many of the methods, a lot more have, and that number is growing every year. Part of that comes from the lack of faith in our system of healthcare, and part from the growing number of methods available.

The popularity of Reiki is growing all the time, but so is massage as people realize it is a necessary part of healthcare. Both of these methods fall under the umbrella of holistic care and considered CAM (Complimentary Alternative Modalities) methods even though massage is regulated by the Board of Health and considered mainstream healthcare.

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This past month, Caring Palms taught two Reiki classes, a Reiki 1 (beginners) and a Reiki 2 (intermediate). The first was attended by two students and the second by four. All did very well in understanding the concepts involved. Both classes were great fun with good energies going around. If you are looking at learning this method of holistic healing, Caring Palms schedules a class each month. Please check the schedule to find a class that works with yours. If there are not any that do, one can be set up at any time. Continuing education credits are available for Florida massage therapists.

## Reiki Class Schedule

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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

- April 7, 2008 (Monday) 10:30am - 4:30 pm **Confirmed**
- April 19 (Saturday) 11am - 5pm
- May 10 (Saturday) 11am - 5pm
- June 14 (Saturday) 11am - 5pm

### Reiki 3

- May 24, 2008 (Saturday) 11am - 5pm (see note below)

A Reiki 3 class will be scheduled in the near future. I am looking at April 26<sup>th</sup>, May 3<sup>rd</sup>, or May 24<sup>th</sup>. If you have had the prerequisite classes and are interested, please keep checking the website for the date once it is set.

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'.

Over the last 11 years, I have been a Reiki master, and even though I have been doing this for a while now, I am still amazed at what it can do, and how amazing, almost miraculous it can be. By now, one would think that I would be used to it. I mean, people come in and get Reiki, and then leave feeling better. That is normal. But every now and then, it is like the sky opening up and everything falling into alignment.

Last week, I received a call from a lady asking if I did Deep Tissue and Trigger Point work. She said that she had a hip alignment issue and thought I could help with it. I told her I would be glad to see what I could do, and we set an appointment. When she arrived, I saw that she was a frail looking 81 year old. When we went over her health information, I found she had many contraindications (problems that could be made worse with massage) that kept me from doing the work she wanted. In fact, her doctor had postponed working on her until some swelling had gone down. So, seeing as I could not do massage, I suggested Reiki.

[read more](#)

## Mother's Day

Mother's day is right around the corner. What can you get Mom to show her that you love her? How about a nice relaxing massage from Caring Palms? Each massage is crafted to the needs of the client and can be soft and relaxing, or deep work. Show Mom that you care. Purchase her a gift certificate for either a one-hour or 90-minute massage. She will appreciate it.

## Brian Dean - Biography

Brian is a Nationally Certified, Florida Licensed Massage Therapist, Reiki Master, and member of the Florida State Massage Therapy Association. He is a graduate of the Coastal School of Massage Therapy in Jacksonville, Florida. Brian first learned massage techniques several years ago in a trade of learning with a licensed massage therapist in Maryland. Working on friends and family, his skills grew.

After moving to Florida he learned Reiki and has been a Reiki Master since 1997. He audited classes at a local massage school one night a week, seeking to extend his knowledge and increase his skills. He again practiced on family, friends and neighbors, and more friends. It gave him a wonderful feeling to know that he had helped someone.

[read more](#)

**Sincerely,**

Brian

Caring Palms Massage and Reiki

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