



# Caring Palms Massage and Reiki Newsletter

August 2008

## In This Issue

[Dealing With Problems](#)

[Help Wanted](#)

[Modality of the Month](#)

[Distant Attunements](#)

[Reiki Class Schedule](#)

[Spending the Time You Need](#)

[You Have Questions?](#)

## Quick Links

[The Caring Palms Website](#)

## Join our list

[Join Our Mailing List!](#)

## Greetings!

Welcome to the August issue of the Caring Palms newsletter. This month, we have an extended Reiki class schedule with a Reiki 2 class scheduled, and a couple articles for you.

I hope you like what we have here.

## Dealing With Problems

by Brian Dean

I was talking with a friend today, and we were discussing problems. Suddenly, this pops into my head: "How we deal with problems is as important as the problems themselves."



First off, I know that this did not come from me, or from the friend I was talking with. This came directly from spirit. I hustled over to the computer so I could get it down before I forgot it. Somehow, I saw this as a message not only to the both of us talking, but to others as well. So, it is amazingly finding its way into an article. But, back to the issue at hand.

[read more](#)

## Help Wanted

Due to personal circumstances, Melissa Speerly has moved back to Illinois and is no longer available to our clients. We wish her well in whatever interests she decides to pursue. Because of this, Caring Palms is currently seeking a nationally certified female licensed massage therapist to work at the studio for those clients that prefer a female therapist. This can be either a full time or part time position. If you know anyone that might be interested, please have them contact Caring Palms either by phone or by e-mail.

## Modality of the Month

### Swedish Massage

Although exotic sounding, Swedish massage is the most common

type of massage performed. Developed by Pehr Henrick 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](#)

## Thoughts on Distant Attunements

by **Brian Dean**

Attunements are something given to Reiki practitioners to help them pass on the Reiki energy. Most Reiki masters give their attunements in person. Some give them at the beginning of class, while others give them at the end as some type of graduation. Others give attunements distantly, and this is one of the big controversies about the attunements themselves. Can one be attuned from a distance? What could go wrong, and what could go right?

But first, we need to understand what an attunement is and we'll forgo the joke that says you can tune a piano, but you can't tuna fish. Sorry.

According to most people that teach Reiki (and William Rand's group is no exception), the Reiki teacher gives the student the ability to do Reiki through the attunement. When Rand's people try to put it in scientific terms, they claim that the attuning process changes something in one's DNA which allows that person to accept and pass on Reiki energy. I have always thought that this was just so much felgercarb.

[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:

靈  
氣

Reiki 1

- August 7 (Thursday) 10am - 4pm **Confirmed**
- August 9 (Saturday) 11am - 5pm
- September 13 (Saturday) 11am - 5pm
- October 11 (Saturday) 11am - 5pm
- November 8 (Saturday) 11am - 5pm

## Reiki 2

- August 23 (Saturday) **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'.

### Caring Palms, Where We Spend the Time You Need

Unlike some places that do massage, Caring Palms does not rush you in and out. We take the time to talk with you to see what problems you are having, to see what you are looking for in your massage, and what your expectations are. Then we craft a session to meet your needs using any of the nine different styles we offer including Swedish, Deep Tissue, Hawaiian Lomi Lomi, Myofascial Release, Hot Stone, and Esalen-inspired relaxation massage. We can even integrate parts of many styles into one massage session or add Reiki energy

If you're not sure about massage, we'll even give you a free 15-minute consultation whether you buy a session or not.

At Caring Palms, we care about the client, and we're willing to spend the time with them to make sure we deliver the best session possible. Caring Palms, where a massage is more than just a massage. It's a healing session.

### 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