



Caring Palms Massage and Reiki Newsletter

August 2009

In This Issue

[Classes, Classes, and More](#)

[Classes](#)

[Body Mechanics Class](#)

[Schedule](#)

[Reiki Class Schedule](#)

[Modality of the Month](#)

[Circles and Patterns](#)

[Inspired Poetry](#)

[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, Caring Palms has a lot of classes scheduled. We have one Body Mechanics class and three Reiki classes. We have Reiki classes of all levels as we are trying to be available for last minute CEU needs for massage therapists. We also have other information for you.

I hope you like what we have here.

Classes, Classes, and More Classes

As the end of the massage therapist licensing period nears, Caring Palms has had an increase in the number of students in its Reiki classes. Although most of these are massage therapists needing continuing education, many are still regular people wanting to learn this unique style of hands on healing.



The Reiki 1 class in May saw five students, while the June class saw six. The just completed July class saw seven causing the class to be moved to an empty office in the office park. This coming Saturday will see a Reiki 1 class with 12 students in it, the largest Reiki 1 class ever at Caring Palms. And if that wasn't spectacular, the Reiki 2 class the following week already has 14 people signed up and it is expected that some of the people in the July and August Reiki 1 classes will sign up as well.

Brian is happy to introduce new people to the Reiki method of healing, and to pass this knowledge so that it is more available to people that need it, as well as being able to provide continuing education to those that want it. Once the license renewal period is up at the end of August, it is expected that the number of students will drop off to a normal amount.

Caring Palms does have Reiki classes available after August and can take students at any time. If you have an interest in learning this method of healing, contact Caring Palms or check out the website.

Body Mechanics and Advanced Techniques for Massage Therapists Class Schedule

The following is a list of currently scheduled classes. This class is a two-day class worth 12 CE hours. 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:

- August 15th - August 16th (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm) **Confirmed**
At the Caring Palms Massage and Reiki Studio

This is a comprehensive course that is presented in a friendly, easy to follow manner with the student gaining hands-on experience before the conclusion. Part of the class is lecture with basic exercises that the class will participate in. Part of the class is hands-on practice where movements are shown that the student will perform. Some of the movements will be basic (Effleurage, Pétrissage, etc) with the focus being on better mechanics and deeper pressure. Other movements will be more advanced showing new ways to get deeply into certain areas.

Florida Board of Massage Approved for twelve (12) Continuing Education Hours (CEUs)

Class Cost: \$300

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'. Any class marked as 'Closed' has basically filled up. (**Note:** In some cases, one may be able to enter a class marked 'Closed' with permission of the instructor.) The current schedule is as follows:

靈
氣

Reiki 1

- August 1 (Saturday) 11am - 5pm **Closed**
- September 12 (Saturday) 11am - 5pm
- October 10 (Saturday) 11am - 5pm
- November 14 (Saturday) 11am - 5pm

Reiki 2

- August 8 (Saturday) 11am - 5pm **Confirmed**

Reiki 3

- August 29 (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'.

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.

When muscles become very tight and stiff, they need lots of pressure to get them to loosen up and stretch. Deep Tissue is that added pressure that gets way down into the belly of the muscle to get it to relax. Many times this can be painful depending on how deep the therapist goes, but all too often, that is what is required for someone to feel better.

[read more](#)

Circles and Patterns, The Circularity of Life

by Brian Dean

Everything has patterns, and most of those patterns are circular if for no other reason than because they are patterns which means that they repeat. We live on a ball, a circle. It rotates in a circle going from day to night and back to day again. This ball also rotates in a circle around the sun going from spring to summer to fall to winter and back to spring again.

Life is a circle as well. We may feel it is a straight line from birth to death, but it has many revolutions on its path. And even that path is a circle as we are born from the elements and to the elements we return. Harry Chapin once wrote in a song...

All my life's a circle;
Sunrise and sundown;
Moon rolls thru the nighttime;

Till the daybreak comes around.

It seems like I've been here before;
I can't remember when;
But I have this funny feeling;
That we'll all be together again.

It describes the revolutions in one's life, how friends come and go, and come back again. It shows circular patterns in life.

We go through circles every day. We get up, go to work, and come back home again. And while this may be the norm for many people, even in the most chaotic life, there will be patterns, and those patterns blend into a circle whether they are physical patterns or thought patterns. We all have them. We all move in circles.

Years ago, I took a martial art called Aikido. What I liked about it was that it was based on nonresistance rather than strength. One did not have to learn how to break boards or be physically strong. One just needed to look for the pattern of the attack, and then move out of the way. It sounds simpler than it is (as all things do), but it worked, and it worked in circles. You see, Aikido movements are circular while force moves in a straight line. Force is sucked into the circle at one point and expelled from it at another.

Circles are nice. The energies of the planet come in patterns and circles. In fact we depend on these patterns in things like weather and gravity and movement. Yet the bigger patterns are also dependent on our smaller patterns. Our energies in what we do and what we are give to the energies of the planet thus becoming part of the bigger picture. Energies push down from the outer reaches of the planet and mingle with our energies. Those energies then push back out, mixing with what is there to repeat the process again.

This is a circular cycle, large energies feeding down to our smaller level, mixing on this basis and then combining again to move back out to the bigger level. Everything feeds everything else. This is an important concept to realize.

We forget that we are part of a whole. We may be small, but our circles interact and complete other circles which interact and complete others still. Every drop in the pond no matter how small sends out ripples.

How do the circles we make interact with other circles, other patterns? That is what we need to start asking. What effects do we have on others, on the world? We need to start looking at patterns, and maybe changing them. We need to see how our energies affect the energies around us. Are we a force for the positive?

Everything has a circle, a pattern. How can we change our pattern

to make better interactions? First, we need to recognize that there are patterns, and then start noticing them. Once we do that, we can make changes and see what works best. Then we, at our low level, our small piece of the big picture, begin to change the world.

Inspired Poetry

by [Brian Dean](#) (with help)

As part of an exercise in a mediumship class, we were told to do inspired writing. The following is what came through and was the inspiration for the article above.

I see the earth rotating.

Clouds flowing across continents in perfect symmetry.

Colors dance as oceans move.

Weather patterns change, still keeping the flow.

Upon the planet, creatures live out their lives, a small part of the symmetry, yet a large part at the same time.

Their lives moving and weaving, creating patterns and interactions that build upon the fabric of the landscape.

Eventually, the patterns grow, and move, and weave into the very essence of the planet itself, thus creating the circular shape we see from space.

Outermost forces build inward and support the innermost pieces of the design.

Innermost forces built outward to fulfill the whole giving circular flow.

The earth is a beautiful place.

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 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