



# Caring Palms Massage and Reiki Newsletter

May 2009

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## Greetings!

Welcome to the May issue of the Caring Palms newsletter. This month, Caring Palms announces its new continuing education class and schedule. We have a Reiki class schedule with a Reiki 2 class and a Reiki 3 class scheduled and some news stories, announcements and an article for you.

I hope you like what we have here.

## Florida Times-Union Reiki Interview

Last month, one article in this newsletter told about a press release from the Catholic Church denouncing Reiki as unscientific and superstition. Since then, there has been a large backlash from the Reiki community many of whom are Catholic. One of Brian's Reiki students stated that she has been doing Reiki for years and that "God hasn't struck me dead yet." In fact, many of Brian's Reiki students and clients are Catholic and do not understand why the Church feels the way it does. After all, the 'laying on of hands' is very fundamental to the beliefs of many religions.

Because of the press release, and the recent photo shoot for H Magazine, Brian was interviewed by Jeff Brumley of the Florida Times-Union. During the 30 minute conversation, many things were stated and defined, many of which did not make it into the article. Many things were talked about including the right of the Catholic Church to make decrees, and the source of Reiki.

One thing that bothered Brian is that the press release stated that Reiki was not to be done at any Catholic facilities as it was not for Christians. Brian stated that while the Catholic Church has a right to define their beliefs any way it sees, and to dictate what it feels its followers should do, he felt that saying it was not for Christians was doing more than that as Christians is a group that encompasses many religions.

Much of the argument was whether Reiki was spiritual or not. Brian said that Reiki comes from the divine meaning it is spiritual (while

not aligning with any particular religion) and not superstition.

As far as being unscientific, there have been many articles here and on the website about science's inability to measure energy. Unfortunately, since they can not measure it, they consider it bunk.

Brian also disagreed with some of the things attributed to the other Reiki master interviewed. According to the article, she stated that Reiki is not spiritual at all. It is not known if she was misquoted or truly believed this.

Brian felt that while the article was good in getting knowledge out there about Reiki, he felt that the article was way shorter that it could have been, and that the picture of Brian was way bigger than it needed to be. It is not known if the shortness of the article was due to the writing or editing.

Follow the links below to read the initial press release and the Times-Union article. Also read further in this newsletter to see a Reiki practitioner's response to the press release.

[Read the press release](#)

[Read the Times-Union article](#)

## Reiki: A Therapist Speaks Out

by Brian Dean

Recently, Reiki has been thrust into the limelight due to a recent press release from the Catholic Church. They stated that it has no scientific basis and is based on superstition, not spirituality. Well, this Reiki therapist wants set the record straight and eliminate much of the confusion.



Reiki is one of three major types of energy healing, the others being Therapeutic Touch and Polarity Therapy. Although there is no scientific basis for any of these practices, Therapeutic Touch was developed by a nurse and is taught to medical professionals (and yes, there are many people who still believe it to be bunk). Polarity Therapy was developed by a doctor, but is not as popular. These latter two methods use the practitioner's energies to change the energy flow in someone else's energy field. Reiki differs from these as it brings in energy from the universe into someone else. It was developed by Mikao Usui from information that came to him in a meditation and falls under the category 'the laying on of hands'.

But let's start at the beginning... Reiki comes from the Japanese terms Rei (God consciousness) and Ki (universal life force energy). Ki is the energy in all living things. Reiki is this energy coming from the universe guided by the divine to work on problems in someone.

Basically, Reiki is positive energy which is brought into someone that has been trained to tap into it and passed into someone in need of healing. Every problem each person has, has negative energy associated with it. The positive Reiki energy works against the negative energies either reducing or eliminating them, making the receiver feel better. It has been known to remove pain (sometimes instantly) and work against disease and illness of any type. This therapist has personally used it against problems ranging from headaches to cancer with usually good results. In most cases, Reiki can remove a strong migraine in as little as 30 minutes.

The scientific community complains that there is no scientific basis for it and that it is not scientifically accepted. That is true. Science can not measure the human energy field or the manipulation of energies that a practitioner of any energy method can do. (But science is starting to look at this seriously and has seen some astounding test results.) As far as it not being scientifically accepted, well that is true too. But think about this, when someone decided to take bread mold and turn it into Penicillin, people did not believe in that either. It was years before it was scientifically accepted. After all, at that time, we were still bleeding people to cure them of their ills.

Now, the Catholic Church says that Reiki does not follow their beliefs. This may be true, but it is their definition of 'spiritual' that causes them to see it that way. They claim it does not follow 'the path' as they define it, and they have the right to define that path any way they want. Actually many Catholics have been speaking out against this decree and many of them are Reiki practitioners. But while the Church says that it does not follow their beliefs, it does not make it superstition. It also does not make it evil. They claim that it is not for Christians, yet the term Christian covers a large group of people of which the Catholic Church is only a part.

Reiki comes from the divine. There simply is no other way to say it. A Reiki practitioner passes energy through them. The practitioner is not holy, or super, or divine. They simply cared enough to learn this healing art and are willing to give their time to help others (and anyone can learn to do this with only a few hours of training). In fact, the practitioner does not control the energies, nor do they direct them. The energy does not come from them. It simply passes through them. The practitioner is nothing but a means of delivery. They are the electrical cord from the wall to the lamp. The energy (as mentioned before) is guided by the divine and goes where it needs to go most for the highest purpose. It is the practitioner's willingness, their training, and their faith in a higher power that allows them to conduct Reiki energy and help others..

But Reiki is also under fire from the medical profession. More and more people are getting dissatisfied with the medical care they have been receiving and have been seeking out alternative help. Reiki is

one of many types of CAM (Complimentary Alternative Medicine) methods. CAM covers a huge amount of methods from energy healing to massage to aromatherapy. The key here is 'complimentary'. Reiki and many other methods work well with traditional medical care. They can reduce pain and suffering and improve health and general well being. In many cases they can help people who have chronic problems where medical science can do nothing but prescribe pills. But they work well with regular medical practices.

Unfortunately, while some of the medical community is opening its eyes to the benefit of Reiki and other alternative care, most feel threatened about losing patients. Yet many doctors and nurses (as well as massage therapists and just plain old ordinary people) are becoming Reiki practitioners.

Before you turn away from Reiki because of all the recent hype, look at some of the facts. Make your decisions based on those facts. Allow yourself the chance to feel better. Reiki is real. It is not superstition, mumbo jumbo, or hocus pocus. It does work. Give it a try.

### Caring Palms Announces New Class

Caring Palms is pleased to announce **Body Mechanics for Massage Therapists**, a new class in its continuing education series. This class is 12 CEUs (continuing education credits) for Florida Massage Therapists.

Body Mechanics for Massage Therapists was created to reconnect the massage therapist with proper body mechanics and techniques showing how to work without hurting oneself and how to apply deep pressure with little effort. The class being part lecture, part hands-on practice takes stances, centering, and the proper use of body strength from martial arts and applies them to the art of massage. The student will learn how to focus their energies and use their body to do deep work and not get hurt. This class will help anyone to work deeply with less effort no matter if one is 90 pounds or 250 pounds. This class is for the seasoned therapist or the new therapist. It will show moves everyone does, but in a new light as well as moves many people may not have seen before. The idea is not to dictate how to practice, but to show better body mechanics which the therapist can adapt to what they do. This is true whether they adapt all of it or just part of it.

For more information, see the website under Continuing Education. Also see the current class schedule below.

### Body Mechanics 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:

- June 27th - June 28th (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)  
At the Hampton Inn at Jacksonville Beach, FL [Hotel Details](#)
- August 15th - August 16th (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)  
At the Hampton Inn at Jacksonville Beach, FL [Hotel Details](#)

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 Early Registration (at least 19 days before the class date)**

**\$350 within 19 days of the class date**

### Caring Palms Closed Dates

During the month of May, there are a couple events that will cause the Caring Palms studio to be closed for a few days.

April 30th - May 1st (Thursday and Friday)

Caring Palms will be closed while Brian undergoes cataract surgery in one eye. The studio will be open for the Reiki 2 class scheduled for May 2nd and available for massage and Reiki Monday, May 4th.

May 14th - May 15th (Thursday and Friday)

Caring Palms will be closed while Brian undergoes cataract surgery in the other eye. The studio will reopen Monday, May 18th at the normal hours.

### Brian Takes Continuing Education

A couple weekends ago, Brian took additional classes in Hawaiian Temple Lomi Lomi. The three day intensive class helped Brian polish off the nuances of the Lomi bodywork that he has been doing for two years.

Hawaiian Temple Lomi Lomi is a full body massage that differs from most other styles of massage. In most other massage styles, the body is worked in parts where one part is uncovered and worked and then covered back up. Then the next part is uncovered and worked and covered back up. Temple Lomi does moves that incorporates the entire body by using movements that run the length of the body and then seamlessly integrating parts into the full flow. Because of the movements, minimal draping is required.

The client's that have experienced Temple Lomi claim that it is the most relaxing style of massage that they have ever experienced. One claimed that it was the most awesome massage that they had ever had.

If you want to experience this extremely relaxing style of massage, book a session.

For a longer description of Lomi Lomi [go here](#).

## 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

- May 23 (Saturday) 11am - 5pm **Confirmed**
- June 13 (Saturday) 11am - 5pm
- July 25 (Saturday) 11am - 5pm
- August 1 (Saturday) 11am - 5pm

### Reiki 2

- May 2 (Saturday) 11am - 5pm **Confirmed**
- August 8 (Saturday) 11am - 5pm **Confirmed**

### Reiki 3

- June 6 (Saturday) 11am - 5pm
- 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

### Esalen Massage

A beautifully landscaped grounds overlooking the Pacific ocean is the home of the Esalen Institute in Big Sur California. The institute has a center for the arts, a center for theory and research, lush gardens, natural hot springs, and massage. While the owner wanted it to be known for the arts and research and such, Esalen became known for its unique style of massage.

Californians are very laid back when it comes to massage. Esalen became known for doing massage without draping (as long as the client was comfortable with it). There were times even when the therapists wore nothing because they were comfortable with it. At one point, when the local licensing board became aware of this, they told the therapists that they would have to wear something or be licensed under Adult Entertainment.

While they do Esalen in California with little or no draping, it can be done within most people's comfort levels. Sometimes creative draping is needed to keep a person covered, but it can be done. Minimal draping is best, but full draping can be used.

[read more](#)

## Web Site Change

The Caring Palms website has been changed recently to add a third piece: Continuing Education. While Caring Palms has always offered continuing education for Florida massage therapist with its Reiki classes, the addition of a new, non-Reiki class prompted the need for a change. Instead of the site being divided into two pieces (Massage and Reiki), there is now a third piece that deals only with classes offered as continuing education.

The massage side will still cover everything about massage that we do at Caring Palms (including teaching massage to couples), and the Reiki side will still carry everything about Reiki including Reiki classes and favorites like the Ethereal Journal, the new piece will deal only with class information for both Reiki and massage classes

for licensed massage therapists. It was felt that someone coming to the site specifically for CEU class information would find it easier if it was separated out.

Please feel free to check out the site and tell us what you think.

### 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  
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