

Caring Palms Massage and Reiki Newsletter

November 2009

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Greetings!

Welcome to the November issue of the Caring Palms newsletter. This month we start our gift certificate sale. We also have a confirmed Reiki 1 class scheduled and a couple articles for you.

I hope you like what we have here.

Welcome to Fall

Caring Palms is announcing the **Holiday Gift Certificate Sale**.



Buy 1 gift certificate, save \$5 Buy 2 gift certificates, save \$15 Buy 3 gift certificates, save \$25 **Best Deal:** Buy 4 gift certificates, get 1 gift certificate FREE!

Gift Certificates are available for massage or Reiki sessions, or massage or Reiki classes. Buy gift certificates for friends and loved ones, or just for yourself. If you have four friends that can benefit from massage or Reiki (and everyone can), you can buy four gift certificates for them, and get one free for yourself. If you are a regular client, you can buy four gift certificates for yourself and get five sessions (this is the best deal going).

The sale begins Monday, November 16th, and runs through Thursday, December 24th. Gift certificates are available in the studio and can be ordered by phone with a credit card at (904) 246-2206, or by mail with a check. (Sorry, this special is not available at the web site.) What better gift to give to those you care about? Give them the gift of love and healing.

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'

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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:

Reiki 1

- November 14 (Saturday) 11am - 5pm **Confirmed**
- January 9, 2010 (Saturday) 11am - 5pm (**Note:** one can take this class and then advance to the Reiki 2 class on January 30th.)
- February 13 (Saturday) 11am - 5pm
- March 13 (Saturday) 11am - 5pm
- April 10 (Saturday) 11am - 5pm
- May 8 (Saturday) 11am - 5pm
- June 12 (Saturday) 11am - 5pm

Reiki 2

- January 30, 2010 (Saturday) 11am - 5pm **Confirmed**

Reiki 3

- February 27, 2010 (Saturday) 11am - 5pm

Note: I promised to teach another Reiki 2 and Reiki 3 before the end of the year, but with the holidays coming up, there just is not enough room in the schedule.

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 canceled. 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

Reiki

Although Reiki is not massage (as the muscles of the body are not manipulated), it is a very relaxing yet powerful method of healing. In the simplest form, Reiki is the laying on of hands. It is guided, positive energy brought in from the universe by someone that knows how to 'tap into' it, and passed into someone in need of healing.

All problems in the body, whether they be illnesses or injuries, are centered around negative energy. Reiki overcomes the negative energies with positive energy, in most cases making the person feel better, and in some cases removing the problem completely. Reiki

has been known to reduce and alleviate pain, discomfort, or disease of any kind, and has been used on all major diseases. Reiki is hands-on healing and a nice pleasant experience.

[read more](#)

Working Famously

by Brian Dean

At Caring Palms, I meet some interesting people doing what I do. For instance, I have worked on Chuck Yeager, John Corbett, Linda Williams, Jimmy Olson, Nancy Walker, and Linda Hamilton.

Unfortunately, unlike my teacher at the school I went to who actually worked on Demi Moore while she was in the area making G.I. Jane, the Chuck Yeager I worked on was not the one who was the first pilot to break the sound barrier, nor was the John Corbett the one that starred in "My Big Fat Greek Wedding". The Nancy Walker is not the one that starred in "Rhoda" and "McMillan and Wife". The Linda Williams is not the one that was in "Something the Lord Made" and Jimmy Olson certainly isn't Superman's pal. And of course, Linda Hamilton is not the one that starred in "Terminator".

Yet I do get interesting people.

One time I worked on a guy from Ireland that was part of the ground crew for the Fuji blimp. His job is driving a certain distance and then waiting for the blimp to catch up, and then repeating the same thing over and over. (The blimp only goes 35mph.)

There was one day that was really neat. I worked on the head chef to the Cirque du Soleil (Circus of the Sun). The Cirque du Soleil is acrobats and animals and a host of other things that travels from city to city. My client travels in a truck which is his kitchen. He feeds 120 people twice a day with an international menu and no repeats. Since these people are effectively athletes, he can not use butter or cream (nothing with high fat content). He has to come up with all the menus, buy the food locally in each city, and direct his team of five chefs to prepare the meals. Better him than me.

One of my clients actually had a non-speaking part on the TV series One Tree Hill a few weeks back. Cool, massage therapist to the stars.

But I like meeting these interesting people and learning about them. And they seem to really like my work (which is what I am here for). I just wish they would find me before they are on their last day here as that seems to be the case too often. But Caring Palms has a lot of neat, interesting clients whether they are famous, or have a famous name, or not. We just like helping people here.

by Brian Dean

With the current trends in healthcare, the more you know, the more chance you have of staying alive and living a decent life. But to do this, you have to make decisions about your health and healthcare, and to be able to do that, you need to know what people are talking about and is available.

When we get sick, the first thing that most of us think about is going to the doctor. "Hi Doc. I've got this problem. What should I do about it?" The doctor will listen to what you say, maybe run some tests, and probably prescribe some drug. This seems to be true whether you are dealing with a common illness, or something drastic.

What helps the doctor decide are many new diagnostic tools that make you think of medical machines out of science fiction. And backing them up are new drugs that do many wondrous things. Then there are such amazing things that can be done surgically without huge scarring and loss of mobility that people used to have 40 years ago.

But there are problems with this method. First off, we are seeing more and more illnesses that have no known cure. We have people in pain, and this pain will never go away. So another specialty in medicine was created, the pain management doctor. These are doctors that will mostly work with drugs to see which has the most effect. Sometimes they will do surgery like cutting nerves to stop the pain.

The problems here are many. First off, if one is cutting nerves, then one is not dealing with the true problem. They are simply cutting the pathway that your body uses to let you know that there is a problem. In a way that is like putting a seat cushion on your bicycle to deal with the rough ride because your tire is flat. It ignores the fact that you should put air in the tire. Now, admittedly it is not that simple because doctors do not know what causes many of these problems.

With all the new drugs out there today, there is a wealth of things that can be helped with them. But there are also side effects. If you listen to an ad on television, the last 10 seconds of each one is devoted to listing possible things that can happen which ranges from headaches to death. And there are not long term studies on these medications because one can not test for 20 years before getting a drug on the market.

Basically, once you have been diagnosed with a fatal, or chronic pain illness, the medical community gives up because they do not

have answers. This is because they have exhausted what they know. But what they don't know could help you.

There is a wealth of alternative holistic methods of care out there that can help many of the people that modern medicine gives up on. Some of them will work in place of regular medicine, but most work best in combination with what the doctors do. They range from things that work the body to things that work with the mind. They can include herbs, dietary changes, massage, acupuncture and many more things. These methods are known as CAM (Complimentary Alternative Medicine) modalities.

Many of the CAM methods are not understood by doctors as they were trained in regular medicine. Unless they have gone out of their way to study these, doctors will not know or understand them, and work only within what they know. Because of this, many of the CAM methods are laughed at and put down, even though these methods work. How many years has it taken for chiropractors and acupuncturists to be accepted as mainstream medicine? (And they are also considered alternative care.) That is the battle that faces all practitioners of holistic care. This is also why people do not know enough about other methods to question what their doctors tell them.

The many methods of holistic, alternative care have been known to work on many things where modern medicine gives up. It has been known for years that getting regular massage can help alleviate pain from Fibromyalgia. Getting regular exercise can also help. At the same time, Myofascial Release has been known to remove the problems that cause Fibromyalgia.

Energy work such as Reiki and Therapeutic Touch have made changes in people's lives and conditions by reducing stress and alleviating pain. They have helped people with everything from headaches to cancer.

And there are many more things out there that can deal with a person physically and mentally. Some of these are simple things like color therapy or aromatherapy, meditation, or hypnosis, while some are complex like the One Brain System. These things work the mind and the senses, and we have known for years that one key to helping with any problem is having the proper attitude and wanting to be better. And that is another issue where too many people have accepted what they have, and are not willing to try something new in case it does not work.


In truth, there is no one thing that will work on everyone, no one method of healing, no one drug. It usually takes a combination of things in the right balance to make the necessary changes. This can be regular medicine combined with alternative care combined with proper diet.

A teacher in Orlando beat breast cancer by doing a combination of things. She went through chemotherapy, and took part in a drug testing program. After that, the doctor still wanted to remove her breast 'to be sure'. She turned away from regular medicine and got help with acupuncture and Reiki and dietary changes. Today she is cancer free and still has both breasts.

All too many times, when a doctor sees breast cancer, they want to play it safe. They do this by removing the breast that has the problem and the healthy one because the percentages show that usually the other one can become infected. It is almost like having a foot that has a problem and cutting it off make sure the problem does not spread to the rest of your body, and then cutting off the other foot just to be sure. This teacher decided she would not follow her doctor's recommendations blindly. But what made it possible for her was that she was very aware of the types of things that were available in alternative, holistic care.

That is where education comes in. The more people know about what is available and what it can do, the more information and options they have when faced with problems. And then a more informed decision can be made based on your needs and desires. Here, the decision for what is going to happen to you is in your hands. You are taking control and not just blindly following someone's recommendations which are based on a limited knowledge of possibilities.

The key is to investigate and see what types of holistic, alternative care is available, and what each can do for you. With a little knowledge, you will be able to see options and potential good outcomes when faced with a problem. The more you know about holistic healthcare, the better chance you have of managing or eliminating problems and of living a longer life.



Caring Palms wishes everyone a safe and happy Thanksgiving.



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