



Caring Palms Massage and Reiki Newsletter

July 2010

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Greetings!

Welcome to the July issue of the Caring Palms newsletter. This month we have a Reiki class scheduled with classes scheduled through the end of the year and an article for you.

I hope you like what we have here.

Independence Day

Caring Palms will be closed Monday, July 5th for the Independence Day holiday. Caring Palms will reopen at the regular hours on Tuesday July 6th. We hope everyone has a safe and happy holiday.



Big Secret?

Recently, Caring Palms was called the best kept secret in Neptune Beach by another massage therapist. Now, can we find a way to leak this secret?

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:

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Reiki 1

- July 10 (Saturday) 11am - 5pm **Confirmed**
- August 14 (Saturday) 11am - 5pm

- September 11 (Saturday) 11am - 5pm
- October 9 (Saturday) 11am - 5pm
- November 13 (Saturday) 11am - 5pm

Reiki 2

- September 25, 2010 (Saturday) 11am - 5pm

Reiki 3

- October 30 (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 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

Myofascial Unwinding

Every memory of everything we have done in our lives is stored as energy in every cell of our bodies. This energy can cause us problems unless it is released because it is linked to all of our experiences, the good as well as the bad. Memories such as sexual abuse, auto accidents, or any other memory based energy can affect us in how we act or react to things. Unwinding is a way of releasing this energy.

John Barnes discovered that our bodies need to release energies to be able to let go of past issues. If you were to watch a dog as it gets up or lies down, you will see that it does not simply get up or lay down. It goes through a lot of movement. When a dog gets up, it usually shakes itself. When it lies down, it will move in circles several times. This is a form of releasing energy.

Because we are humans, and slightly more complex mentally, we tend not to do things like this. It also means that being more complex, we don't do all the natural things to help ourselves. That is why unwinding was developed.

[read more](#)

Focusing on the Important

by Brian Dean

I saw an advertisement for a car the other day that made me wonder. It said that if you want directions to the stadium, "push

here". If you want to listen to music, "push here". And if you want to do this, "push here". Of course, I had to add... if you just want to drive the fracking car, don't push anything.

The technology that our society has developed in the last 30 years is astounding. It has brought us convenience that we could have only imagined in science fiction novels. I mean, the ability to be in touch wherever we are, the medical technology, GPS. It is all just amazing. But it has brought with it distraction.

Technology is great even if it keeps changing almost overnight. But how we deal with it is more important. All too often, we let the distraction of a certain piece of technology take our attention causing us to lose focus on what we are doing.

Cell phones and driving are a good example of this. I remember seeing a car driving along side of me on a road when it started raining. The driver was talking on her phone while holding it to her ear with one hand. (This is by far the worst possible circumstance as it keeps the driver's head from moving and seeing the traffic.) The other hand was on the steering wheel. Well, it started raining. She had one hand on her phone and the other on the steering wheel. She did not have a free hand to turn on the wipers, so she didn't. She just drove down the road with her wipers off.

Now, a lot of people would say that we should ban cell phone use in the car. But it has been proven that using a hands free device is no more distracting than having people in the car with us, and in many cases, less so as we don't turn our heads to look at the people we are talking to. In fact most phones allow someone to receive calls from the headset, and many phones allow people to place calls from the headset simply by talking into it.

The point is that we need to be smart and look at what is important. We need to focus on the important and not let the interruption take center stage. And yes, it is easier said than done.

With technology giving us tons of information in moments, and our brains having to decipher it, it is hard to wade through the garbage and pay attention to what is important. We constantly are thinking about more than one thing at a time. We multi-task. We need to

focus on the important. And obviously driving a motor vehicle safely is more important than talking on the phone.

We run a constant balance of all the things we are thinking of and doing at one time. It is like trying to walk and chew gum at the same time. And as silly as that sounds, we do a lot more than that in almost every moment.

In moments of distraction we need to take a second and reset priorities and focus. Pause for a second and take a deep breath to clarify and calm (ask the person on the phone to hold on while you do it). Close your eyes and count to 10 (if you are not driving a car at the time). Take a second and look at all the things you are doing and make sure that the most important one has the majority of your concentration and make sure that this amount of concentration is enough to perform the task properly (especially if that task could kill you, or others).

Away from the madness, there are things you can do to help concentration when you get overloaded. Do meditation to find a calming center and clear pathways of unnecessary thoughts. Go for walks where you have time to clear your mind and think clearly.

Remember, when distractions happen, the most important thing that needs your concentration is the one that keeps you alive. Make sure you keep that in the forefront and separate the less important things. Focus on safety first. Be smart in how you handle your distractions. Drop some when they become too much. Breathe.

We Give 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 find out what problems you are having, see what you are looking for in your massage, and learn what your expectations are. Then we craft a session to meet your needs using any of the many 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. And at Caring Palms, a 1-hour massage session includes a full 60 minutes of massage,

unlike many places that only give you 50 minutes.

If you're not sure about massage, we'll even give you a free 15-minute consultation whether you buy a session or not. We will look at you, talk with you, see what you feel you need. Then, based on the information gathered, we will give you our recommendations. If you want something other than what we recommend, we will follow your wishes. If you decide not to get a session, then we'll respect that too.

Never had a massage or Reiki session? Caring Palms will gladly answer any questions you might have. We'll gladly tell you what is involved and what to expect. We'll even let you know how you can make changes to the session if you need to (more pressure, less pressure).

At Caring Palms, we care about the client, and we're willing to spend the time with you to make sure we deliver the best session possible.

Caring Palms, where a massage is more than just massage.
It's a healing session.

Caring Palms Promise

At Caring Palms, we pledge to do the best work we can at every session. We not only do this to continue to earn your business, but because we believe that you deserve the best care possible every time you are here. This is true whether it is massage, or energy work, or classes. This is our promise. This is what we will continue to do.

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
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