



Caring Palms Massage and Reiki Newsletter

August 2011

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Greetings!

Welcome to the August issue of the Caring Palms newsletter. This month we have a couple articles and an updated class schedule.

I hope you like what we have here.

Here When You Need Us

Well, the year is halfway over and it seems like it just began. Caring Palms hopes everyone is enjoying their summer. As you go do more strenuous things whether they be sports related, or recreational endeavors, or just working in the yard, take care not to overdo it. Keep your self on one piece and out of pain. But if you do hurt yourself, remember, Caring Palms can help with massage or Reiki energy work. Caring Palms is here when you need us.



Asking The Universe

We all have hopes and dreams, and we put them out to the universe in many ways. Some do it through prayer, others meditation, others the continual transmission of energy. No matter the method, the result is the same. Each creates energy at a high level of vibration and sends this out to the universe. As long as the energy continues to support this desire, eventually the vibration will slow down until it manifests itself into our reality.

This can work on many levels for any things. For instance if you want a new car, and you can keep up the energy transmission for that desire, some method will manifest itself so you can get one. Now it doesn't happen overnight, and if you let that transmission waver, well you've lost it completely. You have to be continuously putting energy into the thought and not letting negative thoughts enter into it.

But material things are not the only desires you can send out. You might want a better life, a new job, a better outlook. And verbalizing in energy puts you on that path to manifesting these desires. But

there are a few things you might need to know.

When you put these desires out to the universe, you need to do it with your whole heart and soul and it needs to be of a positive nature. And you can not wish something that forces your will on someone else. For instance, you would not wish that "Bob stops being a jerk." Bob has free will, and the universe will not change that. But things could happen around Bob that he might see the light and start behaving better. Of course since the universe seems to answer requests in strange ways, the result could be that you change and Bob stops seeming like such a jerk.

You also would not want to wish that "Darlene would fall in love with me." That goes against that free will thing again. But you can ask for the right person to come along. And that might not happen right away. After all, "Darlene" may not truly be the right person for you.

If you desire to be a better person, or to improve yourself, opportunities might start making themselves known. For instance, you might start noticing classes that could help (and it could be something you have been seeing for a while, but just now noticing). Maybe some time starts to free up so you can meditate, or do something creative. You might not even recognize these opportunities as answers from the universe, but you will still take advantage of them, and eventually, you will become what you want to be.

Ask the universe. Send your true desires out there, and keep sending them. The answers will come.

Lots of Classes Scheduled

There are a lot of classes coming up in the next month. As it is a renewal year for massage therapists, many are looking for continuing education, and Caring Palms has it. August has three Reiki classes scheduled. These classes are open to anyone that wants to learn whether they are a massage therapist or not. **More classes can be scheduled if the current dates do not work for people, including weekdays.**

There will also be another Body Mechanics class in August. This class teaches students to maximize their results with less effort. It utilizes the science of martial arts and applies it to massage therapy. It is open to massage therapists and any healthcare professional that does massage as part of their practice.

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.)

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The current schedule is as follows:

Reiki 1

- August 6 (Saturday) 10am - 5pm **Confirmed**
- September 10 (Saturday) 10am - 5pm
- October 8 (Saturday) 10am - 5pm
- November 12 (Saturday) 10am - 5pm

Reiki 2

- July 28 (Thursday) 10am - 5pm **Confirmed**
- August 20 (Saturday) 10am - 5pm **Confirmed**
- October 22 (Saturday) 10am - 5pm

Reiki 3

- July 23 (Saturday) 10am - 5pm **Confirmed**
- August 27 (Saturday) 10am - 5pm
- November 3 (Saturday) 10am - 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'. You can also sign up for classes there.

Each Reiki class is six (6) CEUs for Florida massage therapists.

Note: Because this is a licensing year for massage therapists, Caring Palms expects to be scheduling more classes during July and August as the last minute demand for classes increases. Please continue to check the website for changes and additions.

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 for Florida massage therapists. 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 13th - August 14th (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm) **Confirmed**

At the Hampton Inn at Jacksonville Beach, FL [Hotel Details](#)

Note: Check with the hotel for special room rates.

Maximize your results with less effort. Utilize the science of martial arts and apply it to massage. Body Mechanics and Advanced Techniques for Massage Therapists is designed 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 uses theory, stances, centering, and the proper use of body strength from martial arts and applies them to the art of massage therapy. Students will learn how to focus their energies and use their body to do deep work with less effort 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 both the seasoned therapist and the new therapist. It will show moves everyone is familiar with, but in a new light as well as moves many people may not have seen before (which have been taken from Lomi Lomi, Esalen, and other styles). 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.

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

This class is for licensed massage therapists or anyone that regularly uses massage in their practice. CEUs are available for Florida massage therapists only. For those looking to learn basic massage for relaxation for their partner or friends, see the website on the Massage For Couples classes.

To sign up for classes, go to the website and select Caring Palms CEU Seminars. Look under Massage Classes, and then Schedule of Classes to see additions and changes or to sign up.

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](#)

Friday on Sunday

by Brian Dean

It was Friday on Sunday. Or more precisely, I saw Friday on Sunday.

Back on May 10th, I worked on a Dalmatian mix named Friday. As reported in an article in the [June Newsletter](#), he and his sister had been found in a ditch and were in bad shape. Friday went for two weeks without eating until Erika (his foster mom) found he could only eat vegetarian dog food.

So, he did start eating, but was very weak when she brought him to me for Reiki. The dog I saw today was so much different than the one I had seen back in May. In May, he could hardly walk. This dog was happy and energetic. This picture was taken by Erika and posted on Facebook with the caption... 'Friday gets a hug from the man who saved his life.'

Her responses to questions on the picture tell the whole story...

Brian helped with his mad Reiki skillz when Friday was very sick, back when we first got him.



He is GREAT now! He came to us a little sick, then refused to eat for 2 weeks, so he became very weak. We didn't think he was going to make it. I saw the beautiful photos of Lancelot in the park just tagged "Reiki" and he was, at the time, looking very good. So I googled all night to find some Reiki for Friday. I had to carry him into Brian's office because he couldn't even walk... but he played the whole way home and has been healthy ever since.

I love stories like this. It shows what energy work can do to help 'people'. Animals are much more accepting of energy than humans are. They don't have that doubt, or fear that we might have. They have a good intuition about what feels good to them and gravitate to that. And although I am credited with saving a life, I was just a part of the process. It was the Reiki energy that did the actual healing.



I do a good many Reiki sessions, and the result is usually the same. People leave feeling lighter, calmer, more in control, and with a smile, or wagging tail.



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.

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