



Caring Palms Massage and Reiki Newsletter

January 2012

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Greetings!

Welcome to the January 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.

Because of You

This past year has been an interesting one for Caring Palms. While the economy has been bad, and all too many small business have closed, Caring Palms remains open and willing to help you when you need it.



Thanks to you, the clients and students, Caring Palms is still here. And although sessions have been down, classes have been up thanks to it being a licensing year for massage therapists. The people that kept coming, and the students looking to learn new things have kept Caring Palms afloat. Your support of Caring Palms allows Caring Palms to support you. That is symmetry. Thank you.

Happy New Year

This weekend starts a new year. As with all things, it can be a new beginning, a chance to drop old habits and reinvent what you need to in yourself. It is a chance to shed the old year and its problems like an old skin and be reborn anew. Caring Palms wishes you the best for this new year and any rebirth that you do.

Reiki Pet Rescue

by Brian Dean

I participated in my first dog rescue on December 26th. What I saw

horrified me.

I was on my way to St. Augustine when I got a text from Erika asking me to meet her at a vet's office to help with a dog rescue. This was the first time she ever asked me to help at this early stage. (Erika is the person that rescued Friday, whom I'd worked on earlier this year.) So, we cut our time short



and headed up to the veterinary hospital where Erika wanted me to do Reiki on this dog before she took him to her place. What I saw shocked me.

There was this pit bull named Rilind who was so emaciated that you could see every bone in his body. Whoever had him had taken him and dumped him over the fence at the animal shelter like a piece of trash. The dog obviously had not eaten in quite some time, and was covered with fleas and sore spots. Now I know that I have adopted two dogs that were in pretty bad shape when I got them, but I've never seen one this bad.

The dog had just been through a transfusion earlier that day, and Erika was hoping that I could do Reiki on him before she took him home. I was very concerned as I know that Reiki will either help heal the body, or help the spirit travel to the other side depending on what the soul wants. Seeing the dog, Erika said that if he wants to live he'll live, and if he wants to leave us, he will. But either way, she wanted me to do whatever I could.

I pulled the dog over to me and talked to him for a minute, and put my hands on him and started doing Reiki. For the most part, he stood there patiently letting me work on him. He would stand there for a while, then move away, and then come back and let me do more work. He was very patient, and I think he liked the energy he was getting. I kept talking to him the whole time telling him what a good boy he was, and at one point got a kiss for my efforts.

It is still too early to know whether Rilind will stay with us or not. Erika thinks he wants to, and is reacting to the love and care that he is currently getting. But a lot needs to be done before he can be adopted. He needs to eat and gain weight. He needs to be treated for fleas and bites, and given time to see if his coat will grow back in. Right now, we are all positive.

Like I said back in June ([see article](#), [see second article](#)), it is wonderful when animals receive energy work of any kind as they have no preconceptions to judge it on. They simply accept it and let it do what it needs to do. Right now, I'm just happy I can be a part of

the rescue process as needed.

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

- January 14, 2012 (Saturday) 10am - 5pm **Confirmed**
- February 11 (Saturday) 10am - 5pm
- March 10 (Saturday) 10am - 5pm
- April 14 (Saturday) 10am - 5pm
- May 12 (Saturday) 10am - 5pm
- June 9 (Saturday) 10am - 5pm
- July 14 (Saturday) 10am - 5pm
- August 11 (Saturday) 10am - 5pm
- September 8 (Saturday) 10am - 5pm
- October 13 (Saturday) 10am - 5pm
- November 10 (Saturday) 10am - 5pm

Reiki 2

- March 24, 2012 (Saturday) 10am - 5pm **Confirmed**
- June 23 (Saturday) 10am - 5pm
- October 27 (Saturday) 10am - 5pm

Reiki 3

- April 28, 2012 (Saturday) 10am - 5pm
- July 28 (Saturday) 10am - 5pm
- December 27 (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.

Someone posted a quote that I thought was interesting... A person cannot see himself in a running stream. He can only see himself in calm waters.

This brings about several questions. What does this person see in his reflection? Does he see calmness and tranquility? Does he see passiveness? Does the reflection represent being one with the universe?

What I see in the person standing in calm waters is someone that is gentle, that wants to be a part of what is around him, not one that is forcing his will on nature. This person wants to interact, to move without disturbing things, to know that he is a part of everything and that everything is part of him. This is a person that moves from situation to situation and finds the best, natural solutions to problems, rather than forcing solutions that only follow a strict guideline. This is a person that moves with the least amount of effort following the ebb and flow of life.

That person standing in the running stream may think that they are important because they block or stop progress. Rather than moving around problems, they force their way through them applying their will onto everything. But not everything can bend to their will. In truth, while they stand there in that stream, as in life, things just flow on by showing how truly unimportant they are.

Modality of the Month

Hawaiian Lomi Lomi Massage

The ancient art of Hawaiian Lomi Lomi has been practiced for hundreds of years. The gift of healing was passed down to the "chosen one" who spent their life practicing the healing arts. Kahuna's (healers, shaman) were taught to use thumbs, hands, forearms and elbows to massage. It wasn't uncommon to have hot rocks placed on injuries or have the Kahuna walk on your back. Kahuna's were even known to use a mild form of hypnosis, instilling feelings of well-being. They believed they could transfer their own vital energy into a person who was sick.

Hawaiian Lomi Lomi was kept secret within families for most of its history, until Kahuna Aunty Margaret Machado decided to teach anyone who wanted to learn "the loving touch". Aunty says, "Lomi Lomi is a loving touch. When they feel loving hands on their body, they'll respond, "she loves me, she'll take good care of me, and I'm going to get well."

So, what is the difference between Lomi Lomi and any other massage? That is a difficult question to answer. Clients have said, "It's as if you are right inside of my muscles and you know exactly

where to go and how deep to go." "The pressure points melt, your hands and elbows feel strong and loving as if they are guided." I don't know how elbows and forearms can feel loving, but that is what clients say! Lomi Lomi feels like many different techniques put into one flowing system. It has a rhythm and flow that is soothing and feels complete.

[read more](#)

Mailing List Trim Time

Caring Palms has been creating a list of mailing addresses for a few years now, and those people on this list receive the monthly newsletter. The list consists of clients, students, people that came by to see us at shows, and people that signed up through the website. Because of the statistics available to us, we know how many that receive it actually open it.

First off, if you wish to be removed from the newsletter mailing list, simply select the 'Unsubscribe' option at the bottom. That is the quickest, easiest method. The result is immediate.

While it is nice to say that we send out the newsletter to over 500 people, it is a smaller percentage that actually open it, so it is time to start shrinking the list. We will be keeping all current clients and students, and those that have opened the last couple of newsletters. We will also be keeping those that have signed up through the website whether they are a client or not. This trimming will be done before the December newsletter comes out.

If you do not receive the next newsletter, and would like to continue to receive our mailings, please email and let us know.

Note: This trim will take place this month. If you notice that you do not receive a newsletter in February (and want one), let us know and we will put you back on the list.

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