



Caring Palms Massage and Reiki Newsletter

May 2012

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Greetings!

Welcome to the May 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.

Caring Palms Closed Memorial Day

The Caring Palms studio will be closed Monday, May 28th for the Memorial Day holiday. The studio will reopen Tuesday, May 29th at the regular hours. We hope everyone has a good and safe holiday weekend.



Upcoming Events and Such

In the next couple of months, Brian will be attending seminars so that he can extend his knowledge and abilities to help people. The Caring Palms Studio will be closed during each of these seminars.

June 4 - 6 (with June 3 and 7 as travel days), Table-Top Thai massage class. This class is a lot of stretching work and should be beneficial to many of Caring Palms' clients.

July 12 - 15, Stansted in Florida, a mediumship seminar.

Caring Palms is looking at dates to schedule a Body Mechanics class this year. We are looking at some time in the fall and will post the dates once they have been decided.

We are also creating a class on fascial work and stretching which will be offered to Caring Palms' students that are massage therapists. Once created, we will be shopping for dates and students.

Other events will be added as they come.

Quick Links

[The Caring Palms Website](#)

Join our list

[Join Our Mailing List!](#)

Religionists: Father, Son, Holy Ghost.

Psychiatrists: Superconscious, conscious, subconscious.

Spiritualists: Mind, body, spirit.

Scientists: Energy, matter, ether.

Philosophers: Thought, word, deed.

Perception: Before, now, after.

Time: Past, present, future.

All Is One. Everything progresses from one to the other in a never-ending circle.

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

- May 12 (Saturday) 10am - 5pm **Confirmed**
- 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

- June 23 (Saturday) 10am - 5pm **Confirmed**
- October 27 (Saturday) 10am - 5pm

Reiki 3

- April 28, 2012 (Saturday) 10am - 5pm **Confirmed**
- 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.

Other Available Classes

While Caring Palms teaches many Reiki classes, massages classes for couples, and massage classes for massage therapists, we also teach other classes which range from meditation to energy work. These classes are scheduled on an as needed basis for anyone wanting to take them. (Once someone says they want to take a class, we schedule it.) They range from beginner to intermediate to advanced. Because of the nature of some of them, they may require that other be taken before them (prerequisites).

These classes are Meditation, Basic Energy, Chakra Balancing, Clearing Blocked Chakras, Energy Cleansing, Astral Projection, and Sensing Problems. Most can be taught to one person or a few people. For more information, see the Reiki side of the website under Class Pricing.

Spiritual Healing

by Brian Dean

At Caring Palms, I practice what I like to call spiritual, or guided healing. This type of healing occurs at the point where intuition drives everything. This is true whether I am doing massage or energy work. It is the sudden knowing I need to be at a specific area doing a specific thing (and this 'thing' may be something I have never done before).

Now, first off, do not get confused between spiritual and religious. Spiritual people believe in a higher power, a source of all things which could simply be another way to say God and his angels, or Goddess and the beings of light. Like Reiki, it does not fit into any one religion, but encompasses them all.

Spiritual healing is allowing intuition to drive movements and energies, the point where one feels like they are being guided to the work that needs to be done, as in guided by spirit. This makes for a more complete and individual session.

With Reiki, Ki is the Japanese word for universal life force energy. Rei is spirit guided. So Reiki is universal life force energy guided by spirit. This is how it knows where to go and do the work that is needed most. While other teachers have their students concentrate on the energy as they bring it into themselves and pass it into others, I have my students start the flow and get out of the way. With this, the student is not controlling what is happening, but allowing it. Spirit then sends the energy to where it is needed most.

In massage, it is a feeling of letting go, and just moving. Eventually, the movements take me to one place doing a move that seems to be the exact perfect move that was needed. While intuition plays a big part in any massage, styles like the Esalen-inspired freeform massage are the best for this. With this style, the body is minimally draped allowing movements to go the length of the body. While doing these long movements, some move will come up that feels 'comfortable' or 'just right' for a certain area. (It does not need to be like thunder and trumpets and a booming voice saying "work over here." It is simply what feels right at the moment that I know is what the person on the table needs.)

When all the energies and all the movements come together based on intuition and spirit, then we have achieved the best session possible. That is magic.

Modality of the Month

Hot Stone Massage

Hot Stone massage is a unique style where heated rocks are moved over the body allowing the heat to sink into the muscles. Although deep work is not usually done with Hot Stone, the heat penetrates to make the muscles relax and feel better.

There are several types of Hot Stone massage and like other massage styles, these change with each therapist that does the work. Probably the most known style is called La Stone which was based on the types of massage done by native American Indians. They used hot and cold stones to create a relaxing experience. Marie Hannigan took this information and created La Stone from it as she was hurting her hands doing a lot of deep tissue work. With the stone, it gave her a tool to go deeply with while the heat penetrated and softened the muscles.

[read more](#)

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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