



Caring Palms Massage and Reiki Newsletter October 2012

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Greetings!

Welcome to the October issue of the Caring Palms newsletter. This month we have an article, some announcements, and an updated class schedule.

I hope you like what we have here.

A Client's Comment

One of my clients came into the studio a few seconds after another was leaving. She mentioned that she knew the previous person had just had a wonderful massage because she had "Brian face". Ooook.



Website Journal Cleanup Continues

As mentioned last month, there were some issues converting the over 800 Ethereal Journal entries to the new format for the new look of the website. We found that Dreamweaver (the program the site is now created in) did not like a space followed by another space (which customarily follows a period at the end of a sentence) as well as other grammatical symbols. Those entries affected show a capital 'A' with a caret (^) over it after many if not all periods. Other grammatical marks have strange symbols replacing them. This does not make it unreadable, just funky.

As of this writing, years 2000 through 2003, and 2008 through 2012 are clean (and more could be by the time this newsletter actually gets sent out. By the end of next month (which I said last month), I expect it will all be as it should be (and I really mean it this time).

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 filled up. (Note: In some cases, one may be able to enter a class marked 'Closed' with permission of the instructor.)



Reiki 1

- October 10 (Wednesday) 10am - 5pm **Confirmed**
- October 13 (Saturday) 10am - 5pm **Confirmed**
- November 10 (Saturday) 10am - 5pm

Reiki 2

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

Reiki 3

- December 1 (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 cut off 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.

Modality of the Month

Esalen Inspired Free-form Massage

A beautifully landscaped grounds overlooking the Pacific ocean is the home of the Esalen Institute in Big Sur California. The institute has a center for the arts, a center for theory and research, lush gardens, natural hot springs, and massage. While the owner wanted it to be known for the arts and research and such, Esalen became known for its unique style of massage.

Californians are very laid back when it comes to massage. Esalen became known for doing massage without draping (as long as the client was comfortable with it). There were times even when the

therapists wore nothing because they were comfortable with it. At one point, when the local licensing board became aware of this, they told the therapists that they would have to wear something or be licensed under Adult Entertainment.

While they do Esalen in California with little or no draping, it can be done within most people's comfort levels. Sometimes creative draping is needed to keep a person covered, but it can be done. Minimal draping is best, but full draping can be used.

What came out of this freedom was a very unique style of massage that was geared to major relaxation with therapeutic results. It utilizes long strokes done with slow motions to create a very relaxing feeling. The client is encouraged to breathe deeply, and the therapist tries to match that breath pattern in their breathing and motions. Movements sweep the entire length of the body in straight lines and swirling patterns. These movements are done with the hands, forearms, elbows, and so forth.

[read more](#)

Checking in on Rilind

We checked in with Rilind again a couple weekends ago. A few months back, Rilind was adopted into his (as they say it) fur-ever home. He has been doing so well there that his new Mom had to use a four letter word... d-i-e-t. At any rate, he was visiting with his foster Moms (the people that nursed him back to health). They brought him out to the park where a few of the people that sponsored him could come visit. (Sponsors had donated time, money, food to help Rilind return to health.) They wanted me to come visit and give him more Reiki, something he gladly accepted. It was neat to see how far he has come since that day after Christmas last year. This dog is one of the things that makes me truly believe in miracles, because he is one.





Sacred Space

What is Sacred Space? It is an area where someone knows they are completely safe, where only good things can happen, where healing is done, pain is relieved, calmness abounds, and magic happens. It is a calm environment where someone can feel safe while being worked on. Caring Palms creates Sacred Space in its treatment rooms. This was first brought to our attention by one of our clients who said that she feels so safe and relaxed because we create Sacred Space.

At Caring Palms, we pride ourselves in our professionalism and caring attitude. This is true for whatever type of session one is getting. Whether it be energy work, life coaching, massage, mediumship, or anything else we offer. Whether there is standard draping, minimal draping, or no draping. The focus is always on helping the client. That is what we are here for. That is what we do.

Caring Palms provides Sacred Space for all its sessions. So come, relax, and enjoy some healing.

Editorial

by **Brian Dean**

I am a holistic healer and holistic healthcare professional. I believe in natural cures whenever possible. But I also believe in modern medicine and although I like natural remedies, whenever I have a really bad headache, I head for the bottle of ibuprofen.

Now each method has its own place, and I feel they work best together, or complimentary. But I saw something the other day that sent me reeling.

A young lady walked in and asked about a massage. She had been to the hospital for pre-op testing and was looking to relieve tension in her back and shoulders. She told me that she was getting an operation in a couple of days. I asked her what operation that was if she didn't mind telling me. She told me that she was having a mastectomy and then reconstructive surgery. (I've seen enough people deal with this to know how horrible an experience this can be.) Then she told me something that made me reel. She said that

she did not have cancer, but she had the gene that causes cancer. According to her doctor, she had an 87% chance of getting cancer, so it was not just a matter of if, but when she would get it.

I was a bit flabbergasted. Being a holistic healer, and knowing someone that beat breast cancer through natural means, I started asking questions. I'm sure these were questions that she had been over herself before coming to the agonizing decision to have the operation, so she decided not to get a massage and left.

But this is shocking to me. "Hey you've got an 87% chance of getting cancer, so let's cut those puppies off now before it happens." Is this what medical science has come down to? I believe in preventative maintenance, but isn't this going to the extreme? That's like telling someone that their hand will eventually become arthritic and useless and they should cut it off now so they don't have to go through that. This sounds a lot like the dark ages where someone would cut their eyes out so they would not see the demons.

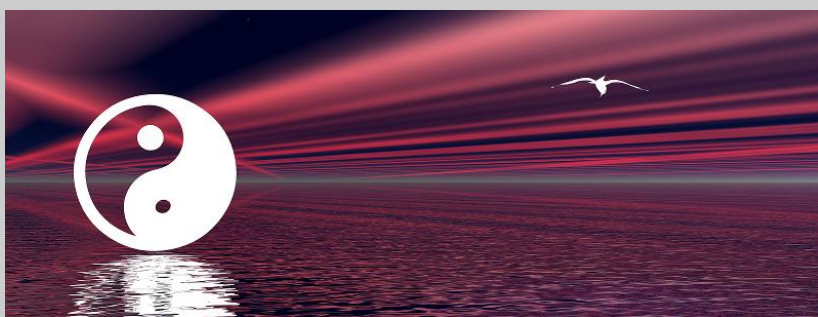
This person could have kept a close watch, getting regular checkups, maybe as regularly as every two to three months. Then if anything showed up, then they could have had the operation. But to cut off two healthy breasts on an 87% chance sounds extreme. But my guess is that this is what the doctors pushed at her. The sad part is that according to one of my clients who is a nurse, just because one has the gene that causes cancer, it does not necessarily mean that it will manifest in the breasts. It could appear in any other part of the body. So she could get this done and still end up with cancer, and have gone through this for nothing.

I do know someone that had stage 1 breast cancer. She was trying other remedies which may have worked had she stuck with them. But the doctors did a scan and told her the lump was getting bigger and that she needed to have a mastectomy NOW. Afterwards, they looked at the scan again and said they were mistaken about it getting bigger. In the meantime, they scared her into getting it done.

Is that what medical science has come to? Are they frightening people into getting operations they may not need? Is this how they make their money?

Like I said, I believe in modern medicine, and that it has its place. But that is only true when the doctors are not prescribing fear.





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
(904) 246-2206
