



Caring Palms Massage and Reiki Newsletter

May 2013

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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 for the year.

I hope you like what we have here.

Boston

A couple weeks ago, I was glued to my television watching the developing tragedy playing out in Boston. I felt I could not move lest I would miss something important. So I watched the same footage played over and over again, listened to the same reports given over and over again by a constantly rotating group of video reporters. And yet, nothing changed.



Now first off, my heart, energies, and wishes for a fast recovery go out to the victims and their families and friends as well as the people and city of Boston. I cry for those that were are no longer on this side and the loss felt by people that knew them. I empathize with everyone over the events. And like everyone else, I want answers and justice so we can get whatever closure we can from this.

Something awful has happened, and darkness has fallen. With the falling darkness fear has been spread. It has been spread in real images across our television screens, and false images passed on by people on Facebook who don't question what they are sent before passing it on. Dealing with the fear, the outrage, the despair is the hardest, especially when it is sent into our homes in real time.

In today's world of instant coverage and socialization, we get slammed with things from violent images, causes needing to be

fought, prayer requests, to who ate at the local fast food place for lunch. We are overwhelmed. And as we have done in the past when tragedy has happened (9/11, the death of Dianna, the assassination of Kennedy), we have watched and watched, letting the horror fill us. But as a people, as individuals, we need to have balance so that what happened does not tip us over.

When things like this happen, it affects us. We let it into ourselves and we let it affect what we do and how we feel. We become unbalanced. That is the problem with too much information coming in. We as individuals need to find a way to stay balanced. We are rocked off center and we need to return. When we are off center, we fall into the darkness and fear that is spreading. We need to stay above it, otherwise whoever caused this will win.

I watched the coverage for several hours, and then I found strength within me, and I turned the TV off. The logical part of me realized that new information would be slow coming, and even that would initially be wrong. I knew that eventually it would be straightened out and the correct information be available. I knew that I might not know new facts the instant they were made known, but that would not really matter. You see, I decided not to get sucked into the fear and darkness. Yes, I still checked into the news once or twice a day for updates, but I was not watching it constantly. This is the kind of break one needs to stay afloat, and stay above the darkness that threatens to swallow us. I am not saying that we should go into hiding and become hermits. But we need to limit our intake of information so we are not overwhelmed because if we do not balance out the sad with something else, we will get sucked into it.

One of the best pieces of advice I saw passed on the web (and I pass it on here) was to turn off the news and only watch it once or twice a day. If you are feeling bad from the news, turn it off. I am not saying not to watch it at all as then we become ignorant, but to limit it. Just as any healer knows, we have to stay well, to keep balanced or we are worthless to anyone that needs us.

Find your center through quiet time, or meditation. Watch something happy no matter how hard it is. Find balance. For those of us that can find balance, we are the light against the darkness. In light, darkness can not exist. All of the people at the scene of the explosions that ran not away, but forward to help anyone in need, they turned on their light and proved that they would not be dragged down by the darkness. No matter where you are or who you are, you can also turn on your light and show that darkness can not stop you. But you need to balance. And once you do, you can shine.

Reiki Share

Caring Palms has a Reiki Share the first Wednesday of each month.

A Share is where Reiki practitioners get together to work on each other. Group Reiki work is done where each person gets time on the table and worked on by several therapists at once. Any practitioner is invited no matter what lineage they have.

This month's share is on

Wednesday, May 1st from 7pm to 9pm.

Please let us know if you plan to attend.

Caring Palms Closed for Personal Day

The Caring Palms studio will be closed Wednesday, May 15th for a personal day. The studio will reopen the following day at the normal hours.

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

- May 11 (Saturday) 10am - 5pm **Confirmed**
- June 8 (Saturday) 10am - 5pm **Confirmed**
- June 19 (Wednesday) 10am - 5pm
- July 13 (Saturday) 10am - 5pm
- August 10 (Saturday) 10am - 5pm
- August 14 (Wednesday) 10am - 5pm
- September 14 (Saturday) 10am - 5pm
- September 18 (Wednesday) 10am - 5pm
- October 12 (Saturday) 10am - 5pm
- October 16 (Wednesday) 10am - 5pm
- November 9 (Saturday) 10am - 5pm

Reiki 2

- May 25 (Saturday) 10am - 5pm **Confirmed**
- July 27 (Saturday) 10am - 5pm **Confirmed**
- August 17 (Saturday) 10am - 5pm
- October 26 (Saturday) 10am - 5pm

Reiki 3

- June 29 (Saturday) 10am - 5pm
- August 24 (Saturday) 10am - 5pm

- November 23 (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 under Reiki, Reiki Class Information, and Class Schedule. You can also sign up for classes there. (Check the website for the location.)

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

Body Mechanics and Advanced Techniques 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:

- June 4 - June 5 (Tuesday 9:00am - 5:00pm and Wednesday 10:00am - 4:00pm)
- June 22 - June 23 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm) **Confirmed**
- August 3 - August 4 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)
- August 20 - August 21 (Tuesday 9:00am - 5:00pm and Wednesday 10:00am - 4:00pm)

All classes are scheduled to be held at the Hampton Inn at Jacksonville Beach, FL. Should the location change, that change will be on the website and students notified.

[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 Continuing Education, Body Mechanics and Advanced Techniques, and Class Schedule to see additions and changes or to sign up.

A News Story

by Brian Dean

I saw an excerpt on a national news broadcast a couple of months ago that disturbed me. A woman had gone to a doctor, who got her in to have a mammogram. The test showed that she had something in her breast (or breasts). Based on this, the doctor had her go through a double mastectomy. Afterward, they found out that it was not cancer. Ooops. How could this happen? Well, there are a lot of reasons behind it, and it follows a disturbing trend.

As the story went on to show, a mammogram has about a 30% margin of error. Thirty percent? That is a huge number. That is effectively one-third. To go based solely on that is absolute madness. Now the next step that should be followed is to do a biopsy. That is where a needle is inserted into the mass and something withdrawn to be tested. This should tell if it is cancer or not. But there also seems to be a large margin of error with this as well. And on top of that, in a large amount of the cases, this test is not being done. People are having radical surgery based on inconclusive evidence.

I know that I have scanned breasts before and found something that was not normal. I have always recommended that these people have

it checked out by a medical professional as it does not always mean cancer. What I sense could be cysts, fibroids, muscle pulls, bruises, or any number of things. I would not dare tell someone they might have cancer. So, why when people look at a mammogram (which simply shows *something* in the breast) do they immediately act on it as if it being cancer, even to the point that they have both breasts removed?

Part of the answer to this is that cancer is a scary thing. Another part (and I assume a larger part) is that doctors make money if they cut someone. The trend I see is that when someone has the possibility of cancer, the response from the medical authorities is to remove both breasts even though the problem might only involve one. Then they push the fact that cancer can kill, and they don't want that to happen. So the patient is bullied and scared into having radical, life changing surgery. This reminds me of the woman that stopped in here one day and told me that according to doctors, she had the gene that causes cancer and she has an 87% chance of getting it. So she was going to go have both breasts cut off to be sure. (See the article titled "Editorial" in the October 2012 Newsletter from the Newsletter Archive on the front page of the website.)

Someone I know had stage 1 cancer in one breast. The doctors wanted to do surgery immediately. Instead she tried some other treatments, mostly holistic in nature. Before these other treatments had the time to work, another mammogram was done and this person was told that the lump was getting much bigger and that she needed to have the surgery immediately! Well, she got it done. Afterwards when they looked at the breasts again, they said that the lump was not getting bigger. She could have stayed with the holistic approach and given it more time to work (especially since it was just stage 1 cancer). But the doctors scared her into having surgery. I have only heard from this person once since then.

My mediumship teacher had stage 3 cancer which was cured by a test medicine as part of clinical trial in combination with dietary changes, acupuncture, and Reiki. I wish this person with stage 1 had not let the doctors bully her into the surgery.

The point of the news article was that women need to think before immediately doing what the doctor wants them to do. A mammogram is not conclusive other than to tell there is a lump. A biopsy needs to be done to tell what it is, and maybe this should be done in more than one medical center. And a woman needs to think clearly before being frightened by a doctor who simply wants to pad his income.

It is your body. Weigh all the options before just doing what the doctor says. If I have learned one thing, it is doctors make mistakes and they don't know everything. They also have an agenda, and that may not have anything to do with the care of the patient. So if you

are faced with radical treatment, calmly look at all your options before you decide a treatment plan.

Modality of the Month

Hawaiian Lomi Lomi

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](#)

Tempering Medications with Holistic Common Sense

by Brian Dean

Speaking of balance, what do you do when you are sick? Do you ride out the illness taking over the counter medications. Do you look for more organic things like herbs and natural solutions? Or do you go to the doctor?

Do all three options work? Yes, depending on the illness.

As one who had the flu last month, I did the traditional thing and went to the doctor. I left there with a prescription for medications (flu remedy and antibiotics) that would get rid of the problem fairly quickly, and make me not contagious to others so I could return to work. Being in the line of work I am in, I can not go to work sick as I

have done with previous jobs. I remember working my last day job, and we were coming down to a big time of the year. I had caught a bad cold from my boss (who also was too busy to be able to stay home) which turned into bronchitis. One of the other people in charge went to him and told him that I needed to be sent home so I would not spread what I had. Since I was writing software needed to get through this time of the year (as it was the first time we had been in this situation), I basically told my boss that he could send me home and not get through this period, his choice. Consequently I stayed working.

Doing what I do now, I can't do that. Simply by putting my hands on someone, I could give them what I have, so I shut down.

Meanwhile, back to the topic, I went the traditional route as I needed the illness killed right away. My friend, the acupuncturist went through tons of herbs trying to do the same thing. I think we both spent as much time away from our jobs.

The point here is that both methods work. Combining them also work. For instance, antibiotics kills all bacteria in the body, good and bad (yes the body has good bacteria in it). This is where one should go to the local health food store and get acidophiles which puts good bacteria back into the body. You see, a balance between traditional medicine and herbal.

Before the modern world developed medicines, people would cure illnesses with herbs, teas, and common sense (something that does not seem to be too common anymore). And yes, a lot of people were lost by things that can be cured nowadays. But in that time, we also learned about cleanliness and wiping germs off surfaces, and proper ways to treat people whether we are using modern drugs or not.

But while modern drugs can and have done wonders, we may have gone a step too far. Now we have a drug for everything. I can remember years ago a friend who was starting to lose his hair telling me he would do something about it when they develop a pill to fix it. And while they have not come up with that specific pill, they seem to have come up with one for just about everything else. We have mood enhancers to help us feel better, drugs to calm us so our hyper state does not get away from us. We have drugs to lower blood pressure so we don't have to worry about exercising and eating right.

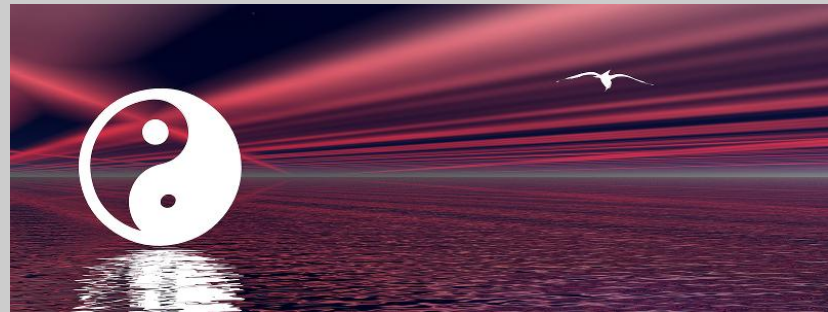
All too many of these medications are to keep us in the state we are in. If we weigh too much causing high blood pressure, well there's a pill for that. If we can't deal with the stress at work, there's a pill for that.

The problem is that the pills are replacing exercise and proper diet making us think we don't have to worry about them. They are also replacing common sense. And these newer pills have way too many

side effects that one has to be really, really careful before taking them.

The drug companies are making tons of money by giving us pills for everything under the sun from hyper activity to depression. (By golly, let's not learn how to work through our problems, let's just take a pill.) It makes a society that is dependent on pills, one that does not know how to work out its problems. It is far easier to medicate them.

There has to be a balance. We need to learn how to deal with our problems, not just medicate them. We need to balance the need for drugs to stay well and drugs to replace common sense. We need to look back into herbal remedies and use a combination of both as well as holistic healing to stay well. We need to take modern medicine and temper it with common sense and add a dash of herbal cures and holistic healthcare. That is balance.



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
