



Caring Palms Massage and Reiki Newsletter

April 2014

In This Issue

[Spring Has Sprung](#)

[Reiki Share](#)

[What About Massage?](#)

[Room For Rent](#)

[Looking To Hire](#)

[Caring Palms to Host Medical](#)

[Herbalism Classes](#)

[Reiki Class Schedule](#)

[Caring Palms Hosts](#)

[Mediumship Classes](#)

[Science and Faith](#)

[Modality of the Month](#)

[Caring Palms Promise](#)

[You Have Questions?](#)

Quick Links

[The Caring Palms Website](#)

Join Our List

[Join Our Mailing List!](#)

Greetings!

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have class schedule changes and additions, and a couple articles.

I hope you enjoy what we have here.

Spring Has Sprung

Yes, spring has sprung. It has sprung forward, and sprung back, and sprung forward, and sprung back... I am getting to the point that I wish Mother Nature would make up her mind. I keep watching the small peaches on my peach tree, and the tons of blooms on my citrus trees, and hoping that it does not frost again like it did last year. I really would love to see a full harvest for the first time.



Let's say I am warming up to the idea that it becomes spring and strays spring. And as with all springs, I am looking forward to getting out and doing some much needed yard work. And I expect many of you are too. Of course with this needed work comes things like pulled muscles, sore backs, and pain in places you forgot you could get pain. So as you think about springing out into the yard to some work, remember that when you start feeling the inevitable pains from your labor, you can come to Caring Palms to help relieve the pain you are feeling. We have two knowledgeable therapists here willing to help you with your problems whether that be through massage or energy work.

So, go tackle that work that you need to. But when it tackles you

back, come on in and see us. We have the solutions for your problems.

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.

The next Reiki share is on
Wednesday, April 2nd from 7pm to 9pm.

Please let us know if you will be coming.

What About Massage?

by [Brian Dean](#)

I get a lot of questions about massage, massage styles, comfort, and more. I thought I would try to answer some of them in a short article.

Let's start with what massage is and what it can do. Massage is the manipulation of the soft tissues of the body, or in simpler terms the pulling, pushing, rubbing, sometimes pounding of the skin and muscles. Oil is used to cut down on friction so that the movements feel good. Doing massage helps increase blood flow which increases good health. It also helps muscles be looser and less painful. Massage is good for someone in pain from pulled muscles, sore backs and more. But one does not have to wait until they are hurting to get one. Receiving massage is a calming experience where the tensions of the day just seem to float away. You get a loving touch that lets you know that you are being taken care of.

During a massage, the person receiving is covered (draped) with a sheet or towel. The parts to be worked on are uncovered, worked, and then recovered. At no time are the genitals or women's breasts uncovered. This is called normal draping. As a person receiving a massage, it is up to you to tell the therapist what you are comfortable with and not, and to let them know if they are doing anything that makes you uncomfortable. They will change what they are doing so that you are. That being said, the more exotic styles use less draping because the movements run the length of the body (from shoulder to ankle and back). In these cases, draping consists of a towel only. Again, any changes from normal draping are done with the permission of the person receiving, and only if they are comfortable with it, and can be changed back if they wish.

Now, what about massage styles? Caring Palms does so many styles that it can be hard to choose, especially if you are unfamiliar with massage. These styles run from the very basic to the exotic to the specific. Sometimes deciding what you want will depend on what you are drawn to, what your needs are, and what your comfort level is.

First off, there are no bad massages. Even the most basic of massages is good quality work that will help you with whatever you need help with just as the higher end or exotic massages will. And (with the exception of one style) all of them are the same price. Beyond that, we get into specifics about what does what.

The basic style all therapists learn is Swedish where there are specific types of moves that can be put in any number of combinations to work the body. While most therapists have a routine that they follow, good therapists will change that routine based on the needs of the person on the table. Deep Tissue massage simply adds pressure to massage strokes. Deep Tissue can be killer deep or not depending on the person receiving. The most common style requested is Deep Tissue, not because everyone likes deep work, but because all too many have had massage where the therapist did not press hard enough (what we call 'Fluff and Buff'), and they feel they need Deep Tissue to be able to feel the movements. Caring Palms has never been accused of doing Fluff and Buff. We try to use the pressure we think a person needs to create a firm massage. It is up to them to tell us to go deeper or ease up.

The more exotic styles of massage (Hawaiian Lomi Lomi, Esalen-Inspired Freeform) work the body as a whole, rather than a series of parts. Movements go the length of the body, and in some styles work under the body at the same time they are working on the top. To do this, a minimal draping situation is used so that areas being worked are not uncovered and covered.

For specific problems dealing with pain, Myofascial Release (MFR) might be used. This is a style that works on connective tissue (fascia) and uses a series of holds to get that fascia to loosen up. People who have been in auto accidents usually have lasting problems, and MFR is something that can help relieve the long term problems. In fact, any trauma to the body (injury, falls, cuts, surgeries) can have lasting effects in fascia that gets constricted and causes pain or other problems elsewhere. (In fact, when we hear auto accident, or surgery, we immediately start leaning toward MFR as a recommendation.) MFR can go in and convert that constricted fascia to flexible fascia. In fact, it is very good relieving problems from fibromyalgia and carpal tunnel syndrome as they are truly fascia issues even if doctors claim not to know the cause.

But even armed with all this knowledge, what if you don't know what would be best for you? Well, that is where we come in. During the

consultation part of the visit, we look at you to see what problems we think you have, and then go over the paperwork and talk to you to see what is troubling you. Based on what we have seen and what we have been told, we will recommend a style. If the style recommended is something you are not comfortable with, then we will work with you to find something that you are comfortable with. We will address any concerns before you get on the table. If what we recommend is something different than what you want, we will do what you want, but suggest you come back for what we recommended.

Many times, if no particular style is desired, we do what we call an Integrated massage. This combines movements from several styles into one complete session.

So I hope this has answered any questions you might have about massage. If not, then feel free to call us and ask. Because we value you as a person and a client, and we want you to be educated about what we do so you can knowingly choose a session of your liking and be comfortable with it. We are here to help you.

Room For Rent

Caring Palms has a room for rent to a holistic arts practitioner. This person could be a practitioner of accupuncture, reflexology, hypnosis, massage or any similar modality. If you know anyone interested, please have them call Brian at Caring Palms.

Looking To Hire

Caring Palms is looking to hire a part-time massage therapist for the new studio. This person would be working as an employee of Caring Palms and should be licensed in the state of Florida and have practitioner's insurance (or be willing to get it). Serious applicants will be expected to give a massage to be evaluated. They should also be willing to build a clientele rather than walk into one built by someone else.

We are looking for either one or more part time employees. If you know anyone interested, please have them call us.

Medical Herbalism Class to be Hosted at Caring Palms

Energy Solutions

Saturday, June 7, 2014, 10:00am - 3:00pm

(with a break for lunch)

Location: The Caring Palms Studio

Cost: \$60 (includes all materials for three remedies)

This is the same as the advertised March class, but the date and cost have changed.

Are you struggling to have enough focus and energy to get through your day? Learn the time tested herbs that can help you get more out of life. More energy to get things done. More focus and concentration. Even herbs that can balance and calm the emotions. Let Master Herbalist, Cindy Whitley introduce you to these herbs and even teach you how to prepare your own herbal remedies with them. In this workshop, each participant will make **3** herbal remedies to take home. You won't want to miss this! For more information, go to Cindy's website, [Natural Healing Workshops](#).

To sign up for this class, go to the Natural Healing Workshops website by the link above, or the [Caring Palms Events Page](#).

Note: This class will be held at the Caring Palms studio, and is recommended by Caring Palms, but is not a Caring Palms class. This class must be paid for in advance, and if you have any questions, please contact Cindy directly.

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

- April 12 (Saturday) 10am - 5pm
- May 10 (Saturday) 10am - 5pm
- June 14 (Saturday) 10am - 5pm
- July 12 (Saturday) 10am - 5pm
- August 9 (Saturday) 10am - 5pm
- September 13 (Saturday) 10am - 5pm
- October 11 (Saturday) 10am - 5pm
- November 8 (Saturday) 10am - 5pm

Reiki 2

- April 19 (Saturday) 10am - 5pm **Confirmed**
- May 24 (Saturday) 10am - 5pm
- July 28 (Saturday) 10am - 5pm
- October 25 (Saturday) 10am - 5pm

Reiki 3

- April 24 (Saturday) 10am - 5pm

- August 26 (Saturday) 10am - 5pm
- November 22 (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 \$125 no matter what level of Reiki the class is for. A \$50 deposit 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.

Caring Palms Hosts Mediumship Classes

Every month, Caring Palms is host a mediumship class taught by Marilyn Jenquin of the International Foundation for Spiritual Knowledge. In this class, Marilyn teaches the British style of mediumship (this is similar to the style used by John Edward). Each class contains a lecture, a meditation, and class exercises. This is for all ranges of students from the beginner, to the long time student.

Mediumship is a method of communicating with people who are no longer in their physical body, but in the spirit world. The class teaches students to do evidential readings as exercises so they get comfortable developing a relationship with those in spirit. This class is for anyone wanting to work with spirit whether they intend to become professional mediums or simply to use it in their everyday lives.

Classes are usually scheduled the last Thursday of each month from 1pm to 3:30pm at the Caring Palms studio. For more information, go to the [IFSK website](#) where you can learn more about this, check class schedules and locations, and get contact information.

Science and Faith

By Brian Dean

I have been watching the new Cosmos series with Neil deGrasse Tyson. This program is a tour-de-force of scientific knowledge. It sets aside belief based on other possibilities especially when it talks about the origins of life. At one point, Neil talks about the possibility of Intelligent Design, but does not give credit to Creationism. And to go further into that, one would have to reference Ben Stein's documentary "Expelled: No Intelligence Allowed" where they show a huge difference between the two, yet neither side will say Intelligent

Design belongs to them. But I am not here to debate religious theories. I want to talk about science, to a point.

I love science. I love how we dissect things and figure out how they work. Look at the human body. As a former computer programmer, I can understand programming code that compares things, makes decisions, and then makes certain things happen based on those decisions. Science shows us how our bodies do the same thing, but decisions are made on a chemical basis, not computer code (or so I think).

But following science, we have developed wonderful technologies (including the computer I am writing this article on). But science reaches a point where things become 'unknown'. They come up with the best theories to explain them, but that is still a best guess. What bothers me is the 'scientific community' and people who believe them accept these guesses as fact. The problem is that while we have a great theory on what a black hole is, and may have mathematics behind it, we won't really know what it is until we go out there and touch the bloody thing. And scientists, who in my opinion, should be open-minded, tend to look at things they can't prove as bunk.

I work with a lot of things science can't, or won't understand. There is no way of testing it, so they say it is fake. At the same time, I have seen the things I do help people. And I am not just talking about energy work like Reiki. I am also talking about meditation and mediumship.

I have seen people come in suffering from pain, and walk out pain free after nothing more than a Reiki session. Was that magic? Science? Hocus pocus? Or did we just imagine it happened? I have seen people help themselves during a meditative journey. I have seen them go in, and come back relieved of problems, or having solutions to problems. (And keep in mind that when I take people into a meditation, I take them in, let them go do what they need to on their own, and then bring them back out. This way I don't need to know the details, or to tell them what to do. They get that guidance on their own.) This is also something science can't prove.

I have also seen people feel better after hearing from loved ones that have passed. I see them get advice from people they know. (And the style of mediumship that is done is called Evidential Mediumship where evidence is brought forward to prove that the medium actually has the person they claim they do.) Now mediumship has been under fire for generations since before Houdini exposed many as fakes, and yes, there are a lot of fakes. But that is true of any industry including massage, banking, and stock brokers. And science can not understand this as it is part of energy work. That is where Faith comes in, but faith with a good dose of skepticism.

When I am talking faith, I am not talking religion. Yes, I do believe there is a 'source of all things', and that everyone has a right to believe in what they want to believe in, but faith in this source, in energy, in possibility. Faith opens up doorways to possibilities. But it should be approached with skepticism.

As psychic medium, John Edward says, we should all be skeptics. We should all be saying "prove it to me." In the case of the many types of energy work I do, I have had that happen. I have said "prove it to me" and have seen that proof. And while science can't seem to understand this, faith sees it, sees the proof, and understands. Because of this, I have faith in myself and what the work I do can do to help someone. I have faith in the energies that come through me that actually do the healing work, or the guidance I get during a healing session. I have faith that people will be helped, and I have the proof to overcome the skepticism I approached these things with.

I can think of a couple words that really come into play here. The first is 'balance'. We have to balance science and faith. We have to know that they both have a place. The other word is 'tolerance'. While we balance the two, we have to be tolerant of both. It is when science discards faith because it is not scientific, and faith discards science because it doesn't fall into their beliefs that we have great conflict.

So, yes, I love science. I also love faith. And I love balancing the two. In truth, I feel that if we broke down faith to energies and how they work, we might find that they are very scientific indeed. Balance and tolerance. Those have to be the ruling constraints.

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](#)



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
