



Caring Palms Massage and Reiki Newsletter July 2014

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Greetings!

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

I hope you enjoy what we have here.

Stansted in Florida

Brian will be out of the office Thursday, July 17th through Sunday, July 20th as he attends the annual mediumship conference, Stansted in Florida. He is looking forward to working with British Medium Eamonn Downey and the talented students that come to this seminar. Last year, this conference taught many new things that Brian has incorporated in his practice. He is looking forward to learning more things that he can use.



During the two weekdays that Brian will be away, Whitney Salvador will be in the studio and available to work on anyone that needs it. She will actually be there Tuesday through Friday that week.

Brian Gives Talk At Heritage Institute

On June 3rd, Brian gave a talk to the evening massage therapy students at Heritage Institute. This is something he has been doing for the past couple of years. The instructor usually asks him out to talk about the unique (aka weird) things he does.

To prove that point, instead of wearing a normal company polo shirt,

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Forward This Newsletter

Did you know that Caring Palms offers a Referral Bonus? Forward this newsletter to people you know, and if they come in for a session and give your name, you will get \$5 off your next purchase. And the beauty of this is that it is cumulative. If two people come in, you get \$10 off your next purchase, three people, \$15 off, and so forth. So if you know people that could benefit from any of the services we offer (and everyone can), forward this newsletter to them. If they come in, you will benefit as well.

he walked in wearing a t-shirt that said... I'm A Massage Therapist, What's Your Superpower? This immediately sent a message that he thinks out of the box, and that this was not going to be a normal talk.

Almost right away, he was met with "We know you, but we've never met you." from the students. Since the program there is 14 months long, these students had had the opportunity to be mixed in with others that had heard his talk the previous year. This meant that expectations were high.

Brian began with telling them a small bit about what he does. He then talked and gave a few demonstrations on Body Mechanics, something near and dear to his heart. He showed the students how they could be strong without having to be physically strong.

Then he went on and gave demonstrations of the two versions of Hawaiian Lomi Lomi that Caring Palms does, and the Esalen-inspired Freeform massage. Each of the students got to be on the table for these demonstrations. There were many ahhs and oohs as the work was shown as well as popping noises as vertebrae moved into place.

The students were truly amazed at the unique movements that were shown. Brian spent time to make sure they saw proper body mechanics and knew certain precautions should they try any of what was shown.

Brian said, "The students, as always, were a joy to talk with. They were all attentive and curious. They asked many good questions and enjoyed what I showed them."

Two weeks after the talk, Brian received an email from the instructor telling him that the "students had a blast."

Closed For The Fourth

The Caring Palms Massage and Reiki studio will be closed Friday, July 4th for the Independence Day holiday. We at Caring Palms hope everyone has a safe and happy holiday weekend, and may the fourth be with you.

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 Share has been opened up to include non-practitioners and has been featured on MeetUp.

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

Please let us know if you will be coming.

NCBTMB Approves All Caring Palms Classes

The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) has approved all of Caring Palms' classes for continuing education on a national level. That means that all Reiki classes and the Advanced Body Mechanics class count for continuing education at a national level as well as in Florida. This means that anyone wanting to renew their national certification can get the CEU hours they need by taking classes at Caring Palms. It also means that states that use only national providers for their continuing education requirements will accept these classes, and Georgia is one of those states.

Caring Palms is excited to be able to offer these classes to a wider range of students.

Herbalism Class Was A Success

Last month, Caring Palms was host to Master Herbalist, Cindy Whitley as she gave a class on herbalism. The students that attended learned a lot about various plants and herbs. They also got to mix up three concoctions to help them energize when they need to. And the beauty of this is that they were all natural compounds. Each of the students commented on how the class was money well spent.

Cindy will be hosting more classes at the studio in the future. Keep watching this newsletter and the Events page on the website for future announcements.

Overcoming You Childhood - Growing Into The Person You Want To Be

by Brian Dean

Some people have what they consider normal childhoods, but that begs the question... What is normal? What we considered normal even as little as 10 years ago is not normal today. Society is noticing things that it ignored before, and in some cases, it is going overboard on preventatives. In other cases, it is not doing enough.

But how 'normal' was yours? Were you the prom queen, the jock, the class clown, the wiz, the academic? Or did you struggle to get along? Did you fit in easily with everyone, or were you the outcast, the person that wanted to fit in, but just couldn't make it? Were you a bully? Or were you bullied?

Some memories have been popping up recently which has been prompting this article. As I think back on them, I wonder how I actually made it this far. How did I overcome what happened during those formative years? How did any of us? What did it do to us?

For myself, I could say I had normal childhood, but in those days, 'normal' was a broad topic. The jocks bullied people, and it was accepted as 'this is just what happens'. People were shunned if they weren't pretty and didn't fit into that 'in crowd' (of course, I'm not sure that is not all too different today, though we may be more aware of it).

I was a person that wanted to be in the 'in-crowd' but just didn't fit. After all, I really didn't care about sports, I was into science fiction. I read a lot (still do but not as much as I used to). Because of this, I was the one that was bullied, not only by classmates, but by teachers too. My memories of these things are still fairly vivid.

I remember my fourth grade class making paper bag costumes for Halloween to be judged by the class. We were each assigned a number for people to vote for. My number was zero as assigned by the teacher. Now what does that do for one's self esteem? I remember a gym teacher thinking I was talking in class, telling me that if I said another word that he would punch me in the stomach hard enough to make me throw up. (Had I known what I know today, I would have told him to 'make my day'.) And it was pointless to tell my parents because the teachers were always right, and you didn't argue. And no matter how many people punched me or hurt me, if I fought back, the punishment at home would be worse. Or if I told my folks, their response would be to tell a teacher, which of course would do nothing.

My desires were simple. I wanted to be someone that helped people, and I wanted to command starships. Those desires haven't changed much since I was a child. Today I am a person who helps people, but unlike my childhood vision, I don't wear a red cape and leap tall buildings at a single bound. And I still want to command starships, but that might have to wait for another lifetime. But how did I get from here to there? What came from all of that?

Perseverance? Possibly. Attitude adjustments? Definitely. I started to realize that I didn't care about the things others thought were important, I cared about what I thought was important. As I grew older, I learned that I really didn't care what others thought about me.

I refused to let their judgment rule my life. I decided to be me, no matter what. But that took a lot of doing. My attitude was a big key. Looking at my earlier statement, I say that I may grow old, but never grow up. In that, my attitude shows that I do not care what people think as long as I can be me. I still like science fiction, and still don't care for sports. But I don't need to fit into a bucket with everyone else. I am comfortable standing alone. In fact, I feel sorry for those that think they still need to be in that bucket, to feel that if they are not in that crowd, they will have nothing. In truth, there are so many people on the outside that there are plenty to interact with.

What did all this do for me? It made me strong, not physically, but mentally, internally. It made me have faith in myself. And while I have faith in myself, and put myself out there for others to see, I like to think I am not pushy about it, gentle if you will (which is what makes me a bad salesperson). But while I am not pushing myself on others, I offer, and accept. I live on an edge of acceptance, and part of that is that I am accepted by different people than I wanted to be accepted by when I was younger.

I could have gone a totally different way. I could have been a person that went in and shot people that were bullying me. I could have committed suicide. I could have ended up in a padded cell. But I stuck with me. A few years ago, they tore down my high school and rebuilt it. Seeing the rubble, I joked that I used to imagine it looking just like that when I was attending classes. But instead of going dark, I turned toward the light.

But the journey to this point is never easy, and never short. We bounce from one thing to another. We learn lessons from each experience. But in what we do, we have to remind ourselves that we are strong. We have to adjust our priorities, our wants, our desires. We have to look at what we truly want, and not what we think we want. What truly is our dream? Then we need to walk away from things that will not help us get there. And we need to believe we can survive. It takes time, but the journey is worth it.

Childhood is a traumatic time. We deal with issues of self-esteem from being judged by others. We deal with hurt feelings, and pain. But if we are strong enough, we learn that we are the only ones worth judging us. And in that way we can become what we want to be. How did you survive childhood and become what you are today?

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

- July 12 (Saturday) 10am - 5pm **Confirmed**
- August 9 (Saturday) 10am - 5pm
- September 13 (Saturday) 10am - 5pm
- October 11 (Saturday) 10am - 5pm
- November 8 (Saturday) 10am - 5pm

Reiki 2

- July 28 (Saturday) 10am - 5pm
- October 25 (Saturday) 10am - 5pm

Reiki 3

- 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 NCBTMB and Florida Board of Massage Approved for six (6) Continuing Education Hours (CEUs)

Advanced Body Mechanics and Techniques

The following is a list of currently scheduled classes. This class is a two-day class worth 12 CE hours for 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:

- October 18 - October 19 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)

All classes are scheduled to be held at the Caring Palms Studio.

Should the location change, that change will be on the website and students notified.

Maximize your results with less effort. Utilize the science of martial arts and apply it to massage. Advanced Body Mechanics and Techniques for Massage Therapists, is designed to reconnect the massage therapist with proper body mechanics and techniques while putting a new twist on things and showing how to get more pressure with little effort. While it does go over some basics, it takes body mechanics to a new level where every move involves the use of the therapist's entire body so they can work without hurting themselves. The class being part lecture, part hands-on practice takes positions, centering, and the proper use of body strength from Japanese martial arts and applies them to the art of massage therapy. It also shows how to focus one's energies to increase their strength with simple exercises meant to teach the student how to 'think' beyond where they are working so they can get deeper into the client and to channel their energies to the point of thought. The student will learn how to focus their energies and use their body to do deep work 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 does, but in a new light as well as moves many people may not have seen before. 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.

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

A Walk Through The Woods

By Brian Dean

It is a pleasant day, so I head over to the nearby nature trails. I look over at the beginning of the trails and see that there are several to choose from. Slowly, I walk by them and 'feel' each, asking "which would be the best for me today?" When I feel one of the paths offered is more 'right' than the others, I head down it into the wooded

area.

As I walk along the path, the place where I entered the woods gets farther and farther away. As it does, the sounds from the road, and suburban areas gets quieter and quieter, until they finally disappear. Eventually, I am surrounded by silence. I walk further letting the silence envelopment me. As it does, I allow myself to notice what is around me now that there are no distractions.

I see the trees and the bushes growing along the path, each reaching for their little piece of sunlight. I notice the flowers on some of the bushes along the way. With each thing I notice, I notice more. I see the insects moving through the plants, the bees investigating the flowers, each going about its normal routine. I hear water moving somewhere, and birds singing.

I continue down moving from shadow to sunlight and back to shadow as there are open spots where I can actually see sky, each step making a soft sound. There is a slight breeze I feel on my skin which also rustles the leaves in the trees causing a pleasant sound. As I look further in, I can see birds flying from one branch to another, calling out to other birds.

There is a rock formation up on the left surrounded by some flowering plants. Fluttering around these bushes are several butterflies, stopping at one flower, then another. With each stop, they open their wings slowly so I can see their pretty markings. Then as they finish, they move off to another.

The path starts a little incline going down to the source of the water sounds. I find a bridge over a small stream that is gently flowing by. I slowly walk onto the bridge and stop at the center, looking down into the water which is cascading over some rocks giving it that lovely sound.

As I peer into the stream, I see small fish moving here and there. Down a little ways is a turtle or two watching me as I watch them. Slowly as to not disturb them, I walk over to the other side of the bridge where I see some medium sized birds drinking from the stream. They stop for a second to look at me, and then continue what they were doing.

I do the same thing. I continue my journey down the path which starts angling upward as I move from the stream. The walk is a bit steep, and my leg muscles notice it as I climb to get back to an even plane. The stress lessens as the path levels out. Up ahead I notice some squirrels chasing each other from tree to tree, their tails twitching each time they stop.

I continue on enjoying the peacefulness, each step bringing me loads of solitude. My breaths come easily. The sounds of nature

surrounding me, becoming one with me. Although I am the outsider here, I feel as much a part of nature as any of the creatures I have seen. The feeling is just magical.

Eventually, the sounds of the woods start to fade, to be replaced by more man-made sounds. And as I keep walking, I see the end of the path up ahead. I stop for one second and close my eyes. I take one deep breath and hold it for a moment before letting it go. I am calm. I am at peace. And this is what I take with me as I re-enter the world.

Rooms For Rent

Caring Palms has two rooms 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.

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.

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.

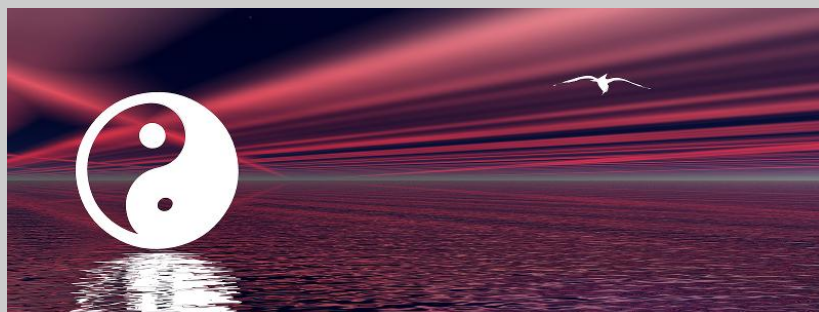
Modality of the Month

Swedish Massage

Although exotic sounding, Swedish massage is the most common type of massage performed. Developed by Pehr Henrick Ling, who based it on the movements of Swedish gymnasts, it can be a very relaxing session, but can also be therapeutic.

Swedish massage is usually the first style of taught in most schools. It is a great beginning point for students to learn to touch a client, and develop pressures and movements. This is actually the basis for most of what they learn later.

[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
