



Caring Palms Massage and Reiki Newsletter

May 2015

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Greetings!

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

I hope you enjoy what we have here.

A Beacon of Light

by Brian Dean

The world is going through a lot of problems. We have spiritual and economic crises going. Then adding to that we have inequality in income, abilities, and what we can get out of this life. Then if things weren't bad enough, we add to that hate groups, the dumbing down of people, and greedy rich people and the politicians they pay off. It makes it seem like there is nothing that we can do other than lay down and die. But the change is coming.



Philosophically, things need to be bad for them to turn around to be good. Things need to get to the point that they can't get any worse before they can only get better.

From a realism point, things need to get to the point that they are intolerable to the masses, for them to rise up and force change. This happened when the taxation and rules enforced by the British caused the people in the 13 colonies to fight back. We also see this happening in other countries where the people rise up to overthrow corrupt governments.

It seems when things become so intolerable to people, they rise up and assert control, oft times violently. But change does not have to

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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.

be violent.

In the 60s and 70s, people held non-violent protests. They simply sat, making the police carry them from their places. But with today's media, it is possible to get an idea out to lots of people and have them grab onto it and force change. But that change has to come from within. It starts with an idea, and then it catches energy, and that energy grows until it is so strong that nothing else can stop it.

We lightworkers like to think that we have this beacon of light within us, and that we can let it spread from person to person. We do this by helping others, taking them from pain, pointing them in a new direction, introducing new thought patterns, new ideas. Once someone feels better, their outlook is brighter. And through that outlook, they affect others positively.

But everyone has light within them. Sometimes the darkness outside is so powerful that it seems to overshadow that light. But it can never extinguish it.

So how do we navigate through the darkness that seems to be all around us? Well, for one thing, we have to remember that if there is light, there can not be darkness. If you go into a dark room and turn on a flashlight, then the darkness is gone, replaced by light. As long as we remember that we have light within ourselves, we can never be lost in the dark. So how do we do that you ask... positive believing.

We look around and see all the negative stuff going on, but we don't take it into ourselves. Yes, we see it. Yes, we understand it. But the moment we let it overcome us and let it dominate us is the moment we give in to the darkness. The idea is to see it, and acknowledge it, but not let it overcome us, to know it exists, but not bring it in and make it our own. (Healers use the same technique when helping others. We feel and sense their emotions, and listen to their problems, but we don't make those problems our own. We know them and understand them, and that makes it easier to know what to tell people to help them.)

The same is true for world situations. We see them, and understand them, so we know how to help if we have the opportunity. But being positive about it can be the only thing we can do, but that is not nothing. Being positive, believing that good will come from it, or that good will eventually triumph creates energy to make that happen. And when one person's energy gets combined with another person's, the balance of energy starts to shift from dark to light. And that shift can be peaceful.

Yes, it is an energy thing. Yes, it takes time. But the vision of it happening can grow to the point that it manifests into change. One just has to believe that it will change, and things will become better

for that energy to grow. And eventually, things will change for the better.

So what can we do as people to make this happen? We need to believe, and in believing, we need to continue to believe no matter what. We need to let that light within each of us shine brightly. Doing this will attract others that will also shine. And when we have enough light together, there can be no darkness.

We need to be a beacon of light shining through the dark.

Caring Palms Looking For New Therapist

Caring Palms Massage and Reiki is looking for a female therapist(s) to add to its staff of talented individuals. This person could be full or part time. Caring Palms pays 50% of the billed amount before discounts. All discounts come out of Caring Palms' end. All tips go to the therapist in full. If you are interested, or you know of anyone that might be interested, please have them call Brian at the studio at 904-246-2206, or email him at brian@caringpalms.com to schedule an interview.

Love By The Heart

by Brian Dean

I had a friend and client in the other day who I have not seen in a good while. While she was here, she said something remarkable. In fact, it was so remarkable that I had to repeat it and expand upon it.

She said, "Love by the heart, not the gender." Now, setting aside that my friend has been considered gay, this is a unique, yet proper way of looking at things, and not just in who we love, but who we consider for anything from friends, to who we associate with, to partners. I mean, shouldn't we consider people based on their heart, not their sex, or size, or looks? Isn't their heart and mind the most important part of who they are?

Now, my friend has come off a relationship with another female, and is now dating a male. So I asked a question. (Now since she knows me, and knows that I don't judge, she answers any questions because she knows they come from actually curiosity, nothing more.) She responded with this line that she credits to the TV show "The L Word". Love by the heart. Just that much says tons.

Setting aside gender, this is how we should be looking at people all the time. Too often, people are judged by their weight, by their looks.

But that outer shell is not the real person. To see the real person, you need to see what is on the inside, what lies in their heart and their mind.

Maybe when one looks at others, they instinctively judge on a baser, sexual attractiveness. Maybe that is what drives people to go to some and shun others. And that is done in all too many situations. I can remember going to a hot stone massage class many years ago. As we partnered up, the "pretty people" grabbed each other quickly so those that were not as perfect would have to work together. But what they lost out on was getting to know some very nice people.

We've seen this in high school and all areas growing up. Isn't it always the ones no one wants that get picked last and end up playing right field? But that got carried on to adult life.

The problem is that sexual attraction is good for some things, but not everything. Too many relationships start with that, and when that has run its course, there is nothing left to sustain a relationship. Where if people get together based on what is inside, those relationships tend to last longer and be more meaningful.

I remember taking my first Temple Lomi class years ago. There was a new girl nearby that was not skinny. As no one was working with her, I invited her over to work with me and the person I was working with. That person is still a good friend to this day as well as a wonderful therapist and all around good person.

Love by the heart. It makes so much sense and is profound beyond belief. It says that one sees someone's heart, no matter what gender. But that also transcends shape and size. It transcends looks. It transcends a lot of things and allows one to see the true person. It says so much. If you judge people (and we all do to some extent), judge by the heart, nothing more. Allow yourself to see the true inner person, not the outer wrapper.

I saw something recently that fits right in. It said "I don't judge people by their looks. I judge them by whether they're an asshole or not."

Love by the heart. Allow by the heart. And in return, give by the heart. You'll find that no truer form exists, and you'll get to know some really great people.

Reiki Share

Caring Palms has a Reiki share every 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, May 6th from 7pm to 9pm.

And on a Star Wars note, May the 6th be with you?

Please let us know if you will be coming.

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 11 (Saturday) 10am - 5pm **Confirmed**
- April 21 (Tuesday) 10am - 5pm **Confirmed**
- May 9 (Saturday) 10am - 5pm
- June 13 (Saturday) 10am - 5pm
- June 16 (Tuesday) 10am - 5pm
- July 11 (Saturday) 10am - 5pm
- July 21 (Tuesday) 10am - 5pm
- August 4 (Tuesday) 10am - 5pm
- August 8 (Saturday) 10am - 5pm
- August 11 (Tuesday) 10am - 5pm
- August 25 (Tuesday) 10am - 5pm
- September 12 (Saturday) 10am - 5pm
- October 10 (Saturday) 10am - 5pm
- November 14 (Saturday) 10am - 5pm

Reiki 2

- June 27 (Saturday) 10am - 5pm **Confirmed**
- July 7 (Tuesday) 10am - 5pm
- August 15 (Saturday) 10am - 5pm
- August 27 (Thursday) 10am - 5pm
- October 24 (Saturday) 10am - 5pm

Reiki 3

- May 2 (Saturday) 10am - 5pm **Confirmed**
- May 12 (Tuesday) 10am - 5pm **Confirmed**
- July 25 (Saturday) 10am - 5pm
- July 28 (Tuesday) 10am - 5pm
- August 22 (Saturday) 10am - 5pm

- August 29 (Saturday) 10am - 5pm
- November 21 (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 2015 schedule is as follows:

- May 19 - May 20 (Tuesday 9:00am - 5:00pm and Wednesday 10:00am - 4:00pm)
- June 20 - June 21 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm) **Confirmed**
- August 18 - August 19 (Tuesday 9:00am - 5:00pm and Wednesday 10:00am - 4:00pm)
- October 17 - October 18 (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

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.

Sorry For Your Loss

by Brian Dean

After having gone through a lot of loss in the first few months of this year (my father in January, my father-in-law in March), the term that has been used when people talk to me is "Sorry for your loss". And that actually is the most appropriate thing to say.

As a psychic medium, I know that the end of this life is simply a return to real life. It is not sad that someone is out of pain, and has been freed from the trappings of this existence. It is not sad that they will not be able to reach a certain age, or didn't get to experience certain things. That was part of the plan they made when they came to this life. The loss is not experienced by them.

The loss is experienced by us, the ones left behind. A person of my gifts, I know that these people are fine and well. The loss is of not having them in this physical reality, this life. It is the change in routine, the thoughts that pop up, the feeling of emptiness that causes sadness. And the loss of their presence leaves a hole that hopefully is filled by something else over time. But it is OUR loss.

And to that, we offer condolences and energy. I also offer a shoulder, or an ear. But mostly, I offer energy to help one through

the adjustment period, and it is just that, getting used to a change in our environment.

And to those that offer their condolences and say "sorry for your loss", thank you for your concern, your energy, and care.

Room For Rent

Caring Palms has one room for rent to a holistic arts practitioner. This person could be a practitioner of herbalism, 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.

Modality of the Month

Esalen-Inspired Freeform

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.

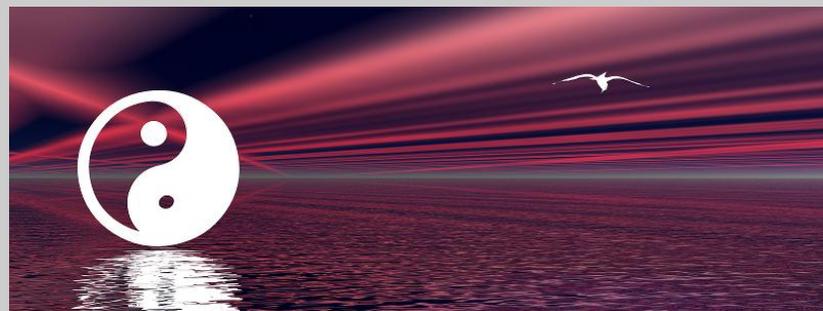
While they do Esalen in California with little or no draping, it can be done within most people's comfort levels. Sometimes creative draping is needed to keep a person covered, but it can be done. Minimal draping is best, but full draping can be used.

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](#)

Brian Offering Readings

Brian is now doing readings to anyone that wants to sit for one for tips. Keep in mind, these are mediumship readings, not psychic readings. If you think that it was a good session feel free to leave a gratuity. If you have an interest, please contact Brian and something can be scheduled.



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
