



Caring Palms Massage and Reiki Newsletter July 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 a couple articles.

I hope you enjoy what we have here.

Closed for Independence Day

Caring Palms will be closed Friday, July 3rd and Saturday, July 4th for the Independence Day holiday. The other businesses in the studio (Peaceful Acupuncture and Wellness, 5 Elements Massage, SunRae Wellness and Botanicals) will be following their own schedules. Contact them for information.



We at Caring Palms hopes everyone has a safe and enjoyable holiday.

Healing Crystals For Sale

Join Our List

[Join Our Mailing List!](#)

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.

Back in December, Brian went to Gainesville to an open house put on by two friends that sell crystals. The idea was that Caring Palms would start selling crystals in the studio. Well, it has taken a while, but we are now offering healing crystals at reasonable prices. Please come and check out our new "Crystal Cabinet" with the unique offerings we have. There is even a booklet telling about the properties of each one, and we will gladly copy the pages for any crystals that you purchase. We think that we have picked out an interesting group either in looks or properties. So, come by and take a look. (Some of them are pictured here.)



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@caringspalms.com to schedule an interview.

Take 3 Steps

by Brian Dean

How often in our lives do we find ourselves at a precipice, wondering whether to stand our ground, or go over the edge? I think all too often. How many more people are living this feeling day to day? How many are constantly one step from going over the edge?

We all get pushed there now and then by circumstances, people, or our own feelings. What things drive us there? Well, that could be employment related, or related to personal interactions, or simply our own feeling of inadequacy.

That last one is always the hardest one to get through, that feeling of never being good enough. And the problem with that is that we know deep down inside that we can do this something that we want to do. And deep down inside, we know that we can do anything. But then there is the "us" that over-thinks, that analyzes every situation to make sure that everything is covered. In that process, we may find we missed some small thing, and that causes us to doubt everything we have done to date, even if it is absolutely correct. This is where the mind interferes with what the heart wants.

The heart draws us to do something (or want to do something), and the mind comes up with every reason why it will not work. That is when we drive ourselves to self-doubt and fear. That is the point that we need to take three steps back, to find that point of balance between mind and heart, to move back from the edge we are about to throw ourselves over.

Yes, take three steps, three steps back from the edge. Three steps is a safe distance. It is far enough away from that point where you are about to topple over. Far enough away to find a place to balance. Then once you are balanced, you can look at things in proper perspective. You can remember some basic concepts, like who you really are, and what you can really do. And you can have faith in those concepts.

The first part of faith is having faith in yourself. When you look at it from a point of balance, you realize that you had this idea because it was a good idea. And because you had that idea, you knew you had

the ability to carry it out. You knew you had the strength to do it. So why have you brought doubt into the equation? Why are you suddenly drawn into this spiral of self-denial to the point that you are not only doubting your idea, but your abilities as a person?

Take three steps back from that edge, and look at what you truly are. Look at the tower of strength you know you are. Have that faith in yourself and build strength with mantras like "I am, I can, and I do", or "I have the power." Go back to the point where you believe in yourself because you are worthy of that belief, not only from yourself, but from others. Yes, others believe in you. They have faith in you. So, why not have faith in yourself?

When you reach that edge, and feel you are ready to go over, take three steps back. Find your center. It is there. Then, turn around, and take three steps forward, further away from that edge. Then take another three steps and another until you are simply walking away, walking away with strength, walking into the light.

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, July 1st from 7pm to 9pm.

Please let us know if you will be coming.

Some Random Thoughts

by **Brian Dean and Friends**

If you learn to love yourself, you will never be alone.

Predicting the future is easy, if you believe in it, and work to make it happen.

It is better to give than to receive. But to give, one has to receive. That way, there is symmetry and balance.

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

Reiki 3

- July 25 (Saturday) 10am - 5pm **Confirmed**
- 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:

- 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.

Doubt

by Brian Dean

Believe it or not, doubt has its place. You might be asking how this is possible (or how much I have been drinking). But it is true, doubt has a proper place in our lives. You see, it is all in how we use it.

One of the problems with doubt (like too many things) is that it does not come with an instruction manual. And in that, most people use it incorrectly. You see, we use doubt to hamper belief in ourselves. We doubt that we can do something. We doubt if we are good enough. We doubt that we can succeed. This is totally the wrong approach.

The way to use doubt is completely opposite to how we *have* been using it. To use it properly, we need to use it to bolster us up, not down. We need to affect the outcome so that it is in a positive nature, not negative.

When we start something, and doubt creeps in, we usually doubt that we can succeed. But we need to doubt that we CAN'T succeed, or in other word doubt that we can fail. If you doubt that you can fail, you open up to the probability of succeeding, in fact, you make it possible to succeed. You make that success guaranteed. That is called putting all your faith and belief into yourself to make that outcome happen. That is tapping into your inner strength and pushing forward with everything you have and making a success.

Basically, rather than doubting your success, doubt your failure. I am starting a project, and I doubt that I will fail. That opens the path for me to succeed.

So doubt has its place as long as you use it properly.

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

Hot Stone Massage

Hot Stone massage is a unique style where heated rocks are moved over the body allowing the heat to sink into the muscles. Although deep work is not usually done with Hot Stone, the heat penetrates to make the muscles relax and feel better.

There are several types of Hot Stone massage and like other massage styles, these change with each therapist that does the work. Probably the most known style is called La Stone which was based on the types of massage done by native American Indians. They used hot and cold stones to create a relaxing experience. Marie Hannigan took this information and created La Stone from it as she was hurting her hands doing a lot of deep tissue work. With the stone, it gave her a tool to go deeply with while the heat penetrated and softened the muscles.

La Stone also incorporates prayers, chanting, and movements around the client with occasional clapping of the stones. It has been said that La Stone is more about the stones than the massage. That is the key difference between La Stone and Hot Stone massage. Hot

Stone massage tends to be more about the massage. Basically, Hot Stone (which probably stemmed from La Stone) tends to be La Stone without the clapping, chanting, and other stuff.

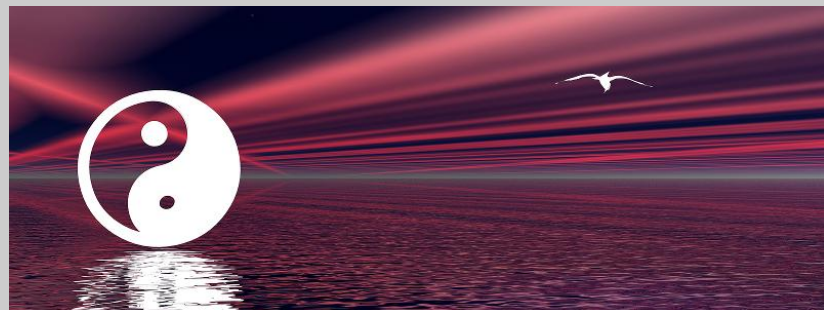
[read more](#)



Hot Stone Massage

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
