



Caring Palms Massage and Reiki Newsletter

June 2015

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Greetings!

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

I hope you enjoy what we have here.

A Funny Thing Happened on My Way to...

Caring Palms just received a visit from two detectives from the Jacksonville Beach Police. It seems that there was an ***anonymous*** complaint made regarding the security cameras in the studio. The complaint said that they felt uncomfortable undressing because of cameras in the treatment rooms.

Now this was a shock as Caring Palms does not put cameras in the treatment rooms (something that is illegal). And while we do have security cameras, they monitor, the outside door, the lobby, the hallway, the room outside the bathroom, and the office. There are also motion detectors which monitor the hallway, the lobby, and the main treatment room / classroom. The purpose of the last two is to catch anyone that might break the glass and come in through the window. And they are motion detectors, NOT cameras.

The purpose of this security system is to protect the business(es) here when the studio is closed, and to protect the therapists and clients, especially those that work late hours. And only the public areas are monitored.

The two detectives were shown the security system, every camera location, every motion detector, and inspected every treatment room. They found nothing to support this ***anonymous*** complaint. When

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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.

they left, they said that they were satisfied that everything was in order and done according to law.

Caring Palms (as well as the other businesses in the studio) respects your privacy, and do everything possible to make sure that all work is done in an ethical, straight forward manner, and that you are comfortable the entire time. And if for any reason you are not, you simply need to say something, and we will make changes. If you have any other concerns, all you have to do is ask, and we will gladly talk with you about it.

Our goal is to always help you feel better with the best work we can, and do it in a legal and ethical manner.

Impressions

by Brian Dean

What is your first impression of something? Is it meeting a person and looking at them? Or is it listening to them talk? Or is it something more?



We get impressions all the time. Not only do we work on the levels mentioned above, but we also work on unseen energetic levels. Is something nagging you not to trust that used car sales person? Is there something inherent that makes you want to trust that healer?

Usually, the first impression we get is when we meet someone. We look at them and decide if they have a pleasant appearance, if they look like they care about how they look. Are they dressed neatly? Are they fit? All too many times, this is enough for most people. But all too many times, the best quality comes from the most ungainly container.

The next thing is to listen to them talk. This is a true test to see if they sound like they know what they are talking about, or if they are just throwing out any felgercarb, hoping you will bite. The person that is blowing smoke up your root chakra is usually the one talking in absolutes, especially where massage and healthcare are concerned. In massage and healthcare, there are no absolutes. No one thing works on everybody, and anyone that tells you that what they do will fix you guaranteed, is not telling you the truth. A person who claims they do not know all the answers is the one that is more trustworthy.

If this person sounds like they know what they are doing, the next impression is your experience. With massage, that is usually with their touch. And those that have had massage regularly can tell with the first couple of moves whether this person knows what they are doing.

As a massage therapist, I know that I put all of myself into that very first touch, that first movement. This is the best impression I can give. Most massage therapists do. Does that first touch say, "Yes, I know what I am doing"? Is the way the drape is moved done with intent and knowledge, or is it haphazard? With energy work, it is a little different, but still comes out the same.

So, what impressions do you look for when you are searching for a healer? Do you walk away at first look, or do you take the time to listen? Or do you hang around to see if they have the touch?

Welcome SunRae Wellness and Botanicals

Please welcome Rachel Amos and her company SunRae Wellness and Botanicals to the studio. Rachel is an herbalist who provides private consultations discussing the historical and modern uses of herbs for building, developing, and maintaining a state of general health and well-being, according to each person's needs, and personal constitution. She also teaches classes and provides dried herbs under cottage industry.

Rachel is currently taking appointments for herbal consultations. You can contact her by phone at (904) 554-6072, or email at rainbowchild11@yahoo.com.

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.

Experience

by Brian Dean

What is experience? Well, most say that it is what you get when you don't get what you want. In truth, it is the culmination of events that you have gone through in every waking (and sometimes sleeping) moment of your life. It tells us a story of happenings that then helps us set expectations for other events.

The obvious example is putting your hand on a hot burner. You experience pain, and pull your hand away. The next time you see a hot burner, the expectation is that if you put your hand on it, the same thing will happen. Of course, there are the ones that will go ahead and do it anyway just in case there is a different outcome. Of course, doing the same thing over and over again and expecting a different result is more than persistence.

But what about those experiences? What do they do? Well, they guide us in making decisions, help us to better understand what we are doing and what possible outcomes there can be. After all, if experience eliminates one possibility, then the number of possibilities has decreased and we can get a better handle on what we can expect.

When one combines experience with intuition, then one truly becomes powerful. Intuition guides us to go to a certain place, and do a certain thing. Experience helps us understand the possible outcomes which we temper into the guidance to make the best possible outcome.

This is especially true for healers. We use intuition to guide us to problems areas, to see what needs to be pushed, pulled, or rubbed. We use experience to know which of those choices would be the best, and how best to apply it.

It is a combination of the both that makes us strong. This is why we not only look for someone with experience, but someone that is intuitive to one's needs.

At Caring Palms, we hope to bring you the best of both. And in doing this, we hope we meet your needs every time.

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, June 3rd from 7pm to 9pm.

Please let us know if you will be coming.

A Thought

by Brian Dean

Most of my clients tell me how much better they feel when I am done working on them. I'm not quite sure how to take that.

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

- June 13 (Saturday) 10am - 5pm
- June 16 (Tuesday) 10am - 5pm **Confirmed**
- 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

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

Reiki 3

- 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:

- 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.

Setting Expectations

by Brian Dean

What do you expect when you go in for a healing session? Are your expectations met? Were they not met? Were you comfortable? Did something make you uncomfortable? Maybe your expectations were too high. Maybe you really did not know what to expect.

Setting expectations is one of the most important things we do. After all, if you take your car to the shop, and they tell you it is something they can fix in a very short period of time, then this is what you expect. But when you go back and find that your repair is costing a thousand dollars, well then they did not do a good job of setting your expectations.

Now admittedly, when one client finishes and then tells the next client how awesome their session was, the level of expectation goes

up tremendously. It is like the bar being raised as the day goes on with every client we see. And we still work as hard as we can to jump over it.

At Caring Palms, we believe that education is one of the most important things we can do. As part of making you feel better, we want you to know what to expect. We want you to know what work we will be doing, where we will be working. We want you to know what this work will feel like, and how it will help your issues.

On your first visit to Caring Palms, there are a lot of forms to be filled out. One of these forms is there to educate the client as to what to expect during a session. With massage, part of the form describes what happens in a massage for those that have never had a massage before. The rest of the form describes movements and draping for standard massage as well as what is needed for specialty massages and other styles. For Reiki, there is a brief definition of Reiki which continues to a description of the areas worked and hand placements.

In each case, it is pointed out that the client has rights. If they are uncomfortable with the movement, draping, hand placement, pressure, or anything at all, they can tell the therapist, and things will be changed so they are made comfortable.

Most people read these forms. Some skim. Others just sign. This is our attempt to make sure the client knows what to expect. We also take extra time going over things with them verbally to make sure they understand.

Sometimes, we expect that what we do will 'fix' you immediately. Sometimes it takes time for the effect to kick in. Sometimes it takes multiple sessions (and this is based on each individual). But most of all, we want you to know going into your session what you should get out of it.

Our goal is to make sure there are no surprises (for the client or therapist) once the session begins. Your comfort is our biggest concern. We spend an inordinate amount of time to make sure of that so you can have the best, most fulfilling, healing session possible. We do this to set your expectations, and then meet or exceed them.

Caring Palms Hosts Mediumship Classes

Every month, Caring Palms hosts 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

Myofascial Release

Myofascial Release (MFR) is a style of massage / physical therapy that takes a whole body "hands-on" approach to the evaluation and treatment of the human structure. The goal is to help return the body's capacity to adapt, by restoring three-dimensional balance. What this means is that it works on realigning the body to its proper shape through manipulation of connective tissue (fascia).

Every part in the body is connected by fascia. The organs don't just hang there in open space. There is connective tissue surrounding everything holding them in place. Throughout life, one's body takes a lot of punishment, or trauma. We fall down. We get in accidents. We have surgery. All these things affect the fascia. You see, the fascia is normally a nice, soft, rubbery substance that gives when we move. But through trauma, this pliable substance can become hard and constricting. When this happens, the body's alignment changes. We feel pain, and a host of other problems crop up. (A good example of constricted fascia is carpal tunnel syndrome. This is where the fascia in the wrist becomes hard and painful. The normal response is to have surgery which cuts out the constricted fascia, but it also leaves scar tissue which later causes more constricted fascia.)

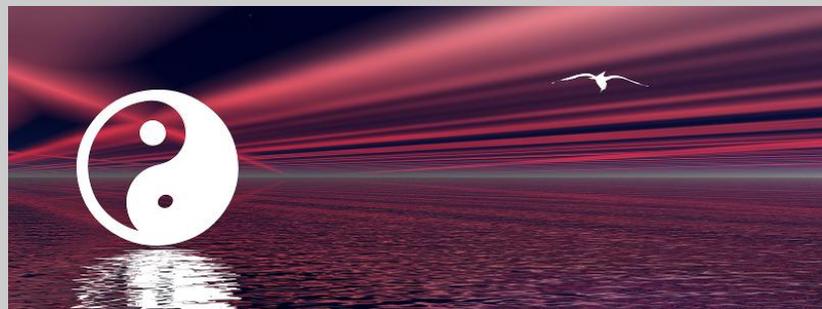
[read more](#)



Myofascial Release (MFR)

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
