



Caring Palms Massage and Reiki Newsletter April 2016

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

I hope you enjoy what we have here.

Raindrop Therapy

A week or so ago, Brian took training in Raindrop Therapy and is looking for practice bodies. Raindrop Therapy combines unique, targeted massage and energy approaches with pure, authentic essential oils for a deeply harmonizing, rejuvenating, and relaxing experience. Using **Young Living** essential oils, it draws from Lakota wellness traditions and provides a revolutionary means of nurturing harmony—physically, mentally, and emotionally.



The idea is that the oils used are lightly massaged into the spine and bottoms of the feet following reflexology points. The oils absorb into the spine (where all messages from the body are passed to the brain). They work to create balance and well-being. This is not massage in the traditional sense as it is the oils that actually do the work.

Brian has a couple people lined up to work on, but is looking for a few more. He is looking to start doing this as a regular modality beginning in May or mid April. If you are interested in experiencing this as a practice body, please contact Brian so he can get you on the schedule.

Look for additions to the website and scheduler to see when this unique treatment is available.

Leave a Review, Enter Our Drawing

If you have enjoyed the services at Caring Palms, whether that be massage, Reiki, or classes, or something else, please leave a review on one of the review sites like Google, Facebook, Yelp (you must be a Yelp member to leave reviews on Yelp), or any of the many places that take reviews. All people leaving reviews will be entered into a drawing to receive a free session (massage or Reiki). The drawing will take place at the end of each month. The winner will receive a gift certificate for a free session valid for six months which they can use for themselves, or give to someone else. Like us? Let us know. You might win a free session.

Body Needed

On the evening of Thursday, October 20th, Brian will be giving a two hour class/demo to the local chapter of the Florida State Massage Therapy Association (FSMTA). He will be demonstrating Advanced Body Mechanics techniques on one person while others in the room try the moves on their own partners. To that end, Brian is looking for a volunteer to be his demo body that evening. Anyone interested should contact him as soon as possible. The person that goes with him will receive a gift certificate for a free session of their choice.

Truth

by Brian Dean

What is truth? And I guess the question that has to follow that is... who's truth? Right now, there seems to be a lot of truth floating around out there. Some of it is really true, much of it appears to be true. But the appearance of the truth is not always the truth.

When we were children, our parents knew the truth, and we believed their opinions about things relative to right and wrong (unless, of course, it involved our friends). As we grew older, we saw that some of the things they thought were true, were not. Eventually, we learned to form our own opinions of things. We then defined our own thoughts and truths. But why are there so many truths?

That is because truths are subject to opinion. And adding to that is that we don't look into things anymore. We don't do our own research. Who has the time? So, we take things that we hear, and take them at face value, so we only get partial truths, and when that happens, we don't really know what the truth is. We hear a friend tell his version of the truth, and because he is our friend, we believe it to be true. But is it really true? It is to our friend. But is it in reality?

But then it gets worse. We defend this truth very passionately. I used to think that religion and politics were the only two subjects that someone would go crazy over, or kill for. Now it seems that everyone has their own truth, and they defend that to the depths of their being. They don't listen to facts. They prevent other truth tellers from talking. They simply hang to their beliefs as if it would kill them to listen to differing opinion.

When psychic/medium John Edward was in town many years ago, he asked the audience "How many of you are skeptics?" I, and about 20 other people in a packed Florida Theater raised our hands. He looked at the amazed crowd and told them, "You should all be skeptics. You should all be saying, 'prove it to me.'" Now, if that is true for belief in the information passed on by psychics, why isn't it true when we hear something? Why aren't we saying, "Prove it to me?" Why do we accept it? Is it because it was on TV, or in the paper, or on the internet?

One of the greatest abilities of humans is the desire to know more and to question everything. This is especially true for children as they keep asking questions until people give up answering. Where did

welose that?

In this year of political battles, it is very hard todetermine truth from the piles of felgercarb that keep accumulating. My suggestion is to keep an open mind. Listen with your head. But then listen with your heart. Listen with your gut. What does your intuition tell you iscorrect? But most importantly, questioneverything. I don't care who you follow,or which "side" you're on (why does there have to be a side?). Question everything you hear. Somewhere in there, we can find thetruth. And isn't that what is important?

Lies

by Brian Dean

What are lies? Aren'tthey the opposite of truth? But whatabout half truths? The better questionmight be... why do we lie?

When we were children, we maybe backed into somethingbecause we weren't paying attention, and in turn broke something. Most likely, the first words out of ourmouths were, "I didn't do it." In thatcase, we were afraid of the repercussions of breaking whatever we did. I think that carries through today.

Many times when something goes wrong, we look for ascapegoat, or some way to prove that we were not responsible. Depending on what was done, thoserepercussions could be mild or severe. Anddepending on how we feel about it, we could own up, or try to wiggle out.

As people, we make mistakes. That is how we learn. If everything we did was perfect, and we didnothing wrong, well first of all, the world would be pretty boring. Secondly, we would not learn because we learn(hopefully) whenever we make a mistake.

We see someone do some feat, like a dance. We get out there and try it, and we falldown. We learn from that fall. And then we get back up and try again. Hopefully, we keep trying until we get itright. And with each step, welearn.

But say we made a mistake, and someone got hurt. We could lie. Or we could take ownership of our mistake, and do whatever correctiveaction is necessary. I find as a society, we tend to not own up to our mistakes. It is always someone else's fault. But that is no way to live. If weown the things we do right, we have to own the things we do wrong, even when ittruly was not our fault.

Many years ago, I saw a client for massage for the firsttime. I scanned her as I usually do andfound her neck to be a problem area. I workeddeeply into her neck, and she said it felt good as I did it. Later that evening, she called and told methat her neck was in pain. I did not rememberthere being anything in the paperwork telling of neck issues (something I confirmedthe next day). When she thought aboutit, she remembered a doctor telling her that she had bone spurs in herneck. Since my scanning just led me tothat area, and did not tell me what an x-ray would have, I could not haveknown. And although there was nothingelse to keep me from working that area, I worked it deeply. But I still owned up to it (and felt reallybad that I had hurt someone). I correctedthe problem the next day with energy work.

We have to stand up for ourselevs when we are right, butmore so when we are wrong. That way wewon't have to tell lies. After all it isfar easier to tell the truth, than to keep track of what lies we've told to whom. As trite as it sounds, honesty is the bestpolicy.

Caring Palms has a Reiki share everymonth. A Share is where Reiki practitioners get together to work oneach other. Group Reiki work is done where each person gets time on thetable and worked on by several therapists at once. Any practitioner isinvited no matter what lineage they have or practice level they are at. If you are a non-practitioner and have not experienced Reiki, you are also welcome.

The next Reiki share is on**Wednesday, April 6th from 7pm to 9pm**. Pleaselet us know if you will be coming.

Learning

by Brian Dean

I don't know about everyone else, but I like learningthings, at least things that interest me, things I can see helping what I do inhelping others. I get drawn to newtechniques, styles, new methods and movements. But I also get drawn to learning new ideas, new processes, new feelings, and new life lessons.

I like to think I am continually learning, and isn't thatwhat we are here to do? What happenedtoday, and what did I learn from it? WasI involved in an argument (either between myself and someone else, or betweenothers)? Did I come up with a reasonablesolution?

When I helped that person today, did I learn any new waysto approach the problem they had? Did Isee something different in what they were telling me, or in what they weredoing? This is learning. And in that learning, we are approached withsolutions and we have to feel which one is best.

Learning is noticing what is around you. It is being able to see with more than youreyes. It is picking up every little nuance, every movement, every feeling. It iscompiling everything that is going on to give an overall picture. And then we look at this picture and see whatpart of it sticks out. What part drawsus? Then we see what fits, and what doesnot fit in. In this moment, we see truth,we alternatives, solutions.

But it is not only noticing what is around. It is also being willing to listen todifferent points of view, to look at evidence, to see what other people have tosay. In some cases, we might think thatother person is a whack-job. But inother cases, we might realize that they do have a point, and accept some or allof what they are saying. In this moment,we are redefining, or better yet, refining our truth, our beliefs. In that way we learn.

I like to say that I am continually learning. One of the things I know about energy work isthat the more I learn, the less I truly know because I see how much more thereis out there. The day I stop learning isthe day I get put in the ground. Learningis growth. Growth is change. Change is progress.

Be open. Be willingto listen. Be willing to learn. What have you learned today?

Perfect Moments

Brian's article "In The Moment" from last month'snewsletter has been published. Thearticle appears in the April edition of Natural Awakenings for Jacksonville as "CreatingPerfect Moments". The article appears onpage 13. If you are not in this area andwish to read the article, see last month's newsletter [here](#). The article is about midway down.

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. 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.

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 9 (Saturday) 10am - 5pm **Confirmed**
- May 14 (Saturday) 10am - 5pm
- June 11 (Saturday) 10am - 5pm
- July 9 (Saturday) 10am - 5pm
- August 20 (Saturday) 10am - 5pm
- August 23 (Tuesday) 10am - 5pm
- September 10 (Saturday) 10am - 5pm
- October 8 (Saturday) 10am - 5pm
- November 12 (Saturday) 10am - 5pm

Reiki 2

- April 23 (Saturday) 10am - 5pm
- July 23 (Saturday) 10am - 5pm
- October 29 (Saturday) 10am - 5pm

Reiki 3

- May 28 (Saturday) 10am - 5pm
- August 27 (Saturday) 10am - 5pm
- November 19 (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 reviewed 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 schedule is as follows:

- April 30 - May 1 (Saturday 9am - 5pm and Sunday 10am - 4pm)
- September 6 - September 7 (Tuesday 9am - 5pm and Wednesday 10am - 4pm)

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.

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 fourth 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

Swedish Massage

Although exotic sounding, Swedish massage is the most common type of massage performed. Developed by Pehr Henrik 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 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](#)



Swedish 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.

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.

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 we will try to see if we can answer them for you.

Connect with us



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STAY CONNECTED

