



Caring Palms Massage and Reiki Newsletter February 2016

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.

Valentine's Day

This month is Valentine's Day, in case you may have forgotten. It is a perfect time to get your loved one something they would truly appreciate. And at Caring Palms, we have specials to make it easier for you. This year, we are offering money off on all gift certificates purchased between now and February 14th. These purchases can be made in the studio or over the phone.



Gift certificates can be used any time the studio is open either before or after Valentine's Day. (The studio will not be open Sunday, February 14th, and at present will have no sessions available the day before, based on the Reiki class scheduled that day.)

The details are such...

\$15 off any single session gift certificate (massage or Reiki)

\$30 off Couples Massage gift certificate (scheduling based on availability of therapists)

\$30 off Couples Massage Class or gift certificate (to be scheduled at some other time)

All purchases must be made before February 14, 2016.

New Jewelry for Sale

Caring Palms has restocked its selection of jewelry. Over the past month, Shirley Dean has

Caring Palms has restocked its selection of jewelry. Over the past month, Shirley Dean has been working to create new and interesting necklaces, bracelets, and earrings. These new pieces have recently been added, and are available for your perusal. Come on in and take a look.

Also, there are lots of healing crystals on the shelves for sale as well. Come see what we have.

Auld Lang Syne

by Brian Dean

Although this seems a month late, it has been on my mind since new years. Auld Lang Syne. We sing this at the crack of midnight every New Years Eve, but do we really know what it means.

Auld Lang Syne was initially a Scottish poem which was turned into a song and translated into many languages including English. The meaning of 'Auld' is "Old" and the meaning of 'Lang Syne' is "Long Since". It is a remembrance and salute to old times, to things that have passed in the previous year. It is remembering old friends either here or passed (shared friendship). "We'll take a cup o' kindness yet" refers to the tradition of raising a glass, (a cup o' kindness) meaning with "good will, friendship and kind regard" and in remembrance of "noble deeds". The custom of drinking a "health" at a special gathering to the prosperity or good health of another goes back forever. It is an acknowledgement of the things that you have passed through and made you what you are today.

The song effectively salutes growth. It acknowledges and reminds you what challenges you have faced and surpassed as you prepare to face new challenges in the coming year. It reminds you that you have been through a lot, and you survived, maybe even flourished. And in that moment of realization, we acknowledge that we are stronger, and are still here, able to continue moving forward.

We remember and salute people that have helped us along the way, and also those we have helped. We remember and salute the good done by ourselves and others (the noble deeds). Then we let it go, and move on. Yes, we move on. We have to.

Life is about moving forward, growing, becoming what we can be. We remember the things that brought us to this point in life. But then we let them go so we can continue to move forward. Carrying the past with us is like carrying way too many bags to go on a trip. At some point to even be able to take a step, we must get rid of something. So we stop carrying the past with us. That gives us room to bring in things in the future. After all, you can't fill a glass with more water than it can hold. Eventually, you will have to pour some out to get more in, or stop pouring water in.

So at this point, I salute and acknowledge the "long since" and raise a "cup o' kindness" to all. And now I leave the past behind and look forward to more adventures (or as some would say, misadventures).

Human Trafficking Notices

On New Years Eve, Caring Palms received a call from WJXT-TV asking if we were aware of the new law that was going in effect the next day. Our response, like 40 others that were called before us was, "no." This was a surprise as we had not received any communication from the state government.

The new law (as we were informed by WJXT) was that all "massage parlors" needed to have signs notifying people about Human Trafficking. First of all, we reacted poorly to the term massage parlor (see other article), but this sent us doing massive research the first couple of days of the new year. What we found out surprised us, and we are passing it on to you, so you have an understanding as well.

First off, human trafficking is not a joke, and the most common places that it is happening (nationwide) are adult entertainment businesses and massage therapy businesses (angling to those that are performing illegal acts, truly your massage parlors). Human trafficking is where people are being treated

as property. These are people that owe money, or who have been taken against their will. The demands that these types of establishments have certain signs alerting people of the possibility, and to look for anything that does not look right.

But the law also excludes massage establishments that are owned by health care professionals as these professionals spent a lot of time on education to get their licenses, and know the difference between healthcare and something else. Healthcare professionals are defined by Florida Statute 456 as anyone licensed under certain sections of Florida law. These include massage therapists, doctors or any kind of medical practitioner, acupuncturists, chiropractors, physical therapists, and a host of other state licensed practitioners.

Basically, businesses like Caring Palms does not need to post this signage because it is owned by a licensed massage therapist. However, since most of the corporate chain massage businesses are not owned by healthcare professionals, they must have these signs.

Unlike what the TV news stations believe, there is a difference between legitimate massage businesses and "massage parlors", and that difference is a business that is focused on healthcare, like Caring Palms.

Definitions and Terminology

by Brian Dean

Definitions. We seem to be fighting wars of definitions and terminology. Nowhere is that more true than the massage industry where commonly used terms are passed down through the years that no longer have bearing.

For instance, let's start with one of the basics, Massage Parlor. Now, this term has been around forever. Back in the late 1800s, when someone graduated from a school of massage, they opened a massage parlor. In those days, parlor was an innocent word used to describe a lot of things. In older terms it was used as part of a name with such businesses like Beauty Parlors, or Funeral Parlors. One definition described it as a somewhat private room in a hotel, club, or the like for relaxation, conversation, etc. And at that time, Massage Parlor was right in line with those definitions. However, times have changed.

Since the first massage legislation came about in 1934 (here in Florida), there have been certain requirements for massage therapists and Massage Establishments (yes, that is the proper term). It set a standard for legal businesses doing massage therapy. And therapists would prefer that terminology over the older term.

The term parlor has taken on a sexual connotation in the past 50 years or so (something that does not happen in legal massage establishments). In fact, when you look online you find these types of definitions...

from Wikipedia

A massage parlor is the term commonly used as a euphemism for a brothel, an establishment that is actually a front for prostitution. However, not all massage parlors are brothels.

from the Urban Dictionary

A place where you get a massage but most commonly refers to a whore house in disguise of a legitimate massage business.

When these are the common definitions of the term parlor, legitimate therapists prefer the use of some other term, like establishment, or business, or studio (our preference). It hurts when reports by TV news

(like the one recently by WJXT, and most of the Florida TV stations that reported on this) refer to massage businesses as massage parlors. And every reference like this hurts and lowers the perceptions of our business when we go through so much to make people understand the type of work we do and the great need for it. After all, we are not places for illicit sexual activity. We are a place of healing. Most of the people we see are in pain. They have pulled muscles, soreness, injuries. We help these people get back to normal function by relieving pain. We also help people relax from the stressful world out there. This is healthcare.

It is time to educate those that do not understand the difference.

Another term that is commonly misused is masseuse. Back when Per Henrik Ling created the movements of Swedish massage, and then someone else gave those movements French names, the French terms for massage therapists came about... masseuse and masseur. Masseuse (which is the most common term and used to describe anyone that does massage) is a female therapist and masseur is a male therapist. Again, old terms that no longer apply. The correct term now is Massage Therapist which has the advantage of being non-sexual.

So, education is the key. Those of you that know, please spread the word. Maybe we can educate the people so they no longer look down on this profession.

Possible Schedule Changes

Brian is having work done at his home this month, and because of that, his schedule may fluctuate a bit. The work is being done outside so it is dependent on the weather being nice for the people to work. Brian was told that the work would only take five days, but could stretch out over a 15 day period if the weather is bad, and he needs to be home during this time to make sure his fur babies stay calm. This could cause last minute cancellation or opening availability. At the time of this writing, the first scheduled work day is Thursday, February 4th.

To schedule an appointment, just do what you normally do, go online, call, or email. If something changes, we will keep you posted.

Leave a Review, Enter Our Drawing

If you have enjoyed the service or at Caring Palms, whether that be for 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 use 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 December. The winner will receive a gift certificate for a free session (massage or Reiki) 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.

Reiki Share at Caring Palms

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 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, February 3rd from 7pm to 9pm**. Please let us know if you will

be coming.

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(s) 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.

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

- February 13 (Saturday) 10am - 5pm
- March 12 (Saturday) 10am - 5pm
- March 15 (Tuesday) 10am - 5pm
- April 9 (Saturday) 10am - 5pm
- 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

- February 27 (Saturday) 10am - 5pm
- April 23 (Saturday) 10am - 5pm
- July 23 (Saturday) 10am - 5pm
- October 29 (Saturday) 10am - 5pm

Reiki 3

- March 26 (Saturday) 10am - 5pm
- 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 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 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 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 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

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.

[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.

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.

Caring Palms Massage and Reiki | (904) 246-2206 | Brian@CaringPalms.com | www.CaringPalms.com

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