



Caring Palms Massage and Reiki Newsletter June 2016

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

I hope you enjoy what we have here.

Closed Memorial Day

Caring Palms will be closed Monday, May 30th for the Memorial Day holiday. However, Caring Palms **will be open Saturday, May 28th** with two therapists on duty. So, if you need a massage or Reiki session to prepare for the holiday, see us on Saturday.

We hope you all have a safe and enjoyable holiday.



Rooms For Rent

Caring Palms currently has two treatment rooms for rent by some holistic arts practitioner. This could be acupuncture, hypnosis, herbs, counseling, or others. The rent for each room is \$400 per month. If you are a holistic arts practitioner, or you know anyone looking for space for their business at a reasonable rate, have them contact us. We are looking for others to come and be part of our healing arts center.

Remember Dad

Caring Palms wants to wish all fathers a happy Father's Day, and to help that, we are putting gift

certificates on sale. Buy any gift certificate between June 1st and June 17th and save \$15 on each certificate purchased. Gift certificates can be purchased in person, or over the phone with a credit card. What better way to tell Dad that you love him than with a nice healing session.

June Special

Free 15-minute add-on Face and Scalp Massage

With Faith Stansbury, LMT

Get an extra 15 minutes to relax when you book a 60-minute or 90-minute massage with Faith!

Allergies are always a problem in Jacksonville during the warm season. They cause runny noses, inflammation of the sinus passages and nasal airways, fatigue, and headaches. And the pollen count is unusually high this year.

Start your massage out with a relaxing scalp and face massage with beneficial aromatherapy that will decrease your sinus pressure so you can breathe again. Then follow it with a full-body massage that will relieve those other aches and pains so that you can sleep like a baby.

Stretching Classes

Caring Palms is looking to see if there is any interest in stretching classes. To answer this question with a yes or no, please go [here](#).

I Apologize

by Brian Dean

There was a day when a lady booked our last appointment. She arrived and started filling out the paperwork for the massage therapist that rents a room here, although it clearly had her company name and not Caring Palms. When I came out of session, I introduced myself and told her that this was not our paperwork and I would get her the right forms in a moment. I poured a cup of water and took it into the client I had been working on since she was a little spacey after her Reiki session.

When I came back out, my next person had left. I got my forms and put them on a chair in case she had just stepped out. I checked out the previous client and changed over the room all before the next scheduled appointment time. My client never returned. I don't know if she was embarrassed about filling out the wrong forms, or upset that she would have to do more, or dealing with a tight time frame which she had not told me about. But she was gone.

I apologize. If you are coming to Caring Palms hoping to be rushed in and rushed out, or if you are looking for a short, rushed massage session, please go somewhere else. We are not the people you want to see.

Please understand, we take our time with each client. We talk with you to find out what your needs are and what you are expecting. This procedure is the intake portion and can last as much as 15 minutes as we want to make sure we craft the right type of session to meet the needs. We can take this time because we schedule 30 minutes between appointments instead of the customary 10 minutes most places do.

During the sessions, we spend the entire time we specified doing the treatment whether that be for 30, 60, 90, or 120 minutes, and that time starts when we put our hands on you, not when you walk in the

door, and not from your appointment time. We do this because we feel that is what you deserve. When we say an hour massage, that means a full 60 minutes of bodywork, not 50 (and we have been known to go a couple minutes long because it was needed).

We also take time after the session to make sure you are satisfied and to make sure you are not spacey (which occurs a lot in Reiki sessions). We want you well-grounded before going out and getting in your car. Because of this, a person coming for an hour massage will generally be here up to 90 minutes.

We do all these things because it is what we would expect, and while I feel our expectations are high, we feel this is the type of care we should give. We do our best in each session, and take the time you need.

So, if this is the care you want, please come see us.

Leave a Review, Enter Our Drawing, Two Winners So Far

Over the last two months, two people have won gift certificates for a free session simply by leaving a comment on one of the review sites. 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.

Grounding by Faith Stansbury

We live in a world of amazing technological advances. The information super highway lives in our pockets and on our wrists! We can learn about whatever we want by using a voice prompt, and then that information can literally be read to us. We don't even need our fingertips anymore. Technology is beneficial to our world, but we are abusing it. It is making us sick: socially, spiritually, mentally, and physically. Maybe you have to sit in front of a computer all day at work and you can't wait to get away from it. You get off work, get home, and don't feel like doing anything, other than playing on your smart phone or watching your smart television or playing video games. We can't get away from it and there are so many options, we don't really want to.

And so, we have no energy. We are constantly bored, anxious, depressed, and in pain. Most of us don't even know that this is not how we are supposed to feel. And there is a very simple solution, grounding.

Grounding is a reconnection to the earth, which helps us to release all the negative energy that builds up in us on a daily basis. It gives us a little bit of balance, and goes a long way to promote our general well-being. There are tons of ways suited to all fitness and motivation levels. And it's easy. The more spiritually minded will jump to the obvious grounding methods: meditations, tai-chi, and yoga, to name a few.

If you are the athletic type, you probably are somewhat grounded already, unless you spend a lot of time in a gym (in which case you are still working with some type of machine or computer). Grounding activities include things like hiking, camping, kayaking or any type of rowing, swimming or surfing. Running, walking, and biking can also be grounding, as it is done in an area with low-levels of exhaust fumes and plenty of natural light and flora.

If you aren't quite athletic but are trying to work something into your lifestyle to move you in that direction, you can kill two birds with one stone. Go for a walk in a park, at the beach, or shaded area. Jacksonville

has a whole lot of nature trails, historical parks, recreational parks, and beaches. A lot can be said for breathing in the sea air and walking barefoot on the sand. Take your dog with you, if you have one. He'll love the leisurely stroll.

Gardening is also an excellent way to ground yourself. If you don't have a yard, that's okay. Balcony planters can work, or vertical free-standing planters. If you don't even have a balcony you can set up an aquatic garden in an aquarium. Add a few fish and it will pretty much create a miniature eco-system. If you actually want specific plants, still get the aquarium, but don't put water in it. Make a terrarium instead. Place it near a window so it has enough light and you have a low-maintenance stress reliever. Taking care of and watching those plants grow will give you a sense of peace and accomplishment.

Don't have a green thumb? You can't kill Zen gardens. They are easy and inexpensive to make, and sometimes you can even find little Zen garden kits at the dollar store. Several rocks and crystals are beneficial to grounding as well. Most black, brown, or multi-colored stones are excellent grounding stones, as well as smokey quartz, kyanite, and selenite.

What are the benefits of grounding? Most of the time, it will get you outside. Vitamin D isn't released into our bodies without exposure to sunlight, and a Vitamin D deficiency can lead to depression. The fresh air prompts us to take deeper breaths, and sometimes that is all some people need to let go of anxiety. Grounding also forces us to connect with nature, either by appreciating what is around us, realizing we are a part of it, or motivating us to make it even better. When we are grounded and performing outdoor activities we have greater opportunities and the confidence to meet like-minded individuals in real life. I find if I spend just a few minutes in my garden I feel more energized, motivated and open to inspiration.

Even if you can't get outside, you can unplug from the distractions whether it be from social media or worrying about work. Play relaxing music, and breathe deeply, meditate, be creative.

These are just a few ways that anyone can ground themselves. You might have specific talents or interests that help to ground you without you even realizing it.

When was the last time you went fishing? Painted a picture? What did you used to enjoy that you don't do anymore?

Stay Grounded.

Lies

by Brian Dean

Lies. What is it about people that they think they need to lie? Why do so many companies feel that the best sales pitch involves lying?

A salesman comes to the door. The first words out of his mouth is "Hi. I'm not here to sell you anything. In fact, I'm here to give you a free alarm system." In these cases, the conversation usually follows like this...

Me: Really? Ok. Give it to me.

Salesman: Oh, well, I don't have it with me, and you have to buy monitoring.

Me: But I thought you weren't here to sell me anything.

It's one of these things where "we tell you you're getting something free to force you into the sale" routines. A more honest approach would be to tell the potential customer to that if they signed up for monitoring, they would get a free alarm system.

I've also been getting a lot of phone calls at the studio that are obviously sales. I don't answer them, but

the message they leave on the answering machine is priceless. "Hi. I'm calling to talk with you about the loan you have with us, because we can give you a better rate." Seeing as the business has no loans, I have on occasion picked up the phone to ask which loan they are referring to. What I find each time is that this message is prerecorded and no one is actually there.

As a person who reveres honesty above most other things, I get upset at the constant sales pitches that start with a lie. In fact, I will never do business with anyone that starts by lying to me. Why do companies feel they need to take this approach to make a sale?

One of the things I do constantly is to review the content that we put out. I am constantly making changes to make things look and read better (part of my computer programmer roots that keeps working a program as it can always run a couple milliseconds faster). I want to make sure that what we have is not misleading. I especially want to make sure that it is all truthful.

On top of that, I pay attention to how I talk with people when discussing possible treatments, or what we can do to help someone. I make it a point to never say things like, "Oh, I can fix that." Usually, I'll say "I think I might be able to help." One of the things I learned from John Barnes (who created Myofascial Release) is to never promise anything as you don't know what the true outcome will be. (We can make educated guesses based on previous outcomes, but every case is different. This is where we learn to listen to the body and its needs.) Just suggest that you might be able to help, do your best work, and see what happens.

I will admit that I may sound crazy when I talk about some things, especially when I talk about energy work, "Yes, I just wave my hands and the pain goes away", but I am honest about it. I do find that honesty is the best policy especially when I am so forgetful that I can't remember what I told to whom (or what I did yesterday for that matter).

I feel it is a better way to run a business. It is a better way to run your life. Honestly, I do.

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, June 1st from 7pm to 9pm**. Please let us know if you will be coming.

Listening

by Brian Dean

One thing a massage therapist does (or should do) is listen. We should listen to the client, paying attention to what they are saying their problems are. But more importantly, we should listen to the body that we are working on.

Initially, I will take the information given me by my client and formulate in my mind, movements that could help their particular problem(s). Most therapists add this to things they notice, like how this person is walking, the way they are holding themselves, any signs of pain. In my case, I close my eyes and look at their energies. This is all combined to come up with a mental plan to help this particular person.

But once a session is started, there is still information being passed back and forth between client and

therapist through energy. If I, as a therapist, listen correctly to these energies, they will lead me to the proper movements that this particular person needs. And in that moment, it is a beautiful thing. It is the forgetting of all other information and relying totally on this nonverbal communication.

A few years ago, I referred to this as a dance, where the client sends out information, and the therapist changes what they are doing based on that information. This in turn creates new information, and in turn, new movements. It is truly a symbiotic relationship between client and therapist operating on a nonverbal, energetic level. If we listen, if we follow the clues, then we create a perfect moment where great healing is possible.

It doesn't always work this way. Sometimes we get distracted by what the outward problems are, or what they appear to be. I can remember treating someone who had back problems. I followed the movements I had come up with based on what I had been told, and what I had scanned. I managed to take him out of most of the pain, but I had not completely solved his problem. And my client was not expecting a fix in one visit (a good thing, I guess). I did not listen to what I was being told. I followed what I saw, and we all know seeing can be deceiving.

The next time, I ignored the obvious, and went with what I felt. I listened. I followed. I did what I felt was needed even if it did not look like it connected to the problem. At the end of that session, his problem was gone, and did not come back.

Nonverbal communication. It is the subtext of every healing session. If we read it, if we pay attention, if we listen, then amazing things can happen. Listening allows two strangers to come together as partners, as one. It brings them together in a dance, a dance of healing. And then lets them go their separate ways, both changed for the experience.

Listening. Talking. Verbal and nonverbal. Healing. This is what it is all about. Who's ready to come to the dance?

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 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

- July 23 (Saturday) 10am - 5pm

- October 29 (Saturday) 10am - 5pm

Reiki 3

- 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:

- 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

Reflexology

Reflexology is the study of the body's reflex response, when one part of the body affects the function of other areas in the body. Through this practice, points in the feet, hands, and ears are pressed to affect other parts of the body, getting them to change and return to normal function, or continue to maintain proper function.

The modality is nearly as old as acupuncture, another reflex modality, but follows different response points. Written record of the use of reflexology for health benefits go as far back as 179 B.C. in China. From there, the practice traveled to Japan and other parts of Asia. It was introduced to the West in the texts written by Marco Polo, who spent many years studying Chinese culture and acting as a translator once trade opened between the East and West. However, it did not gain popularity until the 1600s, and this was mostly as a novelty. In 1913, an article was written in America by Dr. William Fitzgerald explaining the responses of the body when pressure was applied to certain zones on the foot. Some additional Western research was conducted and it was termed "reflexology." The modern routine is very similar to the description found carved in stone over 200 years ago in Thailand.

[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.

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



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

STAY CONNECTED



[Unsubscribe](#)

[Update Profile](#) | [About our service provider](#)

Sent by brian@caringpalms.com in collaboration with



Try it free today