



## Caring Palms Massage and Reiki Newsletter November 2016

Voted one of the top 18 Massage Establishments in Jacksonville

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Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news and a few articles. Over the next month, we will be creating our 2017 class schedule. Look for it on the website, and in next month's newsletter.

I hope you enjoy what we have here.

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### Caring Palms Closed for Thanksgiving

Caring Palms will be closed for the Thanksgiving weekend (Thursday, 11/24/16 through Sunday 11/27/16). Typically, this is an empty weekend with everyone taking in the Black Friday and Saturday sales. Even when we tried to do specials for Small Business Saturday a couple of years ago, we did one session. So, we felt it better to give our people the time off to be with their families.



Caring Palms will reopen for business as usual Monday, November 28th at the regular hours. During this time, the phones will forward to Brian's cell phone, so he will be able to take calls if there is an emergency. We hope everyone has a safe and enjoyable holiday.

Also, Caring Palms will close an hour or two early on Halloween so that we can get ready for the monsters.

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### Guided Meditations Now Available In-House and Online

The first three guided meditations are now available. We have a small inventory in-house (20 copies of each meditation). When these have been sold, we will replenish them (replenishment takes about 10 days). These meditations are also available online as CDs or MP3s and can be purchased through the [Meditations Page](#). If you are looking for a safe meditative journey to relax or work, come see us, or purchase one (or all three) online. Available meditations include, Finding Sanctuary, Working Through Past Experiences, and Visiting With Your Guides. We are hoping to have the other three available by the end of the year.

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## November Special

**\$55 1-hour Lomi Lomi Massage Session**

**\$85 90-minute Lomi Lomi Massage Session**

**With LMTs Brian, Christine, Victoria**

For the month of November, we invite you to experience the unique styles that are Hawaiian Lomi Lomi. Although five styles and hundreds of interpretations exist, Caring Palms does two versions: Auntie Margaret's style which involves compressions deep into the muscles, and Temple style which is the dance where movements run the length of the body (minimal draping required).

Christine performs Auntie Margaret's style. Brian uses the Auntie Margaret's movements in a lot of what he does.

Both Victoria and Brian perform Temple style. Couples Massage using Temple style available on days that both Brian and Victoria are in the studio.

**\$15 off 60 or 90 minutes of massage!**

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## Rooms For Rent

Caring Palms currently has two treatment rooms for rent by some holistic arts practitioner. This could be massage, 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.

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## Reminder

Caring Palms is open Sundays with Christine as available therapist.

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## We Survived The Storm

While hurricane Matthew came through the area a couple of weeks ago, the Caring Palms studio came away with no damage. It was touch and go there for a while watching the storm move back and forth, watching the flooding cross Second Street and few blocks from here, and watching the wind whip things around. Although we did not cover our windows (as the landlord notified us that we should do at 3:00 on Wednesday), all the glass was intact.

We and others put a lot of energy into keeping the place safe, and we thank those that gave their energies and prayers to make it able for us to come back to work Monday after the storm. But the bottom line is that we are here and available to help you.

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## Holiday Gift Certificate Sale Begins

**Buy 1 gift certificate, save \$10**

**Buy 2 gift certificates, save \$20**

**Buy 3 gift certificates, save \$30**

**Best Deal: Buy 4 gift certificates, get 1 gift certificate FREE!**

Gift Certificates are available for massage or Reiki sessions, or massage or Reiki classes. Buy gift certificates for friends and loved ones, or just for yourself. If you have four friends that can benefit from massage or Reiki (and everyone can), you can buy gift certificates for them, and get one free for yourself. If you are a regular client, you can buy four gift certificates for yourself and get five sessions (this is the best deal going).

**Tuesday, November 15th - Saturday, December 24th**

Gift certificates are available in the studio and can be ordered by phone with a credit card at (904) 246-2206, or by mail with a check. (Best Deal sales (Buy4, get 1 free) are available through the website, other quantities are not.) What better gift to give to those you care about? Give them the gift of love and healing.

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## The Importance of Wellness

by Victoria Oakley

What is wellness? Is it something you believe you practice in your every day life? How do you know if you are a "healthy" person who lives a healthy lifestyle? One definition states that wellness is "The quality or state of being healthy in body and mind". We could look up definition after definition of wellness and maybe come out with a slightly different variation with each source. Everyone is going to create their own idea of what being "well" is and to them what qualifies as living a healthy lifestyle. Here are a few staples that I include in my own definition of wellness.

Be good to your body! **Care about the quality of food you eat.** It is mind boggling how much we alter food today. Simple foods that you pick up off the shelf that you would only suspect to have 1 or 2 ingredients have a list of 15 items you can not even begin to pronounce. From the way we create the food to all of the pesticides used, you really have to be aware of where your food comes from (or what it even is). Try walking out of the grocery store with 80% of your purchases from the produce section, preferably organic and/or local. You will be amazed what those green vegetables and fresh food will do for your health!

The human body is an amazing combination of intricate processes. We are not meant to sit down all day! Our bodies have all of these amazing systems in place to support movement and development. **Get up and move at least an hour a day.** If you do not have an hour straight break, then time up. If you find yourself sitting at the computer for an hour, get up and go for a quick 10-minute walk. Do some arm circles and stretches, shoulder shrugs, anything to get your body moving. We all have different limits and we should all make it a point to find and pass our limits each day. Your heart wants to be challenged! Give it the exercise it is craving, reach those limits so you can make your next goal higher than the last!

**Taking care of our bodies** is another equally important piece of the puzzle of wellness. No matter if you are a sedentary person or the biggest gym goer out there, we need to recover from the tolling stress we put ourselves through. Yes, sitting at the computer all day is VERY tolling on your body! More so than exercise, in my opinion. Our joints and strong muscles get stiff and weak when they don't move all day. On the other end of the spectrum those of you that exercise a lot are constantly challenging your muscles and building up that lactic acid, which is the reason we get sore. Massage is such a vital piece to recovery for the gym goer, the desk worker, and everyone in between!

The last point I will cover is to **stay mentally well and happy.** Easy, right? Not so much! We are so caught up in our busy hectic lives that we fall short in taking care of our own minds. Find something that instantly brings a smile to your face. It could be anything; the beach, your pet, exercising, the smell of flowers, sunrises, reading, meditating. Whatever it may be for you (assuming it is something safe and preferably beneficial to your health) get out there and do it! The power of a simple smile and laughter is so strong and so underestimated these days. Take some time to smile every day!

At the end of the day it is your life and whatever you decide is important for your wellbeing, you should make those things your top priority in life. Take a minute to figure out what you feel is important to focus on and what makes you happy, and make a point to accomplish those things. It sounds silly to think we all don't already do that. This is just a simple reminder not to forget about ourselves,

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## Leave a Review, Enter Our Drawing

Leave a review and be entered in a drawing to win a free session. 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 leave reviews Yelp), or any of the many places that take reviews. Lately, it has been these reviews that have been bringing new clients into the studio, and all have been glad they found us.

Anyone leaving a review will be entered into the monthly drawing to win a free session (massage or Reiki). Reviewers made between the first and last day of each month will go into the drawing, and the winner will be pulled on the first of every month. Thank you all that have left reviews, and congratulations to the people who have already won free sessions (Shari, Jessica, Kelly, Cynthia, Sharon, Susan).

## Caring Palms Hosting Hypnosis Seminar

**December 3, 2016, 2:00pm - 4:30pm (Saturday)**  
**Past Life/Future Life Regression Group Session**

Please join us at Caring Palms for a Group Past Life Regression event facilitated by Laura Bogen, Certified Hypnotherapist and QHHT (Quantum Healing Hypnosis Technique) Practitioner. Using a simple, but effective visualization technique, the first part will include experiencing one of your past lives that is most appropriate for you to see at this particular time in your life. Did you witness to the ancient pyramids being built? Were you the chief of an ancient native tribe? Perhaps a knight in medieval times? The possibilities are endless.

Then stay a bit longer for the second part, where you will be able to explore a distant future life. You may witness unforeseen technology, interesting concepts, and even otherworldly events. After all, the future is what you make of it.

Lastly, you will be guided through a beautiful meditation to connect with your Higher Self, where you will receive a message pertinent to your life today and become more acquainted with yourself on a deeper level.

All you have to do is show up! (We recommend that you bring a pillow to sit on, as space is limited.)  
**\$25 per person.**

Call Caring Palms to reserve your spot. Check out Laura's website [HERE](#).

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## 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, November 2nd from 7pm to 9pm**. Please let us know if you will be coming.

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## Steering The Storm

**by Brian Dean**

Now, I know I have written on some pretty bizarre concepts while trying to stay somewhat inside the acceptable realm of possibility, but this article may stretch that. For years now, we have seen our share of storms from the real bad ones like Katrina and Matthew to ones not so bad like Lisa and Danielle (you probably don't remember them either). With each bad storm, groups of energy workers have been pushing their energies to try to minimize what the storms do. And believe it or not, since everything is energy, people pooling their energies can make a difference.

The problem is not that we are small in comparison to a hurricane, but we believe we are small in comparison to a hurricane. It makes us feel powerless when we are so much stronger than we could ever believe. When we think of a single person using their energy to push at a powerful storm, it is like an ant against an elephant. And while that is true, the trick is that this ant needs to believe that they are an elephant, in fact a bigger, stronger elephant than the one they are fighting.

It is all in the visualization and the energy you create from it. For instance, if I visualize a map of the area the storm is in (and approaching) on the floor, I am able to walk around it. I am big compared to this image below me on the floor. Therefore, when I summon my energies to move this storm, they are much more powerful than if I think about little old me and this huge hurricane. Then if I take these energies and see them shoving the storm in a different direction, then there is a good chance that this storm will move. But I have to believe that I am strong enough, and that this is possible.

What I did with Matthew was to see myself thigh deep in the water several miles off the coast of Daytona. I did this in a meditative/trance state. I placed blocks in the water to deflect the storm to the east when it reached that area. I then told everyone I know on Facebook what I did, and asked them to add energy to these blocks to make them strong. Many of them did so, and then passed this plan to many others, who in turn repeated the process.

When the hurricane reached Daytona, it surprised meteorologists when it did a quick jog to the east before continuing on northward. That jog was what spared St. Augustine and Jacksonville. If it had not made that sudden turn, the eye wall would have gone up the coast destroying much of the beaches area including Caring Palms.

I truly believe that it was all the energy workers that came together, and the spirits backing them up that kept this area from being destroyed. There was still damage, but it was minimal compared to what could have happened.

I have yet to believe that we can completely stop a storm as we are fighting nature, but I do believe we can change it to minimize damage. Some day, maybe enough people will believe and pool their energies so that we can fully manage storms. When that time comes, we will truly be in control. Until then, we must create belief that we can do something, and not give in to fear.

Now, believe this or not. After all, truth is stranger than fiction. But if you are interested, I journaled a similar occurrence that happened 14 years ago. In this case a hurricane was turned from Tampa into a smaller area, but not knowing how storms turned caused a problem. If you want to read it, go [here](#).

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## 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

- November 12 (Saturday) 10am - 5pm **Confirmed**

### Reiki 2

- October 29 (Saturday) 10am - 5pm **Confirmed**

### Reiki 3

- November 19 (Saturday) 10am - 5pm **Confirmed**

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)**

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## 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:

- November 5 - November 6 (Saturday 9am - 5pm and Sunday 10am - 4pm)
- February 18 - February 19 (Saturday 9am - 5pm and Sunday 10am - 4pm (This class is not yet listed on the website))

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.

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## **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.

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## **Modality of the Month Hawaiian Lomi Lomi Massage**

**Because we are having a special this month, we decided to repeat this.**

The ancient art of Hawaiian Lomi Lomi has been practiced for hundreds of years. The gift of healing was passed down to the "chosen one" who spent their life practicing the healing arts. Kahuna's (healers, shaman) were taught to use thumbs, hands, forearms and elbows to massage. It wasn't uncommon to have hot rocks placed on injuries or have the Kahuna walk on your back. Kahuna's were even known to use a mild form of hypnosis, instilling feelings of well-being. They believed they could transfer their own vital energy into a person who was sick.

Hawaiian Lomi Lomi was kept secret within families for most of its history, until Kahuna Aunty Margaret Machado decided to teach anyone who wanted to learn "the loving touch". Aunty says, "Lomi Lomi is a loving touch. When they feel loving hands on their body, they'll respond, "she loves me, she'll take good care of me, and I'm going to get well. "

So, what is the difference between Lomi Lomi and any other massage? That is a difficult question to answer. Clients have said, "It's as if you are right inside of my muscles and you know exactly where to go and how deep to go. " "The pressure points melt, your hands and elbows feel strong and loving as if they are guided. " I don't know how elbows and forearms can feel loving, but that is what clients say! Lomi Lomi feels like many different techniques put into one flowing system. It has a rhythm and flow that is soothing and feels complete.

Today, there are about five styles of Hawaiian Lomi Lomi. The two most well known are Lomi Lomi Nui (better known as Temple Lomi) and Polo Lei (better known as Aunty Margaret's style). One of the keys to Lomi Lomi is that most of the work is done with the forearm instead of the hands. Caring Palms has been practicing Aunty Margaret's style for over two years now. This is a very good form that gets down deeply into the muscles and in many cases is used in place of Deep Tissue massage. Temple Lomi is a smooth, flowing

dance that makes one relax and enjoy. [read more](#)

Caring Palms performs two different styles of Lomi Lomi, Aunty Margaret's style which utilizes a lot of compressions and is good for people who use their bodies, and Temple Lomi (pictured below) which is a flowing dance that uses movements that run the length of the body. (Christine does Aunty Margaret's style. Brian utilizes many of Aunty Margaret's moves in other massages. Both Victoria and Brian do Temple Lomi.)

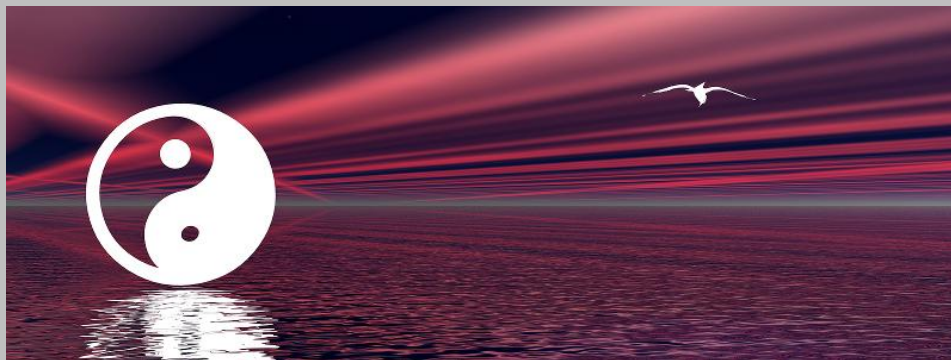


**Hawaiian Temple Lomi Lomi**  
(Click on picture to see video)

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## 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.



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## 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.**

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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.

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## 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](mailto:Brian@CaringPalms.com) we will try to see if we can answer them for you.

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Connect with us



Caring Palms Massage and Reiki | (904) 246-2206 | [Brian@CaringPalms.com](mailto:Brian@CaringPalms.com) | [www.CaringPalms.com](http://www.CaringPalms.com)

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