



Caring Palms Massage and Reiki Newsletter October 2016

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have quite a bit of news and a few articles. There are also class schedule changes with a new Reiki 3 class added.

I hope you enjoy what we have here.



Caring Palms Awarded As One Of The Top 18 Massage Establishments in Jacksonville

Caring Palms was contacted by Expertise.com telling us that they had been researching massage therapy businesses in Jacksonville, and through that research, they had selected the top 18, which included CaringPalms. As stated on their website, their goal "is to connect people with the best local experts. To do so, we analyzed and scored massage therapists on more than 25 variables across six categories to give you a hand-picked list of the best massage therapists in Jacksonville, FL."

To do this, they reviewed 260 businesses, out of which they curated 108. Out of this group, they manually looked at each one and scored them on Reputation, Credibility, Experience, Availability, Professionalism, and Engagement. From that 108, they selected the top 18.

"This was totally unexpected, yet we are delighted to receive this honor.", commented Brian.

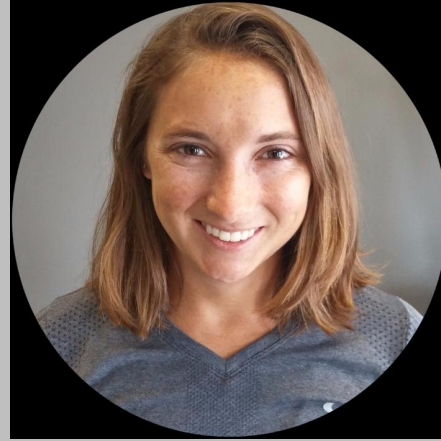
To read more about this award, and how Expertise determines who they choose to award, please go to their website [HERE](#). You can also see the other 17 businesses chosen listed in alphabetical order.

Welcome Victoria

Caring Palms welcomes Victoria Oakley to its staff of talented therapists. Victoria (MA83382) is a graduate of Florida State College of Jacksonville's massage therapy program, and is a Florida licensed massage therapist. Along with her Bachelor's degree in Exercise Science and Health Promotion from Florida Atlantic University, Victoria

has a passion and vast knowledge of the human body and its workings. Upon graduation from FAU (2014) Victoria pursued a marketing managing career but was eventually drawn back to the physical sciences field. This was when she discovered massage therapy and its amazing potential, and decided to enroll in the program. Victoria is extremely excited to be on this journey as a massage therapist and to expand her knowledge and skills. She is skilled in Swedish, Deep Tissue, Hawaiian Lomi Lomi (a synthesized temple style), and Hot Stone Massage.

Victoria is available Mondays, Tuesdays, and Wednesdays.



Caring Palms Open Saturdays and Sundays

Caring Palms is open weekends with extended hours on Saturdays. Caring Palms is available to help you on Saturdays from 10am to 7pm with both Christine Neubauer and Faith Stansbury on staff. We are also open Sundays from 10am to 4pm with Christine on staff. So if you need bodywork or Reiki by excellent professionals on the weekend, call us, or book online. We have the people that can help. (If you are wanting Faith on a Saturday, and the online schedule does not show availability, call us. You may find that she does have time available.)



Guided Meditations (Almost In Hand)

While this has been an ongoing thread in this newsletter, Caring Palms' guided meditations are happening. All artwork for the first three meditations are complete. (Special thanks to Holly Gordon Photography for the pictures, and Faith Stansbury for her artistic skills in creating the designs and layouts.)

As of this writing, Finding Sanctuary is available for MP3 download through the website for \$7.00. See the [Meditations Page](#) to order. Possibly by the time this newsletter comes out the next two meditations (Working Through Past Experiences and Visiting With Your Guides) will also be available for MP3 download.

We have submitted the Sanctuary meditation to a CD producer and are currently waiting on the sample to see if production through them is something we want to do. That should arrive (again) by the time this newsletter is sent out. If what they produced is good, and I expect it will be, we could have physical CDs in house within a week or two, at which point, we will also be submitting the other two for CD production. The beauty is that you will be able to order CDs or MP3 download through the Caring Palms website, or pick them up when you are here.

This is an exciting time as this is a project that has been trying to get off the ground for over 10 years, and has had its share of setbacks. Now, it is really happening.

October Special

\$15 off any session

With Victoria Oakley, LMT

To help introduce you to our newest licensed massage therapist, Caring Palms is offering a \$15 discount to any massage session with Victoria during the month of October.

Remember, all Caring Palms massage are a full 60 minutes of bodywork!

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.

Belief

by Brian Dean

Now, I know I've written about belief before. I've talked about what you might be believing in. But did you think that believing in something might make it true?

When I teach Reiki, I give an attunement at the end of each class. During the process, I trace certain symbols on the top of the head and the palms of the hands (where the energy comes in and where the energy comes out). The process brings the student into harmony with the Reiki energies which makes it easier for them to do the healing process.

There is belief in these symbols. They are magic, at least they are believed to be. Everyone thinks that it is the power of the symbols that make the energetic connection and make things happen. But what if the symbols themselves hold little energy, and it is the belief that gives them their power?

To believe is a process of energy. It puts energy out there to some constant or abstract item and increases the energy around it making it be what you believe it to be. If a lot of people believed in the same thing, then there would be more energy going into that thing, giving it substance, giving it form, making it real.

So, while a lot of people believe that the Reiki symbols are magic, I tend to think that the magic is created by the belief that people have in them. But this does not have to stop at Reiki. It can apply to lots of things.

If we believed that a particular type of car was really good, then this energy would go out and surround that type of car. It would infect others, and they would believe it. This belief would even go to the people making the car. Once they believed that their car was well made, they would actually spend more time and care working on their product and make this belief a reality.

So, what can we believe in? What can we change simply by pouring our belief and the belief of others into? Through our beliefs, we can change the world. Sound like a worthwhile thing, right? Let's do it.

What you need to know about: Joint Instability

by Faith Stansbury

Lots of people with joint issues come to massage therapists for relief of their pain or to help increase their range of motion. This is a good thing. Lots of different types of massage can help a client move more freely, reduce inflammation, and reduce discomfort. But there are certain types of common injuries, as well as genetic factors, that can lead to joint instability. As you already know, it is important to inform your massage therapist of any medical conditions you may have. There are specific techniques that are contraindicated, meaning they can do more damage than good, for joint instability.

What is joint instability?

Joint instability is when an injury occurs in a joint that causes certain muscles to weaken and others to grow extremely tight. This makes it easier for the joint to slip out of place or to tear supporting muscles and tendons. Rheumatoid arthritis and genetic factors, such as connective tissue disorders and dysplasia, can also lead to joint instability.

Rotator cuff tears, dislocations, forced impacts, Ehler-Danlos syndrome, hypermobility, arthritis, and bursitis are only a few things to consider when talking to your doctor, massage therapist, chiropractor, physical therapist, and even personal trainer. Anyone that is caring for you and doing any physical manipulation to your body needs to be aware. With physical therapists and personal trainers, it's important that they know and are educated about your condition so they don't have you doing any load-bearing exercises before the recovery time, and so they don't perform any assisted stretches that affect the injured joint. Assisted stretching is also something that massage therapists might perform. So is traction, a common technique performed by chiropractors and LMTs that involves decompression by lengthening the muscles and skeleton. The cartilage, and sometimes bone, is worn away once injury occurs in the joint. This makes it easier for a ball joint to

repeatedly dislocate. So if someone tractions an arm that has had a dislocation, it is easy for the joint to slip back out of place. If someone is stretching another person, the torsion applied to the injured joint will cause the bone to twist out of place. They can not feel what you feel. They don't know how far is okay if you can't tell them. If you aren't sure that you can tell, ask them not to perform the stretches or traction.

Some types of neuromuscular therapy and methods employed by myofascial release can also cause dislocation. For instance, NMT of the rotator cuff might include going underneath the shoulder blade. With a shoulder joint that is not stable, working beneath the shoulder blade can force the scapula to turn and pop the joint out backward. This is probably one of the most difficult dislocations to pop back into place without medical assistance. Sometimes MFR calls for techniques that involve full joint rotation or traction. Full joint rotation should not be performed without first tonifying the weakened muscles and checking beforehand with a medical practitioner with an MRI or series of x-rays that examines the joint from all angles. If the socket part of the joint is too shallow, which is the common cause of hip dysplasia, full joint rotation can actually wear away at the remaining cartilage.

So what can help?

For genetic factors, such as Ehler-Danlos syndrome hypermobility type, strengthening and balancing the muscles that control joint movement will be the most important thing you can possibly do. Optimally, this is a practice that will begin BEFORE an injury occurs. For people with EDS, once a dislocation occurs they will happen time and again. If you do NOT have EDS, this same practice should be employed after a joint injury has healed.

If the injury occurred due to weak and tight muscles playing an unfair game of tug-of-war, a massage therapist can help to loosen tightened muscles by using drawing techniques to increase blood flow and flush the crumblers out, and tonify weakened muscles using quick techniques that activate the muscle to strengthen it. Cupping therapy is also excellent for this.

If the condition was bad enough to require surgery or had a long recovery time, range of motion can suffer due to scarring and adhesions in the joint capsule itself. This can be improved by assisted exercises that resemble stretches, but don't actually put any true stress on the joint. These are movements that are usually done with pumping motions by the therapist that target supporting muscles near the joint while keeping a hand or finger fixed on a muscle. These muscles tense, trying to protect the injured site, freeze up or even paralyze, which can lead to deeper issues and greater pain in the long run. These movements can also break up scar tissue deep in the joint.

Talk to your doctor about your condition and what not to do. If you don't feel like you were given enough information, research for yourself. The internet is an amazing resource, as are health magazines. Also, an important thing to remember when receiving massage or other hands-on manipulative therapies is that you can expect some inflammation after a session for up to three days. You will be sore, but you will usually see an improvement.

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 (Jessica, Kelly, Cynthia, Sharon, Susan).

Caring Palms Hosted Hypnosis Seminar

Last month, Caring Palms hosted a Group Past Life Regression seminar hosted by Quantum Healing Hypnosis Technique practitioner, Laura Bogen. We had 10 attendees who each delved into one of their past lives and found what lessons they were supposed to learn from that time. They then took another trip in to visit a guide and receive some "gift".

Everyone seemed to enjoy it, and all said they wanted more.

We have tentatively scheduled another seminar for Saturday, December 3rd. We don't know what the topic will be at the moment, but keep watching here and on the website [Events page](#) for more information.

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, October 5th from 7pm to 9pm**. Please let us know if you will be coming.

Pain

by Brian Dean

How many are in pain right now? Did you raise your hand? I did. Is it a good pain? Probably not. Pain seems to be a constant issue nowadays. It is so prevalent that there is a whole new breed of doctor that works with just this. They specialize in treating pain with a variety of methods. But the most common method this type of doctor uses is drugs. There are dozens of types of drugs that work to lessen pain. (I'm not sure there are drugs anymore that cure pain as the companies that make pharmaceuticals don't seem to be interested in that.)

Some use other methods including cutting the nerves that the pain uses to travel to the brain. The problem with this is that nerves grow back. I had a client many years ago that had this done. She suffered from CRPS (Complex Regional Pain Syndrome). It worked for a while, but the nerves grew back. Every couple of years, she had to have this surgery redone until the point that the nerves grew back fractured and it could not be done again.

And there are too many types of ailments that doctors don't understand (like Fibromyalgia), and they simply treat them by prescribing drugs. I remember a friend that was going to medical school a number of years back. She told me that she had to work with a patient whose diagnosis was Chronic Pain Syndrome. Chronic Pain Syndrome? That's just a fancy term for saying someone has pain all the time and they don't have a clue what causes it.

At Caring Palms, we treat pain of many types, even ranging from physical to emotional. We have a variety of methods that have been proven effective. That is not to say everything works all the time. But we seem to have helped more people than not.

Regular massage has been known to help Fibromyalgia. People with the illness seem to do better with exercise and regular massage. Fibromyalgia can also be helped with Myofascial Release (MFR) as it is constricted connective tissue (fascia).

The person with CRPS saw me and received two sessions of MFR after which she was doing very well. Unfortunately, she stopped coming in, and then went and had more nerves cut. A client last week had told me that she had been considering getting spinal injections for the back pain that she had been having (as the doctor was recommending that). But before she did, she came to see me. With the MFR she has been getting, she is doing so much better. She has learned that instead of blocking the pain, by aligning her body to the proper alignment, she is eliminating it. MFR is also good for lessening scoliosis (curvature of the spine).

Reiki is also good about removing pain. It has been known to get rid of a full migraine in as little as 30 minutes. It is also good for calming someone that is upset, or going through mental trauma. So, we have a wealth of methods that are helpful at solving many problems. And all of our therapists are good at finding methods to lessen or remove pain. Now, I'm not saying that you should not see a doctor. Please. See your doctor. But before you consider drugs, or surgeries, call us and see if we have anything that might help. We might be able to come up with something that can alleviate the pain without drastic surgeries or years of drugs.

Call us. See what we can do for you. If we can't help, we'll tell you. It might be worth trying a time or two to see if it can help. And who knows? It might fix your problem.

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

- October 8 (Saturday) 10am - 5pm **Confirmed**
- November 12 (Saturday) 10am - 5pm

Reiki 2

- October 29 (Saturday) 10am - 5pm

Reiki 3

- October 15 (Saturday) 10am - 5pm **Confirmed**
- 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)

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)

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 Esalen-Inspired Freeform Massage

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](#)

Click on picture to see video



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.

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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