



Caring Palms Massage and Reiki Newsletter September 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 2 class added. We also expect to be adding a new Reiki 3 class in October.

I hope you enjoy what we have here.

Past Life Regression Group Session

Please join us at Caring Palms on Saturday, September 17th, 2 - 4 pm for a Group Past Life Regression facilitated by Laura Bogen, Certified Hypnotherapist and QHHT (Quantum Healing Hypnosis Technique) Practitioner. Using a simple, but effective visualization technique, you will experience one of your past lives that is most appropriate for you to see at this particular time in your life.

Were you the guardian of an ancient Greek temple? A witness to the burning of the Library of Alexandria? Perhaps a Crusader in the Holy Lands? The possibilities are endless.

Then stay a bit longer for the second part, where you will meet your spirit guide or guardian angel, who will bestow you with a gift and special message relevant to your life. All you have to do is show up! (We recommend that you bring a pillow to sit on, as space is limited.)

\$20 per person

Call Caring Palms to reserve your spot.

Check out Laura's website [HERE](#).

Brian Attends Classes

During this past month, Brian attended a mediumship masterclass taught by Eamonn Downey of the Arthur Findlay school in England. The class was designed to let the students work on what they thought they needed the most work on. While Brian felt he needed work in everything (as one can always get better), he felt that his greatest need was trance work. So he spent the three days doing nothing but trance (passing messages on from spirit) and trance healing. There was even a new method of trance healing shown which students worked at. All in all it was a very productive weekend that Brian felt opened up his abilities immensely. He is looking



forward to applying what he has learned to what he currently does.

Labor Day Weekend

Caring Palms will be closed Labor Day weekend Saturday, September 3rd through Monday, September 5th. Caring Palms will reopen Tuesday, September 6th at the normal hours.

We at Caring Palms hope everyone has a safe and enjoyable holiday.

Christine Available Weekly

Christine Neubauer has been working every other Saturday for a while due to outside commitments. Beginning Saturday, September 10th, she will be here every Saturday from 10am to 5pm. So there is now more availability for those looking to book with her. Faith Stansbury will continue to be here every other Saturday as Christine's backup. As Christine fills up (which she does), Faith's availability will increase. So every other Saturday, we will have two therapists on duty for your convenience.

Open Sundays (Testing the Waters)

Beginning Sunday, September 11th, Caring Palms will be open Sundays from 10am to 4pm. Christine Neubauer will be the therapist on duty every Sunday. We are testing Sundays to see if there is any business that day. We did this once before until Christine was no longer able to work those days. Since she is again available, we are going to test the waters. We are looking at giving this a test period of two months, basically until the end of October. If it proves that there is business enough to justify being open on Sundays, we will continue to do so. If not, then we will return to the current schedule.

Rooms For Rent

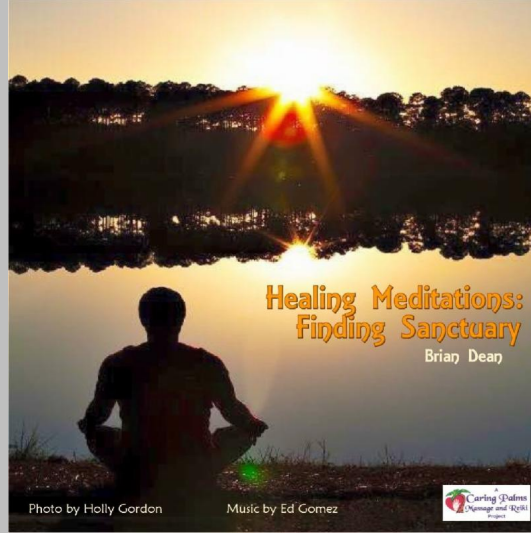
Caring Palms currently has two treatment rooms for rent by some holistic arts practitioner. This could be massage, acupuncture, hypnosis, herbs, counseling, or others. The rent for each room is \$400 per month. If you are a holistic arts practitioner, or you know anyone looking for space for their business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

Guided Meditations

As announced last month, Brian has been working on guided meditations for some time now, and has been getting closer and closer to publishing them so that people can experience these healing meditations at home. Although this is a project of love that is still being worked on, the first meditation is available for MP3 download through CDBaby.com. While this is a good way to get these meditations home, we are still looking into producing physical CDs and Flash drives. We think we have a viable CD producer and will be testing them with our first meditation soon. There is also a [Guided Meditations page](#) on the website where you can see what different meditations we will be producing, and order them from there once they become available.

Announcing

Brian Dean of Caring Palms Massage and Reiki has created a series of guided meditations to help people deal with everyday life. Some meditations are calming and restful. Others help one become stronger through internal work. And some allow the listener to grow spiritually. With each meditation, there is an introduction specifically for the meditation explaining what it is about, and what to expect. The meditation itself takes some time relaxing the listener and getting them into the meditative state. The listener is then brought to the place they need to be and given 15 minutes of "earth time" to do whatever work they are there to do (relaxing, visiting spirit guides, learning about themselves, making themselves stronger, etc.). Then, the listener is gently brought back to the real world feeling stronger and more energized.



Healing Meditations: Finding Sanctuary

A sanctuary is a place one can go to for relaxation and calming. It is a place safe from the stresses of the world. One can rest and recharge their batteries by sitting by a peaceful lake, or exploring a grassy field. In this guided meditation, one journeys to their sanctuary (which is a place of their own creation), and given time inside to explore, and do what they need so they come out rested, revitalized and able to face the world again. Performed by Brian Dean. Music created and performed by Ed Gomez. Cover photo by Holly Gordon.

Price: \$17.00 [Buy Now](#)

September Special

\$50 Reiki session

With any Caring Palms LMT

Get your chakras cleared and balanced, and let the universe help restore your spirit with Reiki energy. Relax with feather-light touch that is safe for all medical conditions.

60 minutes of Energy work!

Caring Palms Looking for Female Massage Therapist for Part-Time Work

Caring Palms is a great place to work, located at Jacksonville Beach in a busy shopping center. Compensation is 50% + tips. Any discounts come out of Caring Palms' end. The sessions are spaced half an hour apart so you don't feel rushed between clients. This is an awesome position for like-minded individuals who are interested in healing others and learning new things. We are looking for a female LMT who would like to find a spiritually receptive work environment for part-time work. Experience or a natural gift is necessary, as well as up to date license and insurance. Technical skills are a plus. Please call us at 904-246-2206, or send resumes to brian@caringpalms.com.

"Intention"

by Faith Stansbury

Everyone needs to have intention in their lives. It is how we focus our energies to achieve a desired result in our daily activities or in the long run. It takes a strong will and drive to focus and follow through, but with intention set in our everyday tasks, following through becomes easier and soon we find all the little boxes next to our to-do list have been checked off.

Total focus in the task at hand creates a state of peace in the action. Resistance is minimal because we find, in

that moment, efficiency in the movement. We are able to order tasks in a way that takes the least amount of time and the least amount of stress. These concepts might be familiar to everyone. Maybe you heard them growing up.

"Follow the path of least resistance."

"Everything is Kung Fu."

"Work smarter, not harder."

The anecdotes are endless.

At the risk of sounding cliché, our movements need intention too. Yoga, tai chi, martial arts, organized sports and a plethora of ways to learn to focus intention of movement. However, there are a great number of people who don't take focus into consideration and injure themselves because they do not make conscious movements. For example, it is possible to actively take yoga classes and never get any benefit from the stretching exercises.

People get so pulled in by the health benefits; lengthening of the muscles, increased flexibility, lower blood pressure, etc. that no focus is put into what they are actually doing. To get the full affect, we have to be in that moment, feel the breath traveling from our lungs to the rest of our bodies, stretch until we feel we have stretched to the point we can safely go. It is in that deepening that we realize, "Oh! If I lower my shoulders like this, I can stretch just that much further! Wow, that feels good!"

Beginners often make the mistake of going to Hot Yoga or some similar class that is not really intended for people who don't know how to stretch. It is fast paced and overwhelming for a novice. There is no time to melt into a pose before moving to the next posture, and no time for the instructor to guide you into the correct posture if you aren't quite there. It is sad to think that people get turned off because they had one bad experience.

As with everything, we must start slowly to gain strength and endurance needed to perform a task. Being fully aware of what we are doing helps us to learn faster. It can help us run faster too.

First, set your goal. We can't accomplish anything if we don't know what it is we are trying to do.

Next, research how to achieve that goal. Without proper preparation we come across obstacles we never imagined. They can stop us short. Just a little bit of outside information can prepare us for any trouble we come across. Educate yourself on the subject and you will know how to overcome these obstacles. Sometimes, we just need to find a good teacher to guide us along the way.

Lastly, go into action. Nothing has ever gotten done by anyone who just thinks about it. We have to *think and do*. Concentrate on what you are doing at the time. Let everything else fall to the background and only think about what's in front of you. This is focus. The goal is the intention.

One thing at a time, everything will fall into place.

Diversity

by Brian Dean

This world has all types of people. Each has their own beliefs, feelings, attitudes, and personality. Each one is uniquely different. But that's a good thing isn't it? After all, we're not all clones. If we were there would be too much cloning around. Sorry.

But what is good about being different? Being different means that one doesn't fall into a category of sameness. It means that there is just a shade of difference that sets each and every one of us apart. And we want to be set apart.

Imagine what it would be like if everyone was the same, had the same personalities, liked the same things, had the same level of intellect. The world would look like one of those sci-fi movies where everyone wears the same clothes, goes to the same job, does the same work, listens to the same music, and watches the same programs on TV. But it really comes down to more than that.

If we were all the same, there would be no music, or no TV. Why? Because everyone would have to have that talent and creativity. And if we did, then there would be nothing but music.

Unless we all had the talent to write, there would be no books. And imagine how boring that would be as everyone would have the same level of imagination. Talk about no surprise endings.

And what about technological advance? With everyone having the same level of intellect, either we would all be geniuses, or idiots, or just somewhere in the middle. There would be no spark of genius that would create new things, and if we were all geniuses, we would all have the same ideas.

It is our diversity that makes us special, that makes us unique. It is why some people have the ability to create beautiful music, to write intriguing novels. It is that which allows some people to come up with the most out of this world ideas, and make them work to advance technology.

Because we are different, it gives us the opportunity to learn about other people and other cultures, and in that process, learn about ourselves. It allows us to see through someone else's eyes and understand things differently.

As people, we are black, white, yellow, red, genius, ignorant, nerds, jocks, large, mediums, smalls, creatives, normals, mundanes, and everything from one end of the spectrum to the other. And every one of us has something to offer to the whole that is humanity. We each bring a piece of the whole pie, a spark of ourselves to what makes this planet revolve and evolve.

There are too many things going on today that are trying to separate people into groups, and pushing that one group is better than another. But instead of doing this, we should be acknowledging and celebrating our diversity.

We should be looking at what each person has to offer and see how they (when combined with everyone else) can better this world. As right now, this is the only planet we have. So let's embrace our differences and work to make it a good planet to be on.

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 (Kelly, Cynthia, Sharon, Susan).

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

Marching to the Beat

by Brian Dean

How do you make music? What movements do you do to create song? Do you tap your pencil at your desk? Or do you tap your foot? Maybe you whistle while you work. But what song is really down in there driving you? What drives your soul?

I was told at one time that my creativity comes from music. It seems I am always listening to something, and that something changes depending on what I am doing. If I am cooking, I would rather be listening to music than watching television. The same is true for moments like right now when I am typing this article. In those moments of creativity, I prefer classical music. And although I love big orchestral pieces that move and intermix a lot of instruments in different rhythms, during the time I am creating, I prefer something nice and soft and relaxing. To me, it opens a point in my mind that allows spirit to come in and flow their creativity through me.

Of course, when I am driving, it has to be rock and roll. It gives me something I can listen to, sing with, and just keep me moving. Of course, I listen to things that limit the tempo so I am not doing 90mph down the highway.

Did you ever have a song that just stuck in your head? That at every quiet moment, it pops out to let you know it is there? Of course you did. This is the way I am all the time. There is always some piece of music running around loose in my head. When I need calming, it is usually a calm piece like "Mariner" (which I play in my studio work room). When I need to get moving, I hear something more robust, like the theme music for the "Indiana Jones" movies. I constantly hear pieces of music from all places, rock, movies, ditties. It has gotten to the point that I can usually identify a lot of music and where it came from by hearing a few bars. (I can name that tune in...)

What speaks to you? What do you have singing in your soul, and what do you do with it? What do you hear for what types of tasks that you do? Do you make your own type of music? Do you march to the beat of a different drum?

I like to think that life can be set to music, like a soundtrack. There are the songs we listen to growing up. There's the one we associate with a certain boyfriend/girlfriend. Then there's the one we remember hearing when we broke up. There's the song that reminds us of happiness. There's the one we remember from when things went all to Hell. Yes, the soundtrack of our lives.

One could even see parts that repeat. We have the music that is the theme for the hero, and it changes from times when he is being heroic, to quiet, to when he is losing. Then the theme for his girlfriend appears. And of course there are themes for each of the antagonists that we deal with from horrible bosses to bullies. John Williams could be kept busy writing the music for each of our movies.

So what are your themes? What are you humming or hearing right now? Take this music, and let it flow through you. Let it follow you, guide you, and even help your mood. Let it flow from your soul. Then you will truly be part of the song. Is that rhythm there, or am I jive talking?

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

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

Reiki 2

- September 24 (Saturday) 10am - 5pm
- October 29 (Saturday) 10am - 5pm

Reiki 3

- 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:

- 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 connect 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

A beautifully landscaped grounds overlooking the Pacific ocean is the home of the Esalen Institute in Big Sur California. The institute has a center for the arts, a center for theory and research, lush gardens, natural hot springs, and massage. While the owner wanted it to be known for the arts and research and such, Esalen became known for its unique style of massage.

Californians are very laid back when it comes to massage. Esalen became known for doing massage without draping (as long as the client was comfortable with it). There were times even when the therapists wore nothing because they were comfortable with it. At one point, when the local licensing board became aware of this, they told the therapists that they would have to wear something or be licensed under Adult Entertainment.

While they do Esalen in California with little or no draping, it can be done within most people's comfort levels.

Sometimes creative draping is needed to keep a person covered, but it can be done. Minimal draping is best, but full draping can be used.

What came out of this freedom was a very unique style of massage that was geared to major relaxation with therapeutic results. It utilizes long strokes done with slow motions to create a very relaxing feeling. The client is encouraged to breathe deeply, and the therapist tries to match that breath pattern in their breathing and motions. Movements sweep the entire length of the body in straight lines and swirling patterns. These movements are done with the hands, forearms, elbows, and so forth.

[read more](#)

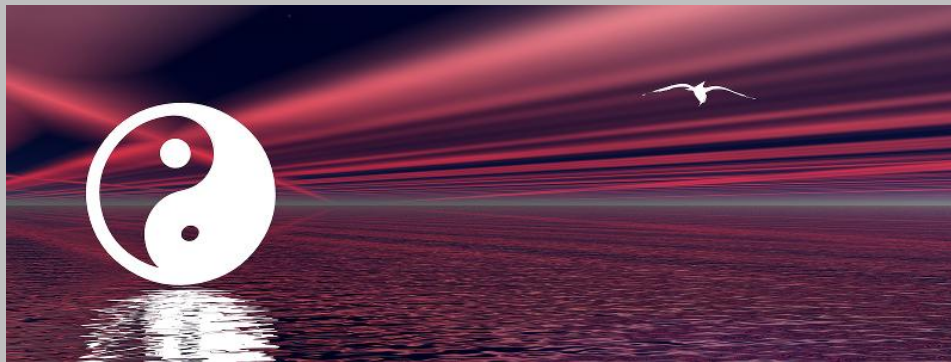
Click on picture to see video



Esalen-Inspired Freeform Massage

Brian Offering Readings

Brian is now doing readings to anyone that wants to sit for one for tips. Keep in mind, these are mediumship readings, not psychic readings. If you think that it was a good session feel free to leave a gratuity. If you have an interest, please contact Brian and something can be scheduled.



Caring Palms Promise

At Caring Palms, we pledge to do the best work we can at every session. We not only do this to continue to earn your business, but because we believe that you deserve the best care possible every time you are here. This is true whether it is massage, or energy work, or classes. This is our promise. This is what we will continue to do.

Forward This Newsletter

Did you know that Caring Palms offers a Referral Bonus? Forward this newsletter to people you know, and if they come in for a session and give your name, you will get \$5 off your next purchase. And the beauty of this

is that it is cumulative. If two people come in, you get \$10 off your next purchase, three people, \$15 off, and so forth. So if you know people that could benefit from any of the services we offer (and everyone can), forward this newsletter to them. If they come in, you will benefit as well.

Can We Answer Your Questions?

You have Questions? Maybe we have answers. Each month, we write articles on a variety of subjects. Is there something that you would like to see us write about? Do you have questions that you'd like answered? Do you have questions on massage? On Reiki? On energy work in general? Submit your questions or requests to Brian@CaringPalms.com we will try to see if we can answer them for you.

Connect with us



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