



Caring Palms Massage and Reiki Newsletter August 2017

Determined to be one of the top 18 Massage Establishments in Jacksonville

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news and an article or two, and some class announcements.

I hope you enjoy what we have here.

First Ascension Theory Workshop a Success

Caring Palms held its first ever workshop on Ascension Theory in July. Brian talked about a lot of things including Ascension Theory, spirit energies, and the need to become better at what we do so we are more able to help others. Out of the nine people that came, we had a massage therapist, a nurse, several mediums, and two Shamans, basically healers of many types (although one does not have to have any special qualifications to take these workshops).



Brian led them through a meditation to connect to spirit energies. This is known as 'sitting in the power'. He then had them reconnect out of meditation to use spirit energies to form an energy ball. They were shown how this ball could be used in many ways, but the actual practice will be shown in later classes.

Finally, Brian did an activation which was specific to each person that he did it on. With one person, the activation drew new energy pathways. With another, it removed fear and allowed her to feel free as a child again. Each person got what they needed as spirit was giving the activation while Brian stayed out of the way, allowing it to happen.

Everyone enjoyed the workshop, and rated it well. The next workshop will be on September 23rd (see below). If you are interested in coming, please let us know, and show up early. Each workshop, while part of a series, is self-contained. You do not have to have attended the previous workshop(s) to attend the next.

The Realm of Spirit by Brian Dean

Last month, I posted a song I had written which describes the life journey of a lightworker. As these newsletters are long (can't be helped, sorry), I felt that this was overlooked as it was at the bottom. So, as I felt that this was important, I am showing it here again. Select the link to watch the video and hear the song. The words are on the website [here](#).



[Select here or on the picture to view the video.](#)

Group Past Life Regression and Meet Your Guide Meditation Workshop

Sunday, August 20, 2017, 1:00pm - 3:30pm

Cost: \$26

Please join us at Caring Palms on Sunday, August 20th 1-3:30 p.m. for a Group Past Life Regression event facilitated by Laura Bogen, Certified Hypnotherapist and QHHT Practitioner. Using simple, but effective visualization techniques, 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 the library of Alexandria burning? Did you help discover the New World? Perhaps you were 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 and beings. After all, the future is what you make of it... All of this will be prepped by a short series of visualization exercises created to help develop your imagery skills, which can have many benefits. Some benefits include building your inner sight (also called clairvoyance), sparking creativity, reawakening your imagination, and more.

All you have to do is show up! (We recommend that you bring a pillow to sit on, as space is limited.)
The cost for this workshop is \$26 and can be paid at the door or online here...

Register Now ▶

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

Please let us know if you will be coming so we can plan accordingly.

Brian Attended Mediumship Master Class

Also this past month, Brian attended a mediumship Masterclass conducted by Eamonn Downey, British medium and instructor at the Arthur Findlay College. Eamonn introduced his students to a new level of energy from which they did their exercises over the two-day workshop.

Through the course of the class, the students did evidential mediumship, trance healing, and trance speaking. Each person walked away with a sense of peace, and a deeper connection to the energies they need to perform this work.

One thing was very evident... the messages from spirit were all the same, and they came with a sense of urgency. No matter who was trance speaking, or to what portions of the group they were speaking to, spirit was passing on the same information. They basically were telling the students that it was time to get off their backsides, time to do more work, time to create more lightworkers. They said it was time to start standing up to the darkness. So each student has been given a huge responsibility: to start gathering or creating lightworkers so that light can shine.

Brian is looking forward to the next workshop which is a Trance Mediumship class in January.

Ascension Theory Workshop

**Ascension Theory: Working with Spirit Energies and Using Them in This Life
Connecting and Using Spirit Energies, Holding Space in this Reality**

Instructor: Brian Dean

Saturday, September 23, 2017

1:00pm – 3:30pm

Cost: \$25

There are many ascension theories. It is basically what we do when we pass from this life to the next. But the energies are always available to us, and can be used to enhance how we live in this life. The more we raise our energies and raise our vibration, the more we can rise above the troubles, the drama, the "noise", and then be in a position to help ourselves, and in turn help others. It enables us to see more clearly so we don't get dragged into the darkness. It allows us to rise above and release our problems.

This is the first in a series of bimonthly workshops that will help the participant to open to newer, higher vibrational energies, and then use these energies to keep themselves focused, centered, and calm.

Eventually, the participant will be able to feel the energies around to understand people, problems, and give them the wherewithal to help if they want. Each workshop will be a stand-alone training with a meditation and an attunement/activation that will be individual to each person. You may come to any of these or all of these as they will be self-contained.

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

The cost for this workshop is \$25 and can be paid at the door or online here...

Register Now ▶

Please let us know if you will be coming so we can plan accordingly.

August Special

\$10 Off Any 1-hour Reiki Session

Reiki is a relaxing, pleasant, healing session. It is positive energy brought in from the universe by someone that knows how to tap into it, and then passed through them to someone in need. It is very good about taking away pain, stress, and has helped fight all types of illnesses. If unsure, call and talk with one of our Reiki masters.

Even if you can't receive massage because of sunburn, Reiki will still feel pleasant.

Receive a 1-hour Reiki session from any of our staff, and get \$10 off.

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, 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). Reviews 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 (Gail, Jena, Tina, Nichole, Melanie, Courtney, Matt, Shari, Jessica, Kelly, Cynthia, Sharon, Susan, Catherine).

Note: We are asking people not to post on Yelp unless you are a person that posts there regularly. Yelp has some qualifying software that looks at each review, and if you are a regular poster, your comment is deemed "Relevant", otherwise your comment is marked "Not Relevant". While Caring Palms has 15 5-star reviews on Yelp, only three of them are deemed "Relevant", and one has to go through another step to see the remaining 12.



New T-Shirts for Sale

Caring Palms has been creating t-shirts for a few months now, and have come up with some that might appeal to you. We are still designing, and will be adding new shirts as they are created. Right now, we have four categories, Lightworkers, Humorous, Reiki, and Massage, and 14 shirts to choose from. The cost per shirt is 19.00 + shipping. To see our collection, go to the website, and look under **Prices, Gifts, Other Classes/Sessions**, then under **Gifts For Sale**, and then **T-Shirts for Sale**. Or go [here](#). Shirts are ordered through TeeSpring.com, so we don't need to have a minimum, and Caring Palms does not have to carry an inventory. Their process is quick and easy, and you can pay with a credit card or through Paypal. *(Although shown in black, they are available in many colors.)*

Special Note: It was noticed that the first batch of shirts (while looking good on the screen) were a little harder to read once they had actually been printed. So, we have gone in and made adjustments to correct this. The pictures on the website reflect the changes.

Some of the new shirts that have been added...



Guided Meditation CDs Now Available In-House and Online

The first three guided meditations are now available. We have a small inventory (in-house). 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 within a few months.

Reiki Share at Caring Palms

Caring Palms has a Reiki share every other month. A Share is where Reiki practitioners get together to work

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

Getting Started? by Brian Dean

How do we get started? Why do we get started? What makes us want to get started?

With machines, it is easy. Mostly one turns a key or presses the start button. With people sometimes it is the same thing, and that start button is called coffee. But in reality, it is an attitude, a desire, something that makes us get out of bed in the morning.

Now you might think that you get out of bed to go to a menial job to make money to pay your rent/mortgage and put food on the table. But no matter the job, it is something you can do, and you can do it with an attitude of "I don't care", or an attitude of "I'm going to do the best job I can."

These are the differences that make things worth doing. After all, every job is important from the littlest most menial thing you can think of to the most important thing you can think of. For instance, say a person who makes sure electronic circuit boards are free from dust doesn't care about his job one day, and leaves a speck of dust on one of the boards. Maybe that board gets installed in a rocket to resupply the international space station, and that speck of dust causes something to go wrong. What might not seem important in the beginning could have huge consequences.

And while this may be a stretch, what would happen if people stopped picking up the trash? Or if people at the bank didn't check their computer code well enough, and money got mixed around all the accounts in the system? Everything is important. (I used to be a programmer at a software company years ago, and once in a while someone would release software that they claimed had "no known bugs". We all shuddered at this as we knew it had not been checked thoroughly.)

So to get started, all you need to know is that you are important, that you make a difference. That then creates the desire to do the best job you can, no matter what it is you do. And once you believe that, you will do your best. You don't have to be a rocket scientist. All you need to know is that you make a difference. And you do.

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

- August 12 (Saturday) 10am - 5pm **Confirmed**
- August 28 (Monday) 10am - 5pm
- September 9 (Saturday) 10am - 5pm
- October 14 (Saturday) 10am - 5pm
- November 11 (Saturday) 10am - 5pm

Reiki 2

- August 19 (Tuesday) 10am - 5pm **Confirmed**
- August 29 (Tuesday) 10am - 5pm
- October 21 (Saturday) 10am - 5pm

Reiki 3

- August 26 (Saturday) 10am - 5pm **Confirmed**
- August 30 (Wednesday) 10am - 5pm
- November 18 (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:

- August 5 - August 6 (Saturday 9am - 5pm and Sunday 10am - 4pm)
- October 7 - October 8 (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 is host a mediumship class taught by Marilyn Jenquin of the International Foundation for Spiritual Knowledge. In this class, Marilyn teaches the British style of mediumship (this is similar to the style used by John Edward). Each class contains a lecture, a meditation, and class exercises. This is for all ranges of students from the beginner, to the long time student.

Mediumship is a method of communicating with people who are no longer in their physical body, but in the spirit world. The class teaches students to do evidential readings as exercises so they get comfortable developing a relationship with those in spirit. This class is for anyone wanting to work with spirit whether they intend to become professional mediums or simply to use it in their everyday lives.

Classes are usually scheduled the fourth Thursday of each month from 1pm to 3:30pm at the Caring Palms studio. For more information, go to the [IFSK Website](#) where you can learn more about this, check class schedules and locations, and get contact information.

Modality of the Month
Myofascial Release

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](#)

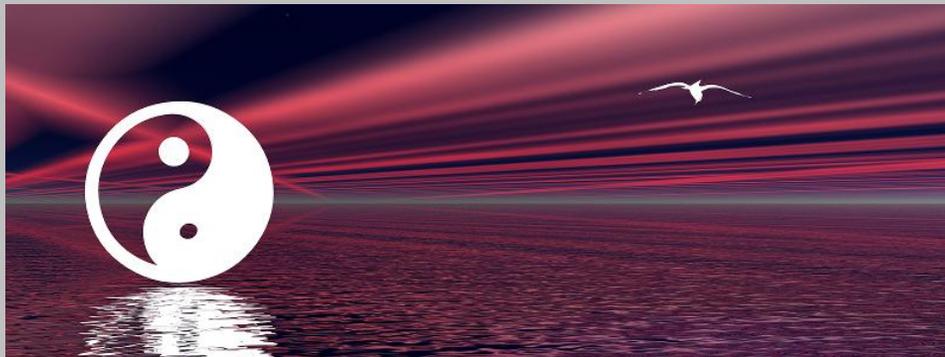


[Myofascial Release](#)

(Click on picture or description to see video)

Brian Offering Readings

Brian is now doing readings to anyone that wants to sit for one for \$40 for up to one hour. Keep in mind, these are mediumship readings, not psychic readings. If you have an interest, please contact Brian and something can be scheduled. These can also be scheduled from the website.



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

