



Caring Palms Massage and Reiki Newsletter January 2017

Voted 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.

We also have next year's class schedules listed. Because it is a licensing year for massage therapists, we have a very aggressive schedule with 38 classes planned. As of this release, the classes are now available on the website. They will also be available through CE Broker before the end of the year.

I hope you enjoy what we have here.

Caring Palms Closed New Years Weekend

Caring Palms will be closed New Years Eve, December 31st and New Years Day, January 1st. Caring Palms will reopen for business as usual Monday, January 2nd at the regular hours.



We hope everyone has a safe and enjoyable holiday.

Thank You Faith, Thank You Victoria

In the course of life, there comes times of growth. Such is the case with two of our therapists.

Faith Stansbury joined our staff in March of this year. She found an environment where she wasn't boxed in by two styles of massage. She found she could do many styles to better help the clients. She found she could do energy work to better help people. She found she could use the whole range of her skills and abilities to do the work that she needed in a therapeutic, healing manner. She found a home where she could be herself, and give the care she wanted to give. But Faith now finds the need to move her life to Pensacola. Her last day was the 16th.

Victoria Oakley joined our practice in September. She was fresh out of school, yet was a good therapist. She was willing to learn, and learn she did. She got proficient at Temple Lomi Lomi and learned Reiki. Her willingness to help the clients to the best of her abilities made her liked by the people she worked on.

Unfortunately for us, Victoria has had her eyes set on California for a long time, and will be moving there in mid-January. One day, she may be back, and if she is she will still be welcome to rejoin our staff. Her last day will be January 6th.

Both of these people have helped us a lot by giving us coverage by female staff for most of this year. This has increased the number of first time clients coming through our doors. Both enjoyed working at Caring Palms as we have enjoyed having them. But as I said, there comes a time for growth. And it is growth that is taking them away, not any desire to leave. We thank both of them for enriching our practice with their skills and caring, and wish them well upon their journeys.

Caring Palms is currently looking for licensed massage therapists to fill the gap. Brian will continue to be available Monday through Friday, and Christine will continue to be available Saturday and Sunday.

Seeking Therapists

Caring Palms Massage and Reiki in Jacksonville Beach has immediate openings for talented therapists who would like to come work in a caring, loving environment. (Two of our therapists are moving out of the area and we need someone to fill in the spaces.) Caring Palms pays 50% of the charged rate of \$70/hour before discounts.

At Caring Palms, we care about our clients and our staff. Sessions are booked with 30 minutes turnaround time in between. We are always there to help each other including showing new things and helping one another better what they do as to work with less effort. Caring Palms has been determined to be one of the top 18 massage establishments in Jacksonville by Expertise.com in an independent study.

If you, or someone you know would be interested in joining our staff, send resumes to brian@carinpalms.com, or call 904-246-2206.

Thank You

This last year has been an awesome year for us at Caring Palms. We have seen a record number of first time clients coming in the door. We attribute this to having more staff available and the wonderful reviews that we have received. We also received two awards, "Best Massage Therapists in Jacksonville Beach" and "Expertise's Top 18 Massage Establishments in Jacksonville" which was an independent study and a total surprise as it came out of nowhere.

During the year, we did a good number of massages, and a lot of energy work and energy training sessions, and added some new energy services like Soul Retrieval. We extended our hours into the evening three nights a week and found there was business there. We opened up Sundays, and found there was a need there. We have started having semi-regular workshops, and look forward to having more in the new year. It has been a good year, and has given us a lot of opportunities to help a lot of people.

But more importantly, it has given us the opportunity to meet, and get to know more people, and it is these people that keep us here and make us love what we do. It is the support of everyone that came in here whether they are local, and came once or multiple times, or if they were from out of town, and chose us to come visit while here.

For this we thank you. Yes, thank you for all the folks that decided to try us, that left reviews, that kept coming back as they felt we could help them more than anyone else.

As the new year approaches, and the uncertainty it brings, we plan on being here to help with your needs. We promise that we will give our all as we always do, and give you the best sessions we can. That is our promise for the new year, and every year after that.

The Times Are A-Changing

Because Caring Palms is losing two of its therapists, we will be cutting our evening hours until replacements can be found. Caring Palms' hours are now Monday through Saturday 10am to 5pm, and Sunday 10am to 4pm. Once we are able to fill the open positions, we will probably re-expand to evenings. Evening hours might be available by appointment only. Call to inquire.

Caring Palms Hosted Hypnosis Seminar

Caring Palms hosted a workshop by Quantum Healing Hypnosis practitioner, Laura Bogen. Laura took the group on a journey to receive a gift from spirit, then into one of their past lives. The final phase was where she

took the participants into a future life.

The people that came were very impressed, and the discussion after each part was wonderful. Several of the participants felt transformed by the experience.

Caring Palms is looking at scheduling future sessions with Laura and is currently talking with practitioners of other unique things to create more workshops for the coming year. Keep watch on the newsletter, and Events page of the website.

January Special

\$ 50 Meditation Session or Class

As New Years is usually a time for introspection and improvement, for the month of January, come in and let us take you through a meditation crafted specifically for you, or take a meditation class so you can do meditation at home.

\$ 10 off a Meditation Class or Session!

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.

Reminder

Caring Palms is open Sundays with Christine as available therapist.

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, Catherine).

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, January 4th from 7pm to 9pm**. Please let us know if you will be coming.

New

by Brian Dean

It seems each year, I start out with an article on newness. And I guess I can't resist doing it again. After all, with the turn of the dock, 2016 will fade into the sunset, only the things that happened will remain in our minds. The year itself will be gone forever. And at that moment, the year 2017 will begin.

As the typical stereotype goes, the year will start out as a baby, full of hope, full of promise. It will then grow and form as we make it. It is our energies, our thoughts and desires that will give it the basis to be a good year, or a bad one. It is then our perceptions that will determine what it truly is.

But it is our living in the moment, looking ahead with hope, projecting toward that goal, and believing that it will happen that will in fact create the year we want. Sure, things will happen that might deter us from that course. But as we cope with them, and not let them drag us down, we will stay on target, and this coming year will form into something good.

We at Caring Palms thank you for the support you have shown us in this past year, and invite you to join us in forming this year to come into something great.

The Best Kept Secret

by Brian Dean

Over the years, Caring Palms has been referred to as the best kept secret in Jacksonville Beach. Secret? Yes. It seems that most who find us love our work, love our caring, love how we spend the time needed with them. But a lot of people still don't know about us.

Finding us has been compared to finding that little local restaurant that is always crowded, great food and service, just not a lot of word getting out. We give great work, great service. Unfortunately, we are not always crowded. (And I know the regulars would like to keep it that way as it allows them to get in easier.) But it would be nicer to be busier, to be able to help more people. It would be nice if there were more word going out.

So, please, tell your friends about what we do here. Tell them how much you like us. Let's make this one secret you should not keep.

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

- January 14 (Saturday) 10am - 5pm **Confirmed**
- February 11 (Saturday) 10am - 5pm
- February 15 (Wednesday) 10am - 5pm
- March 11 (Saturday) 10am - 5pm
- April 15 (Saturday) 10am - 5pm
- April 18 (Tuesday) 10am - 5pm
- May 13 (Saturday) 10am - 5pm
- June 10 (Saturday) 10am - 5pm
- June 20 (Tuesday) 10am - 5pm
- July 8 (Saturday) 10am - 5pm
- July 11 (Saturday) 10am - 5pm
- August 12 (Saturday) 10am - 5pm
- August 28 (Monday) 10am - 5pm
- September 9 (Saturday) 10am - 5pm
- October 14 (Saturday) 10am - 5pm
- November 11 (Saturday) 10am - 5pm

Reiki 2

- February 25 (Saturday) 10am - 5pm
- March 21 (Tuesday) 10am - 5pm
- April 22 (Saturday) 10am - 5pm
- May 23 (Tuesday) 10am - 5pm
- June 17 (Saturday) 10am - 5pm
- July 18 (Tuesday) 10am - 5pm
- August 15 (Saturday) 10am - 5pm
- August 19 (Tuesday) 10am - 5pm
- August 29 (Tuesday) 10am - 5pm
- October 21 (Saturday) 10am - 5pm

Reiki 3

- March 18 (Saturday) 10am - 5pm
- April 18 (Tuesday) 10am - 5pm
- May 27 (Saturday) 10am - 5pm
- June 20 (Tuesday) 10am - 5pm
- August 26 (Saturday) 10am - 5pm
- 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:

- February 18 - February 19 (Saturday 9am - 5pm and Sunday 10am - 4pm)
- June 13 - June 14 (Tuesday 9am - 5pm and Wednesday 10am - 4pm)
- 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.

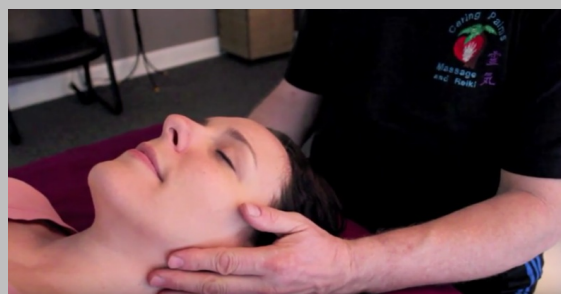
Classes are usually scheduled the fourth Thursday of each month from 1pm to 3:30pm at the Caring Palms studio. For more information, go to the [IFSK Website](#) where you can learn more about this, check class schedules and locations, and get contact information.

Modality of the Month Reiki

Although Reiki is not massage (as the muscles of the body are not manipulated), it is a very relaxing yet powerful method of healing. In the simplest form, Reiki is the laying on of hands. It is guided, positive energy brought in from the universe by someone that knows how to 'tap into' it, and passed into someone in need of healing.

All problems in the body, whether they be illnesses or injuries, are centered around negative energy. Reiki overcomes the negative energies with positive energy, in most cases making the person feel better, and in some cases removing the problem completely. Reiki has been known to reduce and alleviate pain, discomfort, or disease of any kind, and has been used on all major diseases. Reiki is hands-on healing and a nice pleasant experience.

[read more](#)



[Reiki](#)

(Click on picture to see video)

Brian Offering Readings

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



Caring Palms Promise

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

Forward This Newsletter

Did you know that Caring Palms offers a Referral Bonus? Forward this newsletter to people you know, and if they come in for a session and give your name, you will get \$5 off your next purchase. And the beauty of this is that it is cumulative. If two people come in, you get \$10 off your next purchase, three people, \$15 off, and so forth. So if you know people that could benefit from any of the services we offer (and everyone can), forward this newsletter to them. If they come in, you will benefit as well.

Can We Answer Your Questions?

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

Connect with us



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

STAY CONNECTED



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