



## Caring Palms Massage and Reiki Newsletter July 2017

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

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

I hope you enjoy what we have here.

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### Caring Palms Closed July 4

Caring Palms will be closed Tuesday, July 4th in observation of the Independence Day holiday. Caring Palms will reopen at the regular hours Wednesday, July 5th. We will also have the July Reiki Share the evening of the 5th. We at Caring Palms wishes everyone a safe and happy Fourth.



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### It Is With Great Sadness... by Brian Dean

It is with great sadness that I announce the passing of Imelda Arcilla. While I only knew her a short while, she was a bright light in a dark world. She had been teaching a series of Sacred Emergence workshops at Caring Palms. Everyone that took her classes got a lot out of them, including me. I felt energy pathways being drawn through my body, and I use those pathways in everything I do.

Imelda was scheduled to teach a class on June 3rd, but did not show. She texted later that she was ill. I ended up teaching the nine students present on whatever came to me. I suspect that she will continue to work with us from where she is now.

Today (June 12), everyone on her mailing list received notification of her passing from her life partner, Brian Rassi. At his request, we held a memorial service for friends and family at the studio because she loved the energies here. Brian spoke, as well as her brother, Rob and his wife, Danielle telling of her, and their adventures, and her spirit. I also spoke telling of her teaching, her energies, and the promise of continuing her teachings going forward. Brian played songs that she liked, and others that reflected what she was including an original song (listed below). About 20 people attended the service, and more viewed it over the internet.

This is the announcement of her passing, and her life...

Imelda Arcilla, 48, died June 12, 2017, from internal health complications.

Imelda is survived by her Parents Mike and Lily, her brother Robert and his wife Danielle, her nephews Noah and Alex and her soul-mate Brian



Rassi and her two cats: Nina and Kali.

Imelda left this world on June 12th through a Sacred Passage that was Divinely Orchestrated. What I mean by that is only her body left this world that day. The rest of her love, her beauty, her compassion, her zest for knowledge, her empathy, her teachings, her memories, her depth, her acts of kindness, her friendships, her laughter, her presence, her talent, her sparkle are among just a few things that are still alive and well.

Imelda was an Intuitive Soul Strategist, Activator, Alchemist, Writer, Energy Healer & Creative Ascension Guide who Helped others with Transformation to Live an Illuminated Rich Life. Imelda was a Cosmic Being, one who was gifted beyond compare in her quest for cutting edge knowledge and mastering of her craft over the years.

She made many contributions in the area of metaphysics, spirituality and in particular Sacred Passages as it relates to Ascension through your Soul's Journey.

She will be honored if everyone she has met in person and/or through her transmissions over the years understand that you have everything within you to succeed in life.

She realized part of her purpose in life was to be just herself and to illuminate the sacred passage for others to find their own light and freedom. She searched her entire life for answers to our most profound questions and the ability to master the interconnectedness of universe in order to teach others.

It seems that the most amazing people this Universe have to offer are the ones that have limited time with us. Imelda's body will be cremated and returned to Mother Earth as she has completed her mission. She has already Transitioned Back to the Universe where she is Well and Ready for her next Cosmic Adventure!

All friends and family are welcome to come to the service to pay their respects in person and/or through a private webinar online forum for those unable to make the trip into town on such short notice.

The family asks that a contribution be made in Imelda Arcilla's name to American Society for the Prevention of Cruelty to Animals (ASPCA.org) in lieu of flowers.



## Welcome Melody

Caring Palms welcomes Melody Geissler to its talented staff. Melody is a Florida licensed Massage Therapist and has been since 2004 when she graduated from Heritage Institute. With an interest in acute injury recovery, she received her certification in Neuromuscular Therapy that same year, focusing on scar tissue management, post-surgery recovery and aiding in improvement of range of motion. Melody has worked in both clinic and spa settings and has also been active providing chair massage since 2006, in Corporate offices, health fairs and major events such as Super Bowl and TPC. She specializes in Swedish, Deep Tissue, Neuromuscular Therapy, Hot Stone, Freeform, and Prenatal massage. She also just completed her Reiki 1 certification and will be adding that to her repertoire as soon as she feels practiced enough.

*Melody is available Mondays, Wednesdays, and Fridays.*

## Caring Palms Committing to New Workshops

Caring Palms has always been committed to our clients and students. We have been committed doing our best to help each person we work on. We have also been committed to giving the best education and training we can which is why we started bringing in other teachers to introduce other things, people like Imelda and Laura.

With Imelda's passing, we are left with a void to fill, a big void. Brian has recommitted himself, and will be teaching a series of workshops beginning this month, with a new workshop every other month (whichever month Laura is not teaching). Topics are still being worked out, or as Brian puts it, "whatever spirit tells me to teach". Each workshop will involve the students' participation either in a meditation, or some exercise to help focus and grow their abilities, a lecture that will introduce (hopefully) new concepts, and some type of attunement/activation (whatever is meant for each person at the time).

As of this writing, we do not yet have a sexy name like Sacred Emergence, or Past Life Regression, but we do have a working title. While Brian was opening himself to possibilities, what stuck was... "Ascension Theory, Working with Spirit Energies and Using Them in This Life". We are also open to suggestions of things you

would like to see for future workshops.

There will still be help at Caring Palms, still things to learn. We are committed to you.

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## Ascension Workshop

**Ascension Theory: Working with Spirit Energies and Using Them in This Life**

**Introduction to Ascension Theory, Connecting to Energies, Beginning to Use Them**

**Instructor: Brian Dean**

**Saturday, July 22, 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 \$26 and can be paid at the door or online [here](#).*

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

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## July Special

**\$15 Off Any Massage with Melody**

This month, we are showcasing the talents of Caring Palms' newest therapist, Melody Geissler. If you read her biography above, she is skilled in many styles of massage. So, if you have not met her, come see what she can do.

Receive a massage from Melody, get \$15 off.

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## 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](#).

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

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

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## Leave a Review, Enter Our Drawing

Leave a review and be entered in a drawing to win a free session. If you have enjoyed the services at Caring Palms, whether that be massage, Reiki, or classes, or something else, please leave a review on one of the review sites like Google, Facebook, 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 (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.



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## 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...



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## 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.

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## Reiki Share at Caring Palms

Caring Palms has a Reiki share every other 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, July 5th from 7pm to 9pm**. Please let us know if you will be coming.

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## What is a Lightworker?

by Brian Dean

I've used the term lightworker in articles before. I may even have tried to define it (but I usually can't remember yesterday, so I could be wrong). So, since I seem to be using it a lot lately, I thought I would try to define it so everyone knows what it is.

Ok, so what is a lightworker? No, it is not one who doesn't work at night, just in case that's what you thought. Serious now. A lightworker is a healer who works on the levels of energy, usually partnering with the spirit realm to help others. This can be in the form of healing, teaching, helping promote growth of spirit, and generally empowering others.

Now that in itself is a mouthful. Let's see if we can break it down a bit. Someone that works with energies. Energies are all around us, and what we do with them can help or hurt someone. Usually, when we talk about a lightworker, we are talking about someone that knows some type of energy discipline, like Reiki, or Therapeutic Touch, but there are many other forms, including mediumship. Partnering with the spirit realm.

Many of these energies connect the practitioner to the spirit realm, such as Reiki where universal energy comes through the practitioner into someone else. That energy is spirit guided (and there are no evil spirits involved in healing).

But energy discipline is a loose phrase. Within the realm of lightworkers, we have energy practitioners, mediums, psychics, and teachers. Yes, teachers. There are many teachers that instruct in the ways of energy, and I'm not just talking traditional practices. These teachers connect others with spirit. They teach people meditation, creating spirit consciousness, and other things to bring them above the noise and confusion that this world is. Once these people see clearly, they are more able to help others. These teachers open up energy passageways in students so that they are open to more things, to have a better understanding of what is going on so they can help. And through this, they empower others so that they also can help. Sometimes, even just giving a kind word or consoling someone is being a lightworker, as that does pass energies of caring, concern, and healing.

I am a lightworker. I train others to be lightworkers, or help them on their paths as lightworkers. I also use these skills in my healing practice using unique modalities to help others. Even when doing massage, I feel guided. That is what we are. That is what we do.

Now, next time you see the term lightworker, you will have a greater understanding.

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## The Realm of Spirit

by Brian Dean

Around the first of the month, the first two verses of this song came to me in a dream. I felt that this would be a good song for the description of a lightworker and what they do. I put down the lines I was given, and then came up with a first verse. Once it was down, I realized I did not really like it, and could not develop it further. So, it sat for over a week. The morning after hearing of Imelda's passing, words started flooding into my head, and I had to put them to paper immediately. Since then, it has been worked out, and even recorded by my friend Amy Walker, and was played during the memorial. While it was not written specifically for Imelda, it has been dedicated to her as it is who she was, what she did, and who she is now. You can read the words below or can listen to it on the website [HERE](#).

### The Realm of Spirit

(Based on The Sound of Silence by Paul Simon)

Words by Brian Dean

Hello Spirit, my old friend,

I've come to walk with you again.

There are great numbers that need healing,

With the energies that I am feeling.

With intention that starts down in my core

And adding more

All from the realm of spirit.

Our energies spread far and wide,

From cityscape to countryside.

Spreading healing light everywhere,

Helping to remove all the fear.

And replacing that with pure unfiltered love,

All from above.

All from the realm of spirit.

One on this side, more on that,

We come together for a chat.

Lighting many candles as we go,

Which sends healing light to and fro.

With each person we touch the light grows even more.

And more and more.

All from the realm of spirit.

With our hands and minds we'll strive,

To keep the dreams of hope alive.

With every person that receives our touch,

The hope and love will increase much.

And everyone will open like a flower,

In every hour.

Crossing the realm of spirit.

Hello human, my new friend,

I've come to help you to the end.

Not long ago I was just like you,

But now I have ascended through

And the light we spread will go out through the lands,

From cosmic hands,

And echo in the realm of spirit.

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## Reiki Class Schedule

The following is a list of currently scheduled Reiki Classes. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. Any class marked as 'Closed' has filled up. (Note: In some cases, one may be able to enter a class marked 'Closed' with permission of the instructor.)



### Reiki 1

- July 8 (Saturday) 10am - 5pm **Confirmed**
- 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

- July 18 (Tuesday) 10am - 5pm **Confirmed**

- August 15 (Saturday) 10am - 5pm
- August 19 (Tuesday) 10am - 5pm
- August 29 (Tuesday) 10am - 5pm
- October 21 (Saturday) 10am - 5pm

### Reiki 3

- June 27 (Tuesday) 10am - 5pm **Confirmed**
- 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:

- 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.

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## Modality of the Month

### Freeform Massage

The Freeform style of massage is unique in that it follows no pattern, no routine. It is more intuition driven rather than routine driven. This gives the client something created just for them, based on their needs. From massage to massage, there may be similar things, but there is always something different, something new (if the needs are different).

When most people go for a massage, they get a routine. Caring Palms is no different in that the basic massages are based on a routine. Now any good therapist will change that routine somewhat with each client as each client has different needs. Those routines for basic massage will change. Some moves will be added, some dropped out so that the client's specific needs are met.

A freeform style does away with routines. Now, some of the moves may come from those routines, and some of those moves may be put together similarly because they go well together, but the overall combination is unique. It is not unusual for new moves to be created in the moment based on the therapist's intuition and connection to what the client needs most.

[read more](#)



#### [Freeform Massage](#)

(Click on picture or description to see video)

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## 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.

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## Caring Palms Promise

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

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## Forward This Newsletter

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

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## Can We Answer Your Questions?

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

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Connect with us



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

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