



## Caring Palms Massage and Reiki Newsletter June 2017

Determined to be 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 Has Hired New Therapist

Caring Palms has hired a new therapist. She has agreed to come work for us, and we are currently waiting on all of the paperwork, but her start date is June 5th. She will be working Mondays, Wednesdays, and Fridays. Watch the website and next month's newsletter for more details once everything has been finalized.



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### Online Scheduling System Has Changed

Over the past month, we have been testing a new scheduling system. Now, last month we pretty much said the same thing. We had been testing a new system for a couple of weeks, and were about to transition over just after the first of the month, but a day before, we found it was lacking one important piece, a mobile friendly client booking end. So we started the search again, and found something that does work.

When you go to the Caring Palms website (full or mobile) and select the "Schedule Online" button, you will be directed to our new online scheduler. You will know you are in the right place as you will see "Schedulicity" at the top followed by Caring Palms. (If you see "Full slate" or anything else, do not book there. Call us to book by phone, and please let us know what page from our website got you there.)

Select "Schedule now", select your service, therapist, and time and date. You will get a confirmation email once the session has been booked.

Now, if you have used our online scheduler before, but not this one, you will have to register as a new user. We hope you like the new system as much as we do. If you should have any issues, please call us and let us know.

Thank you for your patience.

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## **Introduction to Sacred Emergence Workshop – Activation/Healing-Jumping Timelines**

Please join us at Caring Palms **Saturday, June 3rd, 1:00 - 3:30** for this Sacred Emergence workshop.

As we ascend in consciousness we realize that time is a construct of the mind and collective agreement.

We don't just exist in linear time, but in a quantum field of infinite possibilities based on our desires and choices. We incarnate for the unique experience our reality provides. There are many timelines our soul can choose to experience.

Would you like to:

\*Expedite your dreams

\*Choose a different reality

\*Experience more joy and love

\*Heal your past

We are jumping timelines to a more favorable and empowered reality.

This will be a fun and illuminating event, it's always an experience. Each participant will receive what they divinely need. Whether a healing, message, attunement, activation and more.

Please RSVP regardless if you pay before or at the event as seating may be limited.

Imelda is an Intuitive Soul Strategist, Activator, Alchemist, Writer, Energy Healer & Creative Ascension Guide who helps with transformation in these accelerated times so you can thrive in every major area of your life to live an illuminated rich life.

***The cost for this workshop is \$31 and can be paid at the door or online [here](#).***

To learn more about Imelda and her work, go to [Imelda's website](#).

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

**Also, please read her article below.**

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## **Past Life Regression and Meet Your Guide Meditation Workshop**

Please join us at Caring Palms on Saturday, **June 24th 1-3:30p.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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## **Brian Took Continuing Education Classes**

During the last week in May, Brian took continuing education classes in Cocoa Beach. He spent three days in a workshop for Hawaiian Temple Lomi Lomi presented by Tom Cochran of Sacred Lomi. This was the fourth

time Brian has taken this workshop, and although most of it was review, there were a few new things shown.

"I took my first Temple Lomi class 11 years ago, and I am still amazed by the work", says Brian. "I've seen Tom grow so much in the last 11 years. He changes his presentation, his movements, and his energies. He brings in a lot of Hawaiian spirituality that is the basis for the work, and just elevates the workshop to a new level. And he brings the students with him to that new elevation."

Brian is planning to hone his skills even more as we are offering Temple Lomi Lomi as this month's special.

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## June Special

**\$60 (1-hour) or \$90 (90 minute) Hawaiian Temple Lomi Lomi with Brian**

Growing from and based in Hawaiian spirituality, Temple Lomi Lomi is a unique style of massage. It works the body as a whole rather than a series of parts with long strokes that go from the shoulder to the ankle and back. Each movement flows into the next and the next. Movements also go from the ankle to the shoulder and back. A lot of underbodywork is done causing the feeling of 'riding the waves' as one hand moves under the body while the other mirrors it on top. Some clients have described this work as a spiritual experience because it is Pono (in alignment) with the spirit of the shaman that created it. This massage (as all massages at Caring Palms) is performed in Sacred Space where the safety of our client is paramount. (Because of the movements, minimal draping is necessary. This consists of a hand towel over the pelvic area, front and back, and a breast drape if needed.) See the video below to see what it looks like.

**\$10 off any Hawaiian Temple Lomi Lomi Massage with Brian (60 or 90 minutes)!**

For more detailed information on Hawaiian Lomi Lomi, go [Here](#).



**[Hawaiian Temple Lomi Lomi Massage](#)**

(Click on picture or description to see video)

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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 (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

## T-Shirts for Sale

Caring Palms has been experimenting with t-shirts, and has come up with a few. We are still designing, and will be adding new shirts as they are created. Right now, we have three categories, Lightworkers, Humorous, and Massage. The cost per shirt has been reduced to \$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.

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 other 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.

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

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## Made of Energy - Believing

by Brian Dean

We're made of energy. No, really. We are. As we've talked before, everything exists on a scale of vibration. The faster the vibration, the more fluid things are. Things like light and sound, and gamma rays. The slower the vibration, the more solid things are, like that chair you're sitting on, or that table that is holding my tablet, or, uh, us.

So, if we think of ourselves as pieces, we are a series of atoms being held together by some force (yes, I went there). That force is energy. But keep in mind that energy is changeable. Energy is changing all the time. We change energy every time we change our minds. But what about the energy that defines us? Well, that is changeable too.

There are several practices that claim one can actually change portions of their DNA. No, this is not on the levels we measure through science, but deeper. In fact, one precept that some people believe about Reiki is that the teacher changes the student's DNA through the attainment to accept the Reiki energy. I'm not a believer of that, but it does show signs that there are those that believe we can make changes to our energies to make changes in ourselves. And while that is part of all energy healing, we are still talking on a deeper level.

We believe that we can change our health by energy healing, and we can. But what if I told you that we can cure all ills just by believing? Well, you'd probably think I was crazier than you already do. But follow this if you will. By deciding what is fact, and what we can do, we can make changes in our own energies to change ourselves. Our energies are made up of everything that is going on with us right now from our mood to our emotions to our physical makeup. Now, I'm not saying that crossing my fingers and rubbing the magic lamp, I

will suddenly be taller and thinner. But I know that if I am going to lose weight, I will have to believe in it first, as without that, nothing will happen.

But in our makeup are also all the things wrong with us from sore backs to illnesses. And those are also part of our energies, some we use to define ourselves, as we all too often, define ourselves by our problems. And believing that we can cure ourselves (and I mean truly believing), we can do so because we can change our energies at the deepest levels. But, we are taught that we need to believe in doctors, and drugs, and not in this fantasy that we have control over what we are. So, in truth, we can "fix" everything that is wrong with ourselves, but it takes a lifetime of undoing what we have been taught by those that don't know any better. This is truly why energy healing is getting so popular, because we are throwing away what we have been taught because it is failing us, and looking to the possibility that there might be something more. And there is...if we believe.

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## Why Transformation is Sexy

by Imelda Arcilla

The inspiration: I noticed the pattern of people being interested in transformation and the results of it like overcoming limits and lack consciousness and creating freedom and abundance. But lacked the devotion to overcome the distraction.

So I playfully said "I am going to write an article on why transformation is sexy" Maybe that will get through.

The exquisite Transformation I'm referring to is into your most profound evolution towards expanding the bandwidth of your consciousness to Soul Mastery. This includes the triad of wisdom, love and divinity.

True transformation isn't just about changing. We can change our minds, beliefs and persona. It's about transforming at a cellular and DNA level. Did you know that by deeply affirming certain things in your life you can re-program your DNA?

But rarely do you transform without affirmation, a class or two or reading a book here and there. It takes commitment beyond the ordinary commitment and devotion. Devotion is a super power that sustains the rigorous challenges. It's the light in your corner that fuels your endurance to go the distance.

Why are you willing to devote your life force to alchemize your mind and transform into a more evolved being, time and time again? Because each cycle of growth you undertake is a bandwidth of potential to not just master your life, but to create your life. The implications of that alone is breathtakingly open to the abilities and gifts you possess! From my article- [How To Integrate The New You](#).

\*It's sexy because when you grow and evolve into your beautiful authentic light, you don't attract drama. You live your purpose, invite abundance and opportunities plus you become the Creator in your life giving you infinite possibilities.

\*It's alluring when you understand that everything is within you and you're not constantly struggling and exhausted to find what you're looking for out there relying on uncontrollable forces.

Instead you understand that you ARE the FORCE that creates your reality.

\*It's beautiful when a person has overcome the fear trap and understands that they're not scared but SACRED.

\*You're Magnetic when you can be present in the moment there is power in that.

\*It's attractive when you don't need others to give you joy, because you know you are the source of your own joy and everything else adds to it.

\*You're captivating when exude an aura with humility and heart.

\*You're dynamic when you hold a field of higher consciousness.

\*Transformation towards your evolved self is sexy because it leads you to the truth of who you truly are already underneath the illusions we accepted. And who you are is magnificent and powerful!

Joy and Blessings,

Imelda

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## What is Sacred Space?

by Brian Dean

Massage therapists have heard (and used) the term SacredSpace for a long time now. We hear about teachers and practitioners creating Sacred Space to do their work. But what is it?

In simplest terms, it is a safe environment, a place where one is always safe and protected from any harm. It is a place where the energies are just right that someone feels calm and comfortable, and aware that no harm will come to them. It is a place where one is not judged in appearance, in who they are, or what they say. It is a place where healing can occur on the deepest level.

As Brian found in the workshop he just went to, Tom Cochran creates Sacred Space for his classes. This allows his students to feel safe not only in what they do, but what they say. Many people told stories of abuse in their past, of problems in their lives. And they knew they could do no one was judging them. The group simply accepted what was said knowing that this was important to healing. They also accepted when people had emotional releases while being worked on. Basically, the group of therapists were supportive of their 'clients' needs, as all therapists should be.

At Caring Palms, we create this same environment (as Brian has been told numerous times). We create Sacred Space. You are always safe in our studio. If you need to talk about something personal, to release it, you can. Keep in mind that the therapist may, after a while of listening, ask you to enjoy the quiet time so you can get the healing you need. If you need to cry to let out pent up energies, do it. We will be supportive. If you don't have the perfect body type (and no one does) and are thinking about a style that uses less draping, know that you are not being judged. We are there to do a job, to do healing in an non-sexual manner, not judge you in any way.

In all we do, we will always be professional and supportive. We are here for you.

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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

- June 10 (Saturday) 10am - 5pm **Confirmed**
- 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

- June 17 (Saturday) 10am - 5pm **Confirmed**
- 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

- 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)**

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## **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:

- June 13 - June 14 (Tuesday 9am - 5pm and Wednesday 10am - 4pm **Confirmed**)
- 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.

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## **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.

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## **Modality of the Month**

### **Deep Tissue Massage**

One of the most requested styles of massage is Deep Tissue. It almost seems that everyone wants very deep work on their muscles, but that is not what they want at all. Most people just want to feel their massage. The best place to start is to define Deep Tissue massage.

When muscles become very tight and stiff, they need lots of pressure to get them to loosen up and stretch. Deep Tissue is that added pressure that gets way down into the belly of the muscle to get it to relax. Many times this can be painful depending on how deep the therapist goes, but all too often, that is what is required for someone to feel better.

So the key is that Deep Tissue is not a style in its own, but added pressure into many regular styles like Swedish. With most styles, the pressure can be varied to fit the comfort of the client. When the pressure goes to a certain depth, and problem areas are worked on, this becomes Deep Tissue work.

[read more](#)



**Deep Tissue 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.

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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Connected with us



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

STAY CONNECTED



Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care?(Benefit) What do I want them to do here? (Call-to-Action).

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"