



## Caring Palms Massage and Reiki Newsletter March 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 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 have moved 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 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@caringspalms.com](mailto:brian@caringspalms.com), or call 904-246-2206.

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### Introduction to Sacred Emergence –DNA Activation Workshop

\*Ready for a Cosmic Soul expansion?

\*Would you like to activate your DNA for a greater hidden potential?

\*Would you like to have more possibilities to create with?

We are undergoing an accelerated leap towards a greater soul potential consciously, energetically and evolutionary. This can be commonly called as Ascension.

This class explains the beautiful metamorphosis we are all undergoing and your higher purpose within it.

It is an interactive experience with learning, meditation, activation and talking about the experience. This serves to expand your bandwidth of consciousness for a cosmic soul expansion. This will assist in realizing more of

your light, gifts, divinity and perhaps your star soul or starseed heritage. A starseed is someone who may identify with living other places besides on earth, which we'll go over and help discover.

Come for an amazing experience to upgrade your light codes and transform at a deeper level.

On **March 4 Saturday 1-3 or 4pm** depending on the amount of participants.

Click [here](#) for more of an understanding what this experience can do for you.

To learn more about this class, go [Here](#)

***The cost for this workshop is \$30 and can be paid at the door or online [here](#).***

This class is taught by **Imelda Arcilla**, an Intuitive Soul Strategist, Alchemist, Energy Healer & Creative Ascension Guide. To learn more about her, go to [Imelda's website](#).

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

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## Past Life Regression and Meet Your Guide Meditation Workshop

Please join us at Caring Palms on Saturday, **April 1st, 1pm-3:30 pm** for a Group Past Life Regression session facilitated by **Laura Bogen**, Certified Hypnotherapist and QHHT Practitioner. Using a simple, but effective visualization technique, 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? Were you the chief of an ancient native tribe? Perhaps a knight in medieval times? The possibilities are endless.

Then stay a bit longer for the second part, an effective guided meditation that will take you to meet your spirit guide, where you will receive a gift & message pertinent to your life at this time.

Lastly, we will leave time for a short, fun mental exercise and discussion.

All you have to do is show up! (We recommend that you bring a pillow to sit on, as space is limited.) Call to reserve your spot or sign up and pay online. Walk-ins are welcome.

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](#).***

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

(No, this is not an April Fool's Joke)

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

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## March Special

**\$ 15 off any 60-minute or 90-minute Freeform Massage Session**

Esalen-inspired freeform massage offers relaxation in the extreme using long, slow strokes with varying pressure and continuous movement with pauses to allow the body to assimilate what has just happened. It also incorporates stretches that allow the muscles to be worked deeply. There is no routine. It is all completely intuitive. There are moves, and those moves could be ones used in other styles, but they are put together based on what feels right at the time. The idea is to treat the client like a whole being rather than a series of parts. The flow of the movements makes all the parts feel integrated into the whole that it is. At the heart of the session is a sense of empowering each individual to regain a sense of harmony, reverence, and balance, and to awaken inner resources for healing. While the video on the website shows this done with minimal draping, versions of it can be performed with standard draping, and is up to the client and the therapist to decide what is best.

**\$ 15 off any 60-minute or 90-minute Freeform Massage Session!**

For more detailed information on Freeform Massage, go [Here](#).

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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 CaringPalms, 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 (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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## Thumbtack

Caring Palms is trying to establish itself on Thumbtack which is a per demand website. If someone is looking for a massage, they put out a request for a quote. Massage therapists in their area see these and send quotes if they feel they are relevant to what they do. To help Caring Palms' standing, we need reviews on Thumbtack (as they don't see any of the other reviews that we have on other sites). Even if you have left a review before somewhere else, if you leave a review on Thumbtack, you will again be entered into our monthly contest to win a free session.

To leave a review on thumbtack, go [Here](#).

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## T-Shirts for Sale

Caring Palms has been experimenting with t-shirts aimed specifically at Lightworkers. A Lightworker is any type of healer, but more specifically an energy healer (and this could be Reiki or some other type of energy, yoga instructor, Meditation teacher, Medium, or anything else with that basic idea). While we are continuing to design more (in our spare time), these are what we have available. If you like any of these, go to the links below and place an order. If you think someone else will like them, pass the links on to them as well. The cost per shirt is \$21.99.

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.) Here is what we have created so far...



[Order Here](#)

[Order Here](#)



[Order Here](#)

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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 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, March 1st from 7pm to 9pm**. Please let us know if you will be coming.

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## Locally or Globally? Raising Vibration

by [Brian Dean](#)

I was getting coffee the other day and had parked on the side of the building. After I came back with my cup of Joe, I saw that I had to back out into the drive-thru line to get out. Thankfully, someone was kind enough to let me back out, but I still had to wait for the line to progress until I could actually leave it to go toward the exit. Now there was one person ahead that watched the car ahead of them pull up twice and did not pull up to match. They sat there with two car lengths between them. Unfortunately, because they had not pulled up, there were a couple of us that could not leave until they did.

Now after the expected moment of road rage went through my mind, I started looking at this and a lot of other things differently. One could say that this person was self-centered, but I think a better term might be centered on self (which I believe is different). They were thinking very locally. They were focused on themselves and what they were doing, not anything else around them. Unfortunately, this is something I see a lot of.

Have you ever been in the grocery and noticed someone block the aisle with their cart while they look at the things on the shelf? This happens a lot, especially in the big warehouse stores. People are so focused on what they are doing, what they need, what they want, that they don't realize that there are other people in the store (or on the road) with them.

One thing my mother always taught me was to pay attention to other people, and be kind. Let cars out in front of you. Don't block the grocery aisle. Step out of the way and let others by. And while I didn't realize it, she was

teaching me to think globally.

Thinking globally, at the most basic level, is noticing things immediately around you. Who is around you? What is around you? What is going on around you? Noticing these things puts us in a position to act. To respond to situations. Moving so others can get by. Pulling up to the car in front of you because it will allow vehicles behind you to pull into that turn lane. It gives you the ability to give a kindness.

Moving out from there, global thinking expands to include the area around you, the climate, the mood. It allows you to do positive things in your local area, even if that is simply talking to a neighbor and calming them over something that happened. Or making a suggestion that motivates them to do something positive which will motivate someone else to do something positive.

Eventually, thinking globally effects the entire world. But it does not mean you have to be a leader of a country. It means you need to think of things you can make happen, like putting new ideas in people's heads that eventually grow and spread that eventually make real positive change on a large level. In turn, you are raising the vibrations, of people, of areas, of situations. Raising the vibrations helps others think more positively, more centered on others.

I'm doing that right now as I think globally, and make suggestions to a large group of people hoping they will take it to heart and spread it. Maybe positive change will come from here as well as other areas. So, enlarge your area of perception. Look at what is around you. Do a kindness. After all, kindnesses eventually come back. That too is called Karma.

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## Choosing Evil

by Brian Dean

I was watching a program on TV last night that displayed something I thought to be profound. It said, "No man chooses evil because it is evil, he only mistakes it for happiness." Wow.

If we think about it, people don't choose to do evil things because they want to do evil things. Someone doesn't decide to be mean because they want to do mean things. They do these things because they think it will bring them joy or happiness.

This can be seen in all parts of the world nowadays. They don't see themselves as doing mean things to those less fortunate. They see themselves bringing themselves joy by making more money, making themselves richer. After all, that money buys the things that make them happy.

They might not care for those that are less fortunate, but they don't feel they are evil. In fact, I'll bet they feel the same as those that don't make as much. I'll bet they feel that they are working hard to just get by.

But perception is everything. And perception is dependent on which end of the spectrum you are at.

What we need to do is find a way to change the perception of those doing evil to get them to see that there are other things that can make them happy, like helping others.

It is harder to fight evil, when those that are evil do not realize that they are. And aside from most James Bond villains, I feel most of them don't. In fact, I could venture that the Nazis believed that they were not evil when they decided to ostracize the Jews. I'll bet they thought they were doing what they needed to do to unify the country. Unfortunately, they unified it by creating a menace when there wasn't one, and persecuting and murdering innocent people.

While I may not have an answer, or any answer to this issue, I found the quote interesting and thought provoking. And it might give us all a new perspective on why things are like they are, give us some thought on how to start making people realize happiness can come from many things, and to find other things to be happy about.

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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

- March 11 (Saturday) 10am - 5pm **Confirmed**
- 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

- March 21 (Tuesday) 10am - 5pm **Confirmed**
- 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 **Confirmed**
- 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)**

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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)
- 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 Freeform Massage**

The Freeform style of massage is unique in that it follows no pattern, nor 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](#)

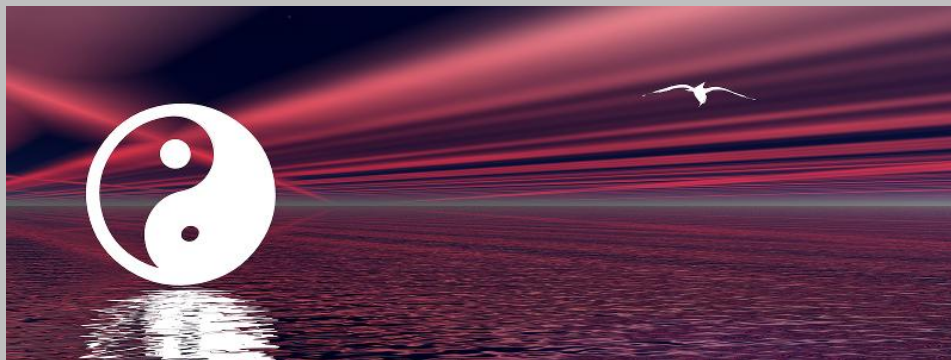
(Click on picture or description to see video)

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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.



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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