



## Caring Palms Massage and Reiki Newsletter November 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, some class date changes, and a couple articles.

Next month, we will be announcing next year's class schedule for Reiki and massage classes. New classes will begin in January.

I hope you enjoy what we have here.

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### Holiday Closings

Caring Palms will be closed Thursday, November 23rd for the Thanksgiving holiday. Caring Palms will also be closed Friday, November 24th as Black Friday is usually a dead day for us.

Caring Palms will be open Saturday, November 25th (Small Business Saturday) at the regular hours for sessions and gift certificate sales with two therapists available.

Caring Palms will also be closing a little early on Halloween (October 31st) so we can be home and ready for the monsters.

Other businesses in the studio will be open per their own schedule.

Caring Palms hopes everyone has a safe and joyous holiday.

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### New Scheduling System (again)

For the second time this year, Caring Palms has changed to a new scheduling system. We realized that the current vendor just was not developed enough to handle what we wanted to do. The new vendor was one that we had wanted to go to months ago, but at that time they did not have a mobile friendly booking system. That has been developed since then.



The new scheduler is Vagaro, and all active clients that were here before October 14<sup>th</sup> have been preloaded into the system. By this point in time, everyone that was preloaded has received an email invitation to join this new scheduling system which included a User ID and a password.

To set up your profile so that you may schedule online, follow the link and put in whatever information you want, and it demands. You will be asked whether you are male or female, and it will ask for your birthdate. (It does this in case we want to run some type of birthday special, but you may not be required to give it.) Your address and phone number have been preloaded, so they should appear. Your email address should be your

user name, and it can be changed to whatever is easiest for you to remember.

To change your password to something you will remember, click on the Change Password option on the right side of the screen. You will be asked for the password you just used, and for whatever you want to change it to. Their requirements are a minimum of 9 characters with at least 1 number, and 1 capital letter. I believe symbols are allowed.

At the bottom of the screen is a series of check boxes that you should pay attention to. The first deals with how you will get appointment reminders. You should check the box next to Email so that you do get confirmations and reminders. If you want text messages, select the box next to SMS/Text. (You will need to have a phone number in the Cell Phone box.) If you want push notifications (like you get from Facebook and the Weather Channel on your smart phone, check the box next to Push Notifications, but you will need to load the Vagaro app from either the Apple store, or the Google Play store. (A Microsoft app is not available.)

Now, the Vagaro app can be a useful thing to find salons and spas in whatever area you are in, but it is not necessary to book with Caring Palms.

The final piece determines how much junk email you will get in your inbox. If you want Caring Palms (or any business that you are connected to) to send email specials, click the box next to Allow businesses... etc. If you want offers from Vagaro or any of the vendors they do business with to send email, click the box next to Allow Vagaro.. etc. Personally, we all unchecked this immediately.

When done, save your profile, and then you will be ready to book online. You just can not do it easily from your profile. What we recommend is that once your profile is complete, go to our website (mobile or full site) and select "Schedule a Session Online". Again, you DO NOT need the Vagaro app to book with us. Our website takes you directly the booking screen for Caring Palms.

If you have any questions or concerns, please call us.

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## Gift Certificate Sale Begins November 15!

Caring Palms' annual holiday gift certificate sale begins Wednesday, November 15th.

**Buy 1 gift certificate, save \$10**  
**Buy 2 gift certificates, save \$20**  
**Buy 3 gift certificates, save \$30**  
***Best Deal:* Buy 4 gift certificates,**  
**get 1 gift certificate FREE!**

Gift Certificates are available for massage or Reiki sessions, or massage or Reiki classes. Buy gift certificates for friends and loved ones, or just for yourself. If you have four friends that can benefit from massage or Reiki (and everyone can), you can buy gift certificates for them, and get one free for yourself. If you are a regular client, you can buy four gift certificates for yourself and get five sessions (this is the best deal going).

**Sale runs**

**Wednesday, November 15<sup>th</sup> - Saturday, December 23<sup>rd</sup>**

Gift certificates are available in the studio and can be ordered by phone with a credit card at (904) 246-2206, or by mail with a check. (Best Deal sales (Buy 4, get 1 free) are available through the website, other quantities are not.) What better gift to give to those you care about? Give them the gift of love and healing.

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## Caring Palms Looking For New 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. 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.

Days available are Friday, Saturday, and Sunday.

If you, or someone you know would be interested in joining our staff, send resumes to [brian@caringsalms.com](mailto:brian@caringsalms.com), or call 904-246-2206.

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## November Special

## \$10 Off Any Reiki Session

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

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

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

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## Lost and Needs to be Found

Beginning at the end of August, we have picked up some items that need to be claimed by their owners. While we know who a couple of these items belong to, this is to be considered a reminder. These are the following...

Red and orange jacket – Kelly

Black jacket – Michelle

Red and black umbrella – Shay is this yours?

Small silver ring with a couple stones in it (found by the fish tank) – unknown

If these are your items, please let us know, and make arrangements to come and pick them up.

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## More New Crystals in the Studio

Our shelves are full again. Brian made the (what seems to be) the annual trek to Gainesville the other weekend where he saw his friends from Rocks and Glass. The result is that there is a whole lot of new crystals in the display cases, with more waiting to be put out when there is room. There are some very nice large pieces as well as a lot of unique small and medium sized pieces, all at reasonable prices.



## The Art of Caring Palms

Caring Palms also has a large amount of hand crafted jewelry by Shirley Dean for your holiday gift giving. Come check out our shelves and see what might tickle your fancy.



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## Ascension Theory Workshop

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

**Saturday, November 4, 2017**

**1:00pm – 3:30pm**

**Cost: \$25**

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

This is the first in a series of bimonthly workshops that will help the participant to open to newer, higher vibrational energies, and then use these energies to keep themselves focused, centered, and calm. Eventually, the participant will be able to feel the energies around to understand people, problems, and give them the wherewithal to help if they want. Each workshop will be a stand-alone training with a meditation and an attunement/activation that will be individual to each person. You may come to any of these or all of these as they will be self contained.

All you have to do is show up! (We recommend that you bring a pillow to sit on, as space is limited.)  
*The cost for this workshop is \$25 and can be paid at the door or online [here...](#)*

**Register Now ▶**

**Please let us know if you will be coming so we can plan accordingly, and please come early if you are paying at the door. Also, please plan on being here a few minutes early so we can start on time.**

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

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

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## Allowing by Brian Dean

Okay, We are told to set goals. In setting those goals, we begin a journey. And as we travel down that path to our goal, we work toward it. We do what we can to make it come about. After all we are told that if we want something, we have to make it happen. And yes, that is very true. We make it happen by putting in the required time, and study, and work so we can achieve what we set out to do. The problem with making it happen is all too often, we force it to happen (ignore Star Wars quote that would have gone here).

Patience is in limited supply nowadays. Everyone is rushing this way and that. But we have to learn patience. We have to take the time that we need to acquire the knowledge and skills to reach a goal. But we are impatient. We want that thing now. So we push and force it to happen before it should, and in doing so, we see that what we got was not what we wanted, was something less than what we had hoped for. You see, the universe moves at it's own pace. Things have to happen in a certain way to be right. That takes time, effort, and allowing what you want to come into its own in the fullness that you want it.

If we force things, they come, but they don't fit quite right. There is usually something missing, some key element that makes it not perfect, like landing the job of your dreams and finding out it was not what you expected. It is possible to fit that round peg in the square hole, but it is not the perfect fit.

By visualizing what we want, and putting positive thought into it, we create the opportunity for that to happen. We bring it into existence. By putting it out there and allowing it to manifest, we make it happen. If we rush, take shortcuts, we may force something into place that is not complete. It is like making soup. Soup takes time to simmer, to allow the ingredients to absorb all the flavors so it tastes perfect. If we cut that time, it might be all right, but it will not be perfect.

Make that extra time. Take that extra step. And allow things to come in with the richness and fullness you expect. Allow it to happen.

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## Love Light by Monique Bailey

Let the light world come to you. So many of us are in awe with the life of energy. We are all made of energy. Yet when we are presented with unexplained healing, messages, and mirades we dismiss the simple understanding of believing.

Believing in what? Believing in the simplicity that life is! Not the world we create with drama and hate and dishonesty. We get distracted with society's "should be's" and what is "acceptable" to be a part of this world.

Let's focus on a peaceful creation of love and understanding, supporting ourselves and other spirit beings. When we let the light of the universe in we are shown the easy path where there is no judgement, just balance and harmony. Believing in this light and the way of life will get stronger when we all let go of the struggles we create.

Discovering our inner voice by connecting to our body, mind, and soul through meditation, or being in nature (to name a couple) and using this knowledge of your inner voice to create actions that support being loved. Those actions will create a chain reaction and will strengthen a connection for yourself and then be able to spread to another and another with a ripple effect. This is how we start to believe in the mirades that happen every day with love and light.

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## Affirming Belief by Brian Dean

Who are you? What is your worth (and we're not talking finances)? How much are you valued by friends and family? How much are you valued by yourself?

We ask these questions to lead you down a path. What do you feel your friends and family feel about you? How much of a value are you in their lives?

We all want to be valued by someone. We all want to have some importance in the grand scheme of things. But what is it we think when we wonder if we have achieved that or not? In most cases, we don't feel we are what our friends believe we are. They have more belief in us than we do.

How do you value yourself? Are you a good person? Are you strong? Are you capable? Are you worthy? We all go back to Bill and Ted saying, "We're not worthy." But we are.

A lot of people suffer from issues of self worth. We keep hearing "we're not worthy", but in fact, we are. Each person needs to know that they have value, that they are strong, that they are worthy. And believing in that is half the battle, or maybe more than half.

To help this, you have to start believing in yourself, to love yourself. The sad truth is that if we don't believe in ourselves, no one else will. This holds true for friends and workplaces. So what can you do to change how you think? Affirmations.

Affirmations are lines that you read to yourself daily. Things like, "I love and approve of myself exactly as I am". Initially, reading something like this, you might not believe in it at all. The more you read it to yourself, the more belief you will have in it. You are affirming belief in yourself. You are giving yourself positive information and positive energy. Through these, you will allow yourself to be strong, to stand tall, to believe in yourself, and that you are worthy.

There are a few affirmations below to get you started. More can be found on the website [here](#). Read them every day. At first you may not believe any of them. Eventually, you will believe all of them. Then watch how others around you start to believe in you as well.

I love and approve of myself exactly as I am.  
I have the ability to change my state of mind.  
I see opportunity in everything.  
I am a valuable asset to my friends and family.  
I am safe and protected wherever I go.  
I am an extremely happy person.  
I am a good person.  
I am worthy of good things happening to me.  
I accept the challenges of life and handle them with skill and confidence.  
Instead of wasting energy on fear, I will use energy creating positive outcomes.  
In order to transform others, I must first transform myself.  
I have only love and compassion for others, anything else is a waste.  
I am the master of my fate.  
Try not. Do. Or do not. There is no try.  
The Force will be with me, always.  
I Can Handle It!!

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## 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.**)

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

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## Group Past Life Regression Meditation Workshop

**Saturday, January 6, 2018, 1:00pm - 3:30pm**

**Cost: \$26**

Please join us at Caring Palms for a Group Past Life Regression event facilitated by Laura Bogan, 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, and meet your spirit guide and get a gift and a message. You may witness unforeseen technology, interesting concepts, and even otherworldly events and beings. After all, the future is what you make of it...All of this will be prepped by a short series of visualization exercises created to help develop your imagery skills, which can have many benefits. Some benefits include building your inner sight (also called clairvoyance), sparking creativity, reawakening your imagination, and more.

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

*The cost for this workshop is \$26 and can be paid at the door or online here...*

**Register Now ▶**

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

**Please let us know if you will be coming so we can plan accordingly, and please come early if you are paying at the door. Also, please plan on being here a few minutes early so we can start on time.**

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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

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

Reiki 2

- New dates will be announced for 2018

Reiki 3

- 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:

- New dates will be announced for 2018

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 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 Hot Stone Massage

Hot Stone massage is a unique style where heated rocks are moved over the body allowing the heat to sink into the muscles. Although deep work is not usually done with Hot Stone, the heat penetrates to make the muscles relax and feel better.

There are several types of Hot Stone massage and like other massage styles, these change with each therapist that does the work. Probably the most known style is called La Stone which was based on the types of massage done by native American Indians. They used hot and cold stones to create a relaxing experience. Marie Hannigan took this information and created La Stone from it as she was hurting her hands doing a lot of deep tissue work. With the stone, it gave her a tool to go deeply with while the heat penetrated and softened

the muscles.

La Stone also incorporates prayers, chanting, and movements around the client with occasional clapping of the stones. It has been said that La Stone is more about the stones than the massage. That is the key difference between La Stone and Hot Stone massage. Hot Stone massage tends to be more about the massage. Basically, Hot Stone (which probably stemmed from La Stone) tends to be La Stone without the dapping, chanting, and other stuff.

In a Hot Stone massage session, the client is oiled, and receives some basic massage with the hands to prepare the areas. Then heated stones are slowly moved over the body allowing the heat to sink in deeply. The stones need to keep moving because if they are left in one place, they will burn the client. If the stones are moved too quickly the heat will not sink in as well. As they are used, the stones are turned over and eventually replaced with others as they cool off.



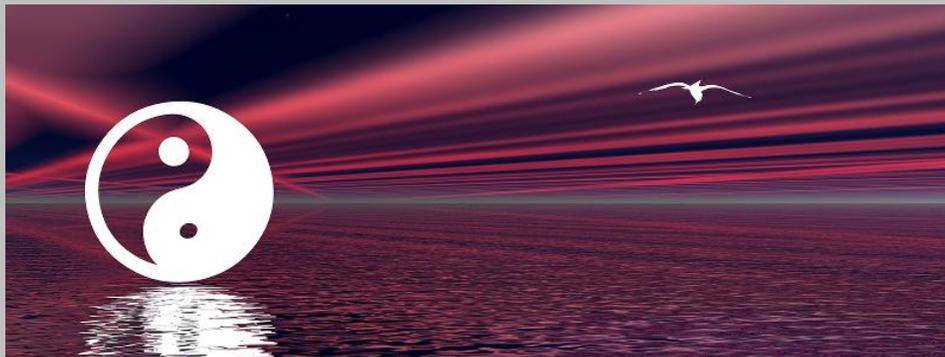
#### [Hot Stone Massage](#)

(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)

STAY CONNECTED

