



Caring Palms Massage and Reiki Newsletter September 2017

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

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news, some class date changes, and a couple articles.

I hope you enjoy what we have here.

Closed for Labor Day

Caring Palms will be closed Sunday and Monday, September 3rd and 4th for Labor Day. Caring Palms will be open Saturday, September 2nd at the usual hours. So, if you need to see us that weekend, we will be available.



We hope everyone has a safe and fun holiday.

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, September 23, 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.

Caring Palms Looking For New Therapist

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.

Sorry guys, we are looking for a female therapist to replace a female that is no longer with us. Days available are Tuesday, Thursday, Saturday, and Sunday.

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

New Hours

While Caring Palms is looking for a new therapist, we will be cutting back our Sunday hours until we have enough people to have someone working that day. Caring Palms will continue to be open Monday through Saturday 10am – 5pm. We do not know yet what coverage will be available on Saturdays, but call and check if you are looking for a session.

Group Past Life Regression and Future Life Meditation Workshop

Sunday, October 14, 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...

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.

Caring Palms Wins Award



Jacksonville Beach, - July 28, 2017 — Caring Palms Massage and Reiki has been selected for the 2017 Jacksonville Beach Small Business Excellence Award in the Reiki classification by the Jacksonville Beach Small Business Excellence Award Program.

Various sources of information were gathered and analyzed to choose the winners in each category. The 2017 Jacksonville Beach Small Business Excellence Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Jacksonville Beach Small Business Excellence Award Program and data provided by third parties.

September Special

\$15 Off Any 1-hour or 90-minute Massage Session with Melody

Melody Geissler 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.

Melody is available Mondays, Wednesdays, and Fridays.

Receive a 1-hour or 90-minute massage from Melody, and get \$15 off.

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 (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.

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.*)

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.

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, September 6th from 7pm to 9pm**. Please let us know if you will be coming.

KISS by Brian Dean

First off, I'm not going to be talking about painted rock musicians, one of which has a very long tongue. Instead, I want to talk about a methodology, an approach to life, a way of looking at things. Back when I was in school to become a computer programmer, we learned that we could write computer code so that it was unintelligible, even to other programmers. But we found that the best approach was to keep things simple, so we adopted KISS... Keep It Simple, Stupid.

I have been seeing a lot of things people have been learning lately that seem to bury the actual process under such a deep level of dogma that I am starting to wonder what the heck is going on out there. I see people doing Reiki that have to do many things before they can ever think about bringing in and passing on the Reiki energies. In fact, I ran into a class advertisement for a Master Reiki class that teaches Moving Meditation, Manifesting Meditation, Antahkarana (the totality of two levels of mind, namely the buddhi, the intellect or higher mind, and the manas, the middle levels of mind which exist as or include the mental body), Reiki Grids (a manner of using crystals to send distant Reiki), Tibetan Shaman/Reiki Aura Clearing Techniques, and Psychic Surgery Techniques.

The problem I have with most of this is at what point are they really teaching Reiki? Now, I know that I teach non-Reiki exercises with my Reiki classes because I feel they are things all energy practitioners should know. But, I don't fill my class with them.

The problem I have with most things like this is that Reiki is simple. It goes where it needs to go, and does what it needs to do. All I have to do is get it to the person (or people) it needs to go to. And I trust it to do that. I mean, I have been taught forever that it is intelligent and knows what it needs to do. All I have to do is allow it. So, why do I need all these other things?

I have seen the same sort of things with other energy work. It is almost as if people are taught that they need to turn in a circle 5 times, stand on their head for a minute, and recite the healer's prayer (if there really is one). My comment... felgercarb! Why do we feel we need to convolute something simple by putting all types of conditions on it? Why do we create so much dogma around something that we lose sight on what we are doing? The problem is that we start relying on this dogma to the point where we believe it is affecting our work. The energy isn't flowing, because I turned in a circle four times instead of five. It brings doubt into what we do.

Energy is simple. It works through our intent and intention. All we have to do is think what we want to have happen for it to happen. When we try to add too many things that have nothing to do with it into the process, we water down what we do. To take a line from Nike, Just Do It. Sure, there are things we can do to make it easier for us to pass it on. Intention. Proper state of mind. Calmness. All these factor in. If saying a short prayer helps get you there, do it. But don't feel that this is necessary for the energies to work.

Quit overthinking things. Have confidence in yourself. Allow the work to happen. And KISS.

Starting Over by Brian Dean

In mediumship class last week, our teacher read something that was posted in Horizon's magazine. It was a question to someone that answers these types of questions. The writer was describing things that had happened to her, things like a car accident, losing her job, and having to move back in with her Dad. Her wonder had to do with what was going to happen to her.

The responder told the writer that she was experiencing a Shaman's Death. This is a term used to describe a period of starting over, of beginning a new life. Yes, beginning a new life without an actual death and rebirth.

When times seem darkest, and we tend to lose a lot, maybe it is time to rethink what we are doing. And maybe it is time for a change, a new start. In doing so, we have to leave things behind. These things could be a job, a place, friends, a home.

In effect, one does experience a death, a death of their previous life. But in the wake of that death, the new life will be spectacular.

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

- August 30 (Saturday 10am - 5pm **Confirmed**)
- September 9 (Saturday) 10am - 5pm
- October 21 (Saturday) 10am - 5pm **New Date**
- November 11 (Saturday) 10am - 5pm

Reiki 2

- October 28 (Saturday) 10am - 5pm **New Date**

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)

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:

- October 7 - October 8 (Saturday 9am - 5pm and Sunday 10am - 4pm)

All classes are scheduled to be held at the Caring Palms Studio. Should the location change, that change will be on the website and students notified.

Maximize your results with less effort. Utilize the science of martial arts and apply it to massage. Advanced Body Mechanics and Techniques for Massage Therapists, is designed to reconnect the massage therapist

with proper body mechanics and techniques while putting a new twist on things and showing how to get more pressure with little effort. While it does go over some basics, it takes body mechanics to a new level where every move involves the use of the therapist's entire body so they can work without hurting themselves. The class being part lecture, part hands-on practice takes positions, centering, and the proper use of body strength from Japanese martial arts and applies them to the art of massage therapy. It also shows how to focus one's energies to increase their strength with simple exercises meant to teach the student how to 'think' beyond where they are working so they can get deeper into the client and to channel their energies to the point of thought. The student will learn how to focus their energies and use their body to do deep work and not get hurt. This class will help anyone to work deeply with less effort no matter if one is 90 pounds or 250 pounds. This class is for both the seasoned therapist and the new therapist. It will show moves everyone does, but in a new light as well as moves many people may not have seen before. The idea is not to dictate how to practice, but to show better body mechanics which the therapist can adapt to what they do. This is true whether they adapt all of it or just part of it.

NCBTMB and Florida Board of Massage Approved for twelve (12) Continuing Education Hours (CEUs)

Class Cost: \$300

This class is for licensed massage therapists or anyone that regularly uses massage in their practice. For those looking to learn basic massage for relaxation for their partner or friends, see the website on the Massage For Couples classes.

To sign up for classes, go to the website and select Continuing Education, Advanced Body Mechanics and Techniques, and Class Schedule to see additions and changes or to sign up.

Caring Palms Hosts Mediumship Classes

Every month, Caring Palms is host a mediumship class taught by Marilyn Jenquin of the International Foundation for Spiritual Knowledge. In this class, Marilyn teaches the British style of mediumship (this is similar to the style used by John Edward). Each class contains a lecture, a meditation, and class exercises. This is for all ranges of students from the beginner, to the long time student.

Mediumship is a method of communicating with people who are no longer in their physical body, but in the spirit world. The class teaches students to do evidential readings as exercises so they get comfortable developing a relationship with those in spirit. This class is for anyone wanting to work with spirit whether they intend to become professional mediums or simply to use it in their everyday lives.

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

Modality of the Month Myofascial Release

Myofascial Release (MFR) is a style of massage / physical therapy that takes a whole body "hands-on" approach to the evaluation and treatment of the human structure. The goal is to help return the body's capacity to adapt, by restoring three-dimensional balance. What this means is that it works on realigning the body to its proper shape through manipulation of connective tissue (fascia).

Every part in the body is connected by fascia. The organs don't just hang there in open space. There is connective tissue surrounding everything holding them in place. Throughout life, one's body takes a lot of punishment, or trauma. We fall down. We get in accidents. We have surgery. All these things affect the fascia. You see, the fascia is normally a nice, soft, rubbery substance that gives when we move. But through trauma, this pliable substance can become hard and constricting. When this happens, the body's alignment changes. We feel pain, and a host of other problems crop up. (A good example of constricted fascia is carpal tunnel syndrome. This is where the fascia in the wrist becomes hard and painful. The normal response is to have surgery which cuts out the constricted fascia, but it also leaves scar tissue which later causes more constricted fascia.)

Most people suffer from alignment issues. Have a friend take off their shoes and then stand facing you on a level surface. Take a good look at them. Is one shoulder higher than the other? Are their feet pointed straight or to the sides? Does one turn out more than the other? These are all signs of alignment problems that MFR might help. Many people have been diagnosed as having one leg longer than the other. In most cases, that is not true. It is simply an alignment issue.

[read more](#)

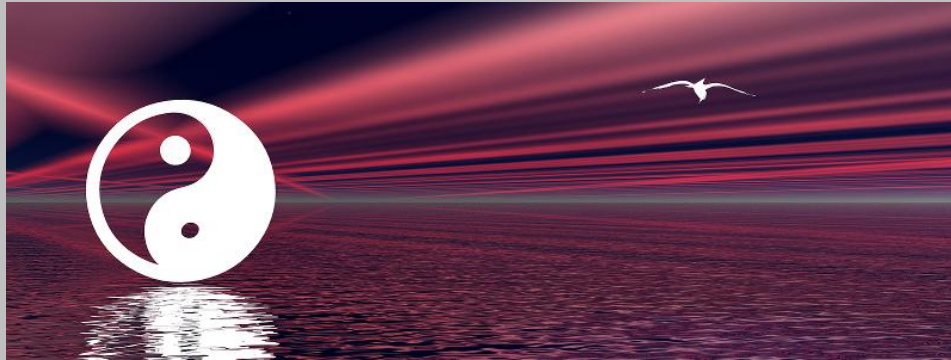


[Myofascial Release](#)

(Click on picture or description to see video)

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.



Caring Palms Promise

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

Forward This Newsletter

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

Can We Answer Your Questions?

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

Connect with us



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

STAY CONNECTED

