



## Caring Palms Massage and Reiki Newsletter February 2018

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

This will be an unusual month as we will have no workshops offered. This is due to not having enough Saturdays in February.

I hope you enjoy what we have here.

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### Valentine's Day

As everyone knows, this month is Groundhog's Day and Valentine's Day. While we are not doing anything to honor a furry rodent that works only one day a year, we are having specials for those who want to show appreciation to the ones they love.

We have a special this month on massage sessions and gift certificates (see February Special below). We have even rearranged our class schedule for those that want to get in here the weekends before and after Valentine's Day.

Each Saturday we will have two therapists on duty, Monique and Brian. On Valentine's Day, Cheryl and Brian will be available to do sessions. These sessions could be single massages, or a couple's massages (a massage where a couple is worked on in the same room).

So look at your schedule and book now.



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### Open Sundays

Beginning the week of February 5<sup>th</sup>, Monique will be extending her hours to include Fridays and Sundays. Ever since our staffing change six months ago, we have been closed Sundays because we have not had anyone to work that day. Starting the 11<sup>th</sup>, we will be open 10am to 4pm every Sunday with Monique as the available therapist. So, if you have need of our services on Sundays, please give us a call or book online.

Monique's days will be Tuesday, Thursday, Friday, and Saturday 10am to 5pm and Sunday from 10am to 4pm. Cheryl will continue to cover Monday and Wednesday 10am to 5pm.

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### February Special

**\$ 10 off any Massage Session (60 minutes or greater) or any Massage Gift Certificate**

Looking to do something nice for that special someone in your life? A much needed massage is one of the best gifts you can give them. What could be better than a relaxing, rejuvenating, health restoring massage?

Give the gift of health. \$10 off any massage session (one hour or longer) by any Caring Palms therapist the

entire month of February. Also \$10 off any massage gifts certificates purchased this month.

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## Other Gifts Available

Caring Palms also sells hand crafted jewelry and healing crystals at the studio. Come by and take a look at what we have available. You might find something special for that someone special.

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## Upcoming Workshops

Caring Palms has been pleased to offer ongoing workshops every month. Due to making ourselves available for any Valentine's sessions, we were not able to get a workshop scheduled in February but we are still committed to making the best workshops available. The Ascension Theory workshop on January 27<sup>th</sup> still has spaces available. Future scheduled workshops include the following...

Ascension Theory, Saturday, March 31  
Group Past Life Regression, Sunday, April 15

Registration for these future workshops should be available soon through the [Events](#) page of the website.

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## Brian Attended Workshops

During the month of January, Brian attended two mediumship workshops, one in Jacksonville, one in Winter Park. Both were taught by Eamonn Downey of the Arthur Findlay school in Britain. The Jacksonville class taught how to deepen our connection with spirit and working with newer energies to give readings and energetic assessments.

The Winter Park class was specifically a Trance Mediumship class (which is invitation only) where we were taught to very deeply let spirit speak through us mediums to give messages, do healings, and more. The work performed (under instruction) was very powerful and be used by all the students as they continue to do their work.

According to Brian, "These workshops were like a renewal and a stepping ahead for our skills. Eamonn is at the cutting edge of mediumship and is pushing boundaries that many of the traditional schools (including Arthur Findlay) have yet to venture into. I am looking forward to incorporating these into what I am currently doing."

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## Ethereal Journal Updated

Brian has been keeping an online journal for the better part of the last 17 years. The entries have chronicled his growth as he learned how energy works, showing his growth, and teaching others that there are other possibilities out there. They have such simple things as using energies to help people, do ghostbusting, or simply give a friend a hug on another continent.

Over the past couple years, Brian has not had as much time to work with this journal, and the number of entries have been sparse. Brian's desire is not to dwell on things which years ago were new, and are now old hat, but to talk about new things happening and new things that are being learned.

Last year, there were no entries at all until recently. Brian has just completed last year's entries (and started some for this year). So if you are interested, please check out the Ethereal Journal [here](#).

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

**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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## Love by Brian Dean

What February newsletter wouldn't be complete without talking about love. After all, it is Valentine's Day this month. So, let's talk about love.

What is love? We could start by talking about chemicals that come together in the body, serotonin, dopamine, also pheromones. We could play it as an attraction and a feeling that overcomes us. Or we could talk about it as energy. (Guess where I'm going.)

Love is a feeling, an emotion, and like all emotions, it is energy. In fact, it is positive energies, the most positive energy available to us. It is a motivating force that helps us build things, create trust, relationships, all building blocks for a positive life and world.

One might say that it is the opposite of hate, a negative emotion/energy. But you don't build things on hate, you only destroy. Yet, in all things there needs to be balance.

But love is the higher vibration, the vibration all things are built on from our lowly little existence, to the spirit realm. **Love is the motivator.** It makes us passionate about things. It makes us love what we do to the point that we want to do it. It gives us compassion, compassion for people, and events, and causes, and things. It makes us want to give of ourselves to create something bigger, better than there has been before.

It makes us want to help people. Love gives us the desire to help in whatever way we can. It is why we become healers. But it is also why we smile at people to give them a sign of hope, or a second of joy. It is why we give a kind word, take time of ourselves to listen to people when they need an ear.

And it is why we fall in love, why we find that special someone and spend time with them. So, this month is about celebrating love, but not just in the traditional sense, in all ways. Celebrate your love of that special person, or that love of creating, or helping, or building, or whatever passion love drives you to do. But make sure you celebrate.

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## Groundhog's Day by Monique Bailey

Groundhog's Day is observed in the United States, Canada and Germany. Most famously known in Punxsutawney, Pennsylvania with a ceremony involving a handsome rodent to determine the upcoming season of weather. Those of who have seen the movie with Bill Murray know that a circle of events continue in an obnoxious way until the main character has an "AHA" moment, in order for his life to move forward.

Do you find that you are in a "circle of the same"? When we find ourselves in this circle, how do we break the cycle? How do we step back to recognize that something has to change?

That underlying gut feeling tells you "hey what are you doing here...you don't have to do this...this experience is not worth sacrificing what you know to not be true to yourself..." LISTEN to that voice! Your soul is asking for evolution/change/excitement.

You are not here to be miserable in a job that serves someone else's ego. You are not here to endure abuse of any kind that does not support a loving relationship (romantically, platonic, or family). You are not here to be on that fad diet to make yourself feel better about how you look or who you are.

We are here to grow and learn from our experiences. We are here to absorb life, absorb love, absorb fun. We are here to give love, to give kindness, to give compassion. To come together in a common place to recognize each other and to help each other to grow. Now, let us say that these experiences and relationships have a season. We tend to try to hold on to these lessons until there is nothing left and then we go searching for the same lesson in a different circumstance which then turns into this "circle of the same". We need to realize we are done with that lesson - let's do something new, let's do something different, something that is scary. Because that is how we expand, that is how we evolve our mind and spirit. We must open ourselves to the opportunities ahead of us.

Let us recognize our own season. Know that you are in control of changing your season at any time. Take time to evaluate your boxes. Supporting yourself in the ways your soul needs to evolve. Love yourself - you deserve it!

On this Groundhog's Day, reflect and allow yourself to have an "AHA" moment.

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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.

Due to the holidays, the Reiki share has been cancelled until February, and we are changing nights from Wednesday to Tuesday.

**The next Reiki share is on Tuesday, February 6th from 7pm to 9pm.**

Please let us know if you will be coming.

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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

- February 3 (Saturday) 10am - 5pm **Confirmed**
- March 13 (Saturday) 10am - 5pm **Confirmed**
- April 14 (Saturday) 10am - 5pm
- May 12 (Saturday) 10am - 5pm
- June 9 (Saturday) 10am - 5pm
- July 14 (Saturday) 10am - 5pm
- August 11 (Saturday) 10am - 5pm
- September 8 (Saturday) 10am - 5pm
- October 13 (Saturday) 10am - 5pm
- November 10 (Saturday) 10am - 5pm

### Reiki 2

- February 24 (Saturday) 10am - 5pm
- July 23 (Saturday) 10am - 5pm

- October 27 (Saturday) 10am - 5pm

### Reiki 3

- March 24 (Saturday) 10am - 5pm
- August 25 (Saturday) 10am - 5pm
- November 17 (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:

- April 28 (Saturday) 9am - 5pm, and April 29 (Sunday), 10am - 4pm
- September 7 (Saturday) 9am - 5pm, and September 8 (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 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 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](#)

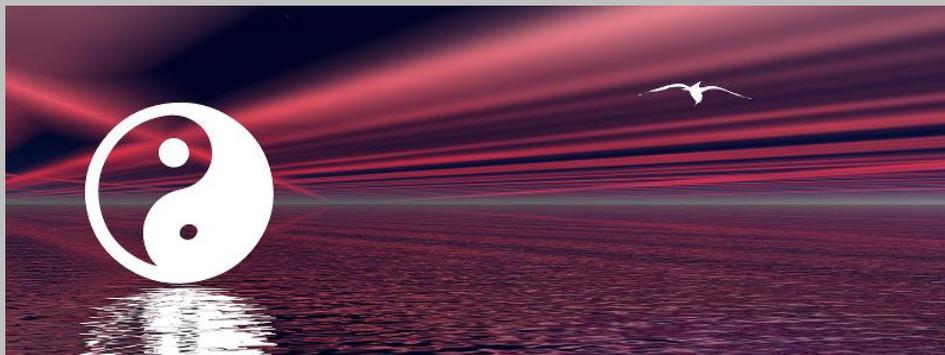
(Click on picture or description to see video)

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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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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



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