



Caring Palms Massage and Reiki Newsletter January 2018

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

This will be an unusual month as we will have two workshops offered (Past Life Regression and Ascension Theory). This is due to not having enough Saturdays in February.

I hope you enjoy what we have here.

Holiday Closings

Caring Palms will be closed Monday, January 1st for New Years Day. We will reopen Tuesday, January 2nd at the the normal hours.

We hope everyone has a safe and wonderful holiday season.



A Lot of Things Going On

This month, we have a lot of things going on. We have two workshops, Group Past Life Regression and Ascension Theory: Surrounding Yourself With Light and Changing the Way You Think. Normally, one workshop would be in January, and one in February, but we simply ran out of Saturdays in February, since we are trying to increase availability for Valentine's related appointments.

Also, Brian will be unavailable two Saturdays this month as he will be taking classes in Mediumship (see article below). And he will be teaching the first Reiki class of the year on the second Saturday. Monique will be here Saturdays as per normal.

So, a lot going on, but there will still be plenty of availability to get in for sessions and classes.

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.

January Special

Get a mental massage to start your new year...

\$50 for Any Meditation Class or Session

Meditation is a means of communicating with your subconscious mind. It is useful for various reasons, calming, strength, reinforcement of desires, and making changes in the way you feel or act. By your conscious mind telling your sub-conscious how you want to be, you can slowly transform yourself, and achieve your goals.

As New Years is usually a time for introspection and improvement, for the month of January, come in and let us take you through a meditation crafted specifically for you, or take a meditation class so you can do meditation at home.

\$10 off a Meditation Class or Session!

Ascension Theory Workshop

**Ascension Theory: Working with Spirit Energies and Using Them in This Life
Surrounding Yourself in the Light, Changing the Way You Think
Instructor: Brian Dean**

Saturday, January 27 2018

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...

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.

Brian Will Be Taking Classes

During the month of January, Brian will be taking additional mediumship classes from Eamonn Downey, an instructor from the Arthur Findlay school in Britain. The first will be the late afternoon and evening of January 5th and all day January 6th. This will be in Jacksonville hosted by the International Foundation for Spiritual Knowledge. Eamonn always covers a wide range of topics and has interesting exercises.

Next, Brian will be in Orlando January 19th and 20th for Eamonn's Trance Class. Although one never knows what Eamonn will cover in his classes, we expect it will be very deep work, with a very deep connection to spirit. We also expect that it will cover trance healing as well as trance speaking.

Brian expects that this will increase his abilities to give readings, do Trance Healings as well as strengthen his ability to connect and do White Light healing. It should also make a clearer connection so he can pass on information more clearly in classes, including the upcoming Ascension Theory class on the 27th. He is expecting this to be a special class, so if you can make it, please do.

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.**)

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@caringspalms.com, or call 904-246-2206.

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).

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.

Imperfections by Brian Dean

A while ago, one of my Facebook friends posted "Just for today I will be ok with my imperfections."

We are imperfect beings. We're all too tall, too short, too thin, too heavy. We have problems. We don't follow through. We don't think logically. We get emotional over things. Yes, these are all imperfections.

And we tend to work on these things. We try to improve them, to make ourselves better, and this is a good thing. We go on diets, we exercise, we meditate. We improve our state of being. But we will never reach perfection. Why not? Well, because there is no idealistic perfection.

You see, there are no perfect beings, at least what we visualize as perfect. We have this image of perfection, and we put it up on a pedestal to see, and admire, and strive to be like. But this is a myth. It is an unattainable entity. More like it is a goal to set you on a journey of self-improvement, but it is not a goal that one can truly reach.

At the same time, we are all perfect. Even though there is no perfect, we are all perfect in our own ways. We are all different. And those differences make this world interesting. The planet would not be any fun if we were all the same, if we were all that idealistic vision of perfection.

Even with all our imperfections, we are perfectly ourselves. And that is actually all right. There is nothing wrong with self-improvement, or growth, or striving to make oneself better. But one can not strive for that to meet some idealistic vision of perfection, whether that vision be yours, or someone else's. After all, the only person in this world that we need to be true to, whose expectations we need to meet, is our self. That is the person whose opinion matters the most. Once we are happy, or satisfied with that one person, then we can look at interacting with others and letting them accept (or reject) us based on who we are, not who we think we should be.

So, today, I am going to be happy with myself as I am, knowing that I am the person I am meant to be.

And to my friend who posted the original statement, I respond, "Just for today, I will be ok with my imperfections, no matter how imperfect they are."

Thank you Cherrise for the wonderful idea.

New Year, New Beginnings by Brian Dean

It is New Years. A new year, a new beginning. A time when we look forward to what possibilities there are, and we see them as endless. A time when we kick out the old year, and welcome the new. A time when we get the same retread of old articles telling us to open up to the endless possibilities and move forward into what could be. And while these articles are true in what they recommend, they usually neglect to mention one thing... leaving your baggage behind you.

Yes, this is a new beginning. But to fully embrace it, you need to leave behind old habits, old thought patterns, old beliefs. Because you can not fully embrace the changes the coming year has to offer unless you are willing to make changes in how you think. You see, the idea of starting something new brings with it the attitude of looking forward to change.

We can not look forward to change with the same thought patterns we used in the past. In fact, it is those thought patterns that keep us attached to the past and unable to move forward. So, the first thing we need to change is us. We need to change the way we see things. We need to change the way we think about things. We need to change the way we approach things. This means dropping old habits as if they are a blight of pestilence covering our hands, and all we need to do is wash it away. A little soap, a little water, and we walk away clean, ready for the next adventure.

We also need to change how we think of ourselves. We need to drop old beliefs and fears. We need quit thinking that we can't. Instead we need to bolster our strengths, renew belief that we can, and do, make a difference. We need to renew belief in ourselves, to know we are capable of doing anything we set our minds to.

At New Years, we talk about kicking out the old year as we welcome in the new. But kicking out the old year is more than saying goodbye to the previous 12 months. It is saying goodbye to habits and patterns that we formed that no longer serve us as we move forward. Those patterns may have worked in the past year, but

they no longer fit what is ahead. So we leave them behind to develop newer, better methods that will continue to grow as the coming year progresses. We get rid of the things that no longer work, that hold us back, that keep us from growing. And getting rid of these things is the first stage in growth that will allow us to move forward.

Yes, this coming year is filled with promise, and to meet it entirely, we need to walk through a narrow passage that will allow us to get there. But what won't fit is the stuff we have been accumulating in the past year. So we squeeze through the passage and let go of the things we no longer need. And as we exit, we are fresh and clean and ready to embrace the promises ahead.

This is a wish that everyone have a safe, happy, and prosperous New Year, full of growth, learning, and joy.

More Than One Way to Skin a Cat by Brian Dean

A friend of mine passed away a short time ago (yesterday as to when this was written). She was diagnosed with a rare form of cancer that works very quickly. Through part of this process, she lost the baby she was carrying. Then on her darkest night, a friend convinced her that there was only one true path, which coincided with this person's religious beliefs. Because of that conversation, my friend shunned alternative care, and asked me not to do any energy work for her because it was the devil's energy, as is mediumship and all other forms of energy work. When I last talked with my friend, She asked me not to do any work on her behalf. I told her I felt she was wrong, and that I loved her, but I would abide by her wishes.

Now, I don't put down other's beliefs as I feel that if you find something that works for you, go with it. I only ask that you not force that on others as the only way. When I teach, I teach to like-minded people. I give them possibilities they may not have thought of. I do not tell them that my way is the only way. Now, I can accept that for my friend, this was the path of her soul. I have a problem accepting being forced to take someone else's belief because that person feels it is the only way.

As far as complimentary care goes, they are complimentary, made to work with other (even conventional) treatments. There is energy work of all kinds, Reiki, White Light, Healing Touch, Therapeutic Touch, Polarity Therapy, and so many more. There are essential oils that some will even tell you can cure things like cancer (not that we can legally make any type of claim of this sort). There are herbs and potions. And what we have found is that it is usually a combination of things that are the key to healing, or even curing someone.

As the title says, there's more than one way to skin a cat. The key is not to limit yourself to one way. Look at many of them. Find what works the best for you even if it is a combination of things. Don't settle for "this one way is the only way". Don't put up with "this is the only treatment that has a chance". Look at all the alternatives, and get all the help you can whether that be drugs, or energy work, or prayer. Accept it all.

My friend now rests with her daughter, her mother whose eulogy I gave two years ago, and her grandmother who passed a few months before her mother. She leaves behind a fiancé, a dog named Caspian, and a brother and a father who have seen way too much loss in the past three years as well as many friends who will miss her shining star among them.

If we make any changes this new year, let it be to accept others for who and what they are. Let it be that we look down multiple roads before choosing what is right for us. Let it be that we don't limit ourselves to one path just because someone else believes it. And let us know that there is more than one way to skin a cat.

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 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.

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

- January 13 (Saturday) 10am - 5pm
- February 3 (Saturday) 10am - 5pm
- March 13 (Saturday) 10am - 5pm
- 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)

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 14 (Saturday) 9am - 5pm, and April 15 (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.

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 Swedish Massage

Although exotic sounding, Swedish massage is the most common type of massage performed. Developed by Pehr Henrik Ling, who based it on the movements of Swedish gymnasts, it can be a very relaxing session, but can also be therapeutic.

Swedish massage is usually the first style of taught in most schools. It is a great beginning point for students to learn to touch a client, and develop pressures and movements. This is actually the basis for most of what they learn later.

This style of massage can be very relaxing as it uses long strokes (Effleurage) and kneading (Petrissage) to make a person feel good. The long strokes are very relaxing, and the kneading of the muscles just plain old feels good. These things allow a person to relax and release tension while they are being worked on.

[Read more](#)

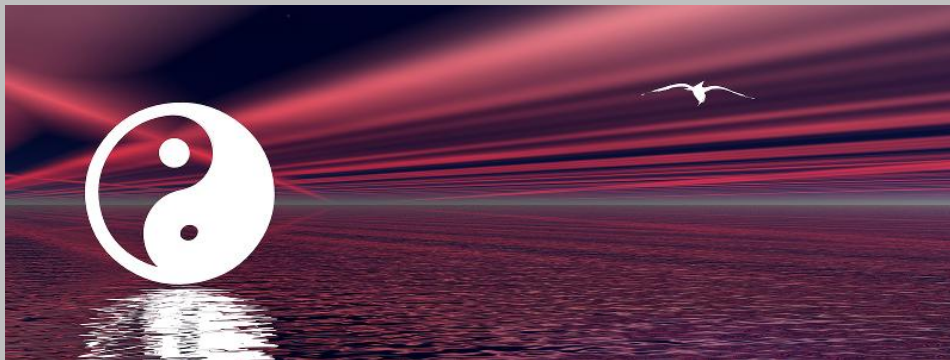


[Swedish Massage](#)

(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

