



## Caring Palms Healing Arts Newsletter June 2019

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Welcome to this month's Caring Palms Healing Arts newsletter. This month, we have exciting news, some class changes, new specials, and a couple of articles, including an article from Monique.

As we enter this month, we have an Advanced Body Mechanics class scheduled on June 12<sup>th</sup> and 13<sup>th</sup>. We need two people minimally to hold this class. Please do not wait until you see that someone else has signed up for it as others may be doing the same thing. If you are interested, sign up as soon as you can as there are a lot of people saying they are interested. Registration closes June 5<sup>th</sup>. If no one signs up by then, the class will be cancelled.

I hope you enjoy what we have compiled here.

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### Closed Memorial Day

Caring Palms will be closed Memorial Day, Monday, May 27<sup>th</sup>. Caring Palms will reopen Tuesday May 28<sup>th</sup> at the normal time. We hope everyone has a safe and pleasant holiday.



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### June Special

#### **\$10 off any Myofascial Release session (1-hour or longer) by Brian**

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).

**Receive a Myofascial Release (MFR) session (1 hour or longer) with Brian, and get \$10 off.**

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### Looking For New Therapist To Join Our Staff

Caring Palms Massage and Reiki in Jacksonville Beach has an immediate opening for a talented

female massage therapist who would like to come work in a caring, loving environment. Caring Palms pays 50% of the charged rate of \$70/hour before discounts. All tips go to the therapist.

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 Tuesdays and Thursdays through Saturdays with later expansion to Sundays.

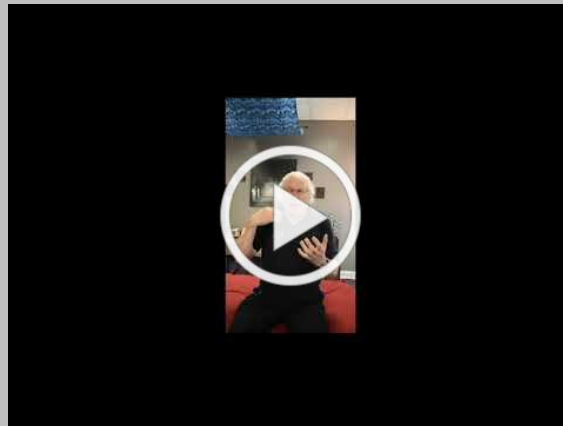
If you, or someone you know would be interested in joining our staff, send resumes to [brian@caringspalms.com](mailto:brian@caringspalms.com), or call 904-246-2206.

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## Inspirational Video of the Month

We periodically add new videos to the collection as we make them. These are made to give you new ideas, and possibly something new to think about. Many of them are of previously written articles, but they are given live, not just a reading of what has been written. Also, we just added four new videos. Please check them out.

This month's featured video: [Release, Allow, and Accept](#)



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## Ascension Theory Workshop Ascension Theory: Working with Spirit Energies and Using Them in This Life

**Topic: Growth**

**Saturday, June 1, 2019**

Cost: \$25, Pay at the door, or register online [HERE](#).

Join us at Caring Palms for a workshop in Ascension Theory and its Energies facilitated by Brian Dean.

Ascension 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. *One could consider these workshops as an introduction to White Light.* 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 one 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 be 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 lecture (on whatever the monthly topic is), a meditation, an exercise with White Light, 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.

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, so we can start the class on time.

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## Group Past Life Regression

**Saturday, August 17, 2019**

Cost: \$26, You will be able to pay at the door, or register online (links will be updated for next month's newsletter and available on the Events page of the website).

Please join us at Caring Palms 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.

Call Caring Palms to reserve your spot. Check out Laura's website [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, so we can start the class on time.

***Next Group Past Life Regression Workshop: To Be Determined***

Laura is also working on new workshops for the future. Keep watching on the website and her site for announcements.

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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). 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.

**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 20 5-star reviews on Yelp, only seven of them are deemed "Relevant", and one has to go through another step to see the remaining 13.

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## Taking a Step Back by Monique Bailey

I have found myself in a circle of change, not my immediate choice but a direction that needed to happen in order for me to see how far I have grown. Seven years ago I knew that I needed to change for myself and for my purpose. I made specific changes into the unknown. I moved halfway across the country away from my family, no job and place, and only an idea that I just needed to trust where the car was headed. When my destination found me, I was able to develop on my personal health, the ability to

love and allow love in, as well as the learning process of what energy is in all of its healing properties.

I have returned to the place I left those years ago, to a time where people I knew are still in the same places and also see me as the same person I was then. So many questions now enter. How did they not see me as changed? Do they still want or need me to be that person from before? How is it that they never felt the desire to expand? Is it my perception that they are in the same place, have they actually grown?

Growth happens in stages, in circles and over time. Sometimes we can feel when we need to grow and make changes, other times we are helped in different directions by other's decisions or situations. When we feel that change we tend to become vulnerable. We're out of place. This happens because we are learning and that in itself can be challenging. And those times it is important to breathe. The definition, to breathe, is to bring in life, that's simple to live. We can get carried away with the uncomfortableness of growth, so that simple act of breathing, will keep us going and get us through. I give this advice often and people look at me like I have 10 heads. How many times I needed to hear the same words to get me to the next step, that it has now become wisdom. Going through the circles we do find wisdom.

My conclusion at this moment in time is that I know how much I have become the person that I want to be; how I present myself to the world, and that not everyone is going to agree with or acknowledge my growth. It is truly my journey and no one else's. This idea also goes along with, "it doesn't matter what other people think." I had to take this step back in order to review my becoming ME. I take so much experience into the unknown again and it continues to be an expansion of my unlimitedness.

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## Growth by Brian Dean

Change is important for growth. We have heard this forever. But I submit that growth is important for change.

We are born. We live. We die. We pass through the entire spectrum that is our life from beginning to end, alpha to omega. And this matters not whether the time lived is 90 years, or 30, or 5. In each range of that which we call life, there is growth.

Of course, the obvious is that from the point of birth, we start getting bigger. That is growth in one manner. Another manner is growth as a person as we have to continue to grow to fit in with others, with society, with the planet. And then there is growth as a spirit entity inhabiting a human body.

The physical growth is mostly inevitable. We start getting bigger as we age. We grow from a baby into a child, into an adult. And as we do, we need to keep buying clothes as we outgrow outfits at an alarming rate (and as adults, some of us keep on doing that). We outgrow furniture, tools, toys.

As a person, we also tend to outgrow a lot of things, like toys and tools, but we also outgrow habits, responses to things, likes, dislikes. As we get older, our toys change. We're not as fascinated by a paper doll as we used to be (though some of us still find bendy straws fascinating). We don't find the same TV programs as fulfilling as we did when we were small. (Go look at one of the cartoons you used to watch as a child and see how it affects you today.) Our toys get more sophisticated. No longer are we amused by stuffed bears, but something turbo charged with a V8 is the ticket.

Part of that growth comes from keeping up with others, some keeping up with what we are expected to be, or what we expect ourselves to be. We learn how to interact with other people. We learn about doing things right, doing good work, and being proud of what we do. We grow in our skills, our mannerisms, our ability to handle more, different things.

As a spirit living within a human body, we grow as well. After all, we are here to learn. We are here to experience. Our spirit grows with each decision we make. Are we kind? Do we help others? Do we wallow in self pity, or do we face each challenge with gusto and drive? Either way, it is learning, and learning is growth. Our spirit needs to experience everything on all sides of the spectrum... happy sad, good, evil, rich, poor, and everything in between. It has to experience all sides, so it knows balance. And as it finds balance, it grows. And we grow as well, as a person, and as a spirit, and spiritual being.

So, we set goals. We take journeys. We learn, and in that learning, we change. And we have to change to make the goals we set. As I have many times said, setting a goal puts us on a journey. It is through that journey... what we learn, what we experience, how much we grow that molds us into what we need to be to reach the goal. So, yes, we need to change to be able to grow.

But sometimes the change we need may be a little out of reach. This is when we have to grow in order to be able to change. In what I do, I have periods where I seem to jump ahead, and periods where I feel I am stagnant. To make it to the point that I can jump ahead, I need to practice. I need to get better. I need to grow. Then when I am ready, change occurs. And applies to all walks of life, to anyone who

works hard, practices what they do to be the best, and grows because of it.

So, yes, while we have to change in order to grow, we also need to grow in order to change. Embrace the change. Grow. It's what you are here to do.

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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 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.)

You may sign up for any of these through the website, or over the phone with a credit card.

### Reiki 1

- June 8 (Saturday) 10am - 5pm **Confirmed**
- July 13 (Saturday) 10am - 5pm
- July 17 (Wednesday) 10am - 5pm
- August 10 (Saturday) 10am - 5pm
- August 26 (Monday) 10am - 5pm
- August 28 (Wednesday) 10am - 5pm
- September 7 (Saturday) 10am - 5pm
- October 12 (Saturday) 10am - 5pm
- November 9 (Saturday) 10am - 5pm

### Reiki 2

- May 25 (Saturday) 10am - 5pm **Confirmed**
- May 29 (Wednesday) 10am - 5pm **Confirmed**
- July 27 (Saturday) 10am - 5pm **Confirmed**
- July 31 (Wednesday) 10am - 5pm
- August 14 (Saturday) 10am - 5pm
- August 27 (Tuesday) 10am - 5pm
- October 26 (Saturday) 10am - 5pm

### Reiki 3

- June 22 (Saturday) 10am - 5pm
- August 21 (Wednesday) 10am - 5pm
- August 31 (Saturday) 10am - 5pm
- November 23 (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:

You may sign up for any of these through the website, or over the phone with a credit card.

- June 12 and 13, Wednesday 9:00am - 5:00pm and Thursday 10:00am - 4:00pm
- August 3 and 4, Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm
- October 5 and 6, Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm

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

## Myofascial Release (MFR)

One 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](#)



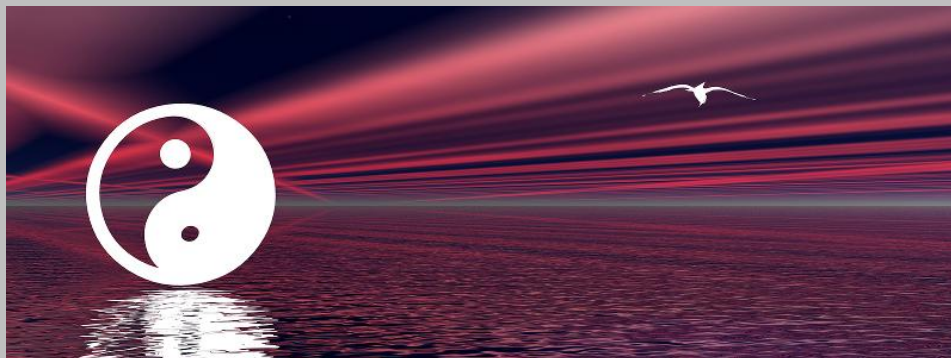
[Myofascial Release](#)

(Click on picture or description to see video)

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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.



[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



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STAY CONNECTED

