

Caring Palms Healing Arts Newsletter December 2020

One of the Expertise.com's
2020 Top 16 Massage Establishments
serving Jacksonville

Welcome to this month's Caring Palms Healing Arts newsletter. This month, we have some news and a couple articles for you.

I hope you enjoy what we have compiled here.

Holiday Closings

Caring Palms will be closed Friday, December 25th and Saturday, December 26th for the Christmas holiday. The studio will reopen Tuesday, December 29th at the normal hours.

The studio will also be closed Friday, January 1st and Saturday, January 2nd for New Years. The studio will then reopen Tuesday, January 5th to start business for the new year.

For those seeking last minute gift certificates, Caring Palms will be open until 4pm on Thursday, December 24th.

Caring Palms hopes everyone has a wonderful, loving, and safe holiday season.



Holiday Gift Certificate Sale

Buy 1 gift certificate, save \$10

Buy 2 gift certificates, save \$20

Buy 3 gift certificates, save \$30

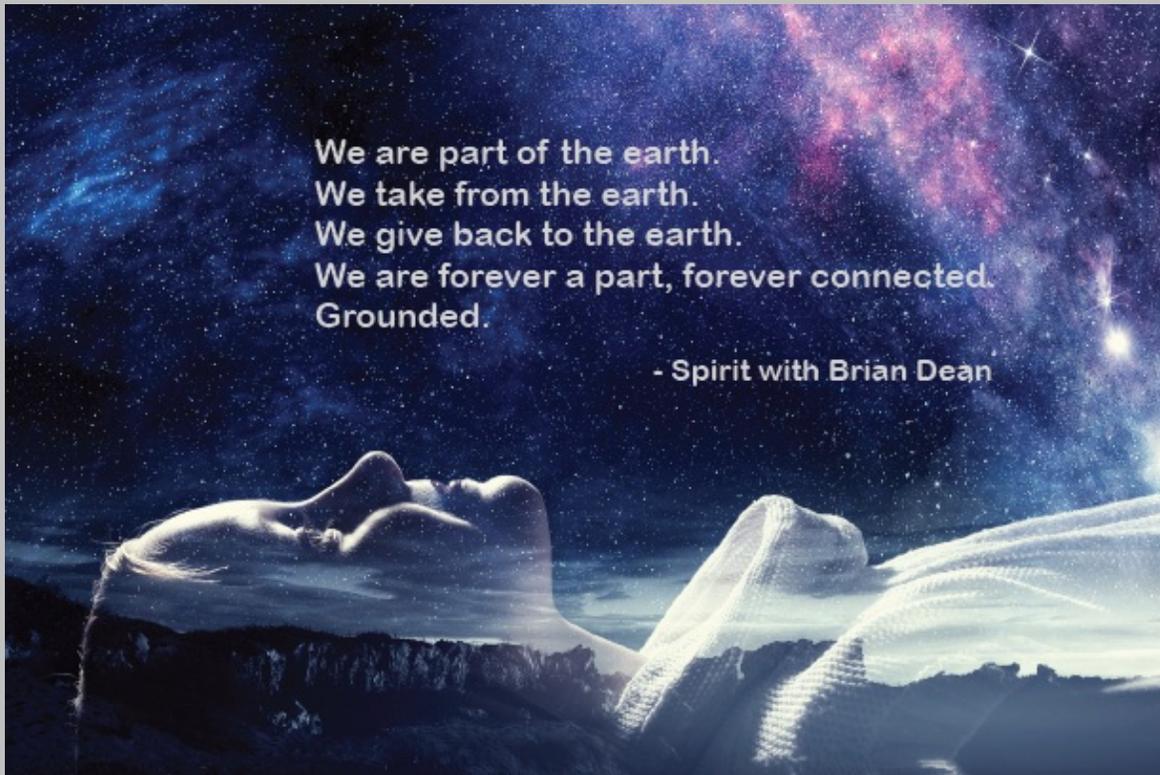
**Best Deal: Buy 4 gift certificates,
get 1 gift certificate FREE!**

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

Sale runs

NOW - Thursday, December 24th

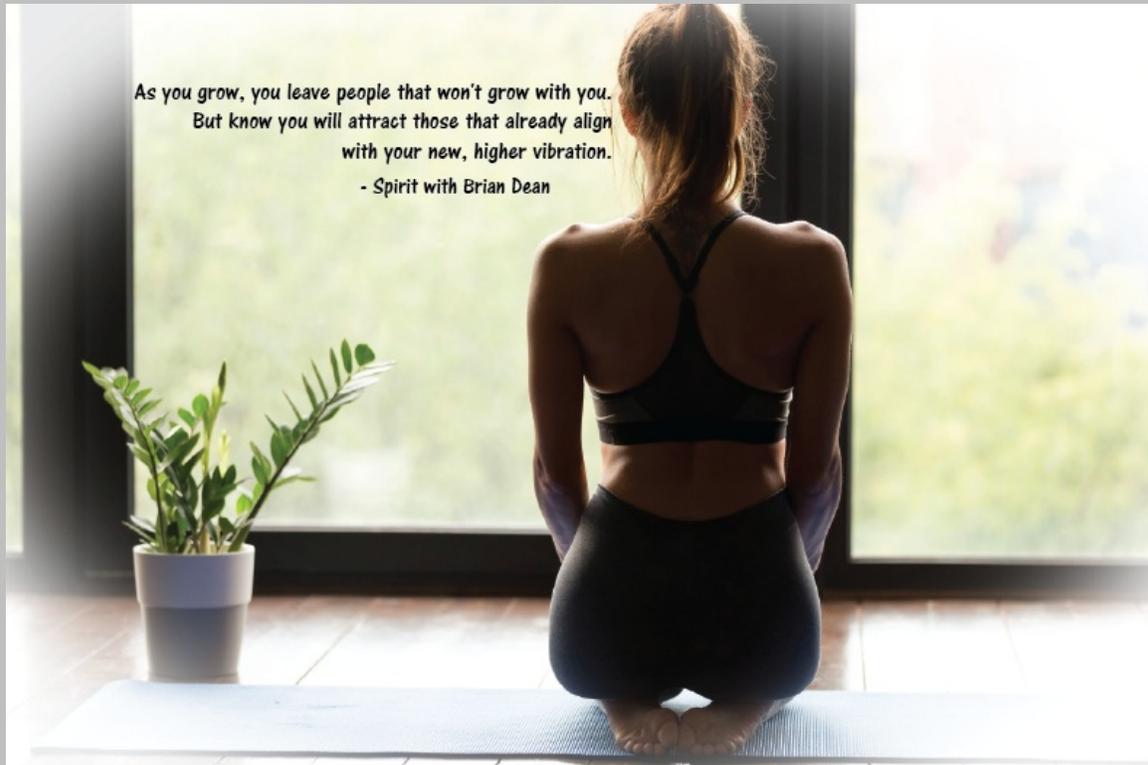
Gift certificates are available in the studio and can be ordered by phone with a credit card at (904) 246-2206, or by mail with a check. (Best Deal sales (Buy 4, get 1 free) are available through the website, other quantities are not.) What better gift to give to those you care about? Give them the gift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



More Random Meanderings by Brian Dean supplied by Spirit

We live in the city. We live in the country.
We live in one place, then another.
We inhabit this planet and are a part thereof.
We live with joy. We get depressed.
We see sadness, and happiness.
Emotion comes and emotion goes.
We flit from moment to moment.
We stay in one place, then move to another.
And stay there a while. Then we move again.
We win, we lose.
We experience.
We grow.
Sometimes it's heads, sometimes it's tails.
And sometimes the coin stays on edge.
And sometimes we are the coin, deciding which side to land on.
Things come and things go.
Rarely do things remain the same.
We move through life.
Sometimes it's a sprint, sometimes a saunter.
And other times, we just boogie on.
We move quickly and we move slowly.
We run to a place, and crawl to the next.
And at some point, we decide to walk.
We see. We hear. We feel
And mostly, we experience.
Is this a life or a journey? Or is it both?
Do we want to move through it at the speed of light?

Or do we want to take our time and see each moment?
We touch, we feel.
We are touched, and we are felt.
We take things in. We let things out.
We live, we die.
There is beginning, middle, and end.
And the cycle starts again.
Wax on, wax off. And then wax on again.
Each moment is important. It is information.
It is experience, and it is knowledge.
And each is part of growth.
We live. We learn. We experience. We grow.
That is what we are here for... to expand our spirit.
Hopefully as we do, we find balance.
This is us. This is human.
Enjoy your time here. Learn. Grow.
Expand your soul. That's what you're here for.



Thankful by Brian Dean

We sit here in the season of holidays, in what has become a very tough year. We survive. Sometimes, that's all we can do. We are still here either on the physical plane, or the ethereal. We are observing, participating. We are understanding.

It seems hard at times to be thankful for what we have during lockdowns, pain, suffering, loss. But that is exactly what we need to do, be thankful.

We need to be thankful that we are still moving on. This may not be moving forward, but it is moving on and continuing moving. Sometimes, we need to mark a place and hold it for a while. Here we recoup. We build strength for what we need to do ahead. We center, we grow. We learn to stay positive in these times of negativity.

We help ourselves, and then we help others. Sometimes that help is nothing more than a kind word. But that kind word can go a long way. It can move mountains.

Through this we become that beacon of light for others to see, to come to. And as we use our beacons to draw others needing help, we also draw others that are beacons coming to help us, to join us. We keep lighting more lights, creating more beacons. Eventually, we spread so much light that we can overcome any darkness. And that we should be thankful for.

Caring Palms is thankful to still be here through the rough times and adversities. I am glad to still be able to use my gifts to help others so they can in turn help more.

Yes, it has been a rough year. Caring Palms was shut down for over four months, during which time, it lost two valuable and talented people. The company was forced to move to a new location, but one became available. Many of the people still have not returned even though extra cleaning is being done to make it safe. I expect they will eventually, once the world opens again. The business will be ending the year with a huge loss. But people are currently coming in, and so far, the expenses have been covered. So, the healing work done there is still being shared. And I am thankful for this.

I am thankful for the support our clients have shown all year. And I look forward to working with everyone next year, as that is what will keep the business here and available for all that need.

So, in this holiday season, I am thankful, thankful for the support of clients, the community, and of spirit. I ask you to do the same. Please be thankful. Spread that light within you, and let it spread throughout the world.

And as the rose grows, and blooms, and then withers, so do you,
leaving marks on the landscape of what was your life.

- Spirit with Brian Dean



Classes and Workshops

All classes have ended for this year. At some point, Caring Palms will be creating a schedule of classes for next year. Once that has been done, they will be posted in the newsletter and the website. Due to current restrictions, the maximum number in each class will probably be reduced. This is due in part to the slightly smaller space, and the pandemic. Once you see a class you want, I suggest signing up for it immediately.

The workshops (Past Life Regression, Ascension Theory) are currently on hold until things calm down for a bit. I am hoping that we will be able to have them some time next year.

Please keep watching the website's Events page, the Class Schedule pages, or this newsletter for more updates.

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.

Guided Meditation CDs 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 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

- To Be Determined

Reiki 2

- To Be Determined

Reiki 3

- To Be Determined

All classes are open to anyone wanting to learn this unique method of hands-on healing. The cost for each class is \$150 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 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:

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

- Look for more classes on the schedule next year!

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.

**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

Currently, all of Marilyn's class are being held online through Zoom. If you want to take a class, call her and she will tell you what you need to do. When this changes, you will see it here first.

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.

New Procedures due to the Pandemic

Because of the ongoing issue with COVID 19, there will be changes in procedures to keep everyone (client and therapist alike) safe.

1. Everyone coming in will have their temperature taken by a non-touch forehead thermometer. Anyone with a temperature of 100 degrees or higher will be asked to come back another time.
2. A new form has been added letting you know that everything possible is being done to keep the disease from spreading. Basically, it is an information disclaimer like people sign for massage or Reiki sessions.
3. During the intake process, while scanning, spirit will be asked if it is safe to work on that client.
4. The client will be required to wear a face mask while they are face up (supine) during the session. If you do not have a mask, a disposable one will be provided.
5. Your therapist will be wearing a mask during the entire session.
6. After the session, all surfaces touched will be wiped down with disinfectant, and some will be

cleaned through UV light.

7. We have added a Hepa/UV filter in the room that will be running at all times.

These procedures will not be bypassed under any circumstances. The idea is to keep everyone safe, yet allow them to get their needed sessions.

Also, if you normally refuse to wear a mask when going about normal errands, please wait to come in. If you have been in large groups that do not wear masks, please wait to come in. If you know that you have been exposed to people that have COVID, please wait to come in until you know you do not have it. This is for our safety as well as yours.

Brian Offering Readings

Brian is now doing readings to anyone that wants to sit for one for \$50 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



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STAY CONNECTED

