



Caring Palms Healing Arts Newsletter May 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 lots of news and an articles.

I hope you enjoy what we have compiled here.

Stardate: 20200429, Shut in Day 31, Captain's Log

Watched the dog roll over today. It was the day's excitement. Also did work on the house and walked over a mile.

Just A Note

Information is changing daily. This newsletter has been rewritten four times since its original inception. What I have here is up to date. I know a lot of people just look at the headings of the articles, but I urge you to read them as there is a lot of important information here.

The Times, They are A-Changing

We are all at a loss here. The situation caught us all by surprise and has hindered everything we do. Things are changing. And I'm sure you are tired of hearing it as much as I am, but we are moving toward a new normal. We will never return to the old normal again, but this might be a good thing as a lot of the old normal wasn't working. Maybe we are moving toward something better.

A lot of what we do and when we can do it is based on many things that are out of our control. Caring Palms is changing as well. Over the past three weeks, both Monique and Cheryl have resigned, each for different reasons. Monique decided that she needed an income to keep a roof over her head, so she has been working full time for her significant other in a food service business, and has decided to stay with that. Cheryl just feels like the place will be empty and she does not want to return to that. Whatever their reasons, I certainly respect their decisions and wish them both luck in whatever they pursue.

I have decided that instead of looking to replace them, I will be looking for a smaller place where I can work and teach out of. To find and hire people in an environment of uncertainty is unrealistic. This may

also be true in trying to keep the business alive, but it is something I feel I need to do. I feel I need to work, to help people, to continue to learn, and I feel that spirit wants me to continue doing this, even though they are being fairly tight lipped about it at present.

My current lease with the landlord allows me to leave before December with three months notice. The trick is to do that before I am out of money with nothing coming in. I have contacted the landlord, but have not heard anything as to what they would offer or accept. And all attempts to get aid through small business loans or unemployment have thus far failed.

May we live in interesting times. Well, it is pretty interesting right now. I am visualizing moving forward and being able to get back to work as soon as possible whether that be in the current location or someplace new.

Questions. Concerns. But No Solid Answers.

As everyone is aware, we are going through a crisis. We all have questions. We all have concerns. Unfortunately, there are no solid answers yet.



Caring Palms wants to open to continue to help people as we have always done, but there are a lot of factors around dictating what we can do and when. We have been set to be closed by executive order through May 8th. But the information that came out today (4/29) says that Phase 1 of the state reopening does not include “personal services” which includes spas, hair salons, etc. We are presuming that we are in Phase 2 (out of 3) and they are thinking somewhere near the end of May for phase 2 to happen. The key will be how safe it is. I don’t personally care what the government says. I care about whether it is truly safe to open (safe for us, safe for you). According to the chart of projections, Florida will reach it’s height around May 1st through 8th. After that, it is predicted that things will go down. The key is... how quickly? Because of social distancing and staying at home, we may have reached that point sooner. The more people say that the curve is flattening, and that they are loosening restrictions, scares me more than anything else. The curve is flattening because we are doing the things we are doing. Relaxing it will make things spike and make it longer until we can return to some type of normalcy.

I am listening to the medical professionals, the ones that know something. What I am not listening to are the politicians that are not doctors, but think they play one on TV. I know people want to get out and do the things they were doing. In response to this, many governors, like the one in Georgia has started removing restrictions and allowing things like massage. This is a recipe for disaster as the virus will continue to spread more which will force us into a crash like they think they are avoiding.

My first concern is that of myself as a therapist, my families, and Caring Palms’ clients and their families and making sure they are not at risk. Caring Palms will not open until we are reasonably sure that we will not catch, nor pass on this virus. And massage therapy is a very personal thing as we are touching bodies. This increases the possibility of contracting something, and then passing it on. As a person with a family which includes a wife (both of us in a higher risk group) and her 94 year-old mother, it is paramount that I am not bringing it home, nor spreading to others which includes family, friends and clients.

Our second concern is how quickly business will return once we open. Although our rent has been reduced by one third (at the current location), it still has to be paid even though there is nothing coming in. Any attempts to get aid through a forgivable small business loan, or unemployment have thus far failed. So, we have a certain amount of time before the money simply runs out. I have talked to the landlord’s assistant, but not heard back from the landlord directly.

Based on the chart (and hoping that flattening the curve lowers the numbers) and other things we have seen, my gut feeling is that we might be open by the beginning of June. My other gut feeling is that it is the beginning of July. If people are smart, and we use the time wisely, then maybe the June date will be it.

At the moment, I am visualizing returning to business and the schedules being full as people have been in need of our services. Please visualize this with me. Put the energy into us being able to open to so we can do the work you need. If we do this, we can get through it and come out the other side better with a more positive attitude and energies. Stay positive. Stay Shiny.

Just For Laughs

**Gloves? Check! Mask? Check!
Series 8 Deatomizer? Check!**



Massage in The New Environment

A lot has been visualized as to what massage might be like in this new atmosphere. Yes, I've seen all the cartoons showing the "Non-Touch COVID-19 Massage" where a client is on a table and the therapist is spraying disinfectant in the air above them while wearing a hazmat suit. I've also seen the one where again the client is on the table, and the therapist is in a hazmat suit reaching through a plexiglass barrier with remote arms to be able to work. And yes, there was even one where sponges were put in gloves on the ends of sticks to do the massage. All unacceptable to me.

There is a council in the state of Florida deciding how the state will open up and addressing each business. The problem is that they don't know what we do. Georgia lumped massage in with tattoo studios. Uhh, not even close. Now this council might be dictating things that say the therapists have to wear gloves to do the massage. That's nice, at least if all the therapist does is use their hands. And if you've never had a massage where the therapist has worn gloves, count yourself lucky.

The point is that if something like that is mandated, then most of what I do will not be possible. I use my forearm A LOT. One also can not do MFR with gloves as it requires skin on skin contact. Basically, it would eliminate the things I do that make me different from every other therapist out there, the things that make me, me. So this is something else I am watching.

The point is that if they mandate things that compromise the work I do, that make it impossible to do the quality of work that I am used to doing, then reopening might not be possible. I will not compromise the quality or integrity of the work I do, or I will simply stop working.

I am hoping it does not come to this, but that is my line in the sand. Let's visualize this not getting crossed.

Remote Help Available

During the shut-in period, Brian is willing to do remote energy healing and mediumship readings. You can request either with a phone call (904-246-2206) or an email. Remote healing will be done without the person having to sit for an assigned period of time. Energy will be sent to download at a particular time as most people receiving distant work do not know they are receiving it.

Mediumship readings will be done by phone or skype. An appointment time will be made and the "meeting" done at the decided time. Brian has never done this before, but is willing to give it a try if someone is in need.

Classes and Workshops

We have a number of classes and events scheduled throughout the end of the year, but at this time, we are not able to hold some of them during the current crisis. You will see this reflected in the schedules below. The May Reiki classes are cancelled. The Ascension Theory workshop is postponed to some as yet unknown future date. This may affect the Laura Bogen Group Past Life workshop scheduled on June 6th.

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

Fear by Brian Dean

Fear is a killer. It stagnates the mind and body. It locks us into one position, one focus, one outcome.

But what if we could, just for a second, focus on something else? What if we could focus on a sunny day? What if we could focus on pretty flowers? What if we took a moment and focused on positive things out there? You see, there are positive things out there, but they are overshadowed by all the darkness going on.

When you are buried under dirt, you could stay there or, you could reach up, out of the dirt, to the light. This is a time of growth. This is a time to change how we think. To change how we act. To grow internally. It is time to be a seed, to plant yourself firmly in the earth, and reach up and grow toward the light. You get the nutrients from the soil and the rain. You create roots that hold you where you need to be. And then you sprout, and extend up, growing into the light, becoming strong and blossoming.

All it takes is a moment to look away from the problems, from the panic, from the negative... from the fear. See something out there that is positive. Then work with it, towards it. Use it as an example on what you should be doing.

There is a lot of negativity and uncertainty out there. Limit your exposure. Stop watching the news, except maybe once a day. Look out at the sky, the grass, plants, trees, especially the trees. They are something that started as a seed, and grew into what they are now. They stayed focusing on what they are, what they wanted to be. They stood strong by grabbing nutrients from the soil, the water, the air, and the light. This is something you can do. It is time to grow, to be that mighty oak, or that sequoia.

Just take a moment, and look away. Focus on the good. In doing that, make more good. Watch it grow. Keep your focus on that. You are strong. You can do it. You are stronger than you know. We all are.

Use that strength. Grow. Be positive. Be open. And most importantly, be the positive you want to be.



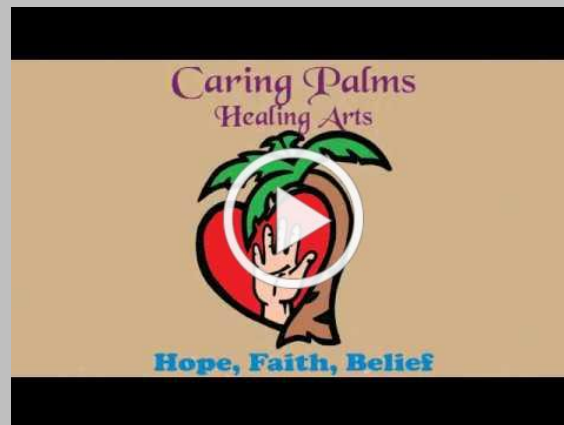
A flower starts as a seed buried in dirt.
Given warmth and sustenance,
it will poke its head up and reach for the light.
We too are flowers.
Never stop growing
and reaching for the light

- Spirit with Brian Dean

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: [Hope, Faith, Belief](#)



Group Past Life Regression

Saturday, June 6, 2020 at 1:00pm, \$30

Pay at the door, or [Register Online](#) now

Join us for an unforgettable experience through space and time at Caring Palms, where you will learn how to utilize your inner senses to recall a past life through a gentle and effective visualization technique in a lovely group setting. This is a mindful expansion of your consciousness wherein you can learn answers to lifelong questions, make connections, understand karmic relationships, and so much more. In this safe, judgment-free space, we also have deep and lively discussion on all manner of spiritual, life, and esoteric topics. We speak your language and welcome you with open arms. If you feel pulled to join us on Saturday, all you need is an open and curious mind, and bring a friend if you'd like. Chairs are provided but feel free to bring a yoga mat or pillow if you prefer. To make sure you have a spot, call ahead to reserve your seat.

Laura Bogen, C.Ht., JD, ORDM is a certified hypnotherapist, intuitive coach, and healer. She has been

holding workshops throughout FL and the Midwest for the past 5 years. For more information or to book a session with Laura while she is in town, visit her [website](#) or Facebook at @lightwiseliving.

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.

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

- May 13 (Wednesday) 10am - 5pm **Cancelled**
- June 13 (Saturday) 10am - 5pm
- July 8 (Wednesday) 10am - 5pm
- August 8 (Saturday) 10am - 5pm
- September 9 (Wednesday) 10am - 5pm
- October 10 (Saturday) 10am - 5pm
- November 11 (Wednesday) 10am - 5pm

Reiki 2

- July 22 (Wednesday) 10am - 5pm
- October 24 (Saturday) 10am - 5pm

Reiki 3

- August 19 (Wednesday) 10am - 5pm
- November 21 (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 \$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.

- June 27 - June 28 (Saturday 9am - 5pm and Sunday 10am - 4pm)
- September 16 - September 17 (Wednesday 9am - 5pm and Thursday 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.

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.

Caring Palms Hosts Guided Meditation with Euboea

Weekly on Monday evenings, cost \$10

Yoga Nidra is a deeply relaxing and restorative, sleep-based, guided meditation that helps take one out of the thinking mind and into the feeling body. The practice aids in unlocking the natural healing potential from within. No prior experience required.

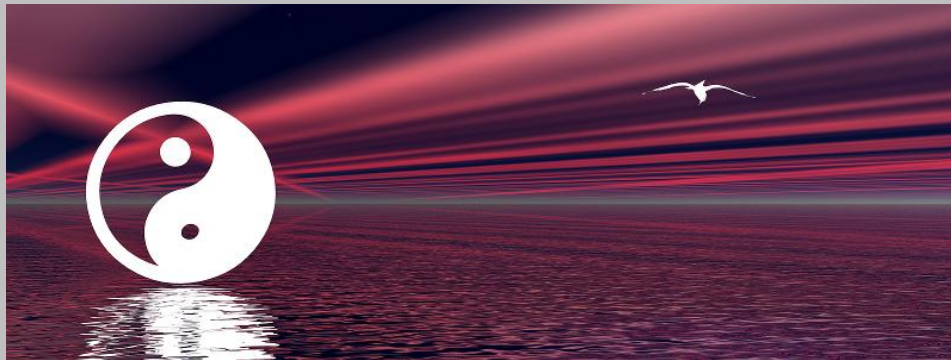
Get comfy! Bring your mat, blanket, knee bolster and pillow for reclining on the floor or sitting in a chair for about 45 minutes.

Come join our weekly, small group practice on Mondays at 6:30 PM sharp. Arrive a little early to sign-up and settle in. Space is limited.

Direct your questions to Euboea at ohboya555@gmail.com. (Caring Palms also teaches meditation in their regularly scheduled hours.)

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

