



Caring Palms Massage and Reiki Newsletter December 2015

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

This newsletter is a change in format from previous issues. We made this change to a new 'template' as this one is friendlier with mobile devices. According to the reports I get, almost 50% of the people who opened the last newsletter did it on some type of mobile device (phone, tablet, etc.). This format should look good on the smallest to largest devices.

I hope you enjoy what we have here.

Happy Holidays

Caring Palms will be closed Friday, December 26th and Saturday, December 27th for the Christmas holiday. Currently, the plan is for the studio to be open on Thursday, December 24th all day (as that is the last day to buy gift certificates), but if business is slow, we may close early that day as well.



Caring Palms will also be closed Friday, January 1st for New Year's Day. As of this writing, it is not clear whether we will be open or not on Saturday, January 2nd. If you are looking for work that day, either book ahead, or call (or check online) to see if there are available hours.

We at Caring Palms hope you have a safe and happy holiday season, no matter which holidays you celebrate, and look forward to seeing you into the next year.



Holiday Video

Holiday Gift Certificate Sale

Caring Palms is announcing the Holiday Gift Certificate Sale. The sale is running **NOW through Thursday, December 24th.**

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 four 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).

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. (Sorry, this special is not available at the web site.) What better gift to give to those you care about? Give them the gift of love and healing.

New Crystals in the Studio For Sale

On November 1st, Brian took a trip out to Micanopy, FL where he met his friends at Rocks N Glass that sell crystals. He spent a while there acting like a kid in a candy store with the result being that he brought back a lot of really nice pieces which are on sale in the 'crystal cabinet'. Among those available include pieces of Rose Quartz, Sandstone, Calcite, Mahogany, Lepidolite, Spider Web Obsidian, Jasper, Septarian, Mookaite, Tiger Iron, and others. Stop by and see what we have to offer, and maybe you will find a healing crystal that calls to you.

Since we also have a nice selection of Jewelry (with more coming), healing crystals and jewelry would make great gifts.

(A Piece of Trivia: Micanopy (Mick-an-o-pee) was where they filmed the movie Doc Hollywood.)



Leave a Review, Enter Our Drawing

If you have enjoyed the service or at Caring Palms, whether that be for massage, Reiki, or classes, or something else, please leave a review on one of the review sites like Google, Facebook, Yelp (you must be a Yelp member to use Yelp), or any of the many places that take reviews. All people leaving reviews will be entered into a drawing to receive a free session (massage or Reiki). The drawing will take place at the end of December. The winner will receive a gift certificate for a free session (massage or Reiki) valid for six months which they can use for themselves, or give to someone else. Like us? Let us know. You might win a free session.

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.

The next Reiki share is on **Wednesday, December 2nd from 7pm to 9pm**. Please let us know if you will be coming.

Caring Palms Looking for New Therapist

Caring Palms Massage and Reiki is looking for a female therapist(s) to add to its staff of talented individuals. This person(s) could be full or part time. Caring Palms pays 50% of the billed amount before discounts. All discounts come out of Caring Palms' end. All tips go to the therapist in full. If you are interested, or you know of anyone that might be interested, please have them call Brian at the studio at 904-246-2206, or email him at Brian@CaringPalms.com to schedule an interview.

Rules For Life

by Brian Dean

I was having trouble sleeping one night as I was hearing words and phrases. Finally, I gave in, got up (at 2am) and put this down.

1. Define your goals.
2. Find something to do to reach them. (If you like what you do, the journey will be pleasant.)
3. Don't piss on yourself or others to get there. (The liquid will dry, but the stain will last forever.)
4. Be honest. It's a lot easier to remember the truth than what lies you have told to whom.
5. Treat others fairly. While they may or may not do the same to you, it sets a pattern they will respect, and consistency is easier to stay with.
6. When confusion sets in, turn around several times until you find balance. Then you will know you are in the right place.
7. If you find yourself in a whirlwind, breathe deeply until you calm enough to step outside of it. (We only see the truth from outside of the chaos. Once the truth is realized, we can step back in and settle things properly.)
8. Life can be lived with a flourish or a whisper. You can boldly lead from the front, or quietly guide from the back. Decide which mark you want to leave and how you want to be remembered.
9. As you move toward your goals, help others move toward theirs. The "Wind Beneath My Wings" analogy where one person is the support for another is one sided. Support those that support you as one brick supports another. Only then can something worthwhile be built.
10. Be the change you want to see in others. Don't force them to change. Let them make their own decisions. Lead by example. Allow them to get it, or not. Anything being built needs the right support, otherwise it will only fall down. If someone is not the right support, allow them to move on. Others that are right will be attracted to you.
11. When you fall down, get back up. Otherwise someone will trip over you on the way to their goals (ask anyone that has large dogs).
12. Be positive. Being negative brings you what you don't want. Being positive keeps you moving forward.
13. When all seems hopeless, this is the time to hope, and then have faith.
14. Believe in yourself. If you want others to believe in you, you must show them that you are worth believing in. The only way to do that is to show them by example.
15. Change starts from within, and then moves outward. To change big things, you must first change small things. Those small things will band together and become big things.
16. And finally, remember that any answer is available to you. It may be 42, and need clarification, but it will be available. Use your strength from within, reach out your energies into the ether, and let the answer be supplied. Basically, use the Force. In doing so, you open yourself to a wealth of possibilities, and there are always possibilities.

Fluid Meditation

by Brian Dean

Breathe deeply. Allow each breath the time to fill your lungs, and then to exit them. Breathe in life sustaining oxygen, and exhale life giving carbon dioxide. Breathe in positive energies and exhale negativity, fear, worry. Breathe in wholeness and goodness, and just let go of the things you don't need.

Once in a calmer state, visualize a calm lake. See the stillness of the surface of the water, but know that while that stillness exists, something is moving under the surface, interacting with other things, keeping the balance. Make your mind mirror that lake. See it as smooth and still as the surface, but know that there are small imperceptible things moving beneath keeping that stillness, things that are not noticeable, but are working just the same.

Look at the surface, how it lies there, smooth as glass. Now, drop a pebble into that lake. See the ripples that come from that one motion. See how they spread out, and bounce back, how they interact with each other, how they pass through each other. With each ripple, there is a reverse ripple, and then another reverse ripple. Notice how they interact with each other, how they move and flow, and blend, until there is just movement, a dance if you will. For every step, there is a counter step, every counter step, a step. Each step, each ripple bounces and blends until there is just one.

Allow your mind to see how everything moves, and again, let it mirror what you see. This is water. This is energy. This is life. See the energies around you, feel them. Blend with them, ride their flow and ebb. See how to move to blend rather than push. Ride smoothly, movement, counter movement. As you come back out of your meditative state, bring this pattern with you. Apply it to the things around you. Remember moves, and counter moves, step and counter step, each blending into the dance. Take a deep breath, hold it for a moment, then let it out, and enjoy the dance.

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 16 (Saturday) 10am - 5pm
- February 13 (Saturday) 10am - 5pm
- March 12 (Saturday) 10am - 5pm
- March 15 (Tuesday) 10am - 5pm
- April 9 (Saturday) 10am - 5pm
- May 14 (Saturday) 10am - 5pm
- June 11 (Saturday) 10am - 5pm
- July 9 (Saturday) 10am - 5pm
- August 20 (Saturday) 10am - 5pm
- August 23 (Tuesday) 10am - 5pm
- September 10 (Saturday) 10am - 5pm
- October 8 (Saturday) 10am - 5pm
- November 12 (Saturday) 10am - 5pm

Reiki 2

- December 5, 2015 (Saturday) 10am - 5pm **Confirmed**
- February 27 (Saturday) 10am - 5pm
- April 23 (Saturday) 10am - 5pm
- July 23 (Saturday) 10am - 5pm
- October 29 (Saturday) 10am - 5pm

Reiki 3

- March 26 (Saturday) 10am - 5pm
- May 28 (Saturday) 10am - 5pm
- August 27 (Saturday) 10am - 5pm
- November 19 (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 30 - May 1 (Saturday 9am - 5pm and Sunday 10am - 4pm)
- September 6 - September 7 (Tuesday 9am - 5pm and Wednesday 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.

Inspired Speaking and Writing by Brian Dean

Every month, Caring Palms hosts a class in mediumship. In last month's class, we did inspired speaking. This is where we are given a random word out of a deck of cards, and have to talk on it for a number of minutes. The student allows themselves to be prompted by spirit as to where to go with their speaking. The four students were each given a word, and spoke. With each, there was a key phrase that popped up that was profound, and tied all the words together. Those profundities went like this...

Honesty

At your core, you are your truest, most honest self. Be yourself at all times in all occasions, letting others accept or reject you rather than trying to fit in with different groups of people. If you are truly honest from your outside to your core, you will attract the people that are meant to be with you.

Understanding

You understand your core, your truth, your honesty, and in effect you are understanding who you are.

Responsibility

Be responsible to yourself. By fulfilling your responsibilities to yourself, you will be able to fulfill your responsibilities to others.

Education

We need to learn to be human, and understand what that means.

After doing inspired speaking, we did inspired writing. Our topic pulled again at random was... *Light*. There was one very good key phrase that came out of that...

When you open a closet door, dark doesn't escape. Light goes in.

And then, there was this...

From the obvious of light and dark, it is the absence of darkness. Within light, there can be no darkness, no evil, no misunderstanding.

But on another level, light is what you are at your core and center. We are beings of light with a purpose on this earth. Some ignore their light. They turn to greed, to hatred, and extinguish their light by piling so much into it that they have only darkness.

But there are those that not only keep their light, they let it shine brightly, they glow. When they let that light in their core shine, they become a magnet for others. They become a beacon of hope during crises. People turn to those that shine the brightest. They turn to hope.

So while light may not be a physical beam, it is a strength in the core that allows you to be confident in what you do, especially when you can help others. It is a key building block to your core, to who you are.

With light, there is strength, power, and hope to do what is right, to help others. When you let your light shine, it reaches out to others and lets them know that it is okay to let their light shine, which will attract more people and spread more hope. And before long, there will be only light and hope, and darkness will not exist.

Caring Palms Hosts Mediumship Classes

Every month, Caring Palms hosts 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 Esalen-Inspired Freeform

A beautifully landscaped grounds overlooking the Pacific ocean is the home of the Esalen Institute in Big Sur California. The institute has a center for the arts, a center for theory and research, lush gardens, natural hot springs, and massage. While the owner wanted it to be known for the arts and research and such, Esalen became known for its unique style of massage.

Californians are very laid back when it comes to massage. Esalen became known for doing massage without draping (as long as the client was comfortable with it). There were times even when the therapists wore nothing because they were comfortable with it. At one point, when the local licensing board became aware of this, they told the therapists that they would have to wear something or be licensed under Adult Entertainment.

While they do Esalen in California with little or no draping, it can be done within most people's comfort levels. Sometimes creative draping is needed to keep a person covered, but it can be done. Minimal draping is best, but full draping can be used.

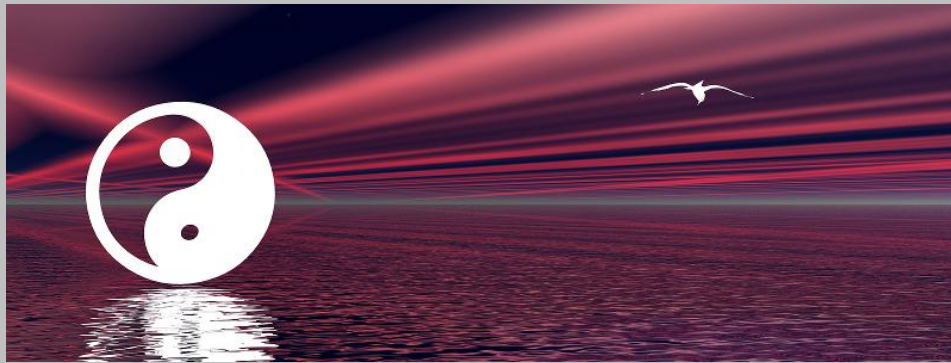
[read more](#)



Freeform Massage

Brian Offering Readings

Brian is now doing readings to anyone that wants to sit for one for tips. Keep in mind, these are mediumship readings, not psychic readings. If you think that it was a good session feel free to leave a gratuity. If you have an interest, please contact Brian and something can be scheduled.



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.

Caring Palms Massage and Reiki | (904) 246-2206 | Brian@CaringPalms.com | www.CaringPalms.com

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