



Caring Palms Massage and Reiki Newsletter December 2016

Voted one of the top 18 Massage Establishments in Jacksonville

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news and a few articles. We're switching things up a little bit. As I have been told the newsletter is too long, and people are missing the announcements, we've decided to move things around a bit. All announcements and specials will be at the top of the newsletter. The articles and all the love we put into them will follow. Then we will have class schedules followed by those things that are common to every newsletter.

We also have next year's class schedule listed. Because it is a licensing year for massage therapists, we have a very aggressive schedule with 38 classes planned. As of this release, the classes are not yet available on the website, but it is expected they will be there within a couple of weeks.

I hope you enjoy what we have here.

Caring Palms Closed Christmas Day

Caring Palms will be closed Christmas day, December 25th. We will be open but business as usual on Friday the 23rd, and open for limited business and gift certificate sales Saturday the 24th.



Caring Palms will reopen for business as usual Monday, December 26th at the regular hours. We hope everyone has a safe and enjoyable holiday.

Holiday Gift Certificate Sale Continues

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 ends

Saturday, 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 (Buy4, 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.



Click on the picture to view the holiday video

Caring Palms Hosting Hypnosis Seminar

December 3, 2016, 2:00pm - 4:30pm (Saturday)
Past Life/Future Life Regression Group Session

Please join us at Caring Palms for a Group Past Life Regression event facilitated by Laura Bogen, Certified Hypnotherapist and QHHT (Quantum Healing Hypnosis Technique) Practitioner. Using a simple, but effective visualization technique, 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 to the ancient pyramids being built? Were you the chief of an ancient native tribe? Perhaps 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. After all, the future is what you make of it.

Lastly, you will be guided through a beautiful meditation to connect with your Higher Self, where you will receive a message pertinent to your life today and become more acquainted with yourself on a deeper level.

All you have to do is show up! (We recommend that you bring a pillow to sit on, as space is limited.)
\$25 per person at the door.

Call Caring Palms to reserve your spot. Check out Laura's website [HERE](#).

December Special

\$ 65 1-hour Hot Stone Massage Session

\$ 100 90-minute Hot Stone Massage Session

For the month of December, come in and warm up from the cold with Hot Stones used in a massage. Feel the heat as the stones are moved allowing their heat to sink in and loosen muscles in this relaxing style.

\$ 15 off 60 or 90 minutes of Hot Stone massage!

Guided Meditations Now Available In-House and Online

The first three guided meditations are now available. We have a small inventory in-house (20 copies of each meditation). 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, FindingSanctuary, Working Through Past Experiences, and Visiting With YourGuides. We are hoping to have the otherthree available by the end of the year.

Jewelry and Healing Crystals Available in the Studio

If you are looking for a nice gift, Caring Palms has three cabinets filled with hand made jewelry and healing crystals. If you are looking for a nice gift for that special someone, come see what we have.



Welcome Laura

Please welcome Laura Sura (MA63001) to our staff of great therapists.

Laura is a Florida licensed massage therapist and graduate of Heritage Institute. A naturally gifted healer, Laura was drawn to massage therapy and energy work and describes it as her "calling." She has always been very inclined toward healing and pursued this work to give back to the universe with her natural talent. Practicing since 2011, she has grown immensely, bettering her technique and knowledge of her practice. She loves people and loves being able to help them.

She is skilled in Deep Tissue Massage, Trigger Point Therapy, Sports Massage, Prenatal/Postnatal Massage, Swedish Massage, Hot Stone Massage, Integrative Massage, and Reflexology. She is also a Reiki practitioner.

Laura is currently available Mondays and Thursdays.

Reminder

Caring Palms is open Sundays with Christine as available therapist.

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 CaringPalms, whether that be 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 leave reviews on Yelp), 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 (Shari, Jessica, Kelly, Cynthia, Sharon, Susan).

Reiki Share at Caring Palms

Caring Palms has a Reiki share every month. A Share is where Reiki practitioners get together to work

oneach 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 7th from 7pm to 9pm**. Please let us know if you will be coming.

Torn Asunder

by Brian Dean

In the last many months, we have seen this country divided, divided into categories too many to count. The stress of the election process, not to mention the election itself has pushed everyone to the maximum stress they can handle. We are stressed, divided, and spinning around not knowing which way to turn. But now, it is time to take a break and heal.

It is time to forget party alliances. Time to forget the arguments. Time to re-friend people that angered you with their comments. After all, the fight is over. A winner has been declared. It is now time to come together and fight for the core things that we believe in, the things that brought us all together in the first place.

Forget all the differences we created in the battle. Let's reunite with people and heal.

For lightworkers like myself, it is time to ground, to connect with spirit, to be ready to help others looking to be healed, and helped in any way. We need to find our center so we can help others find theirs. We need to let go of any anger we might have, and release it, and then reconnect with the core energies that we use to do our work. We need to gain strength in ourselves through meditation, centering, energy work. And we need to do it fast as there are a lot of people in need, an entire country worth.

For those of you that are not energy workers, we will be ready for you. But you need to start on your own. You need to realize the battle you just fought and won or lost is over, and that you need to move on from there into that space of love that maintains you. You need to realize that you are now ready to work together and heal. And while we lightworkers will be spreading our healing worldwide, we will be there for individuals and groups that want help.

So please, take a deep cleansing breath, let go of the things you no longer need, and allow yourselves to heal. And when you need help, come see those of us that can help.

A Call to Lightworkers and Positive Thinkers

by Brian Dean

According to historians, who look at patterns, we are heading into dark times. Well, that maybe true, or it may not. It really doesn't matter. What does matter is that we are now a broken, divided people. It doesn't matter who won or who lost, or who voted for whom. I am reminded of a folk song my wife and I wrote years ago. (Folk: Fan Folk singing at sci-fi conventions.) It was about Star Wars, and told the story of Luke Skywalker. The middle verse was haunting, yet rings through today. The tune it was written to is "Stand By Me".

The Knights are all gone, and the future is dark,

And the death star is the only thing I see.

I won't be afraid. I'll control my fear.

For I know that the Force is with me.

To me today, it means that all of us lightworkers and healers need to be on our "A" Game. We have the power of spirit at our backs (the Force). There is darkness, and hate. But we won't fear it because we can control our fear. We need instead to be the light shining through the darkness, helping heal in whatever times are coming. We need to be the positive in all the negative.

And it doesn't stop with healers. If we stop our bickering, and just think positively, that will add positive energy as well. We have to believe that things will get better, that this divide will heal. In doing so, we make it happen. We have the strength to make a difference simply by believing we can.

So, band together. See the positive. Be the positive. We can do it.

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 14 (Saturday) 10am - 5pm **Confirmed**
- February 11 (Saturday) 10am - 5pm
- February 15 (Wednesday) 10am - 5pm
- March 11 (Saturday) 10am - 5pm
- April 15 (Saturday) 10am - 5pm
- April 18 (Tuesday) 10am - 5pm
- May 13 (Saturday) 10am - 5pm
- June 10 (Saturday) 10am - 5pm
- June 20 (Tuesday) 10am - 5pm
- July 8 (Saturday) 10am - 5pm
- July 11 (Saturday) 10am - 5pm
- August 12 (Saturday) 10am - 5pm
- August 28 (Monday) 10am - 5pm
- September 9 (Saturday) 10am - 5pm
- October 14 (Saturday) 10am - 5pm
- November 11 (Saturday) 10am - 5pm

Reiki 2

- February 25 (Saturday) 10am - 5pm
- March 21 (Tuesday) 10am - 5pm
- April 22 (Saturday) 10am - 5pm
- May 23 (Tuesday) 10am - 5pm
- June 17 (Saturday) 10am - 5pm
- July 18 (Tuesday) 10am - 5pm
- August 15 (Saturday) 10am - 5pm
- August 19 (Tuesday) 10am - 5pm
- August 29 (Tuesday) 10am - 5pm
- October 21 (Saturday) 10am - 5pm

Reiki 3

- March 18 (Saturday) 10am - 5pm
- April 18 (Tuesday) 10am - 5pm
- May 27 (Saturday) 10am - 5pm
- June 20 (Tuesday) 10am - 5pm
- August 26 (Saturday) 10am - 5pm
- August 30 (Wednesday) 10am - 5pm
- November 18 (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:

- February 18 - February 19 (Saturday 9am - 5pm and Sunday 10am - 4pm)
- June 13 - June 14 (Tuesday 9am - 5pm and Wednesday 10am - 4pm)
- August 5 - August 6 (Saturday 9am - 5pm and Sunday 10am - 4pm)
- October 7 - October 8 (Saturday 9am - 5pm and 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 Hot Stone Massage

See December Special Above.

Hot Stone massage is a unique style where heated rocks are moved over the body allowing the heat to sink into the muscles. Although deep work is not usually done with Hot Stone, the heat penetrates to make the muscles relax and feel better.

There are several types of Hot Stone massage and like other massage styles, these change with each therapist that does the work. Probably the most known style is called La Stone which was based on the types of massage done by native American Indians. They used hot and cold stones to create a relaxing experience.

Marie Hannigan took this information and created La Stone from it as she was hurting her hands doing a lot of deep tissue work. With the stone, it gave her a tool to go deeply with while the heat penetrated and softened the muscles.

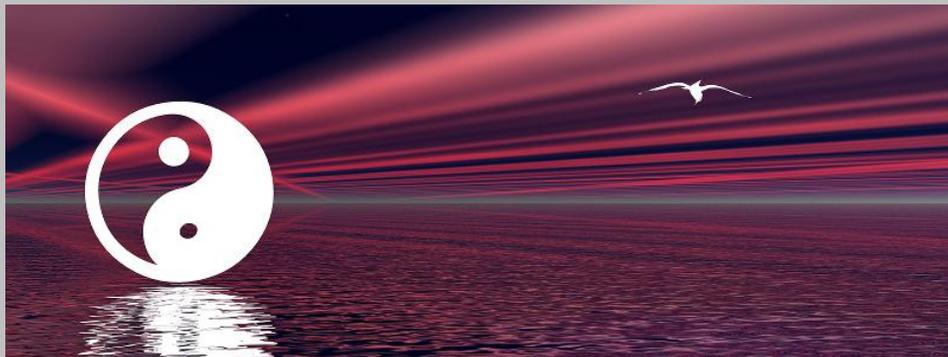
[read more](#)



Hot Stone Massage
(Click on picture to see video)

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.

Connect with us



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

STAY CONNECTED



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