



Caring Palms Massage and Reiki Newsletter July 2016

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

I hope you enjoy what we have here.

Closed Independence Day

Caring Palms will be closed Saturday, July 2nd and Monday July 4th for the Independence Day holiday weekend.

We hope you all have a safe and enjoyable holiday.



July Special

**\$55 Introductory one-hour massage
With Faith Stansbury, LMT**

For the month of July, Faith is offering a one-hour massage at the reduced rate of \$55 to **new clients**. But don't feel left out! Remember that existing clients get \$5 off for every person they refer to us that becomes a client. So if you refer 3 new clients you could save \$15 on your next session. If you send more than 3 people, your savings could be even more.

So Spread the Word!

Rooms For Rent

Caring Palms currently has two treatment rooms for rent by some holistic arts practitioner. This could be acupuncture, hypnosis, herbs, counseling, or others. The rent for each room is \$400 per month. If you are a holistic arts practitioner, or you know anyone looking for space for their business at a reasonable rate, have them contact us. We are looking for others to come and be part of our healing arts center.

High Tech World

by Brian Dean

I was at a restaurant the other week. I was making a reservation, and the hostess asked for my phone number. When I gave it to her, she told me that I would be texted when our table was ready. I thought, "Wow. This place is really high tech." But then again, isn't that the way of the world now?

How many people live by their computers? I know I am one. We can get information on what is going on anywhere in the world in seconds. We can search huge data bases of information to find out almost anything we want. We can watch videos of cats 24/7. Yes, everything is high tech. And those that can't deal with technology struggle to understand the simplest things.

As an ex-computer programmer, I enjoy the gadgetry that I used to dream about when I was a child. I used to read a lot of science fiction wishing that I had some of the tools described, and now I do. But what have we lost in this high tech culture?

While we can send a text to anyone anywhere on the planet, we have lost the ability to truly connect and communicate with others. Most of our conversations are limited to words on a screen in a text message, in which we lose the true meaning and emotion behind what we are saying no matter how many emojis we put on it. We end up being the victims of "auto-correct", which swaps out words for what we've typed because it thinks it knows what we want to say, but truly doesn't.

In this high tech world, we need to find a way to relax, and don't mean sitting by the pool reading our cell phones. We need to disconnect from technology and let go of everything. We need to do something low tech so we can unplug from the universe, even just for an hour or so.

There are many things we can do. Go sit by the ocean for a bit, or a pond, or lake (if you have access). Sit on the patio and read a book (and I'm not talking e-book). Meditate. Get a massage or an energy session. Walk around the block. Sit in the back yard and listen to the sounds of nature. Be bored for a little bit. Do something to change your plugged-in status, and breathe.

In a world of high tech everything, we need to spend a little time with low tech relaxation to survive. Take that time.

Old World Skills

by Brian Dean

Yes, we live in a high tech world, and with that comes new world problems. Sometimes it takes old world skills to solve new world problems.

At Caring Palms, I like to think that we are up with the new world, up with technologies. We have a website; a very extensive website where you can find any information you might be looking for on what we do. While we do have a landline to take your calls, we answer the phone up to 10pm because it forwards through to a cell phone. This gives us the ability to meet many of your needs even when we are out of the office. We have online scheduling so you can find a time that works for you even when you can not reach us.

Yes, we are up on all the new world technologies to make us available to you. But once you come in, we treat you to some old world skills.

Massage goes back to the Greeks when their soldiers used to receive bodywork to help them excel in battle. Energy work goes back forever. Even though many of the styles we do were developed in the last century, the basis for these styles go back centuries, back when we didn't have this high tech society to distract us from the basics.

What we do is low tech and high tech at the same time as most of it is based in science. We touch people. And in doing so, make them better. We actually work the body and the energies. We manipulate the skin, the muscles, the connective tissue and calm the energies in each person. Through this, we bring relief to problems whether they are new world related or not. We use the physical touch to let people know in this touch-starved society that they are loved, that someone cares.

We are a company that is equally new world technologies and old world skills. In that sense, I guess you could say we achieve balance.

Leave a Review, Enter Our Drawing, Three Winners So Far

Over the last two months, three people have won gift certificates for a free session simply by leaving a comment on one of the review sites. 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, Yelp (you must be a Yelp member leave reviews 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 each month. The winner will receive a gift certificate for free session 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, July 6th from 7pm to 9pm**. Please let us know if you will be coming.

Recurring Themes

by Brian Dean

Not long ago, this country suffered another tragedy, a mass shooting in Orlando. Or should I say another mass shooting? This is starting to be a recurring theme in our country. Another recurring theme tends to be hatred of people that are different. Now I could talk about gun control. I could talk about hatred of diverse groups. I could talk about violence, and laws, and enforcement, and regulation, and politics. And I could talk on any of them for hours. But I want to talk about something else... love, and another recurring theme that has been stressed in this newsletter, and seems to keep popping up... being the source of light.

We live in troubled times. This has been said since the beginning of time, and troubles. We are surrounded by negatives. No matter how hard the journey, how rough the road, we must travel the path of positivity, of light. We must be the source of calmness, of logic, of sanity in times of insane occurrences. Only this way will these things end. We must extend ourselves, extend our love, our care through our speech, through our writings, through our energies. We must believe there is hope, and pass that hope onto others. Only this way can we truly affect change on the world.

And it takes time. It takes us extending reason to others, in whatever circumstances we meet them, in every gathering, whether that be community, religious, or other. We have to be the source of reason, of calm, of logic. However, we must also be aware of the people we are talking to. If those people are simply full of hate and unwilling to listen, walk away. Find those that will listen. It is those souls that will create the society where love is the motivating factor instead of fear.

There are too many groups that do nothing more than create hate and fear. Let me ask you... Does what they tell you to do... hate, fear, violence, feel right to you? Then why listen? If you belong to a group that does this, whether it be fraternal, community, political, religious, or anything else, then it is time to find another group.

Why can't we just love one another? Sameness breeds carbon copies of people. It is the diversity in all of us that makes society unique. It is what each one of us brings to the table that when put together with everyone else's creates that special whole.

Each of you has the strength to stand alone and stand tall. Each of you has a source of light within you. It is time to let that light shine to attract others so the light will increase. And when like people gather to you, you will not feel so alone.

Love. That is the message. It always has been. It just needs a little light thrown on it so people can see it again.

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

- 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

- July 23 (Saturday) 10am - 5pm
- October 29 (Saturday) 10am - 5pm

Reiki 3

- 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:

- 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.

Security by Faith Stansbury

The more secure we feel with the people in our lives, the more secure we feel in ourselves. Not being sure of our place in a relationship, our boundaries, and even how to communicate in those relationships can easily destroy our self-esteem and self-confidence, or at the least, keep us off balance. When we have self-confidence issues, we don't feel capable of doing what we need, or want, to do. More importantly, we don't feel safe or able to protect ourselves. This leaks into every aspect of our lives, causing us to underperform, retreat into ourselves, and stress ourselves physically.

I have heard many people say that if you are following the right path, you will have the fewest obstacles in your way. This kind of makes sense, but it leaves out many elemental factors, like strength of will, and adaptability. The character of a person decides what they consider to be an obstacle. A determined person will wear away at anything that tries to stop them, like a river during rainy season that eventually pushes away all the fallen tree branches or boulders that tried to contain it. A flexible person will adapt to whatever is thrown their way, like the supple, young bamboo that bends with the wind. We are more likely to feel safe if our bodies feel strong and resilient. But if we are inflexible and have no determination, we give up easily and break under pressure. We become easy targets for whatever sees us as prey. We are more likely to get hurt physically, as well as emotionally. So we develop protective posturing.

Protective posturing is our body trying to curl up to protect our vital organs because our minds think we are in danger. It is how we react to constant stress, we go on the defensive, and it causes a number of unfortunate physical changes. Our ribcages start to shift, the muscles tighten in weird ways causing our ribs to change shape, forming humps and dislocations that shouldn't be there, making it difficult to breathe. It spreads to the shoulders, pulling them forward, tightening the deltoids and pectorals and weakening our rotator cuff and the chest muscles that are responsible for lifting our arms above our heads. As the chest tightens, so do our abdominals, causing less room in our torsos for our digestive system to perform optimally. Our backs lengthen, and in effect weaken, so it is easier to injure ourselves during our daily routines. All these tight muscles are pulling on the bones, making it easier to dislocate or subluxate (a dislocation or misaligned bone that is interfering with a nerve). Not to mention what it does to our necks, arms and legs and the stress it puts on our hearts.

So exercise and massage really are important; to keep oxygen moving throughout the body, and also to flush the nasties out. The endorphins released while focusing on the body are wonderful for counteracting all the adrenaline the body produces in high stress situations. In addition to aiding the body in those jobs, massage helps produce oxytocin, which creates a sense of peace and well-being, and it can do what exercise alone can not. If a body has been in a defensive position for too long it gets stuck there, and needs help getting unstuck. It's amazing how the social nature of mankind developed to increase odds of survival so much that the lack of touch from another person can actually make pain and illness more likely.

When we are in pain, we don't always make the most clear-headed decisions. Pain affects the amount of sleep we get, and the quality. We toss and turn because we can't get comfortable, and even if our bodies are so tired that we are able to just let go, our minds can't seem to shut off. We never reach that state of sleep that is so important to us. The deeper our sleep, the better we are at functioning when we are awake. This isn't just because we are well-rested, but because of our dreams. Science has shown that dreams aren't useless flights of fancy. Dreams help us to prepare for high stress situations. They are practice, simulations, for our mind. This is why so many people who normally don't remember their dreams will remember waking from a nightmare. Whatever you worry about comes out in your dreams, and the level of stress you feel toward that subject manifests in the intensity of your dreams.

The level of security we feel ultimately decides how comfortable we are with making life decisions. Not many people want to be in constant pain or worry. Many people will avoid risk because they are insecure with an unknown outcome. So few people pursue their goals because of their doubts and insecurities. It is overwhelming, all the responsibilities we have, with so few resources to meet the demand. When and where do we find the security we need to feel healthy and happy? Tailoring our interactions with other people is one way. We don't necessarily need to change jobs or move to a place with more opportunity. If we change how we engage with people, drawing out interactions with people that make you feel uplifted and minimizing how much time we spend talking to those that bring us down, it will make us feel that much more secure. Setting your intentions before you go to sleep to direct your dreams will help you to feel less stress about changing how you behave around other people. Having a routine that involves exercise, outdoor activities, and stress-relieving hobbies or interests will also help to minimize stress. Shielding yourself spiritually can also help.

Go on the offensive.

Remember, confidence attracts positive change. Once we feel the security of our own bodies and minds, that feeling will follow you everywhere.

Stay confident and secure!

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, an 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

Deep Tissue

One of the most requested styles of massage is Deep Tissue. It almost seems that everyone wants very deep work on their muscles, but that is not what they want at all. Most people just want to feel their massage. The best place to start is to define Deep Tissue massage.

When muscles become very tight and stiff, they need lots of pressure to get them to loosen up and stretch. Deep Tissue is that added pressure that gets way down into the belly of the muscle to get it to relax. Many times this can be painful depending on how deep the therapist goes, but all too often, that is what is required for someone to feel better.

So the key is that Deep Tissue is not a style in its own, but added pressure into many regular styles like Swedish. With most styles, the pressure can be varied to fit the comfort of the client. When the pressure goes to a certain depth, and problem areas are worked on, this becomes Deep Tissue work.

[read more](#)



Deep Tissue 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.

Connect with us



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

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Caring Palms Massage and Reiki | 301-B 10th Avenue North, Jacksonville Beach, FL 32250

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