



## Caring Palms Massage and Reiki Newsletter March 2016

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

I hope you enjoy what we have here.

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### Body Needed

On the evening of Thursday, October 20th, Brian will be giving a two hour class/demo to the local chapter of the Florida State Massage Therapy Association (FSMTA). He will be demonstrating Advanced Body Mechanics techniques on one person while others in the room try the moves on their own partners. To that end, Brian is looking for a volunteer to be his demo body that evening. Anyone interested should contact him as soon as possible. The person that goes with him will receive a gift certificate for a free session of their choice.

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### We Have Faith

Caring Palms welcomes Faith Stansbury to its staff of talented therapists. Faith is a nationally certified, Florida licensed massage therapist, and graduate of Heritage Institute. She first learned about massage from her father as a child. He taught her basic techniques to help provide the home care he needed as a military serviceman.



Faith was encouraged by her parents to follow a career in art, but felt unfulfilled. She left the field of graphic design and also entered into military service, but this path was short-lived as she sustained injuries in training and was medically discharged.

Armed with the knowledge that her injuries could have been prevented with proper preventative care, she found herself back on the path of massage therapy and alternative healing methods. Since passing her Boards in 2012, she has taken certification courses in qi gong cultivation, reflexology, cupping, aromatherapy, basic myofascial techniques, and is a Reiki Master. She also is skilled at Swedish, Deep Tissue, Sports Massage, and Hot Stone Massage. Please come see her.

*Faith is available Mondays and Wednesdays beginning Monday, March 7.*

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## **Control** **by Brian Dean**

“Control. You must maintain control.” A memorable quote from Yoda as he taught Luke Skywalker the ways of the Force. But is maintaining control important? Does it make you stronger? Or does it make you stronger to “let go” and allow?

When we think of being in control, we think of being strong and exerting our will on things. It is about using force (but not the Force).

Many of us feel a lack of control in many things, among them, life. No matter how much we try to force some control into things, they simply do not bend to our will, and we feel like we are bounced along on an out of control roller coaster.

But maybe being in control is not controlling everything. Maybe it is allowing things, and riding along with them (in which case that roller coaster is *not* out of control). Instead of trying to change the course of the river, you ride it to the place you want to go. Maybe you are following the flow, yet still letting it take you to your desired destination. Yes, I said “letting it”, not “making it”. It is up to you to determine when to get on and when to get off the train.

In “Star Wars”, Luke is told to let go of his feelings, to allow the Force to move through him. He is told that it does not control his actions, but obeys his commands. This is very similar to what I do (or let’s say, what I am learning to do) when I do energy work. Instead of mustering all my strength in my energies, and using my energies to do what I need them to do, I let go. I allow myself to connect to higher energies and through my desire, allow them to do the task for me. I allow through my guidance and desire. Instead of desire, a better word might be ‘intent’.

Another quote I am fond of from a different movie is “I am a leaf on the wind. Watch me soar.” In that statement, we see someone letting go, and riding the wind. Instead of pushing against the wind, we see them riding the wind, allowing it to take them where they need to go. Now, that may not be a straight line from point A to point B. But what in life really is? We may think we are heading straight for whatever target we’ve set our sights on, but curves and side trips always appear. And while we do get where we are wanting to go, it is not usually the straight line we want. But we do soar as we move along the path.

So, instead of pushing and exerting your will, let go, and allow yourself to be taken to where you want. Instead of using force, use the Force, and see how much you can soar.

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## Leave a Review, Enter Our Drawing

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 a 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.

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## Commitment to the Journal

Since late 2000, I (Brian) have been keeping a journal (or blog if you will) of things that I have experienced. It contains stories of strange and unique energy work, ghost busting, and other subjects. The idea of this journal was to put down things that have happened to introduce new ideas or concepts to people.

Many of the entries (which number over 1,000) were written when unique things happened so that others would see them and realize that there are things possible beyond what they normally consider and understand. The idea being that by accepting some of these things, they might be open to trying other things. Many of these entries teach by documenting experiences. Others just plain old teach how to do certain things. Some are rants about the state of things.

One of the key things about the journal is I do my best to strip away ego. This journal was not created to say that I am great, because I am not. It was created to show some of the things I have encountered, to show mistakes I made, and what I learned in the process. Now, some of what I understand has changed a great deal since this was started, and through that, you can see growth.

To get to the journal, go to the website, select Articles, and then Ethereal Journal. You will see a list of years from the current one back to 2000. Select a year, and you will see dates and a tag line or two explaining what the entry is about. If what you see interests you, select the date to read the entire entry. For instance, one tag line might be, "I gave a friend a hug today, in Ireland, and she noticed." That talks about energy work. Another reads, "A friend called and was having trouble with a dead woman and needed my help." Reading the entire story shows that some type of energy work was needed, and not a couple of shovels. Some stories are short, some are long.

Last year as time got short, the journal was neglected. I just never got around to working in it. But now, I have re-committed to keeping it up (ask anyone, they'll tell you I should be committed). It may not be as prolific as it was in 2005 where I wrote over 100 entries, but there will be things of interest.

The best way to approach the journal is to start at the bottom and work forward through time. If you want to visit it now, go [HERE](#).

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## Psychic?

A lady walked in the other day and asked questions about Reiki. We talked for a while and as she was getting ready to leave, she asked, "Do you know any good psychics in the area?" Uh... me? She ended up getting a reading.

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# Setting Expectations

by Brian Dean

What do you expect to get when you buy something like a product, or service? Are your expectations met?

One of the things I find with any business is the importance of setting expectations. For instance, if I went to the car shop to have something fixed, and they told me that it was something simple and could be done for \$50, I would be really upset if when I returned for it, the bill was \$600.

All too many businesses don't set the customer's expectations properly. It is the same when I buy a product. I expect it will do what it says on the box. If it does not, then I am upset.

At Caring Palms, we try to set your expectations as best we can. We listen to you to see what is going on. We make recommendations on treatment. Sometimes while working, we might find that what we are doing is not working as well, and switch to something else. And hopefully, we make a difference.

But we don't promise to fix everything. In fact, we don't promise to fix things at all. That does not mean we don't fix things. It just means that we set expectations at a low level. We prefer to undersell rather than oversell. In truth, we never know until we start working on someone whether or not we are going to have an effect on them or not. We know what path to take. We know how to work. But everyone is different, and responds differently.

But we will never promise to fix something. We will say that what we do will probably work. And usually it does. And based on what we do, people are usually very pleased with the results. Some even say we work miracles. I like to think that miracles belong to someone else's bailiwick. But most people feel better, and that meets or exceeds their expectations.

Sometimes, the things we do work wonders. Sometimes, they do nothing. And it has nothing to do with our capability, our work, or our intent, as we do the best work possible in every session. Sometimes, no matter what we do, the problem is more than we can handle. In the case of energy work like Reiki, it could take days to fully take effect. And those people feel that we did not meet their expectations. And when the treatment does take effect, they don't realize it is the treatment we did that is making them feel better.

Nobody can promise to fix everyone all the time. To do so is foolish. But the work we do does help. Yet we set expectations within reason, and then hopefully exceed them. Can we set your expectations today?

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## 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, March 2nd from 7pm to 9pm**. Please let us know if you will be coming.

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## In the Moment

by Brian Dean

I was at the opticians the other day getting my glasses adjusted. The technician looked at me and asked, "How do they feel?" I told him, "They are perfect." But then I thought about it, and wondered, how long is perfect?

I know that in the moment those glasses felt right, but after time, they would be not so much. As I move around, as I change position, those glasses will move. And before long, my perception of "perfect" will have changed. But isn't that the same with everything?

Perfect is in the moment, not the long game. A moment is perfect. Even a period of time is perfect. But we change, and with that change comes growth. We outgrow things. I remember when I was a child, it was perfect sitting in my room, playing with my toys. But I don't do that anymore. Part of the reason behind that is life. Life demands more of us every day, and to meet that demand, we need to change, to grow. So that target of "perfect" keeps moving.

It's like sitting on the couch snuggling with your loved one, watching a favorite show. That moment is perfect. But eventually, one of you needs to get up and use the bathroom. Thus perfection ends. In my house, it is usually dislodging a large dog or two that decided to take up residence on top of us.

We strive for perfection, and occasionally make it. But it is only for a short time. So I guess it would be fair to say that we, as individuals, strive for those perfect moments. And when they come, we want to enjoy them and hang onto them as long as we can. But we have to know that eventually, we will move on and look for that next moment. You need to be prepared to change, to grow, to adapt and accept. You need to be able to compromise, to work, to understand, and to grow more. In doing that, you create more perfect moments. It is like being in a relationship. You give, and you take. You demand, and you compromise. But in doing so, you make more of those perfect moments.

So, I guess the moral of this story is that change truly is the only constant. And as we change, we make perfect moments. Cherish those while you have them, and then grow into the next one. Now, wasn't that just perfect?

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## 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. 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](mailto:Brian@CaringPalms.com) to schedule an interview.

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## 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.)



- 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

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

#### Reiki 3

- March 26 (Saturday) 10am - 5pm **Confirmed**
- 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)**

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## 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.

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## **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.

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## **Modality of the Month Hot Stone Massage**

Although Reiki is not massage (as the muscles of the body are not manipulated), it is a very relaxing yet powerful method of healing. In the simplest form, Reiki is the laying on of hands. It is guided, positive energy brought in from the universe by someone that knows how to 'tap into' it, and passed into someone in need of healing.

All problems in the body, whether they be illnesses or injuries, are centered around negative energy. Reiki overcomes the negative energies with positive energy, in most cases making the person feel

better, and in some cases removing the problem completely. Reiki has been known to reduce and alleviate pain, discomfort, or disease of any kind, and has been used on all major diseases. Reiki is hands-on healing and a nice pleasant experience.

[read more](#)



Reiki

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## 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.



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## 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.**

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## 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.

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## 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](mailto:Brian@CaringPalms.com) we will try to see if we can answer them for you.

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Connect with us



Caring Palms Massage and Reiki | (904) 246-2206 | [Brian@CaringPalms.com](mailto:Brian@CaringPalms.com) | [www.CaringPalms.com](http://www.CaringPalms.com)

STAY CONNECTED

