



Caring Palms Massage and Reiki Newsletter May 2016

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.

Committed

Caring Palms has committed. (Brian has always been told that he should be committed.) Recently, Brian signed a lease agreement committing Caring Palms to its current location at 301 10th Avenue North in Jacksonville Beach for another three years. The new lease will begin in November, our third anniversary at this location.



As with all good news, there is also bad news. Caring Palms' rent will be going up, a lot. When we first came here, the landlord reduced the rent, and did not charge us for some of the costs the other tenants were paying. Although he is easing us up to a rate more along the lines of other tenants, we are being charged the additional costs we had not been paying. So, the rent is going up \$800 per month starting in November.

Now, another piece of good news is that we ARE NOT raising our prices. We are visualizing that you, our clients, will continue to support us as you have for the past 12 years by coming in when you need, and sending new people our way. This way we will be here to help you when you need it. The signing of this new lease not only is a commitment to our landlord, it is a commitment to you, our first priority.

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.

Remember Mom

Caring Palms wants to wish all mothers a happy Mother's Day, and to help that, we are putting gift certificates on sale. Buy any gift certificate between now and Mother's Day, and save \$15 on each certificate purchased. Gift certificates can be purchased in person, or over the phone with a credit card. What better way to tell Mom that you love her than with a nice healing session.

May Special

30 minute Hand and Foot Reflexology with Faith for \$20

Announcing New Modality

Starting May 2nd, Caring Palms will be offering Essential Oil Drop Therapy, a new massage modality. Essential Oil Drop Therapy uses several **Young Living** essential oils which are applied to the spine as droplets. These oils are then massaged into the spine and then spread throughout the back, shoulders, and neck.

The oils are then applied to the bottoms of the feet. The application follows the Reflexology points that correspond to the spine, so that the spine (which connects to all parts of the body) is treated many times.

Since his initial training, Brian has worked on 10 bodies, all of which had amazing results. While Brian expected to see some improvement, he was surprised to the extent that the treatment worked. He felt it was the purity of the essential oils that allowed the changes in each person to happen which is why he wants to make this available to all clients as soon as possible.

Now, last month's newsletter announced that we would soon be doing **Raindrop Technique**. The practitioner that came in and trained Brian called what they did the Basic Raindrop Technique. However, it did differ slightly from the copyrighted Raindrop Technique Protocol, so we can not use that name. On top of that Caring Palms has added their own uniqueness to it truly making it their own.

If you would like to try this new modality, please give us a call, or schedule online at the Caring Palms website. (See the write-up below under Modality Of The Month, and select the "Read More" link to view the long, detailed description. We are expecting a video to be added sometime in the near future.)

More Availability

Beginning the third week in May (the week of May 16th), Faith Stansbury will be extending her hours so that she will be here five days each week. Her schedule will be as follows:

Tuesday and Wednesday 10am – 5pm

Thursday and Friday 12pm to 7pm

She will also be in every other Monday and every other Saturday from 10am – 5pm based on Christine Neubauer's schedule. The weeks that Christine is working on Saturday, Faith will be working on Monday. The weeks that Christine is not working Saturday, then Faith will be off Monday, but working Saturday.

This way, there will be someone here every Saturday to do massage even when Brian is teaching classes, and there will be a female therapist available five days a week. Please schedule an appointment online or by phone.

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

Over the last two months, two 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 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.

Light Workers and Balance by Faith Stansbury

I read a lot. Not as much as I would like to now that I have small children again. But it's easy to get five minutes here or there to read an article or parts of a website when the kids are playing nicely or things are slow at work. That being said, and being a reiki practitioner I read a lot of articles about different energy modalities.

There is a lot of talk about Light Workers. Brian defines a Light Worker as someone who uses positive energy to help others to diminish negative energy in some way. According to Wiktionary, Light Workers are people who feel their life's mission is to heal, educate, and help on a global scale. Which is great. The thing is, if you ask a child what they want to be when they grow up most of them have some idea. Maybe they want to be a fireman. When you ask them why they will probably say, "because I want to help people by putting out fires," or maybe they want to help get kittens out of trees. It's hard to tell with kids. But most of them pick their ideal future job because it helps others in some way (unless your kid is a smart-aleck). My oldest wanted to be a retired carpenter when he was seven. Why he wanted to be a carpenter isn't really important. But the retired part was pretty funny. "Because when you're retired you don't have to work but you still make money." He seems to suffer from a lack of work ethic. Now that he's a teenager, if you ask him what he wants to be, he'll tell you he wants to be a pilot. If he's honest with you, he will tell you he wants to be a wizard that can shoot fire balls out of his hands. Neither of these things are realistic because of his work ethic, among other things.

My point is, the term Light Worker is defined very generally, and can describe most people at some point in their lives as most people feel better if they can help others. But for most people, reality eventually sets in. They accept that they need a nine to five gig that will pay the bills. Maybe it is their dream job. Maybe they get stuck behind a desk, so far removed from making sick animals feel better that they are hating their lives. Maybe they feel like the Light is gone from their lives. Maybe they think that a Light Worker is someone who is so connected to the heavenly plane that they never let stress get to them, so they could never do that.

And maybe they grow up and refer to themselves as Light Workers. And some of these people don't let

themselves become stressed because the worldly planedoesn't matter. They let other people worry for them. I don't think this helpsanyone.

So what is Light? Let's approach this question in theleast bibbity-bobbity-boo way possible. Light is electromagnetic radiation. Everythingliving has an electromagnetic field. We probably all had a lesson in EarthScience class about pigeons and how they use the electromagnetic field of theEarth to guide them during migration. People can feel these electromagnetic fieldstoo. Think of electricity. It does not take much of a jump from electricity tothe term 'energy'. Most 'energy work' is also referred to as 'Light Work.' Inthe simplest terms possible, Light-workers manipulate the electromagnetic fieldto promote healing. So what is the easiest way to help discharge 'negative' or 'static'electricity? How about grounding?

If you are going to help on a global scale you need to bepresent on this globe. It requires awareness of the world around you. Itrequires grounding, which Light Workers teach, but seem to lose the purpose intranlation. I'll give you a hint. It's in the name of the practice. Grounding connectsyou to the Earth so you don't float away. It is meant to balance the body, mindand spirit with the hope that you will then be in the proper state to helpothers and the world around you. You become hard to relate to if you areconstantly floating on cloud nine. Grounding also helps to get rid of thatstuck energy that builds up and likes to give you a nasty shock.

One of the reasons I think I'm so attracted to Chinese Medicine and thephilosophy around it is the emphasis on balance. Five elements are the keystone to the practice. Each one either controls or fuels the next element, like anelaborate game of rock, paper, scissors. Meditation, daily exercise, a diet based oncomplementary elements, and exposure to nature helps to keep the faithfulpractitioner grounded so they can function effectively on both the spiritualand physical plane. Acknowledgement of an imbalance is paramount to correct it.Awareness of self is required to notice when something is off.

Then the diet can be modified, special herbs can betaken, or meridian points stimulated to return the body to balance. It is asystem of medicine built primarily on prevention, and it is in the Tao,represented by what we call the yin yang symbol in the West, that helpsmaintain that balance.

Balance keeps us healthy. It affects not only our mindand body, but our relationships to other people. There are no shortcuts, and noone can get there for you. You can get a massage when your body is stiff, butunless you modify your patterns, you will get stiff again.

This is a world of consequences; every cause has an effect. We have to beaccountable for our actions. We also have to accept our flaws, our hurts, ourtriggers. Ignoring pain does not fix it. Ignoring it makes the problems bleedinto other aspects of our lives. Only by acknowledging our problems can we thentake the steps to fix them. It is true that there are certain types of issues that will grow if attention is given to them, but most physical stress can beworked through by regular maintenance or behavioral modification.

We can talk until we are blue in the face about letting Light into our livesand how it could fix everything. It won't. It may have an effect temporarily,until you go back to the job you can't stand or get a phone call from thatfriend who can't get their life on track. The problems will continue to pop backup until they are resolved. Let Light into your life, it's important to yourwell-being. However, it is okay to deal with the events and your life that don'tmake you feel like you are connected to the heavens by a beam of Light thatlifts you up off the ground in your day to day life. If we weren't meant towork through negative experiences, we wouldn't have them. We wouldn't learnanything either. The Lesson is the Light. So, break your cords, remember togrieve, and learn to let it go. If you don't, the weight will get too heavy andthe scales will tip.

Stay balanced.

Changing the World
by Brian Dean

When we are young, we all want to change the world. We see the injustice, the anger, the hate. We see what is wrong, and we see it so clearly, so black and white. We have the energy and we have the drive. Some of us get out and protest. Some run for office. But most just complain.

As we get older, we lose the energy, and we lose the drive. We stop seeing things as black and white, and start seeing them more as shades of gray. We see how things are interrelated. Seeing this makes it harder to simply make one change and have everything else line up perfectly.

As Faith said in her article, we live in a world of consequences. Every action has a corresponding reaction. But sometimes, as Newton pointed out, that action has an equal *and opposite* reaction. While we tend to fix one thing, we break something else. For instance, you can't change fuel types overnight. If we introduced a new power source for cars, there would still be cars running on gasoline. There would still be people working in the oil industry. You can't just eliminate one thing and replace it with another. It takes time.

And we no longer have the energy to get out and protest, or make the big things happen. But truly, unless you can get elected president, and have the congress behind you, you still can't make big changes. But that is why we start small.

Big changes happen over time. But those big changes start small. They start with an idea. They grow to a hope, then a presence. Eventually, enough people hear the idea, have the hope, and feel the presence so that action is created, and changes are made. It goes back to the law of attraction.

The things that we put the most energy into are the things that we make happen. Any light worker knows this, but you don't have to be a light worker to do this. It is just a matter of visualizing what we want, and continuing to visualize it, putting positive energy into it. Remember the bumper sticker that said "Visualize World Peace"? Well, do it. The hard thing is to keep positive, and not let negativity into it.

There was a very old episode of Doctor Who, back when Tom Baker starred in the part. The scene showed The Doctor under one of the consoles of the TARDIS (his space/time vehicle) attempting to fix something. He comments, "I think I'm going to stop asking... What else could go wrong?", and at that moment his ship shakes, "Because when I do, something else goes wrong." Using energy to make positive change is the same way. You have to stay positive, and keep the negative thoughts out of it.

How do you do that? Well, you notice when you are doing it, and stop yourself. This is true for anything you want to have happen. When Caring Palms was looking to move into its current home, there were a lot of bumps along the way. Every time we hit one, and started thinking negatively, we caught it, dispersed it, and said, "Yes, it will work."

And while we do this energy work, we don't need to have all the answers. We don't need to have solutions. We simply need to put our energies into things being better, and let the energies sort out how this will best be accomplished. Maybe the energies will reach people that can come up with solutions that work. And their energies will reach other people, and those energies will reach others still. Eventually, great change will happen.

All you have to do is believe, and keep picturing it.

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, May 4th from 7pm to 9pm**. (*Yes, May the Fourth be with you as you come and share The Force.*) Please let us know if you will be coming.

Learning From Life

by Brian Dean

I'm pretty sure that most of you can say that you've had events happen in your lives and asked what you should be learning from it. I know I have. And while we think of these times, we mostly bring up the times when things have gone horribly wrong. But, in truth, we should also consider times when things have gone perfectly right as well.

How we accept them, and see them is dependent on how thick-headed we are. Now, I have to admit that I am very thick-headed. All too often, I need to be hit in the face with something to notice it. I need to be forced out of my comfort zone to change what I am doing. I most certainly won't leave it willingly. My path over the last many years has been one of being comfortable, and being forced out of one situation, then another.

Twenty years ago, my wife and I lived in Maryland. It was there that I met someone that taught me basic energy. She taught me meditation, energy from crystals, earth energy, and noticing energies. She was very instrumental in starting me along the path that I follow today. But, then she turned to the dark side of the force. She started using people for her own desires. It took me a while to see it, but finally I did. I was forced to leave my first teacher, and find another. And after a period of time, I did. And then I found a student who taught me basic massage while I taught her energy work. And then there was another shake up.

During the last year in Maryland, we had been subject to a few wind storms, one of which broke our apple tree, the one that had the best apples. Then there was a disease that manifested in the peach tree that caused all the peaches to go bad. These were subtle signs that the energies were changing, but they went unnoticed. Then the kick in the face came. The company I had been working at for a number of years went out of business. My wife's company announced that they were moving to Florida. Although we did not want to leave our family and friends, we moved.

But Florida was where I needed to be. It was here that I found a Reiki teacher, and took psychic development classes. Also, while working at my day job, I was able to go to massage school as I was drawn to that type of work. Then another surprise happened, my Reiki teacher died. Now we always thought that she had more to teach us, and she was going to make us work for it.

After a few years, I found a new teacher, a teacher of mediumship. Through all these journeys, I have extended what I can do, and grown my skills into what they are today.

But one has to wonder what each phase of this journey was supposed to teach me, or more precisely, what was I supposed to learn. We are here on this earth to learn and to experience. We are here to grow our knowledge and life energy. So, an entire life is a series of learning situations, and after we pass, we review it. But while we are still in it, what do we get from each change, from each lesson? And do we see each lesson as that, or as something bad?

When we came to Florida, we were separated from family and friends. I had to deal with the deaths of each of my parents from a long distance. But maybe the lesson was that we needed to learn to stand on our own without help from others, and to learn to deal with loss and the feeling of helplessness. We were left without support of those we used to lean on. The lesson was that we could make it without that. In fact, in years since, we have been the support for others, like my in-laws.

The loss of my Reiki/Psychic Development teacher also made me stand on my own. It made me learn things without her. I probably would have stayed with her forever, but I was not so subtly being shown that I needed to move on (which was the same for her other students).

This led me to find another teacher, who opened up the world of mediumship to me. And this led me to other teachers as well. Eventually, some day, that will change, and in that change will be another lesson to be learned.

The key is to look at these events as learning opportunities, not tragedies. If we sit and wonder why something happened, and think how bad it is, then we will never look for what it is we are supposed to learn. What are we learning today?

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

- 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

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

Reiki 3

- 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.)

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.

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

Essential Oil Drop Therapy

Inspired by the Raindrop Technique Protocol, the Essential Oil Drop Therapy combines unique, targeted massage and energy approaches with pure, authentic essential oils for a deeply harmonizing, rejuvenating, and relaxing experience. As a Young Living independent distributor, and using Young Living essential oils, Caring Palms' Essential Oil Drop Therapy provides a revolutionary means of nurturing harmony—physically, mentally, and emotionally.

To start, the client will lay face up while the therapist touches their feet and connects to them energetically. Through this process, the therapist will assess the client, being drawn to areas that need help. This knowledge will help determine what oils are needed later. Once this scan has been completed, the client will turn face down so the actual treatment can begin.

Initially, coconut oil is applied to the back, sides, shoulders, and neck. Next, drops of each of the essential oils in the basic package (done one at a time, and worked in one at a time) are placed on the low back (lumbar/sacral area) and the upper back (between the shoulder blades). The oil is then spread over the spine from the low back to the neck with the fingertips. (The spine connects to all parts of the body as all messages to and from the brain are transmitted along this pathway. By working the oils into the spine, they also connect to anywhere in the body.) Then the hands are used to spread the oil over the entire back, sides, shoulders, and neck. This process is repeated for each of the nine oils in the basic package.

[read more](#)

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



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