



## Caring Palms Massage and Reiki Newsletter April 2017

**Determined to be of the top 18 Massage Establishments in Jacksonville**

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Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news and an article or two, and some class announcements. The Reiki 2 class for May 23rd has been moved to May 16th due to another event.

I hope you enjoy what we have here.

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### Caring Palms Seeking Therapists

Caring Palms Massage and Reiki in Jacksonville Beach has immediate openings for talented therapists who would like to come work in a caring, loving environment. (Two of our therapists have moved out of the area and we need someone to fill in the spaces.) Caring Palms pays 50% of the charged rate of \$70/hour before discounts.



At Caring Palms, we care about our clients and our staff. Sessions are booked with 30 minutes turnaround time in between. We are always there to help each other including showing new things and helping one better what they do as to work with less effort. Caring Palms has been determined to be one of the top 18 massage establishments in Jacksonville by Expertise.com. in an independent study.

If you, or someone you know would be interested in joining our staff, send resumes to [brian@carinpalms.com](mailto:brian@carinpalms.com), or call 904-246-2206.

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### Past Life Regression and Meet Your Guide Meditation Workshop

Please join us at Caring Palms on Saturday, **April 1st, 1pm-3:30 pm** for a Group Past Life Regression session facilitated by **Laura Bogen**, Certified Hypnotherapist and QHHT 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 the library of Alexandria burning? 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, an effective guided meditation that will take you to meet your spirit guide, where you will receive a gift & message pertinent to your life at this time.

Lastly, we will leave time for a short, fun mental exercise and discussion.

All you have to do is show up! (We recommend that you bring a pillow to sit on, as space is limited.) Call to reserve your spot or sign up and payonline. Walk-ins are welcome.

All you have to do is show up! (We recommend that you bring a pillow to sit on, as space is limited.)

***The cost for this workshop is \$25 and can be paid at the door or online [here](#).***

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

(No, this is not an April Fool's Joke)

Please let us know if you will be coming so we can plan accordingly.

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## **Introduction to Sacred Emergence Workshop – Ready to connect with your multi-dimensional nature?**

Please join us at Caring Palms for a Sacred Emergence class facilitated by Imelda Arcilla. Imelda is an Intuitive Soul Strategist, Alchemist, Energy Healer & Creative Ascension Guide who helps with transformation in these accelerated times so you can thrive in every important area of your life to live an illuminated rich life.

We are so much more than our 3-D self. We are operating at many different levels. Come learn an easy technology to connect and so much more. This is a fun interactive class, with a meditation and group talk. Each person will also receive a message or healing that's appropriate to class topic. Join like-minded others interested in exploring this topic.

**April 8th, Saturday 1-3 or 4pm** depending on the amount of participants.

***The cost for this workshop is \$31 and can be paid at the door or online [here](#).***

To learn more about Imelda and her work, go to [Imelda's website](#).

**Please let us know if you will be coming so we can plan accordingly.**

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## **Christine Available More Days**

Christine Neubauer, who has been working Saturdays and Sundays will be adding Tuesdays and Thursdays to her schedule starting sometime in April. If you are looking to book with her, please watch the schedule to see when she is available.

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## **Brian Taking Classes**

Brian will be attending classes Monday, May 22nd through Wednesday, May 24th. He will be taking Temple Lomi Lomi (for the fourth time) in Cocoa Beach. He expects to be back in the studio Thursday, May 25th at the normal hours.

As of this moment, we do not know what days the studio will be closed, or if it will be closed at all. We expect to have more information by the May newsletter.

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## **April Special**

**\$10 off any Reiki Session**

In the simplest explanation, Reiki is the laying on of hands. Coming from the Japanese words Rei (spirit guided or God consciousness) and Ki (universal life force energy), Reiki is a natural method of hands-on holistic healing where positive energy is brought in by a practitioner, passed through them into a person in need for the sole purpose of healing. Although passed into the body's seven major energy centers, chakras (pronounced shock-rah), the healing energy of Reiki goes where it is needed most. This is not healing through massage or any type of physical therapy, but guided positive universal love energy, which overcomes negative energies built up by problems that have developed in the body either by physical or emotional issues.

### **\$10 off any Reiki Session!**

For more detailed information on Reiki, go [Here](#).

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## **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, 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). Reviews 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 (Melanie, Courtney, Matt, Shari, Jessica, Kelly, Cynthia, Sharon, Susan, Catherine).

**Note:** We are asking people not to post on Yelp unless you are a person that posts there regularly. Yelp has some qualifying software that looks at each review, and if you are a regular poster, your comment is deemed "Relevant", otherwise your comment is marked "Not Relevant". While Caring Palms has 15 5-star reviews on Yelp, only three of them are deemed "Relevant", and one has to go through another step to see the remaining 12.

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## **More T-Shirts for Sale**

Caring Palms has been experimenting with t-shirts, and has come up with a few. We are still designing, and will be adding new shirts as they are created. Right now, we have three categories, Lightworkers, Humorous, and Massage. The cost per shirt has been reduced to \$19.00 + shipping. To see our collection, go to the website, and look under Prices, Gifts, Other Classes/Sessions, then under Gifts For Sale, and then T-Shirts for Sale.

Shirts are ordered through TeeSpring.com, so we don't need to have a minimum, and Caring Palms does not have to carry an inventory. Their process is quick and easy, and you can pay with a credit card or through Paypal. (Although shown in black, they are available in other colors.) Here is what we added...



[Order Here](#)



[Order Here](#)



[Order Here](#)

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## Guided Meditation CDs Now Available In-House and Online

The first three guided meditations are now available. We have a small inventory in-house). 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, Finding Sanctuary, Working Through Past Experiences, and Visiting With Your Guides. We are hoping to have the other three available within a few months.

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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, April 5th from 7pm to 9pm**. Please let us know if you will be coming.

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## Release, Allow, Accept

by Brian Dean

Many of us are control freaks, in fact, I'd bet most of us. We like things to work a specific way, a pattern we are used to, something recognizable, predictable. But many times, things don't go as planned. Let's say you stepped in the shower expecting the usual nice hot water shower that gets you going in the morning. But something happened and the hot water heater broke and all you have is a cold mess. Yes, things happen that are unpredictable. Things go wrong. And these things upset the balance of the universe, at least for us individually. And of course, they are out of our control.

As children, we expect things to go our way every time. As we grow older, we find that this is not the case. In fact, things don't go our way all that often. We try tightening our grip, our control, and see more things not behaving as we want them.

It is at this moment that we have to accept. Firstly, we accept that things can not be controlled. We have to accept that things happen as they should, and do so in their own times.

As we release our grip on things, we allow things to move according to their own nature. And then we adapt to that nature, which makes our expectations be more realistic, and lessens the stress that we put ourselves through. This then puts us in harmony with the nature of things. And once we start putting ourselves in harmony with the nature of small things, we also get into harmony with the nature of the universe. When we stop trying to control the universe, we start working with it, rather than against it.

Control is a myth. Wanting it causes stress which is against the way of things. Everything has a path, a form, a function, a time, and no matter what you do those will never change. So you change. You learn to let go, allow things to move as they should, and release the stress. Then you become a lovable, likable person.

Release, allow, accept. This is how to move through life. This raises the vibration and allows joy to spread, which then relieves the stress in others. And that is what love is about.

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**Just for Fun**

## by Brian Dean

There have been a few comments made to me recently that made me wonder about why we came up with these words that we use.

Someone was telling me that something gave them the willies. Willies? Who decided to name this feeling Willy? Why not Fred? Or Brenda? "I just walked into the place and something gave me the Freds." Maybe not as classy, maybe more. Maybe it should be formal, like Fredericks.

Now what about the poor maligned Charley Horse? Charley? Or should it be Charlie? Is spelling important? What if it were the Jonathon horse? And why do none of these have women's names? What about the Antoinette Horse, or the minor version, Toni Pony?

And then there's the heebee jeebees. "I was talking to them and got the heebeejeebees." Is this the male version? Is there a female version, maybe the sheebeejeebees?

And animals. Why animals? Horse? What about chicken pox? Why a chicken? Why not something else like a fox. Hmm, Fox Pox. At least it has a rhyme to it.

And the disease, the crabs. Why not the lobsters or some other shellfish? Years ago in Baltimore where hard shell blue crabs is a local specialty, there was a sign on a place that sold crabs that read... "Mom, don't cook tonight. Dad's coming home with the crabs."

And I hear enough about the prefix "dis". When we put it in front of something, it means the opposite. For instance, disease, or dis-ease. Meaning a person not at ease due to illness. One program a few years back looked at disaster, or dis-aster. And when things went right, they were "feeling the aster."

I get a lot of people coming to me telling me they are out of whack. This tells me they are out of sorts, not quite right. But I've never heard anyone feeling good telling me they were in whack. Why not?

Just some crazy things to ponder when you have nothing better to do. And here's hoping you all are well and in whack.

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## A Couple Thoughts by Brian Dean

In a class recently, we received a couple very broad messages. I felt they should be passed on and expanded on if I can. So, here goes...

We look at people's lives and lifetimes, some short, others long. Life is a series of experiences, a roller coaster if you will full of ups and downs. There are changes in direction, quick turns, drops, and rises. But how one looks at it from the inside is important.

Life lived over many years sees such a wide range of events and opportunities. When someone is young, life seems to hold only joy and promise. We see ourselves dreaming about what we want to do when we grow up. We visualize each step to getting what we expect our life to be. But then in an instant everything can change, and life can just be a holding pattern without a future, waiting for something to come along and jumpstart us to where we think we should be.

Enjoy and remember each moment life offers you joy. Save each memory of joy, of happiness, of people you can no longer be with. These memories of past joy can nourish and comfort you if joy ceases. You can relive joy, but first you have to create it, and store it as your memory.

*Writer's personal note: This message was given to our class yesterday. And on the day that I write this to pass it on, I have been reminded of my father-in-law's passing two years ago today, just two months after my father's passing. What this passes on is very true. Make the memories you can of people and events. Then store them away and remember them with fondness, joy, and love.*

And the second message goes a bit farther in a different direction

Forget tragedy. Don't feel bad of how someone passed on, or how young they were. Enjoy the life that was no matter how long or how short. Don't worry about what might have been or what was to come. Know that the life was full and the task fulfilled. Any life is a celebration and we should acknowledge that.

As a person who is spiritual, I believe that we come into each life to learn, to fulfill some task. That task could be change the world, or to die young by someone's negligence. The ones that change the world could do so by being the leaders of some movement of change, or the evil that this movement of change is fighting. We could be here to be the role model, or the example of what not to be. (I used to have a boss that lied and cheated his way through everyone he could, and he loved telling about how bad his life was. He would then state "Well, God keeps me around for reason." Yes, I always thought that reason was to be an example.)

Each person, each spirit as they fulfill their role accomplishes their tasks, even if their task was to bring

attention to problems going on in the world. We should acknowledge that, all the successes, and failures, all the ups and downs. Each is a piece of a puzzle, and when put together with other pieces make a whole, but that whole is part of the global consciousness, of raising vibrations, of moving everything ahead. Everything is apart of what should be.

Don't mourn a passing, celebrate the existence. Each piece is a stepping stone of a journey, of growth for all.

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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.)



### Reiki 1

- April 15 (Saturday) 10am - 5pm **Confirmed**
- April 18 (Tuesday) 10am - 5pm **Confirmed**
- 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

- April 22 (Saturday) 10am - 5pm
- May 16 (Tuesday) 10am - 5pm **Confirmed**
- 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

- April 18 (Tuesday) 10am - 5pm
- May 27 (Saturday) 10am - 5pm
- June 27 (Tuesday) 10am - 5pm **Confirmed**
- 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)**

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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:

- 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.

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## 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.

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## Modality of the Month Freeform Massage

Myofascial Release (MFR) is a way of gently restructuring the body so that it returns to proper alignment (most people have alignment issues). When problems occur in the body, connective tissue (fascia) can become hard and constricted. MFR returns the connective tissue to its normal, rubbery, stretchy state allowing a person to stand straighter and regain movement that may have been lost.

In an MFR session, the therapist will look to see what is wrong with the client (alignment wise). The therapist could find that one shoulder is higher than the other or the hips are out of alignment, or the head is always cocked to one side, or a host of other issues. (Many problems with a person can be traced back to alignment

issues. Once they are cleared up, many problems go away.) After that has been done, and a plan has been developed, the therapist will begin MFR work. MFR is done by a series of holds lasting three to five minutes each. It takes that long for the connective tissue to begin to stretch and loosen up. After the session is complete, the body will take up to 24 hours to 'process' what has changed in it. After that, one starts to feel the effect of what was done.

[read more](#)



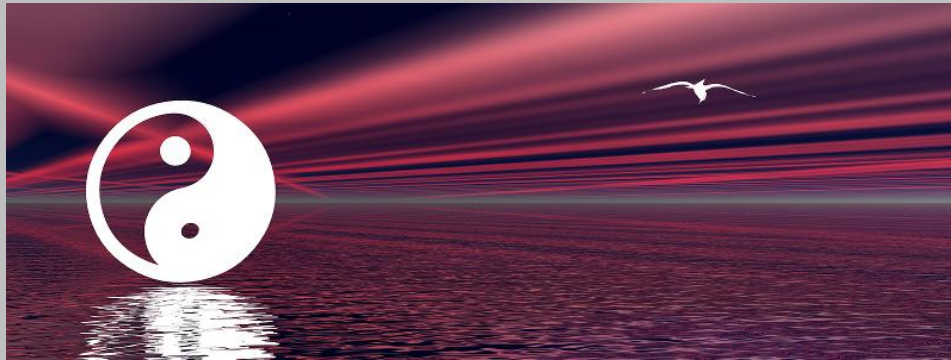
### [Myofascial Release](#)

(Click on picture or description to see video)

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## Brian Offering Readings

Brian is now doing readings to anyone that wants to sit for one for \$40 for up to one hour. Keep in mind, these are mediumship readings, not psychic readings. If you have an interest, please contact Brian and something can be scheduled. These can also be scheduled from the website.



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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

