



Caring Palms Massage and Reiki Newsletter February 2017

Voted one of the top 18 Massage Establishments in Jacksonville

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news and an article or two.

I hope you enjoy what we have here.

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@caringspalms.com, or call 904-246-2206.

Website Changes

There have been quite a few website changes in the past couple of weeks. This has been done to make it easier to navigate as well as add things that were not on the menu at all, but we had been doing them. While the first four tabs are essentially the same, the next three have been completely changed.

These changes include:

- The next tab in has been renamed to Prices, Gifts, Other Classes/Sessions. This still gives session pricing for massage and Reiki (including multi-session pricing) and gift certificates.
- Under the Prices tab, Other Classes Available has been added and includes things that were previously on one page, but have been split apart. They are classes in Astral Projection, Basic Energy, Chakra Balancing, Clearing Blocked Chakras, Energy Cleansing, Massage for Couples, Sensing Problems, and White Light Healing

- Also under the Prices tab, Energy Sessions Available has been added and includes things we have been doing, but have never been listed anywhere. These include Chakra Balancing, Energy Cleansing, Major Chakra Cleansing, Etheric Cord Cutting, Soul Retrieval, Unspecified WhiteLight Energy Work, and Trance Healing.
- A Meditations tab has been added. Underneath it is Meditation Sessions, Meditation Classes, Soul Retrieval, and the order page for Guided Meditation on CD and MP3.
- The Our Studio tab has been changed. All the information on the studio including directions and pictures have been made into a sub-group. Also, another sub-group has been added called Policies / Scheduling which includes class and session scheduling policies as well as our cancellation policy. It also contains things that were there before like Student Ratings and Comments, Testimonials, Reviews, and information on the therapists here.
- An Events tab was added so one can immediately see what is going on.

If you are unfamiliar with some of the things we've added, please take a moment and see what they are. We hope you find this new menu system easier to find things.

Caring Palms Hosting Workshop

Introduction to Sacred Emergence –DNA Activation

*Ready for a Cosmic Soul expansion?

*Would you like to activate your DNA for a greater hidden potential?

*Would you like to have more possibilities to create with?

We are undergoing an accelerated leap towards a greater soul potential consciously, energetically and evolutionary. This can be commonly called as Ascension.

This class explains the beautiful metamorphosis we are all undergoing and your higher purpose within it.

It is an interactive experience with learning, meditation, activation and talking about the experience. This serves to expand your bandwidth of consciousness for a cosmic soul expansion. This will assist in realizing more of your light, gifts, divinity and perhaps your star soul or star seed heritage. A star seed is someone who may identify with living other places besides on earth, which we'll go over and help discover.

Come for an amazing experience to upgrade your light codes and transform at a deeper level.

On March 4 Saturday 1-3 or 4pm depending on the amount of participants for \$30.

Click here for more of an understanding what this experience can do for you.

To learn more about this class, go [Here](#)

This class is taught by **Imelda Arcilla**, an Intuitive Soul Strategist, Alchemist, Energy Healer & Creative Ascension Guide. To learn more about her, go to [Imelda's website](#).

Mesothelioma and Reiki

This week, we received an interesting article on the use of Reiki and Mesothelioma. We found that we liked the article so much that we put it on the website under the Articles tab. We've put a couple paragraphs here with a link to the full article on the original site. We think you will find it interesting.

Reiki For Mesothelioma Patients

Reiki is a type of complementary and alternative medicine that began in Japan but is now practiced worldwide. It is an energy therapy that aims to change the flow of so-called vital, universal energy in the body. By doing so a practitioner of Reiki claims to be able to induce relaxation in a patient, reduce stress, and promote greater healing in the body.

The validity of Reiki has been challenged by academic and medical studies and has been found to have some useful benefits for [mesothelioma](#) and cancer patients. Proponents of reiki have never claimed that it will cure any illness or that it can replace traditional medicine, but they do say that this healing art can be a complementary technique that helps cancer patients and others find peace, relaxation, and healing.

[Read Full Article](#)

February Special

\$15 off any Myofascial Release (MFR) Session

Myofascial Release (also known as MFR) is a unique style that can be performed by massage therapists and physical therapists. The goal is to bring the body into alignment. Once there, the body tends to stay well. It can be used to help many chronic issues like Carpal Tunnel Syndrome, or Fibromyalgia. One hour and 90 minute session available.

\$15 off a Myofascial Release Session!

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

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.

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 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. Lately, it has been these reviews that have been bringing new clients into the studio, and all have been glad they found us.

Anyone leaving a review will be entered into the monthly drawing to win a free session (massage or Reiki). Reviewers made between the first and last day of each month will go into the drawing, and the winner will be pulled on the first of every month. Thank you all that have left reviews, and congratulations to the people who have already won free sessions (Matt, Shari, Jessica, Kelly, Cynthia, Sharon, Susan, Catherine).

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, February 1st from 7pm to 9pm**. Please let us know if you will be coming.

A Reminder

After driving home Friday evening, I noticed a lot of crazy people on the highway, in parking lots, and generally everywhere. I think we have lost sight of the fact that others are out there. The freneticism of it all was very unnerving. I can see how road rage occurs. So, I will paraphrase something and pass it on...

Massage Therapists. What Do They Do?

by Brian Dean

There has been a lot of information changing about massage in the last few years, but the majority of the people still do not know what it is, or what it can do. The same is true for massage therapists. Well, let's start at the beginning.

Massage is the systematic manipulation of the soft tissues of the body. The goal can be many things from relaxation to helping those return from injury. It is scientific and quantitative, but on an individual level.

The popular belief is that massage is a luxury, something to be gotten at spas when you are vacationing. In some places they refer to it as 'Rubbing'. But to many, it is a needed part of healthcare. It helps them better do the things they need to do as they go through life. This could be something as active as sports, or as simple as sitting at a desk while dealing with a sore back. It helps people feel better, no matter the condition.

But what about therapists? Well, massage therapists are trained for hundreds of hours on things like anatomy and physiology, the same things doctors and physical therapists are trained on. But they also are trained on numerous ways to help people, and after schooling, they go out and learn more ways. While they are not doctors, they are artists, but that art is in helping people.

A massage therapist gets clients with all types of needs. Sure, there are the ones that just want loving hands on them so they can relax and let go of life for an hour. But the majority of work that they do is figuring out what someone needs, and finding the best movements that can help this person the most.

Basically, massage therapists are problem solvers. The majority of clients that come in have some type of problems. These could range from simple muscle pulls to alignment issues, to range of motion injuries (where they can't move to the full potential that they normally do), to outright pain. A good therapist will talk with their client to understand what is going on, basically gathering information. Then they will make a recommendation on treatment, and then perform the treatment best suited to fix the issues that the client is comfortable with.

But there are a lot of variables that need to be worked out as the treatment is performed. "How is the pressure? Is it too much?" "Am I hurting you?" "Is this the exact spot where it hurts?" All these things need to be weighed in performing the task at hand.

Good therapists will have a good feel for the required pressure, even though everyone is different, and each person's definition of 'firm' is different. They will then make changes as needed. They will use different movements based on each person's problems and needs. They will work until they have done what they can to fix any problems. But they also understand that not all problems can be fixed in a session, and some problems can not be fixed. But they do their best to do everything they can to help.

Basically, a massage therapist is a licensed, trained healthcare professional who is also a problem solver in regards to the human body. They are professionals that care to give everything they can to help someone because that is what they do. So the next time you have a problem, see what your local massage therapist can do.

Celebrity Deaths

by Brian Dean

There has been a lot of talk and press about the large amounts of celebrities dying. While recent ones we have lost have "been up there in years", many in the last year have not. And lately, they seem to be going left and right. But while we hear of celebrity deaths a lot, we have to know that they are not the only ones leaving this physical plane.

Yes, because of the fame of these people, the news covers them. But there have been as many (and probably on an order of 10-fold or more) of normal people that have passed on. We just only hear about the famous ones. Basically, a lot of people are leaving the planet.

I remember being told many years ago, that there would come a time when things would turn bad, a time of the coming apocalypse, or Armageddon. And I was told that a lot of souls would leave this plane as they don't want to be around for it. Well, this all may be true, or it may just be a bunch of fluff.

I mean, yes, a lot of people are leaving the planet. But a lot of people are staying, and a lot are being born into it. I feel that weas souls make a decision when to live, when to come into existence. We decide before birth what it is we are meant to accomplish on this mortal plane. Do we want to set up certain things and then leave them to others. Or do we want to be the ones helping, or leading others to better times?

While it seems there is a lot of talk of destruction and the end of the world, a lot of talk of hate and evil, there is also a lot of talk of love, and compassion, and care. You see if we follow the belief that we are here for a reason, and that reason was decided before our births, then those of us that are here now, made this decision to be here in this time.

And to be here may be a responsibility, a way to better humankind, a way to bring about better times, a way to spread light. With all the talk of darkness, there has to be people that will shine the light, the light of peace, the light of joy, the light of... hope.

When we lose hope, then darkness can overcome. But I have hope, hope that things will get better, better without violence, better without catastrophe, better without destruction.

I have hope, and because I do, I believe that if we spread hope, hope will overcome. All it takes is one positive thought a day. And then telling someone that positive thought. Maybe they will tell others. And before long, positive ideas will turn to positive actions. And positive actions will create more positive actions. Then you will begin the process of spreading hope, of spreading light.

So, this was my positive thought for the day. Who else has a positive thought they want to pass on?

Murphy's Law Reversed

We have all heard about Murphy's law, which was created by Air Force Captain Edward A. Murphy, an engineer working on a project designed to see how much sudden deceleration a person can stand in a crash. When it didn't work, he uttered the phrase "Well, if anything can go wrong it will." That became known as Murphy's Law.

Well, I now have the positive side...

Murphy's Law Reversed. If anything can possibly go right, it will.

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

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

Reiki 2

- February 25 (Saturday) 10am - 5pm **Confirmed**

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

Reiki 3

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

All classes are open to anyone wanting to learn this unique method of hands-on healing. The cost for each class is \$125 no matter what level of Reiki the class is for. A \$50 deposit is required a minimum of seven (7) days prior to the class date (or permission of the instructor) to reserve a space in the class. Classes with no deposits received by the cut off date will be canceled. All class statuses may be viewed under Reiki, Reiki Class Information, and Class Schedule. You can also sign up for classes there. (Check the website for the location.)

Each Reiki class is NCBTMB and Florida Board of Massage Approved for six (6) Continuing Education Hours (CEUs)

Advanced Body Mechanics and Techniques

The following is a list of currently scheduled classes. This class is a two-day class worth 12 CE hours for massage therapists. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. The schedule is as follows:

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

All classes are scheduled to be held at the Caring Palms Studio. Should the location change, that change will be on the website and students notified.

Maximize your results with less effort. Utilize the science of martial arts and apply it to massage. Advanced Body Mechanics and Techniques for Massage Therapists, is designed to reconnect the massage therapist with proper body mechanics and techniques while putting a new twist on things and showing how to get more pressure with little effort. While it does go over some basics, it takes body mechanics to a new level where every move involves the use of the therapist's entire body so they can work without hurting themselves. The class being part lecture, part hands-on practice takes positions, centering, and the proper use of body strength from Japanese martial arts and applies them to the art of massage therapy. It also shows how to focus one's energies to increase their strength with simple exercises meant to teach the student how to 'think' beyond where they are working so they can get deeper into the client and to channel their energies to the point of thought. The student will learn how to focus their energies and use their body to do deep work and not get hurt. This class will help anyone to work deeply with less effort no matter if one is 90 pounds or 250 pounds. This class is for both the seasoned therapist and the new therapist. It will show moves everyone does, but in a new light as well as moves many people may not have seen before. The idea is not to dictate how to practice, but to show better body mechanics which the therapist can adapt to what they do. This is true whether they adapt all of it or just part of it.

NCBTMB and Florida Board of Massage Approved for twelve (12) Continuing Education Hours (CEUs)

Class Cost: \$300

This class is for licensed massage therapists or anyone that regularly uses massage in their practice. For those looking to learn basic massage for relaxation for their partner or friends, see the website on the Massage

For Couples classes.

To sign up for classes, go to the website and select Continuing Education, Advanced Body Mechanics and Techniques, and Class Schedule to see additions and changes or to sign up.

Caring Palms Hosts Mediumship Classes

Every month, Caring Palms is host a mediumship class taught by Marilyn Jenquin of the International Foundation for Spiritual Knowledge. In this class, Marilyn teaches the British style of mediumship (this is similar to the style used by John Edward). Each class contains a lecture, a meditation, and class exercises. This is for all ranges of students from the beginner, to the long time student.

Mediumship is a method of communicating with people who are no longer in their physical body, but in the spirit world. The class teaches students to do evidential readings as exercises so they get comfortable developing a relationship with those in spirit. This class is for anyone wanting to work with spirit whether they intend to become professional mediums or simply to use it in their everyday lives.

Classes are usually scheduled the fourth Thursday of each month from 1pm to 3:30pm at the Caring Palms studio. For more information, go to the [IFSK Website](#) where you can learn more about this, check class schedules and locations, and get contact information.

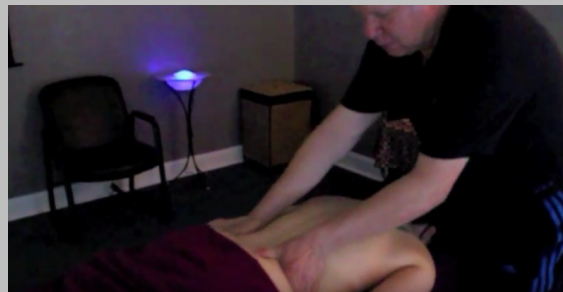
Modality of the Month Swedish Massage

Although exotic sounding, Swedish massage is the most common type of massage performed. Developed by Pehr Henrik Ling, who based it on the movements of Swedish gymnasts, it can be a very relaxing session, but can also be therapeutic.

Swedish massage is usually the first style of taught in most schools. It is a great beginning point for students to learn to touch a client, and develop pressures and movements. This is actually the basis for most of what they learn later.

This style of massage can be very relaxing as it uses long strokes (Effleurage) and kneading (Petrissage) to make a person feel good. The long strokes are very relaxing, and the kneading of the muscles just plain old feels good. These things allow a person to relax and release tension while they are being worked on.

[read more](#)



[Swedish Massage](#)

(Click on picture to see video)

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 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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