



Caring Palms Massage and Reiki Newsletter August 2018

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

I hope you enjoy what we have here.

Closed Sunday, August 5

The Caring Palms Studio will be closed Sunday, August 5th while Monique is out of town. Cheryl will be working Saturday, August 4th for all that need massage or Reiki.



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 Tuesday, August 7th from 7pm to 9pm.

Please let us know if you will be coming.

Brian Takes Mediumship Classes

Brian attended the Mediumship Master class given by Eamonn Downey. During the two day course, Brian practiced trance healing and mediumship. He has brought back a few new tricks which he hopes to continue to use for readings, energy work, and Ascension workshops.

Looking For New Therapist To Join Our Staff

Caring Palms Massage and Reiki in Jacksonville Beach has an immediate opening for a talented female massage therapist who would like to come work in a caring, loving environment. Caring Palms pays 50% of the charged rate of \$70/hour before discounts. All tips go to the therapist.

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.

Days available are Tuesdays and Saturdays.

If you, or someone you know would be interested in joining our staff, send resumes to brian@caringpalms.com, or call 904-246-2206.

August Special

**\$10 off any Freeform Massage from Any Therapist
(60 or 90 minute)**

The Freeform style of massage is unique in that it follows no pattern, no routine. It is more intuition driven rather than routine driven. This gives the client something created just for them, based on their needs. From massage to massage, there may be similar things, but there is always something different, something new (if the needs are different).

When most people go for a massage, they get a routine. Caring Palms is no different in that the basic massages are based on a routine. Now any good therapist will change that routine somewhat with each client as each client has different needs. Those routines for basic massage will change. Some moves will be added, some dropped out so that the client's specific needs are met.

A freeform style does away with routines. Now, some of the moves may come from those routines, and some of those moves may be put together similarly because they go well together, but the overall combination is unique. It is not unusual for new moves to be created in the moment based on the therapist's intuition and connection to what the client needs most.

Receive a 60 or 90 minute Freeform massage from Any Caring Palms Therapists, and get \$10 off.

Inspirational Video of the Month

Last month, we added four new Videos to the collection, and will be adding three more shortly. Please check them out.

This month's featured video: [16 Rules for Life](#)



Ascension Theory Workshop Ascension Theory: Working with Spirit Energies and Using Them in This Life Stepping Into The Light

Saturday, August 4, 2018

Cost: \$25, Pay at the door, or register online [HERE](#).

Join us at Caring Palms for a workshop in Ascension Theory and its Energies facilitated by Brian Dean.

There are many ascension theories. It is basically what we do when we pass from this life to the next. But the energies are always available to us, and can be used to enhance how we live in this life. The

more we raise our energies and raise our vibration, the more we can rise above the troubles, the drama, the “noise”, and then be in a position to help ourselves, and in turn help others. It enables us to see more clearly so we don’t get dragged into the darkness. It allows us to rise above and release our problems. This is the first in a series of bimonthly workshops that will help the participant to open to newer, higher vibrational energies, and then use these energies to keep themselves focused, centered, and calm. Eventually, the participant will be able to feel the energies around to understand people, problems, and give them the wherewithal to help if they want. Each workshop will be a stand-alone training with a meditation and an attunement/activation that will be individual to each person. You may come to any of these or all of these as they will be self contained. 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.

Please let us know if you will be coming so we can plan accordingly, and *please come early* if you are paying at the door, so we can start the class on time.

Next Ascension Theory Workshop: October 2018

Group Past Life Regression

Saturday, September 22, 2018

Cost: \$26, Pay at the door, or register online [HERE](#).

Please join us at Caring Palms for a Group Past Life Regression event facilitated by Laura Bogen, Certified Hypnotherapist and QHHT Practitioner. Using simple, but effective visualization techniques, 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? Did you help discover the New World? Perhaps you were a knight in medieval times? The possibilities are endless.

Then stay a bit longer for the second part, where you will be able to explore a distant future life. You may witness unforeseen technology, interesting concepts, and even otherworldly events and beings. After all, the future is what you make of it... All of this will be prepped by a short series of visualization exercises created to help develop your imagery skills, which can have many benefits. Some benefits include building your inner sight (also called clairvoyance), sparking creativity, reawakening your imagination, and more.

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 \$26 and can be paid at the door or online.

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

Please let us know if you will be coming so we can plan accordingly, and *please come early* if you are paying at the door, so we can start the class on time.

New Styles of T-Shirts Available

Caring Palms has been again working with t-shirts, and we have **now added V-Neck shirts**. We are also showing our shirts in both styles on the website in

**MANY
COLORS**

When you order a shirt, you get to choose the color you want. Keep in mind the colors offered are ones that the designs will show up on, and it changes per design. And just to prove that, the pictures here are only a sample of the colors available.

You can go to the website, and then the T-Shirts tab, or, to see all shirts we sell, go here [here](#).

Below is the latest creation.



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, 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.

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 20 5-star reviews on Yelp, only seven of them are deemed "Relevant", and one has to go through another step to see the remaining 13.

A Ship in the Harbor by Brian Dean

There is an old saying... A ship is safest in the harbor, but that is not what ships are made for.

But, what about us? What are we made for? Do we make the safe move, or do we extend ourselves to our limits taking risk in what we think is a worthwhile thing?

We all face decisions, some mundane, some mediocre, some life changing. How we approach things says a lot about us, but it also says a lot about what we are trying to achieve in life. Are we risk takers, strategists, or those that hide in the back of the classroom?

How do we react in situations? Some of us might be the type that take charge immediately even if we do not know what we are doing. Some of us might be the ones that work on the sidelines and let others lead, but we help that leader by making them see the right path to take. Some of us are happy to simply do what we can while others do the planning and leading.

But it is time to be brave. It is time to leave the safety of the shadows. It is time to stick a foot out and venture forth. Why? Because we are needed.

And old Chinese curse (or blessing, take your pick) says, "May you live in interesting times." And right now, we have those. There is darkness, a lot of it. But there is also light washing away what bits of darkness that it can. And we need to be a part of that.

Leaving the safety of the shadows does not mean that one should be setting themselves up for failure, or taking big risks. It simply means that we need to reach out, a little at a time. To a healer, it is that move that offers to help. It is the impetus that makes us reach out to someone, to heal, to comfort, to listen. But this is not just true for healers. If you see someone in need and you feel driven to do something, then you should offer to help. Now, you may get rejected and told no, but you may also be allowed to do something for someone. And that helps them better what ever they are going through. But it makes you feel better as well. It makes them happy. It makes you happy. And it shows you can step into the light.

It takes courage to offer to help someone, or to do something nice. That is where being brave comes in. If you feel drawn toward doing something strongly enough, then you probably should do it. Otherwise you will probably be beating yourself up over it for some time to come. Be brave. Reach out a hand, and make an offer. See if you can help.

We may be safe in the shadows, in our safe space, in the harbor. But we were meant to sail. Sail on, and while you do, spread that light you have inside you to push back the darkness.

Piano Keys **by Monique Bailey**

When you think of a piano and the keys, the apparent comes to mind in the characteristics of them being black and white. Behind the scenes of the piano, a hammer strikes a wire, with a certain force. While striking that key, the connected hammer then stimulates a wire to vibrate and create an interpretation of sound, the amount of force making it loud or soft. All the parts of the piano must work together to create harmony, without any one of the components the music would be incomplete. This awareness is universal.

Collectively as human beings we are the same. Somewhere along the line we divided ourselves into categories, races, and countries. We built fences and created hate. Was it out of boredom? Was it for power? What do we truly have control over by accomplishing these standards?

Our minds have developed opinions that encourage us to express ourselves to be diverse. That diversity creates curiosity about the other cultures. However, in that same instance we are able to form another opinion; that very difference can become "we don't like or support that idea." What if, we had a compartment in our brain that says, "Okay, they are different than me and that's okay. They are allowed, and they can represent themselves that way, and I will do the same for me." to just allow the difference to be accepted?

When I was in college, I took a writing class and for this particular assignment we were given a topic to research and write a debate paper. The following day we would give a speech on that said topic. I wrote my paper and prepared for my speech. Only to be told at the time of presentation, that we had to debate the opposing side of our paper. What!?! The teacher wanted to 1) ensure that we did our research and 2) make sure we respected the topic from both sides. It was a very eye-opening experience for me and I have applied it to many of lives instances. The missing link in this world is that we don't see the perception from both sides. We don't take the time to understand the other point of view.

Most of us are aware of M.C. Escher and his work. In his pictures, one person sees a fish, and another sees a duck, but collectively it is all art. Just because two people see two different images does not change the piece itself. It is still complete with its differences. There is no right or wrong in the perception of what one person sees.

A quote from Katie Melua's song 'Spider Web' goes, "The piano keys are black and white, but they sound like a million colors in your mind."

These are just a couple examples of bringing ideas together. Trying to understand the big picture of unity. We choose to react in a manner that does not support humanity. We are capable of changing those ideas to create a more harmonious world. Just as the differences in the piano pieces come together to make harmonies, we can do the same on a level of humanity. How will you choose to embrace the differences and completeness of others?

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.

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

- August 11 (Saturday) 10am - 5pm **Confirmed**
- September 8 (Saturday) 10am - 5pm
- October 13 (Saturday) 10am - 5pm
- November 10 (Saturday) 10am - 5pm

Reiki 2

- October 27 (Saturday) 10am - 5pm **Confirmed**

Reiki 3

- August 25 (Saturday) 10am - 5pm **Confirmed**
- November 17 (Saturday) 10am - 5pm

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

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

Advanced Body Mechanics and Techniques

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

- September 7 (Saturday) 9am - 5pm, and September 8 (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)

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 Myofascial Release

The Myofascial Release (MFR) is a style of massage / physical therapy that takes a whole body "hands-on" approach to the evaluation and treatment of the human structure. The goal is to help return the body's capacity to adapt, by restoring three-dimensional balance. What this means is that it works on realigning the body to its proper shape through manipulation of connective tissue (fascia).

Every part in the body is connected by fascia. The organs don't just hang there in open space. There is connective tissue surrounding everything holding them in place. Throughout life, one's body takes a lot of punishment, or trauma. We fall down. We get in accidents. We have surgery. All these things affect the fascia. You see, the fascia is normally a nice, soft, rubbery substance that gives when we move. But through trauma, this pliable substance can become hard and constricting. When this happens, the body's alignment changes. We feel pain, and a host of other problems crop up. (A good example of constricted fascia is carpal tunnel syndrome. This is where the fascia in the wrist becomes hard and painful. The normal response is to have surgery which cuts out the constricted fascia, but it also leaves scar tissue which later causes more constricted fascia.)

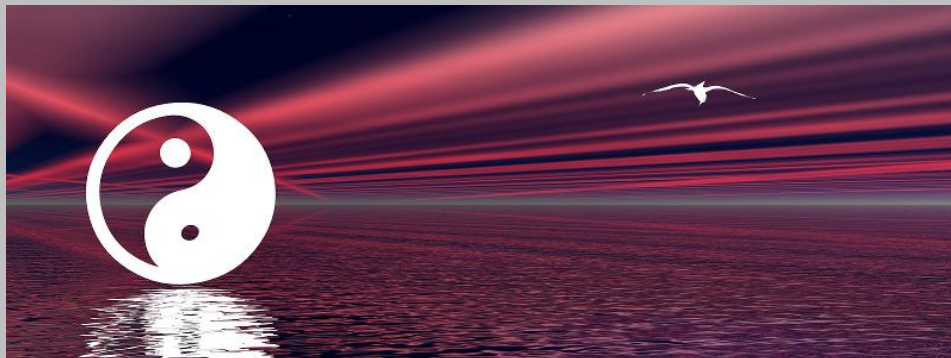
Most people suffer from alignment issues. Have a friend take off their shoes and then stand facing you on a level surface. Take a good look at them. Is one shoulder higher than the other? Are their feet pointed straight or to the sides? Does one turn out more than the other? These are all signs of alignment problems that MFR might help. Many people have been diagnosed as having one leg longer than the other. In most cases, that is not true. It is simply an alignment issue.

[read more](#)



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.



Caring Palms Promise

At Caring Palms, we pledge to do the best work we can at every session. We not only do this to continue to earn your business, but because we believe that you deserve the best care possible every time you are here. This is true whether it is massage, or energy work, or classes. This is our promise. This is what we will continue to do.

Forward This Newsletter

Did you know that Caring Palms offers a Referral Bonus? Forward this newsletter to people you know, and if they come in for a session and give your name, you will get \$5 off your next purchase. And the beauty of this is that it is cumulative. If two people come in, you get \$10 off your next purchase, three people, \$15 off, and so forth. So if you know people that could benefit from any of the services we offer (and everyone can), forward this newsletter to them. If they come in, you will benefit as well.

Can We Answer Your Questions?

You have Questions? Maybe we have answers. Each month, we write articles on a variety of subjects. Is there something that you would like to see us write about? Do you have questions that you'd like answered? Do you have questions on massage? On Reiki? On energy work in general? Submit your questions or requests to Brian@CaringPalms.com, we will try to see if we can answer them for you.

Connect with us



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

STAY CONNECTED



