



Caring Palms Massage and Reiki Newsletter July 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.

We have made a couple menu changes to the website. We had one tab that had lots of things, so we separated it out a bit. There is now a Prices, More Classes/Svcs tab where you can find Session Pricing, Gift Certificates, Other Classes, Energy Services, and Mediumship Readings. The Gifts tab then has Gift Certificates, Crystals, and Jewelry for sale. And we have added a T-Shirts tab which is a quick way to see all the shirts we offer.

I hope you enjoy what we have here.

Closed for Independence Day

The Caring Palms Studio will be closed Wednesday, July 4th for the Independence Day holiday. The studio will reopen, Thursday, July 5th at the normal hours.

We hope everyone has a good and safe holiday.



Reiki Share at Caring Palms (*Different Week This Month*)

Typically, our Reiki shares are held on the first Tuesday of each month. This month we are moving it to the second Tuesday so that it does not interfere with anyone's plans for the holiday. This month we will be having the share on **Tuesday, July 10th**.

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, July 10th from 7pm to 9pm.

Please let us know if you will be coming.

Brian Going Out of Town

Brian will be unavailable Friday and Saturday June 29 and 30 as he will be going out of town to a Master Mediumship workshop given by Eamonn Downey. Brian is looking to improve his abilities to do readings, trance work, and trance healings as well as make improvements into his white light sessions and classes.

Because of this Caring Palms will open at 12:00 noon on Friday, June 29, but return to the regular hours on Saturday.

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.

Caring Palms Finishes New Treatment Room

Caring Palms would like to announce that its third treatment room is finished and ready for use. To that end, we are looking for a talented therapist to join our staff (see previous article). Below are the pictures to let you see our new relaxing setting.



\$10 off any Session with Cheryl

Cheryl Thacker is one of Caring Palms' experienced massage therapists and has a style all her own. Although she does Swedish, Deep Tissue, and Reiki, her premier style is the Freeform. She has a special way about her that allows her to give the session that each person needs. She goes in, puts her hands on someone and immediately knows what that particular person needs, and then delivers what helps them the most.

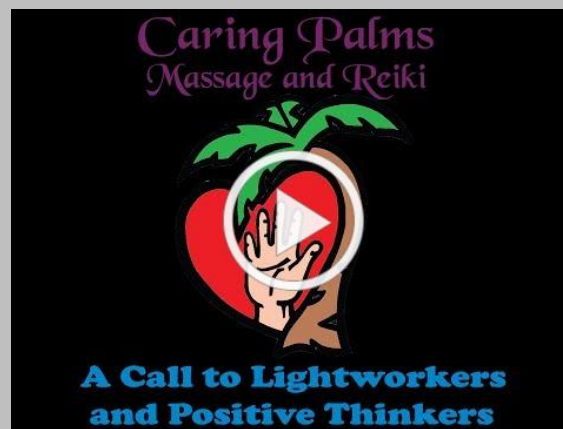
Cheryl is a graduate of the Coastal School of Massage and has over 20 years of massage experience. This month, we wanted to highlight her so people can come see what special magic she can do to make someone feel relaxed, or help them when they hurt.

Receive a massage or Reiki session from Cheryl, and get \$10 off.

Inspirational Video of the Month

This month, we added four new Videos to the collection. Please check them out.

This month's featured video: A Call to Lightworkers and Positive Thinkers



Student Demonstration of Mediumship a Success

This past Saturday, Brian took part in a demonstration of mediumship with teacher Marilyn Jenquin of the International Foundation for Spiritual Knowledge. It was a small crowd of 25 that watched the five student mediums (including Brian). They each stood, connected to people on the other side, and connected them with people in the audience. Then messages were given.

After each worked singly, they paired up (two people connecting to one spirit) to connect them to and give messages to people watching.

It was a great success. The next demonstration will probably be sometime in January. Watch this newsletter and the Caring Palms and IFSK Facebook pages for details.

Group Past Life Regression

Saturday, July 7, 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.

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

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.

To see all shirts we sell, go here [here](#).





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). 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.

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.

One Foot by Monique Bailey

We are all walking around with blindfolds on. None of us know what is going to happen next. We put one foot in front of the other and hope for the best. What happens when we cannot feel the progression of life? The enhancement of balance has disappeared, and that one step in front of the other seems strenuous. How do we get out of the stuck feeling?

Let me tell you moving forward happens whether you are ready or not. It happens when you have the blindfold on and want to ignore all that is around you. As well as when you are fully awake and in sprint mode. The point is you may feel stuck but that is not the case, it is just an illusion. All the things around you are working to propel you in the direction that you need to be in.

Sometimes the unbalance helps us to know that we are evolving and need something else to support our growth. Maybe that stuck feeling is the last stage of preparing yourself for the next journey. What a freeing feeling into the unknown and yet knowing that it will all work out. Maybe that stuck feeling is a needed pause before the next transition. If you don't experience "being stuck" then how do you feel the progression or understand the balance of Life?

At any rate, the stuck feeling is necessary! As we evolve our needs change, our experiences change, our perception of what we need changes.

Focusing on "knowing that it will all work out" and rising above to allow what needs to happen, happen. Just getting out of the way will allow the space to put that one foot in front of the other.

Stepping Out... Into the Light by Brian Dean

As Monique mentioned in her article, we all feel stuck... stuck in a job, stuck in a routine, stuck in our energies. And we need to move forward. We need to get unstuck. And it always seems that when we are never going to get somewhere, we have a giant leap forward. And that is the way of things.

But what precipitates this leap? What can we do to prepare for it? What can we do to make it happen sooner? The answer... believe that we can.

I have had many times in my life and in my learning that I felt like I was not progressing. I felt like I was just doing the same thing over and over again. I would ask if I was ever going to make that next breakthrough. But then the realization came that I needed to believe that I could. Once I started doing that, I experienced that moment where I felt like I was shot out of a canon. I bounded forward and landed lightly upon the earth with new tools and insights to explore and use as I felt they were needed.

By believing, I cleared the path for that next step which eventually cleared what was blocking me. Ninety percent of everything we do depends on the belief that we can, even if we have our doubts going in. Somewhere in our minds we have that inkling of a feeling that it is possible, and that turns into belief, which makes it all happen.

Athletes have to believe they can accomplish their goals, or they would not try. Why go into something believing that you will fail? That alone makes you fail. Then you fall into the darkness of failure. But by being positive, even when there are problems and setbacks, can help you weather the storm and move ahead. By being positive (even if it is just the smallest shred of belief), can give you the ability to accomplish your goals. And by being positive brings you out of the darkness and into the light. You glow with the belief that "I Can".

So wrap yourself into the belief that all things are possible. Glow with that positive attitude. And let that light shine ahead of you as you make that next step into the unknown.

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

- July 14 (Saturday) 10am - 5pm **Confirmed**
- August 11 (Saturday) 10am - 5pm
- September 8 (Saturday) 10am - 5pm
- October 13 (Saturday) 10am - 5pm
- November 10 (Saturday) 10am - 5pm

Reiki 2

- July 23 (Saturday) 10am - 5pm
- October 27 (Saturday) 10am - 5pm

Reiki 3

- August 25 (Saturday) 10am - 5pm
- 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.)

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)

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 Freeform Massage

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.

[read more](#)

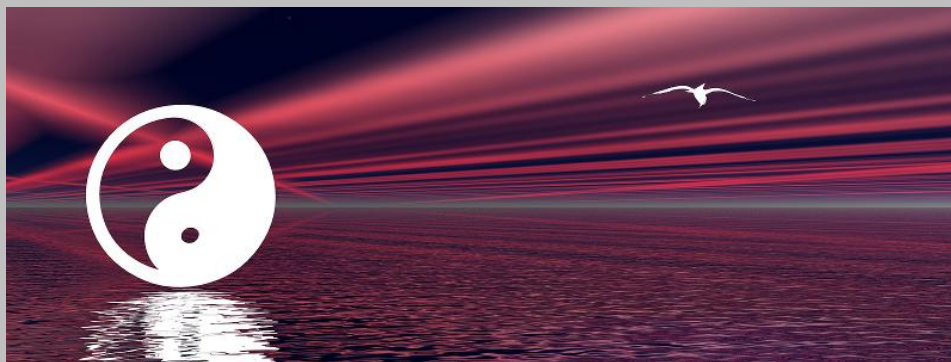


[Freeform Massage](#)

(Click on picture or description 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 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



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www.CaringPalms.com

STAY CONNECTED

