



Caring Palms Massage and Reiki Newsletter June 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.

Special Note: The Reiki 2 class originally scheduled for May 26th has been moved to June 2nd.

I hope you enjoy what we have here.

Thank You Dad

For Father's Day, Caring Palms is running two specials.

First, we are giving \$15 off all gift certificates sold between June 1st and Father's Day, June 17th.

Second, any Dad coming in for a massage or Reiki session (1-hour or longer) on Father's Day weekend (May 16th and 17th) will receive \$15 off of their session cost. Just identify yourself as a Dad when you check in.



Caring Palms will have two therapists on duty Saturday, June 16th to be more available.

Caring Palms Closed Memorial Day

Caring Palms will be closed Memorial Day, Monday, May 28th and Tuesday, May 29th. Caring Palms will reopen Wednesday, May 30th with a full staff.

Caring Palms will be open the weekend before the holiday, Saturday and Sunday May 26th and 27th with Monique working sessions.

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.

June Special

\$10 off Deep Tissue Massage

One of the most requested styles of massage is Deep Tissue. It almost seems that everyone wants very deep work on their muscles, but that is not what they want at all. Most people just want to feel their massage. The best place to start is to define Deep Tissue massage.

When muscles become very tight and stiff, they need lots of pressure to get them to loosen up and stretch. Deep Tissue is that added pressure that gets way down into the belly of the muscle to get it to relax. Many times this can be painful depending on how deep the therapist goes, but all too often, that is what is required for someone to feel better.

Receive a 1-hour (or longer) Deep Tissue Massage from any of our staff, and get \$10 off.

This special can not be combined with the Father's Day special.

Some Quotes

I need to believe that something extraordinary is possible – movie quote

It's not about fighting the people you hate, it's about saving the people you love. - Rose, The Last Jedi

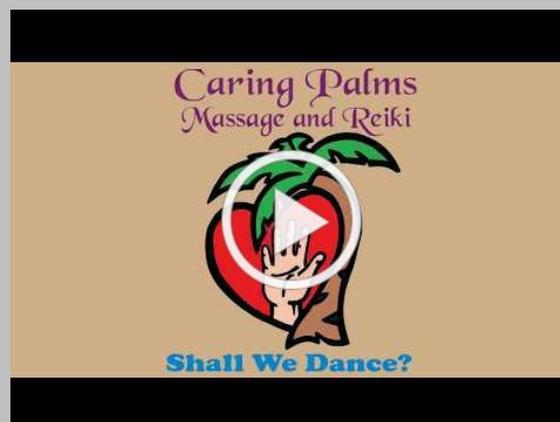
You can't solve a problem on the same level it was created. You have to rise above it to the next level. – Albert Einstein

Fate whispers to the warrior, "You can not withstand the storm."
The warrior whispers back, "I am the storm."

We're all stories in the end. Just make it a good one. – Doctor Who

Inspirational Video of the Month

Shall We Dance?



Student Demonstration of Mediumship

The International Foundation for Spiritual Knowledge will be hosting a Student Demonstration of Mediumship at the Unity Church on Atlantic Blvd. These demonstrations are to help prepare our budding Student Mediums for their role as future professional Mediums.

Not everyone may receive a message from Spirit Loved ones but the students will give as many messages as time allows.

Invite your friends and family in supporting our future professional Mediums.

Brian will be one of the participating mediums.

Student Demonstration of Mediumship

June 23, 2018, 1:00pm - 3:00pm

Unity Church, 1079 Atlantic Blvd., Suites 1 & 2, Atlantic Beach 32233

This event is free, but donations are welcome to offset the rental of the room

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: May 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.

The Glass by Brian Dean

I know we've all had this question before... Is the glass half full, or half empty? And the joke answer is always, "Who cares? It just needs more beer in it." But we all know the test of this is to see if one is optimistic, or pessimistic. Does one look at things and believe they will get better? Or does one think they will get worse? Of course the wrench into this mechanism of thought is that it will get worse before it gets better.

But what is our general outlook? What is our overall feeling? This is what truly drives our mood, our hope, our general well-being. Yes. Our well-being. Didn't see that one coming, did you?

Our well-being, our wellness depends on a lot of things. And there are a lot of things that factor into it. How much we exercise. What we eat, and how much of it we do. Whether we are in pain or not. Whether we are ill or not. But more importantly our mental outlook. You see, how we look at everything is as important as everything else, in fact, more so.

So many people suffer from depression. Others are just unhappy with life. Too many see no end to the problems in the country and in the world. Most are just trying to make do, and I believe that is where most of us fall. We are scraping by day by day to survive.

Now, I'm not saying that there are not reasons to be depressed. I'm just saying that how we manage

our attitude, our outlook, is what is going to keep us going, and keep us forging ahead. Sometimes, we need to look at things and say, "Well, it can't get any worse.", or "It can only get better." And even though when we reach that depth where things can't get worse, we are pulling ourselves up and out of the hole.

I used to worry about everything. But then I realized that life was nothing but a journey. Sometimes, it was a peaceful path through the woods, other times, it was a thrill ride, and other times it was a walk through quicksand. But I kept walking. Sometimes I would stop and smell the roses. Sometimes I would hold my nose climbing out of the dung heap. I kept putting one foot in front of the other because if I didn't, I would simply give up and succumb to whatever fate wanted to take me at the time.

And yes, I felt like giving up. I even told myself on countless occasions that I was giving up, and wasn't going to try anymore because it was all pointless. But something said try again. That doesn't mean that I simply did the same thing hoping for a different result (because that is the definition of insanity). I changed. I learned. I came up with different approaches, different paths. I started over. I reinvented the whole of the being that I considered "me".

In that process, I let go of a lot of baggage. I learned a new outlook on life and other things. I changed what I do to something more rewarding. Most don't know it, but I used to be a computer programmer. Where before I was solving problems with computer code, I am now solving problems with people, and getting much better feedback.

My thought processes and attitude have changed. Where before, I got angry a lot, now, I don't get angry very often. Oh, it happens, but my responses have changed, and I have tools (created through meditation) that allow me to calm down. I remember dropping a folder of papers and watching them go all over the place. I started laughing. Someone watching me asked why I was laughing. They thought it was a stupid response. What would they have me do... get mad and throw things all over the place? Better to laugh and enjoy the moment.

So part of the key is to look at things differently. To not take them so seriously, even if they are serious. I'm not saying to belittle them. Give each issue the respect and time it needs, but don't let it drag you into the abyss. Stay on top. As we have all heard, you can not fix a problem at the same level that it was created. You need to rise above it to get a better view, and a clearer outlook. And more importantly, add hope.

So going back to the original question... is the glass half empty or half full. Who cares. It needs to be filled up. The question is how you approach filling it, and what you are going to fill it with.

Random Meanderings by Brian Dean

We live life. We rock. We roll.
We ride in the fast lane. We get stuck in traffic.
We take out the trash. We plant flowers.
We have our ups and our downs, our ins and our outs.
We think at the speed of light and move at the speed of molasses.
We reinvent.
We make anew.
We try the path less taken.
We live. We die. And we live and we die.
Wax on, wax off.
We learn so many things.
And bundle them into the cosmic "us".
We jump ahead and fall heavy.
We spring forward and gently alight upon the earth.
We change. We add and subtract.
We step forward and step back. Then we step forward again.
We dance. We fly. We flit from moment to moment.
Life is a dance, but one moment it is a waltz, the next, the Twist.
And there's always the Tango.
We are constantly moving, constantly changing.
Growing. Fermenting. Reaching new heights. Touching the stars.
We create a recipe, a formula...
Take three eggs, one cup of flour, a pinch of salt, add peace, harmony, and joy.
Then step back and taste. Modify as needed.
This is us... everchanging.

My Favorite Thing by Brian Dean

A friend posted on Facebook asking people to post what their favorite thing is, what do they like to do most, what gives them the most happiness. Many stated things that reading, walking, sitting by the beach. Some liked taking baths, sailing, going to concerts, dancing, gardening. Each has something that calls them and makes them feel good or whole. My response... helping others heal, teaching.

We all have something that feeds our souls. And while I like many of the other things mentioned, doing the work I do is what truly feeds my soul. It is a passion that I was drawn to, a passion that I give my all for. I so enjoy seeing someone that was in pain able to move freely, normally. I also enjoy introducing new concepts to people and seeing where they run with them.

This is my passion. This is why I do what I do. What is yours?

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 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, June 5th from 7pm to 9pm.

Please let us know if you will be coming.

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

- June 9 (Saturday) 10am - 5pm **Confirmed**
- 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

- June 2 (Saturday), 10am - 5pm **Confirmed (This is a new date)**
- July 23 (Saturday) 10am - 5pm
- October 27 (Saturday) 10am - 5pm

Reiki 3

- June 16 (Saturday) 10am - 5pm
- 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.)

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)

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 Deep Tissue Massage

One of the most requested styles of massage is Deep Tissue. It almost seems that everyone wants very deep work on their muscles, but that is not what they want at all. Most people just want to feel their massage. The best place to start is to define Deep Tissue massage.

When muscles become very tight and stiff, they need lots of pressure to get them to loosen up and stretch. Deep Tissue is that added pressure that gets way down into the belly of the muscle to get it to relax. Many times this can be painful depending on how deep the therapist goes, but all too often, that is what is required for someone to feel better.

So the key is that Deep Tissue is not a style in its own, but added pressure into many regular styles like Swedish. With most styles, the pressure can be varied to fit the comfort of the client. When the pressure goes to a certain depth, and problem areas are worked on, this becomes Deep Tissue work.

[Read more](#)

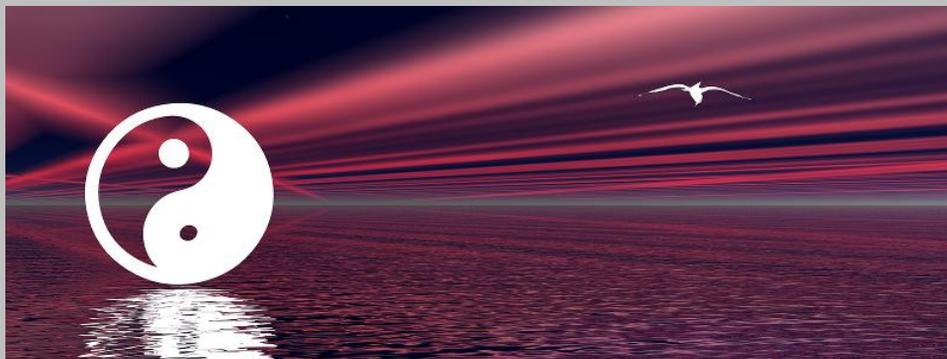


[Deep Tissue Massage](#)

(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



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

STAY CONNECTED

