



Caring Palms Massage and Reiki Newsletter October 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.

Halloween

The Caring Palms Studio will be closing at 4:00pm Wednesday, October 31st so that we can get home and prepare for the monsters. We hope you and yours have a safe evening whether you trick-or-treat, walk through cemeteries, talk with spirits, go to church or other events, or simply hide out in the house.



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, October 2nd from 7pm to 9pm.

Please let us know if you will be coming.

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.

October Special

\$10 off any Reiki Session from Any Therapist

Reiki is positive energy brought in from the universe by someone who knows how to tap into it for the purpose of healing. Every problem in your body has negative energy associated with it. The positive energy of the Reiki hopefully overcomes the negative energy, healing the problems.

Reiki is not massage, but a warm, gentle, relaxing method of healing. It is the laying on of hands. Energy is transferred through the practitioner and into the subject, and then goes where it is needed most. Reiki energy goes through clothes, so a person can remain dressed the entire time (unless combining it with massage).

Receive a Reiki Session from Any Caring Palms Therapists, and get \$10 off.

New Crystals and Jewelry

Caring Palms has restocked their shelves of crystals thanks to a trip Brian made to Gainesville a few weeks ago. We have MANY new things, most of which will not fit in the display cases. We have added lots of interesting types of stones along with figures (like hearts, obelisks) as well as figures (such as angels, animals, skulls).

We have also added new hand-crafted jewelry made by Shirley Dean. There are new pendants and earrings as well as wrapped crystals on chains and separately as fobs.

Come by and see what we have.



Inspirational Video of the Month

We periodically add new videos to the collection as we make them. These are made to give you new ideas, and possibly something new to think about. Many of them are of previously written articles, but

they given live, not just a reading of what has been written. Please check them out.

This month's featured video: [The Glass](#)



Ascension Theory Workshop Ascension Theory: Working with Spirit Energies and Using Them in This Life Dancing With The Universe

Saturday, October 20, 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: December 1, 2018

Group Past Life Regression

Saturday, November 24, 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.

Next Group Past Life Regression Workshop: January 26, 2019

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 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.

Dancing With The Universe

by Brian Dean

A while ago, I talked about the dance of a healing session in an article called "[Shall We Dance?](#)". And while everything can be healing, let's see if we can expand on the concept for a bit.

Momentum, energy, ebb, flow. These all work together to make movement, movement alone, but also movement in conjunction with other things. In fact, everything is moving all of the time. Our planet is moving around the sun. It is also rotating, spinning as it makes its journey. Which in turn means that we also are moving, even when we think we are not.

Through all this movement, everything interacts. The earth streaks through the sky pulling at the gravity of the sun. It is not a perfect balance as the earth is winning. Its distance away from the sun increases a few inches every year. The same is true for the planets and solar systems, and galaxies in our ever expanding universe.

But while things interact on a very large scale, they also interact on a small scale, the scale that we inhabit. We interact as well with things around us through our movements, our energies, our emotions. We swing, we sway. We move in conjunction and in opposition with other people, other energies. Sometimes we swirl in the frenzy of the moment. Other times we collide into others and go careening off into a crash. The trick is to see the patterns, see the energies, so we dance around the hard spots.

When we feel like the world is spinning around us, it probably is. We are not in tune with the movement of energy. We feel like we are a speed bump that everything is hitting. What we need to do is become aware of the movement, the speed, the directions of everything. This way, we can start to blend, to avoid, to get out of the way, and then to match so we fit in.

The Japanese martial art Aikido teaches this. When an attack comes in, instead of blocking as in other martial arts, the master will get out of the way. Then they will blend their movement so that they match the other person, so they merge into their flow and energies. This allows them to take control of the movement and redirect the other person. It is the perfect blending scenario. As one movie had it, there was a pilot about to take his unarmed ship through a frenzy of other ships fighting. He said, "I am a leaf on the wind. Watch me soar."

We can do this in life. Sometimes we will give as we move through the chaos, adding what is needed to help ourselves and others. Sometimes we back away and allow others to have their moment

whether they are someone explaining something to others or the boss exerting his/her will.

Sometimes we need to be the block, the force moving in the other direction to change the flow of energies, to take the less popular, but right path. It is hard at first, but gets easier as others see the rightness of what we are doing, and start blending their energies with ours. Then we turn the tide and create a new movement.

The better we pay attention, the better we move through the current, blending where we need to, moving around where we need to, changing the flow where we have to. We give in to the movement of the universe, and eventually, the universe gives in to the movement of us. This way, we become one. Enjoy the dance.

Measure of a Man (or Person) by Brian Dean

How does one measure one's self? What makes one successful? Is it money, fame? How will we be remembered? Will it be that kind person that all will miss, or that SOB that everyone is now glad they are gone? I guess the real question is... what marks have we left behind?

We all ponder our significance, and in comparison to the universe, we are tiny. In comparison to the planet, we are tiny. Sometimes in comparison to our surroundings, we seem very small indeed. But what affect do we really have on others?

Some may measure themselves by their standing in the community, others by their office. But the measure of a person is really how many people they touch and how much better those people are, even for just a moment. And sometimes a moment is all that matters. Did you make someone smile or laugh today?

There was something I read about pondering our insignificance. And it said that no matter how insignificant you feel, you have affected people, and you truly don't know how much. Who thought of you while drinking their coffee this morning? Or who remembered something about you when hearing a certain song on the radio? Or did someone chuckle when they remembered a joke you told. And did they pass that on to others? Or do they feel better about themselves because you gave them a compliment?

As a healer, I know that I affect many people. Their attitude changes as they are removed from pain. They are calmer now that certain stresses are made to look less significant. I do the same thing as a teacher. I help people see other possibilities than they have been taught through normal schooling or "normal" life. I open them to new thought processes, new ways to look at things. I do the same thing with articles like this. Hopefully, I give people something new to think about. In these ways, I make changes in others, I affect them in what I hope are positive ways. And this is a measure of success, helping people, one little bit at a time.

But the same can be done by simple things, like smiling at the cashier when buying something. Maybe they have been having a busy day, and for that brief moment, you told them that they were appreciated. Maybe that positive energy you passed them only travels through to the next customer or two. But they were affected, and there was a change.

We are a society of people that tend to keep to themselves. We spend our time with our heads down, maybe looking at our phones. It takes effort to reach out and make eye contact, or give a knowing look, maybe offer a smile. That leaves marks on people, and passes positive energy. In this way, you can change someone, maybe not in the way that a teacher or healer can, but you do affect change. And in doing that, you improve their life, even if it is for a short period of time.

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

- October 13 (Saturday) 10am - 5pm **Confirmed**
- November 10 (Saturday) 10am - 5pm **Confirmed**

Reiki 2

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

Reiki 3

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

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:

- To Be Determined - Look for next year's schedule shortly

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.

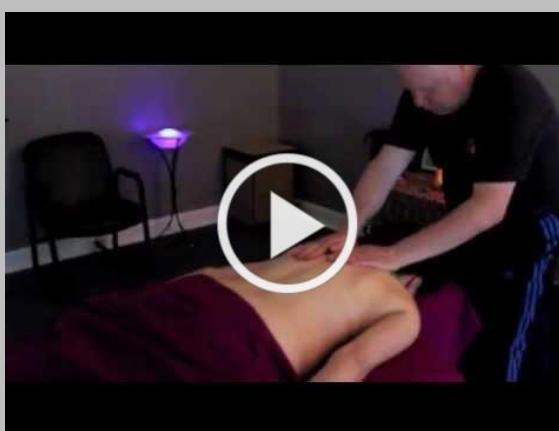
Modality of the Month Swedish Massage

Although exotic sounding, Swedish massage is the most common type of massage performed. Developed by Pehr Henrick 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 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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