



## Caring Palms Healing Arts Newsletter April 2019

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

I hope you enjoy what we have compiled here.

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### Caring Palms Closed Easter

Caring Palms will be closed Easter Sunday, April 21<sup>st</sup>. We hope everyone enjoys the day no matter what their faith.



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### April Special

#### **\$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 (1-hour or longer) or Reiki session from Cheryl, and get \$10 off.**

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### Words From Spirit

Love is the answer. It is also the question. When you work with love, you raise your vibration, but you also raise others'. Whatever you do, focus on something you love. That spreads the raised vibration

through whatever you are doing. Spread your vibration through everything you do. Stay at the high vibration, and bring everyone to your level. Spirit loves you, and loves you more when you work with them, and their purpose. Feel that love. Keep some for you, but pass it on to others.

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## 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, April 2<sup>nd</sup> from 7pm to 9pm.**

Please let us know if you will be coming.

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## 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@caringspalms.com](mailto:brian@caringspalms.com), or call 904-246-2206.

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## 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 are given live, not just a reading of what has been written. Also, we just added four new videos. Please check them out.

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



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

**Saturday, April 20, 2019**

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.

Ascension 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. *One could consider these workshops as an introduction to White Light.* 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 one 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 be 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 lecture (on whatever the monthly topic is), a meditation, an exercise with White Light, 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.**

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## Group Past Life Regression

**Saturday, May 18, 2019**

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: May 18**

Laura is also working on new workshops for the future. Keep watching on the website and her site for announcements.

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## 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.

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## **Mirror, Mirror On The Wall** **by Monique Bailey**

Looking in the mirror is something we all do daily. We are checking in with our outer appearance to what others see. We are approving of our perception of how we present ourselves to the world. We are feeding our ego for the positive and perhaps a little negative too. How often do we look at that mirror and say I approve of myself? Do we tell ourselves, "I like who I am as a person" not just for the visual understanding but as a soul reflection? Do we ask ourselves how to improve on what we put out, not just on a superficial level but as a soul being?

It is important to build that positive foundation with ourselves to nourish our souls to be the best version of ourselves. Tell yourself you are loved exactly as you are. Tell yourself you are enough. You are your purpose. Tell yourself you are beautiful in every way because you are. When we put this energy into ourselves that is what will be reflected. We will elude beauty and love and peace and ultimately how we treat others. When we reflect this image, it will be recognized by those of the same. It starts with yourself, you have to be what you want.

We come across all walks of life and find adversity in other people's perceptions of the world but also as themselves. We see others in our minds, not how they perceive themselves. In a world of diversity, we can be anything we want to be. So, with that power of being anything you want to be, how is it that some people misuse their potential? Why can't we all be positive and have the same concepts of what life is about? Why is it good versus evil? Why does the evil fight so hard to be right?

We choose to treat others differently based on divisions of self, things that perhaps we have not accepted internally. Matters of how our soul needs to grow in understanding, it is all a learning process for our soul. Our souls' journey is to have every type of experience in order to find balance. Challenge yourself by seeing the other reflection for what that soul wants you to see. Be open to the ideas that not just your perception is the only insight. This is how we grow and learn to understand other perceptions and reflections.

Take an extra minute next time you see yourself to actually see what you want to be and so it will be.

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## **Poetry** **by Brian Dean, channeled from Spirit**

*Part of an exercise that we were to do in a mediumship class was to connect to one of our spirit guides and gather information. (Spirit guides are those that have lived on this earth and now exist in spirit, as opposed to angels who are purely spiritual beings. Our guides help us make the right decisions and stay to our path.) Past the information gathering portion, we were to allow our guide to pass on some philosophy from their perspective. The following which is passed on word for word, was what my guide wanted people to know. I felt it was worth putting here.*

Arose by any other name, would still smell as sweet. One might consider that poetry, not just words. But everything is poetry, not just words

The movement of the sun across the sky is just so matching and poetic. The fall of rain from darkened skies cleansing the soiled ground. The movement of all bodies in the universe, as well as all bodies interacting with each other, with nature upon the planet.

Each movement we make has its poeticness about it, how we interact with others, with ourselves, with nature. Everything moves. Everything interacts. Everything has a purpose, and an intention, and a harmony through the interactions of all things. We blend, we bounce, we feel, we hide, we stand tall. We feel strength. We feel failure. This too is balance, and poetry.

Poetry has to balance with the proper interactions of things, how they come together, what they mean, how they grow and progress. You think of them in words, or rhyme where things build to a certain

conclusion, a meaning, a point.

But words are not all that is poetry. Poetry is cause and effect, the interactions coming to conclusions, pushed by meaning, making points, creating growth. That is more poetry than anything you could write down.

Oh you, on the human level only see so far, and with such limited interpretation. Look beyond what you think you see. Allow new perceptions to enter your consciousness, feel beyond what you think your scope of feeling is. Then you open to the mind of the universe. Yes, the universe.

The universe with all its complexities, with all its movement and balances is a blending, and poetic in itself. But then when you look beyond the normal, beyond what you have been taught, and open your mind to things beyond the physical, then you see the integration of all things, the movement of all things going by, interacting as they should. This filters down to your level as words and feelings, and you make the best of it that you can. But know that while you may feel a small thing in this concept, you are an integral part. You blend and make the whole what it is.

And as the rose grows, and blooms, and then withers, so do you, leaving some mark on the landscape of what was your life. And that is poetry indeed.

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## 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.

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## 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.)

You may sign up for any of these through the website, or over the phone with a credit card.

### Reiki 1

- April 13 (Saturday) 10am - 5pm **Confirmed**
- May 11 (Saturday) 10am - 5pm **Confirmed**
- May 15 (Wednesday) 10am - 5pm
- June 8 (Saturday) 10am - 5pm **Confirmed**
- July 13 (Saturday) 10am - 5pm
- July 17 (Wednesday) 10am - 5pm
- August 10 (Saturday) 10am - 5pm
- August 26 (Monday) 10am - 5pm
- August 28 (Wednesday) 10am - 5pm
- September 7 (Saturday) 10am - 5pm
- October 12 (Saturday) 10am - 5pm
- November 9 (Saturday) 10am - 5pm

### Reiki 2

- March 27 (Wednesday) 10am - 5pm
- May 25 (Saturday) 10am - 5pm **Confirmed**
- May 29 (Wednesday) 10am - 5pm
- July 27 (Saturday) 10am - 5pm **Confirmed**
- July 31 (Wednesday) 10am - 5pm

- August 14 (Saturday) 10am - 5pm
- August 27 (Tuesday) 10am - 5pm
- October 26 (Saturday) 10am - 5pm

#### Reiki 3

- April 27 (Saturday) 10am - 5pm **Confirmed**
- June 22 (Saturday) 10am - 5pm
- August 21 (Wednesday) 10am - 5pm
- August 31 (Saturday) 10am - 5pm
- November 23 (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)**

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## 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:

You may sign up for any of these through the website, or over the phone with a credit card.

- June 12 and 13, Wednesday 9:00am - 5:00pm and Thursday 10:00am - 4:00pm
- August 3 and 4, Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm
- October 5 and 6, Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm

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.

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## 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.

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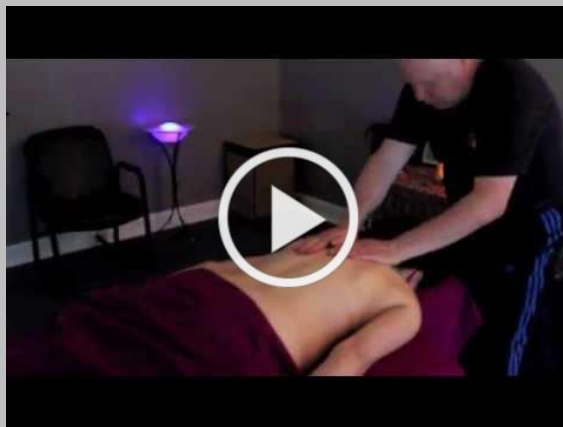
## Modality of the Month Swedish Massage

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)

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## 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.

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## 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.

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## 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.

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## 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](mailto:Brian@CaringPalms.com) we will try to see if we can answer them for you.

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Connect with us



Caring Palms Healing Arts, LLC | (904) 246-2206 | [Brian@CaringPalms.com](mailto:Brian@CaringPalms.com) | [www.CaringPalms.com](http://www.CaringPalms.com)

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