



## Caring Palms Healing Arts Newsletter July 2019

---

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

I hope you enjoy what we have compiled here.

---

### Closed Independence Day

The Caring Palms studio will be closed Thursday, July 4<sup>th</sup> for the Independence Day holiday. Caring Palms will reopen Friday, July 5<sup>th</sup> at the normal hours with sessions available both Friday and Saturday.

We at Caring Palms hopes everyone a safe and happy holiday.



---

### July Special

#### **\$10 Off the Regular Price of Any Reiki Session**

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 the regular price.**

---

### Class Prices Changing

Caring Palms will be renewing their lease at the current location shortly, and currently, we are looking at a large increase in what we have to pay to stay where we are (the number they are talking is an increase of \$500/month). As an immediate offset of that, we have raised the prices on our Reiki classes by \$25. This is not a big increase, but it is necessary, and is still competitive (if not low) in the market. The last time Caring Palms raised prices was in 2013 when we moved into our current studio. The prices in the class schedule below reflect the change.

---

## 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 Thursdays through Saturdays with later expansion to Sundays.

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

---

## New Video Articles

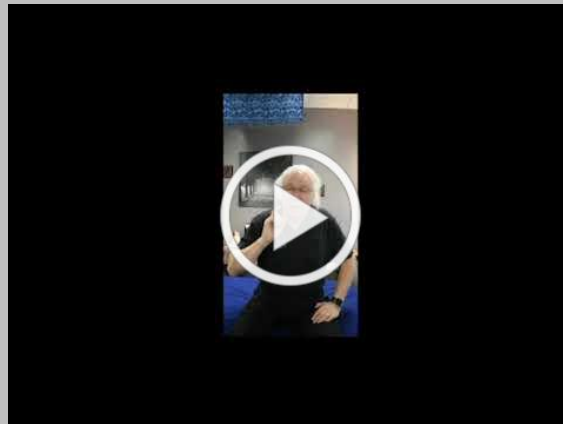
We have recently added four new video articles to the website including one that has not appeared anywhere previously. This is the first time we have been able to record videos since April when Monique had to leave to care for her Mom. Special thanks to Rana for stepping up to do the videos and being the taskmaster (taskmistress?) that she was. You can view all 28 articles on the website [HERE](#), or on the Caring Palms channel on [YouTube](#).

---

## 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: [Growth](#)



---

## Group Past Life Regression

**Saturday, August 17, 2019**

Cost: \$26, You will be able to 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: To Be Determined***

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

---

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

**Topic: Growth**

**Saturday, September 14, 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.**

---

## **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.

---

## Choices by Brian Dean

We all make choices. What should I have for lunch? What do I want to watch tonight? What do I want to do this weekend? We make big choices. What do I want as a career? What car should I buy? We make little choices. What do I want in my coffee? What should I buy at the grocery.

We do this all the time. Sometimes when making little choices, we are actually making big choices, and we are simply not aware of it. And this is no truer than with our health. How many of us put off dealing with problems only to have those problems develop into something worse, something bad enough to make us seek help?

Many of us need to lose weight. We know we need to, say we need to. But what are we doing other than talking about it? In most cases... nothing. We sit down to dinner and as we eat, we make choices. The chicken was really good. I'd really like another piece. Do we need it? No. Do we want it? Yes.

Now, that doesn't seem like much. And it is a small decision. But that small decision affects us in the long run. We overeat, even that one piece, then we don't lose any weight. We don't exercise, or exercise enough. So we go on as we are.

The problem with doing that is what we are doing to our bodies. The strain on our hearts that the extra weight causes, not to mention the pain in our joints, muscle issues, and a whole wealth of other issues could ensue, like diabetes. Eventually, these problems will build up until we are living much less of a life than we could have lived, or shortened the time we have here. So while it seems like we are making a small choice, we are really making a big choice on our long term health, and yes there is that choice there. It does not seem like it, but by not changing, we are making a choice about our future.

Years ago, I was told that I could live to be real old, and the genetics in my family suggests that could be true. I was told that if I did not get myself under control, my later years could be very miserable. I see it now when I move, or try to get up after getting down on the floor. I also see it in my joints, and back. (And I also see that what I write is just as important to me as it is to others.) I remember my father who spent his last years in a wheel chair, getting weaker by the day until he passed at 93. This is not what I want for me.

So we make the choice to change, and in doing so, we give up some things. We change our habits. We eat things that are better for us. We eat less. We create new habits.

The same is true for cancer patients. No matter what type of treatment one chooses (conventional or holistic), many of the same things are true. With cancer, one needs to change their habits. One of the keys is to drastically change their eating habits. One needs to change the alkalinity of their bodies to create a place that cancer does not want to live. That means giving up things like sugar.

So every time someone with cancer makes the small decision that they want to eat what they like instead of things that are better for them, they are making a big, long term choice about their life.

But the bottom line comes down to the fact that we are truly responsible for our own health, our own healing. Too many people go to people like me and say, "Fix me." We do what we can, but the ultimate choice to heal comes to each individual. Are they going to take the pills they were prescribed, or do the exercises that will keep them looser, or change their eating habits? As a healer, we may work magic, but even magic has its limits. Without follow up support, the magic eventually runs out.

And this is true for caregivers as well, if not more so. Caregivers give so much of themselves to the people they care for, clients, family, friends, that they leave little time for selfcare. Eventually, the caregiver breaks down to the point that they can not help anyone.

But one of the hardest parts about being a caregiver is when the people you are caring for will not help themselves, and this is true for the person that does not do the exercises they were given, to the cancer patient that only wants to eat what they like. No matter what you do for them, no matter how much you as a caregiver care, the people you care for will make their own choices, good or bad. And yes, those small choices are actually big choices, and you as a caregiver can not force them to do differently. And here, acceptance is a choice.

So, what choices, small or big, are you going to make today?

---

## Being A Caregiver by Brian Dean

The last article talked a bit about the life of a caregiver. I thought that needed to be expanded a bit, as in some way we are all caregivers.

When I say caregiver, I am talking about a person who cares for another. This other could be patients or clients of a healthcare professional, family members like children, or seniors that need help, friends. A caregiver could be someone that goes to care for another to help them through a difficult time, knowing that they have either special skills, or the willingness to guide someone back to health.

In too many cases, the caregiver is not caring for themselves. They are extending their being to make sure they help those in their care. Unfortunately, we can not live in this world of being extended before we extend too far, and something snaps.

We as caregivers need to allow ourselves to seek the care we need. Visit the chiropractor, get that massage, take a break, even for just a little while. We have to give ourselves the same value of importance that we give others, or we won't be able to help others. So, care for self is crucial. Without it, we stop being the caregiver and become the cared for.

The other thing we need to know is that we can't live someone's life for them. I found this to be true when raising children. We can teach them, guide them, give them all the decision-making tools we can. But when they walk out that front door, we can not go with them. We can not be there telling them what they should be doing. We have to trust that we have taught them all they can and that they make the right decisions. Sometimes they will, sometimes they won't. Then all we can do is hope that they learn the right lessons from their bad decisions.

The same is true when caring for someone. We give the people we care for the tools they need to survive. But we can't make them use them. We can only hope they do, especially in cases where someone's life is hanging on their choices, whether this be a valued friend, client, or family member. We can sell the right thing as much as we can, but we can't force them to buy. We have to accept their choices, and allow them to do what they will, no matter how much we love them, no matter what the outcome.

---

## 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.)

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

### Reiki 1

- July 13 (Saturday) 10am - 5pm **Confirmed**
- July 17 (Wednesday) 10am - 5pm **Confirmed**

- August 10 (Saturday) 10am - 5pm **Confirmed**
- 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

- July 27 (Saturday) 10am - 5pm **Confirmed**
- July 31 (Wednesday) 10am - 5pm **Confirmed**
- August 14 (Saturday) 10am - 5pm **Confirmed**
- August 27 (Tuesday) 10am - 5pm
- October 26 (Saturday) 10am - 5pm

#### Reiki 3

- 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 \$150 no matter what level of Reiki the class is for. A \$75 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:

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

- 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.

---

## 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 Reiki

One Although Reiki is not massage (as the muscles of the body are not manipulated), it is a very relaxing yet powerful method of healing. In the simplest form, Reiki is the laying on of hands. It is guided, positive energy brought in from the universe by someone that knows how to 'tap into' it, and passed into someone in need of healing.

All problems in the body, whether they be illnesses or injuries, are centered around negative energy. Reiki overcomes the negative energies with positive energy, in most cases making the person feel better, and in some cases removing the problem completely. Reiki has been known to reduce and alleviate pain, discomfort, or disease of any kind, and has been used on all major diseases. Reiki is hands-on healing and a nice pleasant experience.

Although channeled into the body's seven major energy centers, chakras (pronounced shock-rahhs), the healing energy of Reiki goes where it is needed most. Reiki works on physical, emotional, and spiritual levels. Sometimes people will bury away problems that they have had in their lives. This is bad as to release problems, they need to be worked out. Sometimes Reiki will attack those problems to try to release them instead of what the client (or therapist) is expecting it to work on. As stated, it goes where it is needed most.

A person receiving a Reiki treatment experiences a nice, warm, pleasant session as the therapist's hands become warm as the energy is passed through them. When the session is over, the client usually feels relaxed, refreshed, and full of energy.

[read more](#)



[Reiki](#)

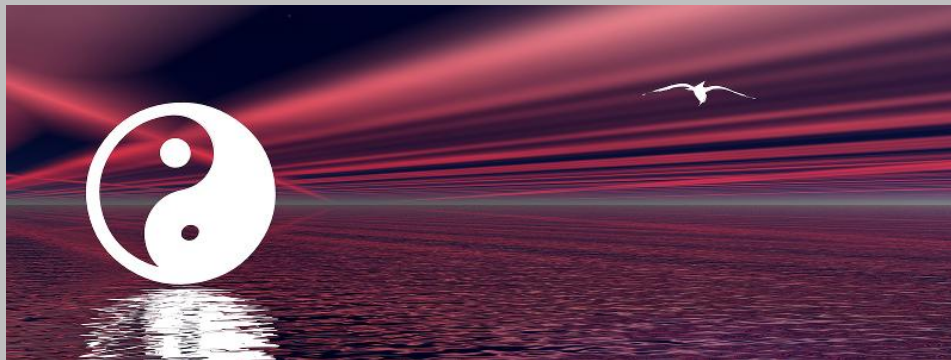
(Click on picture or description to see video)

---

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

---

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)

STAY CONNECTED

