



## Caring Palms Healing Arts Newsletter October 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 an article.

I hope you enjoy what we have compiled here.

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### Closing Early Halloween

The studio will be closing an hour or so earlier on Halloween, October 31<sup>st</sup>. As Brian does a lot of decorations, he wants time to put out the ones that need to go out at the last minute so he can be ready for the monsters.



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### Change is the Constant

Last month, we went through a change of hours, and this month brings about more change. Since Monday is too often a dead day (and is throughout the industry), the studio will be closed both Sunday and Monday. Cheryl's days will change to Wednesdays and Fridays which will hopefully bring her more clients. The plus of this is that there will now be two days each week that we can offer Couples Massages, or book couples at the same time (instead of back to back). Hopefully, we can find another therapist soon, so we can offer more opportunities to see us.

#### New Schedule beginning October 7, 2019

Monday: Closed  
Tuesday: 10am – 5pm, Brian available  
Wednesday: 10am – 5pm, Brian, Cheryl available  
Thursday: 10am – 5pm, Brian available  
Friday: 10am – 5pm, Brian, Cheryl available  
Saturday: 10am – 5pm, Brian available  
Sunday: Closed

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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 Sundays, Mondays, Thursdays, and Saturdays with (Sundays will come after the therapist is capable of showing they can work on their own.)

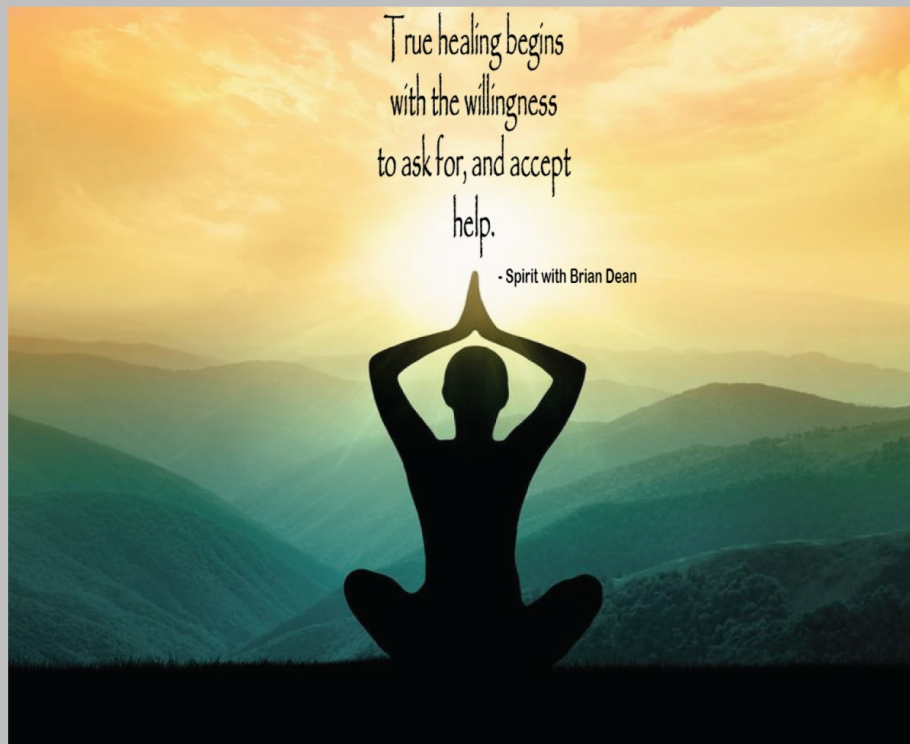
If you, or someone you know would be interested in joining our staff, send resumes to [brian@caringpalms.com](mailto:brian@caringpalms.com), or call 904-246-2206.

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## Class Cancellation

The Advanced Body Mechanics and Techniques class for October 5<sup>th</sup> and 6<sup>th</sup> has been cancelled as no one has signed up by the cancellation date. Look for more scheduled dates next year. The class being cancelled does have one positive point in that it frees up availability October 5<sup>th</sup> for appointments.

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## October Special

**\$10 off the regular price of any Massage or Reiki session (1-hour or longer) 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, because she is now available on a new day***, 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.

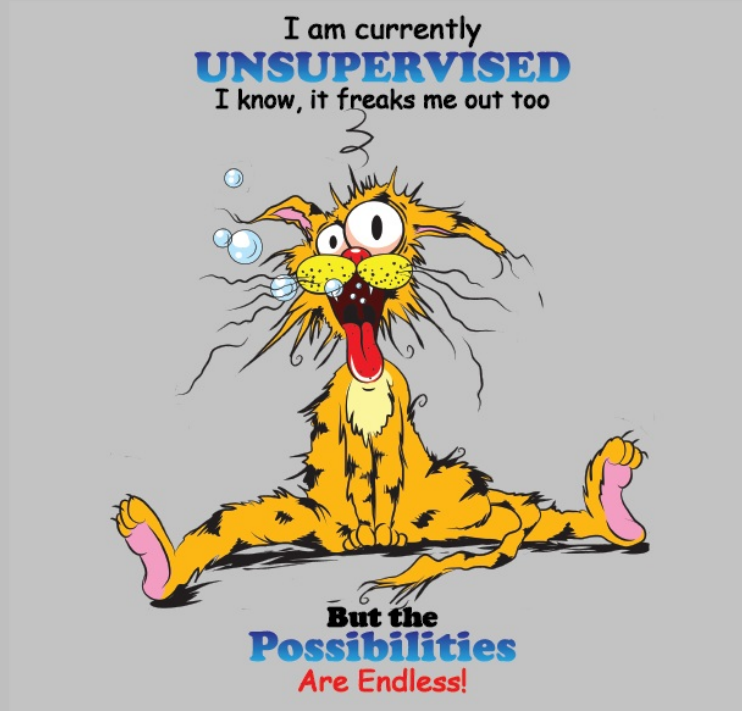
**Receive a massage (1-hour or longer) or Reiki session from Cheryl, and get \$10 off the regular price**

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**[New T-Shirt Designs on the Website](#)**

Caring Palms has been selling t-shirts from the website for sometime now (under the T-Shirts tab on the full site), and now and then we add new designs . Right now is one of those times . We just added a new design under the Humorous T-Shirts option. All shirts are available in many colors in a regular tee style and a V-neck. We hope you enjoy.

Go to T-Shirts page [HERE](#).



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## New Meditations Being Worked On

Brian has been back in the “recording studio” again. Most of the tracks for “Setting Keywords” have been recorded. Right now, things are being pieced together which will then be combined with music. Once that has been done, it will be uploaded to the on-demand printer and then made available for sale. This has been a long time coming as too much time has passed since the creation of our initial meditations. We’re hoping to have this one done in the next month or so.

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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: [Only Human](#)



## Ascension Theory Workshop

In September, we had what will be our last Ascension Theory workshop for this year. The reason we are holding off until next year is because Laura's Manifestation workshop in November leaves us little time for another workshop amid the holidays, and because we are trying to create more availability for sessions on the weekends.

But for the last workshop, we had a small group who asked some very deep questions, and gave some very deep answers to questions I asked. They connected to White Light in and out of a meditation, took part in a lecture on transformation, and received an energy activation as well as a message from spirit.

It was a good time with good people and good energies. We're looking at having more interesting workshops throughout next year. Watch for announcements here, and on the Events page of the website.

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### Manifestation Workshop: A Survey of Various Techniques with Laura Bogen

**Saturday, November 2, 2019**

Cost: \$26, Pay at the door, or register online [HERE](#).

Please join us at Caring Palms for an interesting workshop with a wholly unique take on the concept of Manifestation.

By now, you've heard of manifesting abundance and creating your own reality. It's become quite a popular commodity in the past few years with books such as 'The Secret' hitting the mainstream bookstores. Perhaps you've even tried enacting the 'Law of Attraction' with varying results, usually inconsistent or none at all.

And there is a reason for this.

The issue is that everyone is trying to utilize the same technique even though we are all made up of very different things. Each one of us responds differently to certain circumstances and stimuli. It makes sense that each of us requires a manifesting technique that suits our unique belief systems, vibrations, and goals.

This is where the mainstream media is limited.

During this Manifestation Workshop hosted by QHHT (Quantum Healing Hypnosis Therapy) practitioner Laura Bogen we will touch base on a couple of popular techniques, but spend more time focusing on lesser-known techniques intended to shift your reality by aligning you with the frequency of abundance in a way that suits YOU. We have a variety of techniques to survey because everyone responds differently to different tools and concepts.

All you need is an open mind, an optimistic attitude, and no expectations.

This is an interactive workshop that utilizes tools, intention, visualization, and concepts to broaden your perspectives and understanding of real universal laws that effectively result in change.

Tools will be supplied.

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 workshop on time.

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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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## Only Human (A Lesson in Balance) by Brian Dean

I had a unique experience the other day, one I'm not proud of, but it happened. I had spent a long time in a store looking at bathroom vanities without making a decision as to what we wanted, and I was frustrated. I came out to the parking lot to see that someone had parked their car literally 12 inches from my driver's door. I could not get in. And it wasn't like there weren't any other places around as there were plenty very close by. After more frustration, someone walked up and without a word, got in that car. I lost it, and started yelling at him to learn how to park (and yes, there were a few more words in there).

Now, this is not me, but at that moment, it definitely was. This world is frustrating. There are so many things going wrong that it boggles the mind. We're frustrated with the lack of common courtesy, with the political climate, with the spreading of hatred everywhere, with the fear, with autocorrect (or as I call it, autoNcorrect). And now and then there is that one something that pops the cork and lets all that nastiness out of the bottle (basically opening Pandora's Box). It happens to all of us. It does. No matter how enlightened we think we are, we are still human, and have human moments.

The problem with human moments is that they don't fit in with what we believe we are, or what we want to be. But in a way, they do. Those negative things we let out are very much us. The anger is as much a part of our being as the joy. And while we don't like when we let loose something that we feel isn't us, there are times when we need to let things go.

We meditate to release these pent-up frustrations and fears. We tell ourselves we truly are a good person and that we will better control this again. Yet control is not necessarily the answer. Oh, it may be at that moment, especially if it keeps you from doing something really stupid, but the true answer is acceptance and the channeling of that energy into something else, maybe changing that negative into a positive.

But the few times when these explosions happen, we start wondering if we are truly enlightened, if we are truly a good person. I know I did. With all the positive things I try to teach, and try to be, how can I be a good person and do this?

At my last day job, they considered me the most negative person they knew. Outside of that environment, I was exactly the opposite. A lot of the time, it can be the surroundings that causes a person to be negative or positive. I would be asked if the computer system we developed could do "this" or "that". I would think for a second and tell them "no". They used to refer to me as Doctor No. My boss would tell me that I should tell the user that I would go and think about it and let them know. The problem was that I knew the system well enough that I didn't have to think about it, and what they were asking for was usually more than it could do. So, yes, negative environment, negative attitude. But as long as that negativity is released somehow outside of there, we maintain balance, and that is the important part. By balancing out the negative with the positive, we stay centered and grounded.

Right now, I work in a very positive environment. I enjoy helping others through physical work, coaching, energy work, and just by having a good attitude. I enjoy being that center of positivity, and passing that on to others so they can let go of their problems. So when things happen totally out of the realm of negativity (like someone thinking that common courtesy is beneath them), it does throw me for a loop. Most of the time I handle it well. Once in about four or five blue moons, I don't.

And yes, it was after this that I started questioning myself. The truth is that if you are questioning your makeup after one negative incident, it means that you are basically a good person, and simply lost that point of balance. I had a dream that night where I was convinced I was an evil person because of one thing. Then one of my teachers came in and showed me that one bad thing does not make me bad. It is how I balance myself that determines my true character.

So the lesson in all of this is that a) we are all human and we can strive to rise above that, b) we all fall off the path some times for even a moment, c) one incident does not change the true character (goodness or evilness) of who we are, and d) we need to find center and balance when things go off.

Accept who you truly are. Allow yourself to change what needs to be changed. And by all means find that balance point.

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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

- October 12 (Saturday) 10am - 5pm **Confirmed**
- November 9 (Saturday) 10am - 5pm

### Reiki 2

- October 26 (Saturday) 10am - 5pm

### Reiki 3

- 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.

- October 5 and 6, Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm **Cancelled**

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.

[read more](#)



### [Swedish Massage](#)

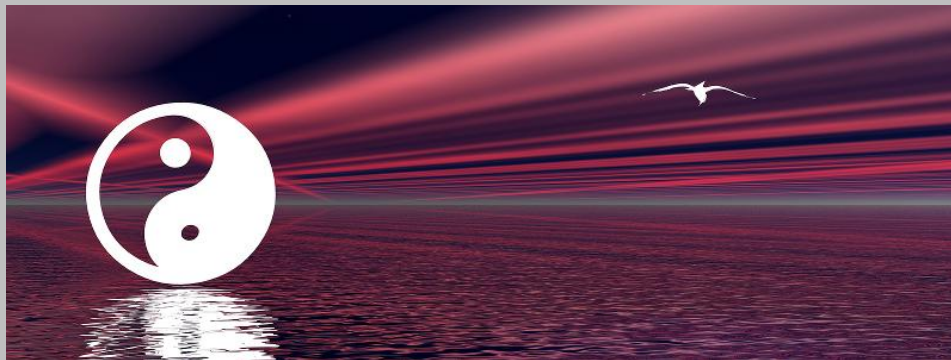
(Click on picture or description to see video)

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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



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STAY CONNECTED

