

Caring Palms Healing Arts Newsletter April 2020

One of the Expertise.com's
2020 Top 16 Massage Establishments
serving Jacksonville

Welcome to this month's Caring Palms Healing Arts newsletter. This month, we have a special announcement and a couple articles.

I hope you enjoy what we have compiled here.

Temporary Closing

As it has been said... May you live in interesting times, and that we are. We can only hope that by putting energy and love into the situation that the times will become a little less interesting.

As of this moment, Caring Palms is **closed temporarily** to all appointments, classes, and workshops. This was so ordered by Governor Ron DeSantis this evening. In his executive order EO-20-72 (ambiguous though the wording was), he stated that licensed healthcare practitioners in Florida will not perform any non-urgent treatment, procedure, or surgery until further notice. Massage therapists are considered by the state of Florida as licensed healthcare practitioners. Therefore, treatment would refer to all massage services.

Looking at the information coming across, I made the decision this morning to close from 2 – 4 weeks. I decided that it was the prudent thing to do, and the clients we contacted this morning to cancel their sessions were debating on whether to come or not. So the timing for that decision was what was needed. However, this order by the governor puts it all out of our hands.

The closure is for the health of you, our clients and students, and our therapists. This has always been our top priority.

This puts into question scheduled and confirmed classes as well as planned workshops and other things we were creating. Although the schedule is listed below and on the website, it could change drastically.

Currently, we all need to focus on staying well, being safe, and being around for when we are allowed to reopen. At that point, we will be making our announcement through an email blast or newsletter, or the website.

Yes, it is indeed interesting times. But if we stay calm, and don't panic, then we will all be all right. Have hope. Have faith. Visualize things getting better. Ignore the panic that the media is selling. Find a meditation online or from our website (not trying to push sales here, honest). (There are a lot of calming meditations that can be found on places like YouTube.) Focus on self, family, and the idea of this problem going away, as it eventually will.

We can and we will overcome this. Stay strong. And most of all, believe.

Thank you. Take care.
Brian,
and Cheryl, and Monique

[Here is the full text of the executive order that applies to us...](#)

All hospitals, ambulatory surgical centers, office surgery centers, dental, orthodontic and endodontic offices, and other health care practitioners' offices in the State of Florida are prohibited from providing any medically unnecessary, non-urgent or non-emergency procedure or surgery which, if delayed, does not place a patient's immediate health, safety, or well being at risk, or will, if delayed, not contribute to the worsening of a serious or life-threatening medical condition. Accordingly, all health care practitioners licensed in the State of Florida, including dentists, shall immediately cease performing these elective services.

Hope by Brian Dean

Hope is what we hold onto, to hope things will get better. Faith is what we have, to believe it will. Belief is the core connection to energy to actually start to change things. These are the three things that keep us moving, that don't let us give up when times are tough. They create the motivation and the strength that moves us when needed. And in that motivation, we create the energies that actually change the situation.



When times are the darkest, hope starts us thinking. Hope that things will change, that they will get better. That hope ignites faith. Faith puts us on a path, a projection to see things getting better. That then gives us belief. Once we believe, truly believe, then we change things. Our thoughts link with the thoughts of others and reshape the world around us. We manifest the reality we want. We change the world in front of us, and we move into it, knowing that we have created a better place.

We do this with our thoughts, by moving energies and having them intertwine with the current reality, to build a better one.

We are moving through a crisis, but this crisis is not our destination. It is simply a way stop on our journey to someplace better. When this crisis is over, we may be looking at a new reality. It will be better. It may not yet though be our destination, maybe we will still need to pour the juices of creativity and hope over it until things are where we need to be. Either way, we are building our better tomorrow.

For the moment, we pause our day to day lives. Take this time to calm, to breathe, to let go the tensions so you are not sucked into the chaos. That will get you focusing on hope, then faith, then belief.

Humanity has been through many problems in its short existence. It has survived them all. And it will survive this one. I know that to be true because I have hope, and faith, and I believe it to be so. Who is with me? If we allow our collective hope to gather and build, it will be so.

We can do anything. I know. I believe. Believe with me.

Stay safe. Be smart. Act smart. And most importantly of all, have hope.

Love and light to everyone.

Mother Earth by Monique Bailey

Look how powerful Mother Earth is! She needed to rest, she needed to breathe, she needed to be still. All the lessons we as humans take for granted. She has given us no choice but to follow in her example. She is wise and has tried to speak before now, but no one heard her, no one jumped to her aid. Enough is enough. It is time to reset this world to be more harmonious, more balanced, more in tune with nature and one another.

We are all in a rest period to regroup what is really important to us. For example family, love, silence, or just time. Also we know absence makes the heart grow fonder, so with this reset we will re-appreciate the extravagances we are limiting at this time.

This is not a punishment but a necessary understanding of who and what is important and how we have distracted ourselves from ourselves.

All the time we say, "I have no time to do such and such. I have no time to be healthy, work out, cook or read a book. Whatever it is, NOW YOU DO! Plenty of ideas to encourage you to rest yourself and come back to this world with a better awareness of balance.

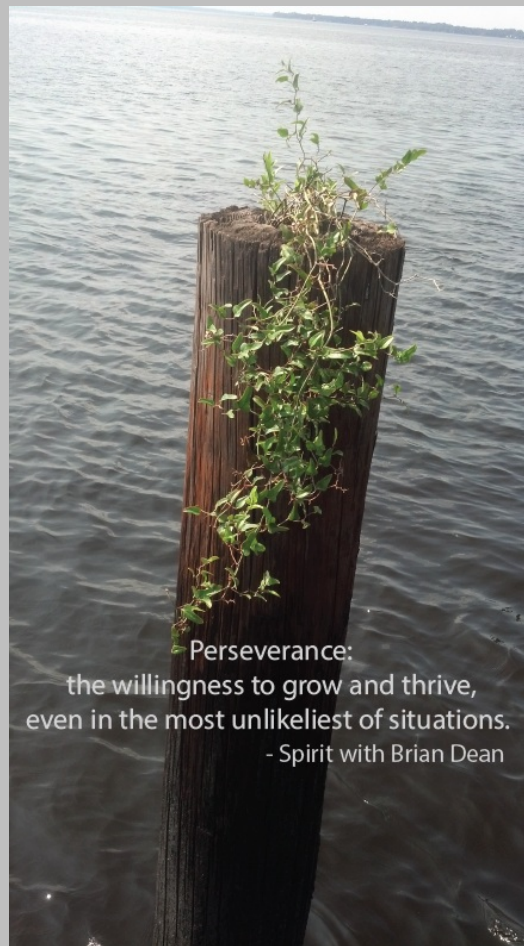
April Special

This month, we are continuing last month's special due to having to close. We are hoping we get to open soon so you can take advantage of this. In this time of pandemic, we are pushing Reiki as a modality as we only lightly touch, and it is done with the client completely dressed.

\$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.



Perseverance:
the willingness to grow and thrive,
even in the most unlikely of situations.
- Spirit with Brian Dean

Room for Rent

We have a room for rent to a holistic practitioner starting March 1, 2020. We have a small group of mindful people that work together in creating a place of healing. We welcome anyone in the healing arts to join our environment. Rent is \$500/month.

Looking For New Therapist To Join Our Staff

Caring Palms Healing Arts in Jacksonville Beach is looking to expand our staff. We have above average competitive pay and expanded time with clients. We are a team, and help each other with expanding our knowledge, and tricks of the trade. Expertise.com rated us one of the top 16 massage establishments for 2020 (as well as previous years), and we continue to strive for that excellence. We provide a Zen environment that is comfortable for you the therapist and for your clients. Please submit a resume to brian@caringspalms.com. More information will be provided upon your interest.

Group Trance Healing

Brian is starting to offer trance healing sessions for small groups of people. Please email us if you are interested in attending and receiving a healing from Brian in a group setting. We will provide more information via personal email.

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: [Finding Perfect Moments](#)



The following workshops will happen as scheduled depending on the crisis situation that we are facing at this moment.

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

Topic: Growth

Saturday, May 2, 2020, 1:00pm, Cost: \$25

Pay at the door, or [Register Online](#) now

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.

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.

Group Past Life Regression

Saturday, May 30, 2020 at 1:00pm, \$30

Pay at the door, or [Register Online](#) now

Join us for an unforgettable experience through space and time at Caring Palms, where you will learn how to utilize your inner senses to recall a past life through a gentle and effective visualization technique in a lovely group setting. This an mindful expansion of your consciousness wherein you can learn answers to lifelong questions, make connections, understand karmic relationships, and so much more. In this safe, judgment-free space, we also have deep and lively discussion on all manner of spiritual, life, and esoteric topics. We speak your language and welcome you with open arms. If you feel pulled to join us on Saturday, all you need is an open and curious mind, and bring a friend if you'd like. Chairs are provided but feel free to bring a yoga mat or pillow if you prefer. To make sure you have a spot, call ahead to reserve your seat.

Laura Bogen, C.Ht., JD, ORDM is a certified hypnotherapist, intuitive coach, and healer. She has been holding workshops throughout FL and the Midwest for the past 5 years. For more information or to book a session with Laura while she is in town, visit her [website](#) or Facebook at [@lightwiseliving](#).

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.

Guided Meditation CDs 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

- April 11 (Saturday) 10am - 5pm **Confirmed**
- May 13 (Wednesday) 10am - 5pm
- June 13 (Saturday) 10am - 5pm
- July 8 (Wednesday) 10am - 5pm
- August 8 (Saturday) 10am - 5pm
- September 9 (Wednesday) 10am - 5pm
- October 10 (Saturday) 10am - 5pm
- November 11 (Wednesday) 10am - 5pm

Reiki 2

- April 18 (Saturday) 10am - 5pm
- July 22 (Wednesday) 10am - 5pm
- October 24 (Saturday) 10am - 5pm

Reiki 3

- May 23 (Saturday) 10am - 5pm
- August 19 (Wednesday) 10am - 5pm
- November 21 (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 \$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 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.

- June 27 - June 28 (Saturday 9am - 5pm and Sunday 10am - 4pm)
- September 16 - September 17 (Wednesday 9am - 5pm and Thursday 10am - 4pm)

All classes are scheduled to be held at the Caring Palms Studio. Should the location change, that change will be on the website and students notified.

Maximize your results with less effort. Utilize the science of martial arts and apply it to massage. Advanced Body Mechanics and Techniques for Massage Therapists, is designed to reconnect the massage therapist with proper body mechanics and techniques while putting a new twist on things and showing how to get more pressure with little effort. While it does go over some basics, it takes body mechanics to a new level where every move involves the use of the therapist's entire body so they can work without hurting themselves. The class being part lecture, part hands-on practice takes positions, centering, and the proper use of body strength from Japanese martial arts and applies them to the art of massage therapy. It also shows how to focus one's energies to increase their strength with simple

exercises meant to teach the student how to 'think' beyond where they are working so they can get deeper into the client and to channel their energies to the point of thought. The student will learn how to focus their energies and use their body to do deep work and not get hurt. This class will help anyone to work deeply with less effort no matter if one is 90 pounds or 250 pounds. This class is for both the seasoned therapist and the new therapist. It will show moves everyone does, but in a new light as well as moves many people may not have seen before. The idea is not to dictate how to practice, but to show better body mechanics which the therapist can adapt to what they do. This is true whether they adapt all of it or just part of it.

**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.

Caring Palms Hosts Guided Meditation with Euboea

Weekly on Monday evenings, cost \$10

Yoga Nidra is a deeply relaxing and restorative, sleep-based, guided meditation that helps take one out of the thinking mind and into the feeling body. The practice aids in unlocking the natural healing potential from within. No prior experience required.

Get comfy! Bring your mat, blanket, knee bolster and pillow for reclining on the floor or sitting in a chair for about 45 minutes.

Come join our weekly, small group practice on Mondays at 6:30 PM sharp. Arrive a little early to sign-up and settle in. Space is limited.

Direct your questions to Euboea at tohboya555@gmail.com. (Caring Palms also teaches meditation in their regularly scheduled hours.)

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](#)

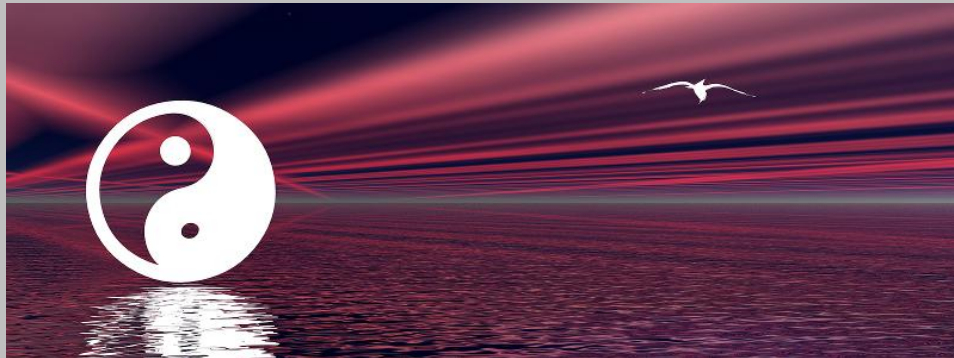


[Swedish Massage](#)

(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 \$50 for up to one hour. Keep in mind, these are mediumship readings, not psychic readings. If you have an interest, please contact Brian and something can be scheduled. These can also be scheduled from the website.



Caring Palms Promise

At Caring Palms, we pledge to do the best work we can at every session. We not only do this to continue to earn your business, but because we believe that you deserve the best care possible every time you are here. This is true whether it is massage, or energy work, or classes. This is our promise. This is what we will continue to do.

Forward This Newsletter

Did you know that Caring Palms offers a Referral Bonus? Forward this newsletter to people you know, and if they come in for a session and give your name, you will get \$5 off your next purchase. And the beauty of this is that it is cumulative. If two people come in, you get \$10 off your next purchase, three people, \$15 off, and so forth. So if you know people that could benefit from any of the services we offer (and everyone can), forward this newsletter to them. If they come in, you will benefit as well.

Can We Answer Your Questions?

You have Questions? Maybe we have answers. Each month, we write articles on a variety of subjects. Is there something that you would like to see us write about? Do you have questions that you'd like answered? Do you have questions on massage? On Reiki? On energy work in general? Submit your questions or requests to Brian@CaringPalms.com we will try to see if we can answer them for you.

Connect with us



Caring Palms Healing Arts, LLC | (904) 246-2206 | Brian@CaringPalms.com | www.CaringPalms.com

STAY CONNECTED

