



**Caring Palms Healing Arts  
Newsletter  
August 2020**

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

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Welcome to this month's Caring Palms Healing Arts newsletter. This month, we have some exciting news and some articles.

I hope you enjoy what we have compiled here.

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**Stardate: 20200728 Shut in Day 129, Captain's Log**

Learning acrobatics, patience, and trust.

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**Grand  
Re-opening  
Tuesday,  
August 11, 2020  
at the new address  
476 Osceola Avenue,  
Jax Beach**

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**We're Ba-ack**

This has been a long time coming. And it is still during an interesting period in time. Caring Palms will reopen on Tuesday, August 11<sup>th</sup>.

I have decided that I have been in training to become an acrobat. Yup, acrobatics is what it must be. After all I have been jumping through so many hoops trying to get open that it is absolutely crazy.

In trying to move my establishment license, the state pointed out that my registered fictitious name

(Caring Palms) had gone away (not that I had been notified), and that since I am now an LLC, I have had to apply for a new license. This had to be done in paper, and was in their possession July 16. But since I was told that the money I spent on moving the original license would be combined with what I sent in, I did not need to send the full amount. After changing some forms, I was told that I did not send enough money, and they could not come inspect the place until they have payment in full (even though I was told over the phone that this had been fixed). Unfortunately, they are all working from home, and the person that works this area won't talk on the phone.

Finally, someone actually did what they said they would do, and the studio was inspected the next day. Right now, I am simply waiting for the physical license which is in the mail as of Thursday. I have set August 11<sup>th</sup> as an open date so I can get everything updated with the new establishment number (MM40693), and I've held this newsletter until I knew something definite.

Over the last month dealing with all the hoops has caused me to doubt whether it was ever going to happen. Spirit has been talking to me in quiet tones if I would notice. I know there is a lesson in here somewhere, or a reason why this was being delayed. All I can do is trust the universe.

But, the schedule has been opened, so online booking can commence. Please take note of the new procedures below. I hope to see you all sometime in the near future.

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## Moments of Doubt

Admittedly, being closed for over four months has been hard. With the constant fights with government entities and additional hoops, it has been hard to maintain focus and keep positive. It is at the times when doubt is greatest, that spirit speaks loudest and clearest, and although they don't come out and say what they mean, their meaning is clear. It was during one of those moments of doubt the other day while driving home that I turned on the radio. The first song played was Journey's "Don't Stop Believing". Well, that's pretty clear I think.

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## New Procedures Upon Reopening

Because of the ongoing issue with COVID 19, there will be changes in procedures to keep everyone (client and therapist alike) safe.

1. Everyone coming in will have their temperature taken by a non-touch forehead thermometer. Anyone with a temperature of 100 degrees or higher will be asked to come back another time.
2. A new form has been added letting you know that everything possible is being done to keep the disease from spreading. Basically, it is an information disclaimer like people sign for massage or Reiki sessions.
3. During the intake process, while scanning, spirit will be asked if it is safe to work on that client.
4. The client will be required to wear a face mask while they are face up (supine) during the session. If you do not have a mask, a disposable one will be provided.
5. Your therapist will be wearing a mask during the entire session.
6. After the session, all surfaces touched will be wiped down with disinfectant, and some will be cleaned through UV light.
7. We have added a Hepa/UV filter in the room that will be running at all times.



These procedures will not be bypassed under any circumstances. The idea is to keep everyone safe, yet allow them to get their needed sessions.

Also, if you normally refuse to wear a mask when going about normal errands, please wait to come in. If you have been in large groups that do not wear masks, please wait to come in. If you know that you have been exposed to people that have COVID, please wait to come in until you know you do not have it. This is for our safety as well as yours.

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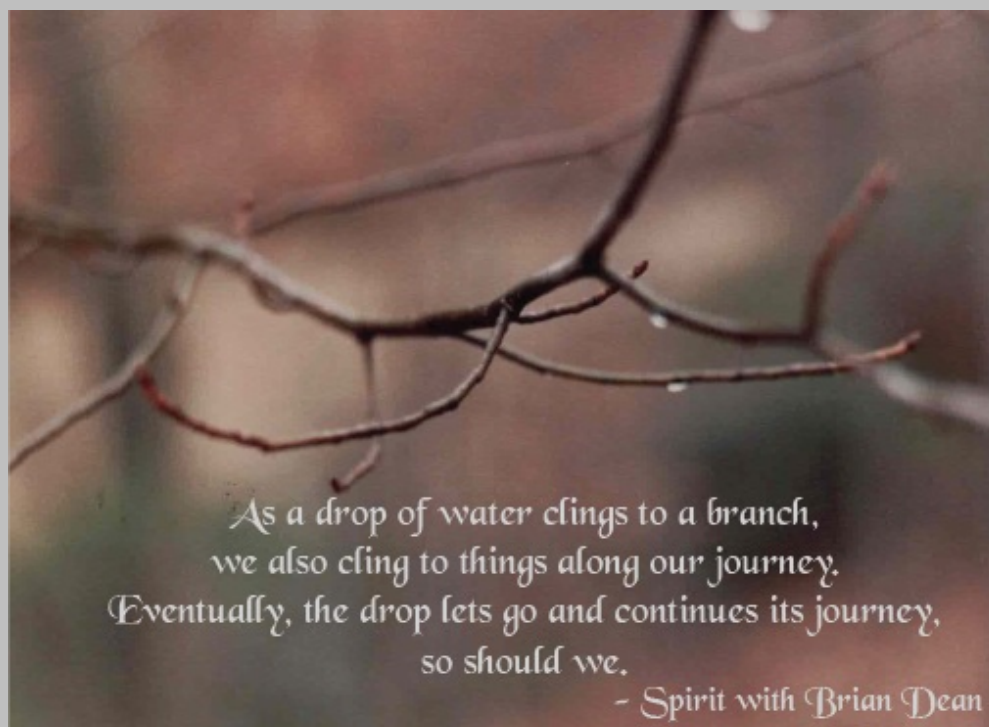
### Please Use Your Gift Certificates

Caring Palms has negotiated a 1-year lease at the new location with an option to sign a 3-year extension at the end of that time. I now have until the end of March next year to tell the landlord whether I will be signing that extension. This will be dependent on how quickly business returns, and if it is consistently enough to pay the rent.

Now, gift certificates sold by Caring Palms are good forever, as long as Caring Palms is still doing business. (Gift certificates given away as part of contests, or charity auctions are good for 3 years from the date they are issued.) I know that there are still a lot of gift certificates out there, some have been issued over a year ago. I would recommend that those holding them use them before June of 2021. If we do well enough to sign the lease extension, they will be valid as long as we are open and doing business. However, once we close the doors (whether that be in 1 year, or four), they will be not be valid.

So, you've been given the gift of massage or Reiki. Get in here and get the healing you need.

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**Shaking Hands**  
by Brian Dean

The common greeting forever (or so it seems) has been to shake hands. But with a pandemic, and it being unknown if touch is a factor, the handshake is becoming obsolete.

Shaking hands started centuries ago when warriors would meet each other. You see, the warrior would carry this sword on their left hip, and would use their right hand to draw it out to fight. By clasping right hands, the warriors are preventing each other from drawing their sword. This kept a certain amount of peace, and enabled them to talk.

Since we no longer carry swords with us (at least I don't), shaking hands has taken on a new meaning. It is simply a greeting, but we've learned that we can tell a lot about someone by their handshake. Do they have confidence? Are they strong? Or weak? The firmness of the handshake tells us all this, which is why it is used as information when hiring someone, or deciding whether to trust someone.

But we are now being asked to forego this greeting because of the possible spread of disease. But the replacement "handshake" is comical. One method is to bump the heel of your right foot with that of the person you are meeting. Hopefully one has good balance.

The other method is to bump elbows. This is easier, but still awkward. When a doctor was asked why this is better than shaking hands, he stated that you can't touch your face with your elbow. Of course one could touch your elbow with your hand and then touch your face.

Other cultures have had touchless greetings forever, and any of these seems to be a better idea than bumping elbows. The Japanese bow. As they do so, they lock eyes, showing respect. The Hindu clasp their hands together in front of themselves as if in prayer, and nod their heads. This is usually accompanied with the word Namasté. Defined, this means "the place within me of love, and light, and peace honors and respects the place within you of love, and light, and peace. When we are both in that place, we are one."

Of course, I prefer the Vulcan salute. The hand is held with the palm facing the person you are greeting. The thumb sticks out, and the other fingers are split with two on each side. This is accompanied with "Live long and prosper." Works for me.

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## Out of Control by Brian Dean

It seems like everything has been out of control so much this year. It's almost like an episode out of that old TV show, The Twilight Zone...

*Imagine a world raged by a pandemic, where too many of the population did not believe it existed, and the other half was afraid to go out of the house. Where the people don't believe the science specialists trying to inform them, and would rather believe they are immune. Where the individual cares more about themselves and not enough about others to take precautions. You have just taken a big leap into the Twilight Zone, circa 2020.*

Yes, Rod Serling would have a field day, and I think I channeled his energy here for a second.

But in that drabble is a key point that needs to be expanded. We seem to be a population that does not care about anyone but their own individual selves. Yes, people are dying. Yes, people are getting sick. But it won't affect me. I'll be safe. And yes, while I believe that we can fight off disease and illness with belief (as belief is setting energies in motion), people don't believe it fully enough to make it truly happen. And one thing about belief energy is that you need to have absolutely zero doubts. Most of us do not have that, so just in case, we should take precautions.

There was an old joke about a flood coming, and a man sat on the roof of his house proclaiming, "God will save me." As the water started to rise, three things came by over time, a truck, a boat, and a helicopter. To each the man refused aid proclaiming "God will help me." Of course, the man died, and as he knelt before God, he was surprised as God told him, "I sent you a truck, and a boat, and a helicopter." Point being that while belief is fine, we need to take the opportunities, the precautions when they come to us. But that is not just caring for ourselves, but caring for others around us.

We have arguments about wearing masks, and yes, it has been scientifically proven how much they help. But while a mask will protect you, it will also protect those around you. If someone not wearing a mask goes up to someone who is, they may still make this person sick. And unfortunately, what I see is the lack of care for others.

This to me is sad. We should care for others as much as we care for ourselves. These people are important, just as we are. They have an important part in making this world work the way it should. We should care for them. Wasn't there some quote about loving thy neighbor? And yes, this is a healer's point of view to put others ahead of oneself. (And this is why healers run out of juice as they don't put enough time in on themselves.)

But we should all have this viewpoint. There are others out there. And we should care for them as much

as we care for ourselves. Start with your focus at your center, and let it expand. Then keep expanding it to encompass yourself. Once you have that, let it keep expanding to include others. This is love, care, compassion. It is a mindset. And if we did that, we would start coming out of these dark times we seem to have fallen into. Basically, throw some light into the dark. That's how changes start happening.

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## Remote Help Available

During the shut-in period, Brian is willing to do remote energy healing and mediumship readings. You can request either with a phone call (904-246-2206) or an email. Remote healing will be done without the person having to sit for an assigned period of time. Energy will be sent to download at a particular time as most people receiving distant work do not know they are receiving it.

Mediumship readings will be done by phone or skype. An appointment time will be made and the "meeting" done at the decided time. Brian has never done this before, but is willing to give it a try if someone is in need.

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## Classes and Workshops

We have a number of classes and events scheduled throughout the end of the year, but at this time, we are not able to hold some of them during the current crisis. You will see this reflected in the schedules below. The May, June, and July Reiki classes have been cancelled. The Ascension Theory workshop is postponed to some as yet unknown future date. The Laura Bogen Group Past Life workshop scheduled on June 6th has also been cancelled and will be rescheduled at some future date.

By the time this newsletter is released, all classes beginning in August will be opened so you can sign up for them.

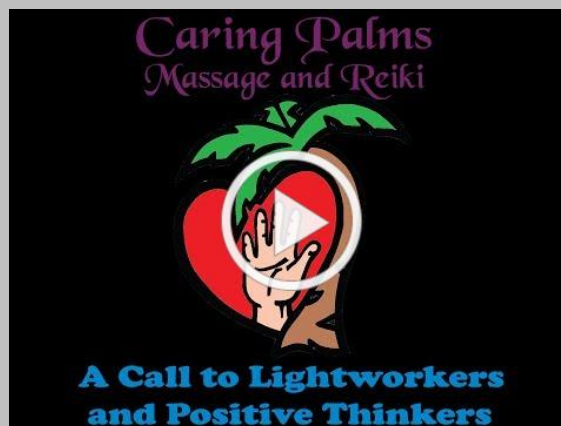
Please keep watching the website's Events page, the Class Schedule pages, or this newsletter for more updates.

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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: [A Call to All Lightworkers](#)



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## Group Past Life Regression Cancelled until some future date

Saturday, June 6, 2020 at 1:00pm, \$30

Pay at the door

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 is a 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.**

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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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## 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.

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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

- August 8 (Saturday) 10am - 5pm **Confirmed**
- September 9 (Wednesday) 10am - 5pm
- October 10 (Saturday) 10am - 5pm
- November 11 (Wednesday) 10am - 5pm

### Reiki 2

- October 24 (Saturday) 10am - 5pm

### Reiki 3

- August 19 (Wednesday) 10am - 5pm **Cancelled**
- 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)**

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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.

- 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.

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## Caring Palms Hosts Mediumship Classes

**Currently, all of Marilyn's class are being held online through Zoom. If you want to take a class, call her and she will tell you what you need to do. When this changes, you will see it here first.**

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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## 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.

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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



