

## Caring Palms Healing Arts Newsletter February 2020

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Welcome to this month's Caring Palms Healing Arts newsletter. This month, we have new specials, and a couple of articles which for some reason lent more toward poetry than actual articles.

The class list for the year is now available and on the website. You may see all the classes, and sign up for any you want. Also, see the full list below in this newsletter.

I hope you enjoy what we have compiled here.

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### Valentine's Day

As everyone knows, this month is Groundhog's Day and Valentine's Day. While we are not doing anything to honor a furry rodent that works only one day a year, we are having specials for those who want to show appreciation to the ones they love.

We have a special this month on massage sessions and gift certificates (see February Special below).

On Valentine's Day, and the Saturday after, both Monique and Brian will be available to do sessions. These sessions could be single massages, or a couple's massages (a massage where a couple is worked on in the same room).

So look at your schedule and book now.



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### February Special

**\$10 off the Regular Price of any Massage Session (60 minutes or greater)  
or any Massage Gift Certificate**

Looking to do something nice for that special someone in your life? A much needed massage is one of the best gifts you can give them. What could be better than a relaxing, rejuvenating, health restoring massage?

Give the gift of health. \$10 off the regular price of any massage session (one hour or longer) by any Caring Palms therapist the entire month of February. Also \$10 off any massage gifts certificates purchased this month.

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### Studio Hours

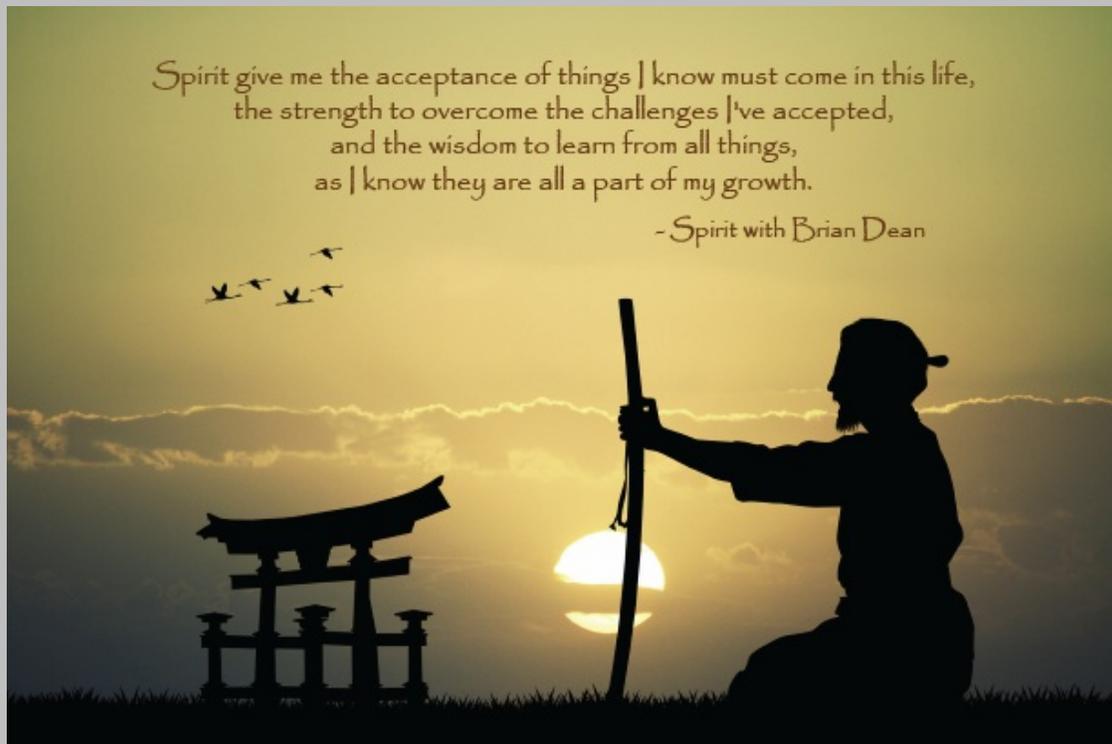
Monday	Closed
Tuesday	10am – 5pm
Wednesday	10am – 5pm
Thursday	10am – 7pm
Friday	10am – 7pm
Saturday	10am – 5pm
Sunday	10am – 4pm

**Brian** will be available Tuesdays through Saturdays 10am - 5pm

**Cheryl** will be available Wednesdays and Fridays 10am - 5pm

**Monique** will be available Thursdays and Fridays 12pm - 7pm, Saturdays 10am - 5pm, and Sundays 10am - 4pm

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## Brian Took Classes

This last month has been crazy with three wonderful workshops taught by Eamonn Downey, master mediumship instructor, and former teacher at the Arthur Findlay School in England.

It all started with a mediumship class in Jacksonville where we were shown a new method of preparing ourselves for the connection with spirit. This helped by getting us out of our own way so we could go deeper into the energies and get a clearer connection. Instead of the normal British style of presenting evidence, Eamonn had us focus on mingling our spirit with spirit from the other side and bringing forth their essence. By focusing on the essence, it gave us better perspective on who this person actually was, and with that came the evidence that we use to prove whom we are talking with.

We did some interesting exercises in groups of three where we connected to spirit, then presented this spirit energetically to the other people in the group for them to tell us about who we were connected to. After that, we brought in loved ones and guides.

The next week's class was in Vero Beach and was advanced mediumship. We built upon the exercise shown in Jacksonville (for those that had taken the Jacksonville class), and taken it further to do evidential mediumship, trance healing, and trance speaking.

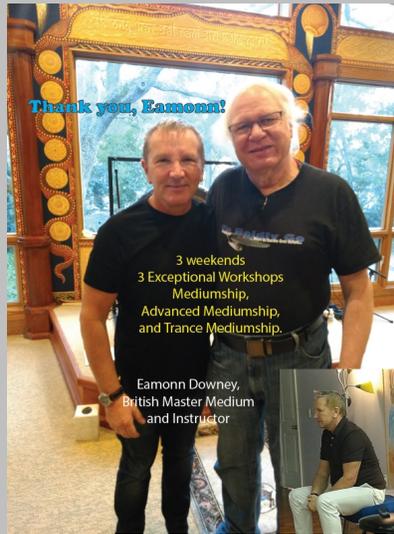
The last class in Altamonte Springs, was strictly trance mediumship. (Trance is where we connect to spirit on such a deep level that we step aside and let spirit work.) With this deeper connection (from the exercise shown in Jacksonville), we did trance healing and speaking. He showed a method of trance healing where there were two levels of healing. The first went to a certain depth, and the second was a more subtle energy (because spirit likes working on a subtle level) that went deeper, like on a soul

level.

I was pleased that Eamonn really liked my work. I have had some workshops where I felt I did not get a deep enough connection, but I was pleased that I could this time. In fact, I managed to go deeper than I would have expected. Eamonn was watching one of my sessions closely and told me that he saw the energies that I was attached to change, and as they did, I simply went deeper and stayed with them. He said that this speaks to my integrity as a healer to be able to stay with them as I did.

The last part of the class was trance speaking, but on a level where we were connecting directly to words from spirit, or a group of spirits rather than a single guide or single spirit. From this depth, the person we were in trance for was able to have an actual conversation with the spirit group that came through.

All in all, it was an empowering month.



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**Growth is releasing the old and bringing in something new - Eamonn Downey**

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## **Rest In Peace, Rilind**



For those that have seen posts, or followed this dog, he crossed the rainbow bridge (passed away) on January 2<sup>nd</sup>. He had developed many health problems including bone cancer. When it came to the point that that his adopted Mom (a veterinarian) could not keep him out of pain, she gave him the drugs to let him pass over. This was after a day of joy and love spent with his Mom and two of his key rescuers.

Rilind was a special dog. I had been part of this pit bull's rescue eight years ago on the day after Christmas. He was starved, and nothing but skin and bones. Through love and care, and lots of support from a huge community, he gained weight and strength, and became a wonderful ambassador for pit bulls and dog rescues all over. And he loved his Reiki whenever I could give it to

him.

He lived a happy eight years after his rescue by the Pit Sisters group, and I don't know how old he was at that time (a dog like this typically lives nine to 12 years). This dog was my hero. He proved that with love, compassion, and care, we can overcome anything. We can all learn a good lesson from that.

For those interested, you can check out the Facebook page, Rilind Reborn.

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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 \$80/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.

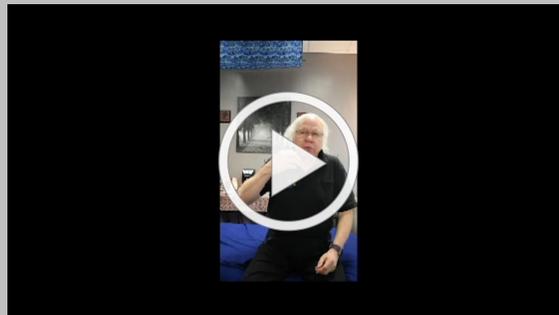
If you, or someone you know would be interested in joining our staff, send resumes to [brian@caringpalms.com](mailto:brian@caringpalms.com), or call 904-246-2206.

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## 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: [Actions](#)



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## Future Workshops

We want to thank everyone that participated in our workshops this past year. It is for you that we do these, and we are thankful that you have enjoyed them. We are at present planning future workshops and will be announcing what they are and when they will be scheduled as soon as we know. Future workshops will include Ascension Theory (3-4 hours), Group Past Life Experience (4 hours), and Manifestation (6-7 hours).

Look for these under the Events tab on the website, and in next month's newsletter.

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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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## **Ocean Breeze** **by Monique Bailey**

Ripples and rolls  
She calls you back.

Foam thrashing toward  
a rocky bottom.  
Vitamin D beaming through  
the locks of love.  
And she calls you back.

Notes of sound,  
in the air cleansing the soul.  
As she calls you back for more.

Rainbow mist playing with sunshine rays.  
Whispering thoughts that says she's back.

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## **The Cycle** **By Brian Dean**

A leaf falls from a tree.  
It softly hits the ground and rests.  
Over the winter, change begins.  
The leaf is changed, reformed, restructured.

It reaches a stage where it is re-purposed.  
The remnants of the leaf seep into the soil.  
And as the spring approaches  
the leaf becomes food for the tree  
from whence it fell.

Seeds are planted.  
The tree is strengthened  
and gives birth to new life, new leaves.  
And so is the cycle of life.

As we live and then die,  
we plant seeds.  
These seeds are in many forms,  
ideas, belief, energies, and deeds.  
Through this, the cycle of life continues.

The body of humankind grows and strengthens  
as the energy of one generation and the next  
adds to and strengthens the core of all there is.

That is the energetic cycle of life.

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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.

## 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

- February 8 (Saturday) 10am - 5pm
- March 11 (Wednesday) 10am - 5pm
- April 11 (Saturday) 10am - 5pm
- 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)**

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## Advanced Body Mechanics and Techniques

The following is a list of currently scheduled classes. This class is a two-day class worth 12 CE hours for massage therapists. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. The schedule is as follows:

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

- June 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.

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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 Freeform Massage

Myofascial Release (MFR) is a style of massage / physical therapy that takes a whole body "hands-on" approach to the evaluation and treatment of the human structure. The goal is to help return the body's capacity to adapt, by restoring three-dimensional balance. What this means is that it works on realigning the body to its proper shape through manipulation of connective tissue (fascia).

Every part in the body is connected by fascia. The organs don't just hang there in open space. There is connective tissue surrounding everything holding them in place. Throughout life, one's body takes a lot of punishment, or trauma. We fall down. We get in accidents. We have surgery. All these things affect the fascia. You see, the fascia is normally a nice, soft, rubbery substance that gives when we move. But through trauma, this pliable substance can become hard and constricting. When this happens, the body's alignment changes. We feel pain, and a host of other problems crop up. (A good example of constricted fascia is carpal tunnel syndrome. This is where the fascia in the wrist becomes hard and painful. The normal response is to have surgery which cuts out the constricted fascia, but it also leaves scar tissue which later causes more constricted fascia. )

Most people suffer from alignment issues. Have a friend take off their shoes and then stand facing you on a level surface. Take a good look at them. Is one shoulder higher than the other? Are their feet pointed straight or to the sides? Does one turn out more than the other? These are all signs of alignment problems that MFR might help. Many people have been diagnosed as having one leg longer than the other. In most cases, that is not true. It is simply an alignment issue.

An MFR therapist works by applying a series of holds to help loosen, and relax the fascia. These holds are done skin on skin with no lubrication (this is not your normal massage) for a period of three to five minutes each. During this time, the fascia starts to loosen and eventually (in most cases) returns to its

normal pliable state. (It takes 90 seconds to two minutes before the fascia starts to loosen which is why the holds are done for as long as they are.)

[read more](#)



#### [Myofascial Release](#)

(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 \$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.

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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

