

Caring Palms Healing Arts Newsletter January 2020

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

I hope you enjoy what we have compiled here.

Holiday and Other Closings

The Caring Palms studio will be closed Wednesday, January 1st for New Years day. We will also be closed Saturday, January 4th while Brian is taking continuing education classes.

We hope everyone has a safe and happy holiday.



Monique Returning

Caring Palms welcomes back Monique Bailey. Monique had to leave last spring to care for her mother who was going through an illness. She is returning and will be available for massage and Reiki sessions beginning Thursday, January 9th. She will be in the studio Thursdays through Sundays. Appointments are being taken now.

New Studio Hours

With Monique returning to our staff, we will return to the hours that we had in the spring. We will continue to be closed Mondays, but we will again be open Sundays, and into the evenings on Thursdays and Fridays. The new hours are...

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

Because of the new hours, we will have availability for couples massages Wednesdays through Saturdays (depending on schedule) with Brian and either Cheryl or Monique, and with two female therapists available for Fridays if so desired.



Rates Going Up in January

At the beginning of December, our rent increased by \$500 per month. This is in line with the increases all along the beaches. Short of trying to find a new location and the expenses involved in moving there, we are compensating by increasing our session and small class costs by \$10 per each beginning January 1st.

This means that an hour of massage will be going up to \$80 per hour, and a 90-minute session will be \$110 (with Hot Stone massage being higher). A Reiki session will be \$70 per session, and Reiki classes already increased a few months ago to \$150.

Other prices going up will include all energy sessions (White Light, Chakra Cleansings, etc.), energy classes (Chakra Balancing, Sensing Problems), Meditation sessions and classes, and Mediumship readings.

See all the updated prices at the website which will be updated after the first of the year.

We at Caring Palms do not like having to raise our prices, and have only done so twice since opening in March of 2004. But if we want to keep offering our services, we need to raise our rates so we can make rent, so we can keep helping you.

Thank you for your understanding.

January Special

\$10 off the regular price of a Meditation Session or Class

Meditation is a means of communicating with your subconscious mind. It is useful for various reasons, calming, strength, reinforcement of desires, and making changes in the way you feel or act. By your conscious mind telling your sub-conscious how you want to be, you can slowly transform yourself, and achieve your goals.

As New Years is usually a time for introspection and improvement, for the month of January, come in and let us take you through a meditation crafted specifically for you, or take a meditation class so you can do meditation at home.

**Receive a Meditation Session or Class
and get \$10 off the regular price**

Brian Taking Classes

Brian will be taking advanced mediumship classes during the month of January from Eamonn Downey, former instructor of the Arthur Findlay College in England. The first weekend (January 3 and 4, Friday evening and Saturday) will be general mediumship in Jacksonville. The following weekend (January 17 and 18, Friday and Saturday) will be the Masters class in Vero Beach. (Thursday the 16th will be a travel day.) And the next weekend (January 24 and 25, Friday and Saturday) will be the Trance class in Orlando. (The studio will not open until noon on Friday as Brian will be using that time for travel.)

Although Brian will be out of the studio those days, the studio will be open two of the three weekends. Brian will be back in the studio for Saturday sessions January 25th.

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.

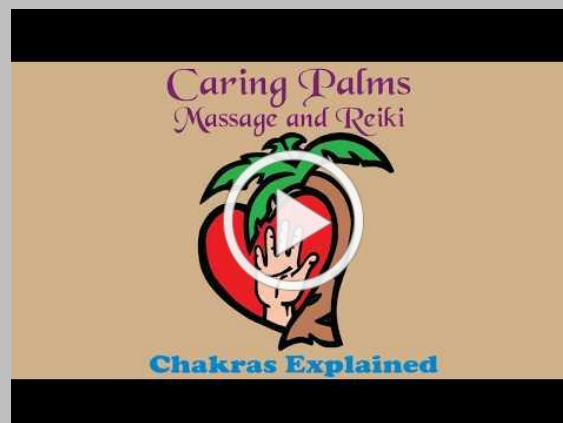
At Caring Palms, we care about our clients and our staff. Sessions are booked with 30 minutes turnaround time in between. We are always there to help each other including showing new things and helping one better what they do as to work with less effort. Caring Palms has been determined to be one of 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, or call 904-246-2206.

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: [Chakras Explained](#)



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.

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.

New Year, A Look Back and a Look Ahead by Brian Dean

Well, here it is again, the beginning of another year, and time for another article on new beginnings, or so it always seems. But why do we wait for a new year to start to decide that we need to make changes in our lives? What is wrong with the beginning of spring, or fall? Or why not July 23rd? or December 29th?

We see the new year as a start of something. A year is a big mile marker. We got through the last year in one piece, and are still around to learn from it, yes, you heard me, learn from it. We did some things right. We did some things wrong. Did the mistakes and the accomplishments even out? What did we learn from each? Do we look back and reminisce, or do we look back and shudder and wonder at how we made it through?

Each is worth the time to think about. Each is a measurement of strength, strength that we summoned to overcome obstacles that were placed in our path, strength that allowed us to make the right decisions when we needed, and to keep us alive when we made the wrong ones. This is the learning we make as we move through life. That is what we are here for.

While we look forward to what this year will bring, take a short moment and look back at what the previous year brought. Look at what you've learned, how much stronger you've become, and look at the person you have become because of what you have been through.

Then once you have done that, file it away as experiences and knowledge, and look forward to what you can accomplish moving forward.

New Year, New Opportunities By Brian Dean

It is a new year filled with new challenges, new opportunities, new promises. What do you want to accomplish in the coming year? What have you learned from the previous one that will help you in the next 12 months?

How do you want to improve yourself? Is it something like losing weight? Is it a better connection with spirit? This coming year, there will be many chances to make yourself better, to become a better you. More chances to connect with yourself, to redefine or refine yourself. The important part will be making sure you take the time to do these things.

By crossing into this next year, you will be making a commitment to the year and to what it brings. But you will also need to commit to yourself, to allowing yourself to grow and change. And I'm not talking

about making resolutions that get tossed away before the end of the first month. I'm talking about making up your mind to do something and actually doing it.

How else will you be growing in the coming year? Will you be paying attention to the things around you, deciding what is good for you and what is not? Will you be welcoming back family as we at the studio are? Will you be meditating? Will you be taking more time for yourself?

These are all important questions, questions that will be answered over the next 12 months. But the key to all of them is prioritizing. And one of the highest priorities should be you. And while that sounds selfish, it is not. Without you being at your best, others will suffer because you are unable to do the best. So, prioritize you. Then you will be able to be your best for others.

We at Caring Palms wish you all the best for the coming year and hope that it offers the promise you need, and that you stand up to meet those promises as you move forward.

Guided Meditation CDs Now Available In-House and Online

The first three guided meditations are now available. We have a small inventory in-house). When these have been sold, we will replenish them (replenishment takes about 10 days). These meditations are also available online as CDs or MP3s and can be purchased through the [Meditations Page](#). If you are looking for a safe meditative journey to relax or work, come see us, or purchase one (or all three) online. Available meditations include, Finding Sanctuary, Working Through Past Experiences, and Visiting With Your Guides. We are hoping to have the other three available within a few months.

Reiki Class Schedule



The following is a list of currently scheduled Reiki Classes. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. Any class marked as 'Closed' has filled up. (Note: In some cases, one may be able to enter a class marked 'Closed' with permission of the instructor.)

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

The following is a tentative list and is not yet available on the website. Once the dates are finalized, you will be able to sign up for them.

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 21 (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.

The following is a tentative list and is not yet available on the website. Once the dates are finalized, you will be able to sign up for them.

- 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.

Modality of the Month Freeform Massage

The Freeform style of massage is unique in that it follows no pattern, no routine. It is more intuition driven rather than routine driven. This gives the client something created just for them, based on their needs. From massage to massage, there may be similar things, but there is always something different, something new (if the needs are different).

When most people go for a massage, they get a routine. Caring Palms is no different in that the basic massages are based on a routine. Now any good therapist will change that routine somewhat with each client as each client has different needs. Those routines for basic massage will change. Some moves will be added, some dropped out so that the client's specific needs are met.

A freeform style does away with routines. Now, some of the moves may come from those routines, and some of those moves may be put together similarly because they go well together, but the overall combination is unique. It is not unusual for new moves to be created in the moment based on the therapist's intuition and connection to what the client needs most.

[read more](#)

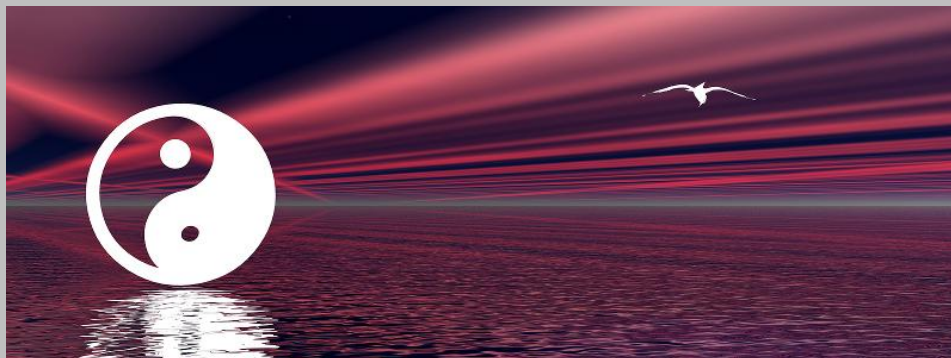


[Freeform Massage](#)

(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 \$40 for up to one hour. Keep in mind, these are mediumship readings, not psychic readings. If you have an interest, please contact Brian and something can be scheduled. These can also be scheduled from the website.



Caring Palms Promise

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

Forward This Newsletter

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

Can We Answer Your Questions?

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

Connect with us



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