



**Caring Palms Healing Arts  
Newsletter  
November 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 news and a couple articles.

I hope you enjoy what we have compiled here.

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### **Halloween**

Caring Palms will be closing at 2pm on Halloween (Saturday, October 31<sup>st</sup>). This is so Brian can go home and finish preparing for the monsters. Caring Palms will reopen on Tuesday, November 3<sup>rd</sup> at the usual time.



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### **Thanksgiving**

The plan at this moment, is that Caring Palms will be closed the week of Thanksgiving, Tuesday, November 24<sup>th</sup> through Saturday, November 28<sup>th</sup> so Brian can go visit his daughter for Thanksgiving. As the Thanksgiving day weekend is slow (or non-existent) business-wise, this seems to be the best time to do so. That week is currently blocked out on the scheduler. If plans change, that will be where things will be most noticeable as the schedule will be opened up.

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### **Holiday Gift Certificate Sale**

**Buy 1 gift certificate, save \$10**

**Buy 2 gift certificates, save \$20**

**Buy 3 gift certificates, save \$30**

**Best Deal: Buy 4 gift certificates,  
get 1 gift certificate FREE!**

Gift Certificates are available for massage or Reiki sessions, or massage or Reiki classes.

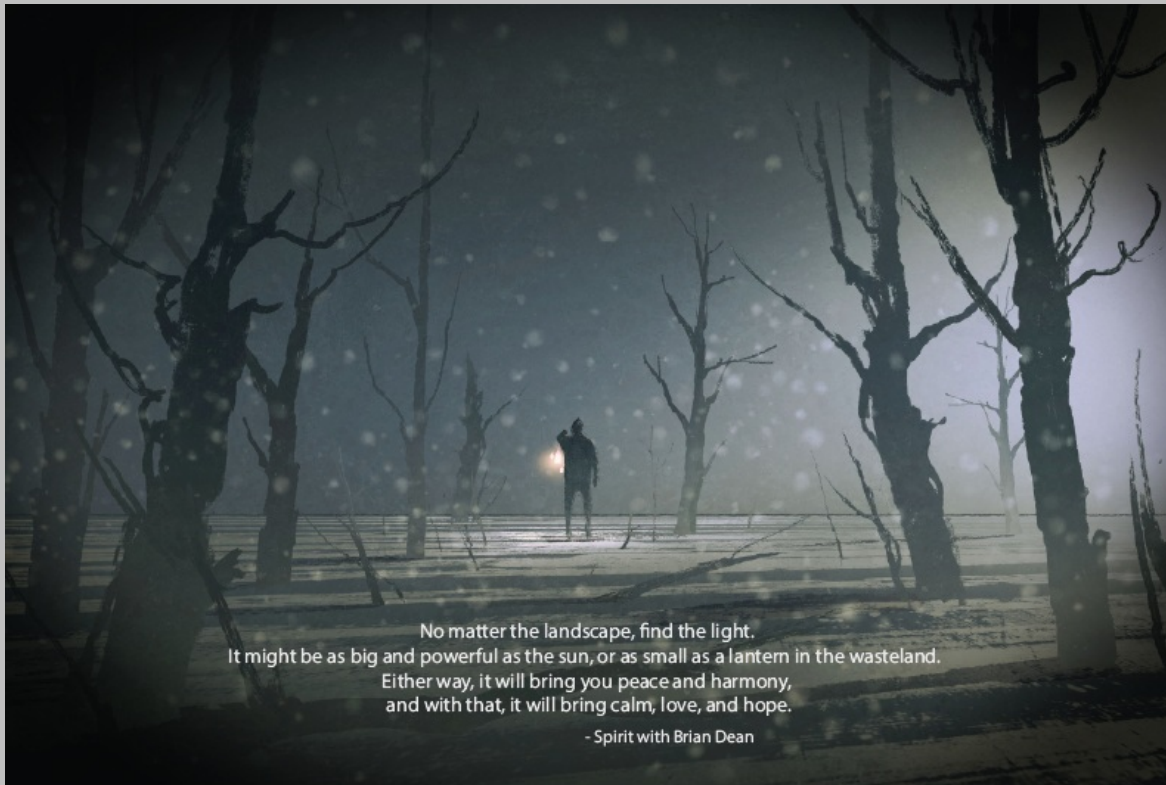
Buy gift certificates for friends and loved ones, or just for yourself. If you have four friends that can benefit from massage or Reiki (and everyone can), you can buy gift certificates for them, and get one free for yourself. If you are a regular client, you can buy four gift certificates for yourself and get five sessions (this is the best deal going).

## Sale runs

**Tuesday, November 17<sup>th</sup> - Thursday, December 24<sup>th</sup>**

Gift certificates are available in the studio and can be ordered by phone with a credit card at (904) 246-2206, or by mail with a check. (Best Deal sales (Buy 4, get 1 free) are available through the website, other quantities are not.) What better gift to give to those you care about? Give them the gift of love and healing.

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## Being A Superhero by Brian Dean

What did you want to be when you were growing up? Most of us want to be someone important, someone that helps people. Growing up in the naive times that I did, I wanted to be a police officer or firefighter, as those were people to aspire to. They helped people. They saved lives. Of course, my parents told me that those were dangerous jobs, and I should be looking at something else. So, I decided I wanted to be a superhero.

Yup, that's right. I wanted to have a red or blue cape, and fly around the city helping people. Of course, I'd have to be invulnerable so I could never get hurt. And I'd never have any human problems.

Well, that's nice, but we are human, and with that comes human frailties and human problems. We have weaknesses, and emotions, and indecision. We get depressed. We have ego. Being human comes with the whole package, and those things can't just be shut off. So, I realized pretty quickly that part of what I wanted to be wasn't realistic (and I'm not talking about the part where I'm going around the city in a cape).

But as I grew older, a lot of things came to form what I am today. Being a child during the race to the moon, I also became interested in science fiction. There was a time I wanted to be an astronaut flying my spaceship to other planets. But then my parents told me I needed to be really smart to do that. And I'm not sure that they knew in saying such a thing, they were telling me I was not smart enough.

I always wanted to be more than I was, I still do. But I just didn't fit in with other people. I was the kid that always got picked last in sports. I was bullied most of my school life. So I do understand those that were

not the popular ones, those that didn't fit in, those that feel inferior. And I try to help them realize that we all have our special gifts, and it just may not be baseball.

Yet I read incessantly, if not comic books (when I was allowed) then sci-fi. Those two things introduced me to ideas that I never would have thought of myself. They introduced me to terms I never heard of (yes, even comics educated me). But most of all, they told me to keep an open mind, to look at all possibilities, to stretch my imagination outside of the world around me.

I was drawn to things outside the normal realm. Instead of just brushing them off like most people, I let myself be convinced if something was real or not. I let it sit in my mind, roll around for a while before I decided it was something that was possible or not. That willingness to do that allowed me to open myself to possibilities, and make them happen, make them something possible in this realm.

All those things that formed me and shaped me through all the years of my life brought me to this point that I am at today. Yes, I am a superhero. Scoff if you will. I connect to energies that are not of this realm, pass them through me, and use them to help others that are in pain, or are suffering. I use them to help people connect with those that have passed for comfort, or advice. I use them to remove pain, calm, strengthen, and generally make others better. My sidekick (my partner) is spirit who works through me to promote healing on this plane of existence.

What I do is magical, and outside normal thought processes, or belief. And my willingness to give of myself and do this work makes me a superhero.

But what about you? You don't have to do magical things to be a superhero. You don't have to be magical, or have a magic wand. You just have to be you, and contend with whatever problems the world is throwing at you. And sometimes just working through your problems and putting food on the table for your family in a world working like this one is now is magical, and heroic. It shows that you can overcome the problems and continue fighting even though it doesn't seem like there will be an end. And whether you're feeling it or not, there are energies being used, and there is spirit helping you.

Superheroes are everywhere, and like the signs say, not all of them wear capes. And while we focus on doctors and medical professionals, everyone in their own way is a hero if for nothing more than fighting the good fight, for pushing forward when the world is pushing you back.

So what did you want to be when you were growing up, and what type of superhero have you turned into?



Empaths. Those that can feel what others are going through. Many pick up emotions, others feelings, some actual pain.

According to Webster: *One who experiences the emotions of others, a person who has empathy for others.* (Gotta love Webster. They're always using a form of the word to define it.) If you're familiar with Star Trek: The Next Generation, the ship's counselor was an empath. She was constantly going on with, "Captain, I feel fear. I feel anger. I feel bad script writing."

Empaths have a hard time in crowds. They are swayed by the emotions around them. Do you walk into a room where people are happy, and suddenly you're happy? Or a room where people are angry, and you're suddenly angry even though you have nothing to be angry about? Guess what? You're an empath.

For us empaths, it is hard to go through the day to day tasks being bombarded by emotions in the form of energy from everyone around us. Those that are wide open end up hiding somewhere. Most of us learn a few things like shielding (just like Star Trek), a method of creating an energy shield around ourselves to block out strong negative energies (we allow the positive in as we want to feel the positive). Another trick we learn is if we are suddenly feeling an emotion, we look at it to see if it really is ours. If it is not, we release it.

Having this gift generally makes us care more about those around us, about the people on the planet, and the planet itself. So, how is it having this gift, and being in a world that lacks empathy?

Empathy: (Webster again) *Having the capacity of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another.* Basically, it is the ability to understand what another is going through. And having this, makes us more concerned about others, makes us go out of our way to be pleasant to them, makes us be more courteous in how we do things. It makes us offer to help when we would otherwise walk away.

But being this way, and seeing that more and more people don't have any empathy at all is (to say the least) disturbing. We see greed. We see hate. We see people that are concerned with themselves only. And this is something we all see, and take note of. It starts with our elected representatives. These are people we elected to represent us, but seem to do only what they care about only.

But that's only the tip of the iceberg. Ever go by a car that has its stereo blaring and shaking the cars around it? That driver is not concerned with others. (Buy shares in hearing aids now, as most of them will need them.) Or what about that person in the grocery that leaves their cart blocking the aisle while they run off to look for something? People just seem to care about themselves as if they are the only ones that exist. Or is it that they are the only ones that matter? I don't know if these people are self centered, or if they lack the ability to multi-task.

As an empath, I spend a lot of time in groceries making sure I am not impeding others. I patiently wait (usually). I was raised that way. I was taught to be kind to others, to care, to have empathy.

But what I do a lot of is wondering why people are like this. Were they not taught the basics of common courtesy or common sense (neither of which seems to be common anymore)? Or do they just not care? I blame a good deal of it on technology. It gives us an environment where we can just be rude because we'll never hear from this person again. Unfortunately, it carries into personal relationships.

All too many times I feel like beating my head against the wall as I can't understand how people can be this way. One thing I have realized is that beating my head against the wall will not fix the problem. But, visualizing will, maybe not overnight, or soon, but eventually it will.

Everyone join with me and start visualizing. See the people on this planet caring for each other. Believe it or not, we all depend on each other, and we should care for others as much as we care for ourselves. We can do it. Just see it, believe it, and eventually we will make it happen.

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Wake each morning to the joy of the universe.  
Let it infuse your being and your soul.  
Take that with you as you go about your day,  
and thank spirit at the end.

- Spirit with Brian Dean



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## Classes and Workshops

We have a number of classes and events scheduled throughout the end of the year. The normal Reiki and massage classes have dates scheduled, some of which have people signed up for them. More class dates will be published for next year and go on the schedule as soon as they are created.

The workshops (Past Life Regression, Ascension Theory) are currently on hold until things calm down for a bit.

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

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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

- November 11 (Wednesday) 10am - 5pm

### Reiki 2

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### Reiki 3

- November 21 (Saturday) 10am - 5pm **Confirmed**

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.

- Look for more classes on the schedule next year!

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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### New Procedures due to the Pandemic

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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### 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

