

**Caring Palms Healing Arts
Newsletter
September 2020**

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

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

I hope you enjoy what we have compiled here.

In Case You Missed it..

Caring Palms is open
at the new address
476 Osceola Avenue,
Jax Beach

A Good Beginning

As of this writing, Caring Palms has been open a little over two weeks, and it has been a very good two weeks. We have seen some old friends, and some new people that we hope will be back. With all the extra cleaning between sessions, everyone is staying safe, and getting the healing they need.

I know that we are still in a crisis period, and with that comes fear. You have to be comfortable with your decisions that you make to stay safe, and Caring Palms respects that. So, if we don't see you for a while, we understand. But know that when most of this period has passed, Caring Palms will be here to help with your healing needs.

Caring Palms has a new "Welcome" video to show off the center. Please enjoy.



New Procedures due to the Pandemic

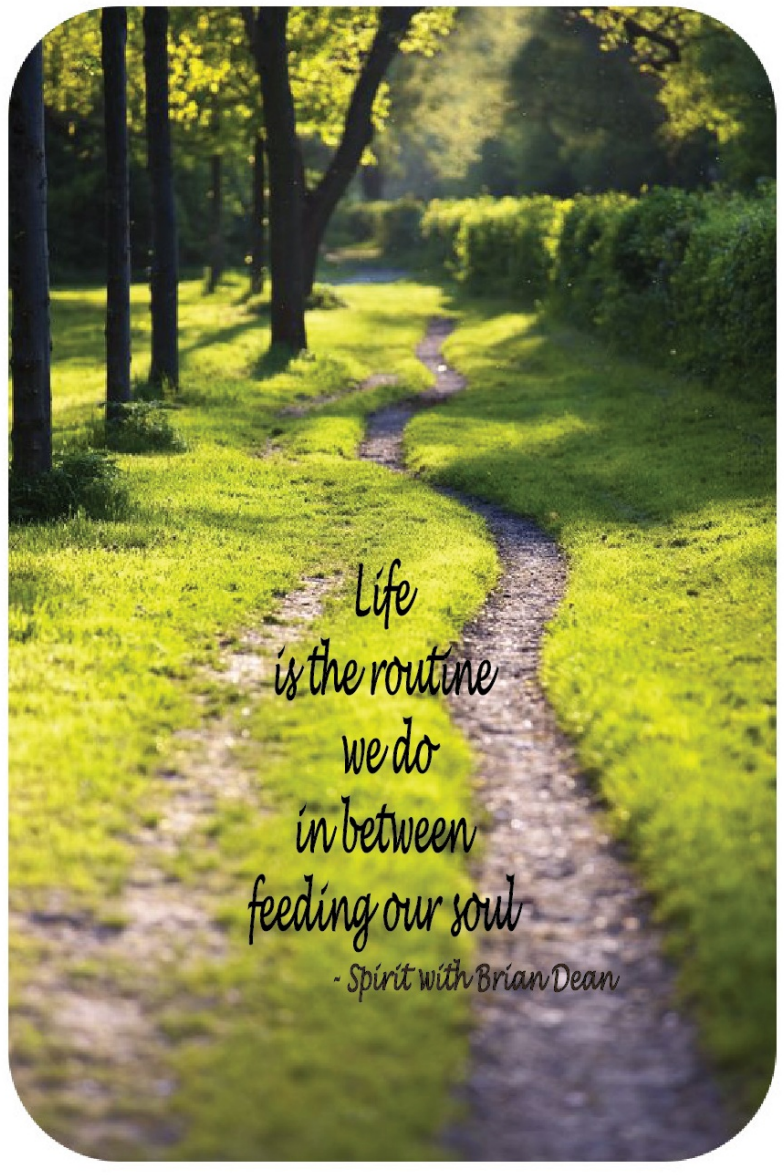
Because of the ongoing issue with COVID 19, there will be changes in procedures to keep everyone (client and therapist alike) safe.

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.

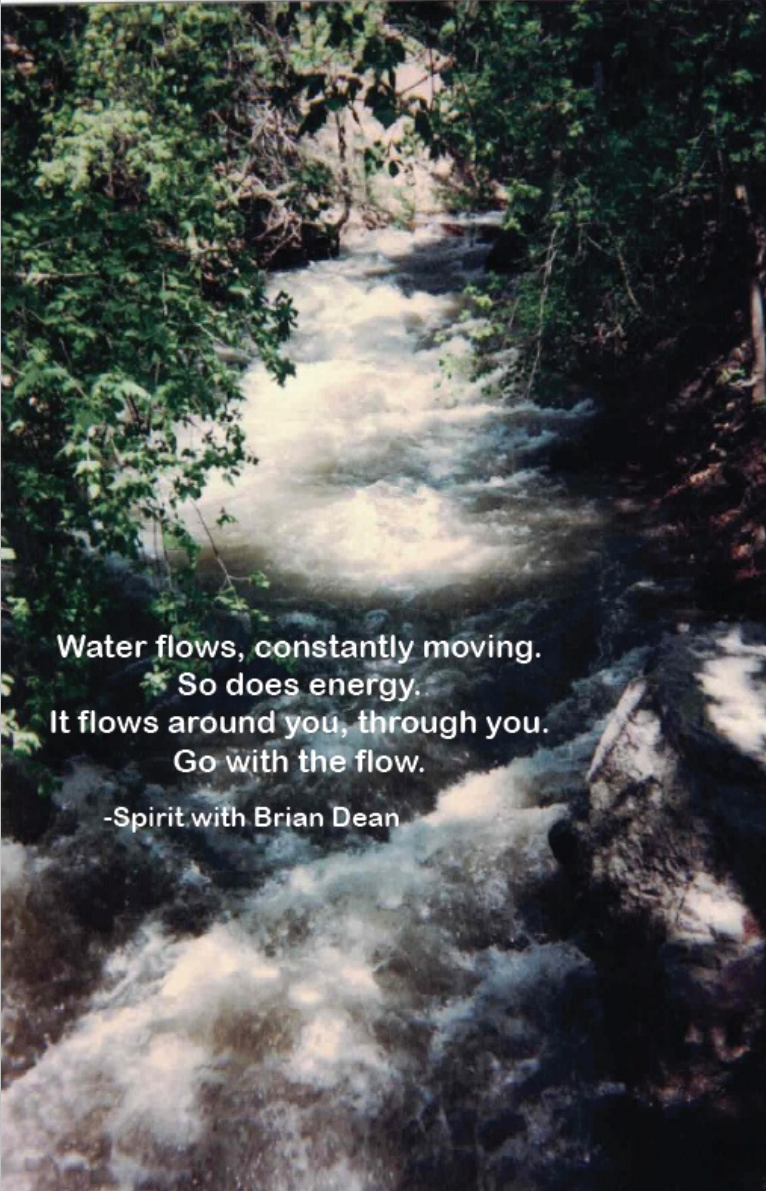


Please Use Your Gift Certificates

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.



Water flows, constantly moving.
So does energy.
It flows around you, through you.
Go with the flow.

-Spirit with Brian Dean

Education is Key - No Surprises Wanted by Brian Dean

At Caring Palms, we feel that education is an integral part of any session, massage or energy. It is felt that by making sure the client knows what is involved and what rights they have, we can avoid any surprises or unpleasant feelings. We also want to avoid a “compliance” situation.

It is compliance if one goes to a professional for any type of session, and the professional does something they are not comfortable with. Instead of inquiring about this, most people feel that this person knows more than they do, and they allow the process to continue. Now, we have heard many stories including, the one about the 16-year old girl whose male therapist did not leave the room while she undressed for her first massage. Or the therapist who came out to the house (“because he gives the best massages”) and worked internally.

Caring Palms is aware that this type of thing happens, and does its best to eliminate any possibility with education. When a client comes in for the first time for anything, they are asked to fill out paperwork which includes a disclaimer that explains the procedure that they are here for.

If one is here for massage, this form describes what happens in a Caring Palms massage session. It talks about how the body is worked, draping, movements, and pressure. This is all covered in the section for people that have never had a massage before. The next section talks about specialty massages like Freeform, Lomi, and MFR. It talks about hand positions, differences from the norm in draping and movement. And at the end, it explains that should the client be uncomfortable with anything in the session, they should let the therapist know so changes can be made.

If one comes in for Reiki, this form tells a little about what Reiki is, and how the process is done. More importantly, it describes the hand positions so that the client is aware of where the therapist will be placing their hands. It also states that if the client is uncomfortable with anything, they should let the

therapist know so we can make changes.

This all happens before one goes into the treatment room. Once in the treatment room, there are more questions and explanations. A client is usually asked what they are looking for out of their session, any places that need more attention, and what their expectations are. Caring Palms will make suggestions based on what we see, or feel based on what we are told. Many a time, Brian has suggested MFR as he felt alignment is needed, or a Freeform session because it would do the best because it is intuition driven. And with each case, explanations are given to see if the client is comfortable with that choice. But no matter what is suggested, if the client just wants a plain old relaxing Swedish massage, that is what they will get. Basically this is to try to understand the client's expectations for the session, and to help them understand if what they are expecting is unrealistic, and to let them know that they can make modifications at any point.

The key is that the client is in control of the session, not the therapist. If they are uncomfortable, if they don't feel it is up to what they need, they need to speak up, so changes can be made. And if they are not satisfied with that, they can end the session. This is something else that we will respect. We have heard too often about people going for a massage and knowing in the first 10 minutes that it was not right for them, and then staying for the whole thing. (It has never happened here, but it has happened.)

Caring Palms goes out of its way to make sure that we supply all the information (written or verbal) so that someone knows what is involved with a session, but they have to read it, or listen so they understand, and they need to ask questions if they don't. Otherwise we end up with someone saying they didn't know they needed to get undressed for massage, or being told that they expected that their shoulders would be the only thing worked on for an hour.

The point is that while Caring Palms has the highest degree of professionalism and integrity, and does its sessions in a legal and ethical manner, (as has been said before) the client needs to take part in that healing journey, and part of that is reading the information and listening and questioning.

Caring Palms wants to be part of your healing journey, but you have to be part of it as well.

The Flow **by Brian Dean**

I look out the window and I see trees moving in the small breeze. They sway gently, their leaves wiggling and bouncing. As I look up to the sky, I notice a few light, billowy clouds moving across the blue spaciousness. As they move, they change form, creating shapes, some recognizable, some not. Eventually, they move out of sight and are replaced by others.

I know that outside my window, the world (nature) moves like it should. But inside my where I am, there is a world of problems sitting on my shoulders, hopes, fears, worries, pain, indecision, and love, yes love sits here too. When I look outside and marvel at how nature just moves. It doesn't overthink. It doesn't worry. It doesn't plan. It just flows. And I wonder, why can't I be like nature?

Humans don't let things flow. They take things on that they don't need to and hold onto them forever. No matter how much we are told that this is not healthy, we still do it. We need to drop our worries, our baggage, our fears as they are too heavy to carry forward.

We need to observe other things, like nature, and see if we can learn from them. We need to jump in that crisp clear spring and wash away all the negativity we hold onto (even a shower will do). We need to just let loose, let go, and flow. No, it's not easy. But maybe it is time to make that decision, to stop worrying about everything that could go wrong, and planning for that, and to think about moving into the positive energies, into the light. We need to see that for what it is, and to just up and walk away from the pain. Leave it behind as we no longer need it, taking what is positive with us. And then we can move forward to the new, more focused us.

As for me, I think I'm going to go outside and just flow with the energies, maybe pick a cloud to sit on.

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. 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.

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: [Setting Expectations](#)



Leave a Review, Enter Our Drawing

Leave a review and be entered in a drawing to win a free session. If you have enjoyed the services at Caring Palms, whether that be massage, Reiki, or classes, or something else, please leave a review on one of the review sites like Google, Facebook, or any of the many places that take reviews. Lately, it has been these reviews that have been bringing new clients into the studio, and all have been glad they found us.

Anyone leaving a review will be entered into the monthly drawing to win a free session (massage or Reiki). Reviews made between the first and last day of each month will go into the drawing, and the winner will be pulled on the first of every month. Thank you all that have left reviews, and congratulations to the people who have already won free sessions.

Note: We are asking people not to post on Yelp unless you are a person that posts there regularly. Yelp has some qualifying software that looks at each review, and if you are a regular poster, your comment is deemed "Relevant", otherwise your comment is marked "Not Relevant". While Caring Palms has 20 5-star reviews on Yelp, only seven of them are deemed "Relevant", and one has to go through another step to see the remaining 13.

Guided Meditation CDs Available In-House and Online

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

Reiki Class Schedule



The following is a list of currently scheduled Reiki Classes. Each class (unless otherwise marked)

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

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

Reiki 1

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

Reiki 2

- October 24 (Saturday) 10am - 5pm

Reiki 3

- 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.

- 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

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.

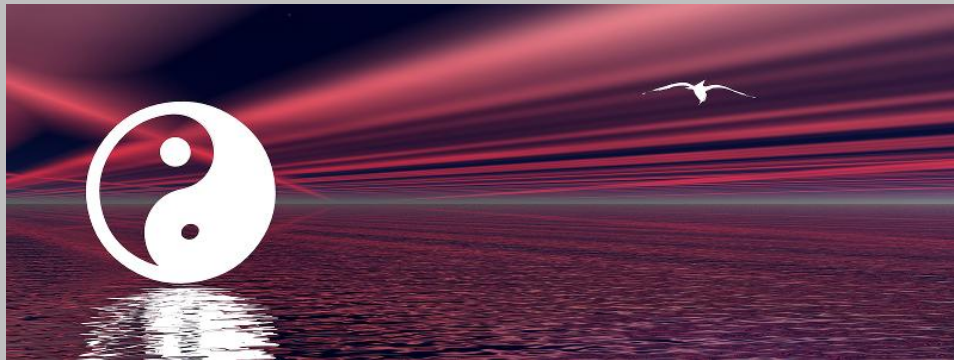
Every month, Caring Palms is host a mediumship class taught by Marilyn Jenquin of the International Foundation for Spiritual Knowledge. In this class, Marilyn teaches the British style of mediumship (this is similar to the style used by John Edward). Each class contains a lecture, a meditation, and class 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.

Brian Offering Readings

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



Caring Palms Promise

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

Forward This Newsletter

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

Can We Answer Your Questions?

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

Connect with us



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STAY CONNECTED

