



Caring Palms Healing Arts Newsletter January 2021

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

We have also added Reiki and Advanced Body Mechanics classes for the first few months. As of this writing, they can not be signed up for online, but that will change soon. Because of the pandemic, the number of classes have been limited, and the number of students per each class has been limited to four so we can social distance ourselves during the lecture periods. More classes will be added as time and circumstances pass.

I hope you enjoy what we have compiled here.

Holiday Closings

The studio will be closed Friday, January 1st and Saturday, January 2nd for New Years. The studio will then reopen Tuesday, January 5th to start business for the new year.

Caring Palms hopes everyone has a wonderful, loving, and safe holiday.



Brian Taking Classes

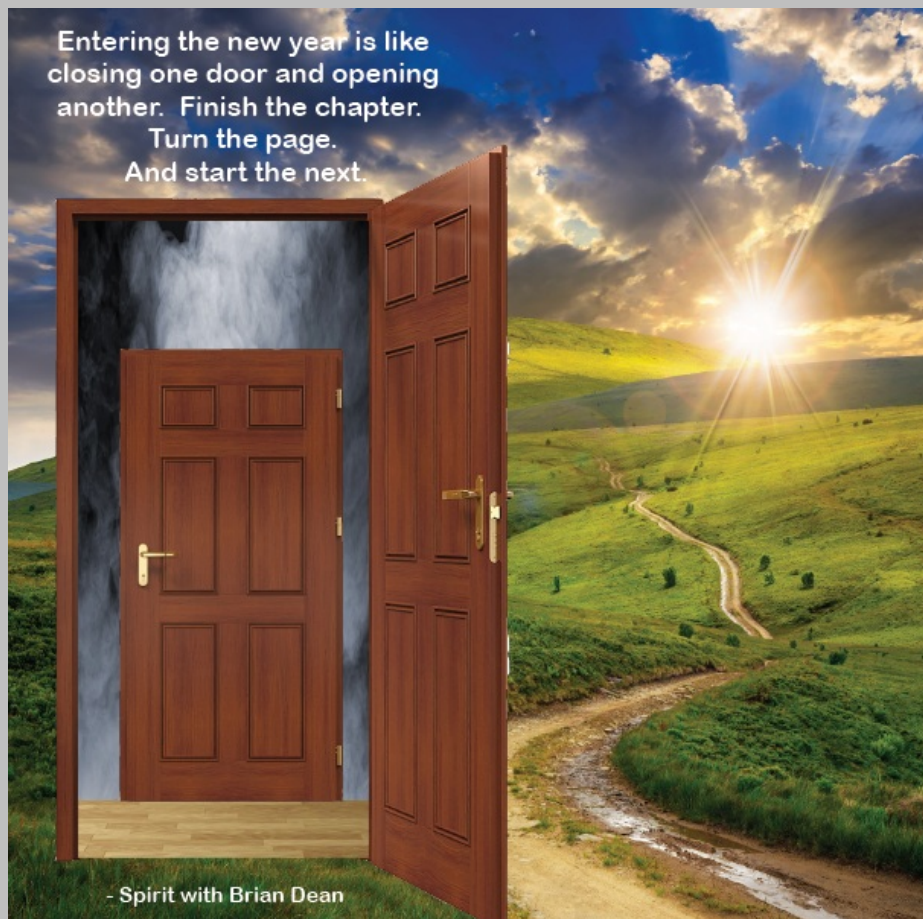
It is the time of year again when Brian takes time off to attend some advanced classes in Mediumship and Trance work from Eamonn Downey. Unfortunately, because of the pandemic, one of the classes has been cancelled until next year. The other two will strictly be online through Zoom. Now, Brian has been taking the regular monthly classes remotely, so he is familiar with the platform, and knows it works well. It is still not the same as meeting people face to face and getting and giving hugs, but it is an acceptable substitute in this current reality.

The Caring Palms studio will be closed Friday and Saturday, January 15th and 16th while Brian takes the Masters class.

The studio will also be closed the following Friday and Saturday, January 22nd and 23rd while he takes the

Trance class.

The Reiki class that would have been scheduled this month has been postponed until February to keep from blocking out most of the weekends in January. After these classes, come book some sessions and see what he learned.



Closing the Door by Brian Dean

It is a new year. And with that comes the obligation to leave behind the things we don't need from the previous year.

It is a chance to look at all the things we carried with us throughout the previous year. It is a time to sort them into two groups, Needed and Not Needed. Those things we need to keep with us, we tuck into our knapsack, throw it over our shoulder, and move ahead. And those things could be physical items, or friends that think the way we do now, or family, or ideas just coming into fruition. The things we do not need could be physical items from a past that is no longer important, friends that fell by the wayside, old thought processes that no longer work in the reality we are currently living. These are the things that we leave at the doorway as we exit the last year, and move forward into the next. We close the door on that chapter of our lives and start the next chapter with gusto, and joy, and most importantly... hope.

We step forward. As we do, we close the door on what was. We look at what is, and picture what will be. The last part of that is the most important, as with that comes promise, promise of better times. What makes that happen is the energy created by hope. This is the energy that will make the changes we need, to create that new reality that we are seeking. This is where we begin to manifest that better world, the one that will follow this one. And keep in mind that this new, better world may only be a stopping point to something better still. When climbing stairs, we don't have to stop on a particular one. We climb until we are finished climbing, we've reached to top, arrived at our goal. And for some that might actually be the next step up from where we are.

But if we open our imagination, and let it create that reality, then we can push on as long as we need until magic does happen. Then a better place will not be out of reach. All we need to do is believe, and hope.

Hope is what gets us through the dark times. It helps us believe that things will get better. It helps us strive for those goals that create that better reality. It gives us what we need mentally, then energetically to move forward. Step through that doorway. Shut it behind you. Now, take in the wonders that lie



We must allow things to happen as they need,
and accept them as part of the whole.
But know that these things happening
includes what we do as part of them.

- Spirit with Brian Dean

Focusing On The Future by Brian Dean

Let's be straightforward about this. Last year was a dumpster fire. There were so many bad things that they are too hard to count. Between the pandemic and the political mismanagement of it, we lost more than 300,000 souls to spirit. Our businesses are drying up because people can't come out to use them. People won't do the necessary things to help stop the spread of the illness.

We've seen our way of life become a shambles of what it used to be. We've been forced to stay home and give up the things that used to be part of our lives, like eating out, or taking live classes.

We've seen violence and hate everywhere we turn. We've seen greed destroy everything it touches.

Even Caring Palms has, and still is feeling the sting of this. The studio ends this year with a loss of around \$17,000. We lost two of our wonderful, loved therapists who felt they needed to move on. We also lost our renters, and the combination of both forced the studio to move locations. Even as I write this, business (which was good when the studio reopened after the forced shutdown) has slipped as the disease spreads more. And even though the place is being cleaned after every client, people are still afraid to venture out, and this I understand.

But although we focus on the negatives, there are a lot of positive things that happened through the challenges that were handed to us.

We found methods to stay in contact with our friends and loved ones either by phone or video apps such as Zoom. We found that we could still manage many types of classes over a remote platform.

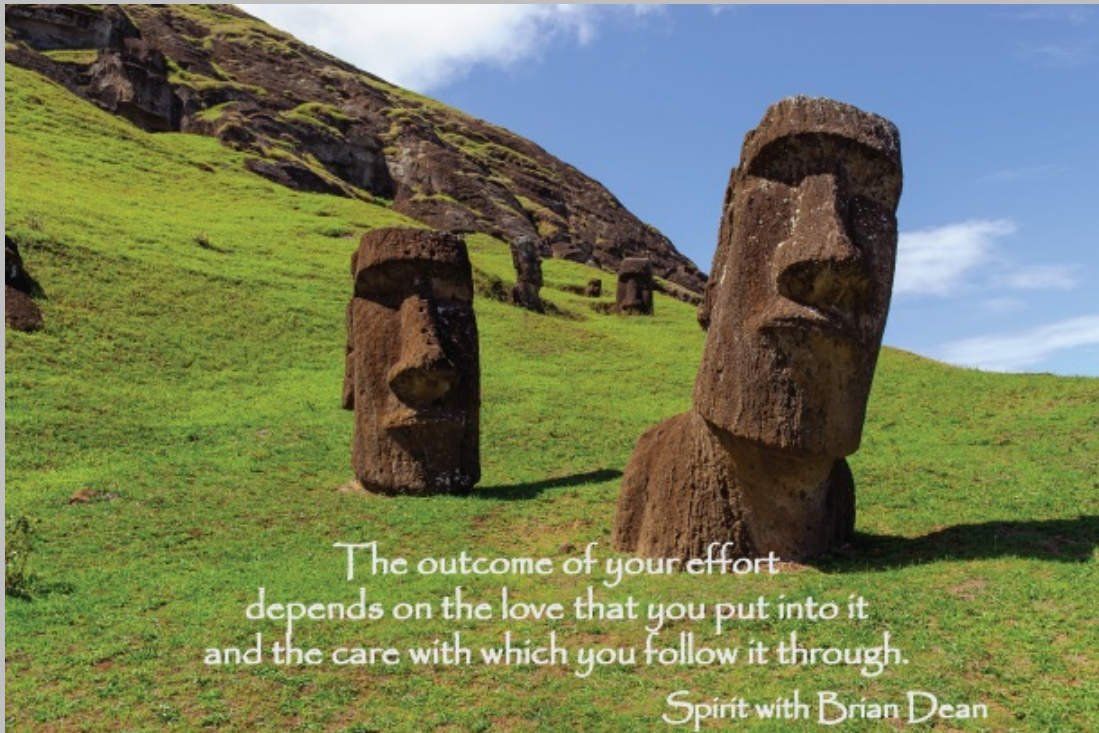
People who offer various types of energy services found that these things can be done remotely whether that be sending of healing energy, or things like past life regressions, or mediumship.

We found that we can do a lot of things online from shopping to bill paying.

But most of all, we found that we are strong, strong as a people, strong as each individual person. We've found that we have the will to survive, and discovered we have the strength to do so.

We've found that we are still capable of learning new things to manage a world working remotely. We've found that we can cope with the current state of reality, even if it is not what we want. We've found that we can still love, and that love can extend through our computer screens to friends, family, distant people whom we see having problems, others who are also surviving as best they can. We can send out love and its energies to do some healing to those it reaches, even though we can not touch them.

We've found that love, hope, and empathy will be the guiding energies moving into the next year. Until we can again get out and be with people fully, let's keep those energies in the forefront, and spread them as wide and far as we can.



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.

Each class is limited to four people so we are not cramped.

Reiki 1

- Saturday, February 2nd, 10:00am - 5:00pm
- Saturday, March 16th, 10:00am - 5:00pm

Reiki 2

- Saturday, February 27th, 10:00am - 5:00pm

Reiki 3

- Saturday, March 27th, 10:00am - 5:00pm

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.

Each class is limited to four people so we are not cramped. It takes a minimum of two people for this class to happen, and those signing up for it need to do so at least one week before the scheduled date.

- Thursday, March 18th, 9:00am - 5:00pm and Friday, March 19th, 10:00am - 5:00pm

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.

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.

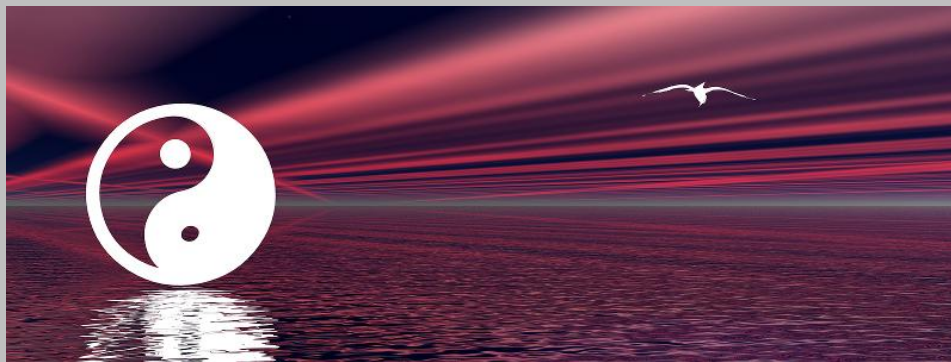
1. Everyone coming in will have their temperature taken by a non-touch forehead thermometer. Anyone with a temperature of 100 degrees or higher will be asked to come back another time.
2. A new form has been added letting you know that everything possible is being done to keep the disease from spreading. 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.

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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