



Caring Palms Massage and Reiki Newsletter November 2015

In This Issue

[November Closures](#)

[Gift Certificate Sale Begins](#)

[Leave a Review](#)

[Caring Palms Best Reiki](#)

[Caring Palms Looking for
New Therapist](#)

[Actions and Counter-Actions](#)

[Room for Rent](#)

[Working at The Airport](#)

[Our Focus is You](#)

[Reiki Share](#)

[Advanced Body Mechanics](#)

[Class Taught](#)

[Reiki Class Schedule](#)

[Advanced Body Mechanics
and Techniques](#)

[Balance](#)

[Caring Palms Hosts](#)

[Mediumship Classes](#)

[Modality of the Month](#)

Greetings!

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news, class schedule changes, and a couple articles.

I hope you enjoy what we have here.

November Closures

Caring Palms Massage and Reiki will be closed the following dates...



- Saturday, October 31st Halloween (because Brian and Christine have other commitments)
- Thursday and Friday, November 26th and 27th Thanksgiving

We at Caring Palms hope everyone have an enjoyable and safe holiday.

Other businesses in the studio will be operating per their own schedules.

Holiday Gift Certificate Sale Begins

Caring Palms is announcing the **Holiday Gift Certificate Sale**. The sale begins **Monday, November 9th**, and runs through **Thursday, December 24th**.

Buy 1 gift certificate, save \$10

[Brian Offering Readings](#)

[Caring Palms Promise](#)

[You Have Questions?](#)

Quick Links

[The Caring Palms Website](#)

Join Our List

[Join Our Mailing List!](#)

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.

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 four 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).

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. (Sorry, this special is not available at the web site.) What better gift to give to those you care about? Give them the gift of love and healing.

Leave a Review, Enter Our Drawing

If you have enjoyed the service at Caring Palms, whether that be for massage, Reiki, or classes, or something else, please leave a review on one of the review sites like Google, Facebook, Yelp (you must be a Yelp member to use Yelp), or any of the many places that take reviews. All people leaving reviews will be entered into a drawing to receive a free session (massage or Reiki). The drawing will take place at the end of November. The winner will receive a gift certificate valid for six months which they can use for themselves, or give to someone else. Like us? Let us know. You might win a free session.

Caring Palms - Best Reiki



Caring Palms has been voted the best place to get Reiki in Jacksonville Beach. The award was presented by Best Businesses. Although there are many places in the beaches area to get Reiki, they decided that Caring Palms is the best. So come in and experience a Reiki healing session or take a Reiki class and learn how to do it yourself.

(Our massages aren't bad either.)

Caring Palms Looking For New Therapist

Caring Palms Massage and Reiki is looking for a female therapist(s) to add to its staff of talented individuals. This person could be full or part time. Caring Palms pays 50% of the billed amount before discounts. All discounts come out of Caring Palms' end. All tips go to the therapist in full. If you are interested, or you know of anyone that might be interested, please have them call Brian at the studio at 904-246-2206, or email him at brian@caringpalms.com to schedule an interview.

Actions and Counter-Actions

by Brian Dean

For each and every action, there is an opposite reaction (or counter-action), or so we have been told. This is what pushes rockets into space, power coming out of one end pushing it in the opposite direction. But what about an action that stops a counter-action from happening? What about analyzing a situation and preparing for all possibilities making those unwanted possibilities not happen?

For everything we do, there is the possibility of action and counter-action. There is always the possibility for mistake. But what if we recognized that possibility for mistake? What if we accepted the possibility? Might that mistake not happen?

So we might make a mistake in doing something. But we recognize that possibility, and prepare for that. Does that recognition and preparation make the mistake not happen? Considering how energy works, I think so. We understand all possibilities and know that something could go wrong, but in knowing that, we accept it, and set the energies so that we can recover from it if it happens. Yet by being the positive person and focusing on things working out, we make them happen as they should.

Mythbusters have a saying, "Failure is always an option." And in what they do it is. Every scientific experiment has a possibility of failure. But so does everything else. But by knowing and accepting the possibility of failure, we put our energies to the positive outcome and make that happen. This is the bizarre symmetry of the energy of the universe.

Let's say that the weather predictor has said it will rain today, so you take an umbrella with you. And it does not rain. Now was the predictor wrong, or just the fact that you were prepared for rain, made it not rain? Many times I will be sitting at a red light, and after a while I will shift the car into neutral. Usually within seconds, the light turns green. I have begun to think that shifting the car into neutral causes the light to change. Why not, action, counter-action.

Having grown up in a very rural area where there were a lot of farms,

I noticed that whenever it is going to rain, the cows in the fields lay down. Any other time they are always standing. So, do the cows laying down cause it to rain? I always wondered that if someone went out and kicked each cow in the rump to get it to stand up if that would make it not rain. Ah, yes, a scientific experiment waiting for someone to test.

So, what can you like to make happen?

Room for Rent

Caring Palms has a room for rent to a holistic arts practitioner. This person could be a practitioner of aromatherapy, herbalism, reflexology, hypnosis, massage or any similar holistic modality. Already in the studio, we have massage, Reiki, and acupuncture. If you know anyone interested, please have them call Brian at Caring Palms.

Working at The Airport (or so it seemed)

On October 23rd and 24th, Caring Palms was treated to the sound of jets roaring by every few minutes which made for some not so relaxing sessions. Every year, they put on an air show in Jacksonville featuring many performers including the Blue Angels. This year was the first time in three years that they did it at the beach (which is three blocks away). Friday, they practiced for the show that was Saturday and Sunday (thankfully we were closed Sunday).

It was very interesting to be in the middle of a massage when all you could hear was the roar of the jet engines and the shaking of the walls as the planes passed overhead and then climbed straight up over the beach. Saturday was more interesting as Brian taught Reiki 2 that day while Christine did massages.

Thankfully it is only once a year.



The Blue Angels

Our Focus is You

by Brian Dean

Massage therapists (and healers) get into the business for varying reasons. I would like to think that most do it because they like it or are drawn to it. I know I was.

I remember when I was teaching at a massage school. The first night, I would always go around the room asking each student, "Why are you here?" And I would get a variety of responses from "It looks like a good field to get into" to "I saw an ad on the TV and it looked interesting". Of course, there was always the one that told me "because I can make \$50 an hour." My response was to tell them that this was the wrong reason to be there.

While yes, massage therapists, or massage therapy businesses charge a certain dollar rate ranging from \$35 to \$100 per hour, it is not a get rich salary that one gets from that rate as one can not work 40 hours per week (at least not doing the type of work we do). But while businesses, and some massage therapists focus on money with upselling the client and such, we do not. Our primary focus is on the people that are there for our help.

I for one got into massage because it was an opportunity to help people. I was drawn to it. It is certainly much more rewarding than the computer programming I used to do. But one of the things I learned is that my focus needs to be on the work, and this is something we do. We focus on the needs of our clients and what we can do to best help them.

One thing John Edward (psychic medium) used to say is that focus needs to be on the work, not on the money we make from that work. He said that if he looked at an appointment and started thinking of how the money he will make from it will make him able to pay the mortgage, that person would cancel. I have seen the same thing happen. We focus on the work and not the money. Sometimes it is hard when the rent is due, but the focus is always on the client.

We are here to help people. And there is a point that I would do it simply because I like helping people. But the reality is that to make what we do available to people, we have to pay rent, and in turn charge a fee. That is called balance, and there always has to be balance.

At Caring Palms, our key focus is you, and what can we do that will best help you. That is why we will take time to talk with you before we start the session. That is why we work for a full 60 minutes

instead of 50. That is why we will run over a few minutes if you need it and not charge you for it. Because we care about you, about making you feel better, about doing the best work we can every time because that is what we feel you deserve.

Our only focus is you, and what we can do to help.

Reiki Share

Caring Palms has a Reiki share every month. A Share is where Reiki practitioners get together to work on each other. Group Reiki work is done where each person gets time on the table and worked on by several therapists at once. Any practitioner is invited no matter what lineage they have.

The next Reiki share is on

Wednesday, November 4th from 7pm to 9pm.

Please let us know if you will be coming.

Advanced Body Mechanis Class Taught

Brian taught the last Advanced Body Mechanics class of the year this month. He had two students who are still massage school students, but were hurting themselves as they do their work. The school they attend did not show them anything to help the situation, so they took the class.

In two days, they learned things to do so they could use their bodies instead of their hands and fingers to get deep pressure without hurting themselves. There was one point that one of the students could not do what was taught because of a physical limitation, so Brian came up with another way to do it. As Brian stated, "This class is for finding different ways to do things, even if that means finding different ways of doing what is being taught. The key is that it teaches the student to be creative and innovative."

Both students enjoyed the class and the materials and methods taught. Caring Palms will be scheduling more classes for 2016 shortly.

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.)



Reiki 1

- November 14 (Saturday) 10am - 5pm
Confirmed

Reiki 2

- TBA 2016

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 \$125 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 NCBTMB and Florida Board of Massage Approved for six (6) Continuing Education Hours (CEUs)

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 2015 schedule is as follows:

- TBA 2016

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.

NCBTMB and 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.

By Brian Dean

One of the things we have to have is balance. Our world has balance, it has symmetry. If it was not balanced, it would be lopsided and we would all fall off the far end into space (just kidding).

Balance is a mid-point between two extremes. As a Methodist minister told me years ago, "Balance is the point where the pendulum passes at the fastest speed." Attaining balance can be difficult especially in a hectic environment or lifestyle. Keeping it can be even harder.

When we talk extremes, we look at the world and language. We have Good, but we can't have Good without Evil. Again, extremes and extreme opposites. At those ends, we have Happy and Sad, Love and Hate. On a more personal note, we have Work and Play.

With today's rushing world, we spend way too much time working, but we have to if we want to keep employed, or competitive with an industry, or have an income. So we sacrifice balance for keeping the roof over our heads. But there is a point that this becomes balance too. As we work, we get paid, so that is balance. It may not be the best balance as we may be doing too much for what we earn, but it is *some* balance.

If gravity affected theoretical balance as it does physical balance, most of us would have fallen down on our faces by now as we don't find the balance we need. But somewhere along the way, we need to care for ourselves and move back toward that point of balance.

So for all the work we do, we need to find a small bit of play, or "Me Time", even if it is a small bit here and there. Consider 15 minutes of meditation, or reading a book, or anything that allows you to shut off your brain for just a short period of time. While that small bit might not fully restore balance, it will help greatly with your equilibrium.

So are you going to lean, or will you find a point in the middle, a point of balance?

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

Hawaiian Lomi Lomi Massage

The ancient art of Hawaiian Lomi Lomi has been practiced for hundreds of years. The gift of healing was passed down to the "chosen one" who spent their life practicing the healing arts. Kahuna's (healers, shaman) were taught to use thumbs, hands, forearms and elbows to massage. It wasn't uncommon to have hot rocks placed on injuries or have the Kahuna walk on your back. Kahuna's were even known to use a mild form of hypnosis, instilling feelings of well-being. They believed they could transfer their own vital energy into a person who was sick.

Hawaiian Lomi Lomi was kept secret within families for most of its history, until Kahuna Aunty Margaret Machado decided to teach anyone who wanted to learn "the loving touch". Aunty says, "Lomi Lomi is a loving touch. When they feel loving hands on their body, they'll respond, "she loves me, she'll take good care of me, and I'm going to get well. "

So, what is the difference between Lomi Lomi and any other massage? That is a difficult question to answer. Clients have said, "It's as if you are right inside of my muscles and you know exactly where to go and how deep to go. " "The pressure points melt, your hands and elbows feel strong and loving as if they are guided. " I don't know how elbows and forearms can feel loving, but that is what clients say! Lomi Lomi feels like many different techniques put into one flowing system. It has a rhythm and flow that is soothing and feels complete.

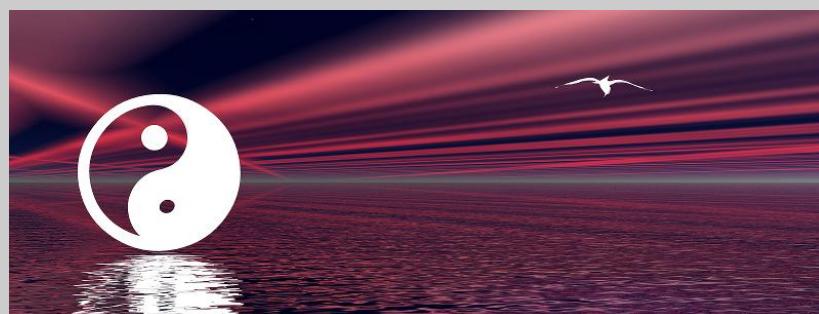
[read more](#)



Hawaiian Temple Lomi Lomi

Brian Offering Readings

Brian is now doing readings to anyone that wants to sit for one for tips. Keep in mind, these are mediumship readings, not psychic readings. If you think that it was a good session feel free to leave a gratuity. If you have an interest, please contact Brian and something can be scheduled.



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.

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 and we will try to see if we can answer them for you.

May light continue to illuminate your path. Take care.

Sincerely,

Brian
Caring Palms Massage and Reiki
(904) 246-2206
