



# Caring Palms Massage and Reiki Newsletter November 2014

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## Greetings!

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news, class schedule changes and additions, and a couple articles. Also, we are changing the day of the Reiki share, so if you are interested in that, please see the article.

I hope you enjoy what we have here.

## November Closures

The Caring Palms studio will be closed Thursday, November 27<sup>th</sup> for the Thanksgiving holiday. We hope everyone has a safe and happy holiday.



Also, Brian will be out of town November 10<sup>th</sup> through Saturday, November 15<sup>th</sup> while he visits his Dad in Maryland. The studio remain open for massage with Ashlee during the week, and massage and Reiki with Christine on Saturday. Brian will return to the studio the following Monday.

## Gift Certificate Sale

**Caring Palms** is announcing the **Holiday Gift Certificate Sale**. The sale begins **Monday, November 3<sup>rd</sup>**, and runs through **Wednesday, December 24<sup>th</sup>**.

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!

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### 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.

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.

### Caring Palms Welcomes Ashlee

Caring Palms is pleased to welcome Ashlee Mojica, LMT to its staff of talented therapists. Ashlee, a native of Jacksonville, Florida attended Florida State College of Jacksonville where she received her Associates in Arts. Ashlee continued her education at Heritage Institute where she graduated with a certificate in Massage Therapy. Some of her training included Swedish Massage, Myofascial Release, Trigger Point and Neuromuscular Therapy. Ashlee specializes in combining these modalities during her sessions to best address the needs of her clients. It is Ashlee's belief that the combination of these modalities with intuitive energy work encourages the body's natural healing process and benefits the client exponentially.



Ashlee is available Tuesdays through Fridays.

### The Studio is Open Regular Hours on Saturdays

Caring Palms is now open regular hours every Saturday. Christine Neubauer will be here to do massage and Reiki sessions.

Previously, the studio had been open 'by appointment only', but now someone will be here from 10:00am to 5:00pm to take appointments and walk-ins. Brian will still be available, by appointment only as he always has, based on what his schedule is. We can also offer Couple's Massages on Saturdays, but we will need enough notice to set up.

If you are in need of a good massage or a Reiki session, please call for an appointment.

## 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.

This month, the share is moving back to the first Wednesday.

The next Reiki share is on

**Wednesday, November 5th from 7pm to 9pm.**

Please let us know if you will be coming.

## Public Speaking

by Brian Dean

I speak in public quite a bit. Sometimes it is small groups, sometimes it is larger ones. And no matter how much I plan, no matter how I think I know what I am going to say, things change and sometimes take a left. This is why I do not write speeches.

As long as I know what I am talking about, I seem to do better with a small plan instead of a script. Even when I teach classes, questions come up, and in all the years I have been teaching, I still hear questions I have never been asked before. Sometimes I have the answers, sometimes I do not. Other times, I have to wait for the answers to come to me, to be downloaded from the universe (yes, I am strange if you haven't figured that out already).

It is a thing called inspired speaking. You start off with a subject, and start talking on it. Things pop into your head to talk about along the subject line. As you run out of things to say, something else will pop in to keep you talking. This is how I do most of my group or public speaking sessions. I start out, and let my path wind differently depending on what group I am working with and what questions are asked. One talk is never the same as another.

I just works. No plan, no speech, just an idea to pursue. Or as I like to tell people...

I never think about what I am going say. I want to be as shocked as everyone else at what comes out of my mouth.

Brian taught the Advanced Body Mechanics class on the weekend of October 18<sup>th</sup> to two students. Both were surprised at how the techniques and theory shown could impact their practice for the better. At one point, one of the students asked Brian to critique moves she does in her own practice. After watching, he saw how the moves she did were very valid, but could see why she was hurting herself, and offered suggestion on better ways of positioning her body as she did the moves.

Both students felt that the information they were shown was better than what they were doing, and would help them as they adopted it. In fact, Brian got a call from one student a few days later telling him how after working a week, her back was 70% better than it normally would have been because she utilized changes shown in the class.

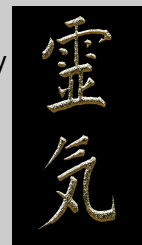
Brian was very glad to hear what she had to say and was glad to hear that what he has to teach has merit.

### New Classes added

Caring Palms just created its 2015 class schedule and it will be an ambitious year. Since it is a renewal year for Florida massage therapists, more classes have been added to the schedule including classes on the weekdays. All in all, there were 18 Reiki 1 classes, 7 Reiki 2 classes, 7 Reiki 3 classes, and 5 Advanced Body Mechanics classes added. That makes a lot of access for students (massage therapists and regular folk) to get the classes they want. All classes are live and available for anyone wanting to register.

### 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 8 (Saturday) 10am - 5pm **Confirmed**

#### 2015

- January 10 (Saturday) 10am - 5pm
- February 10 (Tuesday) 10am - 5pm
- February 21 (Saturday) 10am - 5pm

- March 14 (Saturday) 10am - 5pm
- April 11 (Saturday) 10am - 5pm
- April 21 (Tuesday) 10am - 5pm
- May 9 (Saturday) 10am - 5pm
- June 13 (Saturday) 10am - 5pm
- June 16 (Tuesday) 10am - 5pm
- July 11 (Saturday) 10am - 5pm
- July 21 (Tuesday) 10am - 5pm
- August 4 (Tuesday) 10am - 5pm
- August 8 (Saturday) 10am - 5pm
- August 11 (Tuesday) 10am - 5pm
- August 25 (Tuesday) 10am - 5pm
- September 12 (Saturday) 10am - 5pm
- October 10 (Saturday) 10am - 5pm
- November 14 (Saturday) 10am - 5pm

#### Reiki 2

- November 1 (Saturday) 10am - 5pm **Confirmed**

#### 2015

- March 28 (Saturday) 10am - 5pm
- April 7 (Tuesday) 10am - 5pm
- June 27 (Saturday) 10am - 5pm
- July 7 (Tuesday) 10am - 5pm
- August 15 (Saturday) 10am - 5pm
- August 27 (Thursday) 10am - 5pm
- October 24 (Saturday) 10am - 5pm

#### Reiki 3

- November 22 (Saturday) 10am - 5pm **Confirmed**

#### 2015

- April 25 (Saturday) 10am - 5pm
- May 5 (Tuesday) 10am - 5pm
- July 25 (Saturday) 10am - 5pm
- July 28 (Tuesday) 10am - 5pm
- August 22 (Saturday) 10am - 5pm
- August 29 (Saturday) 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 \$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)**

### **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 2015 schedule is as follows:

- April 18 - April 19 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)
- May 19 - May 20 (Tuesday 9:00am - 5:00pm and Wednesday 10:00am - 4:00pm)
- June 20 - June 21 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)
- August 18 - August 19 (Tuesday 9:00am - 5:00pm and Wednesday 10:00am - 4:00pm)
- October 17 - October 18 (Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm)

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.

**NCBTMB and Florida Board of Massage Approved for twelve (12) Continuing Education Hours (CEUs)**

**Class Cost: \$300 Early Registration (at least 19 days before the class date)**

**\$350 within 19 days of the class date**

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.

### **Goodbye Whitney**

Whitney Salvador has decided to leave Caring Palms for other opportunities. We at Caring Palms enjoyed having her as part of our practice and wish her well in her future endeavors.

For those looking for a female therapist, Ashlee and Christine are available.

### **Attention vs. Intention**

**By Brian Dean**

I again ran into a saying that energy workers use a lot about the focus of energy. It says...

#### **Energy Flows Where Attention Goes**

And as a statement, this is very true. Where we focus our attention is where we send energy. It is why you notice someone staring at you, or why they notice you staring at them. And it does not have to be staring. It can be looking, or glancing. We unintentionally send energy wherever we focus our intention.

When we notice something, or something catches our attention, we focus on it even if it is just for a moment. Energy is sent to that place, and others can notice because their energies are drawn to it as well. But what happens when you are an energy worker?

Working with energy takes attention and focus. It also takes visualization, creating the images you want in your mind for what you want to happen knowing that energy will take the form of whatever



you are creating. For instance, if I start with my hands together, and then separate them visualizing a ball between my hands, I will create that ball in energy form. And others will be able to feel it.

When doing energy work, one focusses their attention to where they want the energy to go, and this is true if they are doing work with crystals, magnetic healing, using a healing wand, or most other types of energy work. But this is not always the case.

Some types of energy, one could say, have a mind of their own. Reiki is one of them. We are taught that Reiki energy goes where it is needed most no matter where it is put into the body. And although we have a specific set of hand positions, we could do the entire session with hands on our subject's shoulders, or feet. And while doing Reiki, we have to focus on being open and clear to let the energy through, but once we have reached that state, we need to just let it go. And that sounds totally strange and different than anything we have ever been taught.

When we play baseball, we are told to focus on the ball. We watch it so as to hit it with the bat, or catch it in a glove. But with this type of energy work, it is almost like telling someone to just throw the ball and trust that it will go where they intend it. This is even more true when doing trance healing or mediumship healing. In fact, the more one lets go, the more energy is available and the stronger the flow is.

This is a very different concept. It teaches that relaxing and being more passive makes one's energy stronger. In this instance, the energy is being driven by one's intent, intent to help, intent to heal, intent to supply the energies needed. This is relaxing, letting go, and being stronger. It is like saying, "Let go, and use the Force."

There is an exercise I show that demonstrates just that. I hold my arm in a certain position, place someone else's hands on it and ask them to bend it. Even when I use all my muscles to resist, they usually can bend it. Then I relax and change slightly. I set my energies, focusing them at a certain point, and then I let go. When the person goes to bend my arm again, they can not. I am using less strength, exerting less muscle, and my attention is elsewhere, yet I am many times stronger. (Don't try this at home without proper instruction.)

Basically, it is my intention to be stronger by letting the energies do the work. Because of my intent, they do what they can to follow that wish. This is how I am with energy work. I do not need to be totally focused on what is happening, rather just setting it up and pushing it to the back of my mind. I know if something changes, but I am not centering my full attention on it.

Say you want hot water out of the tap. You turn it on and move the lever to hot. Then while the water is running, you poke around in the



fridge. You know the water is running, but you are not standing over it and giving it your full attention demanding that it get hot. Instead, you are doing other things, but are still aware of what is happening at the sink. At some point, you notice that the tone or pitch has changed and that the water is now hot. That is how I do energy work.

So while energy flows where attention goes, I would prefer to be relaxed and clear, but with my attention not controlling the situation. I set up and clear the pathway, then let it run by itself trusting that the energies I have invited in will come and do what is necessary. I simply let them pass through me and do what they need to do on whatever level they need to do it. Basically, I am saying...

### Energy Flows Where INTENTION Goes

#### Rest In Peace, Deuce

Last month I told about a lovable 13-year old puppy named Deuce. I had gone over to his house to do Reiki and was amazed at the turnaround he made.



On October 6<sup>th</sup>, I went back over as he was having more problems. This picture was taken during that visit. Deuce is on the right with his sister Bella on the left.

Well Deuce took another turn while his Mom was out of town and got taken to the emergency vet. His Mom was able to catch an early flight back to be with him this past Sunday night, and called me to come give him more Reiki.

I was at the vet's office for two and a half hours giving Reiki to Deuce, Bella, and their Mom. The vet said that she could keep him over night, but his breathing was labored and he was in pain, and she did not expect him to get through this. His Mom was unsure, but Deuce finally did something that let her know that it was time to let him go. I knew at that point that the Reiki would be the energy he needed to pass over to the other side.

A lot of tears were shed, and a lot of hugs given. The vet came in and gave him a sedative to calm him. Mom and sister said goodbye and went out to the lobby. I stayed with him for the last part. Before he left, I did the same thing I did when I had to have my golden retriever put down, I asked him to let us know in some way that he is ok. (About three days after putting Bebe down three years ago, I remember coming back to bed and feeling her presence in my spot on the bed. It was so strong that I had to shine a light to make sure

she was not there. That was my message. I hope Deuce can do something similar.)

Goodbye Deuce. You were a loveable dog and great friend to your family. You will be missed. You will be loved always. And those of us whose lives you've touched will see you again someday.

### Rooms For Rent

Caring Palms has two rooms for rent to a holistic arts practitioner. This person could be a practitioner of accupuncture, reflexology, hypnosis, massage or any similar modality. If you know anyone interested, please have them call Brian at Caring Palms.

### 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 last 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

Myofascial Release (MFR) is a style of massage / physical therapy that takes a whole body "hands-on" approach to the evaluation and treatment of the human structure. The goal is to help return the body's capacity to adapt, by restoring three-dimensional balance. What this means is that it works on realigning the body to its proper shape through manipulation of connective tissue (fascia).

Every part in the body is connected by fascia. The organs don't just hang there in open space. There is connective tissue surrounding everything holding them in place. Throughout life, one's body takes a lot of punishment, or trauma. We fall down. We get in accidents. We have surgery. All these things affect the fascia. You see, the fascia is normally a nice, soft, rubbery substance that gives when we move. But through trauma, this pliable substance can become hard

and constricting. When this happens, the body's alignment changes. We feel pain, and a host of other problems crop up. (A good example of constricted fascia is carpal tunnel syndrome. This is where the fascia in the wrist becomes hard and painful. The normal response is to have surgery which cuts out the constricted fascia, but it also leaves scar tissue which later causes more constricted fascia. )

Most people suffer from alignment issues. Have a friend take off their shoes and then stand facing you on a level surface. Take a good look at them. Is one shoulder higher than the other? Are their feet pointed straight or to the sides? Does one turn out more than the other? These are all signs of alignment problems that MFR might help. Many people have been diagnosed as having one leg longer than the other. In most cases, that is not true. It is simply an alignment issue.

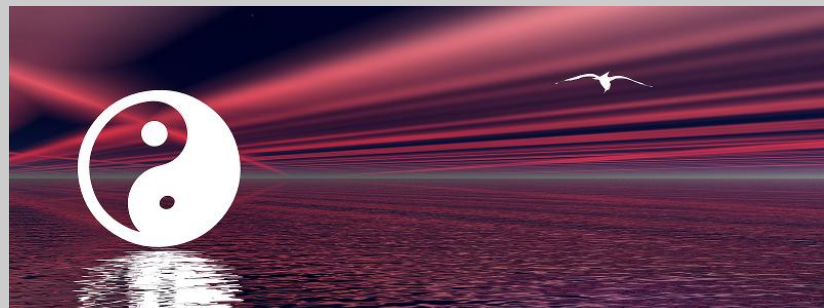
[read more](#)



Myofascial Release (MFR)

## Brian Offering Readings

For practice, Brian is still offering to do some readings to anyone that wants to sit for one. Keep in mind, these are mediumship readings, not psychic readings. 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](mailto:Brian@CaringPalms.com) and we will try to see if we can answer them for you.

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May light continue to illuminate your path. Take care.

**Sincerely,**

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

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