



Caring Palms Massage and Reiki Newsletter

March 2015

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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.

I hope you enjoy what we have here.

A Year of Change

This year has started out with a bang. For me, the bang has been more like an implosion than explosion. Just in the first two months, it has brought great change. And that change has been rocky. But all journeys start with slow, stumbling steps. There are more changes coming. Some will be rough, but most will be positive and uplifting. The energies are rearranging themselves, shifting this, moving that. They will soon settle into something more streamlined, more positive. And when this happens, we will be fastening our seatbelts and looking forward to the ride. This will be a year of growth, a year of change. But mostly, it will be a year of positive movements. This I know. This I expect. I hope everyone is ready for a good ride.



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

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.

904-246-2206, or email him at brian@caringpalms.com to schedule an interview.

Mobile Website Now Live

For the last month, Caring Palms has been working on a mobile version of its website. While a lot smaller and a bit simpler from the regular site, it covers a lot of information from the services we do to what to expect from your visit, to our staff. You can even read about each massage style and see videos for those that have them. And you can connect to online scheduling to book a session. Simply go to the website at www.caringpalms.com and if you are on a cell phone, you will be redirected to the mobile site. If wish, you can still go to the full site from there to see class schedules and such, but that is better viewed from a computer or tablet.

Caring Palms wants to thank Tim Springer of SpringMarkets (www.springmarkets.com) for creating this wonderful looking site. He brought with him the magic touch and knowledge of what looks good.

Online Scheduling Now Available

Caring Palms has made another move into the high tech world we live in by offering Online Scheduling of appointments. If you want to make an appointment for a massage or Reiki session, and we are unavailable to take your call, you can now book online. From the main website, online booking is available from the 'Massage Styles' page and the 'What is Reiki' page. From the mobile website, it is located on the 'Services' page. Simply click on the button to take you to the automatic scheduling system. From there, you can choose the type of session you want (Reiki, Swedish Massage, MFR) and length. You can also choose which therapist you want your session with. Online scheduling is also available through the Caring Palms Facebook page. On the bar that lists Timeline, About, Photos, select 'More' and then 'Schedule Now'. As we can not answer calls when we are in session, this gives you another option to schedule a session. We hope you like it. And if you want, you can still email or call to talk with us and schedule appointments that way.

Online scheduling, a new high tech way to connect to something very old world.

Goodbye Ashlee

It is with sadness that we announce that Ashlee Mojica has left Caring Palms for other opportunities. We appreciate the time she gave us and the care she gave our clients. We especially appreciate her 'holding down the fort' during the times that Brian had to be out of state. We are sorry to see you go, but do wish you continued success in the future.

Remembering

by Brian Dean

As I write this, I am sitting on an airplane heading from Baltimore to Jacksonville. Having a few moments to reflect (actually more like two hours), I think of the things that have happened in the last seven days. First off, it has been a whirlwind series of events that I don't recommend for anyone, yet I know many will go through it. You see, I am coming back from burying my father, or as I tend to think of it, burying what he left behind as he transitioned to the other side.

My Dad passed to the other side seven days ago at the ripe age of 93. We knew this was coming. The cancer he had been fighting for many years finally caught up to him. We knew this was coming as he told us back in October. We got to make a visit up to see him just before Thanksgiving and got to take him out on a country drive to get apples in Pennsylvania where he got to see the leaves changing. Four weeks ago, he went into hospice.

The emotions are hard, as they are in these situations. And we got through all the things everybody else does. There is the loss, the knowing that you will never see him again, at least on this side. There are the tears which are threatening as I write this (and the realization that this may not be the best place to do this as I can't get up and walk away). But what else does one go through when they are an energy worker and a medium? A lot.

For an energy worker, at least one that has grown as much as I have, there is the sensing when he is around, the feel of his touch, the knowing that he has been looking over me. Then there are the little messages from spirit, or should I say games. (There was a song years ago called 'Games People Play'. I think we should write one called 'Games Spirits Play'.) When I landed and got to my rental car, the first song that came on the radio was 'Looking Through My Father's Eyes'. When we were at the church that he attended for over 50 years, meeting with the interim minister, he was there. I got the feeling he liked this man as did I. He was on my right as the minister took us through a short prayer. Maybe the joke was that he finally got me back into a church.

The viewing and service was something else entirely. As an empath, this is a very difficult time, blocking out other's grief. And I was making it worse as I was sending out a lot of my own. The room was

small and there was this thing in this casket at the front of it. I was not about to go up and look at it (as I had not when my mother passed) as I didn't want my last vision of him to be this. At the same time, when I glanced that way, it really just looked like a wax figure that didn't resemble him at all. Classifying myself as spiritualist, is like being Klingon in beliefs. It was just an empty shell. It was no longer him. I know this because he wasn't there, he was around.

The reverend gave the sermon, telling about my Dad, information that he had gotten from my brother and I. A good part of the time, Dad was standing to the reverend's right. When I astral projected, I could interact with him a little. I saw him, a much healthier version than I had last seen. I said "Hey" and he smiled. With my eyes open, I could see the energy signature. And I could see when it moved.

At the grave site, it was very somber. The minister did his thing, and it gave finality to it. Then, the bugler started playing taps. As a veteran of World War 2, he received military honors. They even folded the flag and gave it to my brother. That was heart wrenching for all around. As I walked away from the grave, I noticed my daughter walking by me, waiting for the moment when I would fall apart. I managed to keep it at bay. Dad was there as well. I knew he would be. And I think Mom was with him.

My brother and I got to talk a lot through this process, and found things we did not know from each other. And we learned different stories of the same events. And we laughed. Dad was a simple, yet complicated man. And I know he will be around as Mom has been since her passing. It just took a while for me to develop enough to notice and know it was her.

One thing my brother kept saying was that "I guess he's in a better place now." I know he is in a better place now, relieved from the pain and limitations that he had in his last year. I saw him. I know how much better he is.

And the bigger joke is that I will probably talk with both of them more now, than I did when they were on this side. That's the medium part. I look forward to the conversations.

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, March 4th from 7pm to 9pm.

Please let us know if you will be coming.

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

- March 14 (Saturday) 10am - 5pm **Confirmed**
- April 11 (Saturday) 10am - 5pm **Confirmed**
- April 21 (Tuesday) 10am - 5pm **Confirmed**
- 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

- 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

- April 25 (Saturday) 10am - 5pm **Confirmed**
- May 12 (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) **Confirmed**
- 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.

Something Totally Off Scope, or Maybe Not

by Brian Dean

In recent years, we have had a massive change in the way we communicate. First computers gave us the ability to "talk" (type) with each other even though we were many miles away, and didn't want to pay long distance charges. Cell phones gave us the ability to talk nationwide to anyone we want from almost anywhere. But do we talk? Mostly, no. We rely on a simple typed messages of communication where we don't have to be invested and pay 100% to the conversation as it comes in spurts. Yes, we text.

Texting gives us a very easy ability to communicate short ideas with short sentences, or parts thereof. But nowadays, it seems easier to text people than to talk to them. But more and more, people want to have long conversations over text messages.

In a way it makes sense. In this world where we are constantly multi-tasking, it is hard to take the time out to just sit down and have a conversation. Even when we watch television, we are doing multiple things. How many of us spend time on our phones or tablets? And look at all the garbage they put on the TV screen to make you do

more than one thing at once. But texting means typing something, doing something else until a reply comes that you need to respond to. It truly allows you to multi-task instead of dedicating a block of time to one thing.

But texting has its problems. And these problems started long before texting was invented. Back in the day, it started with something called Instant Messaging where one would sit at a computer and type to friends. And that created a whole new language. First, we came up with the abbreviations like 'LOL' (for those that don't speak this language, it stands for Laugh Out Loud). It was a way of expressing emotion, and letting the person on the other end know you enjoyed their comment as they could not see you smiling. (Unfortunately, I know people that speak using these shortcuts.) With texting, we shortened the language even more with things like, 'r u c ing it' (or in English, are you seeing it).

As a writer, I know that words have energy and power. And I try to write so the meaning is clear. Each word has to be placed specifically so that the meaning of what I am trying to say can not be misconstrued. But with texting, we talk in short sentence pieces so things can and do get misunderstood a lot. And what we miss the most with texting (or any typed messaging communication) are the voice inflections, emotions, and inclinations.

A good example of these is to take one word and see how many ways you can say it, and how the meaning changes each time. For example, the word 'yeah'. With texting, it is just one word, and we who receive it read it any way we want with whatever inflection or emotion we have going on in our heads at the time. But when we speak it, we could say 'yeah' and the other person would know by the inflection that we are accepting but not real excited about what they said. Or it could be 'yeah' with excitement behind it. Or it could be 'yeah' noncommittally which would be right in between the other two.

The point is that we are losing out ability to communicate with each other because technology has made it easy for us not to talk. And with this comes many misunderstandings and heartache. I know. I may have lost a friend because we both reacted to text on a screen when we didn't hear the intent that would have carried in the other's voice. And when we finally talked, things got straightened out and understood, but damage had still been done.

Writing is a good thing. I write what passes through my mind in my online journals and in these newsletters. I pass on things that I hope are beneficial, and I hope that they carry the right energy and meaning. But writing and texting are so different, that one is not writing at all. Texting is good for a short message, or a hello, or just a short comment. Conversations need to be spoken to be understood completely. Without that, our society is lost. Our society has just gotten to the point that dealing with others electronically is

easier than actually dealing with them. There is no coming back from the 'power off' switch.

So next time you are looking to have a conversation, pick up the phone and call instead of typing. I think you'll find that it is more meaningful hearing the other person's voice.

Take care, and happy conversing.

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

Deep Tissue Massage

One of the most requested styles of massage is Deep Tissue. It almost seems that everyone wants very deep work on their muscles, but that is not what they want at all. Most people just want to feel their massage. The best place to start is to define Deep Tissue massage.

When muscles become very tight and stiff, they need lots of pressure to get them to loosen up and stretch. Deep Tissue is that added pressure that gets way down into the belly of the muscle to get it to relax. Many times this can be painful depending on how

deep the therapist goes, but all too often, that is what is required for someone to feel better.

So the key is that Deep Tissue is not a style in its own, but added pressure into many regular styles like Swedish. With most styles, the pressure can be varied to fit the comfort of the client. When the pressure goes to a certain depth, and problem areas are worked on, this becomes Deep Tissue work.

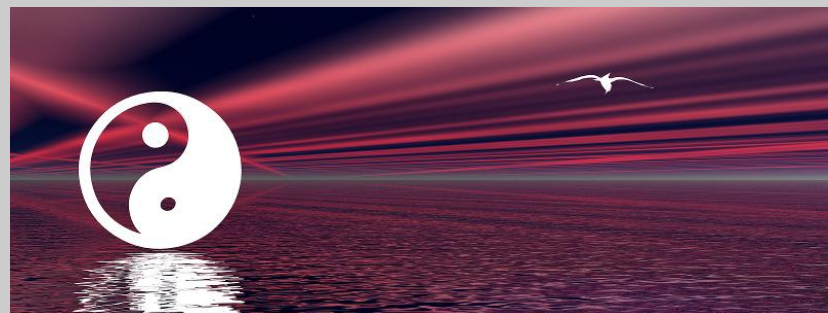
[read more](#)

[Integrative Massage](#)

Integrative Massage

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
