



Caring Palms Massage and Reiki Newsletter August 2016

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

I hope you enjoy what we have here.

Guided Meditations

Caring Palms has been doing and teaching meditations for years now. Many meditations are spur of the moment and created during the session, but there are some that are considered more common and useful to everyone. And while these meditation sessions have been valuable, it has always been a hope to have a take-home version (of the more common meditations) for people to repeat the process at home as many times as they wish. Well, that time is getting closer. Brian has been hard at work recording guided meditations to eventually be available for sale in CD form or as digital download.



At present, one meditation (Finding Sanctuary) has been completed and is in the final form. Brian hopes to have two more (Working on Past Experiences, Visiting With Your Guides) in final form in the next few weeks. That will leave one more (Setting Keywords) to be recorded.

Currently, the Past Experiences and Guides meditations have been recorded, and Brian is working with a studio program to piece together the recorded parts into one piece. Once all of the meditations are done and finalized, he will be looking into methods of getting them printed and methods to distribute them digitally. He hopes all of these tasks are done within the next couple of months so they will be available to those that want them.

Rooms For Rent

Caring Palms currently has two treatment rooms for rent by some holistic arts practitioner. This could be massage, acupuncture, hypnosis, herbs, counseling, or others. The rent for each room is \$400 per month. If you are a holistic arts practitioner, or you know anyone looking for space for their business at a reasonable rate, have them contact us. We are looking for others to come and be part of our healing arts center.

Caring Palms Awarded

Caring Palms has received an award from the Jacksonville Beach Award program. It states that Caring Palm's massage therapists are 2016's Best of Jacksonville Beach.



August Special

\$80 Reiki with Massage

With LMT Faith

Get the best of both worlds (body and soul), and walk (or float) away with the deep benefits of this Reiki and massage combo. Relieve anxiety, sleep better, and lessen chronic pain while having your chakras and body balanced in one session.

90 minutes of deep relaxation!

Caring Palms Looking for Female Massage Therapist for Part-Time Work

Caring Palms is a great place to work, located at Jacksonville Beach in a busy shopping center. Compensation is 50% + tips. Any discounts come out of Caring Palms' end. The sessions are spaced half an hour apart so you don't feel rushed between clients. This is an awesome position for like-minded individuals who are interested in healing others and learning new things. We are looking for a female LMT who would like to find a spiritually receptive work environment for part-time work. Experience or a natural gift is necessary, as well as up to date license and insurance. Technical skills are a plus. Please call us at 904-246-2206, or send resumes to brian@caringpalms.com.

"Normal"

by Faith Stansbury

I've had a lot of clients tell me that I was the first massage therapist they've seen who will try to figure out what is causing their musculoskeletal issues. I don't want to just make someone feel a little bit better temporarily. I want to help relieve their discomfort in the present, but also educate them on how to take better care of themselves. I want to help them heal from past injury, but also identify what is causing those problems and help them prevent injury in the first place.

We live in a culture that treats symptoms. Symptoms don't define illness or injury. They can point you in the right direction, but too many health professionals ignore the signs, or are unfamiliar with specific ailments. People could walk through life these days in a haze of pain, never knowing what's wrong, because they don't

know what to share and others don't know what to ask. Sometimes, those same people are embarrassed to say what they are experiencing because other people told them it was normal and they were making a big deal out of nothing.

Don't second-guess yourself. If you feel like something isn't right, you are probably correct. Even if other people tell you something is normal, that doesn't mean it *should be* normal. High blood pressure, anxiety, depression, obesity, and diabetes are all considered "normal" these days. If you are walking around in pain, it may be "normal," but it isn't right. Also, if the doctor tells you it's normal, why does the doctor still medicate you?

Massage therapy can also treat symptoms. It can improve circulation, relax, and reduce pain. Sometimes, treating symptoms is all a massage therapist does. This isn't completely their fault. Sometimes, a client chooses not to inform their therapist with a medical history that has all the information they need. When this happens, many times, the therapist will simply assume the client is there for relaxation. It's not the client's fault, either. Most people are simply uninformed about what massage can help with, what it can't help with, or even that it can help anything. Some people think it's just a luxury service.

Massage therapy can be so much more. It can help to correct posture that contorts the body. It can help break up and prevent scar tissue and ossification (when inflamed muscles develop bony deposits) of injury sites. It can also return lost range of motion, help with lymphatic drainage, boost the immune system, reduce blood pressure, and tons more. It is also important preventative care. I'm sure we are all familiar with the old saying "prevention is better than the cure."

So this is a little reminder for everyone out there. When you see your massage therapist, try to give as complete a medical history as you can. Different health conditions call for different types of massage, and sometimes performing the wrong massage can do more harm than good. Make sure to tell your therapist if you are on blood thinners, have high blood pressure, diabetes, neuropathy of any sort, or if you have joint stability issues or pins from previous surgeries. Also make sure you tell them if you are fighting cancer or have one of the million other systemic diseases or syndromes that might be causing some of your pain. There may be a certain massage for it or an alternative, more appropriate treatment option. Letting us know ahead of time if you have fibromyalgia can help us determine the most effective pressure used before we test your pain threshold. Certain stages of cancer can make massage dangerous if the practitioner is unaware, but if aware the practitioner can use lymphatic or light touch techniques that could benefit the client. Reiki is excellent for achieving a sense of well-being and peace for most people, which can help the client's ability to fight off infection or recover quickly from chemotherapy. It also helps to relieve some of the anger and grief that comes with accepting when it is our time to move on.

Not everything can be solved with massage, but it is not really meant to be just a relaxing service. It is meant to promote your health. And while massage therapists aren't qualified to diagnose illness or write prescriptions, because we specialize in muscle health, we might know something about it that your general practitioner does not. Many doctors don't specialize in the musculoskeletal system, with a few exceptions. I will personally tell you if I can't treat your condition and what I think might help if massage won't. I will also recommend specific modalities to those who need them, whether or not I practice them. I don't need to perpetuate pain in my clients to achieve job stability. People are always going to hurt. I feel, if I do my best to help them, they will come back when they need me. And hopefully, they'll refer people they care about.

Forms

by Brian Dean

When you first come in to Caring Palms, you are asked to fill out some paperwork, usually four or five pages. The information we look for is basic in a sense. We look for contact information so we can get a hold of you if we need to. We look for health information so we know what is going on with you, and so we don't hurt you. We also ask where you heard of us so we know what advertising is working, and we ask you to read and sign a paper describing what is entailed in the session you are here to receive.

This all sounds like a lot, but it is necessary. And the most important part in that is the health questionnaire. We need to know what is going on so we can help you the best.

A lot of people don't give us all the information that they should (as Faith mentioned in her article). It is a joke with my students that do massage when I ask how often their clients give them all the information they need. Their answer is usually "never". This is why I scan people's energies to see where their problems are.

Many won't give their birth date as they don't want people to know how old they are. Unfortunately, this could be as crucial as any of the other information. Whether we like it or not, our age can be a determining factor on what type of massage we get.

Others leave out crucial information. There was one client years ago that did not mention that she had bone spurs in her neck. My scan revealed that she had neck issues, and I discussed this with her. I then worked deeply into her neck, and she loved the work while I was doing it. Later that day, she was in pain from the work I did. This could have been avoided by her being honest in what she told me, or put down on paper.

I have had a few people that were completely honest, and put down things that could have been life threatening if I had done massage on them. One person had thrombosis which is a lot of stuff in the blood stream waiting to break off and clog the heart or brain. Since massage increases blood flow, this was definitely something to be avoided. And although he told me he gets massage other places, I was not willing to take the risk of killing him.

As I have said many times before, massage is not just that luxury of relaxation that one expects from a European spa. Massage is healthcare. We fix people, or try our best to do so. We align bodies, remove pain, return people back to full health after injury. We take problems that have persisted in people for months and sometimes years, and make them better. We use physical methods or energy methods. If one service does not work, maybe we have another that will. If we know something that might be helpful, but it is something we don't do, we will recommend someone else.

We are here to help make you better if we can. We can do all the nice relaxing stuff you usually think of when you think of massage. But we do a lot more than that. We are here to help, and the best we can do will be determined on how much you tell us, and how well we follow our intuition. As Faith said, we don't want to be chasing symptoms. We want to find the cause, and fix it if we can. Sometimes this means working in other places from where it hurts.

As Myofascial Release (MFR) teaches, find the pain, find the cause elsewhere. Believe it or not, MFR teaches that the best treatment for headaches is to align the pelvis. So, we are all connected, and a problem in one place may be caused by something somewhere else.

But if you help us, and let us, we will do our best to make you better.

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, Yelp (you must be a Yelp member leave reviews Yelp), 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). Reviewers 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 (Cynthia, Sharon, Susan).

Reiki Share at Caring Palms

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 or practice level they are at. If you are a non-practitioner and have not experienced Reiki, you are also welcome.

The next Reiki share is on **Wednesday, August 3rd from 7pm to 9pm**. Please let us know if you will be coming.

Intuition

by Brian Dean

What do you know? What do you feel in your gut? What feels right to the base of your soul? Is this what you follow, or are you swayed to follow something else?

As humans, we are told that we have five senses, sight (ophthalmoeception), hearing (audioception), taste (gustaoception), smell (olfacoception or olfactoeception), and touch (tactioception). But in truth, we have six senses. It has long been believed that this sixth sense is simply a tool of science fiction, or a gift only to psychics. But everyone has it. It is that gnawing feeling when you are about to do something wrong, or that certainty when you know exactly what you are about to do is absolutely right. We could even call it intuition.

We pick up energies all the time, and those energies come into us through our third eye located in the forehead. This is how we receive information that we don't pick up with our other five senses. But what do we do with this energy, this knowledge? Most times, we ignore it. Other times, we overthink it, then ignore it.

We need to start listening to it. We need to start paying attention to what it is saying, our lives depend on it. We are going through a very important time in our country's history, in fact the world's history. How we act, how we see things will determine the fate of billions of lives on this spaceship we inhabit called earth.

The question is... what feels right to you? What does your gut say? Yes, your gut. While there is always a constant battle between heart and head (what we want and why we can or can't do it), the gut is usually where we feel the truest information. It gets nervous when we are about to do something wrong. This is how it tells us to take another look at what we are about to do. It feels sure when we are about to do something right. When that moment comes and for some reason, you are absolutely sure that this is the correct action, this is your gut speaking to you. In both cases it is intuition which is formulated by the automatic compiling of energies which expresses itself in a certain feeling.

But we often overthink what we feel. Our gut is saying do something, it is totally right. But our head looks at it and says "this is crazy" and talks us out of listening to what our gut wants us to do. We need to start paying more attention to our gut rather than our brain. It is our brain that tries to temper our feelings, or emotions. It tries to put limits on what we think we should or should not do. It looks at ideas and dismisses them because they might be too far "out there". But sometimes, it takes that stroke of genius and waters it down to something less amazing to the point that it is not amazing at all. Our brain says this is best for us, even though it may not be. It says listen to groups and what they say and do. It tells us to follow group logic even though your gut is telling you to stand on your own.

What does your gut tell you? Should you be spreading hate? Or love? Should you be working to bring us together? Or break us apart? Should you be helping? Or standing by watching?

Currently in the world, there is too much misinformation. In fact, it seems to be that if you repeat something enough times, people believe it. I actually want to start something myself. From now on, a foot is really 13 inches. Keep telling everyone that and eventually it will become truth. Or not.

While we want to think and make decisions with our intellect, it is hard. Because of the flood of misinformation, we can't really tell what is true and what is not.

This is where the gut, and interpreting the sensations you feel based on the energies it has received, comes in. When the mind can't make the decisions you need to make, you need to fall back on what your gut is telling you. You need to follow your intuition. Go with it.

Intuition forms around that feeling in the gut. It makes an overall sense to follow some path, some logic, some feeling. It does not follow groups, or ideas. It follows energy, as energy is where the truth is. Let go of all your precepts. Release all your emotion. Strip away that logic that has been driving you. And do the one thing that feels right, the one thing you are being told inside of you that you are doing the right thing. Trust your gut. Make your decisions based on that. Only then, can you be sure.

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

- August 20 (Saturday) 10am - 5pm
- August 23 (Tuesday) 10am - 5pm
- September 10 (Saturday) 10am - 5pm
- October 8 (Saturday) 10am - 5pm
- November 12 (Saturday) 10am - 5pm

Reiki 2

- October 29 (Saturday) 10am - 5pm

Reiki 3

- August 27 (Saturday) 10am - 5pm
- November 19 (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 schedule is as follows:

- November 5 - November 6 (Saturday 9am - 5pm and Sunday 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.

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.

Caring Palms Hosts Mediumship Classes

Every month, Caring Palms hosts 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

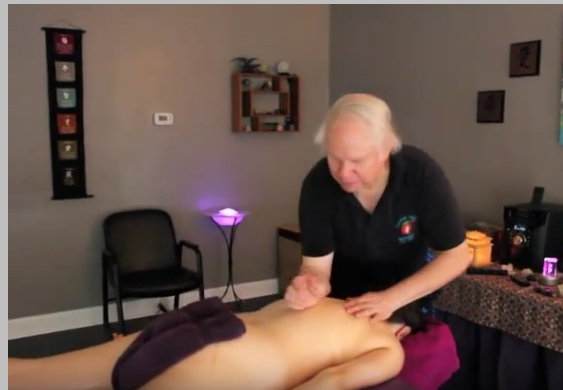
One The ancient art of Hawaiian Lomi Lomi has been practiced for hundreds of years. The gift of healing was passed down to the "chosen one" who spent their life practicing the healing arts. Kahuna's (healers, shaman) were taught to use thumbs, hands, forearms and elbows to massage. It wasn't uncommon 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](#)

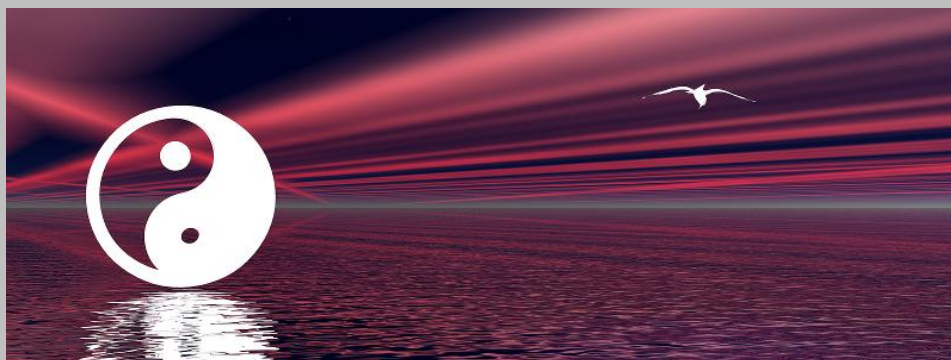
Click on picture to see video



Hawaiian Lomi Lomi 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.

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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