



## Caring Palms Massage and Reiki Newsletter December 2017

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Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news, and a couple articles. We also have our entire class schedule for 2018 up and available.

Looking ahead, January will be an unusual month as we will have two workshops offered (Past Life Regression and Ascension Theory). This is due to not having enough Saturdays in February.

I hope you enjoy what we have here.

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### Holiday Closings

Caring Palms will be closed Monday, December 25th for the Christmas holiday. Caring Palms will also be closed Monday, January 1st for New Years Day.

We hope everyone has a safe and wonderful holiday season.



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### Gift Certificate Sale Continues!

Caring Palms' annual holiday gift certificate sale is going on now!

**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!**

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 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).

**Sale runs**

**Wednesday, November 15<sup>th</sup> - Saturday, December 23<sup>rd</sup>**

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. (Best Deal sales (Buy 4, get 1 free) are available through the website, other quantities are not.) What better gift to give to those you care about? Give them the gift of love and healing.

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**Happy Holidays from Caring Palms**



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## December Special

### **\$15 Off Any Freeform Massage Session**

The Freeform style of massage is unique in that it follows no pattern, no routine. It is more intuition driven rather than routine driven. This gives the client something created just for them, based on their needs. From massage to massage, there may be similar things, but there is always something different, something new (if the needs are different).

When most people go for a massage, they get a routine. Caring Palms is no different in that the basic massages are based on a routine. Now any good therapist will change that routine somewhat with each client as each client has different needs. Those routines for basic massage will change. Some moves will be added, some dropped out so that the client's specific needs are met.

A freeform style does away with routines. Now, some of the moves may come from those routines, and some of those moves may be put together similarly because they go well together, but the overall combination is unique. It is not unusual for new moves to be created in the moment based on the therapist's intuition and connection to what the client needs most.

**Receive a Freeform Massage session from any of our staff, and get \$15 off.**

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## More New Crystals in the Studio

Looking for a unique gift? Caring Palms has healing crystals for sale with a large variety of rocks, hearts, wands, and angels. There are some very nice large pieces as well as a lot of unique small and medium sized pieces, all at reasonable prices. Come by and see what we have to offer.





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## The Art of Caring Palms

Caring Palms also has a large amount of hand crafted jewelry by Shirley Dean for your holiday gift giving. Come check out our shelves and see what might tickle your fancy.



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## T-Shirts for Sale

Caring Palms has been creating t-shirts for a few months now, and have come up with some that might appeal to you. We are still designing, and will be adding new shirts as they are created. Right now, we have four categories, Lightworkers, Humorous, Reiki, and Massage, and 14 shirts to choose from. The cost per shirt is 19.00 + shipping. To see our collection, go to the website, and look under **Prices, Gifts, Other Classes/Sessions**, then under **Gifts For Sale**, and then **T-Shirts for Sale**. Or go [here](#).

Shirts are ordered through TeeSpring.com, so we don't need to have a minimum, and Caring Palms does not have to carry an inventory. Their process is quick and easy, and you can pay with a credit card or through Paypal. (**Although shown in black, they are available in many colors.**)

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## Student Demonstration of Mediumship

December 2, 2017, 11:30am - 1:30pm (Saturday) Pablo Creek Library, 13295 Beach Boulevard, Jacksonville (between Kernan and Hodges)

In June, the International Foundation for Spiritual Knowledge (IFSK, headed by Marilyn Janquin), had its first student demonstration of Mediumship. It was a great experience for those involved. On December 2nd, we will have another demonstration to help prepare our budding student Mediums for their role as future professional Mediums. Brian will be taking part as one of the demonstrators. There is no charge for this event, but donations are appreciated.

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## Caring Palms Looking For New Therapists

Caring Palms Massage and Reiki in Jacksonville Beach has immediate openings for talented therapists who would like to come work in a caring, loving environment. Caring Palms pays 50% of the charged rate of \$70/hour before discounts.

At Caring Palms, we care about our clients and our staff. Sessions are booked with 30 minutes turnaround time in between. We are always there to help each other including showing new things and helping one better what they do as to work with less effort. Caring Palms has been determined to be one of the top 18 massage

establishments in Jacksonville by Expertise.com in an independent study.

Days available are Friday, Saturday, and Sunday.

If you, or someone you know would be interested in joining our staff, send resumes to [brian@caringspalms.com](mailto:brian@caringspalms.com), or call 904-246-2206.

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## Leave a Review, Enter Our Drawing

Leave a review and be entered in a drawing to win a free session. If you have enjoyed the services at Caring Palms, whether that be massage, Reiki, or classes, or something else, please leave a review on one of the review sites like Google, Facebook, or any of the many places that take reviews. Lately, it has been these reviews that have been bringing new clients into the studio, and all have been glad they found us.

Anyone leaving a review will be entered into the monthly drawing to win a free session (massage or Reiki). Reviews made between the first and last day of each month will go into the drawing, and the winner will be pulled on the first of every month. Thank you all that have left reviews, and congratulations to the people who have already won free sessions (Linda, Tien, Bryanna, Gina, Gail, Jena, Tina, Nichole, Melanie, Courtney, Matt, Shari, Jessica, Kelly, Cynthia, Sharon, Susan, Catherine).

**Note:** We are asking people not to post on Yelp unless you are a person that posts there regularly. Yelp has some qualifying software that looks at each review, and if you are a regular poster, your comment is deemed "Relevant", otherwise your comment is marked "Not Relevant". While Caring Palms has 15 5-star reviews on Yelp, only three of them are deemed "Relevant", and one has to go through another step to see the remaining 12.

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## Group Past Life Regression Meditation Workshop

**Saturday, January 6, 2018, 1:00pm - 3:30pm**  
**Cost: \$26**

Please join us at Caring Palms for a Group Past Life Regression event facilitated by Laura Bogan, Certified Hypnotherapist and QHHT Practitioner. Using simple, but effective visualization techniques, the first part will include experiencing one of your past lives that is most appropriate for you to see at this particular time in your life.

Did you witness the library of Alexandria burning? Did you help discover the New World? Perhaps you were a knight in medieval times? The possibilities are endless.

Then stay a bit longer for the second part, and meet your spirit guide and get a gift and a message. You may witness unforeseen technology, interesting concepts, and even otherworldly events and beings. After all, the future is what you make of it...All of this will be prepped by a short series of visualization exercises created to help develop your imagery skills, which can have many benefits. Some benefits include building your inner sight (also called clairvoyance), sparking creativity, reawakening your imagination, and more.

All you have to do is show up! (We recommend that you bring a pillow to sit on, as space is limited.)  
*The cost for this workshop is \$26 and can be paid at the door or online here...*

**Register Now ▶**

Call Caring Palms to reserve your spot. Check out [Laura's website](#).

Please let us know if you will be coming so we can plan accordingly, and please come early if you are paying at the door. Also, please plan on being here a few minutes early so we can start on time.

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## Ascension Theory Workshop

**Ascension Theory: Working with Spirit Energies and Using Them in This Life Surrounding Yourself in the Light, Changing the Way You Think**  
**Instructor: Brian Dean**

**Saturday, January 27 2018**

**1:00pm – 3:30pm**  
**Cost: \$25**



There are many ascension theories. It is basically what we do when we pass from this life to the next. But the energies are always available to us, and can be used to enhance how we live in this life. The more we raise our energies and raise our vibration, the more we can rise above the troubles, the drama, the "noise", and then be in a position to help ourselves, and in turn help others. It enables us to see more clearly so we don't get dragged into the darkness. It allows us to rise above and release our problems.

This is the first in a series of bimonthly workshops that will help the participant to open to newer, higher vibrational energies, and then use these energies to keep themselves focused, centered, and calm. Eventually, the participant will be able to feel the energies around to understand people, problems, and give them the wherewithal to help if they want. Each workshop will be a stand-alone training with a meditation and an attunement/activation that will be individual to each person. You may come to any of these or all of these as they will be self contained.

All you have to do is show up! (We recommend that you bring a pillow to sit on, as space is limited.)  
*The cost for this workshop is \$25 and can be paid at the door or online here...*

**Register Now ▶**

**Please let us know if you will be coming so we can plan accordingly, and please come early if you are paying at the door. Also, please plan on being here a few minutes early so we can start on time.**

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## **The Season of Giving** **by Brian Dean**

This is the season of giving as many call it. And every business is out there trying to sell you things that you can give to others as gifts (us included). But the most important person you should think about giving to is yourself.

The truth is that we as people, as humans give a lot of ourselves, and whether we want to admit it or not, it puts a strain on us. And while we do get that joy of seeing someone happy as they open their gifts, or see them healthy, or out of pain, later we realize what it took to make this person happy, how much we gave of ourselves in time, effort, and energy. That's when we need to think about what we need.

Believe it or not, we are not a bottomless well of energy and care, no matter how much we try to convince ourselves and others that we are. We are always available for someone, but who is available for us? How do we fill up that reservoir so we can continue to help others?

This is where we realize that we have been letting ourselves go so that we can care for others. And while it might seem selfish to do something for us, it is not. And it is a necessity. We can only give what we have. What happens when we give so much that there is nothing left? What happens is that we can not care for those we want to, which is the entire point. If our desire is to help others, then we have to be healthy mentally and physically or we can not do what we want.

Sometimes we have to say no so that we can regain the strength to carry on. Again, this is not selfish (although it may seem like it), it is necessary for us to keep our equilibrium, our center. We need to take care of ourselves. As a wise person once said, in all things, there must be balance.

Find that point of balance, and give yourself that care you need.

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## **Thankful For Change** **by Monique Bailey**

Are you thankful for who you are? What you are? Thankful for the purpose you have to share? When we think of being thankful, we sight examples of our world... family, relationships, career, success, opportunities, etc. How do we thank ourselves for all we are? The simplicity of just being. As an earthly soul we are making so many changes through this life. Constant transformations that allow us to have the connections with relationships and family. Changes to open new doors for those opportunities to grow again and again.

"Change is the only constant in life. Without change nothing would exist or evolve." This is why we need to embrace and be thankful for change, to allow our BEING to grow. Going through change can be challenging especially if we put fear and angst into the process. But if we go back to being thankful for ourselves and accept the process, we can accelerate the lesson we are here to learn. OR we can block the growth, and continue to circle the lesson, where we will keep getting the same circumstances until we can understand where the growth needs to take place. Most often it is internal.

Allowing change, allowing growth without resistance is how we can give thanks to ourselves. Being grateful for the small things is what fills our hearts, allowing us to be reminded of all the good we have. We are surrounded with reminders daily. We just need to pause so that we can recognize these gifts.

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## A Prayer by Cheryl Thacker

Driving a vehicle isn't my favorite activity. I firmly believe all those around me are drunk, stoned, ill, angry, distracted, or some combination of the above. Having lost a number of perfectly useful, valued and irreplaceable humans to vehicular mishaps, I had become quite reluctant to venture forth. So, I prayed... to God, to Spirit, the Universe... pick a label. And this was the response I received:

"Lord, thank you for getting me safely on my journey and safely home without harm to myself, any other human, creature, or vehicle. And thank you for sending angels of mercy and protection to watch over my home and family."

Mmm, okay, sure, why not. So, I now say this without fail, prior to leaving the driveway, and have for many, many years. I also throw in: "I ask for Arch Angel Michael on my right, Gabriel on my left, Uriel before me, Raphael behind me, and above my head, the Lord, my God." (This is an ancient Jewish prayer gifted to me by a friend, a number of years ago.)

This has made me feel much safer on the highways and byways. If it looks to be of use to you, please, accept it as a gift. Perhaps over this hectic holiday season it may help to give each of us a moment of pause, to be a little more kind, a little more patient, and a little more safe. Let's be kind to one another, we're all we have.

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## Guided Meditation CDs Now Available In-House and Online

The first three guided meditations are now available. We have a small inventory in-house). When these have been sold, we will replenish them (replenishment takes about 10 days). These meditations are also available online as CDs or MP3s and can be purchased through the [Meditations Page](#). If you are looking for a safe meditative journey to relax or work, come see us, or purchase one (or all three) online. Available meditations include, Finding Sanctuary, Working Through Past Experiences, and Visiting With Your Guides. We are hoping to have the other three available within a few months.

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## 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.

Due to the holidays, the Reiki share has been cancelled until February, and we are changing nights from Wednesday to Tuesday.

The next Reiki share is on Tuesday, February 6th from 7pm to 9pm.

Please let us know if you will be coming.

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## 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

- January 13 (Saturday) 10am - 5pm
- February 3 (Saturday) 10am - 5pm

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

#### Reiki 2

- February 24 (Saturday) 10am - 5pm
- July 23 (Saturday) 10am - 5pm
- October 27 (Saturday) 10am - 5pm

#### Reiki 3

- March 24 (Saturday) 10am - 5pm
- August 25 (Saturday) 10am - 5pm
- November 17 (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)**

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## 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:

- April 14 (Saturday) 9am - 5pm, and April 15 (Sunday), 10am - 4pm
- September 7 (Saturday) 9am - 5pm, and September 8 (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.

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## 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.

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## Modality of the Month

### Reiki

Although Reiki is not massage (as the muscles of the body are not manipulated), it is a very relaxing yet powerful method of healing. In the simplest form, Reiki is the laying on of hands. It is guided, positive energy brought in from the universe by someone that knows how to 'tap into' it, and passed into someone in need of healing.

All problems in the body, whether they be illnesses or injuries, are centered around negative energy. Reiki overcomes the negative energies with positive energy, in most cases making the person feel better, and in some cases removing the problem completely. Reiki has been known to reduce and alleviate pain, discomfort, or disease of any kind, and has been used on all major diseases. Reiki is hands-on healing and a nice pleasant experience.

[Read more](#)



[Reiki](#)

(Click on picture or description to see video)

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## Brian Offering Readings

Brian is now doing readings to anyone that wants to sit for one for \$40 for up to one hour. Keep in mind, these are mediumship readings, not psychic readings. If you have an interest, please contact Brian and something can be scheduled. These can also be scheduled from the website.

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## 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.

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## 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.

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

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Connect with us



Caring Palms Massage and Reiki | (904) 246-2206 | [Brian@CaringPalms.com](mailto:Brian@CaringPalms.com) | [www.CaringPalms.com](http://www.CaringPalms.com)

STAY CONNECTED

