



## Caring Palms Massage and Reiki Newsletter May 2017

**Determined to be of the top 18 Massage Establishments in Jacksonville**

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Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news and an article or two, and some class announcements.

I hope you enjoy what we have here.

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### Caring Palms Seeking 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. (Two of our therapists have moved out of the area and we need someone to fill in the spaces.) 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.

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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### Online Scheduling System Changing

We had hoped to be able to announce that we were moving to a new scheduling system this week. In fact, the article had been written and put in the newsletter, but we found a problem. It seems that the vendor we had decided to go to did not have a mobile friendly scheduling end for the clients. We figured this would lose us business instead of help grow it. (This problem that occurred yesterday is also why this newsletter has been delayed.)

At present, we are continuing to use the system we have been using for over a year now. Unfortunately, after an update three weeks ago, it is increasingly harder on us, and they are also demanding clients logging in change their passwords to something complicated (1 uppercase letter, 1 lowercase letter, 1 number, your first born, and so on).

So we are continuing to look. When we find something that works, we will be rolling it out, and the first thing those that do online scheduling will notice is that it will look differently. We will probably have everyone register as a new client to get the information they will need into it. So, if you book online, and I know a lot of you do,

please, when you see something new, you will be on a new system, and you will probably have to tell it you are a new client.

Thank you for your patience.

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## **Introduction to Sacred Emergence Workshop – Activation/Healing-Transformation with Metatron's Cube and Sacred Geometry**

Please join us at Caring Palms for a Sacred Emergence class facilitated by Imelda Arcilla. Imelda is an Intuitive Soul Strategist, Alchemist, Energy Healer & Creative Ascension Guide who helps with transformation in these accelerated times so you can thrive in every important area of your life to live an illuminated rich life.

This event and experience will be for those ready to elevate their evolutionary potential. These events aren't your normal classes they're an experience that allows you to connect at a deeper level a divine reality beyond the mundane.

This Activation will initiate and accelerate your transformation process wherever you're at in your growth. We will work with Metatron's cube and Sacred Geometry to help you overcome challenges that may have been difficult in the past. And that which you are ready to release.

This will help to lighten your field and help move you forward and upward in consciousness allowing for more coherence with your purpose, intuition, dreams and joy. As you consistently make the effort to release, transmute, heal and transform to your Soul's most expansive and exalted self. You find yourself with more possibilities to create and design your life based on higher principles.

Why are you willing to devote your life force to alchemize your mind and transform into a more evolved being, time and time again? Because each cycle of growth you undertake is a bandwidth of potential to not just master your life, but to create your life. The implications of that alone is breathtakingly open to the abilities and gifts you possess!

There will be a meditation, activation, healing, a message given to each participant and Q&A.

My intention for this is for each light being to amplify their light codes for more magic and joy. We invite you to bring friends that may benefit and look forward to a fun, sacred and illuminating time!

Please RSVP regardless if you pay before or at the event as seating may be limited.

Imelda is an Intuitive Soul Strategist, Activator, Alchemist, Writer, Energy Healer & Creative Ascension Guide who helps with transformation in these accelerated times so you can thrive in every major area of your life to live an illuminated rich life.

***The cost for this workshop is \$31 and can be paid at the door or online [here](#).***

To learn more about Imelda and her work, go to [Imelda's website](#).

**Please let us know if you will be coming so we can plan accordingly.**

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## **Award**

Caring Palms received an award from the Jacksonville Beach Award Program. It states that Caring Palms' people are the "Best Massage Therapists of Jacksonville Beach". This is the second year we have received this honor.



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## Past Life Regression and Meet Your Guide Meditation Workshop

Please join us at Caring Palms on Saturday, **June 24th 1-3:30p.m.** for a Group Past Life Regression event facilitated by Laura Bogen, 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, where you will be able to explore a distant future life. 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](#).**

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

Please let us know if you will be coming so we can plan accordingly.

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## Brian Taking Classes

Brian will be attending classes Monday, May 22nd through Wednesday, May 24th. He will be taking Temple Lomi Lomi (for the fourth time) in Cocoa Beach. He expects to be back in the studio Thursday, May 25th at the normal hours.

The studio will remain open while Brian is away as Christine will be available on the days he is out.

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## May Special

### \$ 60 Swedish Massage with Christine

A Swedish massage is a nice relaxing experience where long strokes, kneading and some percussion are used to allow the client to relax and release tension while they are being worked on. Although the primary goal

of this type of massage is relaxation, deep tissue work can be performed to alleviate specific problems such as pulled muscles or sore backs, as well as other problems the client might have. A Swedish massage is good for helping someone return to health from an injury or other problem. It is also used to help someone maintain good health because of the effects massage has on the body systems.

**\$10 off any Swedish Massage (60 or 90 minutes)!**

For more detailed information on Swedish Massage, go [Here](#).

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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 CaringPalms, 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). 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 (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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## T-Shirts for Sale

Caring Palms has been experimenting with t-shirts, and has come up with a few. We are still designing, and will be adding new shirts as they are created. Right now, we have three categories, Lightworkers, Humorous, and Massage. The cost per shirt has been reduced to \$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.

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 other colors.)

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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.

The next Reiki share is on **Wednesday, April 5th from 7pm to 9pm**. Please let us know if you will be coming.

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## Calming The Mind

by Brian Dean

We hear a lot of things telling us to clear our minds. Mostly, I remember Yoda telling that to Luke... "Clear your mind. Now reach out with your senses." Effectively, it is what I do when I work. I clear my mind, which allows energy to enter, and then I reach out with those energies to assess someone, or treat someone. But this idea is not just for energy workers. It is for everyone.

I was recently shown a chart of brainwave activity, and the stages of mind we are in at certain frequencies (thanks Marilyn).

It starts with the Gamma state (or frequencies). This is anything greater than 35 modulations per second (m/s). This is your panic mode, your fight or flight mode. Remember when David Banner got an overdose of Gamma radiation and morphed into the Incredible Hulk? This is that stage. The mind has one thing that it is dealing with. (Have you ever seen pictures on TV showing the needle on a lie detector? It moves back and forth at a slow even rate when someone is telling the truth. But when that person lies, it goes back and forth crazily. The more active our minds are, the more the waves look like this crazy back and forth motion where there is no room for anything other than what is happening in the moment. The more relaxed we are, these waves slow and separate. Here, there is room for inspiration to seep in. There is room for creativity.)

After that, we have Beta which is 24 to 35 m/s. This is where we spend most of our time (I'm sure we've all heard that we spend most of our lives in Plan B). We drive to work, do math, have conversations. Nothing special here, just normal stuff. But there is little room for inspiration or creativity. The same is true for gamma where there is no room for anything but panic. To be creative, we need to slow our minds down, down below the normal daily operating level.

As we start the process of slowing, we enter the Alpha state (13 to 23 m/s). In this state, we are relaxed, but aware. This is where we go when we quiet down, and start listening to things. At the lower end of this, we do meditation. (It was while in a meditative state that Usui discovered Reiki. It was also in this state that Einstein created his most famous formula  $E=MC^2$ .) There is creativity there as we start opening to possibilities.

As we start really slowing down, we reach Theta (4 to 12 m/s). This is the level we are at just before we fall asleep. At the high end of Theta, we could be doing meditation. But more into that state, we are much more open to ideas. For those of us that do mediumship, this is where we live while working, and giving readings, and in some cases writing articles for monthly newsletters. I use this state for Trance healing. This is where I move out as much as possible, and let spirit direct me to direct healing energies. This is where creativity can come in greatly. Ever have an idea as you were falling asleep?

At the bottom end, we come Delta (.5 to 3 m/s). In this stage, one is out like a light. This is our sleep state. And ideas can come through here as well. Did you ever solve a problem while sleeping, only to lose that solution when you wake up? (I've been told to keep a pen and paper next to the bed so I can write down the ideas I had. Of course, I didn't, and have lost many ideas.) This is our testing ground. This is where we go out and play while our bodies rest. For energy workers, this is where we go when we enter Trance mode, where we step aside and let spirit in enough to talk, or teach. It is where creativity is in abundance.

So, in our busy lives, we don't take the time to slow down, to open to creativity. I know that when I am sitting in the evening watching some TV program, I am also working on my tablet, still doing things to help the business. However, when I need to write an article, I go to a place of quiet, listen to some classical music, and let creativity enter (as I am doing now).

It doesn't take much to quiet the mind, at least a little. Sit in a quiet space (which could be inside or outside). And just notice things, the breeze, smells, the warmth of the sun. Inside you might notice the ticks of the clock, the quiet, maybe the soft music playing.

Not only does this slow the mind, it slows the heart as well, which is better for our health. Take some time out (yes, you can do it), and just quiet yourself for a little bit. Let thoughts of work, and life, and just things slip away. You'll have plenty of time to work on them later. Right now, just start by breathing deeply, and letting things wash away. Then let calmness and creativity in. You will thank yourself for it.

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## Discoveries

by Brian Dean

And speaking of creativity, did you know that I had the idea for GPS long before it was invented? Really. And it came in a dream.

I was 17, and I was dreaming about flying my personal uh, jet or some such vehicle to my underground base. (Yes, my dreams run the gamut of helping people, doing unique things with unique equipment, to commanding starships, but you expected that.)

I remember trying to get to the underground base, to the opening so I could vertically land my craft. The problem was that it was foggy, very thick fog, so thick I could not see where I was. I adjusted my instruments so they connected to certain satellites that my group had placed in orbit. They told me exactly where I was,

within a foot or two. I then safely lowered the craft through open doors, and landed on the floor below. (It is stuff like this that becomes the basis for much of science fiction. Science fiction is ideas that when seen by people of scientific means become science fact. It always takes the dreamer to create the idea so that someone with the technical knowledge can latch onto the idea and make it a reality.)

Now at 17, I did not have the wherewithal (nor the math skills) to make this into reality. It's a good thing that someone else had the same idea.

When ideas come to people, they come to several people at once. Someone, somewhere will develop it. But one has to be in a quiet state for it to happen.

So, what are you going to dream of tonight that will change the world?

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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

- May 13 (Saturday) 10am - 5pm
- June 10 (Saturday) 10am - 5pm
- June 20 (Tuesday) 10am - 5pm
- July 8 (Saturday) 10am - 5pm
- July 11 (Saturday) 10am - 5pm
- August 12 (Saturday) 10am - 5pm
- August 28 (Monday) 10am - 5pm
- September 9 (Saturday) 10am - 5pm
- October 14 (Saturday) 10am - 5pm
- November 11 (Saturday) 10am - 5pm

### Reiki 2

- May 16 (Tuesday) 10am - 5pm **Confirmed**
- June 17 (Saturday) 10am - 5pm
- July 18 (Tuesday) 10am - 5pm
- August 15 (Saturday) 10am - 5pm
- August 19 (Tuesday) 10am - 5pm
- August 29 (Tuesday) 10am - 5pm
- October 21 (Saturday) 10am - 5pm

### Reiki 3

- May 27 (Saturday) 10am - 5pm
- June 27 (Tuesday) 10am - 5pm **Confirmed**
- August 26 (Saturday) 10am - 5pm
- August 30 (Wednesday) 10am - 5pm
- November 18 (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:

- June 13 - June 14 (Tuesday 9am - 5pm and Wednesday 10am - 4pm)
- August 5 - August 6 (Saturday 9am - 5pm and Sunday 10am - 4pm)
- October 7 - October 8 (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.

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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.

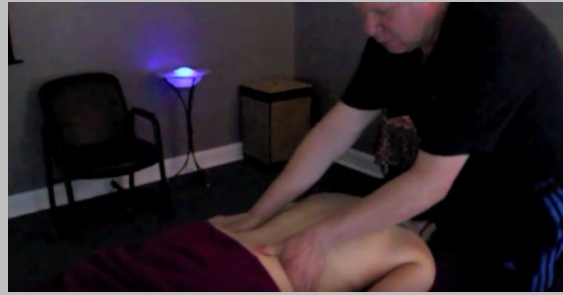
Classes are usually scheduled the fourth Thursday of each month from 1pm to 3:30pm at the Caring Palms studio. For more information, go to the [IFSK Website](#) where you can learn more about this, check class schedules and locations, and get contact information.

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## **Modality of the Month Swedish Massage**

A Swedish massage is a nice relaxing experience where long strokes, kneading and some percussion are used to allow the client to relax and release tension while they are being worked on. Although the primary goal of this type of massage is relaxation, deep tissue work can be performed to alleviate specific problems such as pulled muscles or sore backs, as well as other problems the client might have. A Swedish massage is good for helping someone return to health from an injury or other problem. It is also used to help someone maintain good health because of the effects massage has on the body systems.

[read more](#)



### [Swedish Massage](#)

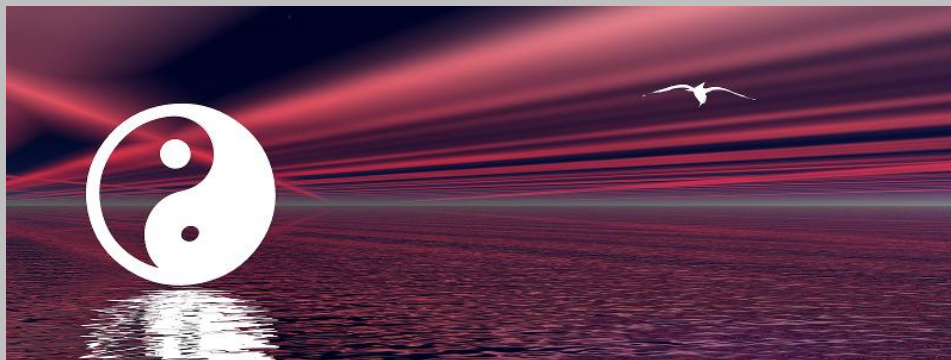
(Click on picture or description to see video)

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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

