



Caring Palms Massage and Reiki Newsletter October 2017

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

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

I hope you enjoy what we have here.

Another Year, Another Hurricane

We had another scare this year in the form of Irma. Instead of going off the coast like Matthew did last year, much of Florida got hit by the rains and winds. The unpredictability of the storm made it harder to know what to do. Thankfully, here at the Caring Palms Studio, damage was minor. We had some wet carpet inside, and lost a lot of the soffit panels outside. We also lost part of the sign out by the road. The carpet is dry. The soffits have been tacked back up, and the sign will happen someday soon.



Thank you for all that put energies into protecting the place so we can stay open and continue to do what we do. We are grateful for your help and your business.

Welcome New Therapists

Caring Palms is excited to welcome two new therapists to its practice. Each brings with them excellent skills and each does awesome bodywork, and each is an experienced Reiki practitioner. Their combined 26 years of experience will help to elevate our practice to an even higher level.



Cheryl Thacker, MA25185

Cheryl considers herself an enthusiastic alternative therapy professional. She is a licensed massage therapist and Reiki Master who graduated from the Coastal School of Massage in 1997, and has 20 years of experience. Cheryl was a licensed medical assistant for seven years before realizing that massage was what she wanted to do. She was also an instructor at Sanford Brown School of Massage. Her certifications include Tesla Metamorphosis, Quantum Touch Therapy, Reiki, Touch for Health Therapy and Hospice Touch Therapy. She brings with her a loving touch along with a unique set of skills. She does Swedish, Deep Tissue, Integrative, and Freeform massage styles as well as Reiki.

Cheryl is available on Mondays and Wednesdays.



Monique Bailey, MA83282

Monique is a graduate of the Baltimore School of Massage (2012) which she did while working full time as a medical assistant. She has been in the medical field for 20 years and a massage therapist for six years. She has known for some time that she was a healer and enjoys sharing her talents with others. Monique balances her life with meditation, yoga, kayaking, and beach time. She practices Swedish, Deep Tissue, Trigger Point, and Medical massages. She is also does Reflexology and Reiki.

Monique is available Tuesdays, Thursdays, and Saturdays.

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, or call 904-246-2206.

Current Hours

While Caring Palms is looking for a new therapist, we will remain closed on Sundays until we find someone and get them trained in the studio operations. Until then, Caring Palms will continue to be open Monday through Saturday 10am – 5pm.

Group Past Life Regression and Future Life Meditation Workshop

Sunday, October 14, 2017, 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, 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...

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.

October Special

\$15 Off Any 1-hour or 90-minute Massage Session with Caring Palms' Newest Therapists

Receive a massage from either Monique or Cheryl and get \$15 knocked off the cost of your session. We believe our therapists are the best, and we want you to come see for yourself.

Cheryl is available Mondays and Wednesdays. Monique is available Tuesdays, Thursdays, and Saturdays.

Receive a 1-hour or 90-minute massage from either of these fine therapists, and get \$15 off.

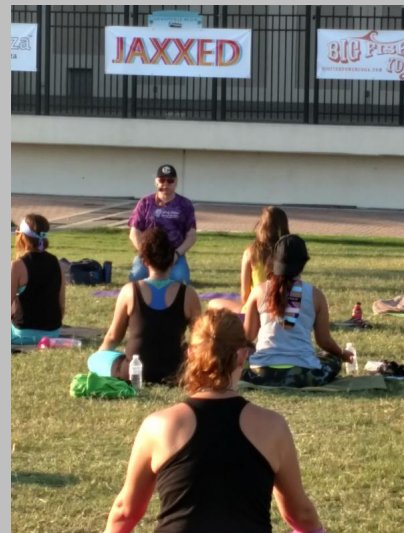
Ascension Theory Workshop a Success

We had our second Ascension Theory workshop this past weekend, and it was as powerful as the first. We had seven people come to hear about the things spirit had to tell them. We talked about keeping things simple, keeping grounded, and connecting to energies. Participants sat in the power in a meditation, and then used a conscious mind connection to use this power to do things in this world. One participant reminded of Imelda's teaching on what I like to call the Energetic 8's. It is a method of drawing an 8 through one's body where the bottom of the 8 touches and connects to ground, and the top touches and connects to spirit. This keeps the person in the middle connected at both ends (which is where we want to be anyway). At the end, each participant got an activation from spirit. It was a great afternoon.

The next Ascension Theory workshop will be Saturday, November 4th.

Caring Palms Took Part in JAXXED

Caring Palms took part in the JAXXED Health and Fitness Festival that took part at Jacksonville Beach on Sunday the 23rd. Although, we did not have a booth, Brian led two half hour sessions of meditation to the group that had gathered. At each session, he had about 12 participants. Many found his approach to be unique in that what he did was calming and empowering. We hope to see some of them at the studio in the future.

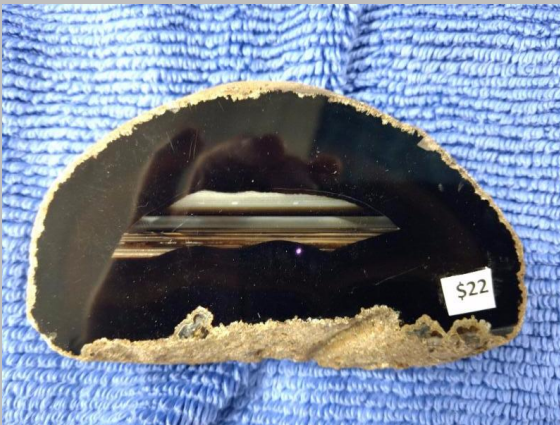


New Crystals in the Studio

Last weekend, Brian spent a couple hours at the Jacksonville Gem and Mineral show, and brought back some new crystals that are available for purchase. We have some nice wands, hearts, and petrified wood

slices. Come see what we have added.

Brian hopes to be going to Gainesville in the next month and bringing back more from his supplier. We'll let you know in upcoming newsletters.



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). 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 (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.

The Lull After the Storm by Brian Dean

Okay, we missed another one. At the moment, things are quiet. But what I see is everyone suffering from shell shock. With the unpredictability of the storm, and the size of it, there was a lot of fear. People evacuated from one place to end up evacuating from the place they evacuated to. People's nerves and emotions are raw.

I know. I have talked with a lot of people in the last week, and each needed something to help them. We all do. So what do we do? First off, breathe. Next do some calming exercises. Meditation would be nice, but if you don't meditate, there are things you can do.

Sit for a moment. Breathe deeply, but slowly. Do this for one minute. If you can do it for two, that would be better. Focus on your breath. Feel it hit the back of your throat, and follow it down as it fills your lungs. Then follow it back out, touching the same places it did going in. Think about breathing in calmness, breathing out negativity, stress, whatever you don't need at this moment. If thoughts come to you, acknowledge them, then let them go. (This is easier than trying to block them.)

If you want, stretch that two minutes to three. But even after one minute, you will find that you are calmer than when you started.

Stress is not good for anyone. Let that stuff go. It just takes a minute.

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.**)

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.

Reiki Share at Caring Palms

Caring Palms has a Reiki share every other 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, October 4th from 7pm to 9pm**. Please let us know if you will be coming.

Ascension Theory Workshop

**Ascension Theory: Working with Spirit Energies and Using Them in This Life
Connecting and Using Spirit Energies, Holding Space in this Reality**

Saturday, November 4, 2017

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.

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

- October 21 (Saturday) 10am - 5pm **New Date**
- November 11 (Saturday) 10am - 5pm

Reiki 2

- October 28 (Saturday) 10am - 5pm **New Date**

Reiki 3

- 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)

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:

- 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

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 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.

Modality of the Month Myofascial Release

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)

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.



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



STAY CONNECTED

