



## Caring Palms Massage and Reiki Newsletter April 2018

---

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news, some class additions, and a couple articles. We also have a workshop this month, and another next month.

I hope you enjoy what we have here.

---

### The Times, They Are A-Changin'

Over the last month, our hours have changed as well as availability of therapists. We are now open later on Thursday and Friday and open on Sundays as we have been for a couple of months. The new hours are...

Monday 10am – 5pm  
Tuesday 10am – 5pm  
Wednesday 10am – 5pm  
Thursday 10am – 7pm  
Friday 10am – 7pm  
Saturday 10am – 5pm



Brian is available Mondays through Fridays, and most Saturdays (when he isn't teaching).  
Cheryl is available Mondays and Wednesdays.  
Monique is available Thursdays through Sundays.

Caring Palms is currently looking for a female massage therapist for Tuesdays and Saturdays. (See announcement below.)

---

### Looking For New Therapist To Join Our Staff

Caring Palms Massage and Reiki in Jacksonville Beach has an immediate opening for a talented female massage therapist who would like to come work in a caring, loving environment. Caring Palms pays 50% of the charged rate of \$70/hour before discounts. All tips go to the therapist.

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 Tuesdays and as backup on Saturdays.

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.

---

### April Special

Myofascial Release (MFR) is a way of restructuring the body, bringing it back to alignment through cross-hand holds and stretching. Through this process, the body regains range of motion, better function, and health. (See Modality of the Month below for more details.)

Spring into a new body with \$10 off any 1-hour (or longer) MFR session with Brian.

---

## Just For Laughs



---

## Ascension Theory Workshop Ascension Theory: Working with Spirit Energies and Using Them in This Life Rising Above It All

Saturday, March 31, 2018

Cost: \$25, Pay at the door, or register online [HERE](#).

Join us at Caring Palms for a workshop in Ascension Theory and its Energies facilitated by Brian Dean.

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.

**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, so we can start the class on time.**

***Next Ascension Theory Workshop: May 19, 2018***

---

## Group Past Life Regression

Sunday, April 15, 2018

Cost: \$26, Pay at the door, or register online [HERE](#).

Please join us at Caring Palms 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.

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, and *please come early* if you are paying at the door, so we can start the class on time.

---

## New Styles of T-Shirts Available

Caring Palms has been again working with t-shirts, and we have **now added V-Neck shirts**. We are also showing our shirts in both styles on the website in

MANY  
COLORS

When you order a shirt, you get to choose the color you want. Keep in mind the colors offered are ones that the designs will show up on, and it changes per design. And just to prove that, the pictures here are only a sample of the colors available.

To see all shirts we sell, go here [here](#).



---

## 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 (Charlene, Charlotte, Linda, Tien, Bryanna, Gina, Gail, Jena, Tina, Nichole, Melanie, Courtney, Matt, Shari, Jessica, Kelly, Cynthia, Sharon, Susan, Catherine, Joey).

**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.

---

## An Unusual Visitor

We had a Reiki 3 class (Master's class) on March 24<sup>th</sup>, and we had a unique visitor. My neighbor has this very old Labrador Retriever named Clay. Lately, old Clay has been having some issues, and has started seeking out alternative care. Seeing him (and his mom, Tina), I invited them to come visit the class.

They came in and Clay laid down on his pillows in the middle of the group. We all either got hands on him, or beamed him Reiki energy. It was a nice thing for Clay, and a good real life application of Reiki with animals which is taught as part of this class. Clay enjoyed the attention and got about a half hour of Reiki, and everyone enjoyed the practice.

It was suggested that we have an animal available for all classes. I don't know about that, but I do know my dogs would love it if we did.



---

## Machinery by Monique Bailey

We are not machines. We are not meant to go non-stop with no rest or self-care. This is a hard lesson for some people, especially for healers. We are there for those who need us and when someone asks for help we are the first in line to aid.

Confession: I have a hard time stopping. I have a hard time saying "No." When I don't listen to my inside whisper it will then speak up and get louder and if I still ignore that voice to "slow down" on some random day a popping noise will sound from my back while vacuuming, as is the case today and why I am writing this.

So, I have stopped (temporarily.) Why? What do I need to pay attention to? What am I missing? Rattling my brain, cleaning out the cob webs between my ears- all the problems of the world cannot be solved- nothing matters at this point. Only healing and returning to balance is what is needed, no focus on anything else. So what now?

It is so easy to give advice to others. Good advice you know the kind that will speed up the recovery process. Let's do that then: 1. Rest, to allow the body and mind only focus on healing 2. Increase water, flush out all those toxins built up 3. Stretch, elongate the muscles bring in new energy into the space 4. Meditation, notice what your mind needs to tell you and do it 5. Epsom Salt Bath, natural muscle relaxer and help detox the inflammation. These are just to name a few possibilities for self-care.

The bigger lesson is to listen to that whisper. To set stronger boundaries for yourself so that you do not break. We all push ourselves, "oh as soon as that project is finished, I will rest or as soon as the weather changes I will be able to..." and so on.

None of those things will happen when your physical bodies shut down. We have to be kind to ourselves- body, mind and spirit.

For now I will relax with the cat on my lap. He is providing the healing that I need at the moment so that I may return quickly to what my purpose in the world is....I am a healer.

---

## Life by Brian Dean

I was doing a reading a couple weeks ago when spirit passed on something very profound. Now seeing as I

don't usually remember the things I say during these types of sessions, I had to open up and recreate it as best as I could. And it goes like this...

Life is the routine we do in between feeding our soul.

As we live, we learn. As we learn, we grow. And as we grow, we take on responsibilities, we find what we like and what we dislike. More importantly, we find what we are passionate about.

We go to work. We do some type of job. We pay bills. These are part of everyday life. But what we are passionate about is what feeds our soul. And the more time we can spend doing something we are passionate about, the more fulfillment we get out of life.

Sure there are the necessary things that need to be done to survive in this world. But outside of that are our passions. It has been said that if you love your job, then you really never work. And although we work at our jobs, if that job is something we are passionate about, then we love what we do, and feed our soul at the same time.

I love what I do. So although I am working, I am enjoying what I do. And it is something that I am very passionate about. I enjoy helping people. I enjoy the challenges that I am able to overcome in that process. And while I do it, I am feeding my soul.

But even if your job is not what you are passionate about, there might be something else along with it that you do that feeds your soul. Maybe after a hard day at work you come home and paint, or draw. Maybe you write. Or maybe you just enjoy being with your family, or having some quiet time to meditate.

Whatever it is, find what feeds your passion. Because that feeds your soul.

---

## Allowing (Again) by Brian Dean

I know that I have written on this subject before, but it seems to be a recurring theme and a recurring need. We seem to be wanting to force things, to make things happen (me included). And I see this in many forms with many people. Some are starting to get the message, most are not.

For instance, I have heard from many people that they just can't seem to meditate. They say that all these thoughts keep flooding into their heads and they spend the whole time pushing them away. Well, yes, if one takes that approach, they will clutter their minds trying to declutter them.

If one is trying to keep a blank mind, and constantly trying to do so, their mind will be filled with the effort of trying to keep it blank. I have to keep my mind clear. I'll think of blank paper. I'll see a blank white board. Oh blast! A thought came in. Now I have to get rid of it. Uhh, yeah. This is how we try to force the mind to be clear.

The real key is to let the mind clear. As something enters it, acknowledge it, let it know it has been seen, then let it go. All most thoughts want is to be acknowledged. You don't have to go down the rabbit hole after it. Just acknowledge it, and allow it to go. This even works for physical things like that itch over there.

I have had similar issues when I have to do white light sessions, which in a sense is a performance, just like any other session, massage, Reiki. There is a job to do and we move to get it done. But with white light, it takes time to fully "power up" and be ready to do the work. And yes, many times I have rushed the process. And while I was connected and doing good energy work, it was not flowing like I knew it could. When this happens, I need to relax and allow it to take the time it needs.

The same can be true with Reiki, or how many other instructors teach it (including some of the big names in the industry). Most of them have been teaching it where the student has to concentrate on the energy flow constantly to make it work. To me this is contrary to everything I believe in. This is forcing, not allowing.

Many years ago, I was taught the basics of Reiki by a Reiki 1 practitioner from New York. What she did was to describe the method over the phone. I took this, connected to the energies, and did Reiki, but at low voltage. I was bringing the energy in, passing it through me, and directing it to where it should go. I was controlling it. I was forcing it.

My next "class" in Reiki had been cancelled, but someone showed us the basics (live this time). I took the connection I made and pushed it to the back of my mind where I knew it was happening, but I was not concentrating on it. I was simply monitoring it. The energy flow was many thousands of times stronger. I was now allowing it. Some of the big names in the industry are now "seeing the light" (if you don't mind the pun). They are now starting to teach like I have been for 20 years. Of course, they are putting their own brand on it. I have simply been calling it Reiki. And I could be doing it just as strongly while watching TV as I do in a quiet room, because I allow the flow.

So, how would you like to handle things in life? Do you want to force them? Or do you want to allow

them? One method takes a whole lot less effort.

---

## 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 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, April 3rd from 7pm to 9pm.**

Please let us know if you will be coming.

---

## Reiki Class Schedule



The following is a list of currently scheduled Reiki Classes. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. Any class marked as 'Closed' has filled up. (Note: In some cases, one may be able to enter a class marked 'Closed' with permission of the instructor.)

### Reiki 1

- April 14 (Saturday) 10am - 5pm **Confirmed**
- 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

- May 26 (Saturday), 10am - 5pm
- July 23 (Saturday) 10am - 5pm
- October 27 (Saturday) 10am - 5pm

### Reiki 3

- June 16 (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)**

---

## **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 28 (Saturday) 9am - 5pm, and April 29 (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.

---

## **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.

---

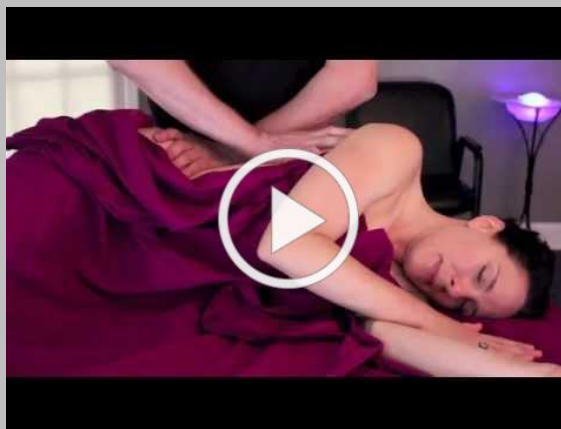
**Modality of the Month**  
**Myofascial Release**

Myofascial Release (MFR) is a style of massage / physical therapy that takes a whole body "hands-on" approach to the evaluation and treatment of the human structure. The goal is to help return the body's capacity to adapt, by restoring three-dimensional balance. What this means is that it works on realigning the body to its proper shape through manipulation of connective tissue (fascia).

Every part in the body is connected by fascia. The organs don't just hang there in open space. There is connective tissue surrounding everything holding them in place. Throughout life, one's body takes a lot of punishment, or trauma. We fall down. We get in accidents. We have surgery. All these things affect the fascia. You see, the fascia is normally a nice, soft, rubbery substance that gives when we move. But through trauma, this pliable substance can become hard and constricting. When this happens, the body's alignment changes. We feel pain, and a host of other problems crop up. (A good example of constricted fascia is carpal tunnel syndrome. This is where the fascia in the wrist becomes hard and painful. The normal response is to have surgery which cuts out the constricted fascia, but it also leaves scar tissue which later causes more constricted fascia. )

Most people suffer from alignment issues. Have a friend take off their shoes and then stand facing you on a level surface. Take a good look at them. Is one shoulder higher than the other? Are their feet pointed straight or to the sides? Does one turn out more than the other? These are all signs of alignment problems that MFR might help. Many people have been diagnosed as having one leg longer than the other. In most cases, that is not true. It is simply an alignment issue.

[Read more](#)



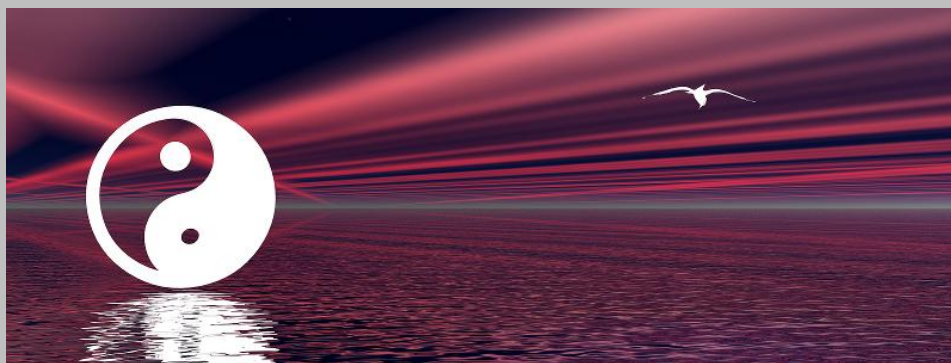
### [Myofascial Release](#)

(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](mailto:Brian@CaringPalms.com) we will try to see if we can answer them for you.

---

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

