



Caring Palms Massage and Reiki Newsletter December 2018

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

Next year will be an aggressive year for classes, and to that end, the class dates for all levels of Reiki, and Advanced Body Mechanics have been set. While you can not yet register for any of them, the dates are in the article below.

As a reminder, our gift certificate sale is continuing, and we have new crystals and jewelry available that would make wonderful gifts. Please stop by and see what we have.

I hope you enjoy what we have compiled here.

Holiday Closings

Caring Palms will be closed Tuesday, December 25th for the Christmas holiday. Caring Palms will reopen Wednesday, December 26th at the regular hours.

Caring Palms will also be closed Tuesday, January 1st for New Years day and reopen Wednesday, January 2nd at the regular hours.

Depending on the amount of business we have Christmas Eve and New Year's Eve, we might close early.

We at Caring Palms wish everyone has a safe and enjoyable holiday season no matter what holiday you celebrate.



The Cold and Flu Season by Brian Dean

We are now entering the cold and flu season. While Caring Palms' therapists are willing to help anyone we can, we can not work on anyone that is ill, even if that illness is a minor cold. Because the work we do is healthcare, it is primary that we do not catch an illness and then pass it on to others. Since what we do works directly on the skin, it makes it all too easy to catch something and then pass it on.

There was a client that came in recently to see me for some much needed work. He admitted that he was catching a head cold, and I am thankful that he did. I refused to work on him as it endangered the health of our staff and our clients. We rescheduled, and when that next session day came around, our client had to cancel as he was on antibiotics. Had I worked on him, I would have caught what he had, passed the illness to Cheryl as we sit in the same room and she was in that day. I would have then passed it to Monique as I worked on her the next day. And this would have happened before I knew I had caught anything. That would have put all of our therapists down, and forced us to close our business until we recovered.

Our primary concern is the health of our clients. Caring Palms will not work on clients while we are ill because we do not want to risk them getting sick. This may mean cancelling much needed sessions,

or shutting down our business if necessary. And if we do that, we can't help others that are in need.

So, please, if you are ill, and have something that might be contagious, please postpone your session until you are better.

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 Tuesday, December 4th from 7pm to 9pm.

Please let us know if you will be coming.

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 Saturdays.

If you, or someone you know would be interested in joining our staff, send resumes to brian@caringpalms.com, or call 904-246-2206.

Gift Certificate Sale Continues

Caring Palms' annual holiday gift certificate sale continues through December 24th.

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
through Monday, December 24th**

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.

Brian Took Lomi Training

Last month, Brian took a workshop in Hawaiian Lomi Lomi. It was his fifth time taking this workshop, and because of that, he was shown some advanced moves by the instructor, Tom Cochran and his assistants. During the workshop, the demonstration was done by the two assistant instructors instead

of Tom.

“Watching the demonstration was so freeing”, Brian said. “I have been to these workshops where an assistant instructor told me to do the moves and not embellish them. Watching these two people doing the work and adding their own changes and embellishments to the basic moves was just so freeing. It means that I have the freedom to take this and make it my own. I can mix other moves into it for better continuity. It is awesome.”

Brian is currently doing this more on a basis of a freeform style and less like a routine. If you want to experience it, please make an appointment. If you need to know more about it, see the video and read the descriptive article in the Modality of the Month section below.

December Special

**\$10 off any Massage or Reiki Session (60 minutes or longer)
with Any Caring Palms Therapist**

To show our appreciation for our clients, we are doing something unique this month. Instead of highlighting a particular style or therapist, we are giving \$10 off the regular price of any hour long massage or Reiki session (or longer lengths). And this is good for our entire staff, Brian, Cheryl, or Monique. So take advantage of this special and book today.

Receive a Massage or Reiki Session (1 hour or longer) with any Caring Palms therapist, and get \$10 off.

New Crystals and Jewelry

Caring Palms has restocked their shelves of crystals thanks to a trip Brian made to Gainesville not long ago. We have MANY new things, most of which will not fit in the display cases. We have added lots of interesting types of stones along with figures (like hearts, obelisks, angels, animals, skulls).

We have also added new hand-crafted jewelry made by Shirley Dean. There are new pendants and earrings as well as wrapped crystals on chains and separately as fobs. These would be great holiday gifts!

Come by and see what we have.

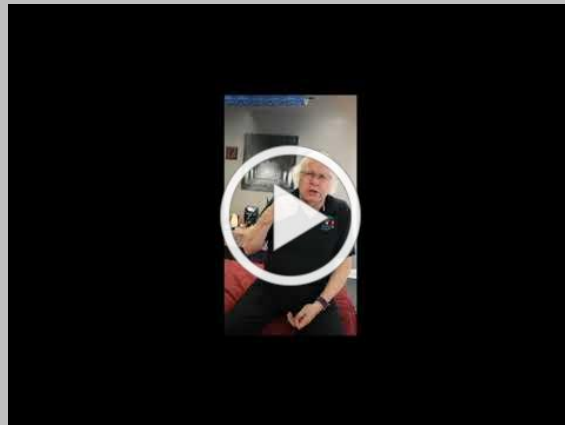




Inspirational Video of the Month

We periodically add new videos to the collection as we make them. These are made to give you new ideas, and possibly something new to think about. Many of them are of previously written articles, but they are given live, not just a reading of what has been written. Please check them out.

This month's featured video: [Questions](#)



Ascension Theory Workshop *Ascension Theory: Working with Spirit Energies and Using Them in This Life* *Dancing With The Universe*

Saturday, December 1, 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!

This month's topic, *Dancing with the Universe* will talk about alignment with your cosmic purpose and rolling with the unexpected changes that we know will come along.

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: Probably February 2019

Last Past Life Regression Workshop for 2018 Was Taught

We had our last Past life regression workshop of the year Thanksgiving weekend. Seven people attended and all saw past life information that was relevant to the one they are living now. After the main meditation, Laura Bogen lead everyone through the creation of a meditation room in their minds. It is a place everyone can go to for inner work, changes in their lives and approaches to it. Look for Laura's next workshop at the end of January. See the article below for details.



Group Past Life Regression

Saturday, January 26, 2019

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.

Next Group Past Life Regression Workshop: to be announced 2019

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.

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 20 5-star reviews on Yelp, only seven of them are deemed "Relevant", and one has to go through another step to see the remaining 13.

Light and Shadow

by Brian Dean

Light and shadow, or better said, light and darkness. We have some of each inside all of us. Are they in balance? Which one comes through the most? Could we be talking about good and bad, or good and evil? Possibly.

When we think light, we go to several places... working in the light, seeing things from an enlightened perspective, and of course there is the Jedi working with the light side of the Force. When we do good things, things that help others, we are working in the light. And this is not necessarily global things, or things outside of our immediate family. Doing good things could simply be helping a family member, making a comment about how nice someone looks. What small things we do can spread beyond those we do them for, and in that case, we are spreading light.

We also have people that work in the healing arts, especially those that do complimentary care, like Reiki healers, reflexologists, mediums, energy workers of all types. By working with these energies, they are working more closely with light as it takes a certain calmness, focus, and a particular mindset just to be able to connect and work. These people are truly working in the light as they are focusing their gifts on helping others. One could say they are making light work of everything (ba dump bump).

But then there is shadow. Shadow is the anger, the fear, and yes, the dark side of the Force. When we work out of anger, we are working in shadow. It does not mean we are doing long term shadow work, it just means that for that moment instead of doing some action based in light, we went dark.

Fear is the same thing. When we are acting out of fear we are spending our time in darkness. As we know, we draw to us what we put the most energy into. If we put that energy into fear, then we simply bring our fears to us. "Anger leads to fear. Fear leads to suffering. Suffering leads to the dark side." And although that quote from Yoda was fiction, it is basically true.

We all have light and shadow within us. There are very few that are free of anger. In fact, we all get angry from time to time. You could be most enlightened, until that moment when some jerk cuts you off in traffic and almost causes an accident. The degree of enlightenment you've achieved can be measured by how long you hold onto that anger. Is it just a second, and then you laugh at it? Does it bother you? Do you make a point of driving alongside and flipping them off? Do you harass them down the road? Does it bother you later that night?

The key is to keep the shadow side at as low a level as possible. Don't let it rise up and overcome you. There was a song parody to Carly Simon's "You're So Vain". It was talking about someone who considered themselves enlightened, and the lyrics went, "You're so light. I'll bet you think you don't have a shadow."

The point being that no matter how good we think we are, everyone has both sides. The trick is on how we manage them.

What Are Shadows?

by Monique Bailey

In the human mind shadows are a darkness, an unknown, mostly a negative aspect of who or what someone is. It can be considered suppressed emotions or trauma that has been compartmentalized deep in the subconscious. Another definition of a shadow is a non-reflection of light and this can be in the physical, mental, or ethereal sense. How important is knowing that darkness to the growth of our journey? How can we overcome that negative connotation and use it as a tool?

In my vision screen, I see a dark image, I am automatically interpreting the size and shape and the question of why I am seeing it in the first place. It feels like a dimension to step into to take me to another place. Around this rectangular dark image bright white light with a small yellow border encompasses this portal. This is just one example of accepting a shadow, not being afraid of what it is but allowing it to unfold. There is a balance with the light around it, without that border I would not be able to interpret what it could be. This is one tool I use as a meeting place when I am meditating to allow myself through a space or time.

We all know that without darkness there is no light and vice versa. Being that we know "light" we have also created a darkness to compliment that light. Yin and Yang. Shadows are meant to be respected to create a boundary. Not everywhere there are shadows, other planets do not have such light to create a shadow. Bound to darkness and yet the planet still exists just as it is and the other way around too, the sun is light 100% of its existence. So, there is still the balance within itself and in the universe of light and dark.

Emotionally we can create shadows with our feelings toward a certain time in our life or a person or

even carrying something over from a past life. This is a harder concept to understand in the fact that we have created this darkness to forget. In attempts to forget this emotion we bury this deep into our minds so that we don't have to feel an un-comfortability with what we did not want to experience. How do we overcome that emotion? We have tools to lift ourselves over the hurdles of life. We learn that we don't want to feel a certain way and don't expose ourselves to that repeat situation. This is allowing a new experience of light to enter. You have literally enlightened yourself to a new venture. Now there are times when we can revisit said burial sites or repeat experiences until we develop the tools that are needed to be enlightened. We need to experience this type of darkness in order to develop our enlightenment skills. What are enlightenment skills? Being with like minded people, yoga, meditation, trusting your instinct, and most importantly putting value on yourself.

There is a fine balance with all of life and this is just one foundation point of what we all are. Knowing and understanding this idea of light and dark will allow the balance, will allow the complements of one another to be what it is and to accept itself in that realm.

Enlightenment by Brian Dean

What is enlightenment. Well, according to Webster, it is the state of being enlightened. Real helpful, huh? But it does go further to define enlighten as "to give intellectual or spiritual light to; impart knowledge to". That is a little more helpful. In most cases, when we look at enlightenment, it is a state of spiritual understanding, or knowledge.

Those that work in healing energies such as Reiki, feel they have a little better understanding of the universe, of how things work. And no matter what we think we know, we won't truly know until we reach the other side and see it first-hand. But enlightenment, and moving toward enlightenment is a process of changing the way we think, act, and respond to the world around us.

Taking an enlightened view on things allows one to see deeper into the mechanisms and how things work, and more importantly why. What are the motivating forces for this, for that? What is the emotional response to things happening in the world? What are the motivations to make people react violently, or peacefully? This is what we gain when we take a step back and look at more than just the taglines on things.

It is a more peaceful approach. It is an approach to find the best, positive move to provoke the best outcome for the greater good. It is taking the high road. Of course we are all not able to effect the world at large. But we can affect small pieces of it, which in turn we hope will affect other small pieces, and so forth.

We do things to help others. We hope what we do will make their journey easier, or give them a different, more enlightened view on things and allow them to see more clearly. Small things eventually add up to bigger things.

The key to enlightenment is... well, we'd all love to know what the key to enlightenment is, but it is different with each person. For some, it is sitting on a mountainside and meditating for days on end. For others it is going through their daily lives and staying above the craziness that is out there. In truth, it is the ability to step back and see a bigger picture in things large and small that are happening around them. It is the ability to find and stay on the path that they feel is right for them, and to let go of a lot of things that are holding them back.

As has been shown before, we can not move forward carrying all the baggage that we have collected in our lives. Part of becoming who we want and need to be is releasing those things that do not align with that purpose. This could be anything from the fear of certain things, the anger at certain people, or the time someone pushed you in the mud in fourth grade.

Is this period of waking up painful? Probably. Most likely. Everything we have been through in our lives from the time we popped out of the womb until right now have shaped us, made us what we are, and are a part of our lives, our being, our soul if you will. And it can be painful cutting out parts of ourselves so we can move forward to what we want to become. And yes, that can be painful. After all some things have been with us forever, but do not align with where we want to go. So we must lose those pieces, or stay where we are now. The choice is our own. But if what we want is to reach a certain point of enlightenment, then we must drop our bad experiences, our hate, our fears, all the things that hold us back, hold us into a specific pattern of behavior and understanding.

This means leaving behind patterns that have sustained us, held us together because they tell us how to react in familiar situations. They are like buttons on a computer that run specific programs and do certain things. Everyone has patterns. It makes them predictable when certain things happen. They react in the same manner each time. Those need to go because we want to grow above those reactions, those patterns. In other words, we want to learn to react differently than we have been, better than we have been.

So, as we drop these tools, these things that we have counted on all our lives, we venture into scary territory. We walk along our path, but straight into the unknown. But to be successful, we walk into the unknown fearless. We know there will be changes, new situations, new things to learn, to cope. But we know we will be better for all of it. And that realization is truly enlightening.

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.



[Our Holiday Video](#)

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.)

This is the current schedule for 2019. At press time, the dates are set, but the registration process has not been completed. This will be completed by the beginning of the year so students will be able to sign up for classes.

Reiki 1

- February 9 (Saturday) 10am - 5pm
- March 6 (Wednesday) 10am - 5pm
- March 9 (Saturday) 10am - 5pm
- April 13 (Saturday) 10am - 5pm
- May 11 (Saturday) 10am - 5pm
- May 15 (Wednesday) 10am - 5pm
- June 8 (Saturday) 10am - 5pm
- July 13 (Saturday) 10am - 5pm
- July 17 (Wednesday) 10am - 5pm
- August 10 (Saturday) 10am - 5pm
- August 26 (Monday) 10am - 5pm
- August 28 (Wednesday) 10am - 5pm
- September 7 (Saturday) 10am - 5pm

- October 12 (Saturday) 10am - 5pm
- November 9 (Saturday) 10am - 5pm

Reiki 2

- March 16 (Saturday) 10am - 5pm
- March 27 (Wednesday) 10am - 5pm
- May 25 (Saturday) 10am - 5pm
- May 29 (Wednesday) 10am - 5pm
- July 27 (Saturday) 10am - 5pm
- July 31 (Wednesday) 10am - 5pm
- August 14 (Saturday) 10am - 5pm
- August 27 (Tuesday) 10am - 5pm
- October 26 (Saturday) 10am - 5pm

Reiki 3

- April 27 (Saturday) 10am - 5pm
- June 22 (Saturday) 10am - 5pm
- August 21 (Wednesday) 10am - 5pm
- August 31 (Saturday) 10am - 5pm
- November 23 (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:

This is the current schedule for 2019. At press time, the dates are set, but the registration process has not been completed. This will be completed by the beginning of the year so students will be able to sign up for classes.

- April 6 and 7, Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm
- June 12 and 13, Wednesday 9:00am - 5:00pm and Thursday 10:00am - 4:00pm
- August 3 and 4, Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm
- October 5 and 6, Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm

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

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 Hawaiian Lomi Lomi Massage (Temple Style)

The ancient art of Hawaiian Lomi Lomi has been practiced for hundreds of years. The gift of healing was passed down to the "chosen one" who spent their life practicing the healing arts. Kahuna's (healers, shaman) were taught to use thumbs, hands, forearms and elbows to massage. It wasn't uncommon to have hot rocks placed on injuries or have the Kahuna walk on your back. Kahuna's were even known to use a mild form of hypnosis, instilling feelings of well-being. They believed they could transfer their own vital energy into a person who was sick.

Hawaiian Lomi Lomi was kept secret within families for most of its history, until Kahuna Aunty Margaret Machado decided to teach anyone who wanted to learn "the loving touch". Aunty says, "Lomi Lomi is a loving touch. When they feel loving hands on their body, they'll respond, "she loves me, she'll take good care of me, and I'm going to get well. "

So, what is the difference between Lomi Lomi and any other massage? That is a difficult question to answer. Clients have said, "It's as if you are right inside of my muscles and you know exactly where to go and how deep to go. " "The pressure points melt, your hands and elbows feel strong and loving as if they are guided. " I don't know how elbows and forearms can feel loving, but that is what clients say! Lomi Lomi feels like many different techniques put into one flowing system. It has a rhythm and flow that is soothing and feels complete.

[read more](#)



[Hawaiian Lomi Lomi Massage \(Temple Style\)](#)

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



Caring Palms Massage and Reiki | (904) 246-2206 | Brian@CaringPalms.com | www.CaringPalms.com

STAY CONNECTED

