



Caring Palms Massage and Reiki Newsletter May 2018

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

I hope you enjoy what we have here.

Thank You Mom

For Mother's Day, Caring Palms is running two specials.

First, we are giving \$15 off all gift certificates sold between now and Mother's Day, May 13th.

Second, any Mom coming in for a massage or Reiki session on Mother's Day weekend (May 12th and 13th) will receive \$15 off of their session cost. Just identify yourself as a Mom when you check in.



Caring Palms will have two therapists on duty Saturday, May 12th to be more available. Also, Monique will be here on Mother's Day from 10am until 6pm.

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, or call 904-246-2206.

May Special

\$10 off any Reiki Session

Reiki is a relaxing, pleasant, healing session. It is positive energy brought in from the universe by someone that knows how to tap into it, and then passed through them to someone in need. It is very good about taking away pain, stress, and has helped fight all types of illnesses. If unsure, call and talk

with one of our Reiki masters.

Even if you can't receive massage because of sunburn, Reiki will still feel pleasant.

Receive a 1-hour Reiki session from any of our staff, and get \$10 off.

This special can not be combined with the Mother's Day special.

Ascension Theory Workshop Ascension Theory: Working with Spirit Energies and Using Them in This Life Changing Your Outlook

Saturday, May 19, 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 2018

New Inspirational Videos

For a little while now, we have been creating videos on many topics. Realizing that while we have wonderful articles on the website, people simply don't get around to reading them. We decided that we would make it easier for people to get this information by making videos.

Now, we are not simply reading the already printed article. We are taking that information and presenting it in a live, off the top of the head presentation. The theme is the same, the words are different, and the point is still made. And some of these video articles are new and not taken from written articles.

Article topics include: Explaining Chakras, Shall We Dance?, Your Touch Tells What You Are About, What is Reiki?, and A Call to Lightworkers and Positive Thinkers. As of this writing, there are 11 articles available, with an introduction. We are recording new ones every other week or so.

You can get to these articles on the website from the link on the front page, under the Articles tab, then the Inspirational Video Articles, and [HERE](#). We may be including them in the newsletter like we did this month's Perfect Imperfections. Let us know what you think. (Many thanks to Monique for being our videographer, director, coach, and first critic.) Click on the picture below to see the video on Youtube.



Group Past Life Regression

Saturday, July 7, 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.

Last Group Past Life Regression had 21 people

March's Group Past Life Regression had a whopping 21 people. While it was an awesome event (as it always is), we were definitely a little crowded. And while a few people were a little unhappy with the crowding, keep in mind that we don't know how many we will be attending these events, and there is no way to tell ahead of time how many will be in attendance. Some that paid online never came. Most paid at the door. Since we want everyone that is interested to have the opportunity to experience these workshops, we will not be cutting off the attendance unless we are bulging out the doors. We simply ask everyone be patient with the situation as you enjoy the workshops.

Advanced Body Mechanics Class Had Three People

At the end of April, Brian taught his first Advanced Body Mechanics class in three years. And though the class was small, the information taught and learned was tremendous. The students learned so quickly that a lot of additional movements were shown. All in all it was a really good class.

We are looking to do more classes like this. The next ABM class scheduled is in September.

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). 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 (Lori, 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.

Unlimited Expansion by Monique Bailey

"The essence of life is invincible, weightless and unlimited." Wayne Dyer

I have been reflecting on this thought for a few months and what it means to me. Massive changes for the psyche and development in general. We are bound to our thoughts. If we think there is a boundary then there is. If we think we are not allowed, then we are not. If we think we cannot then we can't...and so on. What if our thoughts support that we CAN DO in any and every aspect? When we are children we are told we can do anything we set our minds to. Why does that change as we become an adult? Why do we form to the boundaries of society? Why is society so influential?

We stop paying attention to our soul's voice and listen more to the static of this physical world. Last night I had to introduce myself and I found that my words said, "I was there to expand on my unlimitedness." Whoa- Where did that come from?!? Me going to this group was definitely a nudge from the universe, I was able to practice having an open mind, and a new insight of myself was presented to me.

Gathering with like minds of positivity and well being helps balance the uncomfortableness of this physical world and allows you to remember a bigger purpose of why we are all here. It is important that we continue to grow a community of better-ness. We all need the support to understand how unlimited we all are, and even more so a network of united souls.

As we support ourselves in this matter we continue to expand in our capabilities and create a domino effect of being who and what we really are.

Patience by Brian Dean

We've been told that patience is a virtue. Actually, it's a pain in the backside, because nothing ever seems to happen when we want it, and we want it now. But that is usually the case. (I want patience, and I want it now, dammit!)

Nothing happens overnight. Oh, sometimes it seems they do, but those things that look like they are happening immediately took time to develop. You see, an idea comes. It is looked at, improved (hopefully) and then brought to fruition. That process takes time. It is not instantaneous. It never is.

So, while we want things, and we want them in a relatively short period of time (like NOW), we have to wait for things to develop into their potential. And this is called having patience. But how do you develop patience? You do it by understanding how things work.

You know things need time to develop, and some things are long term desires that take more time than others to come to fruition, so instead of putting your energies into "I want", put them into other things. What you want goes to the back burner, but you are still putting energies into it. You still see it progressing. Meanwhile, you look at other things, things that can be brought about more quickly. You work them through. Then you go back and check on that one project that is taking more time. Maybe it is something that you can work on a little, maybe not.

Eventually, those desires come about. This is called the Law of Attraction, and I know I have mentioned it before. We have to breathe, slow down. Put energies into what we want, and know that they will come about. Focus on other more immediate things, but still keep that "other" thing alive.

This way, we are still moving, still making things happen. But we also develop patience to see the long view, and what it eventually brings to us. Or better put, what we bring to ourselves through love, energy, time, and patience.

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, May 1st 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

- May 12 (Saturday) 10am - 5pm **Confirmed**
- 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 **Confirmed**
- 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:

- 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 Hot Stone Massage

Hot Stone massage is a unique style where heated rocks are moved over the body allowing the heat to sink into the muscles. Although deep work is not usually done with Hot Stone, the heat penetrates to make the muscles relax and feel better.

There are several types of Hot Stone massage and like other massage styles, these change with each therapist that does the work. Probably the most known style is called La Stone which was based on the types of massage done by native American Indians. They used hot and cold stones to create a relaxing experience. Marie Hannigan took this information and created La Stone from it as she was hurting her hands doing a lot of deep tissue work. With the stone, it gave her a tool to go deeply with while the heat penetrated and softened the muscles.

[Read more](#)



[Hot Stone Massage](#)

(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



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

STAY CONNECTED

