



## Caring Palms Massage and Reiki Newsletter November 2018

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

I hope you enjoy what we have here.

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### Studio Closings

Caring Palms will be closing at 4pm Wednesday, October 31<sup>st</sup> so we can go home and prepare for the little monsters.

Caring Palms will be closed Sunday, November 18<sup>th</sup> while Monique is out of town. The studio will be open Saturday the 17<sup>th</sup> and Monday the 19<sup>th</sup> when our gift certificate sale begins.

Caring Palms will be closed Thursday, November 22<sup>nd</sup> for Thanksgiving. Caring Palms will be open Friday, November 23<sup>rd</sup> for Black Friday, and Saturday November 24<sup>th</sup> for Small Business Saturday and the Group Past Regression workshop.

Caring Palms hopes you have a safe and enjoyable holiday.



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### Reiki Share at Caring Palms

Caring Palms has a Reiki share every month. A Share is where Reiki practitioners get together to work on each other. Group Reiki work is done where each person gets time on the table and worked on by several therapists at once. Any practitioner is invited no matter what lineage they have or practice level they are at. If you are a non-practitioner and have not experienced Reiki, you are also welcome.

This month, the share will be the second Tuesday as Brian will be out of town the previous week.

**The next Reiki share is on Tuesday, November 13th from 7pm to 9pm.**

Please let us know if you will be coming.

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### 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](mailto:brian@caringpalms.com), or call 904-246-2206.

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## Brian Out of Town

Brian will be going to Cocoa Beach November 5<sup>th</sup> through 7<sup>th</sup> (Monday through Wednesday) so that he can get additional training in Temple Lomi Lomi. He is looking to refresh his skills and pick up a few new tricks. Brian will be back on the office Thursday, November 8th.

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## November Special

**\$10 off any Myofascial Release Session (60 minutes or longer) with Brian**

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).

Receive a Myofascial Release (MFR) session (1 hour or longer) with Brian, and get \$10 off.

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## Gift Certificate Sale Begins November 19!

Caring Palms' annual holiday gift certificate sale begins Wednesday, November 15th.

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**

**Monday, November 19th - 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.**

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## What Would Happen If You Gave a Workshop and Nobody Came?

Well, that is what happened last weekend for the Ascension Theory workshop. One person did come. They opted to have a massage and come back to the next one in December.

It has been seriously slow the past couple weekends. People must have things going on or life happening. This has had to affect people coming in for sessions and workshops. That's okay, we can work with it. We will dance with the flow as it turns back towards us.

The next Ascension Theory workshop will be December 1<sup>st</sup> with the topic "Dancing With The Universe". Please come and dance with us.

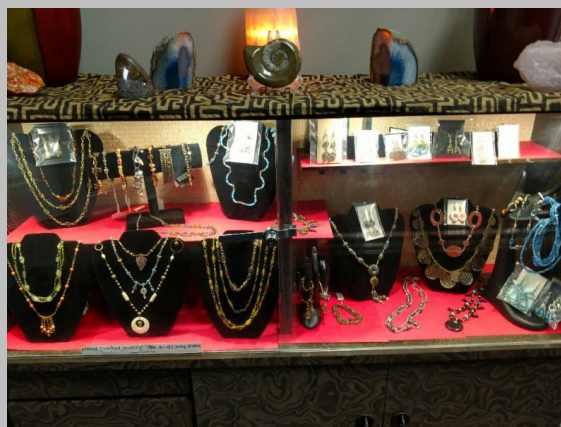
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## New Crystals and Jewelry

Caring Palms has restocked their shelves of crystals thanks to a trip Brian made to Gainesville a few weeks 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) as well as figures (such as 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.



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## 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 given live, not just a reading of what has been written. Please check them out.

This month's featured video: [Dancing With The Universe](#)



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## Group Past Life Regression

Saturday, November 24, 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.

***Next Group Past Life Regression Workshop: January 26, 2019***

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## 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!

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: December 1, 2018***

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## Leave a Review, Enter Our Drawing

Leave a review and be entered in a drawing to win a free session. If you have enjoyed the services at 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.

**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.

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## Superhero by Monique Bailey

We all have our days where everything and everyone is in our way of anything we are trying to accomplish. The kids are fighting, dinner is burning, house is dirty, cat is on kitchen counter eating said burnt dinner. Agh!!! Whatever it may be, it is overwhelming. Too many things all at once. Time to.... that's right slow down. But how can I slow down when everything is falling apart? I must go faster, I must do more. Right? Wrong. A familiar saying, "If you don't have time to do it right the first time, when will you have time to do it over?"

Let's break it down. An easy example would be looking at a pie (choose your flavor) you see it being round, crusty, little dimples, and the gooey filling inside. We are looking at it as a whole. However, we can take a knife and make a slice. We can slice our life's needs into pieces. So, for every situation that needs our attention whether it be positive or negative it is a slice of that pie. Take one slice, work it, fix it, create it, support it, whatever it needs; then finish it and move on to the next. Only one slice at a time and so on. We all try to be superwoman (or man) and think we can do it all and think we can do it all at the same time in conjunction with all of life's other moving parts.

I recently saw a commercial and maybe you have seen it also. A mother is singing her baby to sleep, and the words go something like "I can be here with you at night and sing you to sleep while at the same time taking online classes to get my degree, and it doesn't affect my full-time day job, either." (Insert mouth drop here.) This is what we are marketing to people. More is never enough. Stretch yourself as far as you can. What happens then? Anxiety, depression, worry of failure for not being able to be this Superhero. What a crock!

Time to slow down, I really enjoy cooking but when I have 27 other things happening, my diet suffers, and I don't put my best effort into my health. We lose the enjoyment of life when we have too much going on. I don't want to sacrifice what my enjoyment is, and I should not have to.

Standing up for yourself...this is a big one now.... Saying "NO!" Saying "NO" to things that you really don't want to do or things you are not interested in being apart of your life is one way to avoid that anxiety and worry and depression. Going back to "having time to do it right," will happen when you say "NO." It will open that space for things you do enjoy and things you want to put your energy, passion and love into. We "don't have time to do it over," this is our chance to be happy and healthy with what we have created for ourselves in this life.

I don't want or need to be a Superhero in this life...maybe the next one but not today.

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## Hope From Hopelessness by Brian Dean

There are times in our lives when we feel any effort we make is futile and the situation is hopeless. This is true whether it is dealing with problems at work, social situations, relationships, or the political situation. We tend to feel that nothing we do will change anything. The situation is hopeless.

Sometimes hopeless situations can drive people to extremes, like giving up, calling it quits, or even suicide. That is the time to make a decision. Either we go on, or give up.

I know I have been in this situation many times in my life. I remember being at a job, and everything I did was wrong, or at least wrong to the people who were deciding what was right and what was not. I can remember saying "Why try? Why even bother?" I had considered quitting, but that would have jeopardized our being able to afford the house we were living in. I could have given up and let them fire me, which would have resulted in the same thing. But something came together. Something made me keep working at it. Maybe it was that glimmer of hope that something would change and things would get better.

Hope can come from many places, some rational, some irrational. I have a hope that someday greed won't be running the world, that man's consideration for fellow man will be the driving force. That may be rational or irrational depending on who you ask.

Recently, a TV show I watch had an interesting concept. A police officer was trying to stop a woman from jumping to her death. He offered her a lottery ticket with a possible payoff of \$50k. He told her that when things feel hopeless, he buys a ticket. That gives him something to put hope into. And while knowing the odds of winning, in a way it makes sense.

If we can't find hope in things, we then create hope in something irrational. And while I am not telling everyone to go buy a lottery ticket, I am suggesting that we look around and find something to help us create hope. And yes, it may come down to looking at the half empty glass, and finding a way to see it as half full.

I have hope that I live long enough to see us coming together as people, embracing our differences instead of fighting over them. I have hope that I am able to keep working for many years to come, and that my skills increase giving me more ways to help people. I have hope that I will start taking my own advice and start taking better care of myself so that my previous hope will come true. I have hope to be able to follow spirit's direction on the path I need to take, and that I am able to hear clearly enough.

But more importantly, I have hope that I will continue to have hope, even if I have to manufacture something to have hope in.

What are your hopes?

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## Guided Meditation CDs Now Available In-House and Online

The first three guided meditations are now available. We have a small inventory in-house). When these have been sold, we will replenish them (replenishment takes about 10 days). These meditations are also available online as CDs or MP3s and can be purchased through the [Meditations Page](#). If you are looking for a safe meditative journey to relax or work, come see us, or purchase one (or all three) online. Available meditations include, Finding Sanctuary, Working Through Past Experiences, and Visiting With Your Guides. We are hoping to have the other three available within a few months.

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## Reiki 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.)

- November 10 (Saturday) 10am - 5pm **Confirmed**

#### Reiki 2

- TBD 2019

#### Reiki 3

- November 17 (Saturday) 10am - 5pm **Confirmed**

All classes are open to anyone wanting to learn this unique method of hands-on healing. The cost for each class is \$125 no matter what level of Reiki the class is for. A \$50 deposit is required a minimum of seven (7) days prior to the class date (or permission of the instructor) to reserve a space in the class. Classes with no deposits received by the cut off date will be canceled. All class statuses may be viewed under Reiki, Reiki Class Information, and Class Schedule. You can also sign up for classes there. (Check the website for the location.)

**Each Reiki class is NCBTMB and Florida Board of Massage Approved for six (6) Continuing Education Hours (CEUs)**

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## Advanced Body Mechanics and Techniques

The following is a list of currently scheduled classes. This class is a two-day class worth 12 CE hours for massage therapists. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. The schedule is as follows:

- To Be Determined - Look for next year's schedule shortly

All classes are scheduled to be held at the Caring Palms Studio. Should the location change, that change will be on the website and students notified.

Maximize your results with less effort. Utilize the science of martial arts and apply it to massage. Advanced Body Mechanics and Techniques for Massage Therapists, is designed to reconnect the massage therapist with proper body mechanics and techniques while putting a new twist on things and showing how to get more pressure with little effort. While it does go over some basics, it takes body mechanics to a new level where every move involves the use of the therapist's entire body so they can work without hurting themselves. The class being part lecture, part hands-on practice takes positions, centering, and the proper use of body strength from Japanese martial arts and applies them to the art of massage therapy. It also shows how to focus one's energies to increase their strength with simple exercises meant to teach the student how to 'think' beyond where they are working so they can get deeper into the client and to channel their energies to the point of thought. The student will learn how to focus their energies and use their body to do deep work and not get hurt. This class will help anyone to work deeply with less effort no matter if one is 90 pounds or 250 pounds. This class is for both the seasoned therapist and the new therapist. It will show moves everyone does, but in a new light as well as moves many people may not have seen before. The idea is not to dictate how to practice, but to show better body mechanics which the therapist can adapt to what they do. This is true whether they adapt all of it or just part of it.

**NCBTMB and Florida Board of Massage Approved for twelve (12) Continuing Education Hours (CEUs)**

**Class Cost: \$300**

This class is for licensed massage therapists or anyone that regularly uses massage in their practice. For those looking to learn basic massage for relaxation for their partner or friends, see the website on the Massage For Couples classes.

To sign up for classes, go to the website and select Continuing Education, Advanced Body Mechanics and Techniques, and Class Schedule to see additions and changes or to sign up.

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## Caring Palms Hosts Mediumship Classes

Every month, Caring Palms is host a mediumship class taught by Marilyn Jenquin of the International Foundation for Spiritual Knowledge. In this class, Marilyn teaches the British style of mediumship (this is similar to the style used by John Edward). Each class contains a lecture, a meditation, and class exercises. This is for all ranges of students from the beginner, to the long time student.

Mediumship is a method of communicating with people who are no longer in their physical body, but in the spirit world. The class teaches students to do evidential readings as exercises so they get

comfortable developing a relationship with those in spirit. This class is for anyone wanting to work with spirit whether they intend to become professional mediums or simply to use it in their everyday lives.

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

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## **Modality of the Month**

### **Deep Tissue Massage**

Although One of the most requested styles of massage is Deep Tissue. It almost seems that everyone wants very deep work on their muscles, but that is not what they want at all. Most people just want to feel their massage. The best place to start is to define Deep Tissue massage.

When muscles become very tight and stiff, they need lots of pressure to get them to loosen up and stretch. Deep Tissue is that added pressure that gets way down into the belly of the muscle to get it to relax. Many times this can be painful depending on how deep the therapist goes, but all too often, that is what is required for someone to feel better.

So the key is that Deep Tissue is not a style in its own, but added pressure into many regular styles like Swedish. With most styles, the pressure can be varied to fit the comfort of the client. When the pressure goes to a certain depth, and problem areas are worked on, this becomes Deep Tissue work.

[read more](#)



#### [Deep Tissue Massage](#)

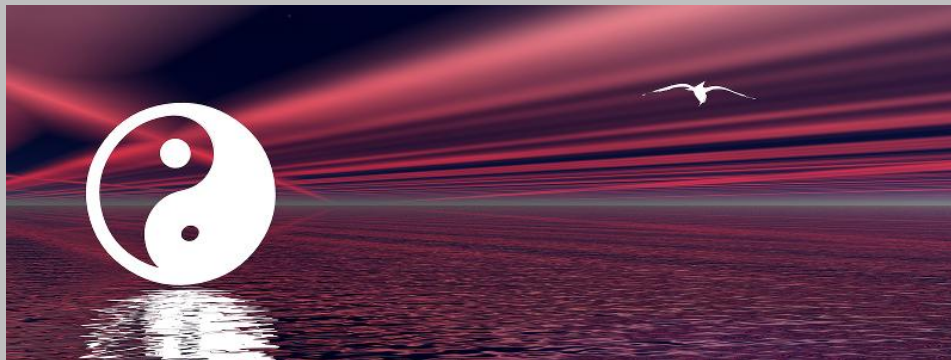
(Click on picture or description to see video)

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## **Brian Offering Readings**

Brian is now doing readings to anyone that wants to sit for one for \$40 for up to one hour. Keep in mind, these are mediumship readings, not psychic readings. If you have an interest, please contact Brian and something can be scheduled. These can also be scheduled from the website.

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**Caring Palms Promise**



At Caring Palms, we pledge to do the best work we can at every session. We not only do this to continue to earn your business, but because we believe that you deserve the best care possible every time you are here. This is true whether it is massage, or energy work, or classes. This is our promise. This is what we will continue to do.

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## Forward This Newsletter

Did you know that Caring Palms offers a Referral Bonus? Forward this newsletter to people you know, and if they come in for a session and give your name, you will get \$5 off your next purchase. And the beauty of this is that it is cumulative. If two people come in, you get \$10 off your next purchase, three people, \$15 off, and so forth. So if you know people that could benefit from any of the services we offer (and everyone can), forward this newsletter to them. If they come in, you will benefit as well.

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## Can We Answer Your Questions?

You have Questions? Maybe we have answers. Each month, we write articles on a variety of subjects. Is there something that you would like to see us write about? Do you have questions that you'd like answered? Do you have questions on massage? On Reiki? On energy work in general? Submit your questions or requests to [Brian@CaringPalms.com](mailto:Brian@CaringPalms.com) we will try to see if we can answer them for you.

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Connect with us



Caring Palms Massage and Reiki | (904) 246-2206 | [Brian@CaringPalms.com](mailto:Brian@CaringPalms.com) |  
[www.CaringPalms.com](http://www.CaringPalms.com)

STAY CONNECTED

