

## Caring Palms Healing Arts Newsletter August 2019

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

As we enter this month, we have an Advanced Body Mechanics class scheduled on August 3<sup>rd</sup> and 4<sup>th</sup>. This class is happening! If you are interested, sign up by July 31<sup>st</sup>.

I hope you enjoy what we have compiled here.

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### Instagram, a New Direction

Caring Palms has been using Instagram for a while now, but all we have been doing is putting up untitled pictures of Reiki students. That has changed. We are putting effort into actual content that we feel people would like to see. Moving forward, we will be having announcements of things to come, like workshops and classes. We will still be posting pictures of our Reiki students as they finish each class. And we will be posting words of wisdom, sayings that are important and positive some of which are old and well known, and those that have been channeled from spirit. And we might be posting things that are just fun. (Some of those will be posted in the newsletter from time to time as well as the facebook page.)



To find us on Instagram, look for #caringpalms. Please go like our posts. We hope you like the new direction we are headed in, and find it as exciting as we do.

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## August Special

**\$10 off the regular price of any session (1-hour or longer) with Cheryl**

Cheryl Thacker is one of Caring Palms' experienced massage therapists and has a style all her own. Although she does Swedish, Deep Tissue, and Reiki, her premier style is the Freeform. She has a special way about her that allows her to give the session that each person needs. She goes in, puts her hands on someone and immediately knows what that particular person needs, and then delivers what helps them the most. Cheryl is a graduate of the Coastal School of Massage and has over 20 years of massage experience. This month, we wanted to highlight her so people can come see what special magic she can do to make someone feel relaxed, or help them when they hurt.

**Receive a massage (1-hour or longer) or Reiki session from Cheryl,  
and get \$10 off the regular price**



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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 Thursdays through Saturdays with later expansion to Sundays.

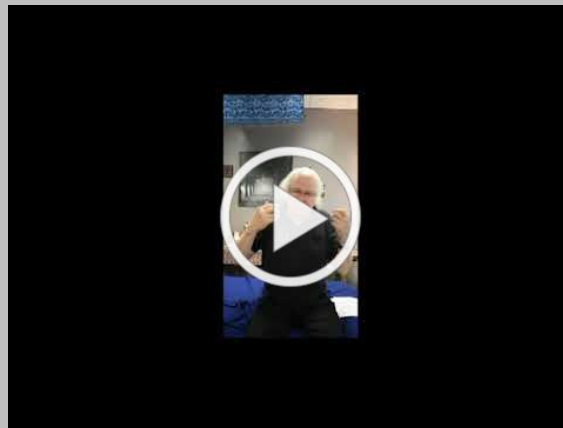
If you, or someone you know would be interested in joining our staff, send resumes to [brian@caringpalms.com](mailto:brian@caringpalms.com), or call 904-246-2206.

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## 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. Also, we just added four new videos. Please check them out.

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

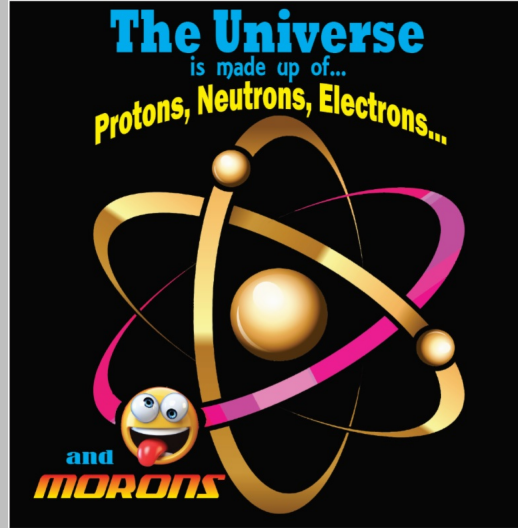


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## New T-Shirt Designs on the Website

Caring Palms has been selling t-shirts from the website for some time now (under the T-Shirts tab on the full site), and now and then we add new designs. Right now is one of those times. We just added two new designs under the Humorous T-Shirts option. All shirts are available in **many colors** in a **regular tee** style and a **V-neck**. We hope you enjoy.





## Group Past Life Regression

**Saturday, August 17, 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 Determined**

Laura is also working on new workshops for the future. Keep watching on the website and her site for announcements.

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## **Ascension Theory Workshop Ascension Theory: Working with Spirit Energies and Using Them in This Life**

### **Topic: Transformation**

**Saturday, September 14, 2019**

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.

Ascension 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. *One could consider these workshops as an introduction to White Light.* 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 one 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 be 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 lecture (on whatever the monthly topic is), a meditation, an exercise with White Light, 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.**

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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). 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

## Chakras – What Are They – What do They Affect?

by Brian Dean

During energy work sessions, we talk about chakras a lot. We clean chakras, we balance chakras, we bring them into alignment. But what are they?

Chakras (pronounced shock-rah's, not chack-ruhs as they do in the south) are the seven major energy centers in your body. Each one has a specific color to them. Each has relevance over various things in the body. If they are blocked, it means that there are negative things going on (negative energy) that are causing these blocks.

Here is a list of the chakras, their locations, and their meanings.

**Root:** This is located at the pubic bone, and yes the root chakra on a male is an inch or two lower than on a female, go figure. The color is **Red** and it controls things physical in the body. A block here would indicate that the person is having some physical issues.

**Spleen or Center:** This is located just below the naval. Many call it the spleen chakra, but since it is located at the physical center of the body, we call it the center chakra. The color is **Orange**. This is your emotional energy center. A block here indicates that someone is having emotional issues.

**Solar Plexus:** This is just below the sternum (the big bone that covers your heart). The color is **Yellow**. This is associated with thought processes. A block here would be because someone is having trouble thinking or over thinking (worrying).

**Heart:** This is obviously located at the heart. The color is **Green** and it controls balance. A block would mean that one is out of balance (as opposed to off balance). As the root chakra controls physical, it could cause one to be off balance, as in having trouble standing. This chakra has more to do with balance in life. How many of us are truly balanced? As the one minister said years ago, the point of balance is where the pendulum passes at the fastest speed.

**Throat:** Another obvious location. This chakra is colored **Blue**, and involves communication. A block would indicate that one is either having trouble communicating, or biting their tongue a lot (something I did at my last day job).

**Third Eye:** This is located in the center of the forehead, and the color is **Indigo** (a blue violet). This is your insight, your intuition. Effectively, it is your sixth sense. This is where you pick up information (in the form of energy) that you do not get with your other senses. A block here indicates that one's intuition is not working causing them doubt and hesitate, making them not know which way to turn.

**Crown:** This is located just above the head and is colored **Violet**. This is one's connection to spirit, or ethereal connection to the universe. A block here would mean that someone has become disconnected or blocked from information coming from the universe.

If you want to remember the colors in the proper, you just remember my good friend, ROY G. BIV.

Now I spend a lot of time clearing blocks in chakras. When I do Reiki, I first check for blocks, and clear them rather than leaving it for the Reiki to do (it gives the Reiki one less thing to deal with). But there are times when the chakras are really blocked. When that happens, I do a major cleaning using white light.

Chakras can be unblocked. But once they are it is up to the individual to keep them that way.

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## Chakras - How Do They Become Blocked?

by Brian Dean

Knowing what each chakra does gives us some insight into what issues (or symptoms if you will) are occurring when we see a block. For instance, if the Center chakra is blocked, someone is having emotional issues. Years ago at a psychic fair, I had just met someone who laid on my table. I checked her chakras and found her Center chakra blocked. I told her that she was going through some emotional issues. She then told me that she had broken up with her boyfriend two days earlier (something I could not have known).

If someone's Throat chakra is blocked, I know that they are having trouble communicating. It could be that they are going to be doing public speaking, and it is something that they are afraid of. Or it could be that they really want to tell someone how they feel, but they hold back.

Chakras become blocked through a progression of things. For instance, usually the Solar Plexus chakra becomes blocked first because someone worries about something. Next, they get emotional about it, and that blocks the Center chakra. Of course that causes the person to be off balance which shows up as a blockage of the Heart chakra. After that they will probably have trouble communicating as the Throat chakra blocks. And finally this could throw off their intuition, thus blocking their Third Eye chakra.

So, worrying can spread quickly until five of the seven chakras are blocked. This of course can spread to the root giving someone physical problems (aches, pains), and to the crown making them disconnect with spirit.

Now, chakras can be unblocked with a major chakra cleansing. This is something I do with white light. It takes about an hour for around \$60. And I have been doing a lot of this lately as people are constantly worrying about things. They worry about the country, about their lives, about their interactions with others. We also find that a lot of these people don't have enough faith in themselves, and feel powerless.

A new client told me that she had seen a local psychic who had told her that her chakras were blocked. She offered to clean them for \$100 per chakra. After I picked my jaw up off the floor, I explained what I do. You see, if one paid that much for their cleaning, they could start worrying about it and then block their chakras right back up.

And the difference is that when I do a cleaning, I send people home with tools and homework. I usually give them affirmations to read daily. I give them the Six Words article which strengthens them and helps them believe in themselves more. I tell them to read these daily. It is a way of affirming belief in themselves. When I do an Etheric Cord Cutting, I give people energy exercises to do daily, like shielding and grounding to help them stay clean and protected. This is the difference we do here that others do not.

Chakras get blocked. They get blocked due to things that happen in every day life. Hopefully, one can deal with it before one needs a major cleanse, but this does happen. The way one works to help not block their chakras is to look at their attitude and change it. Stop worrying so much (and that is easier said, or typed, than done). Step back and look at things differently. Meditate. Change how you react to things. Allow. Accept.

But if you need help, come see us. And if someone tells you that it will cost \$700 to clear your chakras, just smile and give us a call.

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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.)

You may sign up for any of these through the website, or over the phone with a credit card.

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

- July 27 (Saturday) 10am - 5pm **Confirmed**
- July 31 (Wednesday) 10am - 5pm **Confirmed**
- August 14 (Saturday) 10am - 5pm **Confirmed**
- August 27 (Tuesday) 10am - 5pm
- October 26 (Saturday) 10am - 5pm

#### Reiki 3

- 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:

You may sign up for any of these through the website, or over the phone with a credit card.

- August 3 and 4, Saturday 9:00am - 5:00pm and Sunday 10:00am - 4:00pm **Confirmed**
- 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 (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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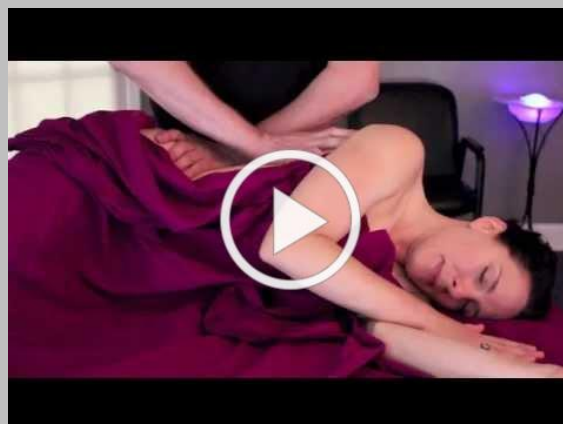
## Modality of the Month Myofascial Release (MFR)

One 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)

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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



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STAY CONNECTED

