



## Caring Palms Healing Arts Newsletter December 2019



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

I hope you enjoy what we have compiled here.

### Holiday and Other Closings

Caring Palms Healing Arts will be closed Wednesday, December 25<sup>th</sup> for the **Christmas** holiday. We will reopen Thursday, December 26<sup>th</sup> at the regular hours.

We will also be closed Wednesday, January 1<sup>st</sup> for **New Years** day, and be open January 2<sup>nd</sup> at the normal hours.

If you are seeing this before Thanksgiving, Caring Palms will be closed Thursday, November 28<sup>th</sup> for the **Thanksgiving** holiday. Caring Palms will also be closed Friday, November 29<sup>th</sup> as that typically is a dead day for us. (A few years ago, we tried being open in conjunction with other businesses in the two business centers here, and had no business.)

Caring Palms will be open Saturday, November 30<sup>th</sup> at the regular hours.

We hope everyone has a happy and safe holiday season.



## Holiday Gift Certificate Sale

**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**

**NOW thru Tuesday, December 24<sup>th</sup>**

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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## Gifts for the Holidays

When choosing a gift for the holidays, Caring Palms has many things available that would be perfect. We, of course, are selling gift certificates, but we are also selling hand crafted jewelry by Shirley Dean and crystals. The jewelry includes necklaces, pendants, bracelets, earrings, and rings. Crystals are available in all sizes and shapes from the display size to the pocket size. There are also carved stone images in the shapes of bunnies, dogs, skulls, and angels.

Looking for a good gift? Came see what we have.



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## The Prodigal Therapist Returns... Monique is Coming Back in January

Caring Palms is pleased to announce that Monique Bailey will be returning to the studio this coming January. She had to leave last April to help her mother through an illness. She will be moving back to Florida and available in the studio beginning Thursday, January 9<sup>th</sup>. Her hours will be the same as they were previously... Thursdays and Fridays 12pm to 7pm, Saturdays 10am to 5pm, and Sundays 10am to 4pm.

This also means that we will again be open on Sundays. If you have missed Monique, mark your calendars for January, and then call us to book



a session.

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## **Rates Going Up in January**

As of December 1<sup>st</sup>, our rent will increase by \$500 per month. This is in line with the increases all along the beaches. Short of trying to find a new location and the expenses involved in moving there, we are compensating by increasing our session costs by \$10 per session beginning in January.

This means that an hour of massage will be going up to \$80 per hour, and a 90-minute session will be \$110 (with Hot Stone massage being higher). A Reiki session will be \$70 per hour, and Reiki classes already increased a few months ago to \$150.

We at Caring Palms do not like having to raise our prices, and have only done so twice since opening in March of 2004. But if we want to keep offering our services, we need to raise our rates so we can make rent so we can keep helping you.

That said, we have our gift certificate sale currently going on, and those are being sold at the current prices. If you wanted to stock up on sessions at the current rate, this is your chance.

Thank you for your understanding.

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## **Brian Taking Classes in January**

Brian will be taking some advanced mediumship classes from Eamonn Downey the first three weekends in January. One is a general class the first weekend. Then the Masters class the second weekend. And finally, the Trance class the third weekend. Right now, he will be available the fourth weekend (January 28<sup>th</sup>) for sessions.

This means that we will be closed Saturday, January 4<sup>th</sup>. The remaining Saturdays we will be open as Monique will be available those weekends.

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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 Sundays, Mondays, Thursdays, and Saturdays with (Sundays will come after the therapist is capable of showing they can work on their own.)

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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## December Special

**\$10 off the regular price of any Massage or Reiki Session (1-hour 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. 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 the regular price.**

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## 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.



## New Meditations Being Worked On

Brian has been back in the “recording studio” again. Most of the tracks for “Setting Keywords” have been recorded. Right now, things are being pieced together which will then be combined with music. Once that has been done, it will be uploaded to the on-demand printer and then made available for sale. This has been a long time coming as too much time has passed since the creation of our initial meditations. We’re hoping to have this one done in the next month or so.

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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: [KISS](#)



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## Future Workshops

We want to thank everyone that participated in our workshops this past year. It is for you that we do these, and we are thankful that you have enjoyed them. We are at present planning future workshops and will be announcing what they are and when they will be scheduled as soon as we know. Future workshops will include Ascension Theory (3-4 hours), Group Past Life Experience (4 hours), and Manifestation (6-7 hours).

Look for these under the Events tab on the website, and in next month’s newsletter.

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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 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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## 3 Dogs, 2 Hands

by Brian Dean

My wife and I recently got another dog, a sweet little husky called Monroe. That now gives us three dogs. While I was sitting on the couch yesterday with three big puppies gathering around me, trying to pet each one, I realized that I was trying to encompass each of them, yet I didn't have enough arms to touch them all at the same time. But then I thought, don't we do this all the time?

In trying to pet all three, I was trying to give each the love that each needed, and I was missing, or changing, or leaving someone out part of the time.

We, that are caregivers, extend ourselves all the time. We try to help as many people as we can. And in doing that, we find that we overextend way too often. As avid readers say, "too many books, not enough time." The same is true for caregivers, "too many people in need, not enough time." And when I am talking caregivers, I am talking healthcare providers, parents, anyone helping others whether that be family members, clients, social groups, clubs, or circles. The person running, organizing, caring is a caregiver.

Their main concern is to help the people in their "charge", and they do so by planning, reacting, teaching, and much more. But there comes a time when we do too much, yes, really, it happens. And when that happens, the caregiver suffers. And while I know we have covered this issue before, it needs to be repeated and repeated until it sinks in not only to you, the reader, but to the writer of this article as well.

Now, I fall into this category as much as any caregiver. This is why I will occasionally work outside the normal hours, to fit in people in need. There was a week not long ago where I was getting out of the studio at 7pm every night because I didn't want to turn away someone in need.

What happens is that when we do this, we spread ourselves thin. We try to live in a world of balance, but when one thing pulls more than another, our balance (or perception of it) gets skewed, the boat rocks and sometimes the apple cart gets turned over. We live in this world of give and take, and we have to remember that it is so. We give and we take. In that realm, there is balance. Too many of us live in a world of give and give.

As we enter "the season of giving", we have to take a good look at what we are giving. How much are we giving of ourselves, of our time, of our energies? And in doing that, how much are we taking away from ourselves?

While it may be the season of giving, and all retailers want you to think of giving lots to others. It is time we thought about giving to ourselves as well. How about something to make our lives a little easier? How about something to give us joy? How about some much needed time to ourselves? We earned it, and we deserve it.

Care for self is the most critical thing we can do, and it is the thing we mostly overlook. So, thinking of giving this holiday season? Put yourself on that gift list as well. You'll appreciate yourself for it.

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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.)

This year we are scheduling a lot of Wednesday classes to keep more availability on Saturdays and to attract the people that can not make a weekend class.

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

**The following is a tentative list and is not yet available on the website. Once the dates are finalized, you will be able to sign up for them.**

#### Reiki 1

- February 8 (Saturday) 10am - 5pm
- March 11 (Wednesday) 10am - 5pm
- April 11 (Saturday) 10am - 5pm
- May 13 (Wednesday) 10am - 5pm
- June 13 (Saturday) 10am - 5pm
- July 8 (Wednesday) 10am - 5pm
- August 8 (Saturday) 10am - 5pm
- September 9 (Wednesday) 10am - 5pm
- October 10 (Saturday) 10am - 5pm
- November 11 (Wednesday) 10am - 5pm
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#### Reiki 2

- April 18 (Saturday) 10am - 5pm
- July 22 (Wednesday) 10am - 5pm
- October 21 (Saturday) 10am - 5pm

#### Reiki 3

- May 23 (Saturday) 10am - 5pm
- August 19 (Wednesday) 10am - 5pm
- November 21 (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 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:

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

**The following is a tentative list and is not yet available on the website. Once the dates are finalized, you will be able to sign up for them.**

- June 27 - June 28 (Saturday 9am - 5pm and Sunday 10am - 4pm)
- September 16 - September 17 (Wednesday 9am - 5pm and Thursday 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.

**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** **Hawaiian Lomi Lomi Massage**

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](#)  
(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

