



Caring Palms Healing Arts Newsletter February 2019

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

As mentioned last month, all class dates for all levels of Reiki, and Advanced Body Mechanics have been set, and ***you may now sign up for them.***

We have Valentine's specials below. Pick up a gift certificate, jewelry, or healing crystals for your loved one.

The date for the next Ascension Theory workshop has changed. It will now happen on February 2nd, this coming Saturday.

I hope you enjoy what we have compiled here.

Valentine's Day

As everyone knows, this month is Groundhog's Day and Valentine's Day. While we are not doing anything to honor a furry rodent that works only one day a year, we are having specials for those who want to show appreciation to the ones they love.

We have a special this month on massage sessions and gift certificates (see February Special below).

On Valentine's Day, Monique and Brian will be available to do sessions. These sessions could be single massages, or a couple's massages (a massage where a couple is worked on in the same room).

So, look at your schedule and book now either by phone or through the website.



February Special

**\$10 off any Massage Session (60 minutes or greater)
or any Massage Gift Certificate**

Looking to do something nice for that special someone in your life? A much needed massage is one of the best gifts you can give them. What could be better than a relaxing, rejuvenating, health restoring massage?

Give the gift of health. \$10 off any massage session (one hour or longer) by any Caring Palms

therapist the entire month of February. Also \$10 off any massage gifts certificates purchased this month.

Other Gifts Available

Caring Palms also sells hand crafted jewelry and healing crystals at the studio. Come by and take a look at what we have available. You might find something special for that someone special.

Brian Taking Vacation

Well, it has finally happened. Brian is taking a vacation, probably the first since Caring Palms opened its doors in 2004. Brian will be unavailable the last week in February (February 23rd through March 2nd). The studio will be open every day with Monique filling in for Brian on the Tuesday of that week. The only change to the schedule will be that the studio will open that Thursday and Friday at noon instead of the normal 10am. Brian will be back and available Monday, March 4th.

Reiki Share at Caring Palms

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

The next Reiki share is on Tuesday, February 5th from 7pm to 9pm.

Please let us know if you will be coming.

Looking For New Therapist To Join Our Staff

Caring Palms Massage and Reiki in Jacksonville Beach has an immediate opening for a talented female massage therapist who would like to come work in a caring, loving environment. Caring Palms pays 50% of the charged rate of \$70/hour before discounts. All tips go to the therapist.

At Caring Palms, we care about our clients and our staff. Sessions are booked with 30 minutes turnaround time in between. We are always there to help each other including showing new things and helping one better what they do as to work with less effort. Caring Palms has been determined to be one of the top 18 massage establishments in Jacksonville by Expertise.com in an independent study.

Days available are Tuesdays and Saturdays.

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

Brian Took Classes

During the month of January, Brian took three different workshops in mediumship with instructor Eamonn Downey formerly of the Arthur Findlays school in England. It was three different workshops covering different topics which pushed the limits of each of the students. The first workshop in Jacksonville was strictly mediumship where students connected to spirits passed to bring their messages to those that they were sitting for.

One of the exercises was in groups of three people. The person doing the mediumship work was to bring in a spirit for one of the two people, give evidence and a message in five minutes. Then they were to let another loved one piggyback onto the first, then again give evidence and a message in five minutes. Then the task was to do the same process for the other person in the group.

The second workshop was in Vero Beach and covered mediumship, trance, trance speaking, trance healing, and overshadowing. (Overshadowing is where the face of the spirit appears over that of the medium.) At one point, the students not working were taking pictures of those that were in trance. While there was not a lot of overshadowing, there were some good pictures showing some changes (see article below).

The final workshop was in Altamonte Springs, and it was strictly trance mediumship. During the two days, students worked in trance on various levels, including the initial meditation where spirit bestowed new energies and frequencies onto each person. There were several rounds of Trance Healing, going from light trance work (which Brian realized is something he does all the time and is the basis for his White Light work) to deep trance where the medium moves out of the way and lets spirit do all the heavy lifting.

The students also did trance speaking, passing on messages to those they were speaking to. In one message, spirit told Brian that they enjoyed working with him, and loved the purity of the energy work he does. A lot of good work was done by everyone and this (and all of the) workshops were insightful and energizing.

The final day of the third workshop was the Teacher's class. Each student created a layout for a class, an outline, and a time frame for each part of it. Brian created the basis for a formal White Light class, something he has been wanting to do for a while now. (Brian has been teaching White Light informally, but knew he had to nail down a more formal training where students could progress evenly over a series of classes.)

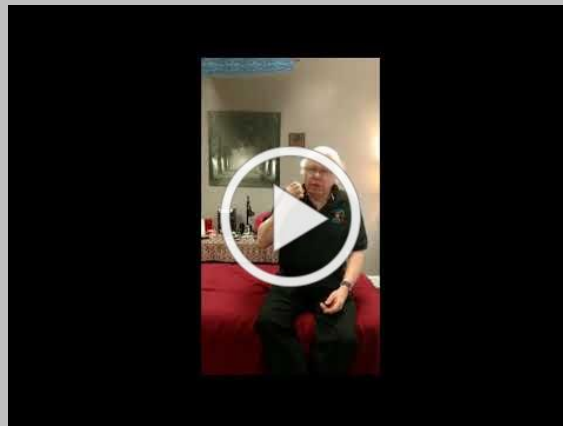
After the creation of the synopsis, and feedback from Eamonn, each student had to present a mini class to a small group of students in a 20-minute time frame. Brian's presentation included explaining what the subject was, doing a quick demonstration, and taking the students through one shortened exercise. After that, Brian received feedback from his "students" and told them what he observed. Eamonn's feedback was wonderful. He said how Brian did not talk down to the students, prompted them where he needed to, and allowed them to do the work. He also said that Brian's feedback to them was exactly what it needed to be. He stated that Brian has the qualities of a good teacher.

So three weekends in training, and now Brian is looking to practice what he has learned.

Inspirational Video of the Month

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

This month's featured video: [Touching Tells What You are About](#)



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

DATE CHANGE

Saturday, February 2, 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.

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.

Next Ascension Theory Workshop: April 20, 2019

Group Past Life Regression

Saturday, March 23, 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: May 18

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

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.

Talk About Massage by Brian Dean

I want to talk a little about massage. Yes, with all the unique stuff, I usually talk about, I thought it would be nice to cover something down to earth a bit. But is it really?

We see a lot of people in here with a huge variety of issues. They usually have a type of massage in mind but are willing to listen to our recommendations. And some styles will work better for their issues than others.

First off, you do not have to have a problem to get a massage. Massage can be done for relaxation (which is what most people think it is for), or to simply get your muscles worked. Most styles of massage we do would be fine for this.

As always, the amount of pressure applied is first determined by the therapist. They get a feel for the proper pressure needed, and that comes from their experience and intuition. Of course, the client then has to tell them if they want more or less pressure. The speed and depth of the movements applied is based on the desired outcome of the massage. Is this relaxation, or corrective (looking to fix a certain problems/pain)? Relaxation massage tends to use slower strokes, where sports massage is more vigorous, and corrective can be both slow and fast, but usually deeper.

The massage styles we do (Swedish, Freeform, Hawaiian Lomi Lomi, Hot Stone) lend themselves to being both relaxing and corrective. Speed and pressure can be modified to reflect either need. But then there are those that come in with certain issues, and we see a good amount of them.

Many people suffer from back pain, muscle pulls, shoulder pain, leg pain, and a variety of other issues. Deep Tissue massage is something that can help with most of these. What Deep Tissue does is add more pressure. There is not a specific style of movements that signify Deep Tissue, only added pressure. This works by going deeply into the muscles and getting them to stretch. It also works to remove Trigger Points (knots in muscles) so that a lot of problems get resolved. Also Hawaiian Lomi Lomi (Auntie Margaret version) is good for correcting problems as well, though one would not request Lomi as their style as the Auntie Margaret movements are done as part of many other styles.

For problems that can come from alignment issues or trauma to the body (accidents, injuries, surgeries), a good thing is Myofascial Release (MFR). This looks at, then works to loosen the fascia (connective tissue) thus making corrective changes in the body's framework. This has been found to relieve pain and make massive changes very quickly. One receiving this is not going to be laying there saying "Ahh, I'm getting a massage." But they are going to feel the changes that are taking place within them. When done, most people feel much better. They have less pain, and more movement.

(A survey many years ago of Florida massage therapists revealed that the most requested style of massage was Deep Tissue. This comes mostly from people going in for a massage and getting what we call "Fluff and Buff". They then figured that what they needed was Deep Tissue, so they request it, when in truth, they just want to feel their massage. We like to think that we give firm pressure, and modify that based on the client's desires.)

So while I said that I would talk about massage, and that it is down to earth, it really is not. When someone comes in for a massage, a symbiotic relationship is created between client and therapist. The therapist searches intuitively for the needs of the client. The client energetically sends out their request to the therapist. The therapist fulfills the need of the client, making them feel better, and in turn the client by feeling better fulfills the need of the therapist to help make that person better.

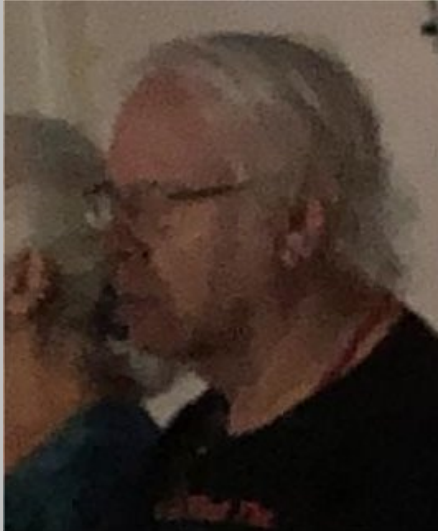
So while it seems straight forward, down to earth, it is based on a higher level of energy whether we are aware of that or not. (Hmm, sounds like another article.) the bottom line is that if you have the need for a session, find a therapist that fulfills that need.

The Proof is in the Pictures

Below are a couple pictures taken of Brian during the workshops this past month. They show some interesting things that one could pass off as trick,

Eamonn was talking about something he has been calling Aura-plasm, or overshadowing. Now, years ago, when mediums

or bad photography. They were taken with cell phones at various times in the classes (without the use of flash) and have not been tampered with.



went into a trance state, they could create ribbons of what they called ectoplasm (a supernatural viscous substance that is supposed to exude from the body of a medium during a spiritualistic trance and form the material for the manifestation of spirits - dictionary). This would extend from the medium's fingers and come out of many visible orifices. (You can look up photographs of these things on the web.)

But according to Eamonn, spirit is moving us in a different direction. Instead of doing this strange substance, they are changing the aura of the medium so that they look like the spirit that is coming in. Basically, it is an overshadow effect, creating the image of the spirit over the medium. (Brian gave a few readings in various workshops where the person he was reading for knew who he was bringing through because they could see the spirit's face over his.) The spirit coming in manipulates the medium's aura (energy field) to create the shape they want. They are effectively creating a hologram over the medium.

Eamonn had shown pictures taken at the Arthur Findlay school where one person in trance very noticeable looked like someone else. Unfortunately, Eamonn has permission to show photos, but not post them anywhere.

This first picture is Brian among other mediums in a trance state. (All photos were taken in a dark room so that lighting would not be an issue.) There is some overshadowing of his face, but not enough to create a full image that could be recognized.

The second picture shows Brian doing a Trance Healing on another student that was seated in front of him. Because of the darkness of the room, there is not a lot of detail. Brian is the shape on the left. (The recipient of the healing is not in the picture.) On the right is a light beam going through Brian's shadow that seems to be part of the energies. When the exercise was reversed, and Brian was sitting in front and the other person was sitting in back doing the Trance Healing, photos taken of her did not have that beam of light. Interesting?

Even more interesting, Brian was showing it to others in the last workshop when one said, "Oh my! Do you see the face?" Brian had not. But upon looking at it, one can almost make out a face in the light at the level of Brian's head. Can you see it?

More interesting things from the land of woo-woo.

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.



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.

Reiki 1

- February 9 (Saturday) 10am - 5pm **Confirmed**
- March 6 (Wednesday) 10am - 5pm **Confirmed**
- March 9 (Saturday) 10am - 5pm **Confirmed**
- April 13 (Saturday) 10am - 5pm
- May 11 (Saturday) 10am - 5pm
- May 15 (Wednesday) 10am - 5pm
- June 8 (Saturday) 10am - 5pm
- July 13 (Saturday) 10am - 5pm
- July 17 (Wednesday) 10am - 5pm
- August 10 (Saturday) 10am - 5pm
- August 26 (Monday) 10am - 5pm
- August 28 (Wednesday) 10am - 5pm
- September 7 (Saturday) 10am - 5pm
- October 12 (Saturday) 10am - 5pm
- November 9 (Saturday) 10am - 5pm

Reiki 2

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

Reiki 3

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

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

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

Advanced Body Mechanics and Techniques

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

has been received for a class, the status will be 'Confirmed'. The schedule is as follows:

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

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

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

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

NCBTMB and Florida Board of Massage Approved for twelve (12) Continuing Education Hours (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 Myofascial Release

Myofascial Release (MFR) is a way of gently restructuring the body so that it returns to proper alignment (most people have alignment issues). When problems occur in the body, connective tissue (fascia) can become hard and constricted. MFR returns the connective tissue to its normal, rubbery, stretchy state allowing a person to stand straighter and regain movement that may have been lost.

In an MFR session, the therapist will look to see what is wrong with the client (alignment wise). The therapist could find that one shoulder is higher than the other or the hips are out of alignment, or the head is always cocked to one side, or a host of other issues. (Many problems with a person can be traced back to alignment issues. Once they are cleared up, many problems go away.) After that has been done, and a plan has been developed, the therapist will begin MFR work. MFR is done by a series of holds lasting three to five minutes each. It takes that long for the connective tissue to begin to stretch and loosen up. After the session is complete, the body will take up to 24 hours to 'process' what has changed in it. After that, one starts to feel the effect of what was done.

[read more](#)

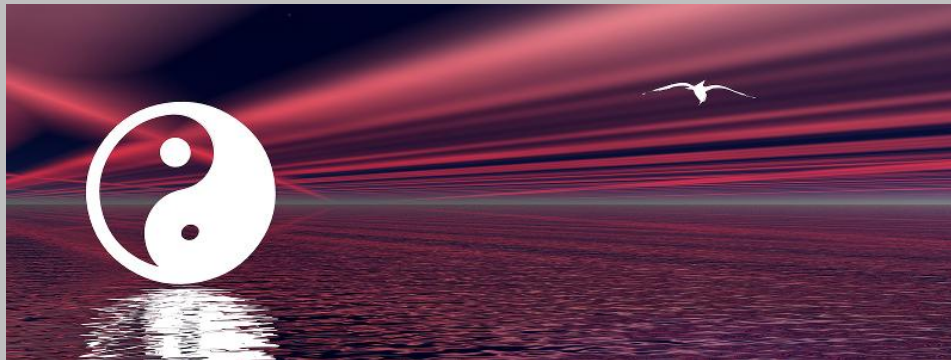


[Myofascial Release](#)

(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



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STAY CONNECTED

