



Caring Palms Healing Arts Newsletter January 2019

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

Next year will be an aggressive year for classes, and to that end, the class dates for all levels of Reiki, and Advanced Body Mechanics have been set. While you can not yet register for any of them, the dates are in the article below.

I hope you enjoy what we have compiled here.

A New Year, A New Name

As of January 1st, Caring Palms will be Caring Palms Healing Arts, LLC. This is a move that we have wanted to take for several years now, and thanks to the help of a friend, we have been able to follow the process and actually get it done. Now, this is a change in name only. The business is still owned by Brian, and we have the same people doing what they have always done, helping everyone we can. So, while there a lot of things going on in the background (like new letterhead and other things that will go unnoticed), nothing else has changed. Even the signs outside will remain the same.



So, while we are pleased that we have finally been able to do this, and while we will still refer to ourselves as Caring Palms, or Caring Palms Massage and Reiki, we felt that the new name better reflects what we do. And while massage and Reiki are the cornerstones, and a huge piece of our business, we are also much more than that, offering classes, doing additional types of energy work, readings, meditation, and much more.

We hope you enjoy the new name as much as we do, but know that nothing about who owns the business, nor any of what else we do is changing. We will still be the same people doing the same good-quality, caring work that we have always done.

Holiday Closings

Caring Palms will be closed Tuesday, January 1st for New Years day and reopen Wednesday, January 2nd at the regular hours.

Depending on the amount of business we have New Year's Eve, we might close early.

Caring Palms will also be closed Sunday, December 23rd while Monique is out of town.

We at Caring Palms wish everyone has a safe and enjoyable holiday.

Saying Goodbye by Brian Dean

It is again the new year, a time when we look ahead to what we can accomplish in the next 12 months and make resolutions, most of which will be forgotten after the first few weeks. It is a time to ring in the new and ring out the old. A time when we say hello to the many promises the coming year has to offer, and say goodbye to the things we leave behind, including people we may have lost.

Many people suffer from the fact that they have trouble looking forward to the new year knowing that they will not be able to enjoy it with someone that was close to them. This is why holidays are a very hard time of the year. The people we would be talking with, visiting with, are now on the other side of the vale. They are in spirit. They are not gone, well they are from the perspective we are allowed to see. But they still exist, and are around and watching us.

Let me see if I can explain this. To do that, we need to talk about energy (again). We are beings of energy moving at a very slow vibration which is why we appear solid. Many energies move at faster vibrations like sound and light. And while we can still hear and see these, they are not solid. As vibration increases, we pass into things like x-rays. Further up the scale of higher vibration, there is thought, and the vibration of the soul, or spirit.

Spirit is people moving at a very fast vibration, so fast that we can not see or hear them. They are still around. In fact they could be in the same room as you are right now, and you would probably not notice. Some of us can all the time, others when we look for them.

The point is that they are still here. And while we can talk to them, they can not respond in the way we are used to talking with them, and yes, it hurts. My Dad passed to spirit three years ago, and I miss the fact that I can't just pick up the phone and talk with him. But because of my gifts, I know when he comes around, and while I can still talk to him, it is a bit harder listening. I also have a friend that passed last year, and she hangs around the studio a lot and helps with the healing work we do.

I know that we've all heard the line... "I'm sure they're with us in spirit.", and the truth is that they are. They come around to check on us. They still love us, and are concerned for our well-being. But you don't have to be gifted to feel them. Whenever you think of them, they are using their energy to put their presence in your thoughts. Whenever you feel a touch that they would have made, it is them. Whenever you feel they are there, they are there. And while we miss the contact we had with them, we just need to learn a different form of communication. And while we are depressed over the loss of familiar communication, they do not want us to be that way. Like I said, they are watching over us. They want us to not be sad. They want us to move ahead with our lives, to continue on our individual paths. And if we honor them, then we will do that. I'm not saying it is easy. I'm saying that each if us has the strength to do so. We just need to believe in ourselves enough to use it.

So, next time you think of someone who has passed, say hello. They will appreciate it.

Thank You

We at Caring Palms want to say "Thank You" to all the people that have supported us this past year. Because of you, we are still here to offer our services to continue to help you and others. Through your continued support we will be here when you need, whether that be for massage, energy work, metaphysical work, meditation sessions, as well as classes and workshops. We feel that you as our clients liking what we do is telling us that we are doing the right thing, which we will continue to do so in the new year. And this is how we show our support to you who has supported us. Thank you for your patronage in this past year, and we look forward to serving you in the coming year.

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, January 8th 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 Will Be Taking Classes

Brian will be unavailable most weekends in the month of January as he will be taking classes in mediumship both locally, and in other parts of the state. In each case, the classes will be taught by Eamonn Downey. The first weekend will be the mediumship training in Jacksonville. This will be followed by the extended mediumship class in Vero Beach the following weekend, and the Trance class and Teachers class in Orlando the third weekend. (This is why there will be no Reiki classes until February.) Brian looks forward to increasing his gifts with spirit to help with readings, energy work, and even massage. He will be available for sessions in the morning the last Saturday in January, then the full day the first weekend in February.

January Special Meditation

**Get a mental massage to start your new year...
\$50 for Any Meditation Class or Session**

Meditation is a means of communicating with your subconscious mind. It is useful for various reasons, calming, strength, reinforcement of desires, and making changes in the way you feel or act. By your conscious mind telling your sub-conscious how you want to be, you can slowly transform yourself, and achieve your goals.

As New Years is usually a time for introspection and improvement, for the month of January, come in and let us take you through a meditation crafted specifically for you, or take a meditation class so you can do meditation at home.

As mentioned in Monique's article below, this is a good way to renew your soul, or as she puts it, ReSoul.

\$10 off a Meditation Class or Session

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: [The Measure of a Man](#)



Group Past Life Regression

Saturday, January 26, 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: March 23, May 18

Ascension Theory Workshop Ascension Theory: Working with Spirit Energies and Using Them in This Life *Title to be determined*

Saturday, February 23, 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: Probably April 2019

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.

Time After Time by Brian Dean

Time. Time enough for love. Time enough for living, for making a difference. Time flows like a river, but a river without end, without slowing, without conclusion. Time after time. There's once, then there's again. There's moments after moments, things strung together forming meaning, forming purpose, forming days, weeks, months, years, and lifetimes.

What is time? Is it a method of measurement? If so, what do we measure with it or against it? Do we measure occurrences by it? Or do we measure ourselves against it? Our growth? Our learning? Our experiences?

As time passes, it changes. Tomorrow becomes today, today, yesterday. Future becomes present, present becomes past. It all flows together and apart. It goes in, and it goes out. It moves up and down and all around. Time can move fast, and time can move slow, but is there a change in how the hours move, or just the perception of flow?

We move through time counting the minutes, the days, the years. Each experience a slice out of the infinite loop of time. But what is important... how we count the time, or how we live it?

Life is a series of experiences, some good, some bad, some right in the middle. Children want to grow up. Older people want to be young. We all seem to be wishing for the other end of the spectrum. What is important is how we live each moment, how we look at things as we travel through the cosmic flow. We know there will be good, and we know there will be bad. The trick is to keep things in balance. Unless bad things happen, we can't appreciate the good things when they come. Unless we make bad decisions, we won't get the experience to tell us how to make good decisions. Each one is a learning process, after all, that is what we are here to do.

How we look at the process determines whether we are truly learning or not. If we see our failures as learning steps on the way to better things, then we are growing. If we look at them as the end of everything, then we still have some learning to do. Failure makes us look at how we do things and find better ways. Better ways make growth. Growth gives us the opportunity to make a difference, even if only to ourselves.

Is time important? For the most part yes. It does give us something to measure against. As humans we feel the need to measure, to quantify. Everything (to us) has to be put on a scale. How good was that? What grades did you get? It gives us the ability to see how everything falls together.

It doesn't matter how much time we use, live, exist. What matters is how the time was used. Did it make a difference? Did it create something important? Did it feed our soul?

And as the river of time flows through us and around us, what marks do we leave on the ones we've touched? Leave marks, even small ones. That is the thread that passes through and connects the pieces of time, and the moments we all share.

Re-Soul by Monique Bailey

So, I am scanning my brain for topics to write about and of course I want to coincide with the happenings around us. So, reflect/repurpose/revise/resolution all the initial thoughts of a new year and then I heard ReSoul.... What the heck does that mean?

I am familiar with the cobbler's version of "resole" which is a process of removing a sole from a shoe, scraping off excess glue and then securing a new sole. Well that can do wonders for your favorite pair of shoes but how can we apply this idea to ourselves?

Our soul is just one part of what makes us a living being and it too needs attention to reflect, repurpose and revise. Those favorite shoes have been places, they have seen things and they have walked many miles. Most of us just throw away those shoes and buy new. Well we can't do that with our ethereal soul. We are constantly regenerating strength or causing dissolve to our being with our happenstances and experiences. Our soul is like those shoes it too has been on those adventures and needs nourishment to continue to support us. Let's look at how we can resurface our soul after the journeys it has encountered.

These are just a few exercises to help keep refreshed while on our path.

1. Know that our soul is WORTH renewing.
2. Spending time in MEDITATION to listen to what no longer serves us and allowing it to be freed along with the lessons we learn that allow us to move onto the next level of enlightenment.
3. TRUST that gut voice that helps us make the best decisions for our needs at that time.
4. NO FEAR to take the challenge of doing new and allowing the growth.
5. REJOICE in how far you have come in your development and accepting those changes.
6. Feeding what is good for the soul...LOVE/Positivity/Like Mindedness
7. HUMBLE yourself to have soft eyes to see others in their journey with no judgment.

As we go through our journey our comprehension of reality changes, we have experiences that teach us lessons that we may like or not. Either way we are constantly developing a new outlook to the world around us. By making these changes we are "re-vibing" our soul, we are changing its energy frequency to our time of need or desire. For those in between times be kind and patient with yourself to allow the resurfacing to occur. I am excited for the next year's journey of ReSouling and I hope you are too. Let's do this!

Guided Meditation CDs Now Available In-House and Online

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

Reiki 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.)

Note: We have added one last date for 2018. That date is **Thursday, December 27**. This class is also **Confirmed**, but still has available slots and one can sign up online.

This is the current schedule for 2019. At press time, the dates are set, but the registration process has not been completed. This will be completed by the beginning of the year so students will be able to sign up for classes.

Reiki 1

- February 9 (Saturday) 10am - 5pm
- March 6 (Wednesday) 10am - 5pm
- March 9 (Saturday) 10am - 5pm
- 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:

This is the current schedule for 2019. At press time, the dates are set, but the registration process has not been completed. This will be completed by the beginning of the year so students will be able to sign up for classes.

- 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 Freeform Massage

The Freeform style of massage is unique in that it follows no pattern, no routine. It is more intuition driven rather than routine driven. This gives the client something created just for them, based on their needs. From massage to massage, there may be similar things, but there is always something different, something new (if the needs are different).

When most people go for a massage, they get a routine. Caring Palms is no different in that the basic massages are based on a routine. Now any good therapist will change that routine somewhat with each client as each client has different needs. Those routines for basic massage will change. Some moves will be added, some dropped out so that the client's specific needs are met.

A freeform style does away with routines. Now, some of the moves may come from those routines, and some of those moves may be put together similarly because they go well together, but the overall combination is unique. It is not unusual for new moves to be created in the moment based on the therapist's intuition and connection to what the client needs most.

[read more](#)

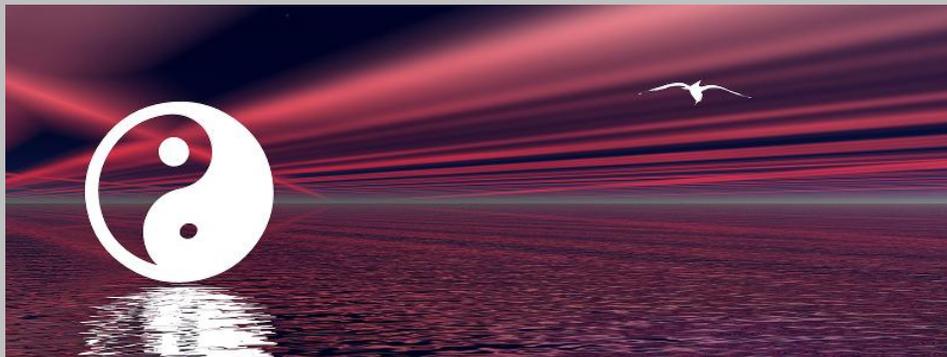


[Freeform Massage](#)

(Click on picture or description to see video)

Brian Offering Readings

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



Caring Palms Promise

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

Forward This Newsletter

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

Can We Answer Your Questions?

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

answer them for you.

Connect with us



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

STAY CONNECTED

