



## Caring Palms Healing Arts Newsletter March 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 couple of articles.

I hope you enjoy what we have compiled here.

### 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 23<sup>rd</sup> through March 2<sup>nd</sup>). 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 4<sup>th</sup>.



### March Special

#### \$10 off any Reiki Session

Reiki is positive energy brought in from the universe by someone who knows how to tap into it for the purpose of healing. Every problem in your body has negative energy associated with it. The positive energy of the Reiki hopefully overcomes the negative energy, healing the problems.

Reiki is not massage, but a warm , gentle, relaxing method of healing. It is the laying on of hands .Energy is transferred through the practitioner and into the subject, and then goes where it is needed most. Reiki energy goes through clothes, so a person can remain dressed the entire time (unless combining it with m as s age).

**Receive a Reiki Session from Any Caring Palms Therapists, and get \$10 off.**

### 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, March 5<sup>th</sup> from 7pm to 9pm.

Please let us know if you will be coming.

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## Looking For New Therapist To Join Our Staff

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

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

Days available are Tuesdays and Saturdays.

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

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## 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: [Time After Time](#)



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## 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.

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

**Saturday, April 20, 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 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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## **by Monique Bailey**

Your What are we here to do? What is our purpose while we are here? Do we need to have a purpose?

Society is a big setup for these questions, and there are many divisions of society that support different types of purposes. Almost like categories, and in these categories, we are drawn to the likeness and understanding of what they represent. Birds of feathers flock together. We tend to find people that have similar interests and belief systems to uplift ourselves into being supported and accepted. When we are accepted in a tribe, and feel safe, we are able to progress in the growth of ourselves.

The above questions are only for the self to answer, no one else can answer them for you. It is up to you to determine what you want to do with your life, or do you need to expand on what you have already become. As progression takes place your beliefs may change, or you may change your perception that better suits the NOW. Not the "Then" or the "Next" but the NOW. It is also important to give yourself the recognition. Recognition of your journey and your expansion of understanding yourself better.

Don't get stuck in the fear. Many times, we self-talk ourselves out of doing something or striving for the next level. Many times, it is outer influences that sway our decisions. It does not matter what people think. It is not their life, or circumstances, or emotions that help you figure out what you want your life to be. Some of us even have a fear of becoming more, and that in itself can stop the motion of forward progression.

We will live up to our potential. No matter how great or small we think that potential is, it will be enough. You are enough. What we put our energy and focus into is the direction we will go toward. Individually, we determine the answers to what our purpose is and/or how many times we alter that purpose ,or how many purposes we want to achieve. I give you the power to ask yourself these questions and evaluate where you are spending your energy.

The race is only with yourself.

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## **Why Do We Fail?**

**by Brian Dean**

There can be many reasons why we fail. The most obvious one deals with poor preparation or planning. We didn't do enough research into something before making our presentation. We don't truly understand the subject that we need to talk about. Maybe we simply are not ready to tackle this task. And this could be because of lack of mental acuity, mental growth, maturity, or we simply do not care enough about the subject. Did we ever realize that we fail because our universe is not behaving as it should?

Computer programmers look at the program they are about to write to make sure it fills the needs of the system. If this program interacts with humans, then they have to plan for human error (in the area of data entry, not bad coding). Humans do not act logically, Vulcans yes, but humans no. So humans make mistakes, and if that program does not catch those mistakes, the system becomes filled with corrupt data.

The same thing can be said about planning any project. We plan and plan. We look at empirical data, projected results, previous reactions to similar projects, and then come up with the best approach to what we are doing. But after doing all the work, we find that it was not accepted as we expected.

We look at history in our planning, people reacting a certain way. And looking at this history, we can make predictions. But what we are finding out right now is that people are not acting predictably. (Isaac Asimov, in his science fiction writings, created "PsychoHistory", the ability to predict future events based on history and predicted psychological reactions of people. Yet, in his stories there was always something out of the norm that trashed these predictions.) People are acting more out of character than normal. People are reacting from their gut, from fear, from panic, from that fight or flight mode they are locked in. And that is the problem.

For a good example, we can go back to October 31, 1938 when Orson Welles did the infamous radio broadcast of H.G. Wells' "War of the Worlds". It was a time when tensions in Europe were leading to war, and people were scared. As part of the broadcast, there was a fake news story and continuing coverage of aliens (Martians) landing in Grovers Mill, New Jersey and killing everyone in their path. Many tuned in late, so they did not know it was a play... and they panicked.

Today, there is a lot of fear. We hear things about terrorists, shootings, bridges crashing, bombings. It has us all looking around the corner to see if there is something there to harm us, worrying about surviving the drive to work, enjoying a movie in the theater. There are emails constantly getting passed around about something happening to someone, and warning people not to fall into certain 'traps'. Even when these are not true, it spreads fear. It makes people react in panic when someone approaches them, or taps them on the shoulder. And when people live like this, they tend to react differently than normal. Or maybe this is the new normal.

Basically, the world is not working as it should. We need to keep this in mind with any project that we tackle. So, when we plan, it is harder because we really do not know how people will react. And therefore, we fail. If we look at failure as a learning experience, we look to correct something to get a different outcome. Then we try again. Obviously, this is not as easy as it sounds as that failure could be dealing with jobs, education, or any other life altering experience. But we still need to jump back in with something a little different.

Our empirical, historic data does us no good as there has been such a radical change that it no longer applies. That is why we need to look at things deeper. That is why we need to delve further into planning for other possibilities.

So take deeper looks. Plan for all possibilities. Then you may come up with a plan with enough contingencies that it works. The MythBusters were famous for saying that, "Failure is always an option." But it does not have to be the only option.

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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.

### Reiki 1

- 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 **Confirmed**
- 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)**

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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.

- 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.

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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

#### Reiki

Although Reiki is not massage (as the muscles of the body are not manipulated), it is a very relaxing yet powerful method of healing. In the simplest form, Reiki is the laying on of hands. It is guided, positive energy brought in from the universe by someone that knows how to 'tap into' it, and passed into someone in need of healing.

All problems in the body, whether they be illnesses or injuries, are centered around negative energy. Reiki overcomes the negative energies with positive energy, in most cases making the person feel better, and in some cases removing the problem completely. Reiki has been known to reduce and alleviate pain, discomfort, or disease of any kind, and has been used on all major diseases. Reiki is hands-on healing and a nice pleasant experience.

[read more](#)



[Reiki](#)  
(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

