

## Caring Palms Healing Arts Newsletter May 2019

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

I hope you enjoy what we have compiled here.

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### Monique Taking Extended Leave

Monique will be taking an extended leave of absence to care for her mother in Baltimore who was recently diagnosed with breast cancer. Monique will be there to help her through the coming treatments as well as helping her change how she lives in order to keep the cancer away after she is cured. Being the caregiver that she is, she knows that her being there will make the difference.



She expects that this could take between three and five months. The plan (hers and ours) is that she will return to Jacksonville and Caring Palms when she can. Her last day here was April 7<sup>th</sup>. We apologize to the people that were already on the schedule for the last minute cancellations, but her decision was made in a short period of time, and had to be put into effect immediately.

In the meantime, we are looking for a **full time** talented licensed massage therapist to work the days and times Monique did. If you know anyone that might be interested, please send them this way. Cheryl is still available Mondays and Wednesdays, and Brian is in the studio Mondays through Saturdays.

Also, **Caring Palms hours are changing**. Caring Palms will be open Monday through Saturday from 10am to 5pm, and closed Sundays. Hopefully we can open up the later hours and Sundays again once we hire someone. (We are looking for someone that will stay on after Monique returns.)

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### Ripples by Monique Bailey April 8, 2019

"Life is fast. Soak up the positivity, put it in reserve it will never be wasted. Use it as needed to be gentle to yourself when riding those waves that toss you down. Push back up and return to your center. Let the ripple take you where your purpose needs you."

I am so grateful for the souls I have touched on this journey, and even though I am not able to personally tell you all, that you made a difference in my existence! You made me stronger as a healer and helped me continue to fulfill my purpose. My family is in need and even though my soul has made the beach my home; I know that I will return when the ripple settles. All my love and positive vibes until we meet again. □

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## Reiki Shares Taking a Breather

Caring Palms has been having a Reiki share monthly for a while now, but we have decided that it is time to take a breather. We figure it is lighter later now, and people want to do other things. We will be looking at starting it back up some time in the fall. Watch this newsletter for more information.

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## Caring Palms Closed Two Days in May

Caring Palms will be closed Thursday and Friday, May 9<sup>th</sup> and 10<sup>th</sup> while Brian deals with outside commitments. Due to no one else being available to work those days, the studio will be closed (unless we hire a therapist and get them trained so they can work alone by that time).

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## May Special

### **\$10 off any Freeform Massage by any Caring Palms Therapist**

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.

**Receive a Freeform Massage (1-hour or longer) from any Caring Palms Therapist, and get \$10 off.**

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## Looking For New Therapist To Join Our Staff

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

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

Days available are Tuesdays and Thursdays through Saturdays.

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: [Saying Goodbye](#)



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## Group Past Life Regression

**Saturday, May 18, 2019**

Cost: \$26, Pay at the door, or register online [HERE](#).

Please join us at Caring Palms for a Group Past Life Regression event facilitated by Laura Bogen, Certified Hypnotherapist and QHHT Practitioner. Using simple, but effective visualization techniques, the first part will include experiencing one of your past lives that is most appropriate for you to see at this particular time in your life.

Did you witness the library of Alexandria burning? Did you help discover the New World? Perhaps you were a knight in medieval times? The possibilities are endless.

Then stay a bit longer for the second part, where you will be able to explore a distant future life. You may witness unforeseen technology, interesting concepts, and even otherworldly events and beings. After all, the future is what you make of it... All of this will be prepped by a short series of visualization exercises created to help develop your imagery skills, which can have many benefits. Some benefits include building your inner sight (also called clairvoyance), sparking creativity, reawakening your imagination, and more.

All you have to do is show up! (We recommend that you bring a pillow to sit on, as space is limited.)

The cost for this workshop is \$26 and can be paid at the door or online.

Call Caring Palms to reserve your spot. Check out Laura's website [HERE](#).

Please let us know if you will be coming so we can plan accordingly, and *please come early* if you are paying at the door, so we can start the class on time.

### ***Next Group Past Life Regression Workshop: To Be Determined***

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

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

**Topic: Growth**

**Saturday, June 1, 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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## Control by Brian Dean

I was out mowing the lawn the other day. As I worked, I was looking at it, the grass, the weeds coming up through the grass, the places where the grass had overgrown into other areas that I did not want it to go. I started thinking about what needed to be done to keep it contained and planning on when I could do that. And then the realization struck me as to what I was actually doing... I was trying to exert control over my yard. And the sad thing is this is something most homeowners do. Of course many people live in areas where home owners associations tell them that this is what they must do... keep things looking nice and pretty. So we try to control nature.

But our yards are not the only places we try to exert control. In truth, we try to control every aspect of our being, of our lives. Most people are control freaks, me included. We like it when things work in a certain way, a predictable way. As humans, we like our patterns and predictability. We like to be in control.

But how much of the time are we ever in control? Do things always work out the way we want them to? Yet we keep trying to control everything around us. How often does that work? How much of our lives do we spend in control, and how much do we spend trying to exert control, to make things go the way we want? And how much do we spend out of control?

Control is a tenuous thing. Some things we can control, but most we can't. We can train our pet, and get them to behave in a certain way. We can cut our lawns, pushing back the natural growth of nature. And we can even control ourselves, how we look at things, how we react to things. This is done through meditation, through changing our attitude and not reacting as we might normally do. In doing this, we are not changing the world around us, we are changing how we see it. We are allowing things to happen as they do, not as we want them to. Yes, there's that word again... allow. The more we allow, the more we loosen control that we have on things. The more we accept the natural path that things take. And in doing so, we save ourselves anguish, frustration, depression, even anger at how things happen.

By loosening control, we actually gain control. We gain control of ourselves and allow ourselves to flow with how things go. We move, we bend, we bounce, yet we keep moving. Basically, we go with the flow.

So take a step back and look at what you want to control, and what you are truly controlling. And then look at how you can change that by allowing and accepting. In fact, a good time to do this is when you are mowing the lawn.

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## Resonance by Brian Dean

What do you resonate with? What draws you? What makes you push away?

When we talk about resonance, we talk about frequency and vibration. We know that as living physical beings, we vibrate at a low level. That is why we appear solid. As vibration raises things pass from solid to sound, to light, to cosmic rays if you will. But as humans we can change our vibration, make it go up or down. And we do this by how we live our lives, how we react to things. Do we spend time doing things that are negative, or do we spend our time in positive pursuits? Do we spend time in fear and anger, or visualizing positive outcomes?

How we react to things takes us up or down. How we approach things changes how we react to things. Our outlook is crucial, and that comes from the work we do for ourselves to change how we react.

What things draw you? Are they things that are positive? Do they create something? Do they help others? Are they in pursuit of happiness or destruction? It is time to look at what you are doing. Is it bringing you joy? Do you feel better when you do these things? If so, continue with what you are doing. If not, it is time for a change, time to find something new to resonate with your soul.

As we go through our lives, we have to reach a point that we know we want to move forward, to follow our true path. We want to better ourselves. In doing that we are raising our vibrations, and finding what we truly resonate with.

Eventually we will drop the things we no longer need, the negative emotions, the fears, the patterns that no longer work for us. As we do this, we raise our vibrations. Then we start to resonate with what we are to become, where we are to be, what we are to be doing. We find our purpose, the one we truly resonate with. We raise our vibration, and we become that point of light that we need to be.

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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

- May 11 (Saturday) 10am - 5pm **Confirmed**
- May 15 (Wednesday) 10am - 5pm

- June 8 (Saturday) 10am - 5pm **Confirmed**
- 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

- May 25 (Saturday) 10am - 5pm **Confirmed**
- May 29 (Wednesday) 10am - 5pm
- July 27 (Saturday) 10am - 5pm **Confirmed**
- 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 **Confirmed**
- 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.

- 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 Deep Tissue Massage**

One of the most requested styles of massage is Deep Tissue. It almost seems that everyone wants very deep work on their muscles, but that is not what they want at all. Most people just want to feel their massage. The best place to start is to define Deep Tissue massage.

When muscles become very tight and stiff, they need lots of pressure to get them to loosen up and stretch. Deep Tissue is that added pressure that gets way down into the belly of the muscle to get it to relax. Many times this can be painful depending on how deep the therapist goes, but all too often, that is what is required for someone to feel better.

So the key is that Deep Tissue is not a style in its own, but added pressure into many regular styles like Swedish. With most styles, the pressure can be varied to fit the comfort of the client. When the pressure goes to a certain depth, and problem areas are worked on, this becomes Deep Tissue work.

[read more](#)



[Deep Tissue Massage](#)

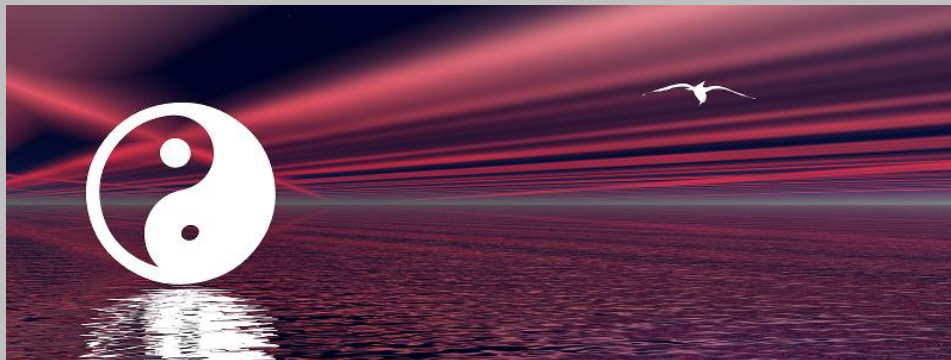
(Click on picture or description to see video)

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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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