



Caring Palms Healing Arts Newsletter November 2019

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

I hope you enjoy what we have compiled here.

Holiday and Other Closings

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

Caring Palms will be open Saturday, November 30th at the regular hours.

Also, Caring Palms will close at 2pm Thursday, October 31st for **Halloween**. (Brian needs time at home to prepare for the monsters.)

We hope everyone has a happy and safe holiday.



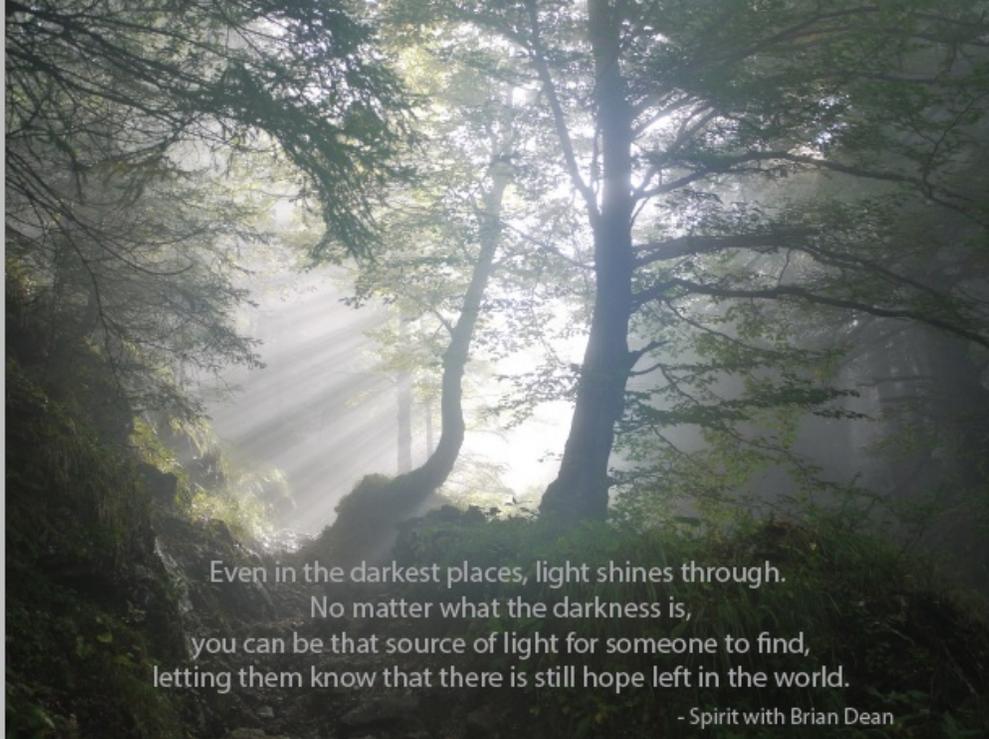
Looking For New Therapist To Join Our Staff

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

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

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

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



Even in the darkest places, light shines through.
No matter what the darkness is,
you can be that source of light for someone to find,
letting them know that there is still hope left in the world.

- Spirit with Brian Dean

November Special

\$10 off the regular price of any Freeform Massage (1-hour or longer)

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).

**Receive a Freeform massage (1-hour or longer)
and get \$10 off the regular price**

New Meditations Being Worked On

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

Holiday Gift Certificate Sale

Buy 1 gift certificate, save \$10

Buy 2 gift certificates, save \$20

Buy 3 gift certificates, save \$30

**Best Deal: Buy 4 gift certificates,
get 1 gift certificate FREE!**

Gift Certificates are available for massage or Reiki sessions, or massage or Reiki classes. Buy gift certificates for friends and loved ones, or just for yourself. If you have four friends that can benefit from massage or Reiki (and everyone can), you can buy gift certificates for them, and get one free for yourself. If you are a regular client, you can buy four gift certificates for yourself and get five sessions (this is the best deal going).

Sale runs

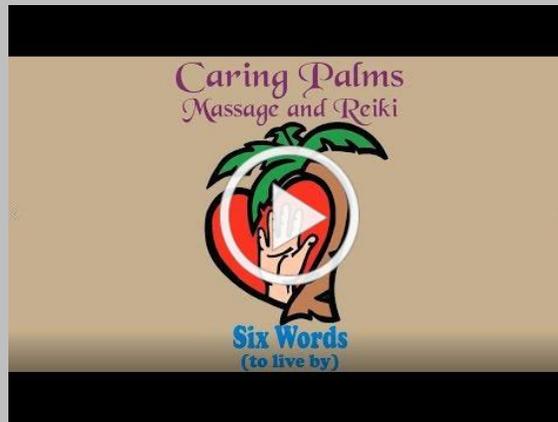
Tuesday, November 19th - Tuesday, December 24th

Gift certificates are available in the studio and can be ordered by phone with a credit card at (904) 246-2206, or by mail with a check. (Best Deal sales (Buy 4, get 1 free) are available through the website, other quantities are not). What better gift to give to those you care about? Give them the gift of love and healing.

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: [Six Words](#)



Manifestation Workshop: A Survey of Various Techniques with Laura Bogen

Saturday, November 2, 2019

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

Please join us at Caring Palms for an interesting workshop with a wholly unique take on the concept of Manifestation.

By now, you've heard of manifesting abundance and creating your own reality. It's become quite a popular commodity in the past few years with books such as 'The Secret' hitting the mainstream bookstores. Perhaps you've even tried enacting the 'Law of Attraction' with varying results, usually inconsistent or none at all.

And there is a reason for this.

The issue is that everyone is trying to utilize the same technique even though we are all made up of very different things. Each one of us responds differently to certain circumstances and stimuli. It makes sense that each of us requires a manifesting technique that suits our unique belief systems, vibrations, and goals.

This is where the mainstream media is limited.

During this Manifestation Workshop hosted by QHHT (Quantum Healing Hypnosis Therapy) practitioner Laura Bogen we will touch base on a couple of popular techniques, but spend more time focusing on lesser-known techniques intended to shift your reality by aligning you with the frequency of abundance in a way that suits YOU. We have a variety of techniques to survey because everyone responds differently to different tools and concepts.

All you need is an open mind, an optimistic attitude, and no expectations.

This is an interactive workshop that utilizes tools, intention, visualization, and concepts to broaden your perspectives and understanding of real universal laws that effectively result in change.

Tools will be supplied.

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 workshop on time.

Ascension Theory Workshop

In September, we had what will be our last Ascension Theory workshop for this year. The reason we are holding off until next year is because Laura's Manifestation workshop in November leaves us little time for another workshop amid the holidays, and because we are trying to create more availability for sessions on the weekends.

We're looking at having more interesting workshops throughout next year. Watch for announcements here, and on the Events page of the website.

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.

Perception: Massage Therapists? They just rub people.

by Brian Dean

Unfortunately, the most common perception of what massage therapists do is to rub people. Or that massage is a luxury performed at vacation spots by someone named Inga or Sven. And I'm sure you've heard the joke about "don't rub people the wrong way". But in truth, massage is healthcare.

Massage therapists train for hundreds of hours, and that is dependent upon state licensing requirements. (Florida requires 500 hours.) They train in anatomy, physiology, anatomy, pathology, kinesiology, as well as massage techniques and styles. After schooling, they are required to take more classes which are classified as continuing education so that they learn more things to use to help clients.

So, do they rub people? Yes. But they do so much more. Through rubbing and compressions and energy work, an LMT (Licensed Massage Therapist) will take people out of pain from various issues. They work on people that have trouble walking. They release problems in muscles that are pressing on nerves and causing pain. They help with problems like sciatica, or pulled muscles.

Through various techniques, they can increase range of motion (ROM), convincing muscles and joints to loosen and extend to the point that they should. This is especially true if someone woke up with a stiff neck and can only turn their head in one direction. Or for someone who can not raise their arms above their head, or someone that can not turn their leg out to the side.

Massage therapists can return someone to health after an injury or illness. The movements they do increase blood flow. Blood carries oxygen through it to heal areas of the body, so more blood flow means more oxygenation.

An LMT can also calm and remove pain through either massage movements or energy work (like

Reiki). One usually feels better and calmer after seeing a massage therapist.

In short, massage is healthcare as it is the Board of Health of the state that they are licensed under. And more times than not, massage therapists tend to be the first line of defense in someone's health journey. Many times a massage therapist will notice something that the client did not know about, like a bruise, or rash, or (sometimes) something out of place. They will do what they can and then refer to the proper medical authority.

Massage therapists do whatever they can to help their clients to live lives that are pain free. In fact, there was a t-shirt that said "Massage Therapist... because Miracle Worker was not a job description".

So, do massage therapists rub people? Yes. And so much more.

Your Perception By Brian Dean

What do you perceive? What do you believe to be true? Did you know that the world around you changes based on how you see it? It does.

Your perception of things around you actually change those things, and in doing so changes your mood, and how you live your life. If you think of something as good or bad, it changes how you feel about it, or react to it.

The same could be said about people. Your perception of them changes how you feel and interact. And it is possible for your perception to change over time.

Years ago, someone taught a group of us meditation. One of the things that made this training interesting was the way this person looked at things. The key was to be non-judgmental, to not look at things as good or bad, to simply look at them as they are. An example was a picture of clouds. One cloud was big, another was small. One was fluffy, another was flat. We had the big cloud whose thing was to be big and judged other clouds by size. The fluffy one thought anything that wasn't fluffy was not right. So the clouds perceptions of what should and should not be was forming their universe and because each was solely like itself, it made everything else in that universe wrong.

We do the same things with people and situations. We judge people for how they look, how they present themselves, what they do. And we make a judgement of good or bad from that. If we are surrounded by "bad" people, then we don't feel good about where we are.

The same is true for situations that we are in. If this situation, this job, this relationship is bad, then we are unhappy because of that one fact, which in the pure sense is our perception or judgement.

Now, if we look at things that are, and simply see that they are, and not assign a label to them, then we take away the consternation we feel about those people and situations. If we look at people and decide whether to be around them based on what they do, what they are, then that is a decision. We do not have to see them as bad or good. And by not labeling them, we don't have to feel bad about being around them even if we would rather not.

The same is true for that job or situation. The situation is. We either stand up to meet that challenge that it offers us, or we don't. But by not deciding it as bad, we skip over the "woe is me" part of it that gives us the depression or heartache or whatever makes us feel bad. If we decide not to stand up and meet the challenges, then we have to make the decision to move on.

Are you happy? Is it because you are in a happy group or family? Is it because you are in a good situation? Or is it because you accept what is there, and make the most of it? And if you are not happy, can you change your perceptions and allow yourself to accept things as they are? And once you do, can you be happy?

This universe is filled with infinite possibilities and perceptions. Try opening up to them and see what you can make for yourself.

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.)

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

Reiki 1

- November 9 (Saturday) 10am - 5pm **Confirmed**

Reiki 2

- October 26 (Saturday) 10am - 5pm **Confirmed**

Reiki 3

- November 23 (Saturday) 10am - 5pm **Confirmed**

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.

- New dates to be announced for next year.

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.

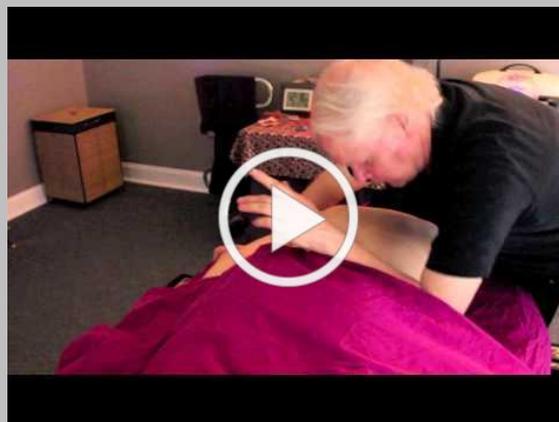
Modality of the Month Deep Tissue Massage

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)

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 Healing Arts, LLC | (904) 246-2206 | Brian@CaringPalms.com | www.CaringPalms.com

STAY CONNECTED



