

## Caring Palms Healing Arts Newsletter September 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 an article.

I hope you enjoy what we have compiled here.

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### Same Day, Different Hurricane

As of this writing, hurricane Dorian is setting its eyes on Florida. As of the morning of this writing, Dorian had targeted Jacksonville as a cat 3. As of the evening of this writing, the storm track has it hitting land in the middle of the state centered around Orlando at a cat 3. The storm will probably change its track a dozen or so more times before it hits early Monday, and we are still in the range, and will still be impacted no matter where it goes. Of course we are hoping it stays away from here, but if it does head this way, first, please be safe. Second, we will be calling clients if there is any need for cancellations, and that will mostly depend on the weather, and if the beaches are closed. And third, please make sure you are safe.

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### Closed Labor Day

The Caring Palms studio will be closed Monday, September 2<sup>nd</sup> in observance of the Labor Day holiday. The studio will reopen the next day, Tuesday, September 3<sup>rd</sup> at the normal hours. We hope everyone has a safe and happy holiday.



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### Brian's Hours Changing

As caregivers, we are constantly telling people that they need to care for themselves so they can care better for others. But as caregivers, we don't seem to follow our own advice, which in the long run means that we won't be able to help the people that we care for/about.

I have been working 6-day weeks for over a year and a half, first with all the classes, and then as backup to Monique while she was here on weekends (when I wasn't teaching). Unfortunately, I find that I have no down time, and am just moving from one moment to the next. My off day is always filled with running necessary errands, so there is no rest day. So I have decided to cut back to five days a week which will give me a little time to myself and the neglected things at home.

I think it was when a client came in and told me that they felt guilty about coming in for a much needed

session as it took her away from her responsibilities. I remember my response as I told her that she should feel guilty if she *didn't* care for herself as without that, she would not be 100% for what she needed to do.

The changes are as follows...

- The studio will be open Monday through Saturday from 10am to 5pm.
- Cheryl will be available Mondays and Wednesdays.
- Brian will be available Tuesdays through Saturdays.

These changes will take effect the week of September 9<sup>th</sup> (the week after Labor Day).

As the usual feelings go, I feel guilty for taking the time for me, and not being there for the people who need me. But I know this will make me better for the ones that can see me.

We will be trying this schedule for the months of September and October as a test period.

Thank you.

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## Changes in the Offing

Monique's departure (and yes, we're still hoping she returns) has left us with availability issues which have shown up in recent months. And yes, we are still looking to hire someone to come join our staff to take up the slack, but there is a lack of therapists on the market right now as every place is hiring. The first issue is that we are no longer open on Sundays, and set evening hours have been eliminated. (Brian will occasionally take a later appointment, but there are no regular evening hours.) Saturday availability has been slim as Brian has been teaching a lot of classes this year due to it being a massage therapist license renewal year.

So, while we know our problems, we are working on solutions to improve that, though some may not take effect until January. First off, the number of classes being taught will be less for the rest of the year as renewal period ends August 31. The class schedule, as in how we set dates for the classes, will be changing. Normally, we have been having a Reiki 1 class the second Saturday of each month. On every other month, that Reiki 1 class will move to Wednesdays. This will free up Brian's availability one Saturday every other month.

There will still be some challenges through the end of the year, but there will be Saturday availability over the following months... September (3 Saturdays), October (2 maybe, 3 Saturdays), November (3 Saturdays), and December (4 Saturdays). Of course, should we find someone else, availability will increase.

We know that it has been difficult to get in to see us as we have been short staffed, but we are working to increase our availability as much as we can. We care about you (our clients and students) and want to help you as much as we can.

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## Commitment

Caring Palms has recently signed a lease committing us to the current location until December of 2020. With this commitment comes an increase in rent of \$500 per month beginning in December.

By this commitment to the landlord, and the location, we are committing to you, our clients. We want you to know that we will be here when you need us.

But in the spirit of committing, we ask that you commit to yourself. Commit to keep yourself healthy. To care for yourself, and to get care when you need it.

We also ask that you commit to us, to help us gain more clients, to pass the word that there is a place that cares for its clients, that gives them the service they need without shortcuts, to help us be more than the best kept secret in Jacksonville Beach.

We look to being here for you for years to come.

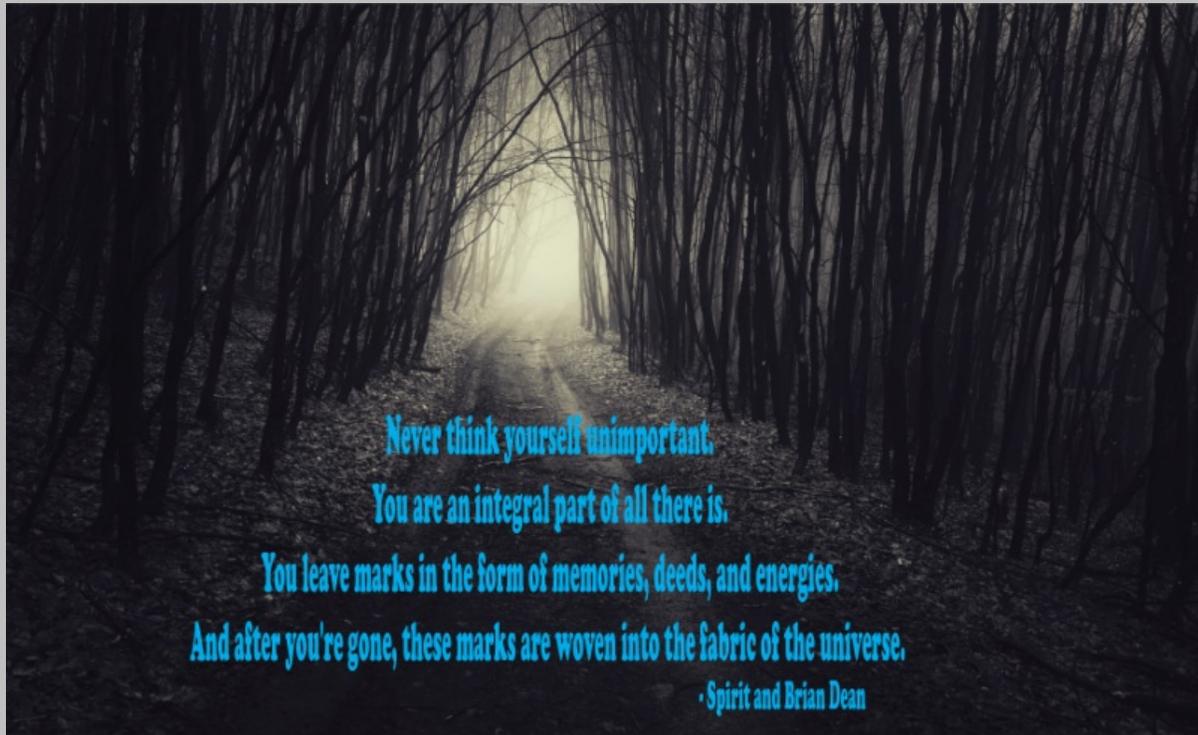
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## Loyalty/Referral Discounts

For those that don't know, Caring Palms has a loyalty referral plan in place. It pays to refer people to Caring Palms. For every new client that comes in and gives the name of a current client as to how they found out about us, the current client will get \$5 off their next session. And the beauty of this is that it is

cumulative. If one's name is given by three people, that person will get \$15 off. Or if four people give their name, they will get \$20 off, and so forth. The more people you refer, the more chances you have to earn discounts.

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## September Special

**\$10 off the regular price of any Myofascial Release session (1-hour or longer) with Brian**

Myofascial Release (MFR) is a style of massage / physical therapy that takes a whole body "hands -on" approach to the evaluation and treatment of the human structure. The goal is to help return the body's capacity to adapt, by restoring three-dimensional balance. What this means is that it works on realigning the body to its proper shape through manipulation of connective tissue (fascia).

**Receive a Myofascial Release (MFR) session (1 hour or longer) with Brian, and get \$10 off the regular price.**

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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 with later expansion to Sundays.

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: [Light and Shadow](#)



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

**Topic: Transformation**

**Saturday, September 14, 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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## **New Workshop with Laura Bogen**

**Saturday, November 2, 2019**

Cost: \$26

We will be having a new workshop facilitated by Laura Bogen, Quantum Health Hypnosis Therapy practitioner. Normally, Laura does past life regressions, but this time, she is working on something new that she will be sharing with us soon. Expect details in the next newsletter, or check the Events page as that is where it will be posted once we have the information.

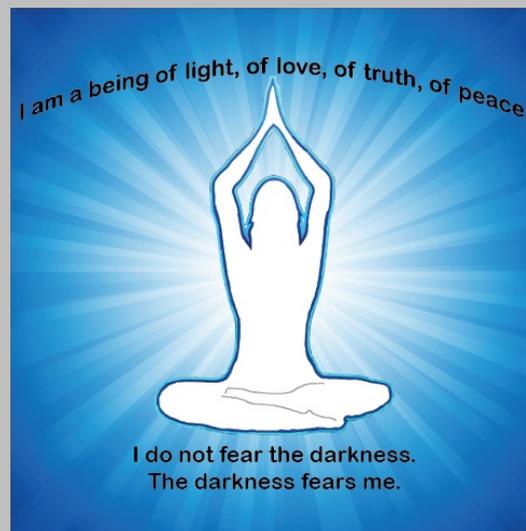
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**[Leave a Review, Enter Our Drawing](#)**

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.



## A Being of Light by Brian Dean

I am a being of light. I love what I do. I do my best to work with honesty and integrity. I give the best of myself that I can with everything I do. I work with hope, and joy. I work to make better the things I can through healing, through teaching, through just being who I am. But I do not do it alone. I walk with spirit. I know spirit is around, helping me, giving me suggestions as to what will work best. But I am not the only one. Every person born is a being of light. They originated in light, and came to earth to learn, to be something, to make a difference no matter how large or how small. Spirits walk with them all the time, helping them through their lives.

But some have lost their way. They turn to selfishness, evil, hate. Because we have free will, we can do this. But that is learning too. And that evil that people do may simply be a motivating force for those that follow the light, motivating them to get off their backsides and make more positive changes, to change other's ways of thinking so that they see more than what is on the surface (something like what we try to do here with these articles).

But darkness exists. We see it every day. But if we bring light to it, we can eliminate it. You see, darkness can not exist in light. If you go into a dark room and turn on the light, the darkness is gone. We eliminate darkness by shining light on it.

Everyone has their spirits (guides) walking with them helping them, even those that turned to the dark side. Some ignore them. Some don't hear them, or don't realize that the inspiration they have is really spirit.

But darkness does fear the light, because light eliminates darkness. As a being of light, I don't fear the darkness, it fears me.

I am a beacon of light. I shine through the darkness to draw others into the light, to show them that they too, have light, and can use it to affect others, to brighten lives and events. To make better the world around. To give hope. To remind people that there is still a reason to continue, to follow the path of light.

The time has come for you to remember who you really are, that being of light that was born into this world to learn and make a difference. Let your light shine, and together we can affect change and give hope to eliminate the darkness.

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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

- September 7 (Saturday) 10am - 5pm **Confirmed**
- October 12 (Saturday) 10am - 5pm
- November 9 (Saturday) 10am - 5pm

### Reiki 2

- October 26 (Saturday) 10am - 5pm

### Reiki 3

- August 31 (Saturday) 10am - 5pm **Confirmed**
- 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.

- October 3 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**

One 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.

Coming from the Japanese words Rei (God or Goddess consciousness) and Ki (universal life force energy), Reiki is a natural method of hands-on holistic (relating to, or concerning the whole body and

mind) healing where universal energy is channeled through a practitioner into a person in need for the sole purpose of healing. The word Ki is the same that is used in Japanese martial arts such as Aikido or Hapkido. Ki is also synonymous with Chi as in Tai-Chi. It also means the same as the Indian word Prana.

[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.



## 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

