



Caring Palms Healing Arts Newsletter July 2020

**One of the Expertise.com's
2020 Top 16 Massage Establishments
serving Jacksonville**

Welcome to this month's Caring Palms Healing Arts newsletter. This month, we have lots of news and some articles.

I hope you enjoy what we have compiled here.

Stardate: 20200627 Shut in Day 98, Captain's Log

Contemplated contemplation. Thought about thinking. Learned about learning. Felt about feeling.

Good News - The Move Is Complete

As of this writing, Caring Palms is now set up in the new location and ready for inspection by the state (this is something that has to happen before we can do any business there). The movers came on June 8th, took things out of the old location, and moved it into the new place (with much stuff going to storage). As of June 21st, everything was ready for state inspection. Unfortunately, I do not know how long that will take. For the move into the last place, it took about a week, but I am being told that the person that sets this up just returned from eight weeks of maternity leave, and it sounds like her job was not getting done while she was out. But, once that is done, I will be announcing an open date. At that point, I will open the schedule for online booking. Since this newsletter is going out before I have any concrete dates, I will probably send out a special edition as soon as something is solid.

I am still aiming for July 7th, but it will be what it will be. I am excited for you all to come and see the new place, feel the energies, and get the healing you need.



New Procedures Upon Reopening

Because of the ongoing issue with COVID 19, there will be changes in procedures to keep everyone (client and therapist alike) safe.

1. Everyone coming in will have their temperature taken by a non-touch forehead thermometer. Anyone with a temperature of 100 degrees or higher will be asked to come back another time.
2. A new form has been added letting you know that everything possible is being done to keep the disease from spreading. Basically, it is an information disclaimer like people sign for massage or Reiki sessions.
3. During the intake process, while scanning, spirit will be asked if it is safe to work on that client.
4. The client will be required to wear a face mask while they are face up (supine) during the session. If you do not have a mask, a disposable one will be provided.
5. Your therapist will be wearing a mask during the entire session.
6. After the session, all surfaces touched will be wiped down with disinfectant, and some will be cleaned through UV light.
7. We have added a Hepa/UV filter in the room that will be running at all times.



These procedures will not be bypassed under any circumstances. The idea is to keep everyone safe, yet allow them to get their needed sessions.

*Sunrise. A new morning. A new beginning.
Another opportunity to be the best of ourselves that we can.*

- Spirit with Brian Dean



Please Use Your Gift Certificates

Caring Palms has negotiated a 1-year lease at the new location with an option to sign a 3-year extension at the end of that time. So, once we reopen, I have until the end of March next year to tell the landlord whether I will be signing that extension. This will be dependent on how quickly business returns, and if it is consistently enough to pay the rent.

Now, gift certificates sold by Caring Palms are good forever, as long as Caring Palms is still doing business. (Gift certificates given away as part of contests, or charity auctions are good for 3 years from the date they are issued.) I know that there are still a lot of gift certificates out there, some have been issued over a year ago. I would recommend that those holding them use them before June of 2021. If we do well enough to sign the lease extension, they will be valid as long as we are open and doing business. However, once we close the doors (whether that be in 1 year, or four), they will be not be valid.

So, you've been given the gift of massage or Reiki. Once we re-open, get in here and get the healing you need.

Mercury Retrograde

We are currently in Mercury Retrograde until July 12. Be patient with your electronic devices.



by Brian Dean

How much do you express yourself with your smile? In my case, it's quite a bit. I smile at the clerks in the grocery checkout, people who are nice to me, casual people I see. Or I will tip my head and smile to acknowledge something. It is something I do rather than speaking, or trying to start up a short conversation. It is a way of passing on positive energy.

I've talked about it before where I would go into a store, and as I was buying something, I would smile at the checkout clerk. They might be having a bad day, especially if it is in the middle of the holiday rush. I know that smile can change their day, at least for a moment. It might only last another customer or two, but at least for a second, someone felt better.

In today's world, I am finding it very hard to do that. I am one of those people that wears a mask when I go out (and not, it is not just so I'm not recognized). I believe that we should do our part to help keep ourselves safe, and keep others safe.

With the mask, I can smile all I want, but no one sees it. I'm sure much of it reaches up to my eyes, but it surely it is not nearly the same. And I miss being able to express myself to that full extent.

When we started typing at each other instead of talking, we lost the human interaction behind the words. You can read text, and interpret it in many ways. Without the smile or the voice saying it is a joke, people get upset because they read something into it that is not there, or not meant. The same is true with reading someone's face, but you can't see the face.

When I speak, I try to put as much feeling into my voice, but it is still missing something. Right now, it is important to be covered. But I'm hoping someday we can drop the coverings, and let the full value of our smiles shine through. This is necessary communication. This is positive energy. This is love.

A World Without Adversity by Brian Dean

What would it be to live in a world without adversity? To have no problems? To have nothing to fight against? Well, it would be pretty damned boring.

Without adversity, there would be no challenges. Without problems, there would be no solutions. And without something to fight against, we would have nothing to fight for.

Without challenges, there would be nothing to strive for. If there is nothing to strive for, there would be no goals. And without goals, we would simply be mediocre, very much like the society portrayed in George Orwell's "1984".

The point is that there has to be some level of adversity for us to do something, something that produces growth as an individual, or society. Without there being something wrong, we would not strive to make something right.

We need to grow. Growth has to be a constant, or we just wither and die. We learn, we get better, we grow. We expand beyond what we are into something better, something stronger.

Now, this world currently has a lot of adversity, probably more than it should. Or, is it the right amount to produce a huge amount of growth? When we overcome, we grow. So, maybe this is nothing more than a test, a chance to move to the next level of cognitive evolution. Maybe we should be looking at the current problems and thinking about how we can make things better. And I'm not talking about it on a global scale. I'm talking locally, or even just for yourself. We start with one. We change our minds, change our attitudes, and then we make changes on the most local level we can be. That affects others, who then affect others. We think globally, yet act locally, and eventually things change on a bigger, and then even bigger levels.

So, like "no pain, no gain", no adversity, no growth. Instead of looking at things negatively, be thankful for the opportunities you are being given. Yes, adversity is just an opportunity to grow. So be that flower rising out of the dirt, and grow and blossom.

Remote Help Available

During the shut-in period, Brian is willing to do remote energy healing and mediumship readings. You can request either with a phone call (904-246-2206) or an email. Remote healing will be done without the person having to sit for an assigned period of time. Energy will be sent to download at a particular time as most people receiving distant work do not know they are receiving it.

Mediumship readings will be done by phone or skype. An appointment time will be made and the

"meeting" done at the decided time. Brian has never done this before, but is willing to give it a try if someone is in need.

Classes and Workshops

We have a number of classes and events scheduled throughout the end of the year, but at this time, we are not able to hold some of them during the current crisis. You will see this reflected in the schedules below. The May, June, and July Reiki classes are cancelled. The Ascension Theory workshop is postponed to some as yet unknown future date. The Laura Bogen Group Past Life workshop scheduled on June 6th has also been cancelled and will be rescheduled at some future date.

By the time this newsletter is released, all classes beginning in August will be opened so you can sign up for them.

Please keep watching the website's Events page, the Class Schedule pages, or this newsletter for more updates.

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: [Affirmations](#)



Group Past Life Regression Cancelled until some future date

Saturday, June 6, 2020 at 1:00pm, \$30

Pay at the door

Join us for an unforgettable experience through space and time at Caring Palms, where you will learn how to utilize your inner senses to recall a past life through a gentle and effective visualization technique in a lovely group setting. This is a mindful expansion of your consciousness wherein you can learn answers to lifelong questions, make connections, understand karmic relationships, and so much more. In this safe, judgment-free space, we also have deep and lively discussion on all manner of spiritual, life, and esoteric topics. We speak your language and welcome you with open arms. If you feel pulled to join us on Saturday, all you need is an open and curious mind, and bring a friend if you'd like. Chairs are provided but feel free to bring a yoga mat or pillow if you prefer. To make sure you have a spot, call ahead to reserve your seat.

Laura Bogen, C.Ht., JD, ORDM is a certified hypnotherapist, intuitive coach, and healer. She has been holding workshops throughout FL and the Midwest for the past 5 years. For more information or to book a session with Laura while she is in town, visit her [website](#) or Facebook at @lightwiseliving.

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.

[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.

Guided Meditation CDs 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

- June 13 (Saturday) 10am - 5pm **Cancelled**
- July 8 (Wednesday) 10am - 5pm **Cancelled**
- August 8 (Saturday) 10am - 5pm
- September 9 (Wednesday) 10am - 5pm
- October 10 (Saturday) 10am - 5pm
- November 11 (Wednesday) 10am - 5pm

Reiki 2

- July 22 (Wednesday) 10am - 5pm **Cancelled**
- October 24 (Saturday) 10am - 5pm

Reiki 3

- August 19 (Wednesday) 10am - 5pm
- November 21 (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 \$150 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.)

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 27 - June 28 (Saturday 9am - 5pm and Sunday 10am - 4pm) **Cancelled**
- September 16 - September 17 (Wednesday 9am - 5pm and Thursday 10am - 4pm)

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.

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

Currently, all of Marilyn's class are being held online through Zoom. If you want to take a class, call her and she will tell you what you need to do. When this changes, you will see it here first.

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.

Brian Offering Readings

Brian is now doing readings to anyone that wants to sit for one for \$50 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



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STAY CONNECTED

