



Caring Palms Healing Arts Newsletter June 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: 20200530 Shut in Day 70, Captain's Log

Watched the dog chase his tail and thought that dog's are easily entertained. Then I realized I had sit there and watched the dog chase his tail.

Just A Note

Information is changing daily. This newsletter has been rewritten four times since its original inception. What I have here is up to date. I know a lot of people just look at the headings of the articles, but I urge you to read them as there is a lot of important information here.

Good News - Caring Palms Has a Home

It has been over two months that Caring Palms has been closed due to the COVID 19 crisis, and with that shutdown, and lack of income, Caring Palms has been forced to leave its current location. Now while this is sad, I am very thankful of the landlord for letting us out of the lease with no penalties.

But the best news is that Caring Palms has a new home. Caring Palms' new office will be located at 476 Osceola Avenue in the Osceola business park. A lease has been signed and accepted, and modifications are being done so there is a separate office and work area / classroom. I am expecting to get the keys to the new location some time next week, and move out of the current office on Sunday, June 7th through Tuesday, June 9th. Much of the furniture and supplies will be moved into a storage unit as there will only be one treatment room, and a smaller lobby.

As far as opening goes, that is still being debated. I have my sights set on Tuesday, July 7th, but that is contingent on several things happening. First, once all the things are moved in, the treatment room needs to be set up so the place can be inspected by the state so the establishment license can be moved

there. The second concern is that the local government allow massage to start up again. Currently, the Board of Health has stated that massage practice can resume based on the governor's unclear orders, but the mayor of Jacksonville has not yet stated that massage establishments can reopen, and no matter what the state says, the local government takes precedent. And the question needs to be asked whether the mayor's proclamation for Jacksonville affects businesses in Jacksonville Beach. I intend to ask that question next week.

Initially, I stated that it was my gut feeling that it would be three months before we would be able to reopen, and that seems to be coming true. Keep watching here and at the website for more announcements.

Sadness and Joy

This is a time of sadness, to be leaving a place that was home to Caring Palms for the last six and a half years. It was a space for joy and healing, for learning and growth, and spreading health and happiness. It was especially hard the other day pulling up and seeing the sign missing from the front of the building. It had been taken down the day before and will be trashed unless I tell them not to within the next month. And while it was a great sign (and not cheap), it cannot go at the new location, so I have to let it go.



But growth does not require a specific place. It simply requires that one grow. I think that is happening now. It is time to let go of some things and move on to others.

So this is also a time of joy. Joy in finding a new place to work out of, to teach, to heal, to spread good energies. There was a moment that it was very close as to whether or not a reopening would happen. But spirit showed its hand in a subtle fashion, and turned the energies so that a new place showed up. I felt like they were saying that my work is not over, and I agree. (I have always felt this way, but didn't know what direction that work would take.)

Since both my people left, I decided to go back to what Caring Palms was in the beginning, one therapist with a desire to help others. I will not be looking to hire anyone. This means that certain things will be dropped off the menu, like Couples Massage sessions as I can't work on two people at the same time. Basically, Caring Palms has come full circle. It started with one therapist / Reiki Master and is now back to that. In a way, it is like reducing things to get ready for whatever the next phase is. I started Caring Palms in 2002 with just myself and an office. It seems fitting that this is what it should return to.



Walk in the rain,
smell flowers,
stop along the way,
build sandcastles,
go on field trips,
find out how things work,
tell stories,
say the magic words,
trust the universe.

- Bruce Williamson

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.



Caring Palms... Success? Or Failure? by Brian Dean

It has been an interesting ride since opening my first studio in 2004. Up until then, I was doing outcalls and working a day job. Once I was laid off from that, I knew it was a time to open a studio, a center for healing. I started with a single room, and then expanded to two. With the move to 10th Avenue North, we eventually expanded to three with two renters. Over the past 16 years, I have learned a lot. I've learned how to run a business (sometimes well, sometimes not). I've learned how to have people working for me. I've learned how to help others in whatever healing capacity was needed that I could do. As I said, it has been an interesting ride.

But has it been a successful run? I always wanted to have a female therapist working with me to get the business I could not. That gave us the ability to do couples massages and other things. At the current location, I saw it as a chance to have a healing center, not with just massage and Reiki, but with other things, and at one time it was. There was that point where we had an acupuncturist and a nutritionist renting space, and it was very exciting, not only to have all the rooms filled, but to have such different offerings. But times changed, and it did not last.

I wanted to bring in other teachers for classes that were different from what I could offer, and that did happen. Imelda Arcilla was teaching developmental workshops in ascension theory until her passing. Laura Bogen has been teaching workshops in past life regressions and manifestation. Euboea Brown has been teaching meditation once a month in the evenings. Marilyn Jenquin has been teaching her mediumship classes monthly. So, this was very successful.

The studio has always been a place where healing happened, joy manifested, learning happened, and people walked out better than when they had come in. And this was through sessions, classes, readings, workshops.

But what of the bottom line? Caring Palms has always paid for itself since opening with the exception of

four months. But it has never paid me a salary which was something I wanted. I continue with it because I love what I do, and that in a way is payment. We have many times been referred to as the best kept secret in Jacksonville Beach. I just wish it weren't such a secret.

All in all, I feel that while it has never become the success I wanted it to be, it has been a success, success in the people that have been healed, taught, generally made better by whatever we could do. And this is why I continue.

Circle

When I think of coming full circle, I realize how we flow through each other's energies, merging, moving away, moving back, mingling, centering, separating. We meet people. We learn. We move forward. Yet we come around again. I remember the song "Circle" by Harry Chapin which says a lot of how things are never done, but just go around and back again. We meet, we part, we return. I've put the lyrics and a link to one of his performances below. I think you will understand what I mean.

Circle

All my life's a circle
Sunrise and sundown
The moon rose through the nighttime
Till the day break comes around
All my life's a circle
But I can't tell you why
The seasons spinning round again
The years keep rolling by

It seems like I've been here before
I can't remember when
But I've got this funny feeling
That I'll be back once again
There's no straight lines make up my life
And all my roads have bends
There's no clear-cut beginnings
And so far no dead-ends

All my life's a circle
Sunrise and sundown
The moon rose through the nighttime
Till the day break comes around
All my life's a circle
But I can't tell you why
The seasons spinning round again
The years keep rolling by

I've found you a thousand times
I guess you've done the same
But then we lose each other
It's just like a children's game
And as I see you here again
The thought runs through my mind
Our love is like a circle
Let's go round one more time

All my life's a circle
Sunrise and sundown
The moon rose through the nighttime
Till the day break comes around
All my life's a circle
And I can't tell you why
The seasons spinning round again
The years keep rolling by



[Circle - Harry Chapin, 1977](#)

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 Reiki classes are cancelled as well as the June and July classes. 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.

Currently, all classes are listed on the website, but you can not sign up for them. Once we have a clue about opening, they will be opened up for people to sign up.

As mentioned in one of the above articles, we can't do anything until we move into the new location, and get the go ahead to open from the state and local governments.

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: [Perform Self Care](#)



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
- 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.)

Each Reiki class is 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.

- 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.

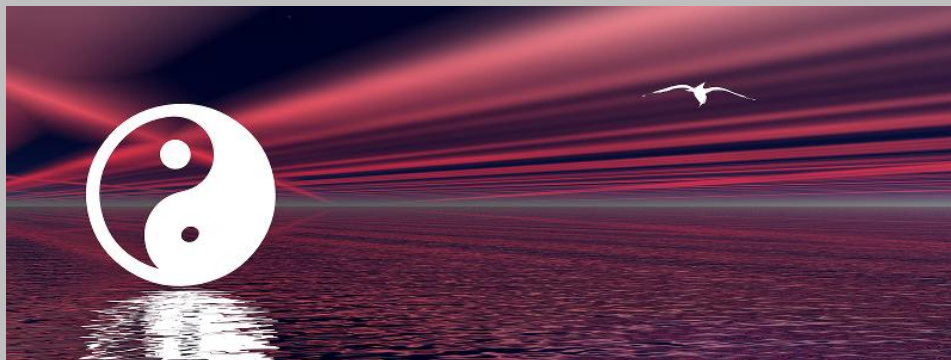
Mediumship is a method of communicating with people who are no longer in their physical body, but in the spirit world. The class teaches students to do evidential readings as exercises so they get comfortable developing a relationship with those in spirit. This class is for anyone wanting to work with 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



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

STAY CONNECTED

