



Caring Palms Healing Arts Newsletter March 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 new special, and a couple of articles, and some exciting news.

I hope you enjoy what we have compiled here.



Caring Palms Received Award

Expertise.com has released its list of the Top 16 best massage therapists serving the Jacksonville area for 2020, and that list includes Caring Palms. Expertise.com researches many things (massage therapists, acupuncturists, chiropractors, and more) in many cities across the country as their goal "is to connect people with the best local experts." To do so, they analyzed and scored massage therapists on more than 25 variables across six categories to create a hand-picked list of the best massage therapists in each area. To do this, they reviewed 205 businesses, out of which they curated 129.

Out of this group, they manually looked at each one and scored them on Reputation, Credibility, Experience, Availability, Professionalism, and Engagement. From that 129, they selected the top 16.

We are very grateful to again receive this honor.

To read more about this award, and how Expertise determines who they choose to award, please go to their website [HERE](#). You can also see the other 15 businesses chosen listed in alphabetical order.

We at Caring Palms set ourselves apart from other establishments with our combined 50 years of experience in massage and energy practices. Our goal is to find the root of people's needs and comfortability and set an appropriate plan of action for them. We strive on making your session the best session you may have ever experienced based on our knowledge and training. We continue to educate ourselves with branching out in different modalities to keep bringing new things to our tables and enhancing your experience. Thank you for your support, we look forward to seeing you soon!

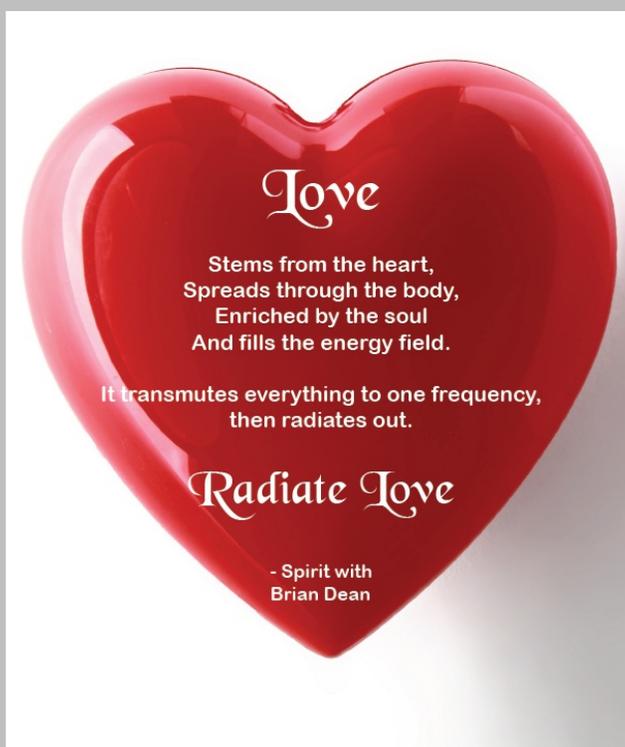


March Special

\$10 off the Regular Price of any Reiki Session

Reiki is positive energy brought in from the universe by someone who knows how to tap into it for the purpose of healing. Every problem in your body has negative energy associated with it. The positive energy of the Reiki hopefully overcomes the negative energy, healing the problems. Reiki is not massage, but a warm, gentle, relaxing method of healing. It is the laying on of hands. Energy is transferred through the practitioner and into the subject, and then goes where it is needed most. Reiki energy goes through clothes, so a person can remain dressed the entire time (unless combining it with massage).

Receive a Reiki Session from Any Caring Palms Therapists, and get \$10 off the regular price.



Room for Rent

We have a room for rent to a holistic practitioner starting March 1, 2020. We have a small group of mindful people that work together in creating a place of healing. We welcome anyone in the healing arts to join our environment. Rent is \$500/month.

Looking For New Therapist To Join Our Staff

Caring Palms Healing Arts in Jacksonville Beach is looking to expand our staff. We have above average competitive pay and expanded time with clients. We are a team, and help each other with expanding our knowledge, and tricks of the trade. Expertise.com rated us one of the top 16 massage establishments for 2020 (as well as previous years), and we continue to strive for that excellence. We provide a Zen

Message

In a class recently, there was a message passed from spirit which included a unique scientific fact as well as a good outlook...

Sunflowers face the sun and follow it as it crosses the sky. At night, they turn and face each other. During the day, they draw strength from the sun. At night, they draw strength from each other. A good outlook for life.

Group Trance Healing

Brian is starting to offer trance healing sessions for small groups of people. Please email us if you are interested in attending and receiving a healing from Brian in a group setting. We will provide more information via personal email.

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: [Questions](#)



Group Past Life Regression

Saturday, March 14, 2020 at 1:00pm, \$30

Pay at the door, or [Register Online](#) now

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.

Ascension Theory Workshop Ascension Theory: Working with Spirit

Energies and Using Them in This Life

Topic: TBD

Saturday, May 2, 2020, 1:00pm, Cost: \$25

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.

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.

Manifestation Workshop: A Survey of Various Techniques with Laura Bogen

Saturday, May 30, 2020

Time and cost of this workshop will be announced

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.)

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.

Evolution of Communication by Monique Bailey

We have lost the art of communication. Today's society has evolved communication into a text, email, or emoji. We have gotten away from the foundation that builds relationships between people. Communication is necessary to exist in this world. For some of us it comes very easy to express ourselves, others not so much. We can also find it easier to communicate with an animal over humans. It can be more comforting to not get feedback all the time and just be heard.

The foundation of communication in oral and non-oral forms, to list a few: body language, eye contact, tone in the voice, and listening. This is where we should start. Listening is the most important part of communication. If we are unable to hear what others are saying or perceive an interpretation incorrectly then we are not able to communicate to our most effective ability. Advice I was given was to "keep my ears open, and my mouth shut." Of course I was taken back that I was told this but I followed direction and was shocked as to how much more I learned from just being present and being able to not concentrate on a reply or advice but just to take it all in. I was able to understand the full spectrum of the situation and if I had gone into it thinking that I had to speak I would have been distracted in what words I was going to respond with.

How many people still read body language? Do you still think it is a relative important tool to use with communication? The subtle hints in how a person reacts or behaves in a situation can help you understand where they are at that time. Are they comfortable, nervous, annoyed, distracted? Body language can be a key to that understanding. Are their arms crossed, facial expressions changing, taking a step back, or forward? Are they becoming aggressive in a situation? Understanding these little tells can help you approach and communicate better. Body language can let you know the persons approachability and even if you want to continue to have an encounter with that person.

Human touch is another missing link in our newfound communication a handshake, hug, a smile. We have replaced touch with the emoji wink face or heart symbols, and at some point we all understood that the etiquette of communication is now accepted with the evolving technology. There is nothing wrong with this advancement, just that the foundation blocks will be lost along with a true understanding of what communication once was.

How do you want to be heard?

An Open Mind By Brian Dean

Minds are like parachutes. They only function when they are open. – Thomas Dewar

We at Caring Palms do a lot of energy work... Reiki, White Light, Trance Healing. But a lot of that depends on the open-mindedness, perceptions, and expectations of those receiving it.

Because energy is just that, it can be blocked by someone who is actively disbelieving. (The same is true for regular medications, but that's a story for another day.) As long as the person receiving the energies are open to the possibility of it doing something, it can. They don't have to be a believer. They just have to be open. But this is only part of it.

A person's expectations are probably the biggest key to whether some type of energy healing works or not. If the person about to receive the energy, expects certain things to happen, they will unconsciously block the effect if those expectations are not met.

For example, I had someone come in for Reiki, and as I told them to get on the table, they asked, "Don't I need to get undressed?" Well, no, as Reiki goes through clothes (and this is true for a lot of energies, but not all). They asked, "Are you sure?" Well, seeing as I have been doing this for 20+ years, I think I know of which I speak.

But the truth is that if this person really believed that they needed to undress for the session, they would block the energies if their expectations were not met. (If they truly believed they needed to be standing on their head to receive it, then they must.) This is true for many things. We set up expectations of processes and feeling. If those processes don't meet our expectations, then we don't believe that they worked, and once we go down that path, we block it. (Have you ever gone somewhere for some type of healing, and the process was quick and painless, and you said, "Is that it?")

Sometimes, it is far easier to give into a client's expectations than it is to convince them otherwise. So, this person believing they needed to undress for Reiki, actually has to do that because no matter what I say as a therapist, they will still have that doubt.

Our brains are amazing things. They create situations that must be matched for them to allow healing to work. Sometimes those situations can be embarrassing, or uncomfortable, or downright painful. Ask my wife's mother who believes that unless the doctor hurts you, the treatment doesn't work.

And then, what was the client expecting from the healing session? Did they expect the world to start rotating differently? Did they expect all of their problems would be gone forever? Energies work in subtle ways. Sometimes they do miraculous things. But sometimes they don't work at all. And depending on what energy is being used, it could be the decision made by the intelligence of the energy that determines what it does.

The final piece is perception. Many people can not feel energies. If a therapist is sitting there sending energies a couple of feet to a recipient (as happens in the deepest level of trance healing), and the receiver feels nothing, the process fails because the receiver has allowed doubt to enter the equation. This is why we touch when doing most of our energy work as the touch makes people feel that something is happening.

The bottom line is that no matter how good we are as healers, no matter how good we are with energies, we have to overcome expectations and perceptions. And as receivers, when things don't work, we need to ask what would have made the difference.

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

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

Reiki 2

- April 18 (Saturday) 10am - 5pm
- July 22 (Wednesday) 10am - 5pm
- October 24 (Saturday) 10am - 5pm

Reiki 3

- May 23 (Saturday) 10am - 5pm
- 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)
- 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

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.

Caring Palms Hosts Guided Meditation with Euboea

Weekly on Monday evenings, cost \$10

Yoga Nidra is a deeply relaxing and restorative, sleep-based, guided meditation that helps take one out of the thinking mind and into the feeling body. The practice aids in unlocking the natural healing potential from within. No prior experience required.

Get comfy! Bring your mat, blanket, knee bolster and pillow for reclining on the floor or sitting in a chair for about 45 minutes.

Come join our weekly, small group practice on Mondays at 6:30 PM sharp. Arrive a little early to sign-up and settle in. Space is limited.

Direct your questions to Euboea at ohboya555@gmail.com. (Caring Palms also teaches meditation in their regularly scheduled hours.)

Modality of the Month

Reiki

Myofascial 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](#)

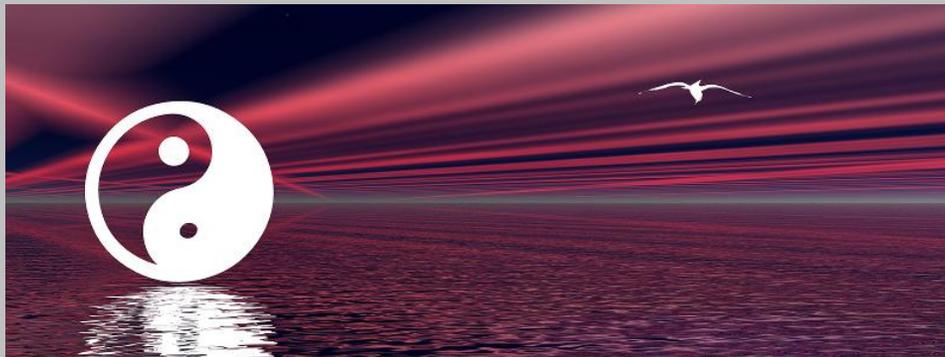


[Reiki](#)

(Click on picture or description to see video)

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.



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STAY CONNECTED

