



Caring Palms Healing Arts Newsletter October 2020

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2020 Top 16 Massage Establishments
serving Jacksonville

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

I hope you enjoy what we have compiled here.

Looking for Bodies

Brian will be taking classes in October in Hawaiian Temple Lomi Lomi to fill some of his continuing education requirements. Feeling that it is still too early to be taking live classes the normal way (in a classroom with a group doing massage), the classes will be online through ZOOM. Brian will be working live in the comfort of his own studio while the instructor observes over the computer through the Zoom meeting platform. To that end, he needs people to work on. This would be the last two weeks in October, Tuesday, Wednesday, Thursday (Oct 20 – 22 and Oct 27 – 29), one hour per day from 3pm to 4pm. It does not need to be the same person each day. All the person will need to do is lie on a massage table and get worked on.



If interested, please call Brian and let him know.

A doorway is a transition point along your path.

Doorways open,
and doorways close.

But they always take you
from one point
in your life to another.

You can go kicking
and screaming,

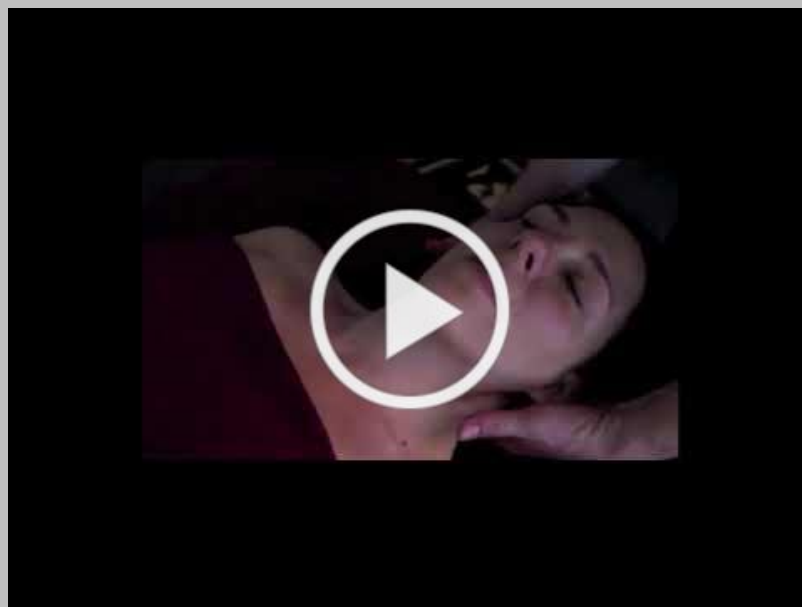
or with your eyes open,

or blindfolded,
trusting the universe to
take you where you need to be.

- Spirit with Brian Dean



Caring Palms has a new video titled "What Is Massage?". It is an explanatory look at what massage is, what it can do for you, and what happens during a session. Most of the explaining is done in the first six minutes with shortened demonstrations of each style and verbal explanations of those. The entire video is 40 minutes, but if you are familiar with the styles, or have seen the full videos, you can stop it at any point. Please enjoy.



[What is Massage?](#)

Halloween, Saturday, October 31

Caring Palms will be closing early on Halloween so we can prepare for the monsters to come out. (That is provided that Trick or Treating is allowed this year.) I am probably looking at a close time of 2pm, but that will be revised as the day gets closer, and we know more information.



**Sometimes, things come into a holding pattern.
They wait for the time and the energies to be right.
Eventually, things start moving again, and when they do, strap in for the ride.**

- Spirit with Brian Dean

The Path **by Brian Dean**

I talk about paths a lot. Trying to stay on one's path, to follow that path to where you need to be. Sometimes it is like I'm telling people to follow the yellow brick road. Well, maybe I am. Following your path is like following an unknown road to an unknown destination, as we don't necessarily know where we are truly going. But that path is still there whether we can see it or not. To make it more complicated, there are many paths.

We each have a choice over which path to take, and the funny thing is that they can all lead to the same place. Yes, one can always reach that magic destination no matter which path they take, the key is that the quality of the path. Which one will get you there with the least trouble? Which one puts you on the interstate, and which one steers you through downtown Poughkeepsie?

Each path has things to learn so we can grow. Each path has its challenges, as without challenges, we wouldn't learn anything. But it is our choices that take us to where the challenges are relatively easy, or extremely hard. And this is dependent on whether we are learning the lessons or not. If we keep fighting the changes, battling for every inch, then we must not be learning quickly enough.

I know that I have been through many changes in my life, most of the in th last 25 years. I've gone from knowing everything to not knowing much. I learned that the more I know, the more I had to learn and the more there was to be learned. I've gone from beating my head against the wall and battling back at everything in my way to rolling with the punches, accepting them, and letting them go by.

The key is that your path is your path. Others can not tell you what your path is. And no matter how hard they try to take you down their path, it is for them only. Even healers can only help you find that path. They can't take you down it, only help you see it for yourself.

I had a dear friend who had cancer. She was doing what the doctors told her, adding essential oils, Reiki, other energies and healing modalities. Then she had the worst night of her life, and started calling her friends (at 2am). Only one answered. This person convinced her that everything she was doing was the devil's work, and that she could only heal if she accepted Jesus. She threw away everything she was using, and went on faith alone down this path. She now resides on the other side where she is happy and doing healing work. Would she have been there if she had not dropped her other modalities. I don't know. Probably. But I feel she may have lasted longer.

Now, I don't put down anyone's faith. I feel that if it works for you, then great. But don't force others down your path. I feel the same away about my writings, (like this one). If it resonates with you, then use it. If not, let it go.

My point is... go with what your gut tells you to do. You are the only judge on what you should be doing. Don't let someone else force you down their path because they believe it is right. That path is for them. If it resonates with you, then follow it as long as it does. Then find the next 'right' direction.

Everyone is different, and should be considered in that manner. Choose what works for you. You'll know



How Do You Get Out of a Spiritual Slump? by Brian Dean

Slumps. We all get in them. Something that was working so well has stopped. We have trouble doing what came to us so naturally, so easily. It was almost second nature, or maybe it was second nature. But now, it just doesn't work. You can't touch it. You can't feel it. So we struggle. We struggle to find that rhythm, that movement, that key that will bring it back into focus. And then we doubt whether it will ever come back.

Most commonly, we talk about a baseball player getting in a hitting slump. But they are not the only ones that get into slumps. Singers, performers of all kinds, writers, and yes, even spiritualists.

I can relate most definitely to this. I was closed for four and a half months. During that time, I did no massages, and little spiritual work. Yes, I did the occasional sending distant energy, the occasional counseling over the phone, but for the most part, I did nothing. I worked on other projects. They were my creative outlet.

Oh, I was doing good for the first month. I was meditating daily, getting exercise. The exercise continued, but in the form of working on projects. But the meditation slumped off. I stopped being able to go so deep. I believed I felt my connection waning. Of course, when I was needed, it was there. And that is how spirit works.

I can feel like I am not connected to anything, but as soon as someone asks for help, all other thoughts go out the window. The energies I need are there, no matter how unsure I am. Spirit makes sure they are there.

Imagine not doing much energy work for four months and then the first day open I am faced with using white light to clear chakras and Reiki sessions. That was what I was faced with. And while the connection to white light was a little more forced than I was used to, it was there and did what it needed to do. So was the Reiki. (I was sitting there going "Hmm, I remember Reiki".)

A big part of any gift involving spirit is to practice. I guess that can be said of any talent. You have to practice to stay sharp. But one has to know that the gift never leaves. There is always that hook to open back into it. part of that has to do with telling yourself that spirit is still there and notice them in little ways. Those thoughts that pop into your head, the knowing that something is right. These are all supplied by spirit.

I made it a practice of thanking spirit at the end of each day for the work they had done that day, even if I had not been working, or doing energy work of any kind. That lets them know that you notice, because I

do notice all the little things they do, or at least some of them.

But that is only a start, yet that alone is of huge importance. Meditating is another step, and don't be surprised if it does not work as well at first. Keep at it. That magic moment will happen when you know it is still there. That does not mean you will feel that way the next day, but eventually, it will be more regular.

But I think the biggest key is to stay positive and believe. You won't help yourself by going down the negativity rabbit hole. I know I didn't. Try to stay on the positive side of things. But believe. You'll be surprised what you can do if you simply believe.

On a Side Note

While I talked about not doing energy work in over four months, I had not done massage for that long either. I was setting up the "What is Massage" video, and part of that was to take a few minutes out of each full video to put in it. It caused me to watch a lot of them and see moves that I had completely forgotten about. Yes. Spirit moving in mysterious ways.

Classes and Workshops

We have a number of classes and events scheduled throughout the end of the year. The normal Reiki and massage classes have dates scheduled, some of which have people signed up for them. More class dates will be published for next year and go on the schedule as soon as they are created.

The workshops (Past Life Regression, Ascension Theory) are currently on hold until things calm down for a bit.

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

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

- October 10 (Saturday) 10am - 5pm **Confirmed**
- November 11 (Wednesday) 10am - 5pm

Reiki 2

- October 24 (Saturday) 10am - 5pm

Reiki 3

- November 21 (Saturday) 10am - 5pm **Confirmed**

All classes are open to anyone wanting to learn this unique method of hands-on healing. The cost for each class is \$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.

- Look for more classes on the schedule next year!

All classes are scheduled to be held at the Caring Palms Studio. Should the location change, that change will be on the website and students notified.

Maximize your results with less effort. Utilize the science of martial arts and apply it to massage. Advanced Body Mechanics and Techniques for Massage Therapists, is designed to reconnect the massage therapist with proper body mechanics and techniques while putting a new twist on things and showing how to get more pressure with little effort. While it does go over some basics, it takes body mechanics to a new level where every move involves the use of the therapist's entire body so they can work without hurting themselves. The class being part lecture, part hands-on practice takes positions, centering, and the proper use of body strength from Japanese martial arts and applies them to the art of massage therapy. It also shows how to focus one's energies to increase their strength with simple exercises meant to teach the student how to 'think' beyond where they are working so they can get deeper into the client and to channel their energies to the point of thought. The student will learn how to focus their energies and use their body to do deep work and not get hurt. This class will help anyone to work deeply with less effort no matter if one is 90 pounds or 250 pounds. This class is for both the seasoned therapist and the new therapist. It will show moves everyone does, but in a new light as well as moves many people may not have seen before. The idea is not to dictate how to practice, but to show better body mechanics which the therapist can adapt to what they do. This is true whether they adapt all of it or just part of it.

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.

New Procedures due to the Pandemic

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.

Also, if you normally refuse to wear a mask when going about normal errands, please wait to come in. If you have been in large groups that do not wear masks, please wait to come in. If you know that you have been exposed to people that have COVID, please wait to come in until you know you do not have it. This is for our safety as well as yours.

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

