



San Diego Reiki Corps, 3755 Avocado Blvd. No. 111, La Mesa, CA 91941-7301, sandiegoreikicorps.org

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Tribute to Phil Poisson

At our Feb. 5th Gathering, we came together to celebrate the amazing life of our dear friend and founder, Phil Poisson. Serena Poisson shared a wonderful video montage with us that their children created. It reminded us that Phil was well loved in all the aspects of his life. Serena read personal letters to us that were tributes to Phil from his Navy career and his Reiki journey. There was a single thread that continuously highlighted his caring for each of us whether we were a Navy buddy, a patient at Sharp, his loving wife and family, or an SDRC member. We will miss him terribly and are blessed by the time he was with us.

There is a military ceremony of inurnment for Phil at Rosecrans on Thursday, Feb. 23rd. You should have received the specific instructions for this by email. All are welcome to attend.

From the President



Kathy Cueva

Have you heard that 2012 is the year of manifestation? Well, it's certainly true for us! We are off to a great start! We have a new website design, a new Board of Directors, several new community outreach programs, and some great new classes coming up. We would love to hear from you with your ideas for future gatherings and community outreach opportunities.

We are also looking for people to contribute to the website. Is there a great new book you recommend we read? Is there a website you refer to constantly? Is there another treatment modality you use that you feel expands your practice and brings another level of wellness to your patients and clients? Do you practice Jin Shin Acutouch, Biofeedback, Deeksha, or EFT?

I believe all Reiki practitioners bring different gifts and other senses to the treatment setting. What do you bring? We would love to hear from you and learn from your expertise!

Member News

Our members have been busy creating and offering new classes and new opportunities for their students and others in order to help them successfully move forward on their Reiki journey. We are dedicated to supporting and pursuing our stated mission of joining together for “the education, support, and sharing of ourselves in the ways of self-mastery.” We have recently updated our website to more effectively support this mission and we are actively seeking your help to make the website even more effective and supportive of your activities. Please contact us and let us know how we can help you and your practice.

Please check the **Events** page on our new website for details on participating in the following Reiki educational events:

- **Lorraine George** is hosting **Frank Arjava Petter** for a 5 day workshop to teach Jikiden Reiki - May 16 – 20. Lorraine is also conducting classes for Sacred Writing and the Sacred Channel.
- **Serena Poisson** is facilitating a daylong workshop, “**Essential Oils of Reiki**” on May 5.
- **Emmy Martinez** and **Romel Hokanson** are offering classes for all levels of Reiki training - so be sure to check your schedules and the website!
- **MeetUp** has become a significantly effective venue for Reiki practitioners and students who are interested in expanding their study and practice. We have several SDRC members who are active in the MeetUp community. You can find **Chris Chaplin** and **Lorraine George** in the North County areas, **Susan Barrett** and her Reiki TUMMO meetings, and **Romel Hokanson** is currently administering 3 different groups and posting all the SDRC meetings. Thank you, Romel!
- **Go to www.meetup.com**. It’s free and very informative!
- And, remember, as a paid SDRC member, you can list your Reiki events and your contact information on our website. IT’S FREE! Please let us know if there are any classes or Reiki events you are hosting and would like to share with the San Diego Reiki community. We are constantly looking for new ways to get the word out and help you with your practice.

*So many opportunities
and so little time!*



Opportunity

Gatherings

What a great time we had on Feb. 5th at our Gathering! There were 23 of us there to celebrate Phil's life with Serena, share our visions for the future, and get updates on opportunities available to us now and in the future.

Our next Gathering is Sunday, May 6th, and we will have a presentation on "**Essential Reiki Oils.**" Katie Buggs is joining us from Albuquerque, New Mexico, where she is a Reiki Master and Aromatherapist. Her presentation will talk about "the healing influence of the plant kingdom through the use of essential oils as chemical messengers." She is also a friend of Serena's. Serena just shared with us that she had a male client that she used one of these oils on. At the end of the session he said, "I am not sure what you did, but this was *really* wonderful!" She is excited for us to try them! Be sure to check the **Events** page on our new website at sandiegoreikicorps.org and mark your calendars so you will be sure to be there!



Promise

What's new at the SDRC

This is an exciting time for us!

The **Sharp Reiki Program** has added 6 new Reiki practitioners who are also new SDRC members. We are so thankful they have taken the time to complete the currently long, sometimes frustrating, process it takes to become a volunteer! Please welcome

- Jude Barnes, RN,
- Kathy di Fede,
- Susie Gomez,
- Laurie Ream, RN,
- Jennifer Hernandez, RN, and
- Joan Boccio.

Most of them were referred to us through friends who are members or after a visit to a recent Gathering. The current Sharp program is

in its seventh month and we average about 10-15 referrals per day throughout the entire hospital.

Please drop us a note in the **Contact Us** page of our website if you would like to know more!

You may have seen the recent *Union Tribune* article on **Integrative Healing** programs being put into place at VA Hospitals. They currently include massage, meditation, and yoga. We contacted the VA to let them know about the SDRC and the benefits of Reiki for PTSD and offered our assistance. We also contacted Operation Wounded Warriors and gave them the same information. Please let us know if you would like to be a part of this emerging community outreach possibility!