



San Diego Reiki Corps, 3755 Avocado Blvd. No. 111, La Mesa, CA 91941-7301, [sandiegoreikicorps.org](http://sandiegoreikicorps.org)

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## *From the President*

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**Kathy Cueva (I) with SDRC member Stacy D'Aguiar**

## President's Message

Hi Everyone!

These are exciting and busy times for all members of the San Diego Reiki Corps and we are glad to have you with us! Please look through this newsletter and visit our website and you will see we currently have active members participating in community outreach, teaching classes, conducting workshops, and caring for staff and patients in the hospital setting. We are also very excited that we have recently been invited to give Reiki to nurses at Tri-City Hospital during National Nurses Week and to work with Veterans during the annual "Stand Down" experience in July. And, we just finished designing a new banner that will identify us at these events. In order to serve you better, we will be expanding our Board of Directors by adding 2 new members and looking to all of you to help us build teams that can continue our dynamic momentum!

We are also celebrating 6 new SDRC members who bring us to a total of 12 so far this year. Just a reminder that paid membership in SDRC brings you the benefits of being able to have your name listed on our website. Any classes/workshops you are promoting will also be listed on the website and emailed out to the entire membership directly. For a complete listing of benefits, check out the Members page on our website. All this for only \$25 per year!

If you are interested in participating in the Sharp Reiki experience, we would love to have you! Our daily referrals have increased from 5-6 per day up to 15-20 per day. One of our new practitioners, Jude Barnes, RN, works every Tuesday morning in the Surgical Procedure Area (known as the SPA) and routinely performs Reiki treatments on 19 patients, care givers, and staff. She also refers patients who will be admitted after surgery for Reiki treatments while they are in the hospital. She reminds us that she can do 19 treatments because she does not have to walk far between rooms and has to keep her treatments to about 5 minutes to accommodate the craziness of the pre-op setting. We have also been invited to expand the basic program to include the Sharp Rehab facility and are looking for new people to join us there. The doctors and nurses have been so impressed with the effects of Reiki on their patients, that the doctors are now including Reiki in their orders!

Please keep in touch!

Kathy Cueva

## Member News

### Community Outreach at its best!

Reiki Corps members Lorraine George, Alice Spence, Gabriela Hannosh and Jen Carpenter participated in the March 17<sup>th</sup> Women's Resource Fair that was sponsored by the Interfaith Shelter Network.

Lorraine George describes the experience beautifully in her note:

#### **"They Came On Buses"**

*They came on buses, in cars, and on foot. It rained almost the whole day, but still they came. Women. Women from the homeless shelters, the abused women's shelters, and other social service agencies. Some with their children in tow. And they sat before us releasing their burdens into the heart of Reiki - experiencing fifteen minutes of peace and acceptance from the love we hold in our hands.*

*The Reiki booth was hidden way in the back. But still they came. And, they stood in line and waited to have their turn. They wanted to look like the person in the chair in front of them. "Touch me." "Help me feel good, their eyes conveyed." We couldn't stop. The need was so great, the reward so powerful. Gabriella, Alice, Maria, her friend Liz, and I represented the San Diego Reiki Corps.*

*Please consider signing on for next year when it comes up again, as the need is ever present for those who are served.*

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Those who participated also received a lovely thank you note from Rosemary Johnston, Executive Director of the Interfaith Shelter Network, San Diego. It reads as follows:

*For those of you who attended or recruited others, mil gracias! The fair provided services to 483 women and 125 children, down from 800 women and 200 children last year. But with the inclement weather, our planning committee anticipated a drop in attendance this year. In any case, the Reiki was greatly appreciated and probably a new experience for many of those you served. Next year, now that I have your contact info, I will contact you earlier.*

Thank you to everyone who participated and please let us know if you are involved in something in the community that can use even more Reiki hands! We are here to serve!

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*So many opportunities  
and so little time!*

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**A Time of Healing**

## A Sad Goodbye

We lost a dear SDRC member, Christal Elane. The tribute to Christal at her Memorial Service reads in part, "Christal had the courage to live her life by following her Inner Guidance. She believed it was better to make a decision and act on it than to worry about making a decision."

"Her curiosity, attention to details, follow-up skills, meticulous note taking, and lack of fear when it came to asking questions made her an exceptional real estate broker. She and her office and the agents who worked for her were frequently honored as multimillion dollar producers."

"She brought her skills to every aspect of her life from running her home to pursuing spirituality. She studied many healing disciplines and used her skills to help others. Among her many gifts was her mastery in Reiki and she gave of her time as a Reiki volunteer at Sharp Hospital." She was truly a gift to all who knew her.



**Christal Elane**

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## Welcome New Members

We are very pleased to welcome 6 new SDRC Members! Watch our website as we add a new column that will regularly feature interviews with our new members:

- Jen Carpenter
- Stacy D'Aguiar
- Andrea Cueva
- Marisol Quesada
- Theresa Erb
- Maggie O'Brien, RN

Five of these Reiki practitioners will be participating in the Sharp Reiki program. We are excited to have you with us!



## How to Find the Right Reiki Teacher

By Emmy Martinez, Reiki Master Teacher

I received a call the other day from a young man who said he was interviewing for “a Reiki teacher who does attunements.” He went on to say, “I’m gathering information on (Reiki) masters and venues to figure out which is best for me.” This call prompted me to write about how to find the right Reiki teacher; I got the impression from our short conversation that he was more interested in getting “attuned” than taking the necessary steps/class to become a Reiki practitioner.

First, consider that you attract into your life the right person for you at the right time, always, for whatever lesson(s) need to be learned.

Here are some guidelines to use in your search for the right Reiki teacher for you. While there may be many questions you would like to ask in your interview, the following, I think, are the more pertinent. By the way, before you even begin your search, please ask yourself why you want to learn to do Reiki. If your (honest) answer is less than altruistic, you might want to consider looking elsewhere for a new interest.

- **How long has the teacher been practicing Reiki? Teaching?** This assumes the person you are speaking to has gone through the necessary three levels of Reiki instruction, to mastership. It is the Reiki master who has the knowledge to give you a correct attunement for the level of Reiki you are completing, and can guide you in how to give a proper Reiki treatment. Choosing a person who says they have been a Reiki master for 20 years over someone who has only five years, for example, does not necessarily make one better than the other. Yes, 20 years is an impressive number, but has that person been practicing, studying and teaching all that time? Or, has their Reiki been a sometime thing? A Reiki master with only five years of experience may have the experience you need to understand the nuances of the Reiki energy and how to handle situations as they come up. More on that in the following steps.
- **Is the teacher affiliated with a hospital, hospice, or clinic?** Volunteering in a clinical environment will give a teacher a wider sense of familiarity in giving Reiki

treatments to patients who have varying energy deficiencies.

- **Does the teacher perform a daily centering, meditative ritual or routine?** Training the mind to be still and at peace is an added benefit to giving a Reiki treatment. Although Reiki can be given without this preparation, stilling the mind so that it can focus solely on the patient/client at hand will allow the energy to flow freely and unhindered.
- **Does the teacher practice self-healing (Reiki) on themselves every day?** Reiki self-treatment is essential for anyone who is serious about practicing or teaching Reiki. Becoming in tune with the energy in your body helps you expand and deepen your sense of awareness of Reiki energy.
- **What type of Reiki does the teacher practice?** You’ll want to be sure that your teacher has come from the lineage begun by Dr. Mikao Usui, in Japan, and subsequently Mrs. Hawayo Takata who brought Reiki to the West.
- **What is covered in the class? How many hours? Will there be hands-on practice?** The Reiki master should be able to give you an overview of the class you are signing up for.
- **What is an attunement?** Again, the Reiki master should be able to give you a brief idea of what an attunement encompasses and why it is given.
- **Will the Reiki master be available for questions, after the class is over?** Reiki is learned by doing. The more Reiki you practice, the more confident you become. When beginning, however, there are always questions about your practice. You’d like to have someone to reach out to.
- **Does the Reiki master belong to a support group you can join?** It benefits all Reiki practitioners to belong to a Reiki support group where you can meet other practitioners, trade information, ask questions, and learn about opportunities available to you within the community.

I hope these guidelines help you in your pursuit of the right Reiki teacher for you. Have you attracted the right person into your life at this time? Only you will know.