



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

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President's Message

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Breathing in Autumn!

This is my favorite time of the year, even in San Diego. It's our time to renew our energy! We joke about how there are no real seasons here but I can always find leaves changing around me and feel a crisp edge in the air.

As an organization, we have been riding high on this year's energy! We have had two spectacular Gatherings recently with **Elivia Melodey** (www.elivia.com) speaking to us about "**Developing your Intuition**" and **Nedra Abramson**

(www.reikiforallcreatures.com) bringing us great information on "**Reiki For All Creatures.**" We are very much looking forward to our last Gathering of the year on November 17. We will have a panel of speakers on "**Traditional Chinese Medicine, Meridians, & Reiki.**" This was the first choice for topics in our SDRC survey this year so don't miss it! And, we are moving it to the **North County!** If you have a topic you would like to see in our Gathering line up for next year, please let me know.

We are also looking forward to providing a healing energy presence at the **UCSD Melanoma Walk** on **October 19**. This is coming up soon so be sure to check out the info in this newsletter as well as in your emails if you would like to participate! Please feel free to contact us about any other Reiki volunteer opportunities in the community. The SDRC is dedicated to supporting outreach in the community as well as education opportunities.

As always, I hope you enjoy this newsletter. **Serena Poisson**, our membership Director and one of our SDRC founders, has written a beautiful letter to all of us about having pride in this organization and how far we have come since our beginnings. **Nancy Hausauer**, who writes for her website, **The Energy Healing Blog**, (www.the-energy-healing-site.com) has kindly allowed us to include her recent article on "**Space Clearing Energetic Residues.**" So many of us are asked to clear spaces with Reiki.



Nedra Abramson & Mia

I am very thankful for all of you we see at our Gatherings, Outreach events, and Volunteering at Sharp Memorial Hospital. I know you are busy and yet you take the time to bring your wonderful healing hands to those in need. You are all truly amazing!

Kathy Cueva, RN, RMT
President, San Diego Reiki Corps

San Diego Reiki Corps Membership



Several years ago, a group of us sat around a kitchen table expressing our views and hopes for the future of Reiki. We were volunteers at Sharp Memorial Hospital and knew the value of Reiki to those battling catastrophic illness. We also recognized the importance of ensuring that Reiki would continue to be accepted and used by everyone, not just those in hospital or hospice situations. Out of that kitchen table discussion the idea for an organization which would support Reiki and its use everywhere was born. An organization that could also provide credibility, which is needed if it were to be recognized as a viable complementary modality by the medical profession and John Q. Public. Honestly, that was about as far as we got that night. Ensuing discussions solidified the idea of such an organization and the San Diego Reiki Corps emerged from a nebulous idea into a reality.

We've had some growing pains along the way but birthing such an organization surely required some labor pains. And, the result is what you know today as the San Diego Reiki Corps. As the SDRC learned to roll over and then crawl, our thoughts and ideas of what such an organization could grow into took shape. We held the vision that the SDRC would provide a place for Reiki practitioners to come together to share ideas, problems, and solutions; it would provide a forum to keep abreast of the rapidly expanding body of information about Reiki and other complementary modalities; it would provide the opportunity to volunteer at various community events in order to share Reiki's healing capabilities with others; it would also provide a platform for educational opportunities on topics of interest identified by its members.

I believe in Reiki with all my heart and soul. I believe in the San Diego Reiki Corps and that we are currently just beginning to achieve our original goals. We have the opportunity to become the "Poster Reiki Organization" that people all over the country will look to for guidance on how to set up supportive, networking, educating, and have-a-good-time-while-doing-it Reiki organizations.

We recognize our lives are busy: careers...family...friends... and we don't want to put more demands on you and add to an already full calendar. That's why we have four gatherings a year and this year, we put out the year-long calendar so you could plan your full year's schedule. Many of our members who have Reiki practices also belong to national Reiki organizations and they recognize the value of such membership. Some of our members who limit their practice to family, friends, and pets have also chosen to belong to national organizations. All good!! Whether you have a professional Reiki practice; limit your practice to family, friends and pets; or you're just taking a serious look to decide what you're going to do with this thing called Reiki; I ask that you take pride, great pride, in being a part of something on the cutting edge of Reiki progress - being a member of the San Diego Reiki Corps. I also invited you to take an active ownership of that membership and let the board know what you like, what you don't like, and what you would like to see or hear at the gatherings.

And, I also ask that you renew your membership and invite a friend to join.

Many blessings to all and lots of Reiki hugs,
Serena Poisson, Membership Director

Space Clearing



Clearing Your Office (Or Any Other Space) From the Energetic Residues of Energy Healing

Space clearing is important after doing energy healing. In a session, people often release energy, and while it often dissipates on its own, it's just good practice to clear the room -- just like you give a guest fresh sheets, no matter whether the last guest seemed dirty or not!

There are a gazillion ways to do space clearing, and no one right way. Everyone should develop some techniques and routines that work for them. If you do energy work in your home, rather than in an office, that goes double.

Ideas for Space Clearing

In case you need some ideas to get you started, here are a few. After each session (choose one or a combination):

1. If you've got a window, open it. Even a crack will do.
2. If the session has been especially intense, open the window and use your hands to "sweep" the energy from the room out the open window.
3. If you don't have a window, create an energetic one!
4. Sound a bell, chime, singing bowl or gong.
5. Spray saltwater or a light, uplifting essential oil blend (mixed in water) into the air. Citrus e.os. Work well for me.
6. Play a CD with nature sounds. (I love The Relaxation Company's. Very high quality.)
7. If the room is dimly lit, turn up the lights as high as possible.
8. Use an aromatic plant ally to "cool-smudge" the room (i.e. smudge without the plant bundle being lit -- safer and less lung-irritating that way). I usually use rosemary, but use whatever works for you.
9. Light a beeswax candle.
10. Chant or tone.
11. Pray and/or offer the energy of the session to whatever divine principle it is that you recognize.
12. Visualize your room filled with light and/or color. Expand the light/color until it fills the room. Continue expanding it until it is a size and shape that feels good to you.

Deep Cleaning Your Treatment Space

As often as you feel you need to, energetically "deep clean" your treatment space. There are many ways to do this. I usually "sweep" the whole room energetically, paying special attention to anyplace two planes meet (i.e. a corner). This is because energy can tend to stick in corners. Sound is a good way to get it moving again, including using vocal toning, singing bowls, rattles, and clapping. I usually spend some time specifically clearing my treatment table, too.

General Ideas for Keeping the Energy of Your Space Clear

And here are some general ideas for your keeping your treatment room or other spaces clear:

1. Keep a live plant in the room to absorb extra energy.
2. Keep a crystal or stone in the room that absorbs excess energy. I like hematite, but use whatever works for you.
3. If you use music or sound during your treatments, make sure that it is of a very high vibration. No generic "massage music." Nature sounds are great. This helps to keep the energy in your space highly calibrated, so debris or residue from others doesn't hang around.
4. Keep your space uncluttered. If you've got a lot of stuff that you love and just have to display in your space, rotate it. This helps to keep your space physically and energetically clean -- fewer places for energy to stick.
5. Do, however, make sure you have some objects in your treatment space that are meaningful and/or beautiful to you. (Just don't cram the room with them). This helps to ground the energy of the room to you, making it more likely that the energy of others will dissipate on its own. (I would not, however, keep pictures of loved ones in my treatment room.)
6. Take care of yourself energetically. Get energy healings when you need them. This will help move any "non-you" energy out of your space.
7. If your office is in your home, and you're having trouble with energy residue from the healings slipping into your living space, develop a ritual or technique to create and maintain a strong container for your treatment space.

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Melanoma Walk

We Need Your Reiki Hands!

Join us for an SDRC Tradition!

Contact Romel Hokanson at 619-379-2662

20th ANNUAL BRUCE GORDER
**UCSD 5K WALK
 FOR MELANOMA**
 SATURDAY, OCTOBER 19, 2013

