



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

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INSIDE THIS ISSUE

- 1** President's Message
- 2** Gatherings in 2013
- 4** Reiki in Hospitals
- 6** Women's Resource Fair

Fasten Your Seat Belts – It's 2014!

We have a new Board of Directors, new ideas, new energy and a great year ahead of us!

Please join me in welcoming **Angelique Ward** from the Oceanside area and **Jeanette Perez** from the Mission Valley area and all the good energy they bring from those areas.

Our new Board of Directors just met and here are some things you can look forward to:

- SDRC Gatherings alternating between The Carlsbad Dove Library, the Serra Mesa Library and Foothills UMC in La Mesa.
- An upcoming 2014 Survey for you to let us know what your interests are!
- Our February 9th Gathering on Healing Touch and Reiki.
- The SDRC Outreach presence at the March 15th Women's Resource Fair.
- An exciting Reiki Corps "Field Trip" to the **Sacred Hilltop Circles** in Ramona where we are invited to spend the afternoon experiencing labyrinths, having our aura photos taken and getting personal readings.
- A newly designed "Events" page on the website with listings of opportunities for Reiki Practitioners in the community.
- Discussions and planning for a "Greater SoCal Reiki Conference" in 2015.

We are also excited to bring you this great newsletter which includes an overview of all our 2013 Gatherings (we were busy!), an in-depth article on "Reiki In Hospitals" and an overview of our next Outreach Event at the Women's Resource Fair.

2014 is "The Year of the Horse" and the forecast is for a year of "pursuit of knowledge, mental clarity, and spiritual development." Join us in helping the San Diego Reiki Corps achieve those goals for you!

I look forward to being with you!

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



Snapshots of our 2013 Gatherings

SAN DIEGO REIKI CORPS GATHERING
Sage Presentation

Presenter Katana DuFour is a Reiki practitioner and a volunteer at the Lucky Six Farms

She will be talking about White Sage and Lavender, smudging, clearing rooms and ourselves

Suggested Donation \$5

Sunday Feb. 24th 1:30-4:00pm
Foothills United Methodist Church
4031 Avocado Blvd, La Mesa, CA, 91941
in the Youth Center

RSVP by Feb 20th
to Cindy Watson: CinWatson1@sbcglobal.net

What an amazing year of discovery, education, and fellowship we had!

We let the smoke get in our eyes . . .

We had a great time with **Katana DuFour**, from Lucky Six Farms, at our February Gathering as we learned how to grow, harvest, and prepare sage. We also learned how to smudge our homes, our offices, and each other! Katana brought us lavender and sage and talked about smudging and its healing properties. We also learned that there is such wonderful energy in our group when we come together to learn and to play!

We drummed to our hearts content . . .

A big thank you to our Healing Drums Facilitator, **Heidi Johnston**, who donated her time to be with us at our April Gathering. The sound was amazing! Heidi is from the Integrative Healing Services at Sharp Memorial. She is a certified drum facilitator as well as a Healing Touch and Reiki Practitioner. She uses drumming as a therapeutic modality for groups at Mesa Vista as well as other groups within the Sharp system. She brought her expertise to our Gathering and led us to create an amazing relaxing and healing experience for all who participated. Thank you Heidi Johnston!

SAN DIEGO REIKI CORPS GATHERING
DRUMMING HEALS!

Sunday April 21st 1:30-3:30pm
Foothills United Methodist Church

Presented by:
Heidi Johnston,
Certified Drum Therapy/Drum Circle Facilitator

4031 Avocado Blvd, La Mesa, CA, 91941
Downstairs in King Hall

Donation of \$5 for room costs

Bring your drums and percussion!
Some instruments will be provided

RSVP by Thursday April 18th
to Cindy Watson: CinWatson1@sbcglobal.net

SDRC Gathering
Develop your Intuition!

Elivia Melodey
Psychic-Medium
Spiritualist Minister
Reiki Master
and more!

Elivia will be bringing her fabulous crystals.

When: Sunday July 28 2013 1:30-3:30pm

Where: Foothills United Methodist Church
4031 Avocado Blvd, La Mesa, CA, 91941
Youth Center Upstairs

Donation: \$5

RSVP by July 24, 2013 to CinWatson1@sbcglobal.net

We learned how to improve our intuition . . .

Thank you, thank you, thank you to each of the 57 attendees (a new SDRC record!!) we had at our July Gathering with **Elivia Melodey**! We learned how to understand, develop, and expand our intuitive abilities! As Reiki practitioners, we use our intuitive skills to read energy beyond the physical body we work on. It was fun and rewarding to watch the show of hands when Elivia asked the group how we receive messages while giving Reiki treatments. Touch? Taste? Sight? Sense? We learned that we are each different and have different gifts. We also learned that we are an incredibly talented group!

We learned how to return our pet's unconditional love . . .

“Reiki for all Creatures” was a great success! SDRC Member, **Nedra Abramson**, spoke about Reiki with animals as well as acupuncture meridians we can use to calm our animals. Nedra opened with a story about giving Reiki to a Rosie Boa with an abdominal incision and stitches still in place. As she held the snake, it curled around her arm until just the area of stitches was between her hands and then stayed there for the session. Our special dog patient, Mia, very much enjoyed all of the energy she received. Nedra showed acupoints on dog meridians that ease grief, pain, digestive issues, skin issues and more. It is amazing what we can do with our well placed Reiki hands!



WOW! Reiki and the meridian/energetic body system . . .

Our November Gathering moved to the **Carlsbad Public Library**. Thank you, all of our North County members, who have been faithfully making the trek to East County. We hope the Carlsbad Library will be a good fit for us so that we can alternate locations as we move forward. This Gathering featured the number one topics on our member survey, Reiki and the meridian/energetic body system. **Adam Meyerowitz, L.Ac** from Ancient Ways Healing gave a great presentation about Reiki and the meridian/energetic body system. **Julie Simonton, L.Ac** from the Acupuncture Center of La Jolla provided more direct information about treating meridians associated with a lot of the complaints/symptoms we see in our Reiki clients, including grief, anger, depression, focus, pain, and sleep. Together, these speakers gave us more great tools we can include in our Reiki toolbox to help our clients!

★ We Are Meeting In North County!!! ★

Reiki, Meridians and Traditional Chinese Medicine

SD Reiki Corps Gathering
Nov. 17th, 1:30-3:30pm

Carlsbad City Library
Gowland Meeting Room
1775 Dove Lane
Carlsbad, CA 92011

Guest Speakers:
Adam Meyerowitz, L.Ac
Ancient Ways Healing
Julie Simonton, L.Ac
Acupuncture Center of La Jolla

\$5 Donation requested

The room is limited to 40 so please RSVP soon!

RSVP by Nov. 14th to CinWatson1@sbcglobal.net



Keep an eye on your email, our website, and our Facebook page for postings of the 2014 Gatherings. We don't want you to miss these great opportunities. And, please feel free to contact us if you have suggestions for future speakers and topics!

Reiki in hospitals: Is energy therapy effective in conventional facilities?



Many hospitals allow Reiki for their patients as a complementary therapy to conventional treatments. (Shutterstock)

NOTE: This article is reprinted with permission from [Silvia Casabianca](#). It originally appeared on May 20, 2013 on the [Saludify](#) website.

Demystifying Reiki might open the doors to a natural healing practice that provides pain relief, sedation and relaxation to patients.

Reiki, as defined by the National Center for Complementary and Alternative Medicine (NCCAM) is “a complementary health practice in which practitioners place their hands lightly on or just above the person, with the goal of facilitating the person’s own healing response.” However, the general public is still mystified about the benefits of alternative and

complementary medicine and specifically about different forms of energy healing.

The National Institutes of Health (NIH) categorize Reiki among the biofield medicines, which use “subtle energy fields in and around the body for healing purposes.”

Worldwide, Reiki is already used in some hospitals and mental health facilities, not as a substitute but as a complement to conventional treatments.

A study completed in 2007 by the National Health Interview Survey showed that 1.2 million adults and 161,000 children had received one or more sessions of energy healing such as Reiki in the previous year. And, according to the American Hospital Association, 15 percent (over 800 hospitals) in the United States offered Reiki to their chronic, terminal and pregnant patients.

In his TV show, Dr. Mehmet Oz, one of the leading cardiovascular surgeons in the country, has actively promoted the use of Reiki.

Oz even allows the use of Reiki during open-heart surgeries and heart transplants at the Columbia Presbyterian Medical Center in New York where he works.

In his January 2012 episode, he said, “I’ve worked and trained in some of the finest medical schools and hospitals in this country, and I know firsthand the amazing miracles we can achieve with modern Western medicine, but I also know that for centuries, people around the world have developed alternative therapies that treat the body, mind, and the soul.”

Then he proceeded to advocate for the use of methods such as Reiki as a healing art. His wife is a Reiki Master.

Dr. Oz even offered a live demonstration during which author Pamela Miles laid her hands on an audience member who had a headache. Within minutes, the headache was gone.

It is not unusual to find people who automatically identify energy healing or even alternative medical systems like Ayurveda or Acupuncture as quackery.

It’s true that there is not enough funding and there is still much research to be done to categorically prove the benefits of these practices. However, could it be a coincidence that Reiki has become so sought after all around the world?



Reiki, as a natural healing therapy, does not involve any dogma or religious indoctrination. (Shutterstock)

People report going to a peaceful state while the Reiki session is taking place. Pain is relieved, anxiety decreases and patients experience different physical sensations in the body such as warmth and tingling.

Founder of the method, Mikao Usui, presented Reiki as “The secret method for inviting happiness and the spiritual medicine for all disease.” But he didn’t limit his method to the laying on the hands. He invited followers to a spiritual path along these five principles:

- Just for today do not anger
- Just for today do not worry
- Give thanks for all of your blessings
- Honor and respect all living things
- Work honestly (on yourself).

And because Reiki aims at healing body, mind and spirit, the practice has also been subject to some religious battle that includes demonization by certain sects.

In the 1970s, when Reiki was introduced in the United States, it was presented as a tradition initiated by a Japanese Christian monk. But the founder, Mikao Usui, was actually a practicing Buddhist, which is probably the reason for the U.S. Catholic Bishops warning a few years ago against the use of Reiki. They called it an unscientific, unproven, and, worse, “[dangerous to Christian spiritual health](#)” practice.

Paradoxically, the Catholic Church does accept the existence of a “charismatic” or spiritual gift, miraculous abilities given by the Holy Spirit that include hands-on healing. But apparently, they consider this an exclusive privilege for Catholics.

Father Richard McAlear for example, has become famous for his healing gift. You can read in his [website](#) that, “Father’s gifts of teaching and healing are powerful indicators of the healing love of Jesus Christ being poured out on today’s world.”



Anybody can receive Reiki. (Shutterstock)

Reiki in Catholic hospitals

Reiki practitioners have been volunteering at Catholic hospitals for decades. It seems that after the Bishops’ warning, they just continued to alleviate terminally ill patients, chronic patients and pregnant women by calling Reiki something else.

There are about 100 hospital Reiki programs in existence in the U.S. In fact, Reiki helps cut costs by reducing the need for analgesics and reducing the hospital stay.

A study at the Hartford Hospital in Connecticut showed that patients receiving Reiki slept better, had less pain and experienced less nausea.

At Columbia Presbyterian Medical Center a Reiki practitioner assisted in 11 heart surgeries, including heart transplants. Even though the study was small and there was no formal control group, the patients who received Reiki didn’t report the typical post-op pain, leg weakness or depression.

Reiki has also been proven to reduce stress and anxiety by inducing deep relaxation states.

The [Center for Reiki Research](#) has 33 studies of evidence-based research summaries available.

Placebo effect or not, Reiki seems to work even when the receiver is a skeptic.

Why would the Catholic Church in the United States feel threatened by a healing modality that might lack enough scientific evidence but is at least obviously harmless?

The Bishops said that “Since Reiki therapy is not compatible with either Christian teaching or scientific evidence, it would be inappropriate for Catholic institutions, such as Catholic health care facilities and retreat centers, or persons representing the Church, such as Catholic chaplains, to promote or to provide support for Reiki therapy.”

Reiki is never harmful

Why would a healing tradition that “invites happiness” but has no doctrine or dogma have to be “compatible” with Christian teaching or scientific evidence?

“Because it is possible to be healed by divine power does not mean that we should not use natural means at our disposal,” the Bishops’ doctrine said. However, Reiki is promoted and recognized precisely as a natural means for healing.

The problem might have originated among some Reiki practitioners who have identified the “universal energy” channeled by the Reiki practitioner with the divine healing Christians talk about.

The Bishops said they could not accept the fact that this “healing power” could be at human disposal, even though Charismatic priests and nuns offer healing masses and Christians believe they can access [divine healing by prayer](#).

Reiki practitioners clearly state they have no “special power” and they are simply instruments or “channels” of divine or universal energy.

Reiki is a tradition passed down from a Reiki master to a pupil and learned in three levels that successively address the physical, the emotional, the mental and the spiritual aspects of the human being. Anybody can learn Reiki and anybody can receive it as well.

2014 Women’s Resource Fair

More than 500 women and 100 children and teens attended the 24th Annual Women’s Resource Fair on March 9, 2013, and received medical, legal and social services from more than 100 organizations.

This year’s event will take place on Saturday, March 15, from 8:30 a.m. to 2:30 p.m. in Golden Hall – Downtown, 202 C Street, San Diego 92101.

This is a great Outreach Opportunity to share your Reiki skills and compassion with those in need! This will be our 3rd year supporting this great event. For more information or to RSVP, please contact **Marisol Quesada** at marisol.quesada@gmail.com or check out our Facebook page by visiting our website and clicking on the Facebook button at the bottom of our Home page!



25 Years

SDVLP
SAN DIEGO
VOLUNTEER LAWYER
PROGRAM
Pursuing Justice | Thriving

Invites you to join in the 25th Annual

WOMEN’S RESOURCE FAIR

Empowering Women in Need

Saturday, March 15, 2014
8:30 a.m. to 2:30 p.m.
Golden Hall – Downtown
202 C Street
San Diego 92101

Visit www.wrfsandiego.org for more information

This is a FREE Event!

FREE SERVICES AT THE FAIR INCLUDE:

- ✓ Medical services for women and children, including pap smears and mammograms for qualifying women.
- ✓ Confidential legal consultations regarding family law issues, child support, domestic violence, restraining orders, public benefits programs, immigration, housing, and consumer protection
- ✓ Help with obtaining financial assistance including TANF, CalWorks, Medi-Cal, General Relief, Food Stamps and Social Security
- ✓ Education, spiritual and employment counseling
- ✓ Self-defense, job application and resume, and personal care seminars
- ✓ Shelter referrals
- ✓ Complimentary breakfast and lunch provided to all participants
- ✓ Registration is the day of the Women’s Resource Fair. No pre-registration!
- ✓ For more information visit www.wrfsandiego.org or call (619) 338-6620

FREE CHILD CARE:

- ✓ Activities, breakfast, and lunch for children up to age 16.

FREE TRANSPORTATION:

- ✓ The Women’s Resource Fair will work with large groups to arrange transportation from areas geographically distant from downtown San Diego. Transportation Request Forms may be filled out at www.wrfsandiego.org before March 1st. Requests are processed on a first-come, first-served basis and space is limited!

FOR INFORMATION ABOUT VOLUNTEERING:

- ✓ Register on our website at www.wrfsandiego.org (BILINGUAL VOLUNTEERS NEEDED)