



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

February 2015
Volume 19

[Welcome to the 2015 San Diego Reiki Corps!](#)

INSIDE THIS ISSUE

- 1 President's Message
- 2 Homeless Connect
- 3 2014 Year in Review
- 4 2015 Labyrinth Trip

We are excited for a great year ahead that includes new SDRC Board Members, Educational Gatherings, Outreach Opportunities in the community, and the 2016 Greater SoCal Reiki Conference planning and fundraising.

First, I am happy to introduce our new Board Members – **Mary Joy Neuru, Chris Chaplin and Sandra Wennhold**. They are committed to bringing creativity, new ideas, experience and a new focus on working together to the organization. Each is a very active Reiki Master. All bring tremendous experience gained from owning and running their own business. As you may know, after four years as President, I will be stepping away from the Board to focus on

my own Reiki School and Practice. As the year progresses, we will also be looking for a new Healing Request Coordinator, a Newsletter Editor and an Outreach coordinator. All of the Board members are building teams that will help move the SDRC and the practice of Reiki into the future. We believe this is a great opportunity for you to get involved and help this amazing organization grow and support San Diego's Reiki practitioners. Please keep an eye on your emails, the website, and our Facebook page and let us know where you would like to participate!

We have dedicated 2015 to coming together as an organization and increasing our membership as we reach out to Reiki practitioners in Southern California. Did you know that we are one of the largest organizations dedicated to Reiki practitioners? What does that mean to you? **Our Mission Statement** says in part, *"The primary objective of the San Diego Reiki Corps is to create a Reiki community in which its members can join together to educate, support, and share experiences among ourselves and with others in the ways of self-mastery through the practice of Reiki."* We will be reaching out to you for your ideas for upcoming Gatherings and new and wonderful group activities. To help grow our membership, we developed two new promotional items, an SDRC trifold brochure presenting membership benefits and a 4-pack of cards you can use with your students. I have included them with this newsletter and they are available on the SDRC website on the Members page. Please hand them out to prospective members and to anyone who would like to learn more about the SDRC.

I mentioned the **2016 Greater SoCal Reiki Conference**. That is just the working title at this point as we believe there will be all types of healing presentations included. We are planning a one day conference in San Diego with a keynote speaker and breakout sessions with relevant topics and new "tools" of interest for you. We have invited an internationally known speaker and author to join us for a presentation on the origins of Reiki and are hoping to fit into his schedule. **This is the year to join the SDRC!** Invite your students and friends to join and/or renew your membership.

Membership Benefits!

- Attend exciting gatherings with interesting Reiki topics.
- Network with other Reiki Practitioners.
- Publish your name, email, and website on the SDRC website.
- List your classes, events, and Facebook page on the SDRC website.
- Receive direct emails for SDRC opportunities, classes, and events.
- Link your website to and from the SDRC website.
- Access opportunities to practice Reiki in community and hospital settings.
- Participate in leadership opportunities on the Board or committees.
- Stay current through direct email notices, newsletters, and access to online social networks.
- Access great mentoring opportunities.

All this for only \$25 annually!

Join today by going to:

Sandiegoreikicorps.org and click on Members



Fundraising for the SDRC this year kicks off on March 8. The **Reiki Wind School & Healing Center** is holding a Reiki Workshop in La Mesa. It includes four great speakers, an afternoon with Reiki friends new and old, some “retail therapy” with our friend **Elivia Melodey** and her wonderful crystals, and six gift certificates and coupons from our very supportive friends at **Amethyst Moon** in La Mesa. There are amazing items and baskets that have been donated and **all of the proceeds of the auction** will go to the SDRC’s 2016 Greater SoCal Reiki Conference budget. We are looking at additional ideas throughout the year that may include Sound Healing concerts, a “SPA day” with multiple healing modalities, a Reiki “gift bazaar,” and Reiki clinics held for donations to the SDRC. We are busy, we are excited, and we could use your help!

Many of the notes we get through our website’s “Contact Us” page are from Reiki practitioners new to the area who want to get involved. We always invite them to join us for all SDRC events. We also recommend they look into the wonderful Reiki volunteer opportunities at Sharp Memorial Hospital, Elizabeth Hospice, and Apreva Hospice, and to watch our website and Facebook pages for opportunities to do Reiki as community outreach. We also list active Reiki MeetUp groups and other scheduled Reiki classes and events on our website. Are you looking for a way to further your practice? Stay tuned! We don’t want you to miss a thing!

Surrounding you all in the love and light that is Reiki,

Kathy Cueva, President
San Diego Reiki Corps

Project Homeless Connect



Thank you to our SDRC practitioners who spent the day downtown with their healing hands at Project Homeless Connect. This included **Ernie Linkous, Shana Graves, Joan Boccio, Marisol Quesada, Andrew Tremblay, Shirley Weaver and Kathy DiFede**. **Rosemary Johnston**, from the Interfaith Shelter Network, sent a thank you note indicating they “registered more than 1,100 people at the event.” Here are Joan and Shana giving Reiki to a client and the flyer for the event.

SAN DIEGO HOUSING COMMISSION

The 9th Project Homeless Connect
We're About People



PROJECT HOMELESS CONNECT
Downtown San Diego

Date: Wednesday, January 28, 2015

Time: 9:00 a.m - 3:00 p.m.

Place: Golden Hall,
San Diego Concourse
202 C Street, San Diego, CA 92101

FREE services for homeless San Diegans

See back for details

2014 Gatherings in Review

We had a great year filled with amazing discovery, learning, and fellowship!



We learned about Healing Touch . . .

We spent the afternoon with **Susan Moore, RN**, who is one of the Healing Touch Instructors at Sharp Memorial Hospital. Healing Touch (HT) and Reiki work so beautifully hand in hand as we use HT to move excess energy away from the body for balance and healing and then use Reiki to bring the new healing energy in!

We walked the Labyrinths . . .

We traveled to **Sacred Hilltop Circles - The Crystal Labyrinths in Ramona**. This was our first "Destination Gathering" and it was amazing! 50 of our SDRC friends walked, meditated, sat in, and enjoyed 6 beautiful labyrinths all built with crystals of every shape and size. We also had personal aura imaging's and readings done and we meditated in a dedicated Crystal Room with floor to ceiling crystals. This was an incredible experience!



We learned to meditate . . .

Our very own **Angelique Ward** joined us at the Dove Library in Carlsbad to show us the benefits of meditation. We learned different meditation techniques and the benefits of meditation. We also experienced a meditation that focused on connecting with Mother Earth. It was a relaxing, rejuvenating afternoon with our SDRC friends!

We learned about Herbal Medicine . . .

Shana Grove Lipner from Sage Country Herbs gave us a great overview of common plant medicines and herbs that are available in the San Diego County and taught us to work with the energy of nature. She also explained the benefits of herbs in food and medicine that is easily available to us. It is amazing what nature provides!

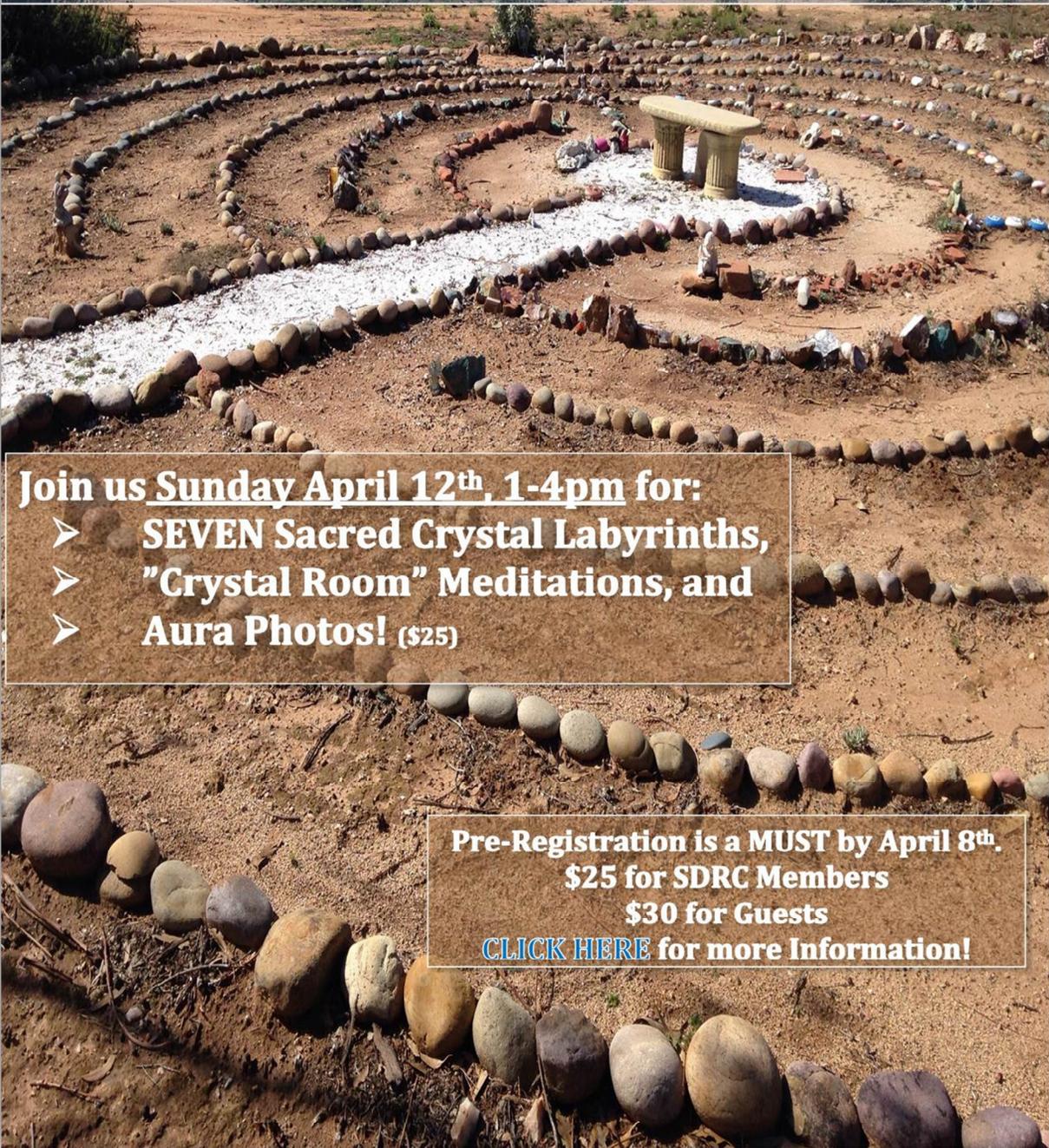


We learned about Hawaiian Huna healing . . .

We closed out the year with a huge group of Reiki healers exploring the wonders of Hawaiian Huna healing with our own **Serena Poisson**. We worked with "cords" that we sent to each other in a group until we could see how tangled and connected we can get energetically. It was very interesting to try to stand in the center and realize how constricting and limiting that can be! Serena gave us a wonderful prayer of Ho' o pono pono to teach us to cut those cords on a regular basis.

We're Going Back to the Labyrinths!!

San Diego Reiki Corps 2015 Labyrinth Road Trip!



Join us Sunday April 12th, 1-4pm for:

- SEVEN Sacred Crystal Labyrinths,
- "Crystal Room" Meditations, and
- Aura Photos! (\$25)

Pre-Registration is a MUST by April 8th.

\$25 for SDRC Members

\$30 for Guests

[CLICK HERE](#) for more Information!