



San Diego Reiki Corps, 3232-C Business Park Dr #213, Vista, CA 92081, [sandiegoreikicorps.org](http://sandiegoreikicorps.org)

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## An Exciting New Year for You!

Dear Reiki Corps friends,

I became the new President of the San Diego Reiki Corps four years ago on Nov. 6<sup>th</sup> and Bob Bowen became the VP and Chief Operating Officer. As I look back over the transition speech that I gave that day, I am excited about reaching so many of our goals! SDRC had been around for many years before I came on board. It became a 501c3 non-profit organization in 2009. The mission for this organization has always been to satisfy

community needs through Outreach Activities and Reiki practitioner needs through Education Programs. We were blessed to have Phil and Serena Poisson as our mentors for our first month and then sadly lost Phil to cancer a month later. We still miss him and thank him for creating the beginnings of a great adventure!

One of my major goals has been for SDRC to be *the* "go to" place in the community that supports and nurtures Reiki Practitioners at all levels. We have spent four years building your healing "toolbox" with many workshops, Gatherings and expert speakers. Who knew we would walk crystal labyrinths in Ramona or have before-and-after reiki aura photography done? We learned about Sound Healing, Animal Reiki, Meditation, Intuition, Ho'o pono pono, Healing Touch, and more – much, much more! Just look at the About Us page on our website and you will be surprised at the opportunities we have had!

Our Outreach Activities are also a major draw for this organization. The SDRC was designed to support the initial Reiki program at Sharp Memorial which lasted 14 years. Our new 5 year old program at Sharp has 30 Reiki practitioners who volunteer 7 days a week and see 350-400 patients a month. All of your new SDRC Board members have worked or are currently working in this program. However, the hospital is not for everyone, so the SDRC steps up to satisfy its member's needs by offering access to Hospice Programs and Community healing support programs like Veteran's Stand Down, Project Homeless connect, and the Melanoma walk. We are an amazing organization, don't you think? And, your new SDRC Board is also amazing! I am blessed to call all of them friends. They are visionary, committed to you all, and bring their own special gifts to the table.

I thank all of you again for the many incredible blessings you have brought to my Reiki world during the last four years. It has been a huge growth period for the organization and for me personally. To all the Board members who volunteered with us, to everyone who stepped up to reach out to the community, and to everyone who put on the bottom of their website and their business cards, "Proud Member of the San Diego Reiki Corps," I thank you!

### **Blessings for a wonderful 2016!**

Kathy Cueva, RN, RMT

Proud Past President, San Diego Reiki Corps



## Meet the New SDRC Board of Directors



### **Mary-Joy Neuru: President**

Since 1976 I have studied the Healing Arts. In 1992 I became a Traditional Usui Reiki Master Teacher. My professional career was dancer, choreographer, and teacher at Palomar College. After many years of juggling Reiki with Dancing, Lighting, and Teaching, I realized these professions were just metaphors. Spirit was teaching me to move energy spiritually and to illuminate what was in darkness. When I retired from teaching college in 1997, I added Crystal Singing Bowls to my Reiki practice and continue to teach Reiki I, II, III, and Teacher training. I created a series of classes using Reiki & movement called "ReikiDance" (ReikiDance.com). And, I developed "Divine Quantum Reiki" (DivineQuantumReiki.com) in order to go deep into the quantum nature of Reiki. I am very excited to usher the San Diego Reiki Corps into a New Year. As we move forward, I see an opportunity for SDRC

to consciously create a spiritual collective in the etheric and to mirror our activity in the physical, which can continue to support us individually, help us grow spiritually, and guide us in service to our community and to the whole of humanity.

### **Sandra Wennhold: Vice-President/Treasurer**

I am looking forward to a new and exciting year with San Diego Reiki Corps. My goal is to continue to build and expand upon the solid foundation Kathy Cueva and Bob Bowen developed. I bring to the Corps my experience of the last 30-35 years as a, businesswoman, energy worker, and teacher. My training includes Agni Yoga Meditation, Energy bodywork, Hypnotherapy, and Healing Touch. My journey to become a Usui Reiki Master began in 1992. My current focus is the SDRC and Volunteering as a Reiki Practitioner at Sharp Hospital.



### **Louise Lucas: Secretary**

I have been studying Reiki for just under two years, though I have known about and been intrigued by Reiki for nearly 30. My sons used to ask me which superpower I would choose and I always answered, "healing touch." How cool is it that I can actually develop that superpower? I am currently Level II but will be studying for Reiki Master this year. I am active in Sharp Hospital's group of 30 Reiki volunteers and am grateful for the opportunity to practice. With SDRC I am excited about the 2016 Conference, hopeful about returning to the Veterans' Stand Down, and curious about legislative rumblings that we practitioners (who are incapable of doing harm) may require government oversight and licensing.

### **Serena Poisson: Membership**

I have been working with energy healing modalities, self-growth, and meditation for most of my life and with Reiki for the past 25 years. I was a volunteer at Sharp Memorial for more than ten years. As one of the founders of the SDRC, I now focus on supporting the SDRC's membership and outreach activities, teaching Reiki and continuing on my spiritual journey."



### **Joan Boccio: Director at Large/ Outreach/ Facebook**

I began using Reiki in the 1990s while a full time teacher in NY by working on myself, friends and family. After relocating to San Diego in 2003, I thought it'd be easy to find others with interest in the healing energies but it wasn't! Eventually I volunteered for The Elizabeth Hospice and then was introduced to San Diego Reiki Corps and volunteering at Sharp Memorial Hospital. Soon I was offering classes and sessions as a Reiki Master, as I finally found a wonderful group of supportive practitioners and healers!!! I hope to enhance and expand that support to all who are interested in offering and enjoying the wonderful benefits of Reiki!!

# January 24 Gathering



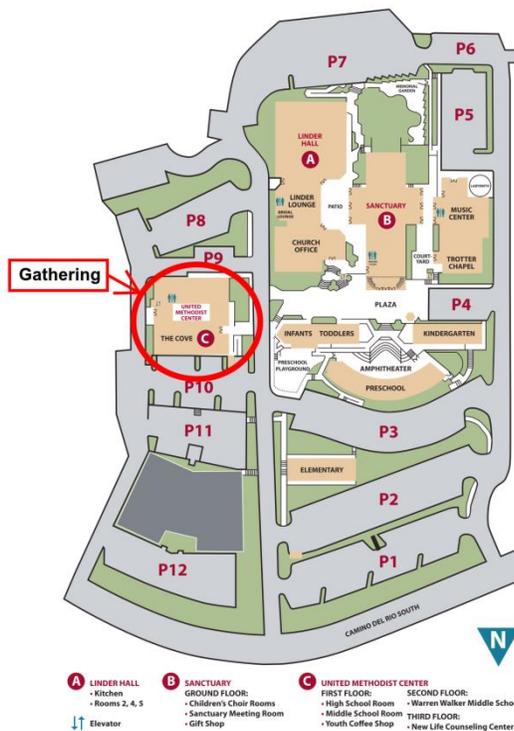
January 24, 2016 1:30 - 3:30

## RECHARGE WITH NO CHARGE

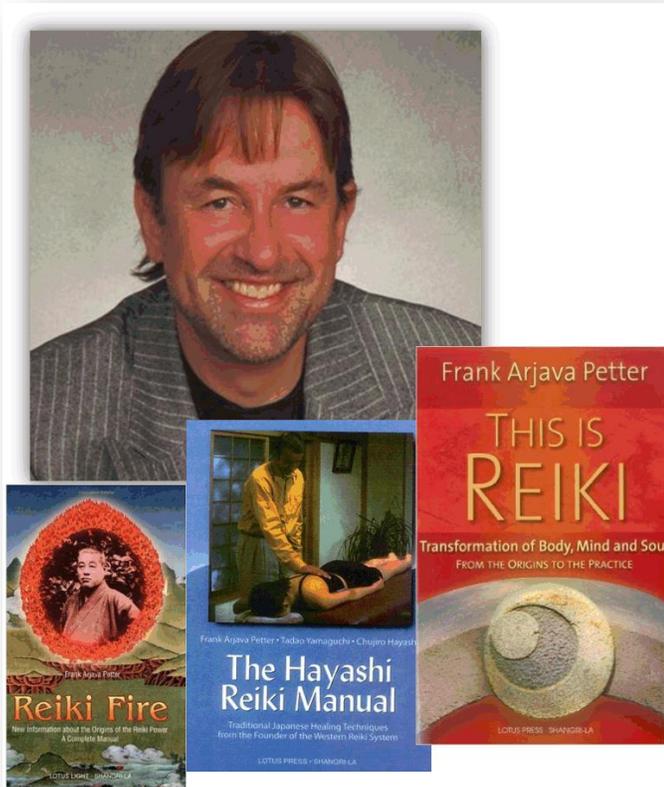
It's a social event to kick off the New Year and introduce the new Board.  
 Bring your friends, family, and potential members.  
 Join us for fun, food, and a look at the New Year.

REACQUAINT REINVENT RENEW  
 RECONNECT RECHARGE

United Methodist Center at  
 First United Methodist Church  
 in the Cove Room on left side of driveway  
 2111 Camino Del Rio South  
 San Diego, CA 92103  
 RSVP: Sandra Wennhold ReikiHeart@cox.net



## 2016 Reiki Conference Update



The San Diego Reiki Corps is hosting our “**Reiki In the 21<sup>st</sup> Century**” conference on May 21, 2016! We will be at the First United Methodist Church in Mission Valley from 9am - 4pm and have an exciting day planned!

Internationally known Reiki Teacher and Healer, **Frank Arjava Petter**, will be the Keynote Speaker in the morning as he tells us about the beginning of Reiki as we know it. His presentation is based upon his personal research in Japan. He presents this research as well as several useful treatment procedures in his book, *This Is Reiki*. He will also be available to us for a meet-and-greet as well as book signings following his talk.

Also during this reception time, we will have opportunities to purchase his books as well as visit with the other vendors that will be with us. As of this printing, the vendors include Amethyst Moon Store from La Mesa, Elivia Melodey’s Crystal Vibrations, Aura Imaging with **Nathan & Irene Keller** and more! **Elivia** will be opening the conference with a beautiful singing bowl ceremony.

After a light catered lunch, we will settle in to enjoy

**Kari Samuels**, Intuitive Counselor, Numerologist and Happiness Coach who has declared 2016 “The Year of the Lightworker!” Her passion is working with healers and empaths and her talk will be “Empath Empowerment and Energetic Boundaries.”

Next we will be off to an afternoon of inspiring workshops, including valuable informative presentations and helpful hints for Visioning your Reiki Practice, Animal Reiki, Reiki in the Hospital and Hospice Setting, Crystals and Healing, and more.

We will close the conference with an exciting Reiki Drumming session led by our new SDRC President, **Mary-Joy Neuru**. So bring your drums and high spirits to join in!

**Kathy Cueva** and **Barbara Goodwin** are your Reiki Conference coordinators. Please contact them directly with any questions or suggestions you may have at [conference@sandiegoreikicorps.org](mailto:conference@sandiegoreikicorps.org).

***We hope to see you there!***