



San Diego Reiki Corps, 3231-C Business Park Dr, #213, Vista, CA 92081, SanDiegoReikiCorps.org

April 2020
Volume 38

Weathering Crisis and Change

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All in person events

CANCELLED

Spring 2020 Online Events:

April 25th -
Zoom Sound Healing
Meditation 2:00-3:30p

May -
Online Meditation with
Serena Poisson

June -
Online Toning with
Allison Brilmyer

Annual Board Meeting
June 6th

July-
Event with
Kat Papike

President's Message:

Hello Everyone,
Are you stressing? Are you stocking up on toilet paper?
Well, I'm not... and here's why:

The Corona virus comes from the same virus we encounter every year in its newest flu/cold version. Yes, this version is much more contagious. But so far less people have died in this country then during previous flu seasons. And I believe we can unify and rise above it.

That does not mean it won't get worse or that we should ignore the advice available. So it is important to practice these healthy habits:

- Wash your hands often, including thumbs and fingertips.
- Use sanitizers that contain alcohol, especially on surfaces.
- Self-quarantine if you feel ill.
- Keep a safe distance from others.
- Stay completely away from loved ones that have respiratory issues or compromised immune systems.
- Eat properly, and boost your own immune system.
- Hydrate: drink as much water as you can.
- Get enough sleep and some regular exercise.
- And above all STAY OUT OF FEAR!!

According to Bruce Lipton: "The fear of the coronavirus is more deadly than the virus itself!" In a recent posting on Facebook --

<https://www.facebook.com/prageet.harris/posts/2564653567146412>

Lipton speaks about the necebo effect (negative thinking) as a prime factor in health and one's ability to recover from illnesses. Just as the placebo effect helps us come back into balance naturally, negative thinking adds stress to our system and contributes to the body's inability to self-heal. Staying out of fear will help!

Barbara Dillinger, one of my Spiritual Teachers who is now helping from the other side of the veil, always said "viruses are just information." If we choose to take in what is available to our consciousness and remind the body that it does not have to resist, we will be able to accept and assimilate this new DNA as a rebalancing agent and raise our vibrations to new levels of love. So much can be accomplished -- so many changes for the better.

Here is another message that rings true for me. Hope it helps you as well.

<https://jeffvanderclute.com/articles/a-message-from-the-coronavirus/>

Save the Dates:
Fall
Gatherings

August 23th -
Animal Communication

Sept date TBA -
Chinese Medicine

Oct date TBA -
Messages from Spirit

Dec date TBA
Holiday Celebration

**All Outreach Events
will commence when
the Government lifts
restrictions. We will
inform you when we
can again participate.**

Letter from the President (cont.)

We are very fortunate to know Reiki!! What better way is there to keep calm, boost our immunity – and, most importantly, keep our vibrations energetically high enough to stay above the frequency of the virus?

If you feel you have symptoms, there is a hotline from the Government/Google that will tell you what to do first. <https://www.coronavirus.gov/> If you are ill, or think you've been exposed, follow instructions and self-quarantine!!

Slow down, enjoy your family and listen to what your body says. Seek out what is recommended, respond accordingly, and hold a positive expectation for yourself, your loved ones and for all of us.

"Remember the Truth of quantum physics:

Consciousness is creating your life experiences! Are you being conscious of disease ... or of health?" - B. Lipton

Sending you Reiki, Light, Love, Laughter, and the highest frequency of health you can receive.

Namaste.

In loving service,

Mary-Joy

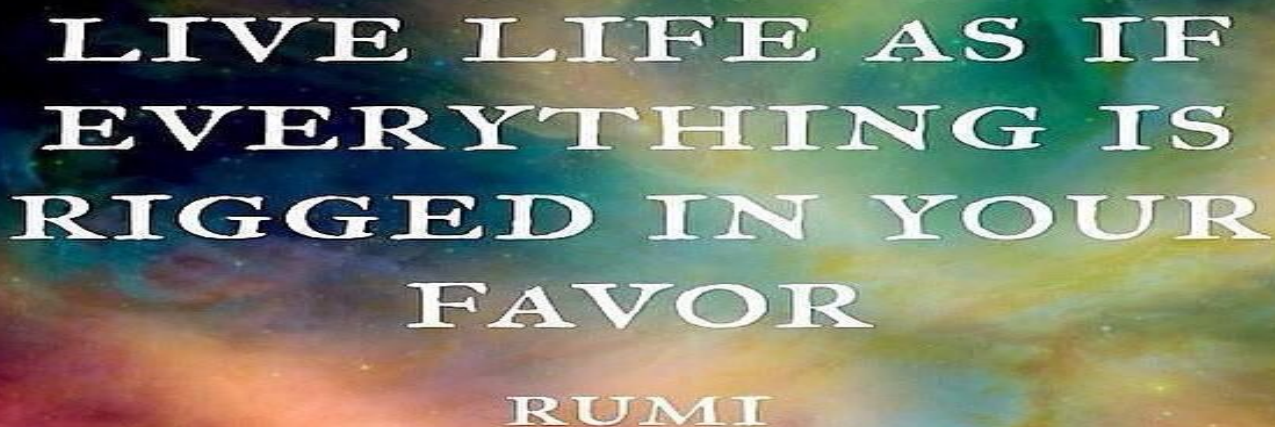
Mary-Joy Neuru President, San Diego Reiki Corps ...

*a professional organization supporting the community through
education and outreach.*

So where do we go from here?

As the Corona Virus continues spreading, we are all encouraged to stay home except for work, or to buy essential items. Because we are all looking for support and connection, the SDRC Board has decided to offer some online events to keep us in community at this difficult time. These events are our gift to you.

They are listed on the next page. Specific dates and times will be determined by the individual presenters, so **watch for an email with instructions for connecting to each event.** And feel free to email the specific presenter for more information.



LIVE LIFE AS IF
EVERYTHING IS
RIGGED IN YOUR
FAVOR
RUMI

San Diego Reiki Corps

presents

Spring 2020 Online Events



Join Mary-Joy Neuru

Saturday April 25th 2-3:30pm via Zoom

Sound Healing Meditation

Raise the body's vibration above the frequency of the corona virus.

Reduce stress and boost the immune system.

Enhance connection: Self with Source.

Create community and send Reiki to a world in need.



June - Toning
with **Allison**
Brilmyer

May - Meditation

with

Serena Poisson

Date and time - TBA



July Event
with
Kat Papike

Information for attendance will be sent via email.

June 6th Board Meeting will be at the Library or online. TBA

Upcoming Gatherings

San Diego Reiki Corps *2020 Fall Events*

September TBA

CHINESE MEDICINE - It's worked for over 5,000 years. Find out why and learn about the history, diagnoses, and treatment modalities.

August 23rd

Wonder what your pet is trying to tell you? An expert in **ANIMAL COMMUNICATION** will be here to help you translate those messages!

October TBA

Elivia returns with **MESSAGES FROM SPIRIT.** Everyone gets a special message from the other side.

December

HOLIDAY CELEBRATION.

Some Dates TBA! More info to come!

SDRC 2019 Winter Gatherings

Reiki Master Congress Oct 19th, 2019



What a GREAT DAY!!! Tibetan Bowls, Crystal points and Pendants for sale, a delicious lunch, Reiki Body Prayer, & lots of good discussion about the legal future of Reiki in CA.





**Thank You Julie
Anne, Mark &
Everyone!**



We look forward to creating a committee that will continue to explore and develop guidelines for use at the State level for licensing as well as for our vetting process within the organization. Great work everyone!!

November 9th,
2019

Messages From Spirit
with **Elivia Melodey**

1:30-4:30pm, Unity San Diego
3770 Altadena Ave, City Heights



I confess this event was so engaging that no one took any photos. We were entirely rapt with Elivia's "Messages from Spirit". Two things I found most interesting! 1) The messages were very profound!! Do doubt because Spirit gives messages at the level of the lowest vibrational denominator. We're all Reiki Practitioners, so no wonder!! 2) The looks on everyone's faces were delightful to watch. The energy surrounding Elivia and each individual was definitely creating a vortex of higher frequency as she gave the message. Extremely rewarding and
VERY FUN!!

Thank you Elivia





2019 Holiday Celebration

Dec 8th, Serra Mesa Library



**YUMM!
YUMM!**



Thank you to all who participated and brought GREAT food!!!



It was very interesting when Cat and Ann Marlatt worked the Spirit Board for the group. We asked mostly questions about the future of SDRC and of Reiki in CA. Spirit suggested we would get licensing in about 2 years. That's quick; time to get to work on making it happen!! Questions about the 2020 election came up... the answer? Depends on what happens with impeachment. Of course, Spirit can only tell us what is the most likely probability for future events, based on the thoughts in the Field. However, it is most often quite accurate for present issues such as health and wellness. Responses for personal time was exceptional!! Thank you Cat, Thank you Ann!!



SDRC Outreach

NC Stand Down Feb 6-10, 2020



San Diego Reiki Corps
Volunteers at

NCSVSD

NORTH COUNTY VETERANS STAND DOWN



What a great event!
Thanks to all who volunteered!!
Terry Lynne Wolfe, Tammy Gillespie,
Jan Burke, Brittany Severhill,
Cindy DiTullio, and Shelley Whisler.





NC Walk for Animals

February 22nd Morning
Kit Carson Park, Escondido



Looks like this little
guy comes every year to
get Reiki!!

Thank you
Terry Wolfe
and Christine
Farje
Grandjean for
volunteering.

