



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

January 2021
Volume 40

2021 - Looking Ahead with Hope

President's Message:

Hello Everyone,

I'm glad to say that 2020 is gone and 2021 is finally here, bringing hope and change to our lives.

2021 is a "5" year - speaking Enerologically...i.e., (the energy of numbers)...hence, the change.

But based on which planets are adding their energies to our experience, it will also be a year of revelations. Things that have been hidden will be revealed, both personally and globally.

I'm sure many of you have been feeling and hearing about the Great Awakening -- the shift (finally) -- into the Age of Aquarius. Yes, it's really here. (But I'm not going to break into song, except in my head.) It is, however, an exciting opportunity with these increasing energies and sensitivities, to feel our way through the energetic changes in order to understand what is happening -- within us, surrounding us, and in our larger world.

Therefore, it is important to listen and cultivate our intuition, to spend more time daily with Reiki and ask for guidance (that which is in your highest and best interest, of course). From my perspective, it is most important for me to watch my thoughts and words very attentively because the manifestation time seems to be much shorter and negative talk brings negative challenges almost immediately.

Remember, the Universe is listening to us constantly, bringing gifts to us in our present moments, that which is in our hearts, minds and words. Despite the ongoing threat of another Covid scare and political drama, we are truly living in remarkable and optimistic times.

Another aspect of my experience since 2021 started is the increased need to ground myself and make sure all of me that can inhabit my physical body does so and is firmly connected to our planet. It is rather nice to be feeling the lighter energies and not the heaviness of the physical body, but I find that if I'm not in the body enough, then I then to run into things or have silly accidents. Something to think about indeed!

One final change that is exciting: I am stepping down from President of the organization into the Vice President position. Kat Papike will be taking the helm and leading us forward. Her style will be different of course, but I am fully confident in her sensitivities and her dedication to the San Diego Reiki Corps.

I know we will be in good hands. Congratulations Kat!! We have moved other jobs around a bit as well, which you will find described later in this newsletter.

In closing, I would like to thank everyone for the extraordinary efforts and for the parts they have played during my time here. It has been great fun and very rewarding.

Thank you sincerely!!

Oh and p.s., Nothing to really worry about - The Apocalypse has been cancelled due to lack of interest.

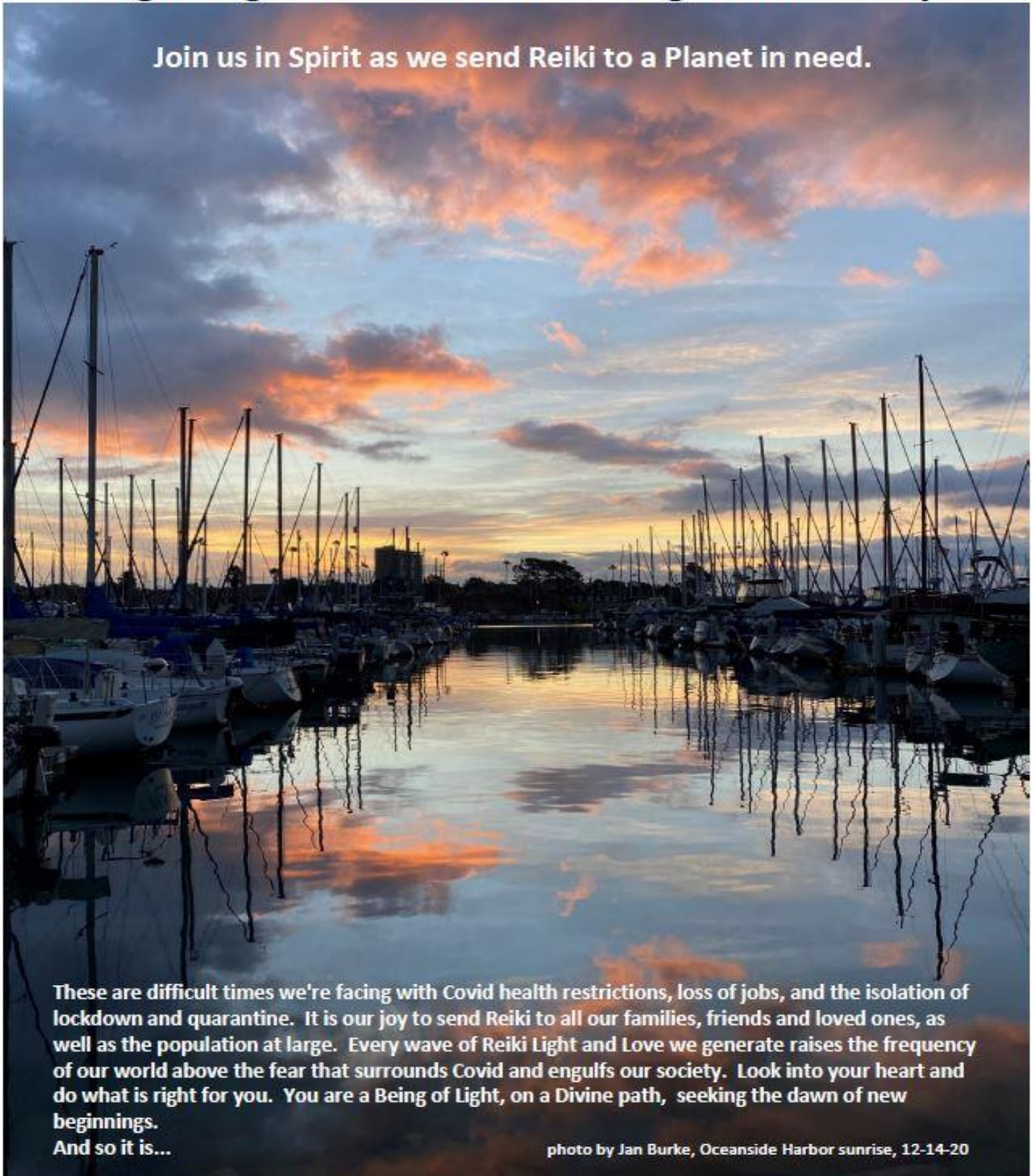
Namaste,
Mary-Joy

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

a professional organization supporting the community through education and outreach.

Navigating 2021 with San Diego Reiki Corps

Join us in Spirit as we send Reiki to a Planet in need.



These are difficult times we're facing with Covid health restrictions, loss of jobs, and the isolation of lockdown and quarantine. It is our joy to send Reiki to all our families, friends and loved ones, as well as the population at large. Every wave of Reiki Light and Love we generate raises the frequency of our world above the fear that surrounds Covid and engulfs our society. Look into your heart and do what is right for you. You are a Being of Light, on a Divine path, seeking the dawn of new beginnings.

And so it is...

photo by Jan Burke, Oceanside Harbor sunrise, 12-14-20

SDRC 2021 Board Members



Kathy (Kat) Papike (President) is a Certified Reiki Master, Yoga Instructor, Healing Touch Level 2, and an Integrative Health volunteer at both Sharp Memorial and Sharp Grossmont Hospitals. Kat owns A Balanced Self, (see her Facebook page) where it's OK to be Self-centered!! "When I'm not sharing my passion for Reiki, I am often outdoors, especially fond of time at dog beach with my special dog Ace...or, reading a good book with my cat Little Miss Sunshine." "If your compassion does not include yourself, it is incomplete." - Buddha



Mary-Joy Neuru (Vice Pres) became a Usui Reiki Master Teacher in 1992. She is also a Karuna Reiki & Holy Fire III Master Teacher and has studied Jikiden Reiki. Her original career was as dancer, choreographer, and teacher - BA in Theatre/Dance, MA in Physical Education/Dance and MFA in Theatrical Lighting. Her life has always been about Energy, Light and Movement. She's had a Reiki Business since the 80's and has taught Reiki classes, developed ReikiDance, and created Divine Quantum Reiki, a new technique for overhauling our internal operating systems, aligning them more accurately with our spiritual natures. She is also a Certified Sound Healer, and Bio-Kinetic Facilitator. Website: MaryJoysReiki.com



Jan Burke (Treasurer) has been doing Reiki for over 20 years. Her initial education is an MBA from Illinois where she taught Business Communications, Computer Subjects and classes on Microsoft's software products. Since retiring early and moving to California, Jan received her Reiki Training and certifications in Metaphysics from the Delphi U in Georgia. Most recently (for 8 years) she volunteered for the Philosophical Library in Escondido as the Program Director, Board Member and Gift Store Manager until the library closed several years ago. She has three grown children, 5 grandchildren, and 1 great-grandchild.



Allison Brilmyer (Secretary) is a Reiki Master/Teacher. She volunteers at Sharp Grossmont Hospital, providing Reiki and Healing Touch to patients at their bedside. Her current "day job" is her passion and calling...a vocal and piano instructor at Guitar Center, La Mesa. As an Illinois native, Allison majored in Music Theatre and Vocal Performance at Illinois Wesleyan University, where she spent her days training in Voice, Opera Theatre, Ear Training, Piano and Music Theory, Dance/and Stanislavski Method Acting classes.



Serena Poisson (Healing Requests) After 33 years of federal civil service, Serena retired from the Naval Criminal Investigative Service (NCIS) as a Senior Security Specialist Instructor. Currently she is a Usui Reiki Master Teacher, and has a private practice. Serena has studied Qi Gong, Terra Mai™, Karuna™, Traditional Japanese Reiki (Taoist Reiki) to Level III and Advanced Reiki Techniques from the William Rand Reiki organization. She has also taught at Nine Gates Mystery School, as an adjunct Reiki instructor. Most recently she has completed three levels of Jikiden Reiki with Arjava Petter and is a Shihan Kaku. She is owner of the school, Mountain and Mist Reiki Center and is a continuing education provider for the California Board of Registered Nursing.



Tammy Gillespie (Outreach) is an Artist, Reiki Master, and Adventurer. After receiving energy treatments to restore her health and well-being, Tammy discovered a desire to help others realize their own power to heal themselves naturally. Her Reiki training began in Asheville, NC. Now a Reiki Master in San Diego, CA, Tammy continues to learn more healing modalities with BioMagnetic Therapy, and doTERRA essential oils. With family roots in Ohio, Tammy has lived on the West and East coasts. Having a grateful heart, she is blessed with so many



Susi Vine (Gathering Support) is a Flower Essence Practitioner, Massage Therapist, and Reiki Master. She felt called to become a healer after seeing how modern lifestyles lead to chronic health issues. She was inspired to begin empowering clients to live healthier lives with less emotional and environmental stress. A Navy brat born in San Diego and raised in central Illinois, Susi studied theatrical scenic design and worked in regional theaters across the country for 10 years before chemical sensitivities forced a change. Finally returning to native sands, she's grateful for the winding path that led to her husband Dan and a home in Solana Beach.



Casey Wise (Membership) is a Reiki Master and Practitioner. She was born and raised in San Diego, joined the Navy out of high school, and later married, moving to Washington State where she raised two children. After a divorce and breast cancer, she decided to move back "home" to San Diego. Casey works at Demko Brockett Dental, volunteers for The Friends of Balboa Park, and is living happily ever

San Diego Reiki Corps hosted Elivia Melodey in October for what we hope will become an annual event, "Messages from Spirit". Last year we were fortunate enough to enjoy this in person, but found that online worked exceptionally well. Elivia is truly a gifted and accomplished Medium in the Spiritualist Tradition. We are so fortunate that she is a friend of San Diego Reiki Corps.

Thank you Elivia!

Messages from Spirit

with Elivia Melodey

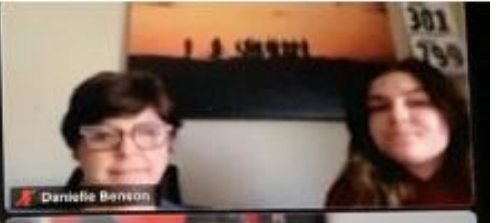
October 24th, 2020



How fun to all gather together to hear Elivia's Messages as she received them from Spirit!!



Thank you, Elivia



We might look a little funny in some of these photos, but what do you expect from screen shots?!?!?!?! It was a wonderful event and we'll do it again online, if necessary!!

Stay connected, stay healthy, give and receive lots of Reiki.
There is no need to fear anything, we have Reiki.
Love and Light to All.

