

# SAN DIEGO REIKI CORPS.

Sharing love and light with our members

## SPRING HAS SPRUNG

Welcome to the special time of year when new beginnings are available to each of us. This is my first Spring as President of San Diego Reiki Corps. I'm excited about the upcoming time ahead! Keep your eyes open for upcoming events, book reviews, and more!

A great thing about new beginnings and new seasons is that it's a time to try new things. Is there something you've been wanting to try that your inner voice keeps giving you reasons not to? Our bodies are a great tool when it comes to making decisions. The gut (solar plexus chakra) is an area to pay attention to. Do you feel like butterflies are fluttering? That's probably a good indication that decision is for your best and highest good. Does it feel like there is a brick in there? Chances are, this is not a good time for that change. Remember, there are no accidents and our environment and bodies give us subtle reminders to make the choices we make!

As Reiki practitioners, we get asked about what our bodies are telling us. Take the time to share your insights with yourself and your clients. Remember signs are around us to let us know we are "seeing things as they should be."

Are you consistently seeing an unexpected image or hearing the same song? The universe is always guiding you, we hope you're listening and sharing your light with your friends, your family, your community and our universe!

### **What seeds have you planted?**

**"Be the change you want to see in the world." Gandhi**

The change starts with each of us!

**Spring is here, flowers are blooming and Covid is on its way out! What are you doing to embrace the new season?**

**Namaste- Kat Papike - President, San Diego Reiki Corps**

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



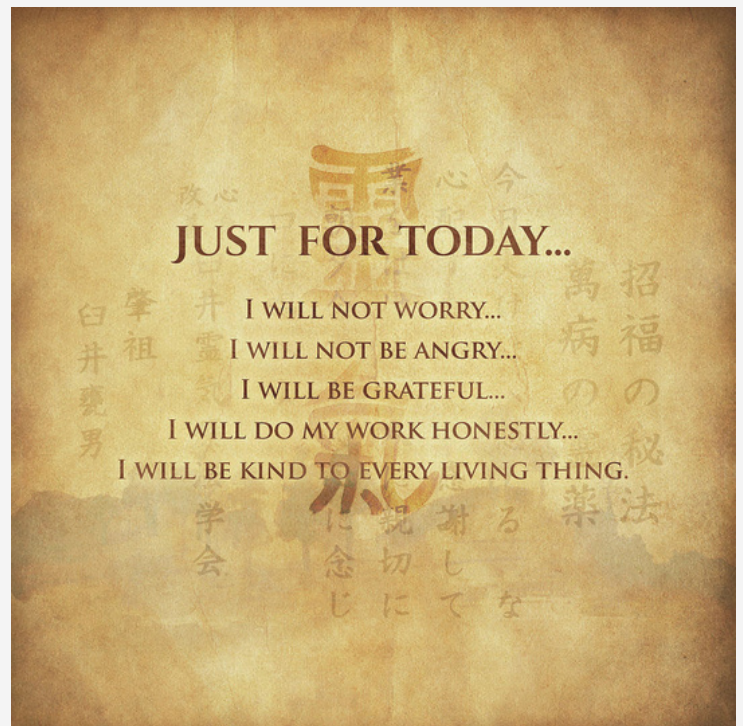
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ACHIEVE INNER PEACE BY MAKING IT A HABIT TO PRACTICE SELF-REIKI. FIND THE GOODNESS IN PEOPLE AND SPREAD HAPPINESS.

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## HOW TO STRENGTHEN YOUR PERSONAL REIKI PRACTICE

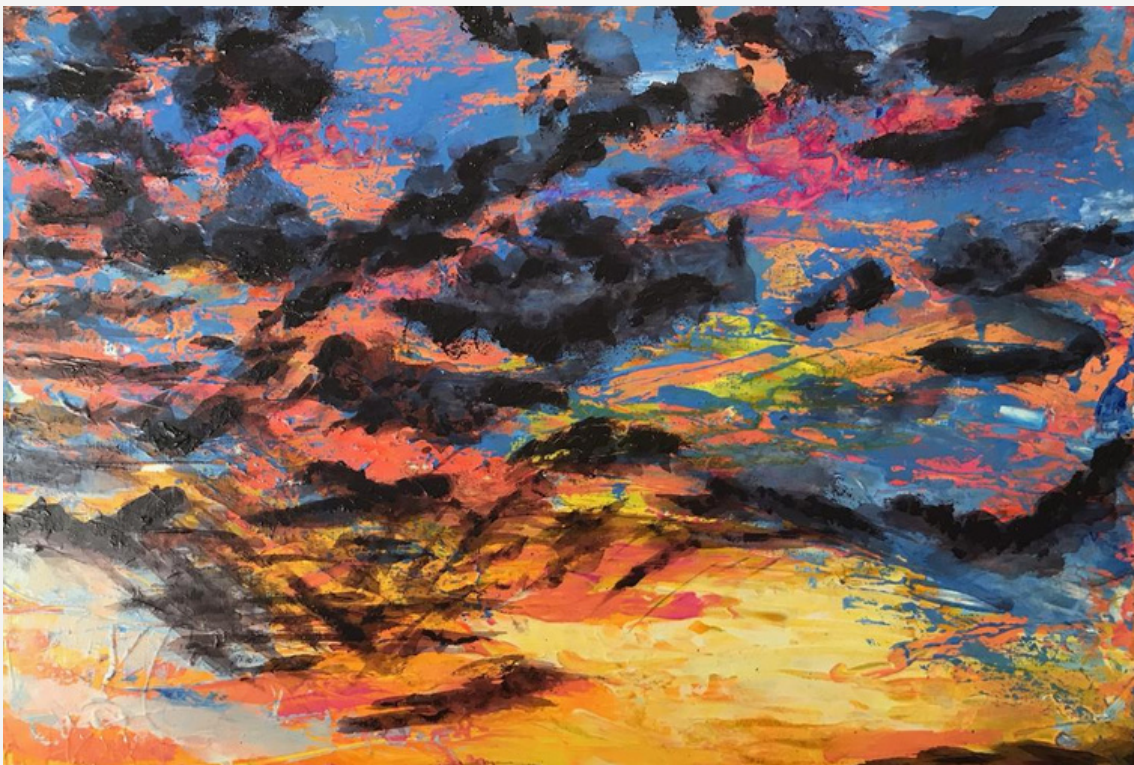
**Take time to Recite the Gokai**



# COMMUNITY OUTREACH:

As we get back to our new "normal," we are looking forward to working in the community at our volunteer events. If you have an event coming up, or would like to join us, please reach out to Tammy S.D.R.C Outreach Director and stay in touch:

*tg.tammygillespie@gmail.com*



*"The beauty of nature inspires many of my paintings. From the magnificent colors of a sunset to the energetic brilliance of the Universe, I am always amazed at the natural beauty that surrounds me."*

*- Artist - Tammy G. (follow her on Instagram: [artist.tammygillespie](https://www.instagram.com/artist.tammygillespie))*

# Mentionable Members

A new feature!

All of us are unique in our own ways. Do you have a special talent, history or knowledge that you'd like to share with us? We will be featuring members in each quarterly newsletter and on the website.

Or, do you know someone who's insight would be beneficial to S.D.R.C?

Let us know  
your input is appreciated!





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THANK YOU FOR THE EVENT! IT WAS LOVELY,  
RELAXING AND HEALING! NO OTHER PARTICULAR  
FEEDBACK, BUT I AM GLAD YOU ALL PUT IT OUT  
THERE AND THAT I PARTICIPATED!!  
MARTY

“

SAN DIEGO REIKI CORPS HOSTED A SOUND HEALING IN  
FEBRUARY FEATURING: CRYSTAL BOWLS, GONGS AND  
NATIVE DRUMS.

THANK YOU TO **TERI WILDER** FOR PRESENTING WITH US! IT  
WAS A HEALING EXPERIENCE ON MANY DIFFERENT LEVELS.  
IF YOU MISSED IT, HERE ARE SOME BENEFITS OF A SOUND

BATH FOR THE FUTURE:

CALMS YOUR BODY AND MIND

REDUCES STRESS AND ANXIETY

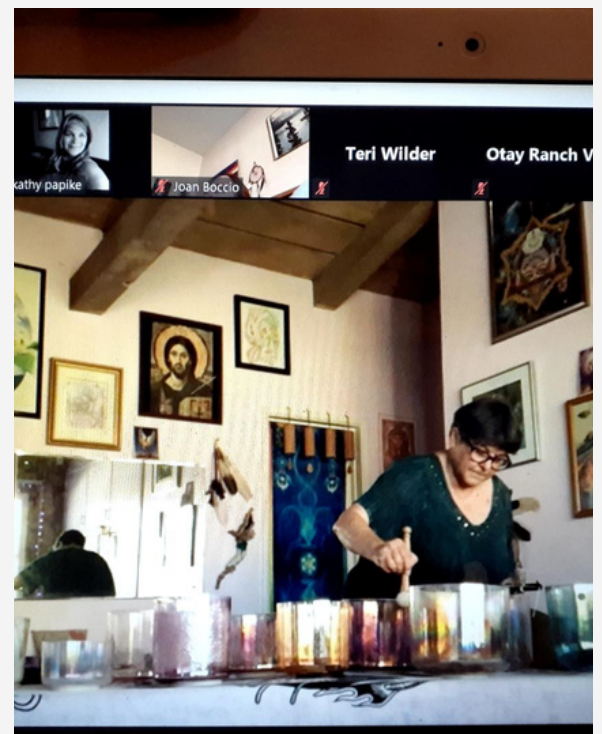
INCREASES FOCUS AND CLARITY

DECREASES TENSION AND FATIGUE

BOOSTS YOUR MOOD AND REDUCES FEELINGS OF  
ANGER

IMPROVES SLEEP

ELEVATES FEELINGS OF SPIRITUAL WELL-BEING





I ENJOYED THE REIKI MEETING LAST NIGHT, LOTS OF NEW INFORMATION. THANK YOU FOR ORGANIZING IT.

THANKS A LOT,  
ZOILA THALIFFDEEN RMT



SAN DIEGO REIKI CORPS HOSTED A FREE EVENT: REIKI 101 TO SHARE THE BASICS OF REIKI. THE EVENT WAS OPEN TO MEMBERS AND NON-MEMBERS AND WAS A GREAT EVENING OF INFORMATION, WISDOM AND OF COURSE HEALING LOVE AND LIGHT.

LOOKING FORWARD TO SHARING IN-PERSON EVENTS SOON!  
IN THE INTERIM, WE ARE THANKFUL FOR TECHNOLOGY SO WE CAN STAY CONNECTED!



**Upcoming Events:**

**May 27, 2021: History of Reiki (FREE Event)**

**June 19, 2021: Animal Reiki with Nedra Abramson (\$20.00 - members)**

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