



## San Diego Reiki Corps Front Page News 501-c Non Profit Organization

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### At the Gatherings

Some of you may not have been to a Gathering and so wonder what happens. Here's what you're missing:

We open with a guided meditation to cast off the day, get centered, balanced and relaxed. This is followed by introductions of those present.

Any new business of consequence or note is reported by the Chairman. The floor is open to any announcement by other board members and questions by those gathered, members and guests alike.

A participating member volunteers (in advance) to make a presentation that is often generally related to reiki or the Corps but does not have to be. This month, Laurel Baker presented about reiki and animals. It was interesting, informative and generated many questions from the other members present. Laurel is offering specialized classes in animal reiki. If you are interested, please contact her at [Laurelbreiki@sbcglobal.net](mailto:Laurelbreiki@sbcglobal.net).

A reiki-send and prayer offering is then created as those in attendance put the names of those they'd like healing reiki sent to are placed in a bowl. As we stand together in a circle, reiki is sent around to each person present as well as around the world and through the prayer bowl.

We then break to socialize and enjoy refreshments. All guests are welcome to come and "check us out", meet like-minded people, and enjoy all the fun and healing the SDRC has to offer.

### Message from the Chairman



*The San Diego Reiki Corps (SDRC) is an outgrowth of the Reiki Volunteer Program at Sharp Memorial Hospital. As the organization has grown, we have now formalized the membership in the organization.*

*Now the San Diego Reiki Corps is a 501-C 3 Non Profit Organization, we have acquired all the benefits of a Nonprofit Public Benefit Corporation for charitable and public purposes under the State of California.*

*As the energy of spring is being felt, plans for our growth have been made. We are adding some additional staff to the organization so that we have more people covering the workings of the SDRC. If you have suggestions as to what we could add or do to make us a more viable organization, please feel free to let us know. Each day I am thankful for each and every one of you for everything you continue to do with regards to helping the community heal itself.*

*Namaste,*

*Phil Poisson, Chairman, San Diego Reiki Corps*

## Member News

SDRC membership fees are **\$25** and will be **due June 1, 2010**. Less than \$0.50 a week to join this wonderful organization of healers; Please make your check payable to **SDRC** and mail it to **San Diego Reiki Corps Inc. PO Box 531558 San Diego CA 92153-1558**

- Members are entitled to designate themselves as members of a professional organization.
- Members are given a free listing on the SDRC website.
- They also receive the SDRC newsletter and have the opportunity to learn firsthand about gatherings and Reiki shares, and more.
- Reiki Teachers may wish to offer special benefits or discounts on their classes to SDRC members. Thank you for your support

## SDRC Update

### SDRC Board of Directors to meet March 30, 2010

If you have any item you wish to bring to the attention of the Board please do so in writing to Phil Poisson, Chairman, by March 28<sup>th</sup>.

### Scouting new location for the Gathering:

Roshann Chahidi facilitated our getting the School of Healing Arts in Pacific Beach for our last gathering. Many members found the parking less than ideal and though we appreciate Roshann's efforts we are on the lookout for a new location. If you have any suggestions, please advise Roshann at [electricchair@aol.com](mailto:electricchair@aol.com).

## Members Recommend

Be sure to go to the SDRC site under **EVENTS** for more information.

**Maggie Hankamp**, Reiki master and long time member of the SDRC will be in Ukraine with the Peace Corps for two years beginning March 28th. We will miss her volunteering at the hospital and all of her thoughtful participation in our events. If you'd like, email her at [Hankamp@gmail.com](mailto:Hankamp@gmail.com) to be added to an "e mail letter from Ukraine".

**Serena Poisson** is pleased to announce that, effective February 1, 2010, she has been designated an Approved Provider for Continuing Education by the National Certification Board for Therapeutic Massage & Bodyworks (NCBTMB). Each of the three levels of her Reiki classes provides eight (8) hours of continuing education. She has been an approved provider by the California Board of Registered Nurses for nursing continuing education hours since April 1998. Her next Level I class is scheduled for **Sunday, April 11, 2010**. For further information, give her a call at 619 429-4712.

**Laurel Baker**, presenter at the recent SDRC gathering, is teaching a Reiki for Animals class through Starcrafts of La Mesa this coming weekend, **March 27 and 28<sup>th</sup>**. The next class, dealing with larger animals, specifically horses, is scheduled for **Friday, April 9<sup>th</sup> and Saturday, April 10<sup>th</sup>**.

These classes are ongoing and will be repeated. So if you're missing out now, just keep in touch. You will be notified of the schedule as it develops. Moving forward, Laurel may be teaching independently of Starcrafts. By providing your email address she will be sure to send you all the details. You may reach Laurel by email at [laurelbreiki@sbcglobal.net](mailto:laurelbreiki@sbcglobal.net) or call her at 619-415-3219 or 463-7443 if you have questions at all. Judging by the reception at the SDRC, this will be a great opportunity.

**News from Reiki Tummo** Workshops were held for three days in February with 8 new participants and several alumni. The workshops were held from 9-6:00 each day at the home of **Susan Barrett** in Clairemont. These workshops are just the entry level into a long yogic pathway which, through meditation and prayer, will help lead you back to True Source, or Divine Source. Almost every Wednesday at 6 PM the Alumni offer free energy healing sessions at Susan's home. Please sign up at: <http://reiki.meetup.com/419/>. We also meet to meditate for an hour on the weekends, usually on Sunday in Encinitas. Please call 858-571-0187 for more information.

## Members Recommend continued

**Ann Van Buskirk** has been asked to speak about reiki at a free conference of the Caregiver Coalition of San Diego. [www.caregivercoalitionsd.org](http://www.caregivercoalitionsd.org) The event takes place in Poway on **May 12th from 8:30 am to 1:30 pm** at the NC Older Adult Center in Poway. They expect about 100 people. I'm the first speaker, from 9:00 to 9:30 am. The audience will be made up of elders and caregivers. I would like some **volunteers please** to assist me by offering reiki to those in the audience who would like to experience reiki first hand. For the majority, it will be a first time experience. Some of the sponsors of the event include the AARP, the Alzheimer's Association, Elder Care Talk Radio, San Diego Hospice, Heritage Senior Care and more. This may be a great opportunity to showcase reiki, offer help to caregivers, and of course, present the Reiki Corps to the other speakers, sponsors and vendors. Please call me at 858-459-5276 or email me at [annvb@san.rr.com](mailto:annvb@san.rr.com) if you want to help me by volunteering.

The I Can Do It Conference in San Diego

[www.icandoit.net](http://www.icandoit.net) Now you can spend the weekend **May 14 and 15** listening to some of the most inspiring authors of today in a unique setting, the **I Can Do It!** Conference. This annual conference gives you the opportunity to relax and enjoy a forum where each speaker offers the opportunity for spiritual and body enlightenment. Don't miss this highly recommended and unforgettable experience at the venue of your choice. Louise Hay will be among the noted speakers.

## Corps Member Profile: Roshann Chahidi

### Reiki Practitioner and Teacher

Roshann Chahidi has had the privilege of healing and helping people since 1989. She holds Certifications as a Clinical Hypnotherapist, Holistic Health Care Practitioner, Reiki Master, Matrix Energetics, Bio Energy, EFT/TFT, Spiritual Counselor, and NLP.

Diagnosed with Lupus/Chronic Fatigue/Fibromyalgia in 1992, she spent several years taking many drugs to reduce her Pain and Flare ups. They didn't work well. So dedicated herself to learning as much as she could about natural holistic healing. With the help of Nutrition/Herbs/Infrared Sauna treatments, she was finally able to get her Lupus into full remission.

Personal experience and research lead Roshann to realize that superior health was not just about good nutrition and detoxifying the body, but it also included detoxifying the mind.

She gives back to the community by volunteering as well as offering free classes through her meetup group "Change your life through Self Empowerment". She is committed to healing and has a mission of "enhancing the healing potential of every person she touches."

Last year she formulated a Homeopathic Weight Loss Formula that has become very popular and successful, and has thus made it her goal to help people lose weight to begin their process of healing from within.



Roshann Chahidi shares her reiki skills with the SDRC and the Sharp Memorial Hospital Reiki Program. She is also the Vice Chairman of the SCRC Board of Directors.

## The Last Word: Our mission statement

**The San Diego Reiki Corps** We are dedicated to the art of Reiki, to the infinite possibilities of healing. We join together for the education, support, and sharing of ourselves and others in the ways of self mastery through this particular practice. With enthusiasm and trust, we welcome the creation of our Reiki community and work toward growth to benefit all members, all clients, and all who come to share their healing journey and Reiki with us. We ask that all members have Usui Reiki as their foundation for Reiki practice to support the uniformity of the Reiki Corps service. Many other forms of Reiki are welcome additions to what we honor as the original and most fundamental practice of Reiki.