



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

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Inside This Issue

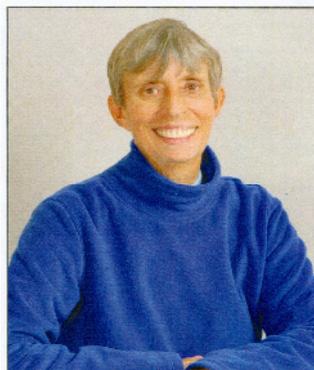
- 1 Front Page News
(In Loving Memory)
- 2 Message from the Chairman
- 2 Member News
- 2 SDRC Update
- 3 Members Recommend
- 3 Corps Member Profile
- 3 The Last Word

In Loving Memory



Leslie Pavett

To our utter sadness, our beloved reiki practitioner, Leslie Pavett passed on the 12th of August from her accident injuries. She left the world a better place for having shared her life with us. Her email address really expresses Leslie well, it was onefreespirit@gmail. She was fun and silly and smart and so generous. She worked at the San Diego Rescue Mission. If you google her name, you'll come to an open facebook page where friends and family left remembrances. Leslie, you are missed.



Marty Arnold

This was an extraordinary woman. Marty Arnold was a wife, a sister, a friend, a social worker, a business woman, a community activist. On August 22nd, Marty transitioned after a very short battle with liver cancer. She met Terry, her husband of 34 years, at a MENSA meeting. Marty was a master teacher of Reiki and an avid gardener. Her last passion was membership and active participation in the UCSD Master Gardening Program. She was a supporter of Read Global (www.readglobal.org) an organization builds libraries in Southeast Asia. She supported the SDRC from the very beginning, offering space in her travel agency as one of our first meeting places. Her wisdom has always been a guiding force, not just for us in the SDRC, but for those who knew and loved her. Marty, thank you for being such a blessing. We miss you.

When we die, we leave a bit of our light behind to guide those who miss us through their darkest hours. It's there in the sky. Look up and you'll see the light of all those who have ever loved leaving a star to shine with hope. Tonight, when you look up towards heaven you'll see, there are two more stars in heaven now. AVB



Message from the Chairman

Dear One's,

As you know since the last newsletter we lost two beautiful people from our community. As the end of the year approaches let us take a moment to thank the Divine for what we have. We live in a beautiful community and we should be of service to the people that are in this community.

Be thankful for your family, and friends. Always remembering this
'You cannot do a kindness too soon, because you never know how soon it will be too late.'

Have a wonderful and "Happy Thanksgiving"

Namaste,

Phil Poisson, Chairman, San Diego Reiki Corps

Member News

A Volunteer Is Needed: We would like to ask you to consider volunteering for the Healing Request Coordinator Position. You need to have some computer skills, active email, and be willing to send out the requests as they come in. You'll be given a list of members to whom the healing requests go. If you're interested in providing this important service to the community, please contact Phil Poisson at taoshih@cox.net. Your gift of time will be appreciated by many.

Do You Have A Reiki Story To Share? Do you have connections in any publications you think would be interested in our story? Please let us know by emailing Phil Poisson, taoshih@cox.net

Reiki Healing Request: Kimberly Myers asked for reiki healing. "I wanted to send a personal Thank You to the wonderful people who sent loving vibes my way during my double root canal. Y'all nearly put me to sleep! And as I drifted, I went to Yosemite- my favorite place on earth, where I revisited some familiar memories and places- Something I totally wasn't expecting during a dental procedure. So Thank You. Thank you, thank you, thank you, a thousand times thank you."

Mary MacLaren is happy to share a great review of her deck of Inner Child Healing Cards (www.innerchildhealingcards.com) in *Spirit of Change* magazine. This appears in print and online. <http://www.spiritofchange.org/reviews-archives.php?issue=85> Also in this issue, Mary shares some insights about breast cancer given to her by her spirit guide. Check it out at <http://digital.spiritofchange.org/spiritofchange/2010-fall - pg13> her article about Inner Child Drawings was the featured share post of the week (October 18) on About.com in the Holistic Health section. Readers were invited to post on the topic of Healing Art Stories. <http://healing.about.com/>

SDRC Update

New location for the Gathering: SDRC gathering will be held the Woods Mobile Home Park Club House. It is a lovely space and there's enough parking. Let's go green and carpool for the next meeting. Our thanks go to Catherine Reddiconto for providing a beautiful space for our gathering.

You'll get an update on our year end gathering shortly. **SAVE THE DATE of DECEMBER 5th** please let us know if you have any ideas as to how we'll let go of the year that has past and welcome in all the possibilities that lie ahead. This gathering will be a Family Gathering so bring your Spouse or significant other. **Please RSVP to Emmy Martinez** at emartinez.reiki@gmail.com

Members Recommend

Marty Arnold Memorial Lending Library: Marty continues to serve the San Diego Reiki Corps through the gift of her Reiki and Associated Interests books. Terry Arnold asked if I would find a home for the books and it came to me during her memorial service that a lending library would be a good way to honor Marty for the service she performed for the SDRC and those who benefitted from her generous spirit. This will provide anyone interested in reading more about Reiki and related topics the opportunity to do so before they decide to purchase for their personal library. Phil and I spent the afternoon with Terry and came away with hundreds of books and cd's. My request is for someone who would like to be our Librarian to step forward. If anyone is feeling the pull to fill that role, please give me a call at 619 429-4712 and let's get together and work out the details. We've put the Reiki books into an Excel spreadsheet and put a label on them, so a good part of the work is already done. We've also created a spreadsheet with the cd's listed and will get the remainder of the books catalogued by category when we return from our next trip which begins on October 2. It would be good to have this in place before our holiday gathering in December. Listen to your heart and give me a call or send me an email at iusereiki@cox.net. Namaste, Serena

Corps Member Profile: Romel Hokanson

Reiki Master and Community Volunteer



Romel Hokanson, Reiki Master/Teacher, C.B.S. Waves of Life To find out more about Romel, you may contact her at tel: 619-379-2662 or Romel@WavesOfLIFE.biz www.Romel4health.com

San Diego Reiki Corp member Romel Hokanson offered Reiki treatments/demos at two community events.

The Caregiver Coalition of San Diego "Finding the Balance in Caregiving" event on October 5, 2010. There were about 75 attendees.

And SanDi-CAN's 5th Annual "Creating Your Road Map: Navigating End of Life Decisions" on October 12, 2010. SDRC was the only integrative therapies represented. There were 150 attendees.

What is SanDi-CAN? SanDi-CAN Mission: To be the community based action partnership of providers, volunteers, and consumers of services dedicated to improving the quality of life for older adults and adults with disabilities living in the City of San Diego.

Thank you, Romel for your support of the community and the SDRC.

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.