



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

January 2017
Volume 25

INSIDE THIS ISSUE:

- [1 President's Message](#)
- [2 Membership Drive](#)
- [3 Outreach Activities](#)
- [4 SDRC Operations](#)
- [5 & 6 Event Photos](#)

Save the Dates:

Energy Meets Business:

January 22th

"Feng Shui your Reiki Space" ...with Rachael Lorraine

January 25th

Outreach:

Homeless Connect

February 26th

"What does your Reiki Business look Like?"
...with Josette Diaz and Serena Poisson

March 26th

"Now What? Taxes, Marketing and Legal Considerations" ...with Bob Bowen, Eliza Steeple, and a tax accountant.

"Happy New Year - 2017"

President's Message:

We certainly hope you had a wonderful Holiday Season and that you are on your way to orchestrating and fulfilling all of your dreams for 2017.

Did you know that the energy for the coming year is extraordinary? Can you feel it? 2017 is $2+0+1+7=10=1$. It is a "1" year, a year of new beginnings. Or maybe more appropriately, have you felt completions in 2016, the "9" year of a larger cycle? Are things ending? Are you ready for change? Are you stepping up your involvement with your Reiki practice and/or SDRC? We hope so!

Consequently SDRC is stepping up our offerings in hopes that you will find new things of interest to enjoy. We are planning something almost every month in addition to the Reiki Shares we hope you attend. Check out the Home Page of the website to see more specific info. We'll also be sending our usual email notices so you can begin to mark up your calendars. We hope to see many of you at these events.

So what else is new in 2017? One thing clear to me is that the new energy coming into our consciousness, via Reiki and other modalities you might be aware of, is asking us to step out further into our world with the Reiki Energy of LOVE. Yikes, was my first reaction to this push from Spirit!!! What can I, only one person really do? But in my Reiki meditations I get a clear knowing that our problems we have been using Reiki to solve and heal are finding their resolution and balance; thus allowing us to extend our Reiki Energy further out to help solve humanity's problems. If you know the Distance Symbol it's easy!! You know how... just use it for whatever global issue you choose. But use it often!! Our world is currently very interesting and many people are still in fear for one reason or another. It is important that we counterbalance that fear with Love!!

The last thing I've discovered is that we are in a tremendously shortened time of manifestation. Have you noticed that things are showing up surprisingly quickly? Yes, it's true. So it behooves us all to monitor our thoughts, words and actions carefully. They are indeed the building blocks of our personal as well as our collective reality. So make each thought count!! Structure them in the positive remembering that the Universe does not hear the not or the don't before what you don't want. Because it is the "energetic vibration" of the words and thoughts that get broadcast out for the Universe to fulfill and return to you. It's like putting an order in at a fast food restaurant and getting your food immediately. Truly these are exciting times.
Be Wise. Be Well. Enjoy life and "see you at the Gatherings..."
Mary-Joy, President SDRC

SanDiegoReikiCorps.org

Membership Drive:

A year ago the new board for the San Diego Reiki Corps (SDRC) convened with the focus on the conference in May 2016. As soon as that conference was over, the board gathered and taking a collective deep breath, said, "What's Next?" Actually, that question of "what's next" has been repeating within the world of Reiki. As an organization, the SDRC has grown from the kitchen table to a viable group of like-minded individuals. 2016 saw the largest growth in membership along with that successful conference in May. The vision of the SDRC has always been to support Reiki practitioners through networking, education and opportunities for community support.

Being a member of an organization lends another level of credibility to whatever one chooses to do and belonging to the SDRC provides credibility to the Reiki practitioner whether your practice is public or consists of family, friends, pets and plants. The coming year we will be focusing on membership. The growth in 2016 was the largest, but this is a living organization and some members have had to turn their attention and efforts elsewhere. That's just a part of life, and we wish all who have chosen to make that turn well and success in their new endeavors. As I looked at the number of members we currently have and began thinking of ways to approach a "membership drive" for 2017, the thought hit me. If every current member invited one of their Reiki friends to join them in the SDRC, we would double our number. I'm not really great at math, but doubling the number seems pretty good to me.

Since you're already a member, you know the benefits of that membership. The list below is from our website and I share it again as a reminder and will add to that list the credibility of belonging to an organization that is growing and representing you in all things Reiki!

Membership Benefits:

- Attend exciting gatherings with interesting Reiki topics
- Network with other Reiki Practitioners
- Publish your name, email, and website on the SDRC website
- List your classes, events, and Facebook page on the SDRC website
- Receive direct emails for SDRC opportunities, classes, and events
- Link your website to and from the SDRC website
- Access opportunities to practice Reiki in community and hospital settings
- Participate in leadership opportunities on the Board or committees
- Stay current through email notices, newsletters, and access to online social networks
- Access great mentoring opportunities

The board has put together a program for next year that is filled with opportunities for your participation, entertainment, networking, education and help with your Reiki practice. There should be something for everyone. Look at the front page of the website to see the list of coming events.

We are putting together a membership drive and I am asking for your suggestions. I want each of you to know and feel that this is YOUR organization and I want YOUR voice to be a part of the chorus which is SDRC. If you have thoughts and ideas or comments, not just for a membership drive but anything about the SDRC, please share them with us. Email me...

Serena Poisson, Membership Director.
spoisson1@roadrunner.com

Outreach Activities:

Here's an opportunity to use Reiki for the Homeless.
Start 2017 with giving ... if interested in participating,
contact Joan Boccio at outreach@sandiegoreikicorps.org



Wednesday, January 25, 2017
9 a.m. to 3 p.m.
Golden Hall at San Diego Concourse
202 C Street
San Diego, CA 92101

You can make a difference in the lives of our most vulnerable San Diegans – homeless adults and families – and help them rebuild their lives.

Volunteer as an individual or sign up your business or organization to provide services at

**The 11th Project HomelessConnect
Downtown San Diego (Project Homeless Connect).**

SDRC Operations:

The San Diego Reiki Corps has come a long way since its inception by a few people sitting around a kitchen table. It has grown not only in numbers but in educational workshops and community outreach projects; and it continues to expand. The Board of Directors is all volunteer and does not have paid staff at this time. SDRC holds monthly activities: Reiki Shares, Outreach Projects in the Hospital and Hospice, and Board Meetings. Additional Outreach Projects are held when events are scheduled by the community, and typically, workshops are organized by SDRC four to six times a year. While everything is volunteer, there are standing expenses that are incurred on a regular annual basis. Expenses vary throughout the year and fall into these categories:

- Event Room Rental
- Speaker Stipends
- Business Postal Box
- Liability Insurance
- Refreshments
- Office Supplies
- Outreach Projects (Supplies, fees, equipment)
- Communications:

Web Site
Meet-up Membership
Facebook

Our membership's donation dues, attendance of events, fundraising, and general contributions help to support our organization and fulfill its purpose. As we continue growing and supporting the Reiki community and our local communities, your continued support is even more needed and so very much appreciated. Thank you all!!

What is a Non-profit?

We hear about non-profit organizations, but what determines this status and why does SDRC qualify? SDRC is a 501c (3) non-profit organization. Our platform is to benefit the public and continue to further the education of our members. A non-profit typically makes a profit and uses it to support the operations of the organization itself and ultimately to facilitate helping and educating the community. As a 501c (3), SDRC is exempt from paying taxes and can receive donations and hold fundraising events to further our goals. This classification allows donors to write-off contributions on their taxes.



Phil Possion worked tirelessly to file our Non-Profit 501c status in 2008.

Event Photos:

December Candlelight Ceremony and Celebration 2016

It was a great evening!! The ceremony honored 2016 with a releasing/bringing in process that allowed to identify what we needed to release and what we would be able to take with us into the new year, 2017. We also identified our goals and desires for the coming year so we could charge them with the group's Reiki.

The food was great!! **Paul de Puyt** brought his famous **Chili and Pineapple Upside Down Cake**. Yum! Yumm! He is open to sending recipes to those who want them. His email is listed on the website, under members.

Thanks Paul and to all that participated!!!



Carol Rand also made a killer dish:
[Easy Green Chile Chicken Enchilada Casserole](#)

Preheat oven to 350. Spray casserole dish lightly with Cooking spray.

Prepare ahead to create layers:

Shred 1 whole rotisserie chicken
Shred 16 oz. Pepper Jack cheese
Cut 18 corn tortillas in bite size pieces, 6 at a time, to create 3 equal-sized piles

Layer twice in casserole dish:

6 tortillas in bite-sized pieces (in this order)
Half of the chicken
1/3 of the cheese
4 oz. sour cream
1 cup of green enchilada sauce (buy 28 oz.)

Top Layer:

6 tortillas, cut & **soaked** in enchilada sauce
Final 1/3 of cheese
Any remaining enchilada sauce

Cover, bake 45 min. at 350

Thank you Carol!!



Membership Certificates:

Whoop!! We have Membership Certificates for all members.

They will be handed out at our up-coming events throughout the year. Please be sure to come and get yours!!



Photos - AIHM Outreach

Academy of Integrative Health and Medicine
Conference, Oct 30 - Nov 3, 2016

SDRC offered Reiki for Integrative Health Practitioners, Doctors and Clinicians attending the week long conference that combines Science and Compassion. www.aihm.org

Such a beautiful and enriching event!!!
Thanks to all participants!



AIHM is yearly so we hope to see more of you here,
next time. It was truly rewarding!!



Into 2017... Be in Reiki and Be in Joy. Namaste!!
Mary-Joy, President SDRC