



San Diego Reiki Corps, 3755 Avocado Blvd. No. 111, La Mesa, CA 91941-7301, sandiegoreikicorps.org

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President's Message

Happy Summer to all of you! We are celebrating so many exciting events for San Diego Reiki Corps! Look at these numbers and check out this newsletter:

- 3 new board members with wonderful new energy!
- 6 Community Outreach opportunities already this year
- 7 new SDRC members for a total of 19 this year
- 7 day-a-week coverage at Sharp with 250-300 Reiki treatments a month
- 25 Reiki practitioners volunteering at Sharp Memorial
- 42 attendees at our Crystal Healing Bowls Gathering. **A record!**
- 72 paid members of the 155 names on our email list

One of our recent Outreach Events was staffed by Board member, Romel Hokanson as well as Maggie O'Brien, RN, Alice Spence, Shirley Weaver, and Claudia Mitre Angel. They spent the afternoon working with the homeless in El Cajon through the Interfaith Shelter Network. Our next big event is July 13-15 at the Veteran's Village San Diego Stand Down. You may have seen and participated in this before and we have been invited back. We will have the information for scheduling and contacts shortly and email it to you directly.

We are also looking forward to our next Gathering on August 5. We are planning an aura photography extravaganza that we hope will include aura pictures taken of us before and after Reiki. That should be interesting! Stay tuned for that one. If you would like to see something special at a future Gathering please let us know. We are sure open to new ideas!

I hope you enjoy this newsletter and all the wonderful information we have to share. Lorraine George was diligent in keeping track of SDRC members during the 5 day Jikiden Reiki class she hosted and we are blessed to have a presentation of Essential Oils and Reiki from Katie Buggs on both our website and in this newsletter. The numbers of attendees for Meet Ups that involve SDRC members are increasing and we have 35 "likes" on our SDRC Facebook page! Let's stay connected!

Here is a very fun picture of our two new Sharp Reiki practitioners who are transferring over to Inpatient Rehab. Thank you Stacy D'Aguiar (L) and Andrea Cueva(R) for getting this part of the program off the ground! – Kathy Cueva



SDRC Members Attend Jikiden Reiki Training with Frank Arjava Petter



Seven Happy SDRC Students

“Your previous training is your treasure,” Arjava told us as we began a five-day journey into learning Reiki as Dr. Hayashi taught it to 17 year-old Chiyoko Yamaguchi in 1938, the same way he learned it from his teacher, Usui Sensei. Chiyoko Sensei continued to practice, and later teach, Reiki until her death in 2003. Arjava went on to say that “Western,” or “Takata,” Reiki (your treasure) is valuable. “Reiki is Reiki.” Because of Mrs. Takata, Usui Sensei’s Reiki survived in the world. In Jikiden Reiki, we learn a pure, more powerfully directed form of Reiki. The original Reiki.

Seven SDRC members studied at the Shoden (Level I) and Okuden (Level II): Bob Bowen, Lorraine George, Susie Gomez, Pamela Gravel, Romel Hokanson, Barbara Murphy, and Serena Poisson. We joined 16 others from Canada, Brazil, Arizona, Los Angeles, and San Diego. Arjava told stories of old Japan; showed photos from the Usui, Hayashi, and Yamaguchi families; and shared personal accounts of his training and visits with Chiyoko Sensei. Each day we learned techniques that enhanced the Reiki in our hands, and cultural and spiritual events that opened the Reiki in our hearts.

Three SDRC members continued their Jikiden Reiki study to the next level and are now Certified Shihan-Kaku: Lorraine George, Romel Hokanson, and Serena Poisson. At this level, they can teach Jikiden Reiki Shoden (Level I).

Frank Arjava Petter is author of *Reiki Fire*, *Reiki the Legacy of Dr. Usui*, *The Original Reiki Handbook of Dr. Mikao Usui*, *The Spirit of Reiki*, *Reiki Best Practices*, *The Hayashi Reiki Manual*, and soon-to-be published in English, *This is Reiki*. Arjava is an international Jikiden Reiki ambassador and teaches on four continents.



Lunch in Lorraine's Garden

Arjava plans to return to San Diego again next year. Please contact LGeorge@Reiki4Wellness.com for information about his 2013 visit as it becomes available.

Lorraine George has been an SDRC member since 2006. She organizes and hosts Arjava's training in San Diego.



New Shikan-Kaku Grads

Member News

Please join me in welcoming our new SDRC Board members! We feel very blessed to have **Stacy D'Aguiar**, **Cindy Watson** and **Cynthia Backer** join us as Directors-At-Large! They join our returning board members, **Kathy Cueva** as President, **Bob Bowen** as Vice-President/COO, **Romel Hokanson** as Secretary and **Serena Poisson** heading up Community Outreach.

Stacy was just featured on the About Us page of our website and is a professional artist who incorporates Reiki into all of her paintings. To see her artwork, please visit her website at www.unreal-art.com. She has been helping us design our SDRC banner, new business cards, and the most recent flyer for the Gathering. She also volunteers weekly with us at Sharp Memorial Hospital and will be part of the new team that moves to the Sharp Inpatient Rehab Center to care for patients there.



Cindy Watson is also a weekly volunteer at Sharp Memorial and is very busy as an elementary school teacher. This summer she is in charge of a science camp for 200 elementary campers!

Cynthia Backer is our new North County connection! Cynthia, an RN, is currently part of the nursing education department at Tri-City Hospital and a former member of the Sharp Reiki volunteer team. She would very much like to bring Reiki to patients at Tri-City and invited a number of SDRC members to Tri-City to give Reiki to the nurses during National Nurses Week. Please visit her at her website at www.cynthiabacker.com.

Above is a picture of your new Board of Directors. From left to right, they are Kathy Cueva, Cindy Watson, Romel Hokanson, Cynthia Backer, Bob Bowen, Serena Poisson, and Stacy D'Aguiar.

Please also welcome the following seven new members who have joined us since April:

- Claudia Mitre Angel
- Max Metz
- Amanda Domnitz, RN
- Shiho Olson
- Mary Farrell
- Sharon Ritch
- Hiroko Gray

Amanda, Max and Claudia will also be volunteering at Sharp. Amanda Domnitz is shown here wearing her volunteer uniform while mentoring at Sharp.



Amanda Domnitz

Katie Buggs and Essential Oils in Your Reiki Practice:



Rosewood Essential Oil for the Root Chakra

It was such a pleasure to visit San Diego and have the opportunity to present the Reiki Essential Oil Kit (REOK) to San Diego Reiki Corps members. I created this kit as a pure botanical helpmate for Reiki healing sessions. I blended the oils for gentle, subtle, and compassionate application through the hands of a Reiki practitioner. I wrote this article to preview the kit by introducing the Rosewood Blend (Aniba roseodora var. amazonica with mandarin, cistus, and hyacinth) for the Root Chakra.

Combining Reiki healing with essential oils is a subtle yet profound union. The essential oils carry elemental wisdom which affects our Human Energy Field. When Reiki and essential oils partner with intent for comfort and relaxation, we assist the immune system and support the physical, mental, and emotional trio.

The Rosewood Blend with its floral and wood scent, percolating with just a hint of spice, resonates beautifully with the Root Chakra. I steam distill it from the heartwood of the Rosewood Tree reaching 125 feet tall.

Rosewood is a balancing oil which both allows us to see the light at the end of the tunnel and to facilitate emotional harmony. It increases circulation and creates a warm and soothing effect. As Reiki hands channel the blend through the root chakra, it gently frees energetic blocks and travels to the heart, facilitating a nurturing spirit. Rosewood supports our root chakra and instills strength, security, and trust. It dissipates fear and securely grounds the client in a Reiki session.

Next month we'll visit the Sandalwood Blend for the Sacral Chakra.

Namaste,

Katie

Katie Buggs is a Clinical Aromatherapist, Usui and Karuna Reiki Master, and Holistic Educator. She lives in Albuquerque, New Mexico.

As the owner of Katybugs healingsense since 1992, Katie is dedicated to offering pure essential oils, synergistic blends, and healing modalities that contribute to individual peace and harmony. She can be reached at kbuggs@aol.com or www.katybugs.com.



Editor's note: Katie Buggs introduced us to her line of Reiki Essential Oils when she came to San Diego on May 5-6 for a class and a presentation at the SDRG Gathering. She has offered to present one of her line of Reiki Essential Oils in each of the upcoming newsletters. **Thanks, Katie!**