



San Diego Reiki Corps, 3755 Avocado Blvd. No. 111, La Mesa, CA 91941-7301, [sandiegoreikicorps.org](http://sandiegoreikicorps.org)

**September 2012**  
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## President's Message

### INSIDE THIS ISSUE

- 1 President's Message
- 2 Meet Nedra Abramson
- 3 Reiki Healing Clinics
- 4 Reiki Essential Oils
- 5 This Is Reiki

Where is the Fall Weather? We are hot, hot, hot, both as an organization and as a community!

Since June, we have 13 new paid members and three of them will be starting in our Reiki volunteer program at Sharp Memorial Hospital in the next few months. On Sept. 30th, our SDRC Board members, who are also Sharp volunteers, have been invited to explain the Sharp Reiki program to visitors from Planetree, a coalition of more than 100 hospitals worldwide that is committed to improving medical care from the patient's perspective. Sharp Memorial is the largest and most complex hospital in the world to achieve a Planetree designation. There are only 28 Planetree-designation hospitals in the world and 2 in California (Sharp Coronado is the other hospital). We are very proud to be a

part of this as we feel it indicates an increased awareness and positive acceptance of Reiki as an alternative treatment modality in the healthcare community.

We are also eagerly looking forward to our next **SDRC Gathering on Nov. 4<sup>th</sup>**. We are calling it "Crystals 101" and will be featuring a panel discussion with topics that include Crystals & Healing, Crystals in your Reiki Practice, and, hopefully, an overview covering what it takes to get these crystals out of the ground and into the store! Everyone attending will be able to choose a personal stone or crystal to keep with them during a meditation led by our own Cynthia Backer. Mark your calendars now for Sunday, Nov. 4<sup>th</sup> from 1:30 to 4pm at the Foothills United Methodist Church (that's the one on Avocado Blvd.).



In this newsletter, I introduce some SDRC members who are very active in the community. Nedra Abramson describes her journey with the Helen Woodward Center; Lorraine George reviews Arjava Petter's brand new book, *This is Reiki: Transformation of Body, Mind and Soul From The Origins To The Practice*; and Katie Buggs updates us on the Sacral Chakra and Sandalwood Essential Oil which is included in her Reiki Essential Oils kit. I also take a look at activities to provide Reiki for the community in a number of Reiki Healing Clinics around town. These services are typically provided at no cost to the recipient or for a "love donation" to help cover their costs.

And, we are always looking for new topics to present about the ever growing Reiki presence throughout San Diego County. Please drop me a note and let me know what you are involved in so we can let our SDRC members know what is going on in our community! I believe everyone would love to hear what you are doing! – Kathy Cueva

## Meet Nedra Abramson At The Helen Woodward Center

*(Editor's Note: I just came upon an ad for Reiki being offered at The Helen Woodward Center and realized it was our own SDRC Member Nedra Abramson at work. Here is another interesting story of Reiki at work!)*



**Nedra Helps a Friend**

I grew up in the Midwest and began my adult working life in Corporate America, primarily in sales and marketing. After many years of serving large broadcast organizations, such as ABC and CBS, in the areas of Business Development and Promotions, I returned my life's focus to my love of animals.

I have been working closely with animals for the past 10 years. I started working with animals by volunteering at [Much Love Animal Rescue](#) in Los Angeles. Through Much Love, I became a "failed foster" twice and adopted two amazing formerly feral cats, named Monster and Siddhi. It was because of these two cats that I really started paying attention to the effects their emotions had on their health and wellbeing. In 2005 I started working for Helen Woodward Animal Center as a Sponsorship Supervisor. It was great to be around so many animals in a corporate environment. During lunch or breaks we would go out and visit all the dogs and cats. Working at the Animal Center has really motivated me to help raise funds and awareness for these orphaned animals.

During my first year at Helen Woodward, my cat Siddhi had an unsuccessful hernia operation. After her second surgery, she was not doing well and Western Medicine was not helping, so I found a holistic vet, [Dr. Monica Laflin](#), who alleviated most of her symptoms after one session. You could tell immediately that Siddhi was so much happier and finally pain free. When I asked Dr. Monica what she had done to help Siddhi heal so quickly, she informed me that she had used a combination of Reiki, chiropractic, and acupuncture. Having never heard of Reiki, I quickly bought a book on the subject and started reading. I was hooked.

In April 2007, I took my first Reiki class with [Dr. Carol Wilson](#) and became a Reiki Master/Teacher in January 2008. I have practiced professionally since then and started my business, Reiki for all Creatures ([reikiforallcreatures.com](#)). I am excited to be included in the new Club Pet Wellness Services program at Helen Woodward. I am also a Dually Certified Equine and Small Animal Acupressurist. Reiki and Acupressure work so well together that their combination will always be my primary method of care because it has an intrinsic ability to work for all creatures and create the perfect result.

**CLUB PET**  
Introduces Wellness Services





**REIKI FOR ALL CREATURES**  
is Now Offering Sessions at a  
**SPECIAL Introductory Price**  
of **\$65 Per Session\***

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**CHOOSE FROM:**

- Calming session
- Senior session
- Sports massage session
- Anti-anxiety session
- Injury recovery session

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**CALL (310) 991-9835 TO SCHEDULE  
YOUR SESSION TODAY**

\*Limited time offer; expires 9/30/12. Helen Woodward Animal Center is not responsible for any loss, injury, claim, liability, or damage related to use of Wellness Services provided by Club Pet. Reiki For all Creatures is an independently owned and operated service.

## What's Up in the Community?-Reiki Healing Clinics

In the last year, I have become more and more aware of different ways Reiki is being practiced and provided in San Diego. Many of us regularly attend Reiki Shares, Reiki Circles, Reiki classes, and Community events where we can offer and receive Reiki. However, there is another place in our community where Reiki is being offered to those who are truly in need for free or for a "love donation" and that place is what I call a Reiki Healing Clinic!

**Marilyn Corbisez** has been running Reiki Clinics in her home in El Cajon for years at least once a month. She has created a four-table clinic with 1-2 Reiki Masters at each table and a fairly regular clientele! When a client leaves, they can sign up for a reserved time slot at next month's clinic. She also provides water and snacks for the clients and practitioners to keep everyone grounded. Marilyn's genuine compassion, follow up phone calls, and detailed scheduling for both clients and Reiki practitioners ensures a smoothly running and effective clinic experience for all.



**Reiki Wind** is the name of the business Bob Bowen and I started and we hold Reiki Clinics with regular clients at least once a month at Foothills United Methodist Church in La Mesa. We run the clinics from 1-4pm on a Sunday afternoon with 4-6 tables available in a semi-private setting. We found this to be a wonderful opportunity for our Reiki students to practice on "real clients" and we always include debrief and teaching sessions. Each table has a Reiki Master or Master student working together with another student. We started this clinic primarily to meet the needs of my friends at Foothills who were open to Reiki healing. It has been a blessing for me to be able to provide Reiki for my church family and our students.

Another church, **The Unity Center in Mira Mesa**, offers Reiki to their congregation between services. It was started by SDRC member Corinn Cousins. Mary Holladay, Cindy Watson and Rita Winrow have also participated. Mary says there are usually four or five chairs in a circle facing outward for people to receive Reiki and four or five chairs in a row along the wall for people waiting for Reiki. There is music from an MP3 player available. There is also a lovely sign in the lobby that says "Reiki provided upstairs."

And, **Christ Church Unity in El Cajon** provides Reiki clinics once a month.

I found it quite educational, as well as extremely rewarding and comforting to learn how and where our practitioners have created and are using clinic settings to bring the light and love of Reiki to those around us who are in need! If you are offering Reiki in a unique setting, we would love to hear about it! And let us know if you need help!

-Kathy Cueva

## Sandalwood Essential Oil for the Sacral Chakra

*(Editor's Note: This article continues the presentation started at our February Gathering about using Reiki Essential Oils during a Reiki treatment. Thanks Katie!!)*



The Sacrum is named from the Latin *sacer*, meaning sacred. The sacrum, composed of five fused vertebrae, is one of the strongest bones in the body. Located at the base of the spine, between the ilia, it is one of the most interconnected bones in the body. "The sacrum is described as the sacred bone; the sacral soul center, collection point, reservoir, and 'launching pad' of our spiritual energy." (Hugh Milne) The Element for the second chakra is water, associated with the bladder and kidneys, the organs responsible for maintaining inner strength, purity and renewal. Sandalwood, accompanied with frankincense and myrrh, is the essential oil synergy associated with sacral chakra healing in the Reiki Essential Oil Kit.

The Sacral Blend has a mild, woody and sweet fragrance. The scent is long lasting and has an analgesic effect on the central nervous system and binds to the opioid receptors in the brain instilling deep calmness, the essential rhythm for healing to take place. Sandalwood helps connect sensuality with spirituality, cooling and calming the nervous system. While Sandalwood encourages states of "higher" consciousness, it also brings us back to our core self, to an alignment or inner unity where mind, body and spirit relate in harmony. Frankincense accompanies Sandalwood with its profound ability to center and calm the mind and clear stress. Myrrh contributes strength, support, and grounds the blend. Myrrh is also known to ease sorrow and grief. Synergistically, this blend assists sciatica, back pain, pelvic stiffness accompanying pregnancy, and stress-related illness. It clarifies and stills the mind and integrates sexuality with sensuality. The Sandalwood blend is infused with Natural Citrine which enhances physical stamina and energy and supports the endocrine system through encouraging healthy metabolism. It is a powerful purifier of one's will center manifesting courage and fortitude.

Namaste,

Katie

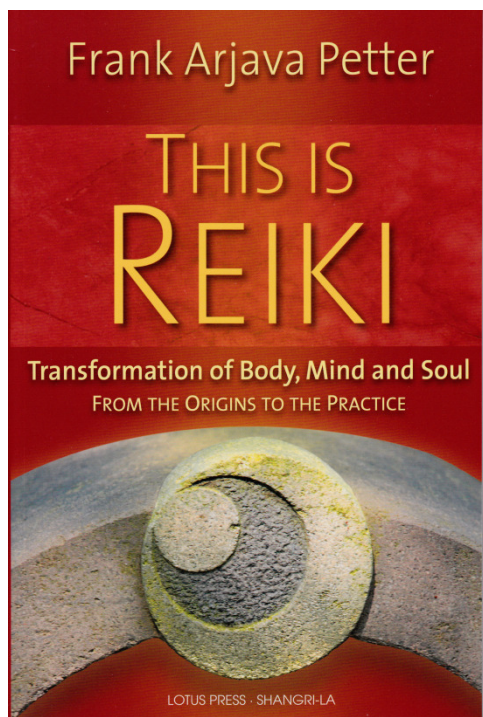
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*As the owner of Katybugs healingsense since 1992, Katie is dedicated to offering pure essential oils, synergistic blends, and healing modalities that contribute to individual peace and harmony. She can be reached at [kbuggs48@gmail.com](mailto:kbuggs48@gmail.com) or [www.katybugs.com](http://www.katybugs.com).*



## This is Reiki

Book Review by Lorraine George



Books don't usually come with a caution label, but, *This is Reiki: Transformation of Body, Mind and Soul From The Origins To The Practice*, by Frank Arjava Petter, Lotus Press, should. Be prepared to: be mesmerized by the flow of words on a page; be warmed by Arjava's passion for the subject; inhale the story of Reiki's journey at the level of your soul; and most of all, lose track of time.

If you've met Arjava, you'll recognize his voice. It's as if he is sitting across the table, sipping a hot coffee, relating his delightful adventure into the Japanese world of Reiki. He introduces us to Usui Sensei's ancestors, and gives us a peek into the original Reiki Ryoho Gakki. We travel in time from Usui Sensei's birthplace to his memorial. We meet Hayashi Sensei and the Yamaguchi family. This is an up-dated history of Reiki, based upon written journals, documents, family photos, and interviews. Arjava tells us the background story - the history and spiritual culture of Japan - so we get a better understanding of the events that influenced the development (and later decline) of Reiki in its place of origin.

And then we are off to Sacred Reiki sites. More than a travel guide, Arjava uses personal stories, and at times, humor, as we meander from one site to the next. This chapter is plush with photographs.

He goes on to tell us about the deities and spiritual practices that are rooted into some of the beliefs and techniques of the Reiki we do today. This tapestry of spiritual identity helps to explain the dynamic realm of guidance and power, available to us in Reiki practice.

The final chapter covers healing with Reiki, including perception exercises, gassho meditation, and Japanese techniques. There are also interviews with Fumio Ogawa Sensei, and Chiyoko Yamaguchi Sensei.

Although designed for those who teach, this book is a valuable resource for everyone who practices Reiki. I would also recommend it for those who have an interest in learning more about this simple, yet powerfully effective, Japanese healing art.

*Lorraine George is an SDRC member, Jikiden Reiki® Shihan Kaku, and Usui/Tibetan and Karuna Reiki® Master. She can be reached at [LGeorge@Reiki4Wellness.com](mailto:LGeorge@Reiki4Wellness.com).*

*Frank Arjava Petter returns to San Diego in 2013, on May 24-28 for Shoden/Okuden, and May 29-30 for Shihan Kaku. Contact Lorraine George for course and registration information.*