



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

March 2013
Volume 14

President's Message

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Happy Spring everyone!

The San Diego Reiki Corps has a busy group of volunteers this year!

Thanks to Board members **Serena Poisson** and **Romel Hokanson**, we participated in two big outreach events to provide healing Reiki treatments to the homeless and others in need. Thanks to everyone who came out! Be sure to read how profound these events were in this newsletter.

We also had a great time with **Katana DuFour** at our Feb. Gathering as we learned how to smudge our homes, our offices and each other! There is such wonderful energy in our group when we come together to learn and to play! And, speaking of playing, don't miss

our **"Drumming Heals"** Gathering on April 21st where we will learn all about the therapeutic effects of drumming and the energy that surrounds it. More info inside! How do you find out about all these great events? **"Like"** our page on **Facebook** and keep checking our website at **SanDiegoReikiCorps.org**. Our Events page is always updated and includes classes, workshops, and the ever popular Reiki Dance!

One of the offshoots of putting our hands on people in need, both in the homeless arena as well as the Reiki program at Sharp Memorial hospital, is the need for more Reiki clinics that operate for donations or on a sliding scale. We wrote about four of them in our last newsletter, but we would really like to know if there are any more. If you know of a "Reiki Clinic" that occurs on a regular basis for donations at your church or wellness center, please let us know? We will post them on the website as a reference. So many people in need!

If you would like to join our all-volunteer SDRC Board of Directors, please let me know! We are currently looking for a Membership Coordinator to receive the new member applications, send greetings, and maintain a membership list. We are also looking for a new Member-at-Large who will help at events and Gatherings and work closely with the other Board members. We are a pretty fun and forward thinking group if I do say so myself. We would love to have you with us! Hope to see you at our next event!

Kathy Cueva, RN, RMT
President, San Diego Reiki Corps



Women's Resource Fair



(Left to Right) Romel Hokanson, Serena Poisson, Rosemary Johnston (coordinator), Byron Reed, Marisol Quesada, Dave Fox, and Bella Fiore Fox

The concourse at Golden Hall in downtown San Diego was already busy by the time I arrived at 8:15 a.m. Saturday morning, March 9. Final preparations were being made before the doors opened to the long line of women waiting for the Women's Resource Fair to begin. Once again, the San Diego Reiki Corps answered the call for volunteers. In addition to the members in the photo, our wonderful team included **Mary Holladay, Shirley Weaver, Joan Boccio, Cindy Watson, and Jennifer Nayre**. Each group took two-hour shifts and stayed busy, busy, busy. Following is an email received from **Rosemary Johnston**,

coordinator: "Hi, Romel and Serena: Please thank all who helped out at the Reiki services on Saturday. We served 505 women and 104 children on Saturday, and

I know all who stopped by your area really appreciated the help it provided them!!"

At the end of the day, we were tired, but so invigorated by sharing our wonderful Reiki energy with so many and sharing the day with special Reiki angels. Thank you, thank you, thank you ALL.

-Serena Poisson-

San Diego's 7th Annual Project Homeless Connect

Thank you to the volunteers from the San Diego Reiki Corps, **Romel Hokanson, Claudia Mitre, Shirley Weaver, and Jenny Kurth** who provided a valuable service, offering Reiki. From the organizers, "I know how much those who received your services appreciated them!"

Project Homeless Connect is an annual one-day event led by the San Diego Housing Commission. The Interfaith Shelter Network, Family Health Centers of San Diego and St. Vincent de Paul Village all partnered on the effort. Hundreds of homeless San Diegans gathered at Golden Hall on January 30, 2013 to access resources of health screenings, flu shots, dental work, haircuts, new clothes, drug counseling, legal aid, housing counseling, foot baths, Reiki, Healing Touch, a hot meal and many other services for San Diego's homeless families, veterans, seniors and disabled; provided from the large crew of volunteers, as part of Project Homeless Connect.

The Housing Commission announced that the event served 1,150 homeless citizens, and involved 550 volunteers and 71 service providers.

Drum Therapy

SAN DIEGO REIKI CORPS GATHERING **DRUMMING HEALS!**

Sunday April 21st 1:30-3:30pm
Foothills United Methodist Church

Presented by:

Heidi Johnston,

Certified Drum Therapy/Drum Circle Facilitator

4031 Avocado Blvd, La Mesa, CA, 91941
Downstairs in King Hall

Donation of \$5 for room costs

Bring your drums and percussion!
Some instruments will be provided

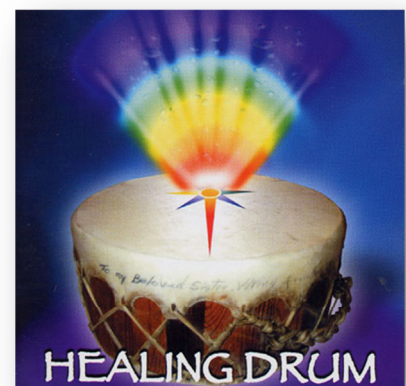


RSVP by Thursday April 18th
to Cindy Watson: CinWatson1@sbcglobal.net

We hope you will join us at our next Gathering on **April 21** from 1:30-3:30pm at Foothills United Methodist Church in La Mesa. We will try our hand at **DRUMMING!** **Heidi Johnston** from Integrative Healing Services at Sharp Memorial is a certified drum facilitator as well as a Healing Touch and Reiki Practitioner. She uses drumming as a therapeutic modality for groups at Mesa Vista as well as other groups within the Sharp system. It is a very healing process. And, please let us know if you have drums, cow bells, triangles, rain sticks, or other percussive instruments you can bring and share. Think mallets and drums and grounding! We are excited to have you join us and share in the fun! **Please RSVP early!**

Drum Therapy is an ancient approach that uses rhythm to promote healing and self-expression. Therapeutic drumming techniques have been used for thousands of years to create and maintain physical, mental, and spiritual health. And besides that-it's fun!

Current research is now verifying these therapeutic effects. Recent research indicates that drumming accelerates physical healing, boosts the immune system and produces feelings of well-being, a release of emotional trauma, and reintegration of self. Drumming also helps alleviate stress that is created from hanging on to the past or worrying about the future. When one plays a drum, one is placed squarely in the here and now and becomes grounded. One of the paradoxes of drumming is that it can both take you away from it all at the same time it is firmly grounding you in the present!



Frank Arjava Petter

Jikiden Reiki with Arjava



Reiki is a simple form of energy healing from Japan known as "Shinshin Kaizen Usui Reiki Ryoho" "Usui treatment for the improvement of body and mind." Jikiden Reiki® is the original Reiki presented with credibility and clarity.

Jikiden Reiki® roots go back to the discovery of Reiki itself. Jikiden Reiki® differs from "Western" style Reiki in approach, attitude and ideas. You will experience Reiki in its original beauty and simplicity.

- **Relaxing, shown to be effective with acute and chronic illness**
- **Safe and effective**
- **Includes Japanese ideas and methods**

Your Jikiden Reiki® Training Investment

Shoden and Okuden (Practitioner) Training

\$950.00 - Early bird discount of \$100.00 if course fee is paid in full one-month prior to first day of course.

To reserve your place send a \$250.00 non-refundable, non-transferable deposit.

Refresher Shoden and Okuden \$250.00 with no discount.

Shihan-Kaku (Assistant Teacher) Training

\$1600.00 - Early bird discount of \$100.00 if course fee is paid in full one-month prior to first day of course.

To reserve your place send a \$250.00 non-refundable, non-transferable deposit.

Refresher Shihan-Kaku \$100.00 with no discount.

Arjava is teaching at ...

Reiki For Wellness
University City, San Diego
(858)449-6197
Group rates available

May 24-28: Shoden and Okuden
May 29-30: Shihan-Kaku

10am to 6pm daily

Frank Arjava Petter



Arjava Sensei has been teaching Reiki since 1993 but his deeper and internationally celebrated involvement with Reiki began when he "discovered" the grave and memorial of Reiki founder Mikao Usui in Tokyo and original documents by Usui and his students. Because of his unique connection to Reiki history, Arjava, teaches the Jikiden seminars in 5 days integrating information from his seven worldwide bestselling books about Reiki's origins.

When he is not teaching worldwide he spends his days writing inspirational texts and fiction to be published in the near future. He is the Vice-Chairman of The Jikiden Reiki Institute in Kyoto, Japan.

All Jikiden courses taught by Arjava Sensei are accredited by the Japanese Jikiden Reiki Institute in Kyoto Japan. You will receive your certificates directly from Japan.

For more information and to register contact:

Lorraine George 858-449-6197
LGeorge@Reiki4Wellness.com

Arjava Petter is returning to San Diego!

Frank Arjava Petter is a world renowned Reiki teacher and a pioneer in the revival movement of the original Japanese Reiki which we commonly call "Usui Reiki."

This is a great opportunity to meet Arjava and learn the up-dated history of Reiki directly from the man who did the underlying research. His research included written Japanese journals, documents, family photos, and interviews with people who had personal contact with or first-hand knowledge of Usui Sensei and Hayashi Sensei. Arjava's lectures include fascinating background stories about the original Usui Reiki as well as the history and spiritual culture of Japan during the early days of Reiki. This helps us better understand the events that influenced the development (and later decline) of Reiki in Japan.

This is also a great opportunity to learn about Jikiden Reiki®. "Jikiden" is a Japanese word that means "as I was taught." Arjava learned his Jikiden Reiki from Chiyoko Yamaguchi. Yamaguchi

Sensei learned her Reiki directly from Chujiro Hayashi, who learned his Reiki directly from Usui Sensei. Therefore, because the teachings and practice of Jikiden Reiki remained in Japan and removed from Western influence, it should be very similar to the original Reiki taught by Usui Sensei. In fact, Arjava describes the difference between traditional Japanese Reiki and our Western Reiki in his latest book, *This is Reiki: Transformation of Body, Mind and Soul From The Origins To The Practice*.

As shown in the above flyer, for more information, please contact Lorraine George, an SDRC member, Jikiden Reiki® Shihan Kaku, and Usui/Tibetan and Karuna Reiki® Master. She can be reached at LGeorge@Reiki4Wellness.com.