



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

July 2013
Volume 15

President's Message

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Happy Summer Days!

To all of you who participated in our SDRC Gatherings Survey to let us know your particular interests, **thank you so much!** We were very pleased to have a 30% response! Here are the top winners:

1. Reiki, Meridians and Oriental Medicine
2. Animal Reiki
3. Developing Your Intuition
4. How to set up a Reiki Practice.

We are happy to announce that we will be presenting programs for the top three winners throughout 2013 and we have included an article in this newsletter on "How to Set Up A Reiki Practice". Mark your calendars for our remaining 2013 Gatherings on July 28th, Sept. 22nd and Nov. 17th, 1:30 - 3:30pm in La Mesa. Watch your email, our SDRC website, and our Facebook postings for more info. We don't want you to miss a thing!

We are also excited for the 16+ Reiki practitioners who volunteered to support the July **Veterans Stand Down** event. Their activities were coordinated by our Community Outreach Director, **Romel Hokanson**. It has been a wild ride for Romel because she was not told that the San Diego LGBT Pride Parade and the Blood Bank Run were scheduled for the same time frame and same general area as the Veterans Stand Down. We are very committed to this event and to ensuring complete and timely information for other future Reiki volunteer opportunities and events for our members. Please let us know of any opportunities and be sure to stay in touch if you love to work with clients in the community!

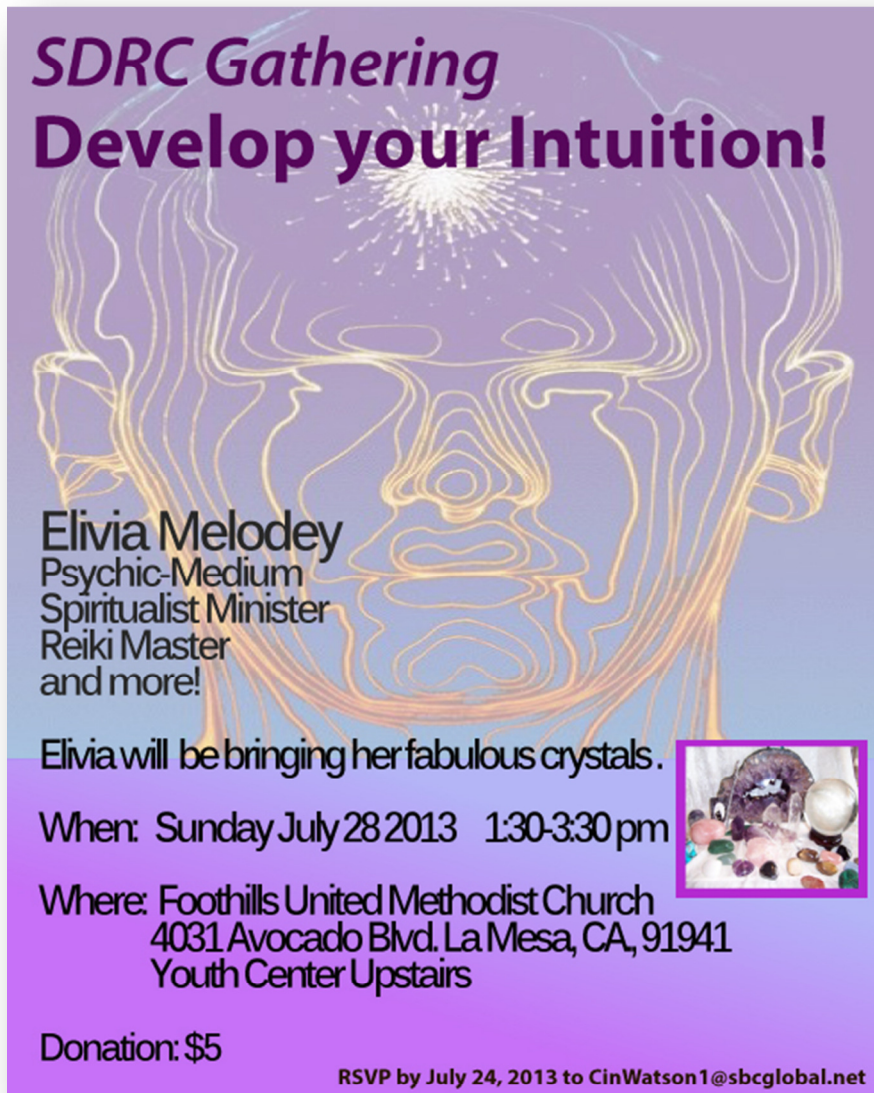
I hope you enjoy this newsletter! We tried to create a "how to" feel to it by including a reprint the great piece that **Emmy Martinez, RMT**, wrote for us about "How To Pick the Right Reiki Teacher" and **Bob Bowen, RMT**, writes about "Starting a Reiki Practice" in response to the survey requests. The survey got us started on the "how-to" path as we plan for the rest of the year. And, of course we included some great info about our Guest Speaker, **Elivia Melodey**, who will be with us at the July 28 Gathering. A number of us on the Board have enjoyed studying with her over the last few years.

Please stay in touch and feel free to contact us through website if you have any questions or suggestions! We also have a great Healing Request page for distance Reiki. Hope to see you July 28th!

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



Develop Your Intuition



SDRC Gathering
Develop your Intuition!

Elivia Melodey
Psychic-Medium
Spiritualist Minister
Reiki Master
and more!


Elivia will be bringing her fabulous crystals.

When: Sunday July 28 2013 1:30-3:30 pm

Where: Foothills United Methodist Church
4031 Avocado Blvd. La Mesa, CA, 91941
Youth Center Upstairs

Donation: \$5

RSVP by July 24, 2013 to CinWatson1@sbcglobal.net



We are each born with intuitive gifts. Have you been looking for yours?

Join us on Sunday, July 28, 1:30-3:30 as we explore getting in touch with and developing that intuition! As Reiki practitioners, we use our intuitive skills to read energy beyond the physical body we work on. Our intuition helps us venture into new worlds of non-ordinary realities, filled with all kinds of frequencies and mystical experiences.

Elivia Melodey will help to demystify the mystical and put these gifts to work for you.

She will show us how we can develop and expand our individual abilities. We will learn how our intuition can assist us with our daily activities and work for us! Talking and seeing those who have crossed over, visions of angels, and medical intuition may be commonplace for people you know. Wouldn't you like to have that gift?

Elivia is a Reiki Master and a keynote & workshop presenter for many spiritually based national conferences.

She has been dubbed "**The Angel Whisperer**" by Awareness Magazine for her accuracy in Spiritual Life Readings. Elivia developed her innate ability to read energy as a child and has been an ordained Spiritualist minister since 1985. As a gifted conscious trance medium, she has the ability to communicate with those who have crossed over as well as with many other Light realms. With the release of four critically acclaimed CDs, she has also established herself as a recording artist whose music and healing bowl concerts are used in healing and spiritual centers around the world. Many of us have worked with her in her classes on crystals and crystal grids and we are happy to announce that she is bringing some beautiful crystals with her for purchase! To learn more about Elivia, please visit her website at www.Elivia.com.

Be sure to RSVP by July 24th as this is sure to be a popular topic!

How to Find the Right Reiki Teacher

By: Emmy Martinez, Reiki Master Teacher

I received a call the other day from a young man who said he was interviewing for “a Reiki teacher who does attunements.” He went on to say, “I’m gathering information on (Reiki) masters and venues to figure out which is best for me.” This call is what prompted me to write about how to find the right teacher; I got the impression from our short conversation that he was more interested in getting “attuned” than taking the necessary steps/class to become a Reiki practitioner.

First, consider that you attract into your life the right person for you at the right time, always, for whatever lesson(s) need to be learned.

Here are some guidelines to use in your search for the right Reiki teacher for you. While there may be many questions you would like to ask in your interview, the following, I think, are the more pertinent. By the way, before you even begin your research, please ask yourself why you want to learn to do Reiki. If your (honest) answer is less than altruistic, you might want to look elsewhere for a new interest.

- **How long has the teacher been practicing Reiki? Teaching?** This assumes that the person you are speaking to has gone through the necessary three levels of Reiki instruction, to mastership. It is the Reiki master who has the required knowledge to give you a correct attunement for each level of Reiki you complete, and can guide you in how to give a proper Reiki treatment. Choosing a person who says they have been a Reiki master for 20 years over someone who has only five years (as an example) does not necessarily make one better than the other. Yes, 20 years is an impressive number, but has that person been practicing, studying and teaching all that time? Or, has their Reiki been a sometime thing? A Reiki master with only five years of experience may have the experience you need to understand the nuances of the Reiki energy and how to handle situations as they come up. More on that in the following steps.
- **Is the teacher affiliated with a hospital and/or hospice?** Volunteering in a clinical environment will give your

teacher a wider sense of familiarity in giving Reiki treatment to patients who have varying energy deficiencies.

- **Does the teacher/practitioner perform a daily centering, meditative ritual or routine?** The practice of training the mind to be still and at peace is an added benefit to giving a Reiki treatment. Although Reiki can be given without this preparation, stilling the mind so that it can focus solely on the patient/client at hand will allow the energy to flow freely and unhindered.
- **Does the teacher/practitioner practice self-healing (Reiki) on themselves everyday?** Reiki self-treatment is essential for anyone who is serious about practicing or teaching Reiki. Becoming in tune with the energy in your body helps you to expand and deepen your sense of awareness and understanding of Reiki energy
- **What type of Reiki does the teacher practice?** You’ll want to be sure that your teacher has come from the lineage begun by Dr. Mikao Usui, in Japan, and subsequently Mrs. Hawayo Takata who brought Reiki to the West.
- **What is covered in the class? How many hours/class? Will there be hands-on practice?** The Reiki master should be able to give you an overview of the class you are signing up for.
- **What is an attunement?** Again, the Reiki master should be able to give you a brief idea of what an attunement encompasses and why it is given.
- **Will the Reiki master be available to you for questions, after the class is over?** Reiki is learned by doing. The more Reiki you practice, the more confident you become. When beginning, however, there are always questions about your Practice. You’d like to have someone to reach out to.
- **Does the Reiki master belong to a support group and can you join?** It benefits all Reiki practitioners to belong to a Reiki support group where you can meet other practitioners, trade information, ask questions, and may learn about opportunities available to you within the community.

I hope these guidelines help you in your pursuit of the right Reiki teacher. Have you attracted the right person into your life at this time? Only you will know.

Starting a Reiki Practice

By: Bob Bowen, Reiki Master Teacher

Are you considering starting your own Reiki Practice but don't know how to get started? I hope you find the following questions and answers helpful as you start this part of your Reiki journey.

Should I start my own Reiki practice?

To answer this question, you will have to think carefully about whether there is a need for your skills in your area. It is well worth putting some effort into researching what other healers are already established in the vicinity, and whether the local population will be receptive to what you have to offer. You should know your target market and adjust your business model accordingly.

Having your own business can be tedious, frustrating, and exasperating at times, but it's also very rewarding, so do your research and don't let occasional setbacks, required paperwork, or unplanned obstacles hold you back. Reiki is a wonderful form of healing that I believe should be much more available than it is. Take your practice one step at a time and you'll be able to cover all the things you need to do to get it started and running smoothly. Then you can spend your time doing what you really love - helping people overcome their pain and suffering with Reiki energy.

Am I qualified to start my own practice?

Minimum recommended capabilities a Reiki practitioner should have in order to set up their own professional practice typically include: progressing to at least Level Two and performing at least 70 hours of treatments over a six-month period on clients with a wide range of ailments and issues, both physical and mental.

Although you may gain this experience by treating close friends and family, as a professional Reiki practitioner, you will be treating people whom you do not necessarily know. And, since Reiki healing works on the whole person, in mind, body, and spirit, you will have to know how to ask the right questions and be a good listener. You may like to consider taking a counseling course to improve your listening skills.



What type of practice should I start?

- **Your own office** - probably an ideal situation, but also the most expensive. You may be able to share space with another practitioner, or even rent space by the hour at some holistic health facility.
- **Your home** - comfortable, and potentially provides the most freedom and flexibility. However, there may be local ordinances that restrict how you can run your business. Check with your local city/county administration or chamber of commerce for more information.
- **Local businesses that offer "on-site" treatments, like natural food stores** - great for short sessions or as a way to market yourself and your services in the short term.
- **Your clients' homes or workplaces** - you can always take your table to the person you're treating, or just use their own furniture (like a chair or bed, if they can't get up). Reiki can be a very portable form of healing work. However, you may find yourself working in some rather cramped positions and situations.

Should I incorporate?

This is a tough question to answer generally. You could be a sole proprietor, limited liability corporation (LLC), partnership, C-corporation, S-Corporation, or just work out of your car. The answer depends on your personal financial and liability situation and I recommend you consult an attorney, either locally or on-line, to get a suitable answer to this question.

Do I need insurance?

Again, this is a tough question to answer generally, because it depends on your personal situation and the type practice you are going to start. And, again, I recommend you consult a professional for an answer tailored for your individual situation. Fortunately, there are several insurance companies who cater to Reiki professionals. However, most Reiki insurance policies I'm familiar with require that you first join an organization, typically a professional Reiki practitioner organization, and then you become eligible for the Reiki insurance. Most insurance plans provide General & Professional Liability Coverage and Property Coverage. Some also cover Personal Liability and Sexual Harassment coverage. Your best starting point to answer this question is to do an internet search for Reiki insurance.



What type of table should I buy?

Reiki tables are designed specifically for Reiki practitioners, with openings at both ends for your legs so you can sit down while giving a treatment. Massage tables are similar to Reiki tables, but do not have the leg space at both ends. A massage table and a small stool will work just fine for giving a Reiki treatment, however.

Reiki tables come in all lengths, widths, weights, cushion heights and materials, and prices. You should consider your potential clients' sizes and weights while choosing a table as well as the type of practice you want to start. For example, if you plan to treat today's adult population, they are growing larger and heavier every year. Therefore, you should consider a table at least 30 or 32 inch wide so your client fits comfortably on it. In general, if you are going to be moving your table frequently, you should consider table weight first, then choose the lightest, widest, thickest cushioned table you can afford. Most tables are adjustable height wise

and rated for 1,000 pound or heavier loads, so these shouldn't be deciding factors to your table purchase, unless they don't support your needs.



How do I get clients?

Think carefully about how you will contact potential clients, get them in for a treatment, and keep them coming back. You can launch a professionally designed website, print flyers to leave in local places, or create a dynamite Facebook presence. Your approach will be driven, in a large part, by your target client base and how they communicate. You will grow your client base through your professional performance and reputation, which will ultimately be spread by word of mouth.

How much should I charge?

A good rule of thumb is to base your rates on those of other Reiki or holistic health practitioners in your area. Be competitive, but don't undercut them, except maybe for introductory specials. You may need to work with other practitioners occasionally, and stealing their customers won't make for good long-term business relationships. You'll find prices vary greatly depending upon what part of the county you're in and your clients' ability to pay.

Cash, check, or credit card?

In general, the more payment options you have the more business you'll have. Cash and checks are the two most obvious choices, but don't forget credit/debit cards. Accepting cards can be expensive, because you'll be charged a fee for each transaction, but it may bring you a lot more customers. If you can't afford to take credit cards when you're starting out, at least take checks and cash and then see how things go. If you get a lot of people asking about credit cards then it's probably worth setting up this service.