



San Diego Reiki Corps, 3231-C Business Park Dr, #213, Vista, CA 92081, [SanDiegoReikiCorps.org](http://SanDiegoReikiCorps.org)

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Volume 28

## Difficult times, Brighter Futures.

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### Save the Dates:

#### October

**15th - Outreach**  
Pitties in the Park

**22nd-29th - Outreach**  
AIHM Conference,  
Paradise Point, San Diego

#### November 5th

**Gathering - Trauma**  
**Informed Care**  
Sunday 1:30-3:30

#### December

**Have a Blessed Holiday!!**  
**Enjoy the time with Family**  
**and Friends**

#### January 2018

**Conference Fundraising**  
**begins**

### President's Message.

Fall is upon us and I for one am grateful for the cooler nights. It has been a challenging summer! The Solar Eclipse, the Lion's Gate, and Solar Flares with all their interesting energetics flooding onto the Planet, have kept me busy processing. The events in the news have also kept me immersed in Distance Healing, especially for the Las Vegas victims and their families. Reiki is one way we can truly help.

Fortunately the year is beginning to wind down, in months, in downloads, and hopefully in crises. For SDRC we still have ahead of us several Outreach Events and the **Trauma Informed Care** Gathering that is not to be missed!

The Board met over the last weekend in September to begin scheduling our next year's events. Judi Catling could only attend by phone, but with Joan, Serena, Sandra and I, we all got a lot accomplished.



We decided to **celebrate** our 10 year Incorporation date in **2019** with a **Conference!!** How EXCITING!! The details are yet to be specified, but we have lots of ideas and are thinking a good title would be:

### "The Magic of Healing"

That means that next year 2018 must be a fundraising year. We've got lots of ideas about that too and will keep you abreast of the developments. Anyone who has abilities and/or experience... We need your input and help. Please contact Sandra or myself to assist. There will be a job for everyone that wants one. In the meantime we have lots of exciting things planned, so stay connected.

In closing, I'd like to **Thank YOU** all. I know that every time you do Reiki whether on yourself or someone else it adds to the solutions and not the problems of our world. Keep up the good work!!

Mary-Joy

President, San Diego Reiki Corps

**P.S.** Check out this great pic of your board, just in case you think we work too hard.



Serena's 80 Birthday party.

# Upcoming Event:

San Diego Reiki Corps presents:

## “Trauma Informed Care”

with Louise Lucas

Sunday, November 5th, 2017

1:30-3:30 p.m.

“**Trauma Informed Care**” is a broad term covering treatment frameworks that involve recognizing, understanding, and responding to the effects of all types of trauma. Louise plans to discuss PTSD, ACES, and Moral Injury, and to share valuable information and techniques for helping clients with these traumas. Whether you are highly intuitive or not, as Reiki practitioners it is crucial to be aware of and sensitive to how trauma impacts people, on many different levels. Trauma memories can be released in surprising ways, both by our clients and by ourselves.

**This conversational, interactive workshop has something for Reiki practitioners at all levels.**



**Louise** is a Reiki Master (and former SDRC Board Member) who works as a library technician for San Diego Unified School District. Training in student Trauma Informed Care, which was provided by the district, planted the seed that grew into this workshop. She is married to Matt the Husband Lucas. Together they raised five sons and recently welcomed their first grandchild, a girl! Louise has been known to sing and dance in public, and she believes even the hardest topics can be softened with humor and caring.

Register at: [sandlegoreikicorps.org](http://sandlegoreikicorps.org)

Location: First United Methodist Church,  
Cove Room  
2111 Camino del Rio S.,  
San Diego, 92108

RSVP by November 1st

SDRC Members \$ 20.00

At the door and Non-members \$25.00

**Sign up NOW!!! Go to: [SanDiegoReikiCorps.org](http://SanDiegoReikiCorps.org)**



# Outreach Events:

Join US  
Volunteers needed!!

Please join us for  
**Pitties in the Park**

Help us offer Reiki to the 2 and 4 legged participants!

Sunday Oct. 15, 2017 Time: Noon to 5pm

Liberty Station

CONTACT: JOAN BOCCIO

[OUTREACH@SANDIEGOREIKICORPS.ORG](mailto:OUTREACH@SANDIEGOREIKICORPS.ORG)



Come join us in the Energy room at the AIHM Conference.  
It is truly a heart felt opportunity.



Energy Room  
2016

## Community Outreach Opportunity

Oct. 22-25, 2017

"Academy of Integrative Health and Medicine Conference"

We will offer Reiki to Conference Participants in the Healing Room

The annual international conference is expecting over a thousand attendees during the week. Other healing modality practitioners will also be in the healing room. On the day that you volunteer you will be able to sit-in on a workshop and there will also be vendors at the conference.

For details and scheduling contact:

[outreach@sandiegoreikicorps.org](mailto:outreach@sandiegoreikicorps.org)



2017 AIHM

Annual Conference

"People, Planet, Purpose"

Paradise Point Resort & Spa

# Tales from the Other Side... or Skeptic's Corner

Great stories about Reiki awakenings and our journeys along this amazing energy awareness! Please send your story to me and I will add it here, anonymously.

Thank YOU!!

In loving service, Mary-Joy

## Story #2, 10-2-17

In July, a cousin visited San Diego for a conference and we spent a day together. Before her visit we had been communicating for months about her anxiety. Her career in New York is high stress in a financial environment. I had shared the possibility of Reiki being useful to decrease her anxiety level, and during our time together, I attuned her to Reiki I.

A year later, FB posted the memory pictures, prompting me to follow up and ask if she had continued using Reiki. Her response reinforced my belief that Reiki is helpful for stress reduction and beneficial for anxiety. She shared:

*"I do use it!! I keep my binder next to my bed and have even shared with others how much it has helped me. I would love to come again and I would definitely love to learn about the next level. It's really incredible how powerful energy can be!! I am so grateful you have shown it to me.*

*It's a beautiful little escape of mine when I am stressed or not feeling my best. It's a way to get myself together and temporarily check-out and I love that. People often forget that others are suffering because they "look normal," you know? Courtney (her younger sister who has Cystic Fibrous) and my debilitating anxiety disorder...? No one gets it and I love that I now have this tool you have taught me to escape from myself.*

*Reiki is super beneficial for anxiety! I think you could help soooo many people suffering from it. The peace it provides is incredible."*

I feel compelled to share her response with others and encourage anyone dealing with anxiety issues to try Reiki . . it is not a drug, is simple to use, and basically free!!

J - Anonymous





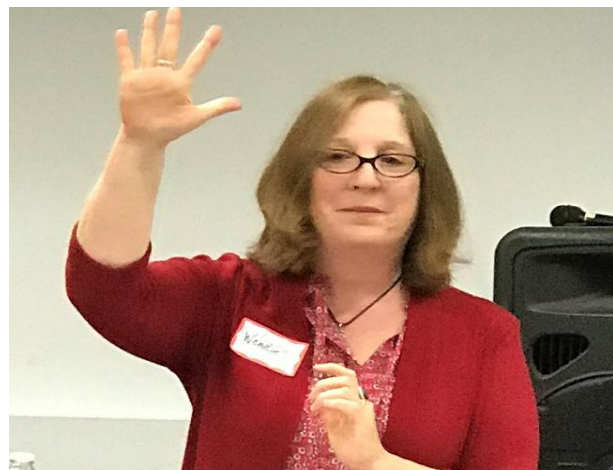
# Gathering - Medical Intuition



**Wendie Coulter** was an amazing and thoroughly entertaining speaker. She shared the Meta-Sensory definitions of: Clairsentience, Claircognizance, Clairvoyance, Clairaudience, Clairallience, Clairgustance and more.

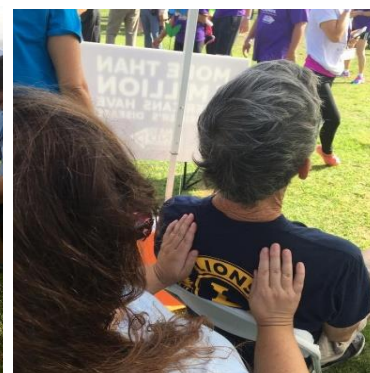
We were very fortunate... She walked us through several exercises to prove that indeed we all have intuition that we can trust. It was a very informative evening!!

Wendi is a very passionate person that thinks every hospital should have a Medical Intuitive on staff. I'm thinking that's a great idea!!





# Outreach - Walk to End Alzheimer's



**What a Beautiful, Fun day!!** SDRC Participants gave Reiki to 84 people.

**Thank you everyone...**

Joan Boccio, David Fox, Bella Fiore, Louise Lucas, Marlene Young, Allison Brilmyer, Karen Shlemmer and Kim Vu.



## REIKI BENEFITS

Reiki is a system of healing based on ancient wisdom.

- CAN BE USED BY ANYONE WITHOUT SIDE EFFECTS
- ACCELERATES THE HEALING PROCESS OF INJURIES AND THE PROCESS OF SURGERY
- MINIMIZES EMOTIONAL STRESS, DEPRESSION, ANXIETY AND INSOMNIA
- EASES THE PAIN OF CHRONIC DISEASES
- COMPLIMENTS AND INCREASES THE BENEFITS OF WESTERN AND EASTERN STANDARD AND ALTERNATIVE REMEDIES
- DRAMATICALLY DECREASES STRESS AND MAINTAINS HIGH LEVELS OF ENERGY
- ENHANCES MENTAL, PHYSICAL AND EMOTIONAL WELL-BEING

**Testimonial**

When recovering from breast cancer, I felt the most benefit after receiving a Reiki session. A 30 minute session enabled me to feel better for the rest of the day. It was often an hour or so after the session that I realized how much better I felt!!

After surgery and treatments, medication did little to relieve pain and restore energy, but the Reiki session helped me ... Vicki Castillo



# Outreach - Am. Heart Asso. Walk



Another beautiful day at Balboa Park. We had 4 volunteers who gave Reiki to 40 Walk participants.

**Special Thanks to:**  
Joan Boccio, Kat Papike,  
Kathy La Berge and  
JulieAnne Moore.



Hope to see you all at our next event!! Namaste. Mary-Joy, San Diego Reiki Corps