



San Diego Reiki Corps, 3231-C Business Park Dr, #213, Vista, CA 92081, SanDiegoReikiCorps.org

April 2019
Volume 35

Countdown to Conference!

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Save the Dates:

May 18th -

SDRC Conference
9:am-6pm
Marina Village

June 22nd -

Annual Board Meeting
Open to All Members
9:30-11:30am
Serra Mesa Library

July 20th -

Art as Healing

August 24th -

EFT Tapping with Michelle Leushcen

Sept 14th -

Body & Soul Nourishment
with Elaine Bryan

President's Message:

Greetings everyone,

It's Spring... again!! And such a glorious Spring it is! With all the rain, as difficult as it has been, the flowers - wild and cultured - are presenting a wondrous display. I for one have a resplendent garden. Hope you do too!

It is indeed the time of year for new growth, new connections, and new learning. Any new thing that enriches us with joy is a special part of this sacred time of year. Spring is also the time to put our winter contemplations into action. And remember to find time to put your toes in the dirt, the grass or the sand, to re-establish your connection to our Beautiful Mother Gaia so that your Reiki is grounded and therefore more useful to yourself and others.

There are so many things happening with Outreach this May, I've dubbed it May Mayhem. I hope some of you are able to participate. Working on the nurses and Doctors is very rewarding, as is working with the 4 leggeds and the Humane Society Walk on May 5th. Be sure to look into these opportunities soon.

The Conference is shaping up nicely!! It is going to be a SPECTACULAR event! One not to be missed. The Early Bird Price ends May 1st so don't dally if you plan to go.

June then, will be quiet in comparison with the main event our Annual Board Meeting, open to all. Please join us if you can, Serra Mesa Library, Saturday June 22, 9:30am-11:30am. And keep watch for added Outreach Opportunities.

We have the rest of our year lined up as well with Gatherings as you can see at left in the **SAVE THE DATE** section. More information including specific times and locations will be available soon.

In the meantime, stay in the eye of your personal tornado and BE the calm that exists in your center.

PS - No getting attached to the news!!

Namaste and ENJOY!!

In loving service,
Mary-Joy

Mary-Joy Neuru President, San Diego Reiki Corps ...

a non-profit professional organization supporting the community through education and outreach.

Energy Healing - The Future is Now

May 18th, 2019 9:00am - 6:00pm

Marina Village, 1936 Quivira Way, San Diego



Keynote Speaker

Deborah King

New York Times bestselling author, spiritual teacher, and master of the world's greatest healing traditions.

Come experience the field of unconditional love that emanates from Deborah and leave the talk feeling younger, lighter, happier, and more connected.

Conference Schedule:

Registration begins at 8:30am

Keynote Speaker - Deborah King

Book signing

Lunch & shopping

Breakout Sessions: Choose 1 Topic in each Session:

- #1 **Biofield Tuning** - Jillian Faldmo BSN, RN, PMHN
- Hara Healing** - Barbara Goodwin and Bob Bowen
- Medical Qi Gong** - Fay McGrew
- Volunteering** - Joan Boccio & Lisa Goodman
- #2 **Biomagnetism** - Ivan Marin
- Crystal Healing** - Elivia Melodey
- Ho'o Pono Pono** - Serena Poisson
- Hand and Foot Reflexology/Acupressure** - Marcie Hintz

More Time to Browse

Cake and Celebration - 10th Anniversary of San Diego Reiki Corps as a 501(c)3 Volunteer/Educational Organization.



Vendors, aura photos, and live music. Full day with lunch included: \$99.

Early Bird special: members \$77, non-members \$88 until May 1st.

Information and Registration visit: www.SanDiegoReikiCorps.org

Conference

Breakout Sessions and Presenters:

Session #1

Biofield Tuning - Jillian Faldmo BSN, RN, PMHN

Biofield Tuning is based on the premise that the human biofield - the energy field that surrounds and permeates our bodies - is inextricably connected with our conscious and subconscious mind, including all of our memories. All physical, mental and emotional disorders can be perceived as "dissonance" in our energy fields. Biofield Tuning is able to diminish and resolve this dissonance which alleviates and even eradicates the corresponding physical, mental and/or emotional symptoms.

Hara Healing - Barbara Goodwin and Bob Bowen

If you struggle to find your passion, feel different from everyone else, or feel disconnected from spiritual experiences – a Hara Healing may be the answer for you! The "Hara" is a column of energy around us that holds the key to our intentions and our path in this life. With a Hara healing you can connect more deeply with your inspiration, enhance your passion, and live your life's purpose.

Medical Qi Gong - Fay McGrew

Medical Qigong is a branch of Traditional Chinese Medicine (TCM) including acupuncture, herbology, tuina (therapeutic massage) & nutrition. Specific Qigong movements are prescribed by a trained therapist/provider in TCM theory to support a patient's healing process. Qigong is an overall rejuvenation method to enhance life force energy (Qi) for body, mind & spirit.

Volunteering - Joan Boccio & Lisa Goodman

Includes protocol for offering Reiki at different SDRC Community Outreach events. Learn the basics that apply to volunteering in a variety of situations from the Hospital at Sharp, to Hospice, to outdoor events with varied populations. Develop your confidence and find out how you can participate more.

Session #2

Biomagnetism - Ivan Marin

Biomagnetism is an all-natural, noninvasive, healthy therapy that consists of the placement of special magnets of certain strength and polarity in specific parts of the body. This treatment empowers your immune system to heal, helps balance the body's pH and promotes natural self-healing.

Crystal Healing - Elivia Melodey

Explore how powerfully our crystal friends can assist to balance and harmonize your human energy body. Learn the various stones that support each chakra and how to do **laying on of stones** for personal healing. Enhance your knowledge of stones for use in personal grids as well as how to work on others for healing. With guided meditations and crystal sound, discover how your mental, emotional and physical energy systems are impacted.

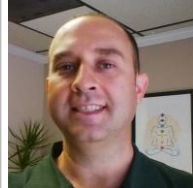
Ho'o Pono Pono - Serena Poisson

HO'O PONO PONO developed by Morrnah Nalamaku Simeona is based on ancient spiritual practices. Translates to "make right", it is used in healing as well as settling differences. Primarily working with the "self" and connecting to Source, healing occurs. Using "prayers" and a simple exercise, we begin the process. Hew Len Haleakala says it takes at least 40 hours of intense work to truly learn Ho'o Pono Pono. Most people have heard the "Four Line Prayer" but there are many, many more. Today we will focus on one more of these powerful "prayers."

Japanese Hand & Foot Acupressure – Marcie Hintz, Intuitive Acupressurist

HEARTandSOLE Japanese Hand and Foot Acupressure is a gentle and fascinating healing therapy that combines reflexology, acupressure, energy medicine, and spiritual psychology. Traditional reflexology works with the physiology of the body. **HEARTandSOLE** explores the mental patterns and emotional habits that are the root cause of energy flow disturbances & physical symptoms.

If there is pain or illness in the body, the soul and mind are in conflict. The body reflects the mind and its emotional and spiritual aspects: thoughts, perceptions, beliefs, emotions, energy flow, spirituality,



May Mayhem

Humane Society
WALK FOR ANIMALS
Volunteer Reiki
Contact - Kat Papike
kathysuepapike@
yahoo.com



MAY 4, 2019
8AM - NOON
LIBERTY STATION

SDRC May 2019 Outreach

Scripps Code Lavender



Monday, May 6 - La Jolla
Friday May 10, 12-4pm - Corporate
Monday, May 13 - Mercy San Diego
Friday May 17, 2-6pm - Mercy Chula Vista
Tuesday May 21 - Green

Contact: Kat Papike
KathySuePapike@yahoo.com

Volunteer Reiki
Palomar Health
Nurses Week
5/8 Poway campus
5/9 Escondido campus
5/10 Escondido hospital
Contact - Terry Wolfe
terrylynnewolfe@gmail.com



Sp Adobe Spark



SDRC Volunteer Reiki
Code Lavender
Scripps Memorial
Hospital - Encinitas
May 23 9a.m. - 2p.m.
Contact Terry Wolfe
terrylynnewolfe@gmail.com

Sp Adobe Spark

2019

SDRC Summer Gatherings

June Annual Board Meeting -

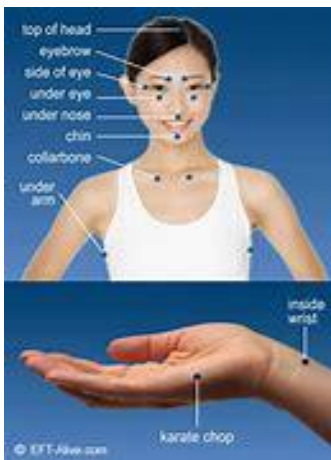


All Welcome!! June 22nd 9:3-11:30am, Serra Mesa Library,
Address: 9005 Aero Dr, San Diego, CA 92123
Come and find out more about the inner workings of SDRC.
Let your voice be heard!

July Gathering – Art as a Healing Modality date and place TBA, July 20th?



August Gathering – EFT Tapping with Michelle Leushcen, August 24th



Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. Using this approach, Michelle has had enormous success in working with a wide range of psychological and physical issues. Her work is intuitive, gentle and effective. She says, "The results are rapid and usually permanent, and hundreds of people have changed their lives for the better. What could be more exciting than that?"

September Gathering – Body & Soul Nourishment with Elaine Bryan, Sept 14th

Creating Balance and Joy!!



We all have the knowledge and inspiration within ourselves to move towards joy, well-being, peace and health. Through nutritional counseling, health coaching sessions, and yoga, Elaine helps clients find balance and well-being through nourishing their bodies and hearts.



SDRC Outreach - January 2019

if interested in participating ...contact Joan Boccio at joanboccio@gmail.com



It was very exciting to read about Homeless Connect in the San Diego Union Tribune on January 30th, 2019 and see our name, **San Diego Reiki Corps** and that of **Joan Boccio** acknowledged for helping at the event.

Bravo Joan!!

Full article at:

Courtesy of San Diego Union Tribune

<https://www.sandiegouniontribune.com/news/homelessness/sd-me-homeless-connect-20190129-story.html>

Wednesday, January 30, 2019
9 a.m. to 3 p.m.
Golden Hall at San Diego Concourse
202 C Street
San Diego, CA 92101

You can make a difference in the lives of our most vulnerable San Diegans – homeless adults and families – and help them rebuild their lives. Volunteer as an individual or sign up your business or organization to provide services at The Project Homeless Connect.



SDRC Outreach - February 2019

North County Veterans Stand Down

Feb 7-11, 2019



This was our first time in North County for Veterans Stand Down.

Thank you

Terry Lynne Wolfe

Joan Boccio

Serena Poisson

San Diego Reiki Corps
presents

Outreach Opportunity

North County
Veterans
Stand Down



Volunteer on Friday
Feb 8th

Contact Terry Wolfe

terrylynnewolfe@gmail.com

Green Oak Ranch, 1237 Green Oak Road,
Vista, CA 92081



The Stand Down Event



SDRC Outreach - February 2019

Humane Society Dog Walk Feb 23, 2019 - Kit Carson Park, Escondido



Always So Rewarding!!!
Thank you
to all our participants.

Terry Lynne Wolfe
Joan Boccio
Jan Burke
Christine Farje
Tammy Gillespie
Peggy Sprick



Humane Society Dog Walk Feb 23rd, 2019



SDRC Gatherings - February 2019

SDRC Gathering - Feb 2, 2019

Pranic Healing Workshop

Thank you, **Michelenne Crab**



What an interesting day!!

Can't decide what was more fun and informative!! - Measuring our own idea of prosperity, our friend's energy field, or cutting cords that were attached to us. **WOW!!**



SDRC Gathering - Pranic Workshop



SDRC Gathering - March 2019

Reiki Rendezvous...

Rendezvous... in a Neighborhood near you!



What a delightful Rendezvous at the home of Julie Anne and Mark Moore!!! We are so grateful for their generosity and to have Julie Anne as part of the SDRC Board!! It was indeed a real Victorian Tea with authentic cucumber sandwiches and other turn of the Century goodies. What FUN!!



And look at the Beautiful Hats to wear!! Thanks Maxine!



March 24th, 2019
Reiki Rendezvous at Moore Manor



Yuummmmmmm!!!



March Reiki Rendezvous at Moore Manor



The best part was reserved for last... A tour of the downstairs for all new SDRC members!!
Thanks again Mark and Julie!! Seven Victorian Ladies became SDRC's newest members!
And Thank you to Jan Burke for helping to organize the event!!

SDRC Gathering - April, 2019

It was a great time just after taxes to enjoy some Self Care!!! We gathered our own equipment, skills and relaxing spirit to give back to our members a day of food, fun and freindship.

Thank you to Everyone that came and especially participated!!

Self Care Saturday

April 6th, 2019 - Unity San Diego



Yoga with Kat in the Sanctuary



Massage with Susi



Membership and Outreach with Kat and Joan

**Thank You
All for your
Help!!!**



YUMMMMMMMM!! Thank you Jan & Maxine



Handwaxing with Anna

April 6th Gathering - Self Care Day



Dream Spa and Hand Wax



Divination for All



Hot Rocks and Serena's Reiki



Chi Machines

Thank you Rhete for adding your Chi Machine & Meditations to our array of light technology devices.



Relaxing Meditations



Thank you Anna for putting your expert skills to work!!



BEMER and BioMat

Unfortunately everyone was enjoying the Bowl Meditation and no one took a picture. Hahahahaha!!! It was definately nice!

