



San Diego Reiki Corps
Front Page News
501-c Non Profit Organization

September 2009 Volume 3

Inside This Issue

- 1 Front Page News
- 2 Message from the Chairman
- 2 Member News
- Gathering Announcement
- 3 SDRC Update
- 3 Corps Member Profile
- 3 Members Recommend
- 4 More Recommendations
- Upcoming Events
- 5 More SDSU News
- 5 Book Review
- 5 Last Word
- 5 Sharp Memorial Hospital
Reiki Program Schedule

This is a wonderful time to **be a member of the San Diego Reiki Corps**. Why, you ask: because the SDRC provides many valuable services to the healing community. As a healing practitioner yourself, this is a place where you'll feel right at home.

As a member of the Corps, you may gather with like minded people who share your appreciation for Reiki and other healing arts. You'll attend workshops on a variety of subjects which are important to our programs and about which are members themselves are passionate. Some of the subjects in the past year have included Huna, animal reiki, reflexology, and more. Our members and other speakers enthusiastically share their knowledge and experience for the benefit of all.

Since the last Newsletter in May 2009, much has happened. We have obtained our official 501 (c) (3) Non Profit Organization, and our Tax Exempt Status for both the State of California and the Federal Government. Needless to say a lot of work and time was spent doing this, but it is worth the effort. I thank all of you that contributed to the effort, and by submitting your dues, we now are on our way. We have at this time 32 members, 31 paid and 1 member gifted.

You may still join the SDRC at this time.

The cost is **\$25** per year, less than \$0.50 a week. To join this wonderful organization of healers, please mail your check made payable to:

Phillip Poisson
1830 Tamarand Way
San Diego, CA 92154

Thank you for your support.

Stay tuned. Info on the next GATHERING will be emailed shortly.

The San Diego Reiki Corps (SDRC) was organized after the Reiki Volunteer Program at Sharp Memorial Hospital. As the organization has grown, we have now formalized the membership in the organization.

Now the San Diego Reiki Corps is a 501-C 3 Non Profit Organization, we have acquired all the benefits of a Nonprofit Public Benefit Corporation for charitable and public purposes under the State of California.

On another subject, I would personally like to thank all of you for your healing energy, prayers, and visits, as I walk the path of Cancer. It has been a path with lots of bumps, hilly rides, and most of all, one of accepting the help of all of you in my healing process. I truly do thank you for everything you continue to do with regards to helping me kick this dis-ease in the butt.

Namaste,
Phil



Message from the Chairman

Member News

As the program grows and then shrinks we have added additional members to the program to replace departed members, (presently at 102 members), our Reiki Volunteer numbers continue to climb (at this time 34). Eloissa, Marice, Kate, and Phil have been removed from the volunteer list.

We have added 3 new volunteers to the Hospital Reiki Corps this month. Welcome all of them when you see them.

Candice Lenney	3 rd Tuesday of the month
Claire Simon	4 th Tuesday of the month
Nancy Nelson	4 th Wednesday of the month

All of our new members currently have a partner. If you have been thinking of joining the Sharp Memorial Hospital Reiki Program, now is a great time.

SDRC Update

Many of you have commented on this story, **A Response to the Bishops' Statement on Reiki**.

Recently a committee of Catholic bishops wrote a statement saying that Reiki is based on superstition and Catholic's shouldn't use it. More specifically, they said it shouldn't be used in Catholic hospitals, health care centers or by Catholic chaplains. The statement was based on misinformation. William Lee Rand of [The International Center for Reiki Training](http://www.reiki.org/reikinews/ResponseBishopsStatement.html) responded to the Bishop. Go to:

<http://www.reiki.org/reikinews/ResponseBishopsStatement.html> to read his response. It is important that we pay attention and have an appropriate response to the misinformation and fear surrounding Reiki by those who don't know enough about it. Would you know what to say if someone near you said "Reiki is just another fraud perpetrated by quacks"? Let us know your response.

Corps Member Profile: Kaliani Cynthia Hupper

Reiki Practitioner and Teacher

Kaliani Cynthia Hupper has been exploring healing paths for the past five years, since receiving her spiritual awakening through a Reiki attunement. She has been gathering wisdom from many different direct experiences, including serving as a hospice volunteer, Reiki Corps volunteer, Reiki Master/Teacher.

She is a priestess of the HeartWisdom temple, apprentice to Apache ceremonialist, Maria Yraceburu, production team member for Sisters of Honua, and workshop leader. Her current training through PAX Programs in Mastery and Leadership is focusing her commitment to creating peace through empowering men and women to heal and understand themselves. Kaliani's new Understanding the Opposite Sex Relationship Study Group and accompanying teleclass provides a forum for learning new ways of behaving, communicating, and being in relationship.

Kaliani also serves as the caretaker for the San Diego Moon Lodge support group for women, which meets at her home. At Moon Lodge women are empowered to share their healing wisdom with each other and to support each other. Kaliani provides her space for many different classes, in many different healing modalities, grooming psychic abilities, conducting ceremony, and pursuing spiritual awakening/enlightenment.



Kaliani shares her reiki skills with the SDRC and the Sharp Memorial Hospital Reiki Program.

Members Recommend

Be sure to go to the SDRC site under **EVENTS** for more information.

Sept. 3rd 7 p.m. Moon Lodge with Melinda Allec, shamanic practitioner affiliated with The Four Winds Society Ladies only. Please RSVP with Kaliani at <kalianidivine@yahoo.com>

Serena and Phil Poisson are always delighted when **Michael Hartzel** can come over and spend time with us doing private sessions with friends and spiritual family and especially this time when there is so much going on in the world around us. Michael will be available for private sessions beginning **Monday, September 14 through Friday, September 18 from 9 am to 5 pm**; each session will be approximately one hour. Cost remains: \$150. In addition, Michael and Serena will be conducting a **mini-workshop on Saturday, Sept 19th**. We'll begin in the afternoon at 3 p.m.; share dinner together and close with a circle, ending with dessert about 9 p.m. Cost \$75. This event will be limited to 8 attendees. Please contact Serena via email or cell phone 619 301-8489.

Laurel Ann Baker is now teaching a series of classes in **Reiki For Animals** along with another Reiki Master from Burbank through Starcrafts in La Mesa. We will be holding our **first Level 1 class on Sept. 18th, 19, & 20th** and the only requirement is that you are at least Reiki Level 1 as we will not be giving attunements during this class. We will have hands-on practice with dogs, cats, horses & possibly ducks. Friday the 18th will take place at **Starcrafts** with the 19th & 20th at horse property in Lakeside. Register through Starcrafts at 619-337-2400. You may bring a dog, a bird, or other small animal but must provide vaccination records in order to do so. The cats we will be working with are owned by the person whose property is being used for the class. Questions? Please call me at 619-415-3219.

Jim Self would like to invite you to enjoy his next series of free webinars. The Journey Home is Through Your Heart. Online webinars are much more economical for you (no phone bill) Here are the dates and topics:
 August 27 - What's on the Other Side of the Shift?
 September 3 - Change Your Past and Re-Write Your Future.
 September 17 - Become the Seven Living Words ... Activate Your Light Body.
 September 24 - From Atlantis to Today.
 October 8 - You ARE, Big, Significant and Important. Enroll here www.masteringalchemy.com/teleclasses.html

Lorraine George, Reiki Master Teacher, will be offering a **Reiki Level I** class in **September 12-13**. **Reiki Level III Sacred Attunement - Saturday October 10th**. Reiki Level III is a higher form of the Reiki Energy and will aid in your personal and spiritual development. This class is a pre-requisite for the Master Sacred Channel training. You will receive the first of 3 Master Symbols in this class for use in your practice. The training includes: Single Crystal Use in Reiki, Crystal Grid for Groups, Usui Master Symbol, Aura Clearing for Deep Healing, Moving Meditation, Yantra Meditation, Discussion, Practice Time. (7 CE credits for Nurses and NCBTMB) Cost \$18 CE Credits (for Nurses), 18 CE Credits (NCBTMB). Cost \$250

Reiki Level II Sacred Symbols - October 24 Reiki Level II will provide you with the ability to send distance reiki, increase the power of your reiki energy during hands on treatments, and facilitate healing on mental, emotional and karmic levels. It is a powerful practice that will expand your intuitive abilities. You will receive: Level II Attunement, Illustrated Manual, Reiki II Certification, 7 CE Credits (for Nurses), 7 CE Credits (NCBTMB). Cost \$165

Janet Lightstone of Lightstone Academy I am doing 'green smoothies' - it's not a yucky powder, just fresh greens blended with fruit. It is very balancing on the system and I have had so much more energy with only doing one a day. Here's a web-site with an instructional video on how to make a green smoothie: <http://www.rawfamily.com/> They are a pretty remarkable family with a great story. The mom wrote a book I just read called "Green for Life". Here's the web-link to post a comment on the Star Blessing if you like: <http://lightstoneacademy.com/instantly-open-to-spirit/>

Susan Barrett Reiki Tummo Alumni holds free (or small donation) healing clinics every Wednesday in Clairemont (with the exception of a hiatus for the month of August). We also hold bi-weekly clinics and weekly meditation sessions in Encinitas on Sunday nights. A Reiki Tummo Master from Indonesia will be in Clairemont to teach Workshops for Levels 1 & 2 this autumn. Please visit the International site: <http://www.ReikiTummo.com> or the local site: <http://reiki.meetup.com/419/>

News from Reiki Tummo:

Master Irmansyah Effendi will be in Los Angeles from October 13-23 for Reiki Tummo Spiritual Retreat. Workshops given by him: Open Heart Level 3 & 4; Inner Heart; Spiritual Retreat and more. (Tummo means Kundalini. Level 2 workshop fires up your Kundalini safely.) Starting the first week of September, Reiki Tummo Alumni will be volunteering at the Veteran's Village to help homeless Veterans turn around their lives for the better. If anyone is interested in volunteering their type of Reiki, please call Mitch at 619-857-3703. Mondays 11-1:00; Fridays 1-6:00. There are 6 massage tables already there. Other modalities are volunteered, too, such as Healing Touch, Acupressure, etc. Paperwork would need to be done first as outlined by Mitch. Reiki Tummo continues its twice weekly meet-ups for the general public on Wednesday & Sunday nights. We do healing and/or meditation. Please visit: <http://reiki.meetup.com/419/> for local happenings and www.ReikiTummo.com for complete details on Reiki Tummo.

Marilyn J. Corbisez holds a Reiki Clinic once a month on a Sunday. Anyone desiring a short treatment is welcome to call me: 619-440-5385 or email me at mjc7@cox.net to check on the date and the times available. We take 4 persons at 1:00pm; 4 at 2:00pm; and 4 at 3:00pm. This is offered for a Love Donation and Reiki Masters will be available for these appointments. Thank you.

More SDSU News



Marty Arnold, our Healing Request Coordinator, invited our members to a book-signing and talk by **author, Jessica Miller**, (pictured at left), on her new book, **Reiki's Birthplace** and it was by all accounts tremendously successful. Mount Kuramayama, a most sacred place to all reiki practitioners. Jessica detailed her personal insight and travel experiences and was a most enjoyable speaker. She held the attention of everyone spellbound for an hour. The experience of Mount Kuramayama touched Jessica Miller and she is able to share that with others in her writing and in person. It was delightful. Jessica's web site is <http://www.reikimastery.com> You can purchase the book at Amazon.com.

Book Review presented by Maggie Hankamp

The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention By Dawson Church
Energy Psychology Press, 2009 Santa Rosa, CA (pbk \$17.95)

What is epigenetics? Epigenetics, per Church, is the study of signals that turn DNA off and on. Internal interventions, such as energy medicine, meditation, prayer, altruism, and external interventions, such as our lifestyle and diet, activate genes. So, eating your broccoli changes human bodies and human body systems as much as changing your attitude. Church's research-backed premise is that our genes do not determinate whether we stay healthy nor whether we get dis-ease. In actuality, we are more in charge than we know. Our expression of a gene is determined both by our physical behaviors, what we eat, drink, and do, as well as by our metaphysical behaviors, what we feel, think, and believe. Church backs up his statement that “...with every feeling and thought, in every instant, you are performing epigenetic engineering on your own cells” with evidence-based research (p.76) Church acknowledges that certain diseases respond best to allopathic treatments, and those treatments are essential for first-line defense. He details other illnesses in which treatment may result in a better outcome if a patient first uses alternatives, such as EFT, reiki (see joke on Pg 335), prayer, yoga, acupuncture, any one of these or a combination of alternatives, before resorting to drugs and surgery. Church maintains, “Energy medicine is not only the place to start treatment of a problem; it is the place to start *before* there is a problem.” How would we feel and work and live and interact if our entire emotional, physical, and mental systems were operating at peak efficiency. I suggest Reiki healers read this book. I personally am re-reading this book to comprehend all of the ramifications of what epigenetics will mean in the future and does mean at present. Chapter 15 is one I keep returning to as a base line for how to integrate epigenetics theory into daily life. This book review presents the views of Maggie Hankamp, and not those views of the SDRC

The Last Word

The SDRC: Our mission statement

We are dedicated to the art of Reiki, to the infinite possibilities of healing. We join together for the education, support, and sharing of ourselves and others in the ways of self mastery through this particular practice. With enthusiasm and trust, we welcome the creation of our Reiki community and work toward growth to benefit all members, all clients, and all who come to share their healing journey and Reiki with us. We ask that all members have Usui Reiki as their foundation for Reiki practice to support the uniformity of the Reiki Corps service. Many other forms of Reiki are welcome additions to what we honor as the original and most fundamental practice of Reiki.

Sharp Memorial Hospital Reiki Program Schedule

Name	Day	SEPT	OCT	NOV
Shirley and Cindy	First Monday	7	5	2
Chris and Maggie	Tuesday	1	6	3
Edna, Elsie and Sandra	Wednesday	2	7	4
Roshann	Thursday	3	1	5
Tina and Cathy R.	Second Monday	14	12	9
Lorna and Dennie	Tuesday	8	13	10
Mary Mc	Wednesday	9	14	11
Liz and Emmy	Thursday	10	8	12
Brian, Debbie and Paul	Third Monday	21	19	16
Inge, Candice	Tuesday	15	20	17
Lorraine, Ryan and Brenda	Wednesday	16	21	18
Toni and Kaliani	Thursday	17	15	19
Susan, Lorna and Cynthia	Fourth Monday	28	26	23
Laurel, Claire	Tuesday	22	27	24
Ben, Toru and Nancy	Wednesday	23	28	25
Lisa and Emmy	Thursday	24	22	26