



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

May 2014
Volume 18

Covering San Diego With Reiki!

INSIDE THIS ISSUE

- 1 President's Message
- 2 Meditation
- 2 Veterans Stand Down
- 3 Centering

Active participation in Community Outreach is one of our missions and we have been busy! We had six wonderful healers, coordinated by **Marisol Quesada**, at the Women's Resource Fair in March. They gave chair Reiki to about 95 people. Thank you, Marisol! **Marcia Hilger** and **Shirley Weaver** spent the day healing the homeless at Project Homeless Connect in May. Thank you so much! And now we are preparing for the Annual Veteran's Stand Down in July. Many thanks to **Angelique Ward** for coordinating this big project! We posted the call for volunteers on our website, Facebook page, and in your emails. The "healing volunteer" spots fill up fast so please let her know now.

Mark your calendars for our **Sunday June 29th** Gathering, 1:30-3:30pm, at the Carlsbad Dove Library. Come join us for a wonderful afternoon focused on **Meditation**. SDRC Board member, **Angelique Ward**, teaches this topic throughout the North County and has promised to share her best tips and tricks with us! Bring your pillows and mats if you prefer them to meditating in a chair.

Our successful, rapidly growing outreach program at Sharp Memorial currently has about 40 Reiki Practitioners, who cover the hospital 7 days a week, and give 400 - 450 Reiki treatments to very grateful patients and staff each month. **Cindy DiTullio** practices at Sharp and at a local community organization treating Alzheimer's patients. That organization has expressed interest in contacting us to set up a formal Reiki volunteer program based upon her positive outcomes with their patients. Good job, Cindy! So many opportunities are opening for our healing Reiki hands.



What's coming next? Our August Gathering will feature "**Herbal Medicine-working with the energy of nature.**" And our SDRC Board is starting to plan a day long "Fall 2015 Greater SoCal Reiki Conference!" Wouldn't you love to spend the day listening to amazing speakers and attending Energy Healing workshops? All in one place! We just started searching for exciting relevant speakers (preferably local) so please contact us with your suggestions. We also need help with fundraising which will start soon! Contact us at Marketing@sandiegoreikicorps.org if you would like to be part of this exciting project. I hope you enjoy the great articles and info in this newsletter and as always, I am thankful for all of you and your commitment to bring love and light to this world.

See you soon!

Kathy Cueva, President
San Diego Reiki Corps

Meditation



San Diego Reiki Corps Gathering

Meditation

*To help you through life
with greater comfort
and ease*

Come and enjoy the relaxing, clarifying
and rejuvenating benefits meditation offers

**Learn easy and simple
techniques to help relieve
daily stress**

Some of the benefits you will receive
from meditation are:

- Stress reduction
- Lower blood pressure
- Increased clarity
- Boosts Immune System
- Reduces worry and anxiety
- Provides Relaxation

Location:
Carlsbad Dove Library
1775 Dove Ln
Carlsbad, Ca. 92011

Date: Sunday, June 29th, 2014

Time: 1:30-3:30pm

Cost: \$5 donation

Offered by:
Divine Journey Holistic Healing
and
Angelique Ward, HHP, RMT

www.divinejourney.net

Want to bring balance back into your life? Come to our June 29th Gathering and enjoy the relaxing, clarifying and rejuvenating benefits meditation offers. During this journey, you will learn different meditation techniques, the benefits of meditation and experience a meditation focused on connecting with Mother Earth. You will learn how easy it is to incorporate meditation into your life by discovering and identifying different opportunities for connecting to a higher awareness. You do not have to be a monk living in solitude to experience meditation. Meditation is available to everyone and everyone benefits from this practice.

Angelique Ward, HHP, LMT, RMT is a Healer, Intuitive, and Holistic Health Practitioner. She specializes in Eastern Healing Therapies and is a graduate of Healing Hands School of Holistic Health. She is a member of the Board of Directors for the San Diego Reiki Corps and treats patients with Reiki at Sharp Memorial Hospital. Angelique's calm presence and nurturing nature is combined with her intuitive awareness to create a very personalized experience for each individual. She believes in a holistic approach to life achieved by creating a mind, body, spirit balance through bodywork, energy work, meditation and yoga in order to holistically heal the whole person for a healthy and abundant life full of love, joy and light.

Veterans Stand Down

For the last few years, we have had the amazing opportunity to give back to our homeless veterans during Veteran's Stand Down in Balboa Park. There is a healing tent that provides Reiki and Healing Touch for the 3 days it is in operation.

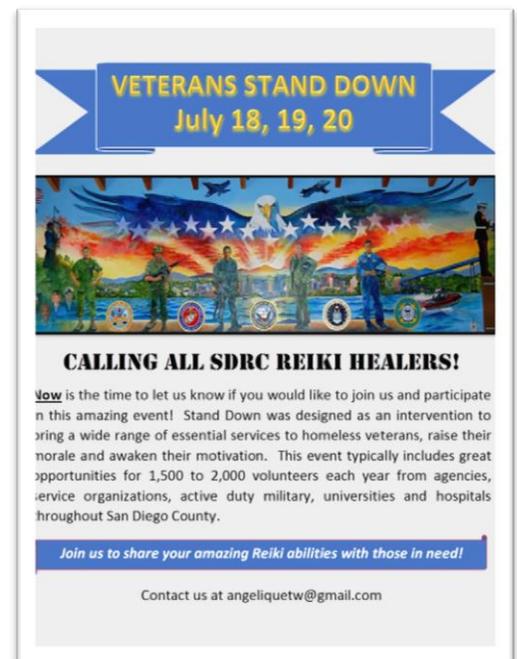
We have already been contacted for the number of Reiki healers we can provide on **July 18, 19 and 20 so the time to sign up is now!**

Here are the shifts for the event and we will be coordinating with them.

- Friday 7/18: 8-1 and 12-5
- Sat 7/19: 8-1 and 12-5
- Sun 7/20: 8-1:30

Please check your calendar and let us know as soon as possible if you would like to be a part of this. They have not given us a deadline but from past experience, it will probably be early June!

Angelique Ward is coordinating our part in this event so **please contact her at angeliquetw@gmail.com.**



VETERANS STAND DOWN
July 18, 19, 20

CALLING ALL SDRC REIKI HEALERS!

Now is the time to let us know if you would like to join us and participate in this amazing event! Stand Down was designed as an intervention to bring a wide range of essential services to homeless veterans, raise their morale and awaken their motivation. This event typically includes great opportunities for 1,500 to 2,000 volunteers each year from agencies, service organizations, active duty military, universities and hospitals throughout San Diego County.

Join us to share your amazing Reiki abilities with those in need!

Contact us at angeliquetw@gmail.com

Centering

Centering and grounding are two fundamental techniques for giving a Reiki treatment. They are frequently confused and/or misunderstood. Therefore, we thought it might be helpful to clarify what they are and how to perform them. The following explanation is taken from Nancy Hauser's website, <http://www.the-energy-healing-site.com>. We hope you find it useful.

What Is Centering

Centering is a foundational skill for energy work. It's simply focusing your energies and bringing yourself into the present. Another way of saying it is that it's centering your awareness in your own body.



Often our minds, emotions, and energies are all over the place. We're literally scattered. Our thoughts are on that weird thing the boss said at work yesterday, our hearts are with a loved one who's having trouble, and parts of our energy are stuck in the past, perhaps still traumatized by that year when we were four and our mother was too ill to take care of us properly.

Centering brings you—all of you—back to yourself, in the here and now. Being centered helps in doing most things, but especially in doing energy work. After all, if there's more of you present, you have more to work with!

There are lots of ways to do this. Of course meditation is a great practice for centering. Belly breathing can also be a great aid in centering.

How to Center

1. Stand next to your client and close your eyes.
2. Put your fingertips together with the fingertips of the other hand, holding them lightly together.
3. Breathe deeply.
4. As you breathe in, breathe in peace. As you breathe out, breathe out tension, worry and anything that doesn't serve you right now, at this exact moment. Quiet your mind, letting go of thoughts.
5. Now, as you breathe in feel that you are pulling the scattered parts of you back to yourself with your breath.
6. Without thinking about it or trying, feel your energy being pulled back to you, back from all the places it has been scattered and fractured during the day.
7. With each breath, feel your energy becoming more whole. Feel it becoming more coherent. See or feel it coming back together, into wholeness, as if you are rewinding a movie of a pot or jar breaking.
8. When you are ready, feel your energy, your essence, beginning to form a slight focus at the midpoint of your chest, your forehead or anywhere else that feels natural and good.
9. When it feels right, open your eyes and come back to the present place and time.

Of course, there are many ways to "re-assemble your energy." Just taking a few deep breaths can help. Meditation is also a powerful discipline for teaching yourself how to get and stay focused.

No matter how you do it, it feels great. Your breathing deepens and slows down. You feel calm and stable. Your mind clears and your energy becomes more coherent and orderly. It's healing for body, mind and energy. This is a great way to start a Reiki session with someone.