



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

**June 2016**  
**Volume 23**

## **Summer's Here!! Treat yourself!**

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### **Save the Dates:**

## **August 7th**

**Gathering 1:30-3:30pm**

### **Pranic Healing**

**Educational with  
Michelenne Crab**

## **October 15th**

**Full Moon Labyrinth  
with Nathan and Irene in  
Ramona. The moon rises  
at 6:19 so we'll need to  
start at least  
by 4pm.**

### **President's Message:**

Welcome to the beautiful San Diego Summer. The sun is shining today and I'm feeling rejuvenated after the conference, connecting in with nature and remembering what Arjava said about "Just do it". So I'm thinking about my own self care and doing Reiki every day and marveling at how much it always helps with every aspect of my life.

It is so simple, so easy, with such great rewards. I hope you are thinking about your Reiki self-care too. In fact I would love to share your stories if you have a special ritual you enjoy. Just email me and I'll add them into one of the next newsletters. Enjoy your summer and Reiki On!!!

### **Welcome to all our new members!!!**

We open our hearts without exception and welcome you into our Reiki family. It is a pleasure to know that more energy is combining to build and spread Reiki throughout our community and beyond. I am excited to see what we can do as a group to foster peace in our families and in the world around us, from ourselves to our neighborhoods to the many troubled places around the globe. Join with me as we continue to send Reiki out to all, as we honor our own daily practice.

I am proud to be a part of the San Diego Reiki Corps. Hope you are too.

Mary-Joy Neuru  
President SDRC

[mary-joy@cox.net](mailto:mary-joy@cox.net)

## Conference in Review

From a humble start...



To a beautiful result...



### Conference comments:

"Group was lovely - our energies so high!"

"It was a ten star day - could not have been better."

"Wonderful day of learning, sharing, experiencing new ideas."

"Great flow. Everything was wonderful!!"



Certainly, next conference, there are things we will want to do differently as we did listen to all your 'would prefer' comments. But overall the Board was pleased and happy to see so many beautiful Reiki Practitioners in one place. Your energy was exquisite!! Thank you to all those who attended!

## Outreach Opportunities:



### Reiki Healers Needed!

San Diego Stand Down Holistic Tent Area – July 22, 23, 24, 2016

Friday, July 22

Saturday, July 23

Sunday, July 24

9am to noon

Noon to 5pm

9am to noon

Noon to 5pm

9am to noon

Event finishes at  
noon

Please email: [marisol.quesada@gmail.com](mailto:marisol.quesada@gmail.com) with a preferred date and time you would like to volunteer.

Once I receive your information I will send out a completed schedule.

#### Location of event:

San Diego High School's football field – 1405 Park Blvd. 92101

Free parking

# Stand down

## August 7th Gathering:

**Pranic Healing Educational August 7th 1:30-3:30pm**

Join us and **Michellenne Crab** for an informative afternoon!!



For thirty years **Michellenne Crab** has studied and practiced healing in the San Diego area. In 2004 she began practicing Pranic Healing and became an Associated Certified Pranic Healer in 2005. Michellenne was trained in the Marcel Vogel Crystal Healing Method in 2002 and studied Reiki I and II, as well as metaphysics, numerology and tarot. From the Karios Institute she received her Interpersonal Ministerial Certificate in 1986 and her Transpersonal Counseling Certificate in 1988.

Michellenne specializes in **Pranic Crystal Healing** to relieve pain and stress, and to rebalance the energetic field around the body. Michellenne believes Pranic Healing to be an excellent technique that speeds up recovery time and facilitates self-healing in the individual.

## Reiki Symbols Article:

### The Magical Essence of Reiki Symbols

So much already is being said about the symbols within the system of Reiki that we might wonder, what else is there to say? Whole books have been written about them and yet... The essence of the symbols is so simple that we could express it in one or two sentences, so simple that we often overlook it. We get carried away with all sorts of interpretations, like that the symbols are magic tools which all by themselves have energy like a magic sword.

There is a wonderful Japanese tale about a sword master who heard about a Tengu – a mythical creature who resided in a deep remote valley and who had a magic sword. The sword master took the long journey to find the Tengu and one day he found her sitting on a log in the forest with her magic sword by her side. The sword master said, “Please can I have your magic sword?” The Tengu replied, “I give you a technique to practice – practice it for 5 years and then you can have my magic sword. But you have to practice every day, if you don’t practice every day you do not get it!” The sword master went back home and for 5 years diligently practiced the technique the Tengu had shown him.

After 5 years the sword master made his way back to the remote valley and its mysterious forest. The Tengu was waiting for him, and she said, “I can see you have been practicing the technique I showed you diligently for 5 years; here is my magic sword.” However, rather than rushing forward to accept the sword with glee and gratitude, the sword master simply replied, “Thank you Tengu, but I do not need your magic sword anymore as I have realized that the real magic is inside of me.” The Tengu smiled and with one puff disappeared.

The magical essence of the symbols is that they are tools to focus our mind upon, to reawaken a specific inner quality of our own True Self. These qualities always have been inside of us; all the symbol does is to call them forth so that we can embody them day and night.

Now of course you may ask, what are these qualities? Again it is very simple. Like the essence of the symbols which can be expressed in two sentences, you can express these qualities in two words – Compassion and Wisdom.

The more we practice with the symbols, the more we find over time that we can embody qualities like compassion and wisdom without even thinking about it. As they become even more a part of our human selves, we no longer need to focus on our tools. Our own magical essence – our True Self – will provide all the focus we need.

*By Frans Stiene*

*Visit with Frans at [www.IHReiki.com](http://www.IHReiki.com)*

Courtesy of IRAP Newsletter

**From the website:** Better to check it out online. There are great photos on the website!!

at [SanDiegoReikiCorps.org](http://SanDiegoReikiCorps.org)

## **Bravo, Bravo, Bravo to everyone for a successful and delightful "Reiki in the 21st Century" Conference!!!**

It was so satisfying to watch Lindor Hall transform from the quiet empty space we found at 7:30am on Saturday morning the 21st of May into a vibrant, heartfelt gathering space of over 100 light filled faces. It was beautiful to look at and beautiful to witness!! The best part for me was that the day was not a surprise. There were small issues to address of course, but no major glitches during the day. As for the Board and our tireless Coordinators: Our intent was pure - We worked hard - And lovingly filled the space with Reiki - long before anyone arrived. How could it be other than a success? But still, I was overwhelmed and humbled by the whole of it!!



From **Elivia Melodey's** opening with Singing Bowls to **Emmalyn Moreno's** closing Reiki Drumming, the pageantry and sacredness was breathtaking. What a perfect start and end to the day.

I had never met **Arjava Petter**. (tisk tisk!!) What a treat!! His energy was lovely. His heart radiated a humble compassion and joy to all. He was delightful. I know many of you have read much of the history he imparted, but I had not. I was fascinated by the detail and insight into Usui's family history. Haha Saki barrel indeed!! And of course my favorite part echoed my own Reiki philosophy: "**Just Do It!**" Thank You, Arjava.

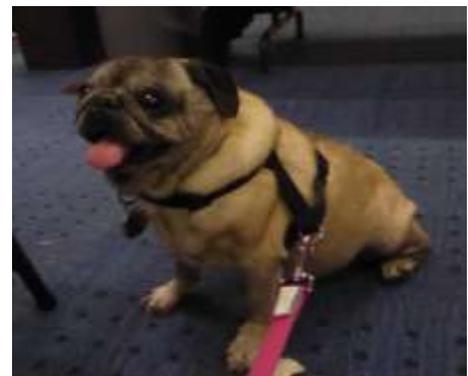


**Kari Samuels** is another gem of wisdom and information. I had several students in attendance that needed to hear just what she had to say. And her ending meditation was wonderful. I felt grounded and renewed. Thank you Kari.

There were six breakout sessions, varied but equally interesting depending on one's individual needs. It was considerably difficult to choose only two topics. Crystal vibrations with **Elivia Melodey**. Animal Reiki with **Nedra Abramson**. Visioning your Reiki Practice with **Debra Wilson Guttas**. Reiki Global Healing Body Prayer with **Mary-Joy Neuru**. Reiki in the Hospice and Hospital Setting with **Joan Boccio** and **Kathy Cueva**. Your Reiki Practice: Laws and Ethics with **Bob Bowen**. Such a wealth of great insights and information!! Thank you all.



Oh, what a feast of color and variety! Yum, shopping!! Such fun! I even managed to find time to purchase a great shirt. Thank you **Nathan and Irene Keller**. The Aura photography was very popular. Thank you **Elivia Melodey** for all your beautiful crystals displayed for sale. Thank you **Theresa Favro** for bringing such an array of goodies from Amethyst Moon. Thank you **Susi Vine** for your lovely Bach Flower display. Thank you **Emmalyn Moreno** for bringing your music, your drums and all the other great items.



I want to say a special thank you to the First United Methodist Church of San Diego. The venue was great! I especially appreciated the AV tech and that beautiful purple halo he gave Arjava onstage. Thanks to Joe too!! We could not have done it without you two gentlemen.

And of course without the many volunteers, the day would not have gone without those glitches or run so smoothly. Thank you everyone!!! We are all to be congratulated and appreciated: organizers, speakers, vendors, and participants alike. It was our shared energy that made the day. Bravo!!

For more photos and comments, please visit our FaceBook page.

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