



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

April 2017
Volume 26

"Expand your Reiki Footprint"

INSIDE THIS ISSUE:

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Save the Dates:

Sound Healing Meditation and Celebration Series:

May 13th -
Gongs with
Teri Wilder

June 10th -
Singing Bowls
with Amanda
Domnitz

July 9th -
Drums with
Emmalyn

President's Message:

Hello everyone!! It's Spring! Are you feeling the new energy?

It's beautiful outside. The roses in my garden are in their first flush of bloom and all the Bees are busy!! But it's not just the new Spring that I'm feeling. There's something else... a larger cosmic kind of newness too. Do you feel it?

Shoot!! Hahaha! What does that even mean? In January we talked about this being a 1 year - new beginnings. It also feels to me like a year of expansion; perhaps it's about expanding your energy signature. And what does that mean? I think the more Reiki we do on ourselves and on others, the more our ability to radiate Light and Love grows and expands. Environmentalists talk about a 'carbon footprint'. Well, I believe we all have a 'Light footprint'. And its growth, this shift in our Light quotient, is part of the cosmic newness I'm feeling as we gather more often and spend more time together with Reiki.

Plus practitioners are using their Reiki abilities daily to calm situations, protect loved ones, share energetic clarity that affects our community and our world. I have a vision that expands from that idea and affects the world around us, bringing that beautiful Reiki feeling to all those we come in contact with. It is not necessary to talk to others about Reiki, although we all like to. You simply carry Reiki with you wherever you go: into the bank, the grocery store, and most importantly to places of darkness that we often must move through. Are you holding your Reiki in your heart as an automatic activity, allowing it to shine? Good!! Bravo to you, each and every one!

So I'm glad we continue to gather together and share our Light!! It's exciting that in La Mesa we now have 2 opportunities for monthly Reiki share. Yippee for Sandra, Judi and all involved!! We'll also be offering Sound Meditations and Celebrations with Gongs, Bowls and Drums in May, June and July. It will almost be summer - time to play and absorb the best vibrations around!! Keep your eye on the Website for dates and times. Hope to see you there!!

In loving service, Mary-Joy, President SDRC

SanDiegoReikiCorps.org

Sound Healing Summer Concert Series

San Diego Reiki Corps

presents

Sound Healing Summer Concert Series

Improve productivity, creativity, and health.



**Sacred Gong Meditation
with Teri Wilder**

**Saturday, May 13th
6:00-8pm**

Relieve stress, release the past, balance your body, create resonance in your life.

Teri is a master of music and meditation. Having studied music and theater at the American Conservatory of Music and Columbia College of Chicago, Teri blends the science of music with the meditative benefits of song into perfect harmony.

**Crystal Bowl Meditation
with Amanda Domnitz**

**Saturday, June 10th
6:00-8pm**

Experience the restful vibrational benefits of sound healing crystal bowls.

Amanda is a Sound Healing Certified Practitioner, Reiki Master and Yoga Instructor. She is founder of School of Sound and Harmony, lectures at the Pacific College of Oriental Medicine, and attended the University of Arizona.



**African Drumming Celebration
with Emmalyn Moreno**

**Sunday July 9th
4:00-6:00pm**

Whether listening or participating is what you prefer, the evening will be about sound and celebration.

Emmalyn is a pianist, composer, singer, dancer and teacher. She has an MA in Ethnomusicology from SDSU and has traveled to Ghana to study African Drumming with the National Dance Theater of Ghana.

RSVP: sandiegoreikicorps.org

Location: 2111 Camino del Rio S., San Diego, 92108

Members \$ 20.00 each event

non-members and at the door \$25.00 each event

Sign up is available for **Sacred Gong Meditation** Save your spot for this event!!

go to: SanDiegoReikiCorps.org

Outreach - Project Homeless Connect - Jan 25th, 2017



San Diego Reiki Corps honors and thanks those who took time from their lives to give Reiki.

**Marreena Appleton
Dara Jewett
Cindy Ditullio
Shirley Weaver
Mary Holladay
Joan Boccio**



Comments from practitioners:

"I always feel pleased to have offered Reiki to others."

"We leave with our hearts full after enriching another's life."

Comments from people that received Reiki: *"I remember from last year how good I felt. That's why I came back this year."*



San Diego Project Homeless Connect was such a wonderful event!! We are indeed blessed to have participated. A special THANKS to Joan Boccio for organizing and staffing the time allotted to San Diego Reiki Corps for this event!! Hope to see you there next year!!

Outreach Activities - It's all about the Dogs!!

How Fun!!! We started in **February 11th** giving Reiki to 2 and 4 leggeds at the **So Cal German Shepard Rescue, Walk-a-Thon.**



Thanks to **Joan Boccio** for organizing practitioners and for them all braving the weather at such a worthwhile event. It was a cold and rainy day but everyone that volunteered enjoyed giving Reiki to both animals and owners. **Thanks** to all that participated, including:

Joan Boccio, Allison Brilmyer, Nancy Smits, and Carol Williams
They treated 45 individuals, 2 or 4 legged.



On **March 11th** volunteers gave Reiki to a variety of dogs during the **American Cancer Society's event "BARK FOR LIFE"**



"BARK FOR LIFE"

Marlene Durazo Young, Kat Papike

Thank You: Brenda Mannon, Vicky Delgado, Marlene Durazo Young, Kat Papike and newest member Tor Zabek.



Brenda Mannon



Vicky Delgado

Joan Boccio



Watch for May - Humane Society Walk For Animals, Liberty Station, Dtn San Diego

Biophotons: The Human Body Emits, Communicates with, and is Made from Light

Authored or posted by [Pao Chang](#) | Updated on February 23rd, 2017 | Originally Published on February 23, 2017



By Sayer Ji, founder of [GreenMedInfo.com](#)

Increasingly science agrees with the poetry of direct human experience: we are more than the atoms and molecules that make up our bodies, but beings of light as well. Biophotons are emitted by the human body, can be released through mental intention, and may modulate fundamental processes within cell-to-cell communication and DNA.

Nothing is more amazing than the highly improbable fact that we exist. We often ignore this fact, oblivious to the reality that instead of something there *could* be nothing at all, i.e. why is there a universe (poignantly aware of itself through us) and not some void completely unconscious of itself?

Consider that from light, air, water, basic minerals within the crust of the earth, and the at least 3 billion year old information contained within the nucleus of one diploid zygote cell, the human body is formed, and within that body a soul capable of at least trying to comprehend its bodily and spiritual origins.

Given the sheer insanity of our existential condition, and bodily incarnation as a whole, and considering that our earthly existence is partially formed from sunlight and requires the continual consumption of condensed sunlight in the form of food, it may not sound so farfetched **that our body emits light.**

Indeed, the human body emits [biophotons](#), also known as ultraweak photon emissions (UPE), with a visibility 1,000 times lower than the sensitivity of our naked eye. While not visible to us, these particles of light (or waves, depending on how you are measuring them) are part of the visible electromagnetic spectrum (380-780 nm) and are detectable via sophisticated modern

Be sure and check out May's posting on our Website to read the entire article with references and more!!

[SanDiegoReikiCorps.org](#)

Photos - Energy Meets Business Series, 2017

First I'd like to say how happy the entire board and I are that you all responded so well to this series. But then why not? It was your idea... Hahaha... Proof that we've been listening!! But seriously, it has been truly interesting and beneficial to all, myself included!! I find it very exciting when we share our gifts with one another. We each have so much to offer and sharing is what San Diego Reiki Corps is all about. So Thank You to everyone that participated: from organizers, to speakers and of course all of you who attended!! Bravo! Enjoy the photos!!!



#1 - January 25th Feng Shui Your Reiki Space with Certified Classical Feng Shui Consultant **Rachael Larraine-Crawford**



Rachael brought so much information about Classical Feng Shui, lots of diagrams and charts to clarify the information!! It was very interesting! And we all brought the diagrams of our Reiki spaces to organize or see where we needed to organize and change. It was VERY fun!!

Thank you Rachael!!



Energy Meets Business Series

#2 - February 25th, 2017

What Does Your Business Look Like?

with

Josette Diaz and Serena Poisson

Josette was quite amazing... She offered us a thorough plan for starting and maintaining a business. It was very professional and covered everything!! I even learned a few new things. That's saying something for someone who's had a Reiki Business for about 25 years. Hahahahaha!! Guess some of my methods have become outdated. Thanks to Josette I am updating!!
Thank You Josette!!



Josette Diaz



Serena Poisson



Serena's presentation took a more personal tone, telling stories about her journey and fleshing out the details of Spirit's opinion about that journey. She was quite the comedienne. It was a lovely balance of Left and Right brain info about a Reiki Business, with something for everyone.

Thank you Serena!!

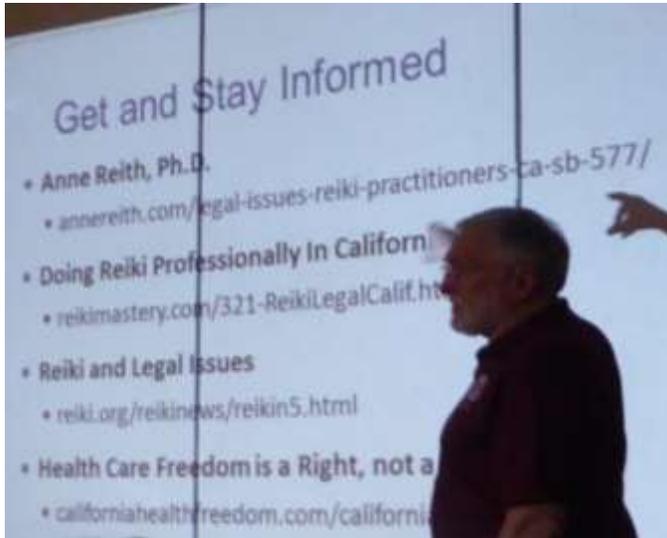


Energy Meets Business Series

#3 - March 25th, 2017

"Now What? Taxes and Legal Considerations"

with **Bob Bowen**



Bob Bowen, SDRC's past Vice Pres/CEO is our go-to guy for all the legal stuff we'll ever need to know to be in business or to just go about doing Reiki on others. He has a great corporate mind and enjoys keeping track of the changes in laws that impact what we do. So of course, the event was VERY informative and interesting!!

Thank you Bob!!



Carol Rand sitting with "A Little Retail Therapy" Table. Just an extra treat at our events!!

Membership Certificates

Membership Chairman **Serena Poisson** and President **Mary-Joy Neu** have been and will continue to hand out Membership Certificates at all of our Gatherings. so if you don't have yours... We'll be waiting to give it to you. Come join us at our next event!!



Teri Wilder, one of our new members will be playing her Gongs for us in May. Do Come!!!