



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

January 2010 Volume 4

**Inside This Issue**

1	Front Page News
1	Message from the Chairman
2	Member News
2	Gathering Announcement
2	SDRC Update
3	Corps Member Profile
3	Members Recommend
3	Upcoming Events
4	Upcoming Events (cont)
	Mission Statement

*Reminder list  
for those who resolve to  
do something wonderful in 2010*

**Join the SDRC!**

Do you want to...

- ✓ Have a relationship with a healing community in real life?
- ✓ Be able to practice reiki on individuals in need?
- ✓ Advance your knowledge and practice of this healing art with others who are like minded?
- ✓ Share your experiences in reiki with a supportive group of healers?
- ✓ Be part of something growing, something you believe in?
- ✓ Be linked to your own pages from our site giving you greater community exposure?

The cost is **\$25** per year, less than \$0.50 a week. To join this wonderful organization of healers, please make your check payable to **SDRC** and mail it to **San Diego Reiki Corps Inc. PO Box 531558, San Diego, CA 92153-1558**. Thank you for your support.

**Message from  
the Chairman**



*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.*

*As we start into a new year, plans for growth have been made and I hope that our growth is a continuing process, so that all will enjoy the pleasures of each other and most of all the joys of the love and energy we put forth towards our community. We all do know what miracles can happen. I truly do thank each and every one of you for everything you continue to do with regards to helping the community heal itself.*

*Namaste,*

*Phil Poisson*

## Member News

SDRC Membership is now at 39 Members. SDRC membership fees are \$25 and will be due June 1, 2010. Members are entitled to designate themselves as members of a professional organization. They also receive the SDRC newsletter and have the opportunity to learn firsthand about gatherings and Reiki shares, and other events of interest. Reiki Teachers may wish to offer special benefits or discounts on their classes to SDRC members.

## Mark Your Calendars for the next GATHERING

**February 7<sup>th</sup>, 2010 1-4 pm** (Flyer to follow with information)

**New Location:** School of Healing Arts, 1001 Garnet Avenue, Ste 200 (upstairs) San Diego CA 92109

### Directions:

From 5 South take Exit 23A toward Grand Ave / Garnett Ave. Merge onto Mission Bay Dr. Left onto Grand Avenue. Turn right onto Cass St. Turn right onto Garnet Ave/Garnet St. 1001 Garnet Ave is on the right.

From 5 North take Exit 23 toward Balboa Ave/Garnet Ave. Merge onto Mission Bay Dr. Turn right onto Garnet St/ Grand Ave. Garnet St/Grand Av becomes Balboa Ave. Balboa Ave becomes Grand Ave. Turn right onto Cass St. Turn right onto Garnet Ave/Garnet St. 1001 Garnet Ave is on the right.

## Meet your SDRC Board and Support Staff

Be sure to introduce yourself to the board members at the upcoming gathering. We look forward to meeting you and your friends at the upcoming Gathering. There are lots of reasons healing is needed during these challenging times. How can we make a difference?

Please come up and say hello to us. And know your friends are always welcome at our gatherings.

Phillip T. Poisson, Chairman

Roshann Chahidi, Vice Chairman

Ann Van Buskirk, Treasurer

Laurel Kadish, Secretary

Serena M. Poisson, Director of Outreach Programs

Laurel Barile, Director and Sharp Memorial Hospital Coordinator

Emmy Martinez, SDRC Gathering Coordinator

Marty Arnold, Reiki Healing Request Coordinator

## Newsletter Note:

Please send articles of interest, information on your classes or workshops, book or film recommendations, events worth attending, comments, objective criticism and compliments to us for inclusion in our SDRC Newsletter. You may send them to either Phil Poisson (Taoist) ([taoshih@cox.net](mailto:taoshih@cox.net)) or Ann Van Buskirk at [avanbusk@mail.sdsu.edu](mailto:avanbusk@mail.sdsu.edu).

## Corps Member Profile: Laurel Kadish

### Reiki Practitioner and Teacher

I am a Reiki Master/Teacher and a Certified Hypnotherapist through the Professional Board of Hypnotherapy. I supplement both modalities with other healing arts including sound and gemstone healing, aromatherapy, and others. I have also studied the uses of ritual, shamanism, dream work, and myth and when appropriate, I may also incorporate them into my practice. I work on a healing team with a Naturopathic doctor, an acupuncturist, and a nutrition coach. Our office is in Banker's Hill. I also have a Masters of Fine Arts in Writing and Poetics and I am a Graduate Gemologist.

Reiki has been transformative for me -- and I find my relationship to it deepening with time and I am so grateful to practice it. If there is any other energetic healing method that is more intelligent, wise, and loving than Reiki, I have not yet discovered it. I moved here to San Diego two years ago from the Bay Area where I was active in a community focused on earth-based spirituality. Born and grew up in Denver, Colorado. My current family consists of two cats and a husband.

Website: <http://www.laureltreehealingarts.com/>



*Laurel 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

**Peruvian Despacho Ceremony: Jan 17, 2010, 10:30 am**, with Tajinder Gill and Mike Hammer, both are Four Winds Society Graduates. Tajinder Gill is also a Reiki Master and Certified Healing Touch Practitioner. A Peruvian Despacho Ceremony is about coming from heart-center, unconditional love, and a reminder of the connections we share with all beings, elements, spirits, and sacred places. We will make a despacho with the group to give an offering of gratitude to Pachamama (Mother Earth). Those in attendance place prayers of gratitude or request into the offering. There is a \$5.00 donation and we will also have snacks, coffee, and tea. If anyone would like to join us to our Despacho Ceremony every month, **February 14, 2010** will be the next one. Email [gilltaj@aol.com](mailto:gilltaj@aol.com) or (619) 200-8418; we will add you to our email list.

**News from Reiki Tummo:** Next workshops with a Reiki Tummo Master from Indonesia is Valentine's Day weekend, **9 am - 6 pm February 13-14, 2010**, at the home of Susan Barrett in Clairemont . 858-571-0187

What is Reiki TUMMO? "All truth is in your heart, not in the physical heart, but in the core within yourself where your true self resides. To access that truth you must open your heart and Reiki TUMMO can help you do just that. When you learn Reiki TUMMO you are introduced to energy channeling for healing, but also as a tool to lead you into your heart so you can learn directly from your heart, rather than from others." Irmansyah Effendi M.Sc (founder)

These workshops include classes/attunements for Reiki Tummo 1, Reiki Tummo 2 which is an effective technique for connecting your self to Divine Universal Energy, opening your heart, and bringing you closer to Divine Source. You will learn to meditate and channel Divine energy that can be used for healing yourself, family, friends and others. Additional aspects include awakening the spiritual heart and the Kundalini. Reiki Tummo itself is the first step of a more complete and advanced system of training called Shing Chi Master Yoga. With Shing Chi, one is attuned to the divine chakras above the crown and shown how to integrate them with the awakening spiritual heart.

**Reiki & Body Balancing Techniques For Animals, Level 1 on March 12, 13 & 14, 2010**, with Laurel Baker, RMT. As Reiki Practitioners and teachers we tend to focus most of our healing on the humans in our lives. While we might occasionally give Reiki to our pets and other animals, a lot of Reiki Practitioners might not realize that giving animals Reiki can require a bit of a different “skill set”. Animals usually respond to Reiki with great enthusiasm. Once you know what to look for and how the animal prefers to receive the energy, a whole new and different way of looking at animals in general can open up! Because we need to focus on all of the little details that the animal is exhibiting in order to determine what may be at the route of the animal’s “dis-ease”, our psychic and telepathic skills tend to develop at an accelerated rate too.

If you’re interested in entering this fascinating world of giving Reiki to animals and getting to know them on a new level, please join me for an intensive two and a half day workshop, **Reiki & Body Balancing Techniques For Animals, Level 1** on March 12, 13 & 14, 2010. You will learn a variety of different assessment techniques, the differences between giving Reiki to animals vs. humans and have an opportunity to work with dogs, cats and horses! For more information please feel free to call me at 619-415-3219 or email at [laurelbreiki@sbcglobal.net](mailto:laurelbreiki@sbcglobal.net). Laurel Baker, RMT

## 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.