



WISHING YOU ALL THE MOST PERFECT CHRISTMAS/SOLSTICE/YULETIDE/SOYAL/YALDA/ SATANALIA/ST. LUCIA'S DAY AND NEW YEAR

Editorial by CHRISTINE CORE

Two years ago I was in Luxor, Egypt for Christmas. My Christmas dinner was organised by my Muslim friends on their boat on the Nile. We all wore sparkly Santa hats and the boat was decorated with tinsel and balloons. The music though, did not feel very Christmassy! It was great fun. The strange thing is, though, that it was one of the very few clues that it was Christmas at all in Luxor. There were more decorations on that little boat than in any of the large international hotels I saw. 15% of the population are Coptic Christian but their Christmas is on 6th January. It is a great experience to leave England before Christmas really starts and get back after it's finished.



I am noticing more each year that I am not sure what is the right message or the right card to send to people. I'm sure that some people are not sure what the best card is to send to me. I actually don't mind if I get a Christmas card, peace card, or winter celebration card. For me the best thing about Christmas cards is that they go to people with whom I only connect to in this way, and I'm grateful for that opportunity.

I guess one of the gifts of Christmas is that it brings into acute focus our relationship with "stuff". I'm making a specific request that I do not want any gift that I can't use, candles, scented soap and chocolates are great. My other nod towards ethical is that no one will get their gifts wrapped in Christmas paper.

THE COMING OF THE LIGHT

It is the magic of the Winter Solstice that excites me. Here in my little house in a valley in Scotland the sun peeps over the edge of the cliffs for about six hours during the day. The sky is light by about 8:30 in the morning and dark by 4:30pm. It is the coming of the light that I will be celebrating. This is the celebration for Pagans, Celts, Druids, Hopi Indians, the ancient (and modern) peoples of Scandinavia. (Denmark, Norway, Sweden, Finland and Iceland). It is the start of a new year, new beginnings and the dawning of new ideas and possibilities. There are no rules as to how to celebrate

Yuletide. Whatever symbolises light and renewal and brings joys perfect.



Whatever you will be celebrating I wish you many Angel Blessings and Love.

Christine

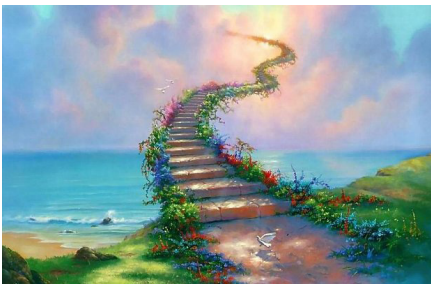
ANGEL TUNERS

By Linda Wheeler Bryant*



Today I thought it would be interesting to talk about the Angel Tuners. I have been using them for some years now. I find it is something that fits in well with Angelic Reiki and with Crystals. These 3 tuners are tuned to 4096 hz (this is the crystal tuner), 4160 hz and 4225 hz. Three high pitched tuning forks in the Pythagorean Scale, also known as the Just Scale.

They are based on the 9th Octave of the overtone series, a fundamental tone creates a second tone and the second tone creates a third tone and so on. They ascend in pitch and stimulate the archetypal energies of Jacob's Ladder, the Pillar of Light and the Stairway to Heaven.



Stairway to Heaven by Jim Warren

The first tuner Jacob's Ladder is described in the book of Genesis 28: 10-19 when Jacob dreams about a ladder set up on the Earth and in which the top of it reached to the heavens. This tuner which is known as the crystal tuner is tuned to a frequency of 4096 cycles per second (cps). This frequency is generated from an 8cps fundamental tone raised nine octaves (i.e. 8 cps, 32 cps, 64 cps, 128 cps, 256 cps, 512 cps, 1024 cps, 2048 cps, 4096 cps.) The 8 cps fundamental resonates with the pulsation of the Earth.

The ninth octave of the upper overtone series begins with 4096 cps and is said to

open the doorway to angelic kingdoms. With a frequency tuned to the pulsation of the Earth, our Crystal Tuner (also tuned to the core frequency of quartz) amplifies the healing power of crystals through sonic vibration. This tuner has a very special resonance factor.

The next fork in the set is the 4160 hz known as "The Pillar of Light". To some it is known as "The Pillar of Truth". The truth and the light of, is God himself. The Lord shines his light on the truth in the word but also in our being which becomes the truth in us.

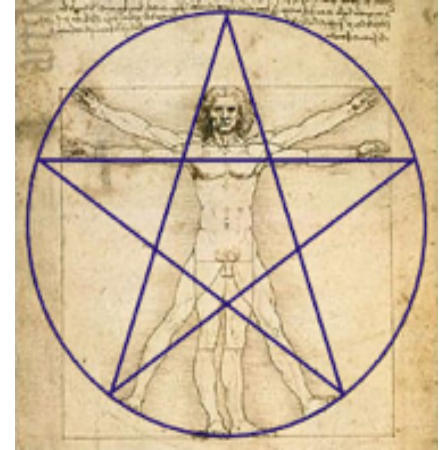
The next fork in the set is the 4225 fork known as "The Stairway to Heaven". This fork is again referring to the stairway found in Genesis 28. While interchangeably used as both a ladder and a staircase, it is believed that the staircase simulates an even higher form of the angelic hierarchy than that of the ladder.

They were originally intended to produce a celestial experience and were based on the work of avant-garde Russian composer Alexander Scriabin. He believed that the ninth octave overtones would bring forth a new era and unite Heaven and Earth. His last composition "Mysterium" was to be played in India using bells hung from clouds sounding these overtones.

These exquisite forks open our soul to the Angelic Kingdom. These tuners not only connect with the Angelic Kingdom, but also allow humans to become a conduit for transmitting and receiving energies between the Earth via the Sun. It is said in Toltec tradition that the sun of our Solar System is the 2 way pipeline of information between the Cosmos and the planet Earth. The Angel Tuners can amplify our connection to the Sun and our role as humans to partner with the Sun in the eternal cosmic connection.

The Angel Tuners enhance therefore our connection to universal energy for manifesting inspiration and a meditative state and to assist to open a gateway for spiritual insights and experiences.

For those of you familiar with Polar Therapy, you can greatly enhance the 5-pointed Star energy pathways by placing five people, each with angel tuners, at a person's head, at each shoulder and at each hip. Each person can tone the angel tuners and stroke the energy pathways of the 5-pointed star.



They can be used individually or in groups to enhance meditation. You can create an Angelic Concert by holding several between your fingers and tapping them simultaneously.



The crystal tuner 4096 hz can be used by itself, and it can be used to amplify the energies of crystals by toning the fork and placing the stem end of the fork on the crystal. The Crystal Tuner when used with a single pointed clear quartz crystal is one of the most powerful tuning forks available. When you point the crystal at a specific location on the body then tap the tuning fork against the crystal, the vibration is amplified as it passes through the crystal. The result is a focused beam of energy. I personally use this tuning fork with people who have tumours, surgical procedures or pain in localized areas. For general use, try pointing the crystal at the bottom of the feet, top of the head or at the forehead.

(continues next page)

(continued from previous page)

These three forks activated simultaneously produce a high and subtle yet powerful dissonance. This appears to balance the brain hemispheres and create a sense of space and well-being. They should be held as far away from the ears as possible, as the sound is very penetrating.

If you are using them on yourself simply activate the forks and hold them away from the ears on either side of the body. If you are using them on a client, you can use them at the beginning of the session perhaps with an affirmation inviting the client's guides and angels to participate in the healing, and at the end to invite them to continue working with the client in the years ahead.

They can be used to call on ones angels or guides to be present and to protect an event or ceremony. They can be useful for space clearing, in much the same way as sage. They can help to give you spiritual insights and experiences. They can connect you to higher powers and creative expression. Moreover they induce a peaceful meditative state, clear out negative energy from Biofields (auras), rooms, purchases, conflict and arguments., nightmares and all living things like animals, trees, plants and landscapes.

To sum up the Angel Tuners are one of those sets which can be a bit of a mystery because unlike other tuning fork sets which can be felt either energetically or physically, the Angel Tuners seem to connect with your intuition and knowing. What I mean is that when I use these tuning forks, I know they are working but it is non-local. When I listen to the Angel Tuning Forks, I can sense the tones, particularly in the cranium almost like an echo chamber where the tones continue long after I stop tapping the forks. Most people comment that they feel connected to the angelic or higher realms using these tuning forks.

Warning: They are not to be used on people who suffer from mental or nervous illnesses, Schizophrenia or Epilepsy without previous testing.

Many thanks to John Bealieu who continues to investigate the use of tuning forks, I highly recommend his books to anyone interested in using them.

* Angelic Reiki Master Teacher

Some Zen wisdom

Abraxas continues its exploration of posts from Kevin Core's blog, which he started in January 2008 and focuses on a book by Tim Freke called Zen Wisdom.

A quote from Tim's book is followed by Kevin's explanation.

Visit Kevin's blog at shamballazen.blogspot.co.uk

Searching for the Bull

The journey begins as an exhausting search for an elusive quarry. The seeker is pictured in search of himself, but all he can find is rustling leaves and singing cicadas, and he does not yet realise that these are the very clues he seeks. During this stage the student is often confused and discouraged. He doesn't really even know what it is he is looking for. Zen sounds strange and obscure yet something in it inexplicably attracts him, nevertheless. Kuo-an Shih-yuan writes

In search of the Bull,
I fight my way through forests,
following the course of unnamed rivers,
lost on meandering mountain paths.
Exhausted and despairing,
I can find nothing but rustling leaves,
and the singing of cicadas at nightfall.

Why search for a bull that has never been lost? The bull only appears lost because the ox herd is lost in the experience of separateness. His home becomes ever more distant. He reaches many crossroads in life, but does not know which road to follow. Desire and fear burning him like a fire, and ideas of right and wrong imprisoned him.

1st January

Student: "What is Zen?"

Nan-ch'uan: "Ordinary mind is very Zen."

Student: "Should we try to get it?"

Nan-ch'uan: "As soon as you try you miss it."

The master is trying to indicate to the student that the mind that we use in everyday life is as enlightened as it is ever going to get. In its natural nature it is totally

Disclaimer

Articles in this Newsletter are not published as representative of the policy or philosophy of Angelic Reiki nor that of Christine Core or Sara Neves de Sousa, editor, unless written stated otherwise. Please read everything with personal discernment.

International Facebook Group

For those interested this is the link to the closed Facebook group, but please answer the questions asked when joining, because without them we can not let you join, if you have any problems please send Sara or Hannah a message.
<https://www.facebook.com/groups/angelicreikiworldwidefamily>

News Around the World

The new Official UK Site of Angelic Reiki is just about to go live. If you have not already done so, please register now at:

www.Angelicreikiuk.com

free from striving to become something more than it already is. We believe that to be enlightened is a state that we have to find, to strive for. As soon as we start to strive for enlightenment and chase it we come out of the enlightened state which is our natural state.

2nd January

We are like someone immersed in water, who complains of nothing to drink.

Hsueh-Feng.

In this text it can easily be seen how the master is showing us that we are surrounded by everything that we need now. All that we have ever desired is part of who we are and where we are in any one moment. The thought and feeling that we do not have what we desire most is the illusion.

THE END OF THE YEAR

Another year reaching its end and usually when we get close to the end of the year, we look back and do a balance of that year, we look at what we accomplished and what we didn't. After going through the balance of my year, I came to the conclusion that this was a very good year for me, some things didn't go as planned, there were some bumps in the road but, all things considered, in the end the balance is very positive.

Some of the good stuff:

I got more lovely souls into the Angelic Reiki Family, we had the Angelic Reiki Book launch in Portuguese with Christine's presence and since she was already in Portugal, we did an Angelic Reiki Gathering for some of my students. I facilitated the first The Wisdom of Metatron workshop in Portugal, launched an online workshop called *"The Healing of the Lost Self"* in Portuguese, created a new modality of healing called *"The Soul Portal"* also in Portuguese. Finally, I started writing articles for a Portuguese Magazine. So...positive balance.

But this was just part of what happened, it wasn't just rainbows and sunshine. Because we live in a 3D reality and duality is an aspect of our reality, I got other not so good experiences.

Some of the not so good stuff (as much important as the good):

I'm always keeping my ego in check, so whenever something happens my first thought is (it wasn't always like this) *"What does this have to teach me, show me or give me?"* and from this simple question I let everything unfold, trying as best as I can to stay away from drama and trying to find the lesson, the teaching behind that experience. I came across a few days ago before writing this article with something similar to this:

"Everyone has a monster inside, most people try to deny it, to keep it down. But, it's there. The monster never completely leaves. He only waits for the right opportunity to come out."

I loved this because it's so true and so real. It means that we all have a shadow side and sometimes that shadow side when unchecked can come out and do some damage.

What does this have to do with what happened that was not so good? Well, I believe that we can only see in oth-



er people what is a part of us too, for any other way, we would not be able to recognize it. So, the experiences I had were in some level to show me that sometimes is good to be able to be in touch with that side so we don't get caught by surprise in any situation, but, even with all the work and training I do, I was caught by surprise and without going in to deep in explanations, I'm only going to leave my conclusion of everything that happened or I would still be writing way into 2020.

So, my conclusion is that we have a lot of good people in the world but we do have a lot of bad people too (this is always something based on our experiences and perceptions of good and bad, but for the purpose of explaining, let's just say good and bad).

Some are very deceiving, they can really hide behind a mask of goodwill and a friendly face, but when things don't go their way, they immediately change their behaviour and bring out the worse of them. I could watch firsthand the devastation that a single person can do, in this case in particular, this single person devastated 4 people with her words, only words. The hate this person had inside was something that no one was expecting.

I watched a lot of people being wronged and bullied, deceived by those who supposedly were there to help them, bringing someone to their knees begging for help, because they can't even have money to eat is something that no one should go through (I know that everything we go through is a

lesson, but some people are just pure evil). When people just take the money and don't do what they were supposed to do and sometimes even make the lives of those people worse, what is happening that we are not seeing?

When the ones that are supposed to be there to help, take advantage of those they are helping, where does that leave the world?

I don't consider myself better than anyone but I'm not less either. I have my own worth and I know where I stand, even if it costs me some friendships, because I'm not going to change to please people or to make them more comfortable around me!

Keep in check people, because anyone of us can get caught in the ego trap very easily!

So, to finish this I wish you all a great end of the year and that the next may bring you everything your heart desires!

Sara Neves de Sousa
Angelic Reiki Master Teacher

We hope you've enjoyed the newsletter and we'll be back for the spring equinox edition. In the meantime, to get in touch about any of the articles or share any AR experiences, email sara.nsousa@reikiangelico.pt