


[angelicreikimagic.com](http://angelicreikimagic.com)
[sara.nsousa@reikiangelico.pt](mailto:sara.nsousa@reikiangelico.pt)

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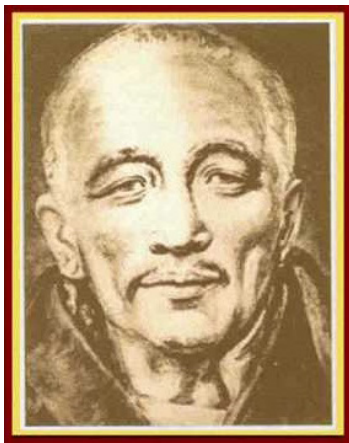
Editorial by  
CHRISTINE CORE

## Who are Djwhal Khul, Kuthumi and Alice Bailey?

Thanks to the support of Hannah Taylor, we now have the first worldwide closed Angelic Reiki Facebook. Its purpose is for us to be able to share ideas and knowledge about Angelic Reiki, and to offer support. If you have not already received your invitation, you will do so very soon.

On the new FB Hannah has regularly posted sections of The Laws and Rules of Healing that are in the 1 & 2 manual. These, as you know, were conveyed by the Ascended Master Djwhal Khul through Alice Bailey. I have been making short comments and inviting others to share their ideas too.

It made me realise that it is so easy for Djwhal Khul, Kuthumi, Alice Bailey etc. to be just mysterious names and distant people or beings, so I thought it would be nice to add some context and background information, and hopefully make them more 'real'.



Djwhal Khul lived in the Himalayas, just inside India on the border of Tibet. He was head of a large ashram of Tibetan Lamas (Buddhist Monks). From research I have done I have been able to conclude that he

was born before 1880 and died in or after 1949. The Great Invocation was given to Alice Bailey by Djwhal Khul in April 1945. Between 1919 and 1949 he transmitted the material for nineteen books which Alice Bailey penned, and which were published through the Lucius Trust. There is little known about his past lives. The two references I can find are Confucius and Caspar. According to Wikipedia Confucius was a Chinese teacher, educator, politician, and philosopher of the 'Spring and Autumn' period of Chinese history. Born 28 September 551 BC and died 479 BC. His full name was Kong Qiu. Again from Wikipedia, St. Caspar was one of the three wise men who attended Jesus's births. He was a martyr, together with the other two Magi. Their relics were found in Persia by St Helena (born about 250 AD) and were later taken to Constantinople, and then to Milan in Italy. From there they reached Germany, where they are now housed in the Cologne Cathedral.



The Ascended Master Kuthumi is also energetically part of the Second Ray, the Healing Ray of Love and Wisdom, and thus Angelic Reiki is under the auspices of K. T. During my research for this article, I have come to realise just how much the energy and lives of this great Master govern and inspire the triad of Angelic Reiki, New

Shamballa and The Golden Heart Merkabah of Creation, and has been/is the guiding energy behind creating the umbrella organisation of The Foundation of Cosmic Fire, not to mention Kevin's and my passionate link to Egypt!

Chronologically the past lives of the Ascended Master Kuthumi are:

**Thutmose III**, reigned c. 1503 -1450 BC, pharaoh, prophet, and high priest in the period of the New Kingdom.

**Pythagoras**, c. 582 - 507 BC, Greek philosopher. His school was in Italy where carefully selected men and women pursued a philosophy based upon the mathematical expression of universal law. Most of his work was lost in a fire, but his wisdom influenced many great philosophers and thinkers including Plato, Aristotle, Augustine, Thomas Aquinas, and Francis Bacon.

**Ascended Master Kuthumi**, or Koot Hoomi Lal Singh, was a nineteenth-century Kashmiri Brahman. He is known to have travelled in Germany and attended Oxford University, England in 1850. In 1875 he founded, together with The Ascended Master El Morya, the Theosophical Society with the intent of reacquainting mankind with the ancient wisdom that underlies all the world's religions. It is said that Kuthumi maintains his retreat in the 'heaven-world' over the city of Shigatse, Tibet, 'where he plays his grand organ—drawing the harmony of cosmos by the sacred fires of his heart'. Shigatse in Southern Tibet is still the etheric home of Kuthumi and a connection to a place described as 'Heaven on Earth', also known as Shangri La and Shamballa. It is a place which we can also find inside our own hearts, a place of Love without conditions.

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Alice Bailey was born in Manchester, England in 1880. Her life is well documented. She was a stubborn and strong-minded child of fervent Orthodox Christian upper-class parents. In contrast to her upbringing she eventually moved to the USA, and for a period of time worked in hospitals in India. The link at the bottom of this editorial is an excellent insight into the life of Alice Bailey. The quality of the people that she attracted towards the end of her life are of particular interest to me, validating beyond story and conspiracy the kind of person she was and the level of intellect and wisdom she had. This video also gives context to a conversation that Kevin and I had. We were sitting in our lounge in Luxor, and I was reading Alice Bailey's 'Esoteric Healing'. I complained about the rather dictatorial tone of the information. Kevin smiled at me, and reminded me that all channelled information has to come through the consciousness of the channeller and is usually coloured by the personality through which it is delivered! It is also a great lesson to us that we really do not need to be perfect to be of service and do this work, we just need to do our best with right intention. Courageous powerful women can come with an edge to them. This is also very much seen in the life and character of Mme Blavatsky. If we were to look for role models of powerful women in history, Mme Blavatsky and Alice Bailey would be very good examples of how commitment and courage can lead to significant worldwide changes.

Writing this has reminded me of the annual Wesak Festival that takes place each spring in the Himalayan mountains. This inspired me to do a search on my computer for old material going back to when Wesak was part of the spiritual year of Kevin and myself. I found the following, dated May 2008:

*"The Bigger Picture" By Christine Core*

*"As I contemplated what to write for this newsletter, the energy shown to me is the ripples on the still pond created after*

*a stone is thrown into it. The pattern is of perfectly symmetrical concentric circles..... The Wesak meditation was given by Dhwal Khul through Alice Bailey, and is celebrated in the Wesak Valley of the Himalayas, rippling this Love out into the world....."*

AND:

*"A personal account of the Wesak Sacred Journey through Egypt. 18th May 2009".*

By Christine Core.

*"Following the Wesak conference in Luxor, 2008 our small band of travellers set off to continue the work this year on 7 May. The energies of March and April, of honouring the ancestors, reconnecting to the ancient wisdom and reclaiming our own power, knowledge and talents, had set the theme for the trip."*

In 2019 the Wesak full moon and celebration of the Buddha's birthday and our connection to the ascended Masters is on May 18th, and I feel it is important to reawaken our Angelic Reiki worldwide celebration of this day.

<https://www.youtube.com/watch?v=AmnQSSnXS1A>

Christine

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.**

All images from google search

## 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 Kreke called Zen Wisdom.

A quote from Tim's book is followed by Kevin's explanation. Visit Kevin's blog at [shamballazen.blogspot.co.uk](http://shamballazen.blogspot.co.uk)

24th May

**We should find perfect existence through imperfect existence.**  
Shunryu Suzuki.

All of existence is trying to come into balance. Attention is created by imbalance, it causes us to notice that which is out of balance and to focus on it. When balance is achieved our attention settles into stillness, into peace. Therefore welcome those points of conflict in your life for they will ultimately lead you into perfect existence, eternal stillness, your essential Self.

25th May

**Look at that rainbow.  
It is only when the sky cries  
that you see the colors  
in the light.  
T'ao-shan.**

The zen masters always saw nature as the great teacher.

29th May

Master Chu-hung was once writing a book on the good deeds of Zen monks when a student asked him, "What is the use of writing such a book when in Zen there is nothing good or not good?" The master slapped him on the face. The furious monk was about to leave when the master smiled and said, "You are not the real thing yet. Why don't you wipe the dirt off your own face?"

For the monk to be slapped on the face was not good, in his opinion, hence the indignation. Therefore his attachment was revealed.

31st May

**The truth is to be lived, not just mouthed.**  
Hui-neng.

No comment needed.

## Share Your Story

I always knew there was an angel watching over me. I was born disabled with a severe DeCo genital dislocation of both hips, I started to walk when I was three. My mum said "old Mrs Jones had healed me with magic potions and with the power of prayer" she was a devote catholic and prayed for everything, the food on the table, my father not to spend all the wages in the pub on a Friday night and for the sun to shine. Life was always happy, always good, we had very little but just enough and more importantly we had each other. I was a regular little girl. I came from a large family with seven brothers, five older and two younger. I lived in a small fishing village in North Wales called Conwy. I was always happy, full of spirit (as my mother would say) with a love for horses and a love for the outdoors. I would take myself off to the local woods to search for fairies convinced they were there hiding watching me. Sadly at the age of eight my life was to take a dramatic turn. My beloved baby brother Billy, who was four at the time, was diagnosed with a brain tumour. My mum had to go off to a hospital far away to be with him for his treatment and I was left in the care of my father. That is when the abuse began, I will not go deep into the details as I have cleared the memories from my mind and we all know ArchAngel Michael says we reconnect to the cords if we spend time in contemplation. I and ArchAngel Michael have spent lots of time cutting them all away for me to move on. To say the least, my childhood was no longer a place of fairies and smiles but more a place of fear and disillusion. For the four years my brother was in treatment it was a rough and rocky road. My brother passed away when I hit twelve. My mum came home but her grief had taken her away. The lady that walked through the door had lost the twinkle in her eye. That night my baby brother visited me on his way to the spirit world, and I learned that night that when we die we don't really die. At this age I had become very self sufficient, I had grown up so quickly, the years following after that I was a wild child. I went from one bad relationship to the next having grown into a woman that knew nothing more than abuse. I was marched off to the army at 16 but that didn't last five minutes. Not long after I had left, I was pregnant with my first child. I soon fell into another violent abusive relationship but believing that this was what life was about I stuck it out for 6 years. I believe that after this break up was when the angels tried to get me to notice them again, when I found a book called "ask your angels", I cannot recall the author and I have searched for the book since but to no prevail. I recall



Image from google search

sitting with the book and a sense of love came over me, but a love I had not felt since I was a young girl. Life was content, I now had 2 baby boys, lived in my own home and was coping well as a single mum earning extra money on the weekend dancing in my local club. I could not escape my secrets though I had never told my mother what my father had done as I did not want her to break anymore than she already did and keeping this secret had manifested into a darkness that I found unbearable that I would drown my sorrows with alcohol and drug addiction. Soon after I was to meet my daughter's father and to say things were going to take a real turn for the worse would be an absolute understatement. He took my vulnerability and twisted it to satisfy his own sorry needs, my addictions spiralled out of control. I lost my home, my children and my sanity, believing that a life of abuse was all that was down for me. 6 years were to pass and I was just starting to build myself up. I had got clean from all addictions but still lived under the tyranny of this man. When I went to see a psychic who refused to read for me and told me I must go to see a doctor, disheartened and scared, she told me to sit and to take her hands and close my eyes, a few moments later she asked me to let go and open my eyes and tell her what I had seen. Well, to say the least, I was shocked but not scared. I had seen an angel, there was light in his eyes and coming from his chest and he told me everything was going to be ok. Well as you can imagine I was in the doctors the very next day to be told I was expecting a baby. Shocked, scared as I had never wanted a child with this partner for fear he would abuse the child to. Not long after finding out he went to prison and to say I had the most wonderful pregnancy would be an understatement. I soon went back to the psychic and she told me the baby was a gift from the angels and she would have everything her heart ever desired, which has always been true if Stevie wants it, Stevie gets it and I don't even have to

try, it's just always provided for her. On his release from prison the abuse was to start again. I know you're asking yourself why did I not run? I did, many times and too many different refuges, but he would always find me and threaten me by saying he would hurt my family although he never once hurt his daughter. Protected by the angels I think. Well, let's just say I was nearly awake to happiness. When Stevie was four we moved again this time to Wrexham. I was no longer in a relationship with her father but he kept himself close so I could never move on. Then one sunny September day a friend who had gotten really into meditation and crystals and healing, phoned me out of the blue, we met up and she told me about all this wonderful stuff she had been up to back up the coast in a spiritual centre and to say I was intrigued is an understatement, but being so far away it was not suitable for me to travel so far back up the coast. So I browsed the internet to see if there was a spiritual school/centre in my area. That's the day I found Ruabon spiritual centre and John Bride. This was the day my life truly turn around. I stood on the path of the old community centre and asked this young man (John) was I in the right place for spiritual stuff. He answered "you most certainly are", scared and unsure I walked through the door, there was lots of people all sat around waiting for the service to begin. The sense of being with friends came over me. I had lived miles away from anyone for so long I didn't have many friends as my ex had scared them all away. I felt a sense of peace, that night John gave me a message from grandmother in spirit that was to truly make the next part of my life one of joy and happiness. He told me I had a gift, be it for mediumship or healing as I was following in her footsteps. He told me I had it and I must come to his development circle, what it was I had no idea. The circle was the very next day. So I went and that night I gave my very first message from the spirit world. I was in a bubble of happiness, a joy had spread through me.

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At this point I didn't have a clue at the possibilities of where my spiritual journey would take me. Three years past and every Monday, Tuesday and Wednesday I would go to my little spiritual centre. My friendship with John had grown. I attended every workshop, group lesson that was at my disposal. I had taken my Reiki Usui all the way to master teacher. I had done some Kundalini Reiki, I had become a confident and competent intuitive. I was happy, my life was all about my spiritual journey. I had started with other Angelic training. One day John told me a position had opened on the Angelic Reiki Master Teacher Course and if I could find the funds, I could do it. Filled with an excitement but with a worry would that it would not be achievable. That night I said a prayer to the Angels, I asked them to help me. My exact words were "if you want me to do this you will find away to help me, you have brought this far and for that I am eternally grateful". The very next day out of the blue I received a phone call from my great aunt telling me she had been saving money for me and she would like me to have some of it. My aunt Jenny is a Buddhist and she had been sat in meditation the evening before and her guide had told her I needed the money. I was over joyed I could not believe it, they had come through for me. The funds were there it was also a sign that they really wanted me to join their team. I can't put into words how much meeting Amanda and Steve Gartside and learning Angelic Reiki has changed my life. The Angels changed everything, my ex partner went and he has never darkened my doorstep since. I have forgiven my father in my own way and sent love to that situation. My relationship with my mother has gone from strength to strength as has my relationship with my children. I have helped so many people with different situations just for being a channel for the wonderful Angelic Realms. I have resat all the levels of Angelic Reiki with John, who is a wonderful facilitator of Angelic Reiki, his lessons are to the book but his own knowledge, that he brings to the table, is outstanding and his Angel offices are amazing. I have learned to love life and live life to the fullest guided every moment by the true love of the Angelic Kingdom.

**\*Sian Marie Hughes,  
Angelic Reiki Master Teacher**

## (MIS)COMMUNICATION!



By Sara Neves de Sousa\*

I think I can speak for almost everyone when I say that this year is a powerful one. It has been since it began, we are reaching the half of it and I can say for sure that a lot of more powerful events will take place. I have been working a lot more in a one on one situation, something that I have not been doing for quite some time now. And with this, I have been noticing some patterns that are emerging, some things I thought that people had already dealt with. The miscommunication is something that is happening all the time! People are distracted, not listening to what is being said and the consequence of it is that the messages are not being received the proper way. Simple things like "on the 20th of June we will do a workshop" and the question following "when is that workshop?". People are not paying attention to what is being said or written. I know that sometimes the message can be very cryptic, but I am talking about the simple things. This made me pay more attention to my communication. I started thinking "Am I being clear enough, am I able to pass the message the way I think it in my head?", "What do I need to do to make it clear to other people and without any doubts?" And the answer came, the only thing we need to do pass the message the best way we can, but our responsibility ends there, it's not our responsibility to how much of the message the other person is going to understand, that is their job, not ours. I know that most people at this time are feeling lost, without knowing where to go or what to do. But they really need to silence the outside noise to start to hear their inner voice, and that takes work, most people want to have someone in their life to tell them what to do and how to do it, what they forget is that all paths are different and that there isn't some magic formula to help them deal with all the stuff that they have to go through. People want instant answers and solutions to their problems but don't want to deal with everything that comes with it, all the work that is necessary to go through it.

**WHEN WE ARE OPEN  
TO RECEIVE, WE  
LEAVE THE DOOR  
OPEN TO MIRACLES!**

I can say that I am having a great year, I have my stuff to sort, but it has been a great year so far, because even though I am working more with other people, I am working much more in myself. Working with others made me realise that some stuff I thought were sorted, actually weren't. I feel that this year, all of us have a great opportunity to get to know ourselves in a way that we didn't before, in a more intimate way. We have a wonderful opportunity to love ourselves more, to cherish everything like it's our last day. To live the here and now but in a more conscious way, being mindful of everything that surrounds us. Living in the here and now, being mindful and conscious of everything that is happening is a wonderful exercise to start to pay attention to what is really important in our life. Start putting the focus in the right place. Start taking responsibility for everything that happens in our life. Most people seem numbed, they get up in the morning, go to a work they don't love, pay the bills, go to bed, fall asleep to wake up the next morning and do it all over again! And when someone comes along and tries to wake them up of this slumber, they don't understand a word, it's like it's in another language.

**Live, Love and Enjoy Life at The Fullest!  
Fully Present at All Times!**

**\*Angelic Reiki and New Shamballa  
Master Teacher**

# The Bridge

By Jayn-Lee Miller\*

Here is an important announcement!

## Introducing Angelic Reiki's new initiative - The Bridge

I am very pleased to announce that a new Angelic Reiki initiative, The Bridge, is being built to offer ongoing support and practical advice to those wishing to work professionally as an Angelic Reiki Professional Practitioner and/or Master Teacher.

We realised that something extra was needed within Angelic Reiki to help those who have completed their training actually achieve their personal dream of working for themselves and bring a successful business into reality. Some passionate members of the Angelic Reiki family have heard the call and teamed together to gather some practical ideas and resources to help. Many of us who are creating The Bridge already enjoy the spiritual and material rewards of offering Angelic Reiki treatments and/or workshops, whilst some of us have other valuable business skills to offer. We are here to assist and nurture those who wish to be of service and share this divine gift with the world.

From a personal perspective, working as an Angelic Reiki Master Teacher and Professional Practitioner has to be the best "job" in the world and I would encourage anyone who has an interest in Angelic Reiki to consider working professionally offering treatments and/or workshops if you feel so inclined. Even though I could be working as a professional vocalist - and I do enjoy every moment of my singing - I find my greatest fulfillment is in teaching Angelic Reiki. It is wonderful meeting such lovely people and being able to help with their spiritual journey as well as offer a positive way forward for those who have been suffering.

I have been facilitating regular Angelic Reiki workshops since 2006 and I find this to be a continually evolving way of life. My enthusiasm grows and knowledge and understanding deepens with every workshop I facilitate and I would love for more people to teach and experience this for themselves. I find every workshop is a completely fresh and different opportunity. This is due to many reasons; the mix of people who attend and the questions they ask, the higher frequency of light reaching us as we travel deeper into the photon band and our individual spiritual



evolution as we receive the attunements at the level of spiritual development and depth of gratitude we have at the time of the workshop. For these reasons, I always encourage people to retake the workshops and, of course, as a Master Teacher, you are also receiving the attunements for yourself each time.

I have become involved in The Bridge as I would love for Angelic Reiki to be more available worldwide so that more people can experience the blessed joy and fulfillment of working professionally with Angelic Reiki and becoming part of the supportive International Angelic Reiki family.

Currently, only approximately 20% of those attending the Professional Practitioner and Master Teacher workshops actually set up in business. Team members of The Bridge are curious to ascertain the reasons for this. If someone has made an investment of time and money to attend the training, then we would like to know why they are not offering Angelic Reiki treatments and/or teaching workshops. We would like to be of assistance and know how to help with the next steps to creating a profitable business. Therefore, we are in the process of developing a questionnaire to identify the areas in which we can help address the necessary steps to be taken. Once we know the challenges that are being faced, we will do our best to address them and create a central database of resources to be made available to all.

We have chosen the name "The Bridge" as we see it as a link to support students between the end of their Angelic Reiki training and the beginning of their successful business.

We aim to have many arches to our Bridge which will include friendly support in person, by email, Skype or 'phone. Also, practical advice on IT, creating a website, advertising, accountancy, creating flyers and business cards. We can also assist on where to practice or teach workshops.

There will also be resource materials available. We will be able to identify and create these arches to offer what is required as a result of the feedback we receive from the questionnaire which will be made available very soon.

If you are already enjoying the satisfaction of running your own successful business or practice in any way whatsoever and are able to offer your own arch to our Bridge, we would love to hear from you.

Setting up in business can be a huge learning curve which can offer much soul growth whilst bringing up many challenges. You may have to come out of your comfort zone, face your fears, take a leap of faith and take several steps into the unknown. You may have to encounter many trial and error processes. The Bridge is being created to support you through this journey. If you take a step towards the universe it takes several steps towards you - The Bridge aims to help you with the next step. You are not alone!

As I sit here composing this article during a visit to the Chalice Well in Glastonbury, I am aware of the words of its benefactor, Wellesley Tudor Pole. He warned mankind that as a consequence of the mis-use of free will, there would come a time when all life on earth would be in a state of crisis and hang in the balance. Humanity is now standing at these crossroads. Through Angelic Reiki we are aware that the thought form of suffering that has been held by humanity can be lifted and that we can reach deep into the Earth itself and heal all past trauma. Through Angelic Reiki the promise of heaven on earth can be created. Let us now ensure that this becomes a reality by encouraging the practice and teaching of Angelic Reiki to all those who show an interest.

If everyone who attends the Professional Practitioner and Master Teacher workshops subsequently manifests a successful business, it will not only create a more fulfilling quality of life for them and all the lives they touch, but will magnify the Angelic Reiki grid and increase positivity to the collective consciousness. This, in turn, will greatly accelerate the Ascension process, bringing the Divine Plan for Love, Light and Power on Earth into manifest reality.

\* Angelic Reiki Master Teacher

# When the patient is the healer

By Jose Luiz\*

Not always the healing depends solely on the healer skills. Sometimes there is more than we are allowed to see at first.

About two weeks after a woman I will call Jane (fictitious name) had the last of three healing sessions with me, I got a message from her reporting she was feeling horrible. At that time I felt she needed an energy adjustment, which was given, and instructed her to call again the next day to report on her condition.

In her next phone call Jane was almost in tears and started saying: "I feel horrible, hopeless, worthless, powerless, I have no ambition! It has been like that most of my adult life". During our sessions she reported how difficult it was for her to get a job. On the phone call she added: "Since my son's 28th birthday, a week ago, I cannot stop thinking how bad I felt when his father abandoned me to never be seen again right after the baby was born". Her words surprised me, because Jane had never mentioned that important event before.

When I inquired why she had never before spoken about it, her surprising answer was: "I did not think it was important". Despite my surprise, my next important question was about myself. Why didn't I see it when reading her chakras? The answer came clear: she had to dig into herself and bring it consciously to the surface to be healed. I was not allowed to see it in order to not interfere with her inner process. It had to happen through self-realization. Whatever healings she had gotten from her previous sessions had loosened up and brought repressed memories to the surface.

Many times, at least in my practice, traumas, energy blockages and emotional stresses are removed from the chakras without the patient playing an active role. But healings not always happen at once. Sometimes, the only thing we do is loosen up layers, repressed memories and emotions that need to be released at their own pace by the patient. And it is almost impossible to predict how it will play itself out, because everybody is different.

But, unbeknownst to me, the drama was far from finished. After feeling really well for three weeks, Jane called again to report a bout of depression and worthlessness. Once again, she started to tell things about herself I had never heard before, because she thought they were not relevant to her healing process. For example, on her 7th birthday, she was coaxed by her very religious

family to make a vow "to marry Jesus". Since then, by hers and her sister recollection, Jane's life became colorless in all aspects. Teen years, relationships and professional life were marked by feelings of powerlessness, hopelessness, no ambition, lack of joy and happiness. All that came accompanied by chronic bad sleep, digestive issues and addiction to sugar (overcompensation for lack of sweetness in her life).

When she called to report the bout of depression and ask for help, through our conversation it became clear to me the vow to marry Jesus was bringing back past life issues related to religion that were not apparent before. Now the layers were being removed, making it easier for me to understand what to target.

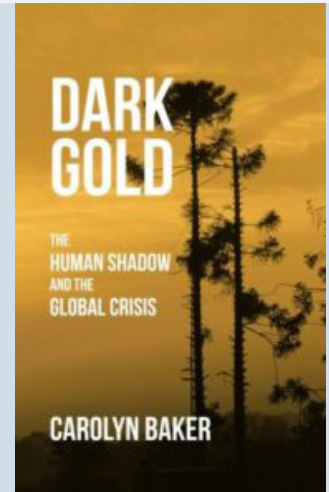
Immediately I saw two past lives where she had been forced by family to become a nun and live a life of seclusion. The forced vow to marry Jesus unconsciously brought back memories from those times, triggering paralyzing fear and frustration to the young Jane. Since then her life lost color, with very little energy and ambition to change it. It was like her fate had been irrevocably decided when the vow was made.

It looked like an emergency and I started treatment as we spoke over the phone. After 15 min her voice became strong, hopeful and enthusiastic. Jane started to thank me for helping her release another layer. Whatever connection I had seen from her past lives and the vow resonated deeply with her. After 60 years of frustration, sadness, hopelessness and powerlessness, Jane felt liberated!

It is worth mentioning again the forced vow was taken on her 7th birthday. Ever since she felt deep sadness for days before and after her birthday. Also, in her first epiphany three weeks earlier, Jane had realized how much strict religious indoctrination and belief had restricted her life. At that moment she was ready to let go the vow. In layers, Jane had to heal herself. My role was being the facilitator. Happy end.

(\*) Angelic Reiki master, lives in Northern California. Reach him at [terra.flora@yahoo.com](mailto:terra.flora@yahoo.com)

## Book Suggestion by CHRISTINE CORE



I have just come across the author Carolyn Baker. I have had a quick look at her titles and am inspired by her direct approach to perhaps the most important subject of today. It was her critique on Paul Levy's website about his new book 'The Quantum Revelation' that lead me to her.

This book elaborates on what I have been trying to say in my editorials and Angelic Reiki Update Gatherings. Healing is not about having a NICE experience. It is about connecting with enough Divine Love Self (Soul Self) to be able to swamp all of our darkest, most secret, judgemental, righteous, shameful, jealous shadow self with acceptance and compassion. If you doubt that you do not have a shadow.....

From Amazon:

"Dark Gold: The Human Shadow and the Global Crisis endeavors to educate, challenge, and most importantly, inspire the reader to engage with the personal and collective shadow as a necessary first step in both individual and planetary healing. It emphasizes and elaborates on the abundant emotional and spiritual treasures that invariably issue from shadow exploration and transformation. Dark Gold challenges us to become courageous enough to be accountable and compassionate enough to love ourselves and the Earth community fiercely, even when we feel it will make no difference".

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