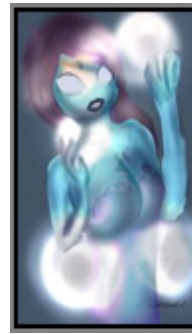




WHAT IS MEANT BY SPIRITUAL?

Editorial by
CHRISTINE CORE

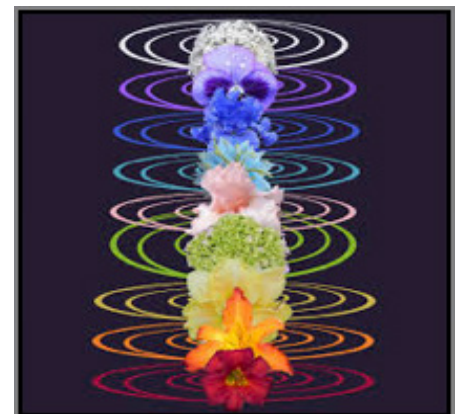


About six weeks before the publication of each newsletter I ask for inspiration for the subject of the editorial. This time it was to write something about 'Spirituality'. What is it? How do we live a spiritual life? What does it mean to be walking the spiritual path? Once I have the subject I like to find a suitable picture to accompany the article, so my next step is to go to Google images; for this issue I use the search term 'Spirituality'. The resulting images confirmed just how confused we are!

Do any of these images help you define Spirituality? They sure did not help me with the editorial!

Firstly to make clear that there are two distinct uses and definitions of the word Spiritual and a search for spiritual organisations in Wikipedia gives a very good concept of the first use of the word that I wish to define.

Spiritualist churches and organisations are mainly found in the UK, USA New Zealand and Australia. A similar movement found in Latin America is called Spiritism. Here 'Spirit' is a term for the fourth or astral dimensional manifestation of a person who has dropped the physical body: i.e. a dead person. The words spirit, ghost or spectre are interchangeable. The purpose of the Spiritualist church or organisation is to create a link between a deceased person and an incarnate person, usually a relative. This link is made by a trained 'medium'.



In this picture of a Spiritualist church one can see the chairs at the front where the medium sits and receive and communicate the messages from dead relatives for people in the audience.



The idea of talking to the dead has been the material of comedians and their jokes but the Spiritualist church treats the subject and practise in a very respectful and professional way. It is a field where ignorance and mis-practice can be dangerous and the church demands high standards from their practitioners. It is never done as stage entertainment like hypnoses can be.

In everyday life, if our mind is still enough, we can all get guidance from people, relatives and friends who are in the spirit world. Many of the messages that are received are wrongly attributed as coming from Angels when in fact it is our past nearest and dearest who are communicating with us. I really feel that

this is an area of mis-information and imbalance. If I am dowsing for information I ask for the most appropriate persons in the astral dimension to give the answers. I may know these people by name or as a group. I may ask an Ascended Master but most of our everyday needs can be met by our dear friends and relatives in Spirit. I think that honouring these relationships strengths and enriches our link and is for many a missed opportunity for help and support. The Spirit world of the 4th dimension is not linked to our time frame so possible future outcomes can be seen. My helper, and I will insist on the best person or people for the job, will help me with everything from setting workshop dates to clothes shopping. They can see a bigger picture than my 3D self.

The opportunity to strengthen and practise using and trusting our intuitive knowing is a very important gift. An opportunity to practice this is when we work with our Spirit guides. In other words what we are doing is build the bridge between the left logical hemisphere of the brain and the right female intuitive hemisphere. Much of today's stress comes from an over reliance on the left logical brain. The left brain function by collecting information from past experiences and trying to work out a possible future. This keeps us in fear and limitation. The right intuitive brain contacts intuitive knowing and creates the possibility for something new moving us out of the fear filled rut that we would other

wise be in.

For anyone not familiar with the spirit world of the 4th dimension it can conjure up fear or apprehension. This, like talking to the dead has been fed with misinformation and mis-perception by the media. Ghost stories and mystery movies and spooky films. The 4th Dimension functions in a very way to our 3D but on a different dimension and with different rules of substance and time. There are beautiful helpers, skilled surgeons that may help with a healing, there are tricksters and down right bad beings. Only entertain the company you wish to have. Be discerning and assertive and ask for help if you need it. Make friends with wise helpful beings and have a joke with the fully ones.

It is nice to build relationships with spirit beings but, just like relationships here don't give your power away and test any advice given.

When I began this editorial I did not expect it to go in this direction and be so long. I think it is really great information. I will talk about the second use of the word 'Spirit' in the September issue.

Wishing all of you many Angel Blessings and LOVE.

Christine

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

9th June

Zen is not a pastime,
but the most serious task in life.
D. T. Suzuki.

Zen is life.

10th June

If you don't let go of worldly worries about the future and make a living, you'll regret it. Follow the way, or all your days and nights will have been lived for nothing.
Dogen.

This quote shows how we can be so immersed in worries about our future that we fail to live life today, leading to a life of missed opportunity, of experiencing the richness of LIFE.

12th June

Zuigan would greet himself each morning and request of himself, "Today please try and wake up," to which he would answer, "Yes, indeed I will."

This master acknowledges the game we all play with our minds. That there is something to do - constantly.

14th June

My compassion to all sentient beings shall be like the limitless sky. When released, Mind is freed from clinging to worldly things. Even though living in this world of illusion, my meditations shall be like the Lotus flower, Lovely and unstained, rising up from the mud. With purified mind I offer my respects to the Buddha - The Enlightened One.

No comment needed.

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>

Share your Story

HOW ANGELIC REIKI CAME TO SWEDEN

Hi, I am Liliann Gustavsson and in 2009 I only worked with Usui Reiki and I had also done The Healing of the Light Body School training as a shaman.

I did not know anything about Angels and I did not search for information either, except for one The Archangel Metatron. I used to get meditations from somewhere in my mail and I really felt a lot when reading them. But suddenly they stopped coming.

I said out loud, but Archangel Metatron, have you abandoned me?

Shortly after that I was contacted by a Usui Master that I had trained with. She had gone to the states. Her name was Jennifer Touma.

I have something for you, she said, can I come and show you?

This was in Norrköping, Sweden where I lived and had my Reiki business.

Yes, of course, I said and she came and showed me the material and it said: Directly from Archangel Metatron. I was of course very excited to see that, since I had asked if I was abandoned.

So I took the first workshop with her, she promised to come back to Sweden again in spring and teach me to be a teacher.

When I did the first workshop I realized that there was something in this system that I had been missing. You don't know what you don't know as we say, but now I knew, there was a link in this system of healing that I felt had been missing.

Anyway, she did not come back. I wrote to all teachers in Europe to ask for a Master Teacher workshop, at that time there were only two workshops required to teach. I got no answer and I gave up the idea, and after giving up I received an email: Are you still interested?

A teacher in London Rita Masha Michael wrote to me and offered a teacher workshop. Of course I was interested but I had been seriously ill and I had very little money for the project.

There must be some solution I thought, and then I remembered I had inherited my mother's gold watch when she died. So I sold that and hoped for the best.

Luckily the hotel had an agreement with the airport to pick up guests so I did not have to go by subway in the middle of the night. I arrived in Heathrow; it was raining and dark and called the hotel.

You have to call the driver yourself she said so I did that. English is no problem, so I was confident that everything would be ok. It was not. The driver was from India and his English was not like my English, I did not understand a word he said. So I ran to the first available person and asked if he could tell me what the driver said.

No, he could not. I asked several other persons on the airport but no. My cell phone was soon out of battery, and it is not possible to charge the phone without a British electric contact, everything seemed hopeless.

I thought, maybe best sit down and cry. Dark, raining, in the middle of the night... and I did not have money for another cab. From that moment I have no idea what happened but suddenly I was in the back seat of the cab. I have no memories of how that happened.

Three weeks after this workshop I was holding my own Angelic Reiki workshop 1 and 2, it was of course in English, but people were satisfied and now I was thinking, if this is coming to Sweden I have to translate it to Swedish and so I started. After a while I realized how immensely big this project was. At the same time I heard that the system was going to change into four workshops so I wrote to Christine, telling her that I was translating the material and asked if there were many changes.

Yes there is, she said. So, I practically had to start all over again. But since I hate waste of time, I could not stop either for in that case I would have wasted all that time I already spent on translating.

So, I finished all four workbooks and continued to teach. So now we have a very good organization in Sweden.

We have a website, www.angelicreiki.se, we have two Facebook pages, an www.merkabah.se and also a www.newshamballa.se.

It has been an amazing period and now we are about 60 angelic reiki Master Teachers in this little country in the north of Europe.

Liliann Gustavsson
Angelic Reiki Master Teacher

THE STORY OF TOM

Hi, my name is Tom and I live in Warndon Villages.

Going back over 20 years I became interested in Reiki and did the 1 and 2 attunements. During these I got a tap on my shoulder which I thought was my Reiki Guide.

To cut a very very amazing story short, two of my family members came into my life from the Spirit World to get me through an awful and very painful divorce. I was then introduced to Mili, an ancient Tibetan Monk who told me that we were to be Healers together, with some amazing results.

Many years before I ended a long relationship with my teenage Love. Some years later I was invited to play the Ouija board game. I asked the Spirit of the glass, who I would marry, where I would meet her and my mothers I initials. All the replies given came true. After the divorce I went to Spain to live and met a Lady that I fell in love with. We were both Spiritualists.

When we got back to England, Janice asked me to listen to a tape of a reading she had had 5 years before when she lived in Hampshire and I was living in Kent. On the tape was the following message. You are going to meet a man called, Tom, he will be 2 inches taller than you and have a stocky build.

Everything on the tape proved to be true!!

Because now I am very very experienced in matters pertaining to the Spirit World and have had thousands of experiences with that World, I now know that the thoughts I was having before I ended my first relationship did not come out of MY mind, because my path was not to be with dear Lynette.

I am glad to say that we still exchange Xmas cards and fondly remember those wonderful years we were together in our teens. Although it was over 20 years ago when I was healing I only have think of it to feel the healing energies coming from my left hand!

Thomas Clark

Kevin and My Dad!

As it is now 10 years since the passing of our beloved Co-Founder, Kevin Core, on 2nd June 2009, I feel inspired to say a few words about him and how he has helped me and my father, Ben. I have consciously been on a spiritual path for nearly 50 years and have chosen very few mentors. Kevin has the greatest understanding of spiritual knowledge and principles of anyone I have ever met and I shall always feel greatly honoured and humbled to have met him during his incarnation.

I first became aware of Kevin just after he had channeled Angelic Reiki and had written an article entitled "Diagnosing the Light Fantastic" which is now included in the 1&2 manual. As I had already been working professionally with Angels for some time, I was sent a copy of the magazine, Paradigm Shift, which included this article in the hope that I would take out some advertising. The Leonardo da Vinci image of the angel taken from the painting, Madonna on the Rocks, immediately drew me in and I phoned Kevin immediately after reading the article and he invited me to come to Yorkshire that weekend to be attuned to Angelic Reiki. However, as a single parent living in London, I could not leave my son, Nathan, at such short notice and waited until 2006 to take the full system workshop with Kevin and Christine knowing I was going to teach Angelic Reiki. When Kevin and Christine relocated to Egypt leaving the UK Angelic Reiki teaching to the Master Teachers, I have enjoyed regularly teaching Angelic Reiki workshops for nearly 13 years and shall always be eternally grateful to them for enabling me to have what I call "the best job in the world". I also sing, which is another great passion, but have turned down opportunities in order to continue teaching Angelic Reiki and other spiritual workshops.

However, my gratitude for what Kevin has done for my father, Ben even surpasses this. In 2011, when my father was 92, he asked me if I would take care of him during his passing when the time came. He did not believe in an afterlife and was fearful. I had already helped my maternal grandfather to pass in April 1994 when I used some rebirthing techniques as well as my singing voice. However, my love for my father is very different from the love for my grandfather who was a very patriarchal figure in not the most positive way and certainly was a great role model in how not to be! I knew that emotionally it was going to be a more challenging experience helping my father to pass and I also wanted to do my absolute utmost best for the person who

had always shown me unconditional love and taught me to love the human race.

When I saw Christine in Glastonbury later that year I knew I had to spend some more time with her and she kindly invited me to stay with her in her villa in Egypt for the month of February 2012. During that time I wanted to learn as much as I could about death and dying to help my father. Kevin approached me from spirit and told me not to be so anxious about trying to "get it right"! He told me to just chill out, forget about it, and promised me that he would be there to help my father at the time of his passing and that I should rely on him. This gave me great comfort.

Later that year on 5th December a magpie came and tapped on my window. I have lived in my house for nearly 37 years and this has never happened before or since. A thought came into my head "This is the day my father is going to die" but I completely dismissed it. Later that evening my nephew, Lee, called me to say that my father was feeling very ill and that I should go straight over. I was expecting a roomful of people to arrive for a DNA, Karma and Cellular Clearing workshop so I told him I would be over as soon as it finished.

When I arrived at my parents' home my father was shaking and looked very poorly and I immediately called for an ambulance that took us straight to hospital where the medics seemed very concerned. I facilitated an Angelic Reiki treatment for my father standing behind him during which Kevin stood by his left hand side and, unexpectedly for me, Djwahl Khul stood by his right hand side. I have since discovered that Kevin is usually accompanied by Djwahl Khul so this now makes complete sense. When I found out it was actually my father's time to pass I wanted to take him home but it was too late. However, of course, my father was in the best possible "hands" with Kevin and Djwahl Kuhl who completely looked after my father as they took him across. My father was very mentally aware right up to the day he passed and when he crossed over at the significant time of 4.44am, he began asking Kevin and Djwahl Kuhl all sorts of questions. They just told him to be calm and that all his questions would be answered in due course and that he was just to relax knowing that they were taking full care of him. As my father did not believe in an afterlife he had made no plans for his passing so it was the greatest privilege for him to be accompanied by these magnificent beings during his passing and I feel very humbled to have been the

earthly facilitator in some small way for this.

The very next evening, 6th December, my nephew, Lee, had an appointment with a medium that had been made weeks previously and my father came through to him. A couple of weeks after that I went to visit my son, Nathan, in Nottingham, and was sleeping in my hotel bed the next morning waiting for Nathan to phone. When the phone rang I picked it up and heard my father's voice. He was excitedly calling my name as if he had just won millions on the lottery! I was in fact "dreaming" but the experience was very real and I knew my father was very excited about his "afterlife" and wanted to let me know this. I have also felt him hold my right hand.

Soon after that, I was at my parents' home and the most beautiful "angel" appeared. Having been mediumistic since the age of 18 working with both spirit and angels I am very aware of the difference. Therefore, I could only describe this being as an angel. However, as it came closer to me I realised it was actually my father. It does not surprise me at all that he approached me in this way as I am sure he was born with the essence of an angel.

I have visited my father's new home in the spirit world where he is accompanied by a family dog who passed a few years ago and I laughed when I saw his fireplace. I asked him why he needed this and he told me that it represents a greater light going direct to source. I often mentally send him presents, such as photographs, which he can add to his home. He goes walking, climbing mountains and swimming and his work involves helping with young soldiers who pass over as he was a soldier himself and experienced D Day. He also loves music, singing, playing drums and telling jokes and is regularly found entertaining others. Whenever I introduced him to people in show business when he was incarnate they always thought he was also in the business. He is also learning and can do this through watching films as well as learning with like-minded students.

The following year I attended an Angelic Reiki Update in Belfast with Christine during which Tracy Sanlon Mallen, who had organised the event, mentioned that magpies were a symbol of Djwahl Khul. This made me realise that when the magpie had tapped on my window the day my father passed this was no coincidence. During this Update, Christine made us aware of a false light where souls passing over can

get trapped and then have to either come back into their earthly bodies (Near Death Experience - hey, what a great name for a band?!) or reincarnate. The advice given was that when you pass over, ask to go home rather than to the light as we are all made of light and dark. On hearing this information, I immediately sobbed with joy knowing that my father had been looked after by Kevin and Djwahl Khul so would have avoided going to any false light.

The next year I arrived at the Angelic Reiki Conference in London and sat right in the front row. I immediately became aware of Kevin standing on the left hand side of the stage. There on the right hand side was Djwahl Khul. As I looked in the centre, there was my father stood a little further back. I received confirmation that it was my father as my eyes were immediately drawn to a word on a screen to the left hand side of the stage saying "Benq" the first three letters spelling my father's name. As Christine opened the Conference she said she very strongly felt the presence of Kevin and Djwahl Khul on the stage. She then went on to talk about the day Kevin had passed and mentioned that a magpie had come and tapped on the window - exactly as it had done for my father! I began sobbing tears of joy.

May I just say that on both occasions when I was sobbing tears of joy some people thought I was very upset! This could not have been further from the truth.

Before my father passed, I had thought that when his time came, you might as well just take the sun out of the sky as he was such an important positive influence in my life and my very best friend. However, due to the wonderful teachings of Angelic Reiki and the introduction of spherical consciousness I am fully aware that there is only the here and now and that of course is where my father is so I do not miss him at all.

The words "thank you" are not enough to express my deepest gratitude to Kevin, Christine and Djwahl Khul.

Wishing everyone the greatest of fulfillment in their own Angelic Reiki journey.

Jayn Lee-Miller
Master Teacher
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NEWS FROM AROUND THE WORLD



Hello to the Worldwide Family of Angelic Reiki.

I'm Pierpaolo, from Italy, A.R. Master Teacher since 2015 and I write this article as Christine Core kindly asked me to. She was here, in Italy, for the first time last April to teach the "The Wisdom of Metatron" workshop.

I'm writing as part of the Angelic Reiki Italia Associazione Culturale, the only Association officially recognized by Christine: this association was born on July 2017 as a result of many meetings among practitioners.

Since July 2015 we've had the pleasure, the joy and the constancy to get together every month to practice A.R., a great chance to have experiences with Angels and to share our experiences, doubts on practice and the joy to be part of Angelic Reiki.

For three years now, we organize events for the public to know what Angelic Reiki is, with presentations and healings for them (next open event will be July 27-28, under trees, with music, incense and candles). After the Association was created, we started to hold 3/4 conferences for practitioners each year to deepen and develop topics related to Angelic Reiki.

Next conference will be the second about Opening the Space as for the A.R. (axiatonal alignment, The Soul and Monad Mantras, the short version of The Great Invocation) and we had meetings regarding Angelic Reiki Cleanings and Attunements, Archangelic Attunement, the Tree of Life, Atlanti's Crystals for example.

The important thing for us is to give a chance to all practitioners to become more aware of what we do as an Angelic Reiki channel and we want to encourage practitioners to personally explore the topics we talk about, we think it's necessary to be responsible... responsible of the Love and Gifts given by the Angels...the Love, support and recognition we feel coming from the Angelic Realm is what helps us to keep up with the commitment we made.

Thank you for your attention...with Love from Italy and thanks to Christine for this opportunity.

Pierpaolo for The Executive Committee of Angelic Reiki Italia Associazione Culturale: Sandra (President), Elena (Vice President) Lucrezia (counselor and official translator for Italy), Daniele (Secretary), Vanni and Pierpaolo (Counselor)

Here are our contacts:

mail: staff@angelicreikitalia.org
website: www.angelicreikitalia.org
Facebook: Angelic Reiki Italia
Associazione Culturale



NEWS FROM AROUND THE WORLD

On the 30th of March we had the book launch in Porto, Portugal. We had a full house. It was wonderful to see so many familiar faces there to support this launch, many of them from the Angelic Reiki Family in Portugal that did several miles to be there, just for this, they got to know Christine and to get their books signed.

One of the purposes of this book is to let more people know Angelic Reiki and who knows maybe become part of the Angelic Reiki Family.

We had wonderful moments, lots of laughter and having Christine there to support this was fantastic. So, thank you Christine, again.

This really is a book for everyone, not just for the Angelic Reiki Family in Portugal. This was my first thought, to have this book in portuguese for my portuguese students, but as Christine said, this book is about truth and love and so this is a book for everyone.

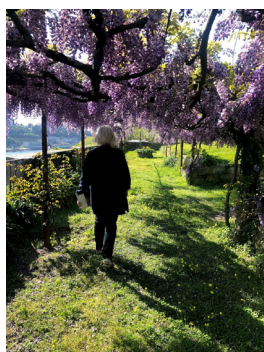
The feedback I'm getting from people is that they can feel the love in the book, they can feel the energy it has and so, just like the energy from Angelic Reiki, the book has it's own energy that touches people's hearts.

I can't thank enough all the support I had to make this come true, I had lots of help from my family and friends, without them this would have been a lot harder. To all of you I give my eternal gratitude and love.



When Christine arrived I showed her some lovely places in my home town, it's a very small but beautiful place. We had a great conversation just on the top of the city and got the message for what would be the them for the weekend ahead.

We then went to Porto and had a beautiful garden in a beautiful place, just for us, that a very good friend of mine let us enjoy. Not many people have the privilege to be there.



This garden is part of the Vinho Verde house in Porto and we even had the opportunity to visit the inside of the house, which is very beautiful. And has a view to Douro river.



This wouldn't be complete without talking about the beautiful group of lovely ladies that came together for the Angelic Reiki Gathering and Update.

Christine came to Portugal for the first time and to do an Angelic Reiki Gathering only for my portuguese students, funny enough there were only ladies (women power LOL).



We shared lots of stories, healed some old stuff and went home more aware of things we didn't even think about.

We shared very special moments and it all came together in the work done over the weekend.



I want to thank you Christine, again, for everything that you do and bring to all of us.

A big thank you to Kevin, for all the support that you give to all of us in the Angelic Reiki Family.

A big thank you to the lovely ladies, Antonieta e Sónia, for all their love and caring and for giving all of us a place to work.

Another thank you to Marta that helped me with much more than she can imagine.

At the end we were all very happy with all the love shared.

And a huge thank you to Rui and my daughter for always being there supporting me.

Sara Neves de Sousa
Angelic Reiki Master Teacher

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