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sara.nsousa@reikiangelico.pt

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FEELING GUILTY?

Editorial by
CHRISTINE CORE

Do you have a daily meditation practice?

I have been organising my spring workshops whilst I have been here in Luxor. Sometimes I plan more than a year in advance and others just a couple of months. I won't mention any names, don't want to trigger any guilty feeling, but there was a request for a New Shamballa workshop and this Spring seemed a good time. On inquiring as to how many might be interested I got the reply that they were too stressed to make the workshop. The irony of this really got me thinking. I have mentioned the importance of having a personal daily practice quite often in the newsletter. Keeping our equilibrium these days is hard work. I realised that there are absolute parallels between the psychology of dieting, new year resolutions and doing daily meditating. I happened to drop on a youtube video by a 'celebrity diet councillor' and she has provided me with some insights and I hope support that I can share here.

So the ideal story is that we are Angelic Reiki healers working with friends and family or professionally, or a Teacher offering classes in our community and further afield. We are on our own 'Spiritual' path; we want to help and inspire others; we want to live a 'good' and spiritual life and we know the corner stone of this is self awareness and mindfulness. The most important thing we can do as a foundation for this journey and work is meditation. Meditation will help us not be so stressed, help us be more focused, not get caught in our own stuff, see when we take something personally that really was not personal and

all the other wonderful gifts. There are also significant health benefits which are very well researched and accepted. My top 5 results of a quick internet search 'benefits of meditation' were '12 Science-Based Benefits of Meditation'; 'Meditation Health Benefits and Stress Reduction'; '76 Scientific Benefits of Meditation'; '40 benefits of meditation: Some stunning scientific proof'; '8 Ways Meditation Can Improve Your Life'. And these are not alternative health care sights, they WebMed and Healthline and Huffpost.

So why aren't we all meditating? What happens when we decide to improve what we are doing? It first starts with judgment, which comes out of a 'should', which comes out of the idea that 'I am not good enough', which leads to guilt, self retribution and the rest. This is not the foundation for a confident start. The simple sub-conscious, hidden thought is that my need to meditate comes from my inadequacy. Why should I act out that idea everyday?

The bottom line so often missed, is that our outer life is born from our inner beliefs. The unconscious programme laid down in our childhood rules our lives. If a determination comes from a belief that I need to improve them eventually the not good enough self wins and we cannot see the point of continuing doing what we were, only a short time ago, quite determined to do.

'Failure is an opportunity' is a wise saying. If you feel you should meditate everyday but you don't, feeling guilty does not help at all. What wonderful light on your inner consciousness is there to be seen? What is the gift that may well not have been found in any other ways? Perhaps asking one of the following questions might shed some light:

I recommend writing a couple of paragraphs.



What is my relationship with myself?
What is my relationship with my spirituality?
What is my relationship with myself-worth?
How dedicated am I to real change?
When as a child could I not do what I wanted to do?
Does time for me make me feel selfish?

If you do not do something you want to do it is not because you are a failure. There is a really valid reason. You can feel guilty OR just lovingly ask the question 'What is really stopping me'.

There are more people who want to do a daily meditation, but don't, than those who do.

With Love

Christine

CAN ONE PERSON MAKE A DIFERENCE?

Usually I do the writing of the article for the Newsletter with some advance, but for this edition it came a little late than usual.

The beginning of the year was very unusual for me, not it hadn't been in years before, but this year I could tell it would be very different, and with only a few months passed it already is.

But to tell what comes next I need to give you some context. During the last months of last year a mom cat brought herself and her little kittens to our house in Portugal, I personally only saw them when I was there, but they were very afraid of people and it was very difficult to interact with them, so months passed and some disappeared, including the mom, but others stayed, my mother and father in law gave them some food when they came around and that was it. But one of the little ones was more caring than the others, although very scared, and came asking for love, when I tried to give him some, he would run away and then he would come back again. So, this is the context. In the first day of the year, this little one, not so little anymore, appeared again, but this time we saw that he had an injured leg, since it was the first day, I decided that I would bring him to the vet the next day, it was not a very good sight. The next day, I picked him up, put him in the carrier box and went to the vet, the news were worse than I could ever think, because at first I believed that since he was a street cat, that he was run over by some car, but what the vet told me, left me very angry, someone deliberately had done that to him and he needed to do a surgery, but by evaluating the x-ray it was supposed to be a very clean one. No! That's not what happened, the poor boy was almost four hours in surgery and had one more fracture to the leg that didn't show in the x-ray, so the vet and orthopedic surgeon had to put some fixators outside his paw so that it would heal in place better and he would need much more care than we initially thought. So, two months have passed since the surgery and he is a very happy, loving and gentle cat, even though sometimes he gets scared at some noises that are coming out of the apartment. Every time I go to Portugal he goes with me, the vet said that he has recovered very well and in the end of the month of March he will take the fixators out in another surgery, so that he can do the final recovery and be a normal cat (even though I believe that cats are not normal, they are very special). So, this little baby, now more grown, is part of the family and made me change all of my priorities and made me realise that sometimes the blessings that we receive come in deferent forms, this one has the form of a cat. I always loved cats, but wasn't thinking

about having another one, because of my traveling around, but even in this situations he is special, because he does the five hour trip without making any sound, he sleeps through it all, which is not normal for cats, but as I said this one is very special.

Having to deal with him and everything else that was and is still happening in my life made me prioritize things and look at things at a different perspective, so I became much more aware of everything that was happening and started to eliminate things that were not needed and focusing on what was really important.

And this brings me to the second part of this article. I usually don't see the news, but there was one that captured my attention and this was a little girl, named Greta Thunberg.

"Greta, on August 2018, decided to not attend school until the Swedish general election on the 9th of September, after heat waves and wildfires in Sweden. Her demands were that the Swedish government reduce carbon emissions in accordance with the Paris Agreement, and she protested by sitting outside the Riksdag (Parliament of Finland) every day during school hours with the sign Skolstrejk för klimatet (school strike for the climate). After the general elections, she continued to strike only on Fridays, gaining worldwide attention. She inspired school students across the globe to take part in student strikes. As of December 2018, more than 20,000 students had held strikes in at least 270 cities. She credits the teen activists at Parkland School in Florida, who organized the March For Our Lives, as the inspiration to begin her school climate strike.

Greta Thunberg participated in the Rise for Climate demonstration outside the European Parliament in Brussels. In October 2018, Thunberg and her family drove in an electric car to London, where she addressed the 'Declaration of Rebellion' organized by Extinction Rebellion opposite the Houses of Parliament.

On 24 November 2018, she spoke at TEDxStockholm. She spoke about realising, when she was eight years old, that climate change existed and wondering why it was not headline news on every channel, as if there was a world war going on. She said she did not go to school to become a climate scientist, as some suggested, because the science was done and only denial, ignorance and inaction was remaining. Speculating that her children and grandchildren would ask her why they had not taken action in 2018 when there was still time, she concluded with "we can't change the world by playing by the rules, because the rules have to be changed."

Thunberg addressed the COP24 United Nations climate change summit on 4 December 2018 and also spoke before the plenary assembly on 12 December 2018.

On 23 January 2019, Thunberg arrived in Davos after a 32-hour train journey, in contrast to the many delegates who arrived by up to 1,500 individual private jet flights, to continue her climate campaign at the World Economic Forum. She told a Davos panel "Some people, some companies, some decision makers in particular have known exactly what priceless values they have been sacrificing to continue making unimaginable amounts of money. I think many of you here today belong to that group of people." Later in the week, she warned the global leaders that "Our house is on fire" adding "I want you to panic. I want you to feel the fear I feel every day. We owe it to the young people, to give them hope."

On 21 February 2019, she spoke at a conference of the European Economic and Social Committee and to European Commission chief Jean-Claude Juncker, where she demanded that to still meet the climate goals the EU must reduce their CO2 emission by at least 80% until 2030. Later, she joined the climate protests in Brussels."

- Source Wikipedia.

This little girl alone has captured my attention and the attention of the world and had lot of students joining her, by doing "school strikes for climate" all over the world.

Let's sit with this for a moment. How many of us doesn't do things because we think that no one will listen or that one person can't make a difference? Do you think that this girl was thinking about that? She did what she thought she had to do in order to pass the message around, and she did.

So, if we all do our part, maybe, just maybe we can change something, maybe we can do something that really matters. It can be saving a little cat, like I did or something bigger like bring awareness to climate change. It doesn't have to be a big gesture, a small one can ripple through time and space and touch other people.

So, the answer to the question above is: Yes, a single person can make a difference.

Love Blessings
Sara Neves de Sousa

*Angelic Reiki and New Shamballa
Master Teacher

Moonstone, Feminine Power



Image by WhisperedSecrets

Deeply mysterious, its use is lost in time. It has several colors: delicate shades of peach, blue, yellow, orange, red, gray, white and a prismatic variety known as rainbow moonstone. It is termed by many as a “woman’s stone” because of its sacred bond with the Moon. It makes the connection with the emotional nature, opening the Being to the feminine part of the personality. It invites us to enter the subconscious and to access the inner knowledge. The moonstone calms and encourages us, teaching us the natural rhythms of life and accepting them. It opens the heart to nourish high qualities, as well as aid in the acceptance of love.

The Moonstone is the guardian of the Goddess’s magic and is therefore highly prized in rituals of the sacred feminine. For centuries it has been venerated as the magic stone of healing and protection. This crystal also enhances the growth of plants and can be a powerful ally in your garden. In Europe it was believed that it reconciled alienated lovers and cured insomnia. It is also known as the “Traveler’s Stone” for the protection it offers, especially at night. In ancient India they believed that this stone was born from the rays of the moon. In the Arab countries it is customary to offer a moonstone to bless the family. The Romans believed that the moonstone promoted love, wisdom and health.

The moonstone balances our yin side because it is full of receptive, passive and feminine energy. It cleanses and dissipates the negativity of all chakras, and provides supplemental energy and support in the balance of physical, emotional, and mental bodies. It provides spiritual nourishment and sustenance to help someone go through

the changes. It opens the mind to hope and desire, inspiration and impulse, serenity and synchronicity. Its most powerful effect is to calm emotions by bringing them under control of the higher will, rather than repressing them. It is used in the recovery of fragments of the soul and to develop psychic abilities and clairvoyance. Its energetic vibration is enhanced when it receives the lunar rays of the full moon. Placed in the sexual chakra it harmonizes the uterus, the ovaries, ovulation and fertility. Prevents tumors and breast and skin diseases. Protects mothers and their babies and is also great for pregnant women. In meditation, it can be placed in the third eye to increase psychic abilities and intuition.

Physically, it stimulates the pineal gland. Harmonizes the menstrual cycle, relieving your physical and psychic discomfort caused by hormonal changes. Women approaching menopause should wear a moonstone pendant as it attenuates hormonal imbalances. It is also used in prevention and treatment of cancer. It works favorably on the lymphatic system, strengthens the immune system and alleviates thyroid problems. It promotes the proper functioning of the glands and fights stress and anxiety. It calms hyperactive children and softens them.

KEYWORDS

EQUILIBRIUM, FERTILITY,
MAGIC

Taking Care of your Crystal



Image by Brett Hondow

“Each crystal contains elements that refract or absorb light waves. Light waves are vibrations that arrive from various sources to Earth.”

Brett Bravo

When you hold a crystal for a few brief seconds, it begins to vibrate and interact at a determined frequency with your physical, mental and emotional bodies. Crystals are aligned with the cosmic force of Earth, in harmony with the vital energy, and because of it have the ability to harmonize our energetic body (chakras, aura, meridians). They can be true Masters on the spiritual journey of each one of us. For this reason, they must be respected and loved.

It is crucial to take care of your crystal. He needs some attention and care, just like us. Therefore, it is extremely important to clean the crystal when we get it, to remove all the impurities it has absorbed. You should store it in a bright, airy place and avoid putting it in drawers or cupboards for too long. Keep it away from appliances and mobile phones. Surround your crystal with pleasant things like scents, light, harmonious sounds and colours.

**Believe that it will know
how to respond to your
affection!**



Cristalina
GUIMARÃES



ANGELIC REIKI BOOK

SPANISH AND PORTUGUESE EDITION

Yes! Finally, the Angelic Reiki book is being published in Spanish! You may think we had an ordinary meeting with a publisher and that was it, but no, far from being an ordinary story. This whole process happened among a love story, being at the right place and time and a bit of magic from the Angelic Kingdom without a doubt.

It all began about two years ago, where in a very casual friendly gathering a recently broken-hearted girl only wanted to focus on her Angelic Reiki processes. With no expectations, let alone the idea of meeting anyone, she suddenly found herself talking to a complete stranger. At first, she just wanted to chat but also leave the party as soon as possible. Few words were said but with just that, she began to realize he was not an ordinary man. Minutes passed by and out of the blue he asked her to dance. She had not danced for over a decade, nor had the chance to go out and have some fun for herself, so, her feet said yes before her head could think anything else. He stood up, a tall, handsome Peruvian man. Grab her hand and began to dance with her never letting go of her hand. In that hand holding, something just happened, they were no longer two hands, that was pure energy holding together. She knew that was not a simple acquaintance, however, it was something she could not understand either.

That is how she decided to open her heart to know him more, to discover more about him, to unveil the heart behind this man. She asked then, what he did for a living, and he would not say.

The minutes became hours, the moment became eternal yet ephemeral. They no longer felt the space around, nor the people or sounds. It was just a universe of two.

By the end of the night, he drove her home, there is when he said what he did for a living. Being the head director of the biggest publisher office in Spanish Editorial Planeta. However, that was not relevant to her, as she saw beyond him, through Angelic Reiki, she had already seen his heart and soul.

From that day on, their hands joined together, their hearts beat alongside, and their eyes decided to look in the same direction. It was not until she invited him to his first Angelic Reiki workshop when he saw Christine's Core book. He looked for the publisher's house, but there was none, not only that, a few weeks later, they went into a book fair where he saw Planeta had published another Angelic Reiki book by another author. It was then that he realized they could publish The Angelic Reiki book by the original founders, Christine and Kevin Core.

Both then contacted Christine, and began the work for the publishing, arranged details and the creation began. The book is now printed and waiting to be released by May 2019. The book will be first published in Mexico, then Latin America. Also, the book will be available in Kindle Version. For the book's launch, there will be press conferences, radio interviews and very nice PR agenda.

We are thrilled to announce the book is now printed. Planeta has now everything to launch it and looking forward to Christine's visit to Mexico this year to release The Angelic Reiki Book. I am also happy to share that Carlos and I are still together and very happy to be so.

Love and blessings.

Larissa V.



When I read the Angelic Reiki book for the first time, it was just wonderful, but when I started to facilitate the workshops I thought that my Portuguese students who didn't understand English had to have a Portuguese version, and so I contacted Christine to ask her if I could translate the book to my own language and she said yes! I felt delighted and my students were too.

So as I began the translation I also started to contact some publishers to see what would be the best fit to publish the book. I came across Edições Mahatma and we had an instant connection. So much, that even the editor fell in love with the Angelic Reiki energy, and in the end told me she was interested in doing the workshops because of it.

When I started the translation my goal was that my students could have the book in their own language, but then I realized that it really is for everyone, not only those connected to Angelic Reiki. And when the editor told me she was interested in doing the workshops, it was like a confirmation of what I felt doing the translation. And so I'm very pleased to announce that we already have the Portuguese Edition of the Angelic Reiki book! It was hard work, many months of preparation, but in the end we were all very pleased with the outcome. To top it all, one of the things I wanted was to maintain the same cover artwork as the original, because the "Angel Face" is what identifies Angelic Reiki around the world. With the help of very talented people we were able to keep the identity of this title. The book launch will be on the 30th of March, in Porto, Portugal and we're all delighted to have Christine Core's presence at the launch, on her first visit to the Portuguese Angelic Reiki community.

Love Blessings

Sara Neves de Sousa

**Angelic Reiki and New Shamballa
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

1st January

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 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.

5th January

There are in Zen no sacred books of dogmatic tenets.
If I am asked, therefore, what Zen teaches, I would answer
Zen teaches nothing. Whatever teachings there are in Zen,
they came out of one's own mind. We teach ourselves;
Zen merely points the way.
D. T. Suzuki

The Enigma of Zen is here illustrated. Zen cannot be quantified, described or explained. It is non doing. It is everything that is not. All the books and teachings describing Zen are not Zen. They are a path to a state of non-consciousness where the books, teachings and reader disappears.

27th February

It is nonsense to insist that we cannot achieve
enlightenment without learned and pious teachers.
because wisdom is innate, we can all enlighten ourselves.
Hui-neng

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

Just a reminder that in the Newsletter we have this space, so that, if you want, you can share your story. If you have an experience that you want to tell everyone about, feel free to send me an e-mail: sara.nsousa@reikiangelico.pt, with the subject "Share Your Story". I believe it is going to be a beautiful place of sharing.

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