



THIS IS A REMINDER FOR ALL THE MEMBERS TO GO WATCH THE TALKS BY CHRISTINE ABOUT CORONAVIRUS ON THE INTERNATIONAL FACEBOOK GROUP

Editorial by CHRISTINE CORE

In the last newsletter I said we would look at history and how it has led us to what we accept as today's normal. In view of the coronavirus situation I would like to focus on the history of health care. History of course is different in different countries and significantly different between East and West, but I think a general overview will be enlightening for us all.

As you may know over the last 2 weeks I have done a series of talks on Angelic Reiki closed FaceBook triggered by the coronavirus issue. Each one has had a slightly different approach but the central message is to take back responsibility for our own health, creating and maintaining good health.

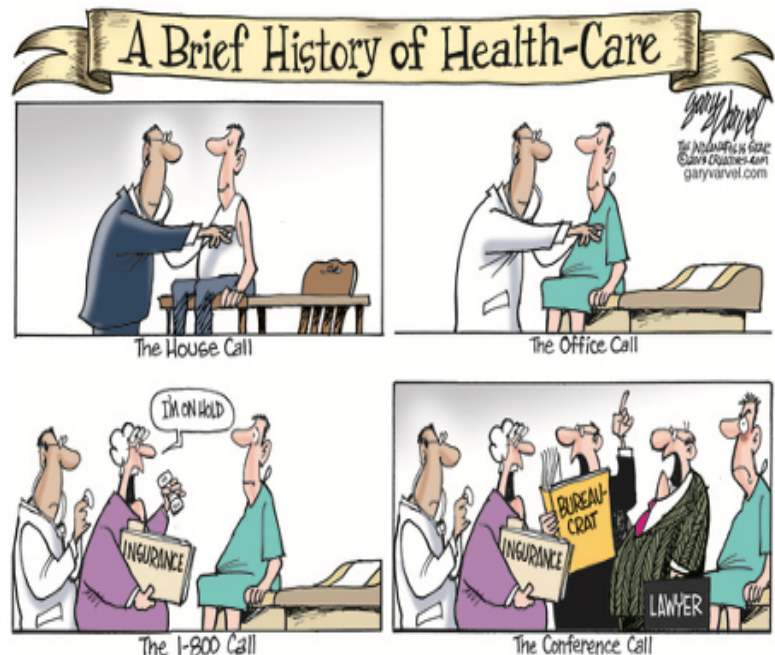
The story of health care over the last century has lead us from taking a significant level of personal, family and community responsibility, to our health being the responsibility of 'The State'. That in itself is a fact that should make us sit up in alarm. It has gone so far that health care professionals / general practitioners look disapprovingly at a patients who has assessed their own health. I have a friend who went to her local general practitioner because she was concerned about a lump she could feel in her abdomen. She explained this to her Doctor who responded by asking her why she was feeling around in her body! She thought though, that she had the right to feel around my friend's body! My doctor would be most concerned, I think, if she knew I monitored my own blood pressure and made my own decisions.

I would like us to focus on a comparison between the responsibility, knowledge and wisdom of the individual and our reliance on go to see health care professionals. Before the advent of the pharmaceutical companies there was a myriad of ways in which individuals and communities cared for their own health. Now these are either regarded as a poor second choice or their power and purity has been undermined. By this I am referring to examples like reflexology and Indian Head Massage that have gone from profound deep healing modalities to an add-on for the hair salón! My experience of a reflexology massage in the Chinese district of Singapore was not the relaxing session I had anticipated! Owwww and thank you.

Below are some of the healing modalities

available to us. Some we can do for our self, for other it is recommended to see a professional practitioner. Herbal Remedies, Acupuncture, Reflexology, Shiatsu, Mudras, Yoga, EFT, Traditional Chinese Medicine; Ayurvedic Medicine; Bowen Technique; Homeopathy; Australian Bush and Bach Flower Essences, Cranio-sacral Therapy, Iridology, Alexander Technique, Dowsing, Nutrition, Dance, Qigong, Psychedelic Plants; Shamanic Wisdom, Praying, and many I haven't mentioned. What a powerful and rich choice we have.

I think it is fairly obvious that in the public mind it is assumed that none of the above are quite as effective or reliable as modern medicine. Some are even regarded as dangerous. But is this really true and what is the evidence? Just to state a few basic



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facts. Drug medicine is a chemical and its effect depends upon a chemical reaction in the body. It does not need the cooperation or support of the body's natural ability to heal. In fact it compromises the body's natural healing mechanism. Its very nature is to manage or suppress symptoms and not to cure disease. Antibiotics compromise our immune system. Western drug medicine does not claim to cure disease or enhance the immune system.

All of the 'alternative' healing modalities require the cooperation of the body and its natural healing ability. The result is that the immune system is enhanced and therefore becomes stronger and our natural ability to heal is more robust.

As you may know in the 1990s I ran a healing centre in a northern city in England and my specific modality was Homoeopathy. I therefore thought it would be interesting to look at Homeopathy's recent history.

Homeopathy was developed by a German physician called Samuel Hahnemann in the late 18th early 19 centuries. It was in rebellion against what Hahnemann saw as the crude practices of that time such as blood letting and the use of poisons like arsenic. It became popular in Europe, India and the US. Its popularity in the US was mainly due to a Dutch Homeopath Hans Gram who emigrated there in 1825. It grew so rapidly that there were colleges in many towns and the American Institute of Homeopathy was formed in 1844. Pharmaceutical medical practitioners, vowing to slow the spread of Homeopathy, formed the American Medical Association (AMA) in 1846. At one meeting of the AMA a member said "We must admit that we never fought the homeopath on matters of

principles; we fought him because he came into the community and got the business." The intent is clear, the AMA did not want to suppress Homeopathy because it was not good medical practise, but because they got more of the 'business'. The AMA was recognised by the government and therefore deemed official. In spite of their good medical training the AMA would not admit any Homeopaths as members and what has to be called a determined persecution began. One medical doctor from Connecticut was expelled from the AMA, (and therefore could not practice medicine,) because he consulted a Homeopath. The Homeopath from whom he had asked advice was actually his wife. A senator was threatened with losing his seat because his wife had consulted a Homeopath. Joseph K. Barnes, the Surgeon General of the United States, was denounced for aiding in the treatment of Secretary of State William Seward on the night he was stabbed and Lincoln was shot, simply because Seward's personal physician was a homeopath. It was like a witch hunt.

I think this story clearly shows the driving force of the pharmaceutical industry.

There is now a thriving American Institute of Homeopathy and training colleges, and to address the balance it is important to acknowledge the wonderful care and amazing surgeries and treatment that are available through conventional medicine. It most certainly has a part to play. It is for us to take more responsibility for our health, be informed and choose wisely.

ref: <https://homeopathic.com/a-condensed-history-of-homeopathy/>

Christine

12th March

Do you want the truth?
Then abandon words and silence, and live your own Zen.
Ekai.

The master shows that doing anything, even not doing, is mind. Abandon this without doing and you are expressing your Zen.

18th March

Shall I compare this life to a lightening flash or a drop of dew?
Before I have even spoken these words, it has passed.
Sengai

Life as identified by self can disappear in an instant. The realisation of Truth can occur spontaneously by observing either of the above and realising they are you.

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>

21st April

Become a master of every situation, and you will always be in the right place.
Lin - Chi.

Being in the wrong place is a manifestation of the mind in judgment of present circumstances.

25th April

The heavy intellectuals are still dissecting Zen in the laboratory and solemnly reporting that there is nothing in it. How nearly right they are!
Christmas Humphreys.

No comment needed.

29th April

The treasure house is within you.
It holds all you will ever need.
Hui - Hai.

You are all there is!

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

Pasteur versus Béchamp: The Germ Theory Debate

By Altair de Almeida*

“Le microbe n'est rien, le terrain est tout.” (The microbe is nothing, the terrain is everything) -The last words of Louis Pasteur on his death-bed. So the Father of the “Germ Theory” of disease withdrew his previous theory. It was too late. The drug and vaccine companies were in full flow by then.

Both Chinese and Ayurvedic Medicine predate Western medicine by well over 3000 years. These, as well as other Indigenous Healing Systems from around the world, always believed in treating Holistically. This means looking after and improving the health of the whole person body, mind, and spirit.

Pasteurization, named after scientist Louis Pasteur who developed it, involves heating raw milk to very high temperatures in order to kill the germs and bacteria inside the milk and prevent infections. The idea is that “germs are bad” and that they are the cause of disease and ill-health.

Following that assumption, it makes sense that “killing germs” would be the solution to both treating and preventing states of disease. This is the basic concept—that germs (virus, bacteria, etc.) are the cause of illness—upon which Western medicine is based.

But there is a fascinating history behind both the “germ theory” of disease as well as its controversial proponent...Louis Pasteur.

Louis Pasteur's (27/12/1822 - 28/9/1895) “germ theory of disease” remains the basis of Western medicine, believing that disease is caused by specific microorganisms that invade the body from outside.

Antoine Béchamp (16/10/1816 - 15/4/1908) believed instead that illness stems from an unhealthy system that triggered changes in minute particles of the body that lead to disease. This is more in line with the aforementioned Holistic systems of medicine.

Western medicine has fully embraced the germ theory and its dependence on drugs to treat symptoms, effectively minimizing the importance of nutritious food, fresh air, and exercise.

“Louis Pasteur was a French chemist-turned-microbiologist, who proved the existence of microbes in the air. His pioneering studies laid the foundation for the modern-day understanding of diseases, their etiology as well as vaccine development.”¹



How that quotation is interpreted—whether as high praise or condemnation—depends on the perspective of the reader. Pasteur was not the only scientist who delved into the origins of disease. While he focused on the influence of invading microbes, or what has come to be known as the “germ theory,” his rival Antoine Béchamp, one of the period's preeminent scientists, was promoting a different theory. Béchamp's theory, referred to as the “microzymian” theory of disease, has since become known as the “cellular,”² or “host”³ theory.⁴

Béchamp was a highly respected scientist whose teachings were accepted as fact by many of Pasteur's contemporaries.⁵ So how is it that relatively few people today have even heard the name of Antoine Béchamp and that it is Louis Pasteur's scientific conclusions that form much of the basis of contemporary medical thinking about infectious disease?

Origins of Germ Theory

The germ theory of disease holds that “specific microscopic organisms are the cause of specific diseases,” a statement that is so pervasive today that it seems self-evident. Historically, however, variations of the germ theory had been around for hundreds of years but had never taken hold. It was not until Pasteur's work became publicized in the 19th century that it gained widespread acceptance. Reducing the idea of disease to a simple interaction between specific microorganisms and a host, the germ theory minimized the role of environmental factors on illness, conveniently dismissing social responsibility for disease.

The work of Pasteur and his associates led directly to the acceptance of vaccines by “leading medical scientists—those longing for a sound and simple explanation for the inexplicable.”⁶

Some argue that Pasteur's work was favoured because much more money could be made that way, leading to the modern Multinational Pharmaceuticals that are so powerful they can sway governments all over the world to spend vast sums of money according to their points of view.

Host (Cellular) Theory Philosophy

Béchamp's view was that disease-causing germs were essentially altered microzymas... a term he gave to minute particles he considered to be the common stuff of all living things capable of adapting to changing conditions in the body.⁷ Quoted as saying, “The microzyma is at the beginning and end of all organization. It is the fundamental anatomical element whereby the cellules, the tissues, the organs, the whole of an organism are constituted,”⁸ Béchamp maintained that disease developed in the presence of an unhealthy environment caused by an unbalanced state in the body. He held that disease **could not take hold without a preexisting weakness.**⁹

Béchamp's ideas were similar to that of Ancient Medicine, though for differing reasons.

As summarized and greatly simplified by author Walene James¹⁰—and ridiculed by Mark Crislip¹¹ in Science-Based Medicine—Béchamp's basic message was that:

1. Disease arises from micro-organisms within the cells of the body.
2. These intracellular microorganisms normally function to build and assist in the metabolic processes of the body.
3. The function of these organisms changes to assist in the catabolic (disintegration) processes of the host organism when that organism dies or is injured, which maybe chemical as well as mechanical.
4. Microorganisms change their shapes and colours to reflect the medium.
5. Every disease is associated with a particular condition.
6. Microorganisms become “pathogenic” as the health of the host organism deteriorates. Hence, the condition of the host organism is the primary causal agent.
7. Disease is built by unhealthy conditions.
8. To prevent disease we have to create health.

Among those who rejected the Pasteur's germ theory, and instead championed the influence of diet, climate, ventilation, hygiene and sanitation in causing disease were Florence Nightingale and Rudolf Virchow.

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Rudolf Virchow, an early opponent of the germ theory of disease, believed that germs do not cause disease but instead gravitate to the diseased area as scavengers, to feed on and clean up the dead tissue caused by the pathogenic process. Virchow stated in his later years, “If I could live my life over again, I would devote it to proving that germs seek their natural habitat—diseased tissues—rather than causing disease.”¹²

Western Medicine Rules

Western medicine fiercely protects the germ theory of disease, scorning and dismissing Béchamp’s ideas out of hand. There is no doubt that much of what Béchamp was able to determine has been supplanted now by scientific resources unavailable to him at his time, but that can also be said of Pasteur’s theories. Such a narrow view of disease misses the gist of Béchamp’s teachings: the importance of supporting a strong internal defense system to ward off disease and attain true health rather than relying on drugs and vaccines as a sledgehammer to treat symptoms and attempt to destroy germs.

Many disease-causing microbes are normally present in the body and do not cause disease as a matter of course but are kept at bay in people who have healthy immune systems. On the other hand, the gut flora, only recently acknowledged by Western medicine has over two kilograms of bacteria. These are a vital part of the immune system that has been acknowledged and supported by particular foods and Herbs etc for thousands of years in Holistic medicine. When Antibiotics are used in Western medicine, they create havoc by killing a lot of the gut flora, lowering the immune system.

Other infectious microbes can spread from person to person via water, air, insect bites or exposure to infected body fluids and have the potential to cause serious complications in an immune-compromised host.

The fact is that thousands of years before Pasteur and Bechamps had their debates, the Chinese Medical system had theories akin to Bechamps. In other words, do your best to improve the person’s immune system and dis-ease (being out-of-ease) disappear. The major difference with Bechamps is that Traditional Chinese Medicine is a lot more detailed and uses several different systems to heal the body/mind/spirit, from Meditation and exercises like Tai Chi and Qigong to Nutrition, Massage, Herbs, and Acupuncture.

The debate about whether vaccines do more harm than good still continues today. The fact is that modern medicine is losing

the fight against myriad chronic diseases ranging from Arthritis, Parkinsons, Multiple Sclerosis (MS), Alzheimer’s, Dementia, cancer, etc. For example in 1900 1 in 20 got cancer. In 1940 it was 1 in 16. In 1970 1 in 10. Now 1 in 3 get cancer in the West. Worldwide 20,000 die of cancer daily, which translates to 8 million a year. 500,000 die of cancer in the USA annually.

These dire statistics beg the question of whether the germ theory of disease and treatment is successful or correct. The rates of chronic disease, death, and medical costs continue to spiral upwards.

Is it time to re-inspect the Ancient Medical systems that boosted the overall health of the person to keep them healthy?

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Just a reminder that in the Newsletter we have a 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.

Share Your Story

By Cheryl O’Donoghue



I started my journey, after suffering chronic fatigue, with reflexology and Usui Reiki. From there I went on to study Holistic therapies and to master level of usui reiki. I did not wish to go further as I knew at that point I did not want to teach usui Reiki. As I was continuing my learning of all things holistic and spiritual I decided to look at Angelic Reiki after meeting a person at a Reiki fayre, who said she did Angelic Reiki. I was fascinated with this as I love Angels and the thought of working with them.

It turned out she did not practice Angelic Reiki, but did call upon the angels whilst performing Usui Reiki.

Fast forward to finding Parveen Smith and actually, feeling, quite blasé decided, I would do this first level and see what Angelic Reiki was all about. Not really expecting to see much difference.

Upon completing level 1 & 2, I enjoyed it immensely but didn’t really appreciate much and pretty much continued on my way for a year or so. Then out of the blue had the urge to continue my Angelic Reiki journey and it was from this point that I knew I wanted to teach this and indeed went on to reach Master teacher level.

I have taught students myself and brought them through the levels. At the same time, huge change was happening in my life, and honestly these changes did not feel good. If you were watching my life on a soap you would say ‘this is ridiculous, this couldn’t possibly happen to one person, they would never cope’!!!!!!

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My life path has taken me away from Angelic Reiki, then brought me back and on it goes. I have experienced so much, major life changes, divorce, house moves, career changes, death, and on the up side, ive experienced, dizzying heights of experience and after having again a really rough few years, this year finally, I am listening, I am in the study and learning mode again and enhancing my skills and gaining new ones. I have decided / agreed to spend the first half of this year , devoting to my own development and I feel I will be putting this all into practice in the second half of this year. I have a much deeper appreciation for all that I have experienced and Angelic Reiki is making learning my new skills and enhancing my connections very easy. Without having experienced Angelic Reiki I don't think I could do what I am now.

I have been able to look back and reflect now on all the things in my life that changed and recognise the hidden blessings and I would truly not be doing and attempting what I am now without having had these things happen. My experiences have allowed me to experience Angels and led me to read books I wouldn't have thought about. It has also made me realise that it is now or never, I deserve to be counted and lead the life that thrills me and my very soul. My trust and faith is the highest it has ever been and Angelic Reiki was the key.

I would say that I recommend Angelic Reiki to those that are searching and feel that there is more to life and that there is something out there that they just cannot know yet , but I would also add the word of caution, Angelic Reiki will change your life in ways that you just cannot begin to imagine and it is not always an easy journey. That is in part to our own resistance and self-sabotage and low self-worth and basically Fear. However you will experience highs that are indescribable and even though tough at times I would not change my experience. I have also made friends for life on my courses. They are my souls' friends and we , to this day, call each other every week and compare notes and help each other through the difficult times. It is also very noticeable that our experiences although different have the same message and learning opportunity. Our lives are parallel every time. It then becomes fun to learn and see the message and move forwards. It makes the journey more bearable at times.

That's it really, certainly not the end !!!

Kind regards!
Cheryl

Consciousness

By Ananda Siu Ying

Thank you for taking the time to read this! I originally wanted to write this article about death and dying and what to do to help the ones who have passed on who in our opinion may require some help. However, after a short walk to clear my mind, I realised that the Angels had something to say about it and here is what came through:

Perceive everything as streams of consciousness, light, colours, beautiful sound like a symphony, all existing beyond all time and space as you understand it, all perfect. When we see all sentient and non-sentient beings, we see an infinite web of light and pulse, interconnected, One. This web reaches into all matter, into the rocks and crystals of your planet and also into all the atoms and dark matter of space. It is endless and crosses into the realms of non-form.

Whatever state you are in, be it spirit or incarnate in a body, you are still consciousness, Divine Consciousness.

When your consciousness leaves your body, it searches to travel along your web to move into higher states so that you can decide what else you want to do. You may decide to engage in further learning to understand the choices you made in the previous life, you may work with the Angels in other capacities or you may require what you call healing.

All this depends on the state of your mind and consciousness when you leave your body.

Despair, anger, desire and other emotions which form from attachments to your life just passed can interrupt your journey along the web towards the goal all consciousness just freed from their incarnation want to arrive at: the Soul Family.

The attachments are of a vibration much lower than that which is required for the journey through the dimensions above the one which you resided during your incarnation on Earth. There is no focus on the goal which is the return of the consciousness to the Soul Family.

When the focus is the return to the Soul Family, the consciousness travels effortlessly along the lines of its web and reaches the appropriate dimension and there is a joyful reunion, healing and learning too if necessary.

Throughout this time, your Angel guides and the Ascended Ones and even your Earth family deceased before you surround you and whisper for you to be still, to connect to your Soul and to follow the path in front of you.

However, if there are attachments, the consciousness is unable to perceive their Spirit guides and ancestors easily, they cannot perceive the path or the light which beckons them: it is as if there is a mist and the way is hidden.

The consciousness gets lost in its construct of its attachments as out of material form, creating at this level is instantaneous, creating the illusion that what the consciousness is experiencing is truly real, but it is not: it is merely a construct of the mind. This mind is not focused on Soul and Spirit. It is weighed down by its attachment to the material realm and cannot travel to the Soul Family.

There have been many gifts given to the cultures of Earth over the millennia: this gift is the path of the consciousness towards home, devoid of attachment. Instead, focus like diamond light toward the Soul Family. And I believe that this channel has some of these teachings we have gifted to you to share.

Know that your Soul Family and the Angelic Kingdom of Light are always with you.

We love and hold you in the highest esteem for your light shining here to all on Earth.

We have seen many of you reaching your Soul Families and rejoice!

We have seen many of you caught in the game of illusion and still we speak to you and know that you will reach your Soul Family.

I know that you can hone your focus through the art of meditation to train your consciousness to travel the web to your family. We know that you will all eventually reach your Soul Families, the journey is in itself a learning, so do not be anxious or despair for your loved ones who may have passed tragically or suddenly or for your future self when the time arrives.

We will never leave you, we are always with you and always will be with you.

SPREAD LOVE AND HOPE!



By Sara Neves de Sousa*

There is a worldwide situation happening at this moment and we are all being bombarded everyday with the same information. I was going to write another article for this edition of the Newsletter, but as usual I always write about something that is happening in my life in the moment, so, this is what I have to share with all of you that is reading this right now.

I have been living in Madrid for almost six years and when this all started I was already preparing to leave, not because of the situation itself, but because there were two AR workshops scheduled in Portugal and, coincidence or not, I ended up leaving before things got worse. So coincidence or not (I don't believe in coincidences), the workshops were in Algarve, in the southern end of the country, where there were still no cases registered at the time of the first workshop.

After the end of that workshop there were already some cases reported in that city, but I moved on to the next workshop in another city.

Another coincidence? Maybe not!

I spent the whole week in an area where there were still no registered cases also and took the opportunity to take care of the official things of the new students from the weekend before and took advantage of that time for reflection, to try to understand if I would go ahead with the next weekend workshop or not and immediately a message arrived:

"Do you believe in the work you are doing or not?"

And with that, we moved forward with the workshop, this was a 3 & 4 and for that reason the students already knew deep inside them that we would have more work in addition to what we would have to do related

to the workshop.

We did everything within our reach to comply with the rules, we did not give kisses or hugs, opting for Namasté, we were physically apart from each other out of respect for the rules and for each other, but we were able and did everything in our power to ensure that the result of this work that was done, could infect the rest of the country, the entire AR community around the world and all people in need of healing.

We all felt a deep gratitude for being allowed to move forward with such a wonderful and fantastic work, as we were given the perfect timely opportunity to be able to do it. If it was going to happen at the time I'm writing this article, we probably wouldn't be able to do it anymore.

So, I feel extra blessed for the opportunity to have done such a beautiful work in the service of our AR Family, as well as for Humanity, and that became very clear during the workshop.

After it I came back home, in the North of Portugal, where the situation is much more critical and I have been in social isolation, not out of fear, but to give the example.

Right now we need more than anything else to give the example. But, I'm not totally withdrawn, I'm on this side working, together with some other wonderful people to keep the vibration high, because right now the world needs Love, Hope and Faith and I feel that this is the time to demonstrate that despite all the chaos in which the world is surrounded, that we are here and are here to help the Earth and its inhabitants, even though most of them do not know or imagine what we are doing.

As a Master Teacher I feel that my responsibility to my students is to be available to support and help them whenever they need

and to remind them of what Metatron has told us:

"Angelic Reiki is The Healing For Our Time"

This affirmation has never made more sense than it does now.

My invitation to all who are reading this, is to keep yourself as calm as possible. I know it is not easy, because I also make an effort to remain calm and serene.

But it was for this that we incarnated in this very crucial moment of Humanity, to help it in this phase of profound change.

I know that this will have serious repercussions in many people's lives, but it will also bring, as it is already bringing, very good things.

People will start to give more value to things that they didn't, they will relearn to live with each other and luckily we have a way to keep in touch with each other, either through messages, Facebook, Instagram, Messenger, WhatsApp and more, we can support each other and help each other even if we are far from each other and we can be safe doing it.

**Let's Spread Love!
Love Is The Cure!
Stay Safe!**

***Angelic Reiki Master Teacher**

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