



Editorial by CHRISTINE CORE

I started this article back in August and now, as I sit in the morning sun of Colombia, I realise that the subject is too long for one Editorial. Part two will be for the December edition.

The Dalai Lama said recently that our greatest enemy is our mind. I cannot disagree, but what makes it into a more dangerous enemy, is that we believe our mind, we believe what we think and we usually live our lives according to what we think. Our mind is also our door way to freedom.

Some say that humanity is moving into the 5th dimension. I am sure there is some truth in this. The 5th is the dimension of Mind and Thought. The evidence that we are more aware of this dimension is the increase of mindfulness, meditation and new scientific discoveries about how the brain works. The ideas that our brains slowly die as we get older has been replaced with the science of "Neuroplasticity".

But humans becoming more aware of 5th dimensional 'Mind' is not a panacea. It is an opportunity that we will either take or decide that it is too much effort and stay hoodwinked by false or manipulated information, and as Neo says in the film The Matrix 'In the prison of our minds'.

As I write this I realise how much my mind has been influenced regarding Colombia. At the beginning of August there was an item on the BBC News at 1:00 AM about renewed conflict in Colombia between the drug barons. Should I believe this? What do I let my mind do with this information? I contacted Angela who was organising the trip for me. She told me that this was nothing new in the remote Eastern border with Venezuela. The News item was never going to stop me anyway. I have travelled

too much to believe the News!

What we think is our responsibility.

The brain consists of two lobes, the right feminine intuitive side and the left masculine logical side. The influence of the right intuitive brain on how we make decisions and form opinions, is today usually very small. The dominant thought processes are generated by the left logical mind. It operates very much like a computer gathering, assessing and categorising information gleaned from past experiences. It is truly a source of madness.

If we take the definition of madness to be the repeating of the same actions and expecting a different outcome, then the left brain, acting on its own, can only create madness.

Switching our trust and allegiance over to the right intuitive brain takes courage and constant awareness. We all do have intuitive knowing and the process of reappportioning the responsibility for decision making can be an adventure and fun and a giant step towards living our life's purpose.

The transition to involving our right brain in our daily lives needs a step by step approach, starting with small decisions. As we become more confident with the direction intuition takes us, more and more of life becomes guided by our Higher Self. The challenge is when the logical mind comes in and has an opinion about the course of action that the intuitive mind sent us on. Most of the logical mind's decisions are based on fear. The intuitive mind can

send us off on illogical adventures about which the logical mind definitely has an opinion, but can it see the bigger picture or the value of the experiences as life veers off on an adventure? The next problem is that the logical mind has a very persuasive way of proving to us that our intuitive ideas are not 'good' ideas. It likes to argue 'What if.....?'

I invite you, between now and the next Newsletter to observe how many intuitive decisions you make. They may be simply about shopping and which vegetables to buy or they may be big decisions. As we in the UK move towards 'Brexit' (the leaving of the European Union) we have very little firm ground on which to make life's decisions. We can either feel very stressed or sit quietly and feel what our intuitive mind is telling us.

Moving into the 5th dimension is another set of opportunities not a salvation.

In part two I will look at the darker side of mind control.

With Love as always,

Christine

Share Your Story

When I started teaching Angelic Reiki in Northern California USA in May 2006, I had no idea how it would change my entire life. Since then, I connected to the vibration of the Seraphim through meditation and energetic downloads. What they taught me and trained me to do changed me forever.

As I describe my personal journey, I am using symbols that may not resonate with all of you. But these are the visions that have been given to me... and the only way I can describe my experiences.

FIRST - the most important concept that they taught me, is that nothing is solid... all is just energy and everything vibrates. Even our human bodies are made of energy, held in our cells and DNA. The Path of Ascension is the upgrading of our own personal energy from the fear based density of the third dimension held in our lower three chakras to the upper four chakras. The heart is where we hold our personal divinity. Anyone who takes Angelic Reiki receives an energy adjustment and massive upgrade through the powerful cleansings and attunements.

SECOND - everything is ALWAYS in Divine Perfection (ADP)...There is "wiggle room" with free will, but even that will be in divine perfection. This process is maintained through the various dimensions on the planet. The sacred feminine energies are the main force in doing this.

Our entire energy system, the Lightbody, gets the new angelic energy from Angelic Reiki, because we are literally a part of that divine energy. This was set up before we incarnated into human form on Mother Earth. We are here for a reason, and a purpose. It is up to each one of us to find out what we are here to do, so we can step into our own power and DO IT.

Many of my students already have a healing modality in place, and the Angelic Reiki improves and strengthens what they already do: chiropractors, nurses, massage therapists, physical therapists, occupational therapists, spiritual/energetic healers, etc. Other students use their new angelic vibration in their own work environment: the Court House, Police Department, construction sites, hospitals, elementary schools, high schools, universities, homeless shelters, and Hospice, just to name a few. For all of us, the more we use and accept the angelic vibration, the more our Lightbodies can infuse other locations with this new energy. Michael and Metatron taught me how to spread their seraphim/angelic vibration anywhere, to any location, and not have to touch anyone. It is almost like doing a distant healing with our eyes. This is much easier to do once we

WHAT THE SERAPHIM HAVE TAUGHT ME

understand that our entire Lightbody is the divine angelic energy.

THIRD - As humans, our thoughts, feelings and beliefs form our emotions. These are powerful determinants in the course of our lives. They determine what we see and what we experience, which in turn creates our reality. Our thoughts and not just concepts, but there is an energy with our words that affects us and the world that we think we see. St Germain said it best:

"Thoughts, feelings and the spoken word are the only creative powers in the Universe" Perhaps the greatest gift to humanity is the power to determine what thoughts we put into our minds.

FORTH - Our planet was set up and wired to be negative, a path of learning for our souls to experience all human emotions, including the darkest and most painful ones possible in human form. We also get to learn and understand what it means to have a human body. In every incarnation, we learn how this affects us and what we do about it. Various groups of dark beings from distant planets have maintained this negativity for humanity. They can pervert our thoughts by giving us negative, toxic self-destructive and judgmental thoughts that bring conflict and separation...It is always our choice what to think. All of this changed when the experiment of the fear and negativity was terminated, on December 21, 2012. Metatron taught me how our planet is wired for dark energy... Lucifer, a powerful Seraphim, is NOT the devil of religion... instead, he and his legions of angels wired the planet for dark energy so that the experiment could begin. Each time dark energy is removed, the sacred feminine energy takes its place.

All of humanity is going through a complete change in vibration which causes a shift in consciousness. This is the Path of Ascension... and Mother Earth is included. Dimensional shifts will allow this to happen. These shifts are being caused by the removal of dark energy and dark beings that have been here on the planet for eons of time, causing the emotional pain and suffering.

For example, all war, violent crime, and "white collar" crime are caused by dark energies that run inside the human. White collar crime is prevalent in businesses, corporations, government, and institutions. Graft, corruption, price manipulation and gouging, embezzlement are examples of this. Also, all emotional pain, and suffering is caused by dark beings and their energy messing with humanity. The most obvious areas of dark corruption in our culture are politics, finance, and real estate. In education, think of the Harry Potter books, and how they are all a battle between good and evil. The movie series makes the polarity seem obvious...but in real life,

all is very subtle and done without our knowledge.

In Atlantis, thousands of years ago, dark energies got too far out of control, and the vibration of Atlantis fell from 9D into 3D. Our civilization is in 3D now, which is very sad. A decision was made that it would be easier to remove Atlantis from the planet, instead of trying to remove all the dark energies. It was totally destroyed. Many of us of the Light were incarnated on Atlantis at that time, and we chose to return to earth now, to prevent this from happening again, this time, to our entire planet.

My training as a hypnotherapist allowed me to see past lives and the various dimensions they occupy. My shamanic training allowed me to leave my body and journey to other dimensions with the seraphim to remove dark beings and their energies. Slowly, I was shown how our entire planet was wired with dark energy, and now is the time to remove it. As the dark is removed, the Divine Light comes in and fills every layer of our lives, and the planet. The new vibrations of Angelic Reiki are changing all of us...and we hold that new vibration for many other humans and locations.

The seraphim and the Galactic Federation are totally in charge of the process of removing darkness from the planet. My job with them is to help by training my students to do the removal work if it is their path of healing.

I have had many lives as Catholic clergy, and in those lives, I was taught how to perform exorcisms. Michael and Jesus taught me how to do this again in this life, so that I could remove the dark beings that were causing pain, suffering and illness. Many of my students are doing this work now, as well.

FIFTH - Because of my many lives as clergy, I have been allowed to see the horrors of religion and how it can pervert humanity. All religions have the good, the bad and the ugly. As dark energy and beings are removed, all religions will change.

SIXTH - the seraphim showed me the path of the mystic:

What does the Divine want for humanity ???

Love yourself, love one another, and love me as I have loved you.

Watch over and protect Mother Earth... she is your home. Watch over and protect the animals and all of Mother Nature.... They share your home with you.

All of the above is my personal journey that started with Angelic Reiki. I share it with you at this time because knowledge is power.

Janis I Kembel
jkembel@comcast.net

My visit to Atlantis in May 2018

Through a series of “unexpected” visits to the Maltese islands over the past five years, I have been fortunate enough to be one of the first humans to have visited the thriving Crystal City of Atlantis this summer through a portal that has recently opened. The events that led to this and what the future may hold will be written in a book as it is far too detailed to write in this article.

I am aware of many of my past lives and have always been aware that my lifetime during the last downfall of Atlantis, when I stayed until the bitter end, is the most important one connecting to my present incarnation. Many of us could not carry on with the work we had been doing in that lifetime and now is the time to pick up where we so abruptly had to discontinue.

I had been a High Priestess working in the Healing Temples with the Supreme Crystal Master; all other Crystal Masters in Atlantis deferred to him. I have again connected with him during this lifetime both in his Atlantean incarnation as Master Advarr, and in his present incarnation living in the Maltese islands.

Having nearly drowned several times during the downfall, I was eventually rescued and taken by boat to Egypt where we continued with our work but this had to be in a far more limited way due to the lower vibrational energy after the downfall. I had never known much more information than this about that lifetime or the geographical location of where I had lived in the Healing Temples - until my recent visits to the Maltese islands. As I knew I had been in the central part of Atlantis it makes sense that this would have been in the location of the Maltese Islands which are actually the tops of three mountains of Atlantis. This is in the centre of the Mediterranean and, of course, the meaning of the words medi and terra translate as middle earth. I never had any intention to keep returning to the Maltese islands but unexpected invitations kept bringing me back every time and, of course, now I know why.

In order to enter the portal, it is necessary to be prepared for the experience. Upon entering, I was slightly anxious but was reassured that I could just relax and take everything naturally. I found myself in an



altered state of consciousness and found that holding hands with others grounded me as it assured me of the 3D connection. The portal leads to a huge city beneath the Maltese Islands. Many Atlanteans escaped there during the last downfall and it is now a thriving community.

My experience was that it was a coming home, retrieving and integrating parts of myself which had been forgotten or lost. It was a multi-dimensional experience and still is. The place was full of light and very vibrant and alive. I was aware of a thriving community of Atlanteans, Lemurians and beings from other dimensions and various planets. All the species of beings are so very different from each other and are living in various different dimensions but they are all completely aware of their roles and live with total respect for one another. They live with a purpose and everything and everyone exists in harmony with Mother Earth and with each other.

During my visit, I became aware of symbols and a long straight pathway with different sections on each side. There are very busy high vibrational parts full of advanced technology whilst other parts are serene and tranquil used for reflection, healing and meditation. Dotted throughout the city are massive crystals which are generators. There is a gigantic central generator crystal connected at all times to the Galactic Centre and directly with Source. There are many other huge crystals in different sections connected to the highest dimensions to keep the energy as pure and high vibrational as possible. This is protected by angelic presences.

I was aware of my past, present and future selves as there is a timelessness here as it is not in third dimension. The experience was very balancing, not just of male/female energies, but also the integration of the inner and outer worlds. I feel more complete in myself and am aware of a lot of inner activations as humans are crystalline in structure so an appropriate download of crystal energy has been given to me to

resonate with who I am containing codes. It was an inner download that seems to affect all levels.

The reason to keep the energies as pure as possible is paramount in order to maintain the high vibrational level. The location is only to be shared with those who have the highest respect for the portal and only these people will be allowed to enter after preparation. It is extremely important that those who visit only share the location with those who have the utmost respect. There are Atlantean surface dwellers in the form of farmers who look after the site to keep the energies pristine.

The reason the portal has opened at this time is because humanity is about to take a giant leap in evolution. Many are now ready to accept the reality of Atlantis which I now know is a real and thriving place. Those who are living in this Crystal City of Atlantis are now ready to share their information and knowledge with us in a way they have not been able to in the past. They are helping humanity create a similar reality on the earth's surface which will restore the plan on earth - to create and live in heaven on earth.



Jayn Lee-Miller
info@healingangels.co.uk Shungite



Spotlight and its Shadow

By Sara Neves de Sousa*

I have been observing people and their behavior for quite sometime now and this article is a result of that.

Everybody wants to be a star and are drawn to the spotlight light moths to a flame. And this is a dangerous behavior.

The need people have to be seen, draws them to a false light, they want to shine brighter than others, but without doing the work that is required to be in that place, people are always looking for something easy and quick and if possible that makes them money quickly.

At the moment the "said spirituality" is rotten, people think that they have learned everything, that being part of a weekend workshop gives them all they need to know, they have this false sense that they already know everything they need to know and this makes everything more difficult for those who really want to do honest work. It is not because they have accumulated diplomas to put on the wall or because they think they already know everything, that this is true. Genuine knowledge comes from hard work, comes from challenges, from falling, from learning that you do not learn everything from the courses you do, you need commitment and dedication, you have to be willing to fall and rise as many times as necessary to integrate the information that is Life.

And they forget that being under the spotlight creates even more shadow. And they hide this shadow many times, because they do not like what it brings to the surface. And later, that shadow takes over, but the habit and addiction of the spotlight power has already done its inner damage and this causes people to lose focus of what is most

important and they start to be mercenaries of spirituality. They show something that they no longer are (or never were), as they have become junkies of attention and as any junkie, they need the attention to live, no matter the cost, as in spiritual values, or of whom, as the desperate people that seek them.

We need to check our principles and our values. It is of the utmost importance that we stop a little every day to look at ourselves in our totality and try to see if we are still aligned with our Divine Purpose, this work is ours and is of the utmost importance. And when someone calls our attention, stop to try to see if what this person is telling us has some truth in it and if it does, just stop and return to our focus.

There is still a lot of competition in the world and there are still people who are dazzled by what is the center of the stage, with a spotlight on top, sometimes trying in subtle ways to pervert what is pure and true. Serious work is not done under the spotlight, it's done behind the scenes, where anyone who pays craves the attention does not want to go, because that does not catapult them into stardom.

We need to to a "reality check", we need to go within ourselves and ask the question "Is this coming from my Ego or my Higher Self?"

The Higher Self doesn't need the spotlight to be noticed!

Let's think about this and answer truthfully to this question!

Blessings to you all!

*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 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

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.

Disclaimer

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THE MIRACLE STONE AND STONE OF TRANSFORMATION

By Cheryl Welburn *

In June this year I attended the Golden Heart Merkabah of Creation workshop and during one of our group discussions the stone Shungite was mentioned. Some people were aware of this stone and others were not, so I was tasked to write an article about Shungite and hope this will be useful to your personal and professional journey.

I am not really sure how I was directed to shungite, as on life's journey as you will be aware things just come to you when you are ready or in need of the next bit of knowledge or support. I had already purchased a few shungite tumbled stones and was aware of its potential to protect against electromagnetic radiation and geopathic stress. However after returning home from the Merkabah course I had this overwhelming urge to purchase more shungite and it was like a force coming over me, guiding me to learn more about the stone. I am calling shungite a stone and not a crystal, as shungite is an amorphous mineral with no crystalline structure, and although sometimes through marketing it is called crystallized, this is incorrect.

Shungite is an extremely rare stone and the only place it can be found is in the republic of Karelia in the North West region of Russia. In its natural state shungite can contain a varying amount of carbon or what is known as "fullerenes". There are three types of shungite, type I, called silver shungite also known as Elite or Noble shungite, which contains 90-98% carbon, Type II, black shungite, which contains 50-90% carbon, with Petrovsky shungite been a rare type II with around 75% carbon and type III, grey shungite, which contains 30-50% carbon. Research has indicated that carbon molecules or natural fullerenes attract free radicals which then stick to the molecule leading to the transformation of the free radical into a neutral compound without impacting the fullerenes molecule in anyway. Shungite is also a stone that contains virtually all the elements of the periodic table with the ability to absorb both organic and inorganic elements. This is scientific but there is a point that I would like to bring to your attention. Although fullerenes has been scientifically identified as naturally occurring within nature, such as in soot, researchers have conducted experiments to develop artificial fullerenes through molecular manipulation which has been recorded as being toxic. However this research was not about the natural fullerenes that is found in shungite. In her book "Shungite, Protection, Healing and Detoxification" Regina Martino notes that

during an experiment artificial fullerenes resulted in a 55% decrease in a person's energy field and 65% decrease in the production of the root chakra, whereas tests using natural fullerenes found in shungite revealed 100% INCREASE in the person's energy field, proving shungite as a stone of protection and transformation.

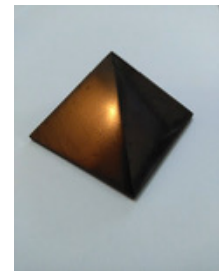
But where did shungite come from? There are a couple of viewpoints of where shungite originated, with one view saying it formed in oceans many, many years ago where a variety of organisms died, broke down and became part of the sea bed, which then formed into rocks, yet as time progressed and the lands changed shungite could be found on the land. However another view point indicates shungite to have originated from a meteorite that fell to earth about 2 billion years ago about 31 miles from Lake Onega in Karelia. I think the second option sounds far more interesting.

Although shungite has apparently been on earth for a very long time it has been known about for thousands of years by the local people, and was rediscovered in the 1700's by Peter the Great, the then Tsar of Russia, after an investigation of how some workers from his copper mine had recovered from copper poisoning. It was brought to light that the locals had given the workers water which had been infused with shungite and within a few days they were completely healed. This led Peter to order the building of the first Russian spa near Lake Onega. Apart from the locals, this spa was forgotten about after the death of Peter and it was not until the 1930's that further studies were conducted on shungite water, however the second world war put a halt on further building of a spa. It was the 1960's when interest was reinstated but only within the local areas. Shungite and its healing properties is now becoming more well-known around the world and is used in varying ways to support healing.

Shungite chips can be placed into water for several hours where it will transform the water into a life enhancing substance free from harmful pollutants. Shungite is found placed in cosmetics, creams and jewellery for example to provide a number of options for use. It is an ideal friend for people who have developed a sensitivity to electrical devices such as computers, televisions, mobile phones and microwaves providing protection from electromagnetic radiation, as well as having the ability to detoxify the body, boost the immune system, improve psycho-emotional states, relieve physical pain, protect from the evil

eye and infuse the aura with intense light. Shungite has been deemed a stone that has been brought to the world's attention at this time by Divine Spirit to aid everyone in living a healthy life.

As healers shungite is the perfect companion to have within your personal and professional space as it has the ability to remove negative energy from a person and a space. Shungite can easily be recharged within a couple of hours of sunlight and although I have read where the bigger the shungite the larger the area it will protect, even a small 40mm pyramid for example will provide protection for a radius of 5 feet. I managed to take this picture of one of my pyramids and thought it looked great with the lights reflection.



Carry a shungite in your pocket, for protection, however shungite needs to be placed on the left side of the body due to energies entering the aura from the left. You can purchase harmonizers (Cylinders of the Pharos), where you hold the shungite (Yin) in your left hand and the soapstone (Yang) in your right twice a day for up to 10 minutes over a two week period and then have a break for a month. I have just purchased some of these to add to my collection and found the shungite to tingle during a short meditation and provide me with a more balanced feeling. There is a lot of information on shungite which is interesting and informative and if you are drawn to this stone as I was for supporting my journey then happy researching.

Blessings and Love

* Angelic Reiki Master/Teacher

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