



## WHAT DOES IT MEAN TO BE SPIRITUAL

(continuation from last month's editorial)

### Editorial by CHRISTINE CORE

This is a continuation of the editorial I wrote for the June edition. In that edition I covered the Spiritualist Church and the use of the word spiritual in association with the Astral Plane or fourth dimension. That is one specific use of the word and is more prevalent in countries where there is a practice of communicating with people who have passed over (died), than those countries that do not believe in an afterlife.

In Angelic Reiki and in today's New Age, the word 'Spirituality' is used in quite a different way.

There is perhaps a third way that the word 'Spirit' is used and that is found in the Christian tradition where 'Holy Spirit' is used to express one part of the Holy Trinity. I have no in-depth knowledge of how the Christian Church interprets the word 'Spiritual', so I asked Laura Ortiz, from Mexico to write an article. You will find this excellent article in this Newsletter. Thank you Laura.

Today we might hear phrases describing someone as 'on a spiritual path', as having 'spiritual practices', as a very 'spiritual person', or wanting to be 'more spiritual'. But what do we mean by spiritual in this context and is it accurate?

Perhaps we all have an instinctual feel for the meaning of the word, and perhaps it is impossible to write a definitive meaning. This is okay for there are many words that we use that cannot be absolutely tied down with a dictionary definition.

I thought it was important, though, to write something about the use of the word 'Spiritual'. I have observed that

it often comes with a built-in piece of misinformation. The various religions, churches and belief systems have created the word spiritual as synonymous with good. So to repeat my phrases substituting the word good we would be saying that someone 'is on a path to being good', is doing 'good practices', is a 'good person' or that someone is becoming 'more good'.

My research when creating the new Wisdom of Metatron workshop and teaching the New Shamballa workshop, have brought deeper meanings of three well-known phrases starkly to my attention. These are 'non-judgement', 'sin' and 'unconditional love'. To be judgemental is nearly a prerequisite in modern society. We are assessed, judged and compared to others virtually from the day we are born. Our education system is based on the process of judging and assessing us against preset criteria. This, and other factors, has created in us a constant process of self-judgement. To adopt a relationship with ourselves where we regard ourselves without sin, live without any judgemental inner chatter and embrace ourselves truly with unconditional love is radical and profound. It does not require a change in ourselves, just a change in our attitude; it does not require improvement, simply acceptance.

We can be very contradictory in our understanding of concepts and terms within the New Age thinking. How can we sit together the concept of unconditional Love and the judgement of self that demands that a 'Spiritual Path' is taken, a path of improvement is embarked upon. The trouble is that if being spiritual means being good, the substitution of the word good in those phrases requires judgement, sin and conditional love. It invites us to consider which of the following scenarios most demands unconditional love, centredness and a spiritual perspective. (1) Your 7 year

old son has been caught by his teacher taking some sweets from another little boy in his class. (2) Your 17 year old son has stolen your purse and used the money to buy and sell drugs to his friends.

I feel that this is an enormous and profound invitation to all of us to reflect on how conditional the love we feel, the love we give and the love we are, actually is. Does most of our 'Spiritual' journeys and endeavours come from a perception that we will be better and able to love ourselves more when we are further on our spiritual journeys, when we have improved, when we are more good?

Being Spiritual is being in our TRUTH. This takes no journey, it can be done now, but is one of the hardest things we can ask of ourselves. It is harder than being 'good and kind and helping others.'

A spiritual journey may be understood as a path that we need to travel so that we can be in a place of unconditional love for ourselves and others. Yes, therapy and healing can help us lift the burden of self-criticism etc. The willingness to unconditionally be in our truth, whatever that may look like, is being spiritual, not the good self at the end of the journey.

The irony is that when we sit fully with our darkest self, embracing it, not making it wrong and not trying to fix it, peace and love is there in that truth.

The truth we have lost is that we do not need to be good or perfect to be spiritual. Nor does unconditional love require us to be good or perfect, in fact it is the opposite. We have been convinced, and convinced ourselves that somehow being spiritual, being enlightened, feeling unconditional love is our destiny somewhere down the road. Can this really be true?

Christine

# SPIRIT AND CHRISTIANITY

## THE CHRISTIAN UNDERSTANDING OF THE SPIRIT WORLD

**B**iblical writers used the terms, from hebrew Ruaj and greek pneuma to refer to the "Spirit" as Wind, Breathing, Wind of God or Wind of the Universe.

It is taught that it is the wind of God, its "Force" the force of life, that invisible force or spark of life that animates every creature. There are biblical passages that declare "THE BODY WITHOUT SPIRIT IS DEAD."

It is understood that what man possesses is the life-giving Spirit, instead THE "Holy Spirit" is the divine spirit that proceeds from the Father and the Son" and is experienced more as a creative life force of all things looming over the waters from the beginning of creation, this action of the Holy Spirit has no limits of space or time, the Spirit blows where it wants.

In several Old Testament passages we observe the presence of the Spirit of God, in creation. Through the spirit, God is permanently present in what is created. This Holy Spirit acts where there is life, filling with his presence all created reality.

Christians believe that the Holy Spirit always appears bound to Jesus since he is anointed by the Spirit.

The universal action of the Spirit has been recognized throughout the history of theology. Saint Irenaeus says that "THE VERB OF GOD" sent the gift of heavenly Spirit over all the earth, speaks of many barbarian people who have believed in Christ and possess salvation, written without paper or ink in their hearts through the Spirit.

St. John Chrysostom declares that grace has been poured out on everyone: Jews, Greeks, barbarians, free men, slaves, elders and young people alike. In the catechesis of Jerusalem of the fourth century the action of the Holy Spirit is mentioned in the best-known characters of the Old Testament, such as Enos, Enoch, Noah, Job and all the other saints.

There are two very significant texts in which cultures and religions are contemplated under the action of Spirit, the first is the decree Ad Gentes, after having declared that the universal plan of God is also

realized through his religious acts with those who approach God declare that the Spirit was already working in the world before Christ was glorified, the second, more explicit text belongs to Gaudium et Spes that mentions Christ died for all, and the supreme vocation of man in reality is One, the Divine. We must believe that the Holy Spirit offers everyone the possibility that, in the form of known only to God, be associated with this paschal mystery, it emphasizes that the paths by which the Spirit acts are known only to God.

John Paul II has highlighted and noticed the presence of Spirit in society, history in cultures and religions.

The affirmation of the action of the Holy Spirit in religions is also consistent with the knowledge that, through them, it is possible for its members to achieve salvation. By virtue of the positive values found in their religions and that have been sown by the Spirit, religious men can unite with God and thus achieve salvation.

Laura Ortiz  
Mexico

## 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](http://shamballazen.blogspot.co.uk)

15th January

Master Ikkyu advised that before intellectual study of Buddhist texts, and endless chanting of the sutras, a student of Zen should learn how to read the love letters sent by the snow, the wind, and the rain.

The philosophy of Zen, as in other mystical systems, recognizes that all of nature carries as a pattern divine principle. By observing nature as it manifests around us we can become attuned to the rhythm of creation. The nature of the patterns which create nature as we understand it, are the very patterns on which consciousness, and our consciousness is built. To merge with nature is to merge with our Self.

16th January

Student: "Who preaches the wisdom of the Buddha?"

Nanyang: "Walls and stones."

Student: "How can they teach anything - they are insentient?"

Nanyang: "They are always eloquently teaching the truth."

Student: "I can't hear it."

Nanyang: "But that doesn't mean everyone can't."

Student: "Who hears it then?"

Nanyang: "All the sages do."

This follows the same line as the text from yesterday. It affirms again that the entire material world holds and is built on divine patterning. Remembering that Buddhahood is accepting reality as it is, one can see how everything in reality is an expression of Buddha nature. The wise man knows this and walks through a world where nature is reflecting the divine back to him constantly.

## 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

## SHAMBALLA- MERKABAH AND HEALING-DAILY RECOVERY

**F**rom Mexico City I write and I'll tell you ...

On May 11th this year, we started the Merkabah of the Golden Heart workshop with Christine Core, exactly one month later, June 11th, we started the New Shamballa workshop which I took with her for the 3rd time; It has always been a great experience, with new learning every time, an openness of consciousness and great journeys within and the encounter of my soul.

After finishing all the workshops and continuing the practice every day, with new strengths and renewed energy, I was happy to prepare my trip to the Baltic Sea, with 5 friends. On July 4th, towards the cruise, we flew from Mexico to Madrid, we arrived just to transfer and go to Rome, to where we wanted to go back, we arrived on July 5th to Madrid, got off the plane and bam! I fell down on the floor on the way to the migration department, the fall was very strong, my friends and others helped me, among the pain, the fright, the internal sadness of knowing that my trip was interrupted, the tears and the goodbye to my friends that were flying to Rome, because I asked them, believing that in 2 days I would reach them.

I was now alone, in the ambulance, on the way to the general hospital in Madrid, the only thing I was trying to achieve, was to create my Merkabah's, to stabilize my body, my mind and my spirit, to call "I am Shamballa", for the help of the Masters, Angels and Guides, to feel less alone, to ask for balance, protection and healing. More than 7 hrs., passed from the accident, I didn't receive a glass of water or any attention with Love, from any Human Being, everything was a paraphernalia, nobody extended a hand to me. In a country that was not mine, with no communication, my cell phone had no signal, it was a weekend, there were no medical specialists, the residence doctor in charge of traumatology, in my despair at 7pm, finally comes to me and tells me her diagnosis, "You have a shoulder fracture, but as you are a foreigner and your international insurance, does not serve us here, you better go home or wherever you want, bye..."

I didn't allow them to take me out of the hospital and asked to contact my embassy, but nobody wanted to help me, they denied

me everything! Even a small glass of water, there were no services for me, despite wanting to pay them with cash, they told me... that no money would help ...

My disbelief grew every minute, it was already a lot of energy not flowing, I had to start to focus ...

"I am Shamballa, I am Shamballa, I am Shamballa", just that...finally, a couple came to me, they were at the ER waiting for their bill!, they gave me water and told me, we have heard and seen your pain, your need, here in this hospital, nobody is going to help you, because you're a foreigner, please use our phones, who do you want to call?, I asked them to make a call to my Embassy; I spoke with the Consul on the emergency phone, he called my daughters in Mexico. The unknown couple, also put me in contact with my daughters, finally I was able to contact Mexico, 8 hours later!, the strangers said goodbye to me. Finally I knew their names, Caty and Alberto. At 10 pm, a niece who lives in Madrid, went to pick me up from that hospital and took me out of there.

She took me to a private hospital where there were no specialist doctors, not until Monday, they told me, but another resident doctor, much more kind and humane, attends me, prescribes painkillers for the weekend. And besides, my suitcase got lost at the airport, I didn't have clothes to change; that will be solved in 3 days, somebody told us. The pain quite controlled, I could walk slowly, with fear, very vulnerable, crying at the top of my skin, I recreate my Merkabah; and called again...

"I am Shamballa, I am Shamballa, I am Shamballa".

My daughter arrived from Mexico on Monday, to accompany me and take care of me; my niece was with me too, they no longer left me, between them both, they held me, they nourished me, they took care of me with infinite waterfalls of love.

After coming and going between Monday and Thursday, the diagnosis was: "You have 4 fractures in the head of the humerus, 2 displaced, surgery is needed," the International Insurance is already working and covers absolutely everything.

I had surgery on July 11th ... Numerical coincidence, Synchrony, No Sense? Doctors placed a titanium plate on my arm with 9

screws, the number of my room 307, time of operation 7pm, I left at 9pm, the numbers were constantly repeated, in all those days, Shamballa next to and inside me, flowing with everything that happened, in the operation before anesthesia, Shamballa in my mind body and spirit, I didn't have the strength to do Merkabah, but I just imagined it and felt how it settled on me, every day, every hour, every minute, every second, my strength were Merkabah and Shamballa.

Upon walking out from anesthesia, among all that cloudiness, I asked my daughter to call Larissa my friend, who didn't know anything, to send me Shamballa, with all my group in Mexico.

It still hurts a lot, after the surgery, the pain subsided of course, the important thing is, I am already doing much better and the situation much calmer.

Now, I've been in Mexico since July 21st, (numbers? signs? messages?) my adaptation process, every day is moving towards improvement.

On my return, the change is also adaptation to recovery, I continue to heal from Shamballa with Ascended Masters, the Guides and the Angelic Kingdom of Light, I don't have much strength yet, the movement of my arm is still limited, but now, no sling, but still some pain. The recovery will be up to 6 months, with lots of exercise and willpower. From fear and vulnerability, little by little I also recover, I still cry a lot, but I am Shamballa; I know with physical therapy, exercise, movement, swimming, will and Shamballa on a daily basis, I am convinced that I will recover over time!

Well, that was my trip ... for now, almost everything in control, it was difficult, but I am on the path of healing and recovery to make it a test passed, now!

I am Shamballa, I am Shamballa, I am Shamballa!

Thank you, thank you, thank you!

N a m a s t e...

**Paty Cabieses**  
Mexico City



# Just Love

I wasn't sure about what I would be writing for this edition of the Newsletter, but this is what came up. Hope you all like it.

While on vacation this year I passed through Bosnia and Herzegovina, it wasn't in the original plan, but we went anyway, it was a brief but intense and powerful experience for me. I was resisting on going, didn't really know why, but as with everything that happens when you are not planning, it revealed itself as soon as I went through the mountains to reach Mostar, to go see the city that was rebuilt after being almost destroyed during the war. I knew beforehand that this is a country that went through a very bloody war, but what happened in that car trip was something that I was not waiting for (least of all on vacation).

I started having some blinding headaches and a severe discomfort in my head, the pressure was very intense and soon enough everything started to reveal itself to me. I started to cry compulsively and feeling a lot of pain, sorrow and a feeling that something very cruel had happened that I couldn't totally grasp, I could feel the despair of a lot of lost souls, children mostly, the feeling that they were killed inhumanely and that they didn't signed up to it, as opposed to soldiers that when they go to war, they know that they can die.

I could feel that the family left behind didn't even know where they were so that they could bury them properly. I started to affirm that I was there to help anyway I could, so that they could go home and leave this place. The crying intensified and my partner trying to understand what was happening asked me if I could explain it to him (it was the first time he saw me doing something like this) and even said that if I wanted, we could go back and leave the place and I replied that "They already know that I'm here, so now I will do whatever I can to help them."

So, with love in my heart, without judging anything or anyone, I asked for assistance and did my best so that these lost souls could go home. This went on until we reached Mostar. After it was finished, the discomfort and the headaches subsided.

The scars of the war are still very visible, some of them physically, in some of the buildings, others not so much, but we can feel it in the air, the energy doesn't lie.

So, after this, we went on with our vacation and after getting back home, my partner told me that he knew why I had felt what

I did during that car trip, he said that we were close to where a genocide had happened, where a lot of children mainly boys and civilian men were killed.

So, this is what happened, from Wikipedia:

*"The Srebrenica massacre, also known as the Srebrenica genocide (Bosnian: Masakr u Srebrenici; Genocid u Srebrenici), was the July 1995 massacre of more than 8,000 Bosniaks, mainly men and boys, in and around the town of Srebrenica during the Bosnian War.*

*The killings were perpetrated by units of the Bosnian Serb Army of Republika Srpska (VRS) under the command of Ratko Mladić. The Scorpions, a paramilitary unit from Serbia, who had been part of the Serbian Interior Ministry until 1991, also participated in the massacre. In April 1993 the United Nations (UN) had declared the besieged enclave of Srebrenica—in the Drina Valley of northeastern Bosnia—a "safe area" under UN protection. However, the UN failed to both demilitarise the Army of the Republic of Bosnia and Herzegovina (ARBiH) within Srebrenica and force the withdrawal of the VRS surrounding Srebrenica. UNPROFOR's 370 Dutchbat soldiers in Srebrenica did not prevent the town's capture by the VRS—nor the subsequent massacre.*

*In 2004, in a unanimous ruling on the case of Prosecutor v. Krstić, the Appeals Chamber of the International Criminal Tribunal for the former Yugoslavia (ICTY), located in The Hague, ruled that the massacre of the enclave's male inhabitants constituted genocide, a crime under international law. The ruling was also upheld by the International Court of Justice (ICJ) in 2007. The forcible transfer and abuse, of between 25,000 and 30,000 Bosniak women, children and elderly which accompanied the massacre was found to constitute genocide, when accompanied with the killings and separation of the men.*

*In 2005, Kofi Annan, then Secretary-General of the United Nations described the mass murder as the worst crime on European soil since the Second World War, and in a message to the tenth anniversary commemoration of the massacre, he wrote that, while blame lay "first and foremost with those who planned and carried out the massacre and those who assisted and harboured them", the UN had "made serious errors of judgement, rooted in a philosophy of impartiality", describing Srebrenica as a tragedy that would haunt the history of the UN forever.*

*In 2006, in the Bosnian Genocide case held before the International Court of Justice, Serbia and Montenegro was cleared of direct responsibility for, or complicity in,*

*the massacre, but was found responsible for not doing enough to prevent the genocide and not prosecuting those responsible, in breach of the Genocide Convention. The Preliminary List of People Missing or Killed in Srebrenica compiled by the Bosnian Federal Commission of Missing Persons contains 8,373 names. As of July 2012, 6,838 genocide victims have been identified through DNA analysis of body parts recovered from mass graves; as of July 2013, 6,066 victims have been buried at the Memorial Centre of Potočari.*

*In April 2013, Serbian President Tomislav Nikolić officially apologised for the massacre, although he stopped short of calling it genocide. In 2013, 2014, and again in 2019, the Dutch state was found liable for only 10% in its own supreme court and in the Hague district court of failing to prevent more than 300 of the deaths.*

*On 8 July 2015, Russia, at the request of the Republika Srpska and Serbia, vetoed a UN resolution condemning the Srebrenica massacre as genocide. Serbia called the resolution "anti-Serb", while European and U.S. governments affirmed that the crimes were genocide. On 9 July 2015, both the European Parliament (EP) and the U.S. Congress adopted resolutions reaffirming the description of the crime as genocide.*

*On 22 November 2017, Ratko Mladić was convicted of various crimes at the United Nations' tribunal, including genocide for his role at Srebrenica. He was sentenced to life imprisonment. The judgement is currently under appeal."*

You can read more following this link:

[https://en.wikipedia.org/wiki/Srebrenica\\_massacre](https://en.wikipedia.org/wiki/Srebrenica_massacre)

I chose to share this experience, because even if you don't know every detail of everything that happened in the world (or don't remember), if your heart is filled with love and you are in service, you can help.

The world needs more love! Start by loving yourself, because if you can love yourself, you can certainly love another person and in return that person will love you. If we had more love instead of fear, the world would indeed be a more wonderful place.

Sara Neves de Sousa  
Angelic Reiki Master Teacher

We hope you've enjoyed the newsletter and we'll be back for the winter solstice edition.

In the meantime, to get in touch about any of the articles or share any AR experiences, email

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