



Mind Control

continued:

Editorial by
CHRISTINE CORE

First of all to wish you a gift of the energies connected to this time of the year. Whether you are celebrating the birth of Jesus Christ or the pagan ceremony of Yule Tide or simply the winter solstice, there is one common factor, the celebration of the coming of the light.

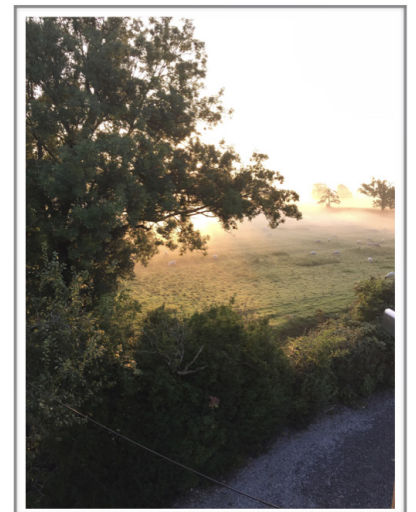
So - May Light Fill Your Days

There is a section in the Angelic Reiki Opening and Dedicating of the Space that is set aside for whatever the individual teacher may feel is appropriate energies to invoke for their class. In this part, amongst other things, I always honour the Earth and calling the energies of the cardinal directions. I call in the energies of the East, through the Archangel Raphael and the associated colour yellow. The East brings us new beginnings, the light of wisdom, clarity, new ideas and truth. A modern phrase that reflects the energy of the East is 'lightbulb moments'; the 'AH' moments when a new higher understanding just bursts into our awareness.

The coming of light, and the coming of wisdom are virtually synonymous phrases. The gift of wisdom is that we know our own truth and in that we are free. In the

last newsletter my focus was on how we individually needed to be in control of our own minds. Our minds are our tools not our dictators. Knowing and loving the self deeply and acting from a place of truth from our 'Higher Mind' is our ongoing learning task. In this editorial I would like to point to how external forces have a highly influential effect on our mind, belief systems, and interpretation of this reality, if we allow them to be. This is a vast subject and in order to illustrate it here I would like to simply tell the story of the Antakarana.

I am simply going to share information and invite you to view your 'own' beliefs and 'commonly' accepted beliefs. This is an invitation to recognise how important it is to filter everything through personal levels of discernment, analysis, judgement and research. It is really interesting to note the difference between how we discern

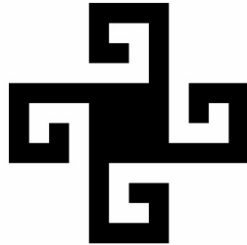
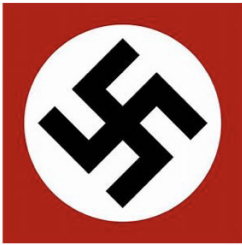
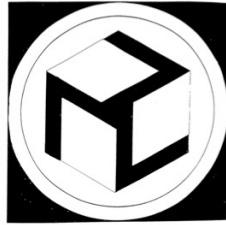


The picture is of Dawn over the fields near Glastonbury, England.

people in contrast with how we discern information. At the start of a workshop with a new teacher the group is working out what they think of that teacher. This is a natural and normal thing to do, but with information, especially from a source that sets itself up as official or authoritative, we mostly just take it in without filters.

Below are a number of pictures of the Antakarana, a symbol and energy which we are attuned to in Angelic Reiki.

(see next page)



Before reading the below information I invite you to reflect on your opinion of these variations of this ancient but very simple shape - a cross with the 'arms' bent.

Take a few moments and look at each one of them. Which do you like and which do you dislike. Why? How much of your response is due to information you have picked up through books, films and talking to others? VERY IMPORTANT - how much of what you think and/or feel has been informed by external information and how much by personal wisdom, your research and higher knowing?

FROM MY RESEARCH

The direction of turn does not make these symbols intrinsically good or bad. Masculine is active, clockwise and turns/screws inwards; Feminine is anticlockwise and opens out.

The following is from Wikipedia

"In Hindu philosophy, the *antahkarana* (Sanskrit: for "the inner cause") refers to the totality of two levels of mind, namely the *buddhi*, the intellect or higher mind, and the *manas*, the middle levels of mind which (according to theosophy) exist as or include the mental body. *Antahkarana* has also been called the link between the middle and higher mind, the reincarnating part of the mind

In Vedāntic literature, this *antahkarana* (internal organ) is organised into four parts:[2]

1. *Ahamkāra* (ego) - identifies the *Atman* (self) with the body as 'I'
2. *Buddhi* (intellect) - controls decision making
3. *Manas* (mind) - controls *sankalpa* (will or resolution)

4. *Chitta* (memory) - deals with remembering and forgetting.

Another description says that "*antahkarana*" refers to the entire psychological process, including mind and emotions, are composing the mind levels, as described above, which are mentioned as a unit that functions with all parts working together as a whole. Furthermore, when considering that mind levels are bodies, they are: *manomayakosha* - related to *manas* - the part of mind related to five senses, and also craving for new and pleasant sensations and emotions, while *buddhi* (intellect, intelligence, capacity to reason), is related to *vijnanamayakosha* - the body of consciousness, knowledge, intuition and experience.

Antahkarana also refers to a symbol used in the Reiki healing method".

For those of you who are left intrigued I invite you to go to <http://www.theosophy-nw.org/theosnw/ctg/swas.htm>

For those of you for whom this information is enough I invite you to reflect on how information has controlled and influenced your opinions and your mind and thus your emotions and life.

Much Love to you all
Christine

angelicreikimagic.com

Announcement

Book Launch Portugal

I'm very happy to be able to announce that the Portuguese translation of the Angelic Reiki Book will be in the 30th of March 2019. Hope to see some of you there, the Portuguese ones at least and I have more great news, Christine Core will be at this launch, so I'm super happy to be able to do this in Portugal and with Christine's presence.

The Spanish version will be launched in the Spring of 2019, will just have to wait to know the dates.

I feel really blessed to have been a part of this process.

Love Blessings
Sara Neves de Sousa

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>

THE DARK SIDE OF LIGHT

By Sara Neves de Sousa*

I know that many people run from the dark side, be it what is considered to be the occult or their own dark side.

This attracts exactly what you are trying to run from, I said "trying" on purpose, because you can't run from yourself. And all of us have a dark side too. And it doesn't go away just because you don't acknowledge it. You have to embrace it, cherish it, because it's this that is going to help you not to fall in the false light.

So, what does this mean, the dark side of light?

Everything on earth has two sides (at least), but for the purpose of what I'm writing, let's keep only these two, dark/light, cold/heat, night/day, down/up, you get the picture.

This year I was confronted several times with the dark side of light. People who thought they were working with the light and went down a path of darkness without even knowing it. Is it difficult to believe? I thought so at first, because if we are working with the light it's not possible to be thrown off this path. Well, it is and easier than you could ever think. By focusing only in the light it's easy for the dark side to take over and pretend it is light, because you are entering the energy of the ego. Acknowledging that you are only light and this is not true. They pick up this energy and come into your life.

If you are out of balance, let's say, by being sick, you need to be even more aware of what comes to you and what happens. Just because you work with the light, it doesn't mean that the dark can't come and try to enter your life. I know that this can be scary, but I was guided to write this article, because it's extremely important that all of you that are reading this, know that it is possible for the dark to take over your work, pretending to be light.

How, you may ask? Well, my experience throughout this year showed me several things that can happen. One of them, I mentioned above, by being sick, your guards are down, you are not working at your full potential and this leaves a door open for some confusion. It's important that you ask for help but, it's also important to listen to whoever is giving you that help and guidance, because if you don't, you may even be taken away from this world, THIS HAPPENS! Don't think for a second that it doesn't. I saw it happen this year. The good news is that you can, at the last minute, choose to go home.



Another thing that can happen is you think you are working with the light but the entities can present themselves as light and not being of the light and make you spread the message that you think is of light but the energy of it is of fear. People get manipulated into doing a work of darkness thinking that they are doing the right thing. And in this energy they manipulate others into passing this energy forward onto others.

Is it easy to discern one from the other? Sometimes it's very difficult, but it's not impossible, you just have to ask who they are and to present themselves. Every being of the light will answer very promptly and without any dissonant energy, the dark can't even give you a straight answer and will insult you or leave, because it was discovered by you.

In this moment of evolution we need to be very aware of our surroundings, very aware of what is happening in our lives. This energy can't come if you don't let it come, can this be confusing? Yes, it can. But if you work through your heart centre and not your ego, the chances for this energy to come are very slim. If you get distracted, the energy will enter. Don't let your guards down, be very aware of everything that is happening in your life.

I believe that after reading this article you will find that you have already crossed paths with someone that is vibrating in this dissonant energy.

They can try to corrupt even the most sacred of energies, we need to be very aware. It's not because it shines brightly that it means it's of the light.

Do some detective work, question, don't accept something just because the source of that is from someone you trust. The dark has many faces and it will show you one that you can accept as true. If it doesn't feel right, it probably isn't! Go with your gut, it never lies.

Remember something:

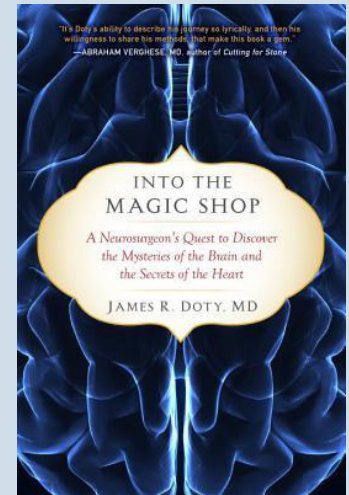
There is no light without darkness!

Blessings to you all!

*Angelic Reiki and New Shamballa
Master Teacher

angelicreikimagic.com

Book Suggestion by SARA NEVES DE SOUSA



Growing up in the high desert of California, Jim Doty was poor, with an alcoholic father and a mother chronically depressed and paralyzed by a stroke.

Today he is the director of the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University, of which the Dalai Lama is a founding benefactor.

I hope you enjoy reading this book as much as I have. Dr Doty takes us in a journey that could very well be ours.

He shows us that the power is inside all of us, we just need to believe in it and that Magic isn't something that only magicians do!

Ruth helps him through several lessons what is more important in life and that is keeping an open heart.

This book is part of Dr. Doty's life and I believe that is why after I started reading, I couldn't put it down!

Enjoy!

BLACK TOURMALINE, PROTECTIVE SHIELD



There are tourmalines of various colours, but the black variety, Schorl, is the most common. It is an opaque stone, with parallel striations, of brilliant black colour. In times past the tourmaline was classified as a natural magnet. The reason for this is due to its unique electrical capabilities. When heated, the tourmaline suffers a rare phenomenon: one end is charged with positive electricity and the other with negative charge. In this way, it functions as a switch, being used in many types of machinery.

The origin of the word tourmaline is not completely clear. There is a consensus as to whether it comes from Sinhalese Turmali, but there are authors who say that this word means "stone that draws ash" (because of its electrical qualities), while others argue that this word simply means "precious stone." It doesn't absorb negative energy, but repels it. However, it has a peculiarity: when it receives an excessive energetic charge, it can break easily, so it needs to be cleaned regularly. The ancient Greeks and Egyptians appreciated the black tourmalines as stones of self-confidence and endurance. In the Middle Ages it was believed that it protected against painful death.

The schorl is one of the best stones for protection against envy, evil eye and negative energies. It acts on the root chakra, creating a protective shield against all dense energies. It is a stone of alignment; if, due to shocks or sprains, bones or muscles are displaced, it helps the body to make physical readjustments. In the same way, it manages to connect

the human body with the energies of the Earth. Improves concentration by balancing the right and left brain. It eliminates any sense of victimization and draws inspiration, compassion and tolerance. In addition to dissolving negative emotions, it helps heal irrational fear and panic. They say it's a "lucky stone" if we scrub it and make a wish. Its vibration frees the body from negative radiations and blockages that weigh on the nervous system. Strengthens musculature and joints, easing pain and treating liver problems.

As an elixir it is magnificent to treat negative situations and revitalize the body. It is excellent to put in spaces because it repels heavy energies. The tourmaline pendulum black or wand are excellent to clean the aura and to eliminate old blocks.

In meditation, it fosters personal desires and self-awareness and life goals. It is a stone that brings light and an elevation of consciousness. Should be carried from the waist down, for example, in the pocket.

The vibrant black reflected by the black tourmaline radiates light. It teaches us to remain radiant in the darkest circumstances.



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

29th April

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

You are all there is!

2nd June

Imitating me won't get you anywhere.
My mind isn't the same as yours. When
your mind
is the same as mine, you will be here.
Hanshan.

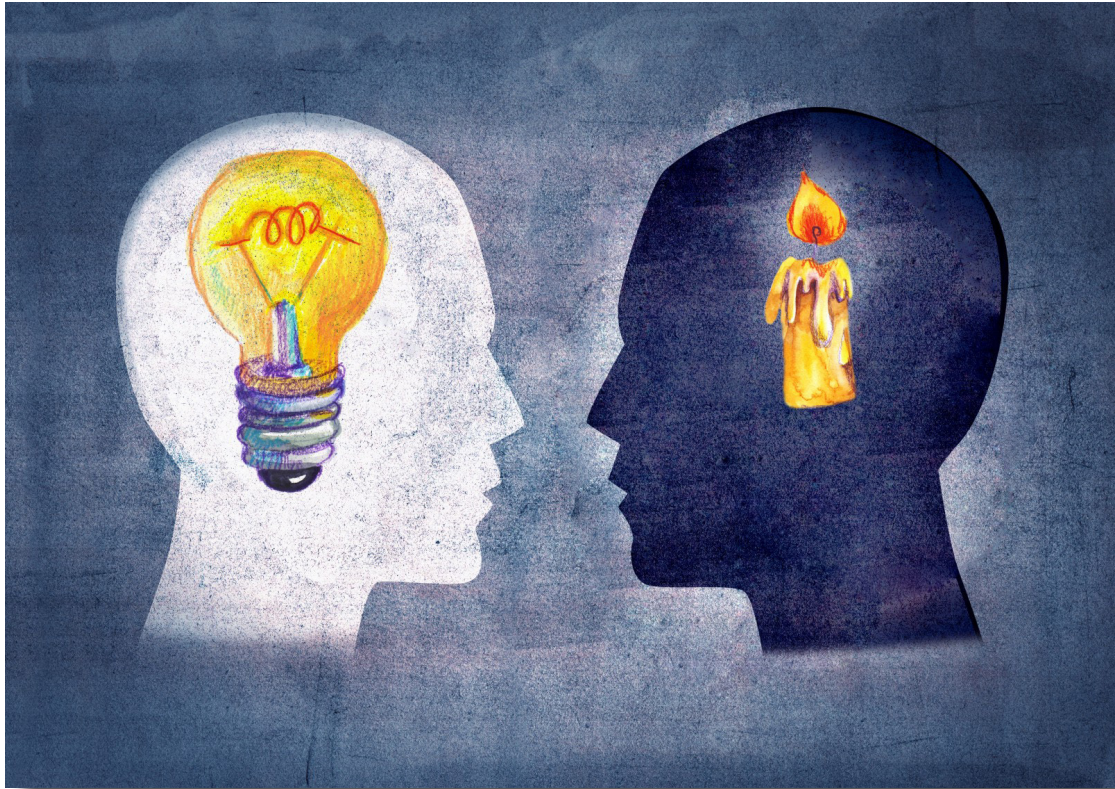
The master points out to the student that to imitate a master of Zen is pointless. The desire to do so comes from a mind that is in comparison, that sees this and that, has identity. Buddha-mind is boundless without qualities.

15th June

I have no parents; I make heaven and earth my parents.
I have no divine power; I make honesty my power.
I have no means; I make submission my means.
I have no magic power; I make inward strength my magic.
I have neither life nor death; I make Eternity my life and death.
I have no designs; I make opportunity my design.
I have no miracles; I make the Way my miracle.
I have no principles; I make adaptability to all things my principle.
I have no friends; I make my mind my friend.
I have no enemy; I make incautiousness my enemy.
I have no armour; I make goodwill and righteousness my armour.
I have no castle; I made immovable Mind my castle.

Samurai's Zen Creed
No comment needed

HOW BEING SKEPTICAL ALLOWED MY SPIRITUAL WIFE TO GROW?



There's no denial, I was born and educated to be an ultra-rational scientific skeptic. Therefore I was not programmed to understand what my wife does although I respect it very much as I know for a fact that what she does, does it with love, belief and above all extreme professionalism. This professionalism that she puts in everything she does is what draws me to support her, as I believe she's the best at what she does and the world deserves to be touched by her light. But is it possible to coexist? Can a spiritual person live with a skeptical and make it work?!

All of us have a moment in life where we feel increasingly interested to know if life holds any meaning, or if it really was just a meaningless interaction of atoms, as I strongly believe for many years. In this case, having someone that doesn't always follow the rules of the "normal" world can open you the door to an intriguing different view of the same world. In my role as the skeptical, I often question her, and her abilities, not to mock her, not to ever diminish her, but while supportive, I try to understand what she does and WHY she does it. I struggle, believe me, but I guess this is a common thing among partners with spouses that question their more intuitive partners and depending on how it's done, it can be either hurtful and erosive to the relationship, or supportive and encouraging. Dismissive comments can definitely erode any relationship, regardless of what they're about. Yet at

the same time, when two partners respect each other, even if their beliefs diverge A LOT, the most important thing that helps a spiritual person sharpen their gifts is living with and operating amongst many skeptics as I am.

I always try to be supportive and I truly believe that this view allowed her to cut inhibitions and embark in higher flights. Why? Because skeptics keep you grounded! And while the reality is that having a partner who dismisses your behaviour can often be a symptom of a bigger problem, I don't think there's a spiritual person alive who hasn't been poked or mocked at some point - either made into a spectacle, interrogated or otherwise cast out as the odd one of their bunch.

But being the odd one out is not necessarily wrong. I live with an outsider for 25 years and in that time I learned that normality is overrated. However, because family is often the closest, and people are generally taught to be polite to strangers, the most hurtful comments often come from within. This doesn't mean your family or your partner won't ultimately support you, love you and come to embrace you and your "strange" life, so much as they may just need some time to wrap their heads around what's going on. They may develop their own intuition, evolve into new practices if they're brave enough, or even meet new people that may or may not be their "cup of tea" and even the most spiritual person can't control that. But because of you and

your gifts - and positive influences of having a highly spiritual person in their life, you can teach things to a skeptical person.

Yes, you must believe that it is possible! It's not easy, I'll not fool you into believing that is easy or achievable, but you can always try. As long as your skeptical person has got an open attitude for learning, and generally considers themselves a compassionate person, it can be done, and it can even be fun.

But above all don't try to change her. She is who she is and you'll fair a whole lot better by respecting one another, rather than trying to change it. As she grows into what is happening, you'll grow too. And definitely don't tell her she's crazy! This one goes without saying. In the end, your skeptical partner may just become your biggest ally. The truth is opposites attract - so yes, it can work. It works for us!

Rui Pedro Coelho
Producer of Abraxas

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