



# Abraxas

*The official newsletter of Angelic Reiki*

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## EDITORIAL

by Christine Core

This is a kind of continuation from last quarter's editorial and coincidentally inspired by the book I picked up at Heathrow Airport while waiting for my flight out to Luxor.

Yes, after a few interesting events, most definitely NOT orchestrated by me, I have a new villa in Luxor. Egypt has conspired to call me back.

I am here until the first week of March. My friends here tell me that the British Embassy has been closed. I guess we will see in due time what game is being played but 'hey ho', they have not closed down the sunshine here yet. For the first time, though, I did see some cloud formations that could have been due to seeding.

I will need to start negotiations with the birds again so that we can agree which house is my house and which is theirs. Sharing does not work. Their toilet habits are terrible.

It is nice to have them so close. As I ate my breakfast a sparrow was trying to acquire a little white feather that was on the floor a few feet away from me. She picked it up and dropped it. She picked it up again but it was not quite right.

At the fourth attempt she was successful and flew off, to build a nest perhaps but it is not spring.

So to war and peace. If this dear bird had our intellect and 'education' and followed a path of self awareness and spiritual development, the conversation in its head could have gone something like this:

"Oh there's a great feather, a white one too. Perhaps the angels left it there for me. I had better go and get it before someone else sees it. I think that one is mine and there may

not be another one like that. It is just what I need. You never know when there is going to be a shortage of feathers.

"There, I have blooming well dropped it. How many times have I picked up a feather? You would think I could pick up a feather without dropping it. I mean a feather! I have been

going to a therapist so I can look at my self-judgement and sense of failure.

"Mmm, so what did she tell me? Be still and love myself. Hah. That is not going to get this feather for the family nest.

"I've dropped it again. I am getting stressed now and I know all that cortisone flushing into

my body is not good for my health. It causes most of our diseases and I know of some who are getting so stressed they're getting paranoid. There is a lot of paranoia around these days. Everyone is stressed about something and me I cannot pick up a feather any more. Oh, and now I

# War & peace

1 can see how selfish I was making sure that I got the feather. Mmm, must work on being more sharing and giving.

"Yes, got it. Better get back to the nest as quickly as I can. There is no time to waste. When did you say spring was? I bet it will be early."

Does any of this ring true for you? Babies, birds, and nature generally live life without a conversation about it.

Striving on a spiritual path, self-reflection, etc, plus our ingrained tendency to criticise and judge ourselves can create a background chatter.

It is said that the wars out there are just a reflection of the wars within ourselves and our internal wars can be this sort of conversation. We often live with a background chatter of self-dissatisfaction.

Most of us will never be good enough to satisfy the internal self-critic. So what to do? First of all let's be very clear that the programmes that run all this are not ours.

They belong to everyone we encountered unto the age of seven and they got it from everyone they encountered during their vulnerable years and back and back to the time long ago when 'we' forgot. The time we forgot that this is just the game.

We have fallen for the comic joke of illusion. We can never make the programme 'right' but we can gently and lovely watch and play.

I would like to echo Claire and Phil's message (see page 4) and wish you all peace at this time. Peace within and compassionate love for all that you are and feel, think and do - and fail to do.

Yours is the love you are waiting for. You can choose peace now; perhaps a New Year's resolution of 'no more war'.

So the book I picked up at Heathrow was Paulo Coelho's *Veronica Decides to Die*. A great demonstration of how tight the straightjacket of conformity is and how bitter the internal wars that we fight can be.

Angel Blessings,

*Christine*

# Working with the elemental kingdom

The process described below is the final meditation and update we have to share with you from Christine at the 2014 Glastonbury Angelic Reiki Gathering.

## Transcribed from a talk by Christine

This is another interesting aspect of working with the angelic vibration. In the Western magic tradition, which informs Angelic Reiki, the world of the nature spirits, whatever level it is, is a kingdom in its own right.

Other traditions, such as the shamanic traditions, may view these Kingdoms in a slightly different way but in the Western magic tradition we are visitors to the elemental kingdom.

We have abused that right but we have also worked with the elemental kingdom in amazing ways. Herbal medicine, for example, is a shared experience between humans and the elemental beings. Many other groups of people are aware of this relationship, for example Native Americans know how to make rain and this demonstrates a very practical aspect of the relationship available with the elemental kingdom.

The relationship between the angelic vibration and the elemental kingdom is well established within the Western magic tradition.

Using the four directions as a way of sanctifying a space brings together the power of the elements and the angelic vibration as each direction is associated with an element and one of the archangels.

The vibration of Uriel is north, the vibration of Raphael is east, the vibration of Michael is south and the vibration of Gabriel is west.

Close your eyes

Create a picture of the front door to your house/flat or wherever you reside. Get a good picture in your mind. What colour is it? What kind of knob opens the door? Where is it? Is it on the side? Does it need painting? Just really concentrate on it.

So now you should have a good picture of your door. If you're not visual, just imagine it as best you can, construct it in your mind. Take the time you need to get a good sense of the door in front of you.

Now, very literally please, take your finger and point to the picture you have of your front door.

Please open your eyes and look at where you had that picture.

That's where your consciousness is centred!

Now, close your eyes again and concentrate on your front door.

Allow the front door to change now into your symbol

## Meditation to centre consciousness in the physical body

for love, it could be a rose or a colour. Allow your symbol of love to unfold.

Bring that symbol of love, get a hold of it and bring it up and over your head and bring it into your body into the space between your shoulder blades at the base of your neck there's a gateway there. So bring your symbol of love into your body through that back door at the top of your spine. Place your symbol of love in your own heart and breathe into that. Whatever your symbol of love is, breathe into it.

Do whatever you need to do to keep that image of love in your heart. This image of love is anchoring your consciousness in your heart centre, and therefore in your physical body.

Let this feeling expand through your physical body.

Then let it expand out of your physical body to fill your treatment space. Then open the space in your usual manner.

When first approaching this work, it is useful to remember the adage 'as above so below', in that the etiquette that applies on the Earth plane also applies in other realms.

The elemental kingdom is a different kingdom to ours. We are strangers there. However, the same rules apply there as they do here when wishing to get to know new people in our world.

For example, if someone we wished to get to know moved in down the road, it would be deemed inappropriate to let yourself into their house, sit down at their kitchen table and make yourself a cup of tea!

Often, we would apply to

someone who knows that person to make an introduction for us, to be the go-between. You would ask somebody that knows this person to introduce us to them. This is a polite and respectful way to do things.

You have a specific angelic vibration; the angelic reiki vibration provides you an interface for contacting the Devic realm.

By utilising this interface, we can ask the angelic realm to make the introductions to the elemental kingdom for us. They act as the "go-betweens" for the devic kingdom and ourselves. So, use the consciousness meditation (see above) then locate



# Be vigilant and face the darkness brightly

**T**he angelic vibration has prompted me to include a piece about the events in Ferguson, US, in this edition of the newsletter.

For those of you who are unaware of the events in the city, which is in the state of Missouri, a young, unarmed black male was shot dead by a white police officer. The officer was tried for misconduct and found innocent by a white-majority jury. Protests erupted across the US following the verdict and rioting and looting was reported in Ferguson itself.

The circumstances surrounding the shooting are hotly contested between the people aligning themselves with the man who was killed and the officer who shot him. I do not believe it is possible to know the truth of this specific event now.

It is not this event per se that I'd like to address in this article but that thorny old issue of "the truth". As I said, the truth of this event and many others are hotly contested and, without wishing to trivialise what has happened, they illustrate what I've been guided to talk about.

I have followed this event closely in the UK media not because of what happened but because of how it has been represented. What I have followed very closely is the way that this event and other similar incidents have been covered by the press. I want to

## Claire Dixon reflects on the lessons the AR community can learn from reports on recent events in Ferguson, US

remind our Angelic Reiki community to be aware of media manipulation.

In her seminal *The Pleiadan Agenda*, Barbara Hand Clow summarises this when she talks about how "big news stories demonstrate the elite agenda".

David Icke also addresses this phenomenon when he asks his poignant question: "Who benefits?" When considering these events and similar ones such as the Ottawa shooting and the Lindt Café siege in Sydney, it is important to consider the potential outcome and why they are being given such prominence.

When such events happen it is easy to feel deep, intense emotions and to retreat deeper into our own racial/religious groups. As people, this keeps us divided and truly conquered, to paraphrase the old maxim. In this time of global austerity, the huge depression in wages and standards of living, the current stirring of the racial tensions and the emotions they generate encourage greater police militarisation (this has been shown not only in the Ferguson riots but the Ottawa shooting, as well as the Lindt café siege), decreased civil liberties and curbed rights in general.

In the UK, for example, it is no coincidence how employment rights have been rolled back to

virtually pre-World War 2 levels in conjunction with the erosion of civil liberties that kicked off with 9/11, all in the name of combating terrorism.

As lightworkers (I'm not keen on that phrase by the way but you follow my meaning) we need to be just that in this time of darkness, beacons of light and hope in the midst of the collective insanity and darkness that is setting in.

This means being open to all possibilities but seeing what unfolds before us as what it truly is, not what it is being represented as.

As I said, none of us can ever know for certain what happened at the events I have cited but their consequences of divided communities, violence and increasing police militarisation are plain to see.

Also clear is how this is occurring in conjunction with corrupt, toxic politicians and banking systems, which are becoming less and less approachable or available for effective and meaningful redress or criticism. This hasn't been an easy article to write. I know many of you out there do not relish the thought of engaging with issues of such a low vibration. I can assure you I do not either. I am heartily sick and tired of the pain, the sickness and the depraved levels of

## Working with the Metatron Seal

Here's a great little experiment for everyone.

One of readers, Ottakar Klempt from UK sent me an email informing me of how he has been using the Metatron seal in his personal practice.

At work one day he decided to print, laminate and cut out the Metatron Seal shown in the picture below. At the time, his young son was experiencing a bad cough, so Otto decided to put the laminated seal on his son's chest frequently. "In the morning his cough was gone" declares Otto.

Otto claims his son uses the seal frequently now, putting it on his belly when he has tummy ache, and also on his head after a bump. "I realised he is healing himself with it and the healing is successful."

Otto has used it himself on some shoulder pain he was having, which he also said healed his shoulder.

We've included the seal for you to cut out and keep! Let us know how you get on - it would be very exciting to collate results on the different uses for this, for example growing plants, and to discuss any effects. Happy experimenting!



**2** the most perfect angelic vibration to introduce you to the devic realm.

If there were a most perfect angelic vibration that was going to introduce you to that realm, what shape would it be, what colour, would it make a sound and so on?

Make an internal note of these things, as this is what introduces you to this specific angelic realm of the being that will be your intermediary in the devic realm.

When you feel this connection is established, go out into nature, invite that particular angelic vibration to be present, invoke it within your space and then see what happens.

Using angels in that way means we can get a polite, meaningful and appropriate way of working with the Devic kingdom.

Invoke consciousness first (*again, please refer to the meditation on the previous*

*page*). Dedicate the space first in an appropriate manner.

Affirm your honouring of devic kingdom. Invoke the perfect angelic vibration for you to interface with devic kingdom.

Take notice of colour, texture or sound; just be open to whatever comes up. If they have brought something for you just recognise what that might be.

This aspect of angelic consciousness is your interface

between this realm and the devic realm and you can call them to you at anytime, and they will only take you to beings that want to meet you.

They may introduce you to someone specific or a group, they may show you an entranceway into that realm; you can give them a name or a colour so you can connect with them in the future.

When the experience feels complete allow your eyes to open.

**W**e just wanted to wish everyone a very Happy New Year. We really enjoyed producing the newsletter for the Angelic Reiki community in 2014 and witnessing first hand how it is truly a global practice.

Last year, we interviewed people from across the globe, have been in contact with many more and heard some wonderful stories about Angelic Reiki.

However, the newsletter does not happen in a vacuum. Although we love producing it for everyone, we know that there are countless inspiring stories out there to be told about AR. Considering how dark the world can appear through the lense of the nightly news and the media in general, we seek to counteract this by sharing how the angelic vibration is making a difference in the lives of ordinary (but extraordinary!) people.

Although we produce the newsletter, it belongs to everyone in our community - and we cannot produce it without you! We need more contributions so that we can build on what has already been achieved this year. No matter how small and insignificant your contribution may seem to you, we would love to hear from you.

It doesn't matter what level you are currently at, whether at level 1 and 2

# Help us tell your stories in 2015



**3** violence that exist on the planet right now. I do not enjoy reading, watching or hearing about even a tenth of what is going on out there. I understand and resonate with that instinct to shut it out.

However, we must engage with these issues to a certain extent because of our angelic vibration and commitment to service on this planet.

I would also like to make it clear that in no way am I stating that racial tensions do not exist, or are not a problem, or are being exaggerated, or anything of that nature.

What I am saying is that those problems can only be resolved with thoughtful, respectful dialogue on all sides - something we will never get from the mass media.

As I said earlier, these events

stir up deep, complex emotions in people. To be unaware of the agendas being played out in the media can easily lead one to being caught up in the tidal waves of emotion that these events generate.

As lightworkers we need to avoid that at all costs; media fires do not need fanning.

Neither am I asking people to start obsessing about the media and what goes on in it; just to be open to the possibility that the media is being used to play out certain agendas. This is why we need to be vigilant, remain aware of the truth and face the darkness brightly.

The racial tensions I have cited in this article are an example but there are numerous others. I am sure the vast majority of the women (and increasingly men) out

there reading this will attest to the agendas around body consciousness played out by advertisers in an attempt to get us to buy more beauty products, for example. The trick is not to get sucked in but to remain in a state of loving neutrality and ask: "Who benefits?"

To end this on a positive note, I wish to share with you some wonderful, spontaneous movements that came out of the Sydney siege, such as the "I'll ride with you" gesture.

Such things give me great hope because they show these events are not having the desired effect. Do any of us want violence, hatred and war anymore? Are we not all sick of this now?

I also wanted to share the Pope's Curia address, in which he rounded on the upper

echelons of the Roman Catholic Church for having what he calls "spiritual alzheimers". As someone who was raised Roman Catholic I never thought I would live to Hearsuch an address!

There are great things happening in our world and we need to be aware of those too. We must be aware of it all and bring our angelic vibration to it to make a real contribution to peace.

For a better understanding of the Ferguson events try this interview on Red Ice Radio: <http://www.redicecreations.com/radio/2014/12/RIR-141231.php>

For more information on the 'I'll ride with you' response to the Lindt cafe siege go to [www.bbc.co.uk/news/blogs-trending-30479306](http://www.bbc.co.uk/news/blogs-trending-30479306)



4 or up to teacher level. The angels do not discriminate in that way, and neither do we. By stories I mean what you are currently doing with the angelic reiki energy, how you are using it in your life, or how you came across it.

To give you an idea, I'd like to share with you how I came to angelic reiki (or it came to me!)

In 2009, we were trying to get pregnant. I experienced an early but devastating miscarriage early that year which left me feeling suicidal. That feeling, of wanting to leave the planet because of the overwhelming pain I felt, was not something I had experienced before, and it shook me to the core. It took a long time, almost a year, to crawl out of that dark hole and then we discovered I was pregnant again. Our joy was short-lived as I experienced another miscarriage.

Coming away from the hospital that second time I felt frightened. After the first miscarriage I was full of rage and grief, and all the other typical reactions. I'm not trying to minimise that but this time, my thought was "how the hell do I get out of this one?" I had worked so hard to drag myself to being semi-okay; I did not have the strength to do it again. I was frightened at what I could become capable of now.

Fortunately, my mother looked for some spiritual-type healing for me and found an angelic reiki practitioner local to me. I won't name her here, to respect her privacy, but if she is reading, she knows who she is and to this day I send my deepest love and gratitude to you!

I had some angelic reiki healing and it was miraculous. Truly. I came out of the session feeling not brilliant, not amazing, but contented and at peace. I felt okay. An hour earlier I felt in utter blackness, but now I felt, well, I felt all

right. This was mindblowing to me and I realised I hadn't felt all right for a long, long time.

To conclude my story, I had more sessions, some of which included other treatments and I grew stronger. I was intrigued by the AR energy though and took level 1 and 2 six months after my first treatment.

Then I went on holiday for a month, self-practicing every day, and when I got back I was pregnant! The dates showed that conception took place around the angelic reiki weekend! I gave birth to a bouncing 9lb 2oz baby boy. He will be four in May.

As a postscript, later that year, when my son was barely six months, I had Kevin and Dwjal Khul come through repeatedly in self-treatments. They kept saying "You'll be pregnant again by Christmas". "No way!" was my reply. "I've only just had one baby."

Well, I know what you're thinking, good luck arguing with information like that - and you're right because I had a gorgeous girl in September 2012.

I am so grateful to the AR energy, because to me it has given me everything. It's why we love doing the newsletter, to say thank you.

Whatever you are doing with your Angelic Reiki may seem small and insignificant to you, but I know that I for one feel very enthused and energised whenever I hear about what other people are doing with this wonderful energy.

All contributions are valid and welcome. Whether it is something you have written yourself, need assistance on, or if you prefer to be interviewed, we are very flexible. We just want to hear from you!

Is there anything you would like to say "thank you" to the angels for?

Happy New Year and wishing everyone a wonderful 2015,

*Claire and Phil*

## The next edition...

Abraxas is back at the spring equinox so please send in your contributions.

If possible, submit photos along with articles to help us put a face on the community. Resolution needs ideally to be 300dpi (or a file of at least 1MB). Send your submissions and any feedback to us at [angelicreikinewsletter@gmail.com](mailto:angelicreikinewsletter@gmail.com)

## 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.

The first part of each entry is a brief explanation of the Zen journey followed by a quote from Tim's book and then Kevin's explanation. You can access Kevin's blog [here](#).

### 15th January 2008

*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, recognises 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 2008

*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 affirms 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.

### 17th January 2008

*Do not search for truth.*

*Just stop having opinions.*

*Seng-T'san.*

As we have said, Buddha

nature is around us all a time in the perfection of this reality. The thing that separates us from this perfection is our own opinions and judgements concerning the space in which we find ourselves at any one time.

### 18th January 2008

*The master rose to give his sermon, but simply stretched out his arms and remained silent. He was about to leave the hall when a student asked why he had said nothing.*

*The master replied: "The scriptures are expounded by the scripture teachers and the commentaries by the commentators. Why do you wonder at me? Am I not a Zen Master?"*

This text shows very clearly the consciousness of Zen. This master indicates that people who teach scripture are doing just that. Commentators are doing the same.

They are affirming by their very words that there is something to do, something to change or achieve.

A Zen master remains silent because there is nothing to say or do.

### 19th January 2008

*"All this Zen stuff is nonsense," said the sceptic.*

*"You are perfectly correct," responded the master, "but this is a teaching I normally reserved for only my most advanced students."*

For me this text illustrates very clearly the path that we are all walking. One sets out on the path thinking there is something to achieve and something to learn.

This is the path that we are walking together in this blog. As we get further through this teaching we will find that everything that has been said up to that moment was a lie, indeed this last sentence is also a lie.

This is the highest teaching of Zen.