



Abraxas

The official newsletter of Angelic Reiki

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A time to reflect on family



Image: freemages.com

Editorial by CHRISTINE CORE

For people in traditionally Christian countries, Christmas is the time for the family. It is the time when all perfect, cohesive, loving families joyfully come together to give presents and have fun.

Well, that is what we think it should be. Anything less is experienced as failure or disappointment. When the projection of perfection is not achieved it subtly adds shame to the disappointment, grief to the loneliness and so on. Any shortfalls in the vision of the true Christian ideals of family are amplified. Or is it just me?

Kevin and I, without knowing why, referred to the group of people who had taken attunements as the Angelic Reiki Family. I still do and it feels right. Walking the so-called spiritual path often demands a redefining of family. Being the odd one out in a family can cause us to be treated worse than if we supported the wrong football team. My first step on my current path started in 1987 when I started a four-year training as a professional

homeopathic doctor. With each unfolding year I felt myself becoming more distant from my husband. He felt that I was changing and that I was not the person he married. I had changed. I could not deny that. My interests and values had shifted.

Unfortunately at that time I did not have the resources or wisdom to go through these changes and be sensitive and compassionate with how I was affecting him. I did not communicate that these changes did not really change who I was and were not a threat to our relationship.

We can be so caught up in coming to terms with our new sense of self that we are not sensitive to how we are affecting our nearest and dearest. We might feel that we want our family to see the world as we do. Understandable but may not foster good relationships.

It is the subconscious, society-generated 'shoulds' that raise their heads at Christmas. I wonder if any of the following resonate with you?

- I should get on with family members.
- I should be with my family at Christmas.
- I should love all the members of my family.

- All the family should be together.
- I should understand and accept all members of my family.
- My family should understand and accept me.

Our families are the best people on the planet to press our buttons and the most perfect gift to facilitate us seeing our stuff. So what is the solution to making this a happy Christmas?

Being grateful for the changes and insights and welcoming the opportunity to practice mindfulness and compassion.

I would like to wager \$1m that your first thought was about being mindful and compassionate to each member of your family. Sorry; wrong! I am meaning mindful and compassionate towards yourself; then venture into the family.

It also might be for us as we walk the spiritual path that our family are not blood relatives. Be open to redefining who might be a family member. I really urge everyone to nurture their own branch of the Angelic Reiki Family. We do need that support sometimes.

Merry Christmas. With Angel Blessings,

Christine

Winter solstice to spring equinox

By Claire Dixon

In the last edition I wrote an article about the meaning of Samhain to winter solstice and its significance. I want to continue that theme here and explore the meaning of Christmas, the 12 days of Christmas, Imbolc and the time up to the spring equinox.

As I said in my previous article, at the winter solstice the seed of divine light is planted. A few days afterwards we traditionally celebrate the 12 days of Christmas. The 12 days commences on Christmas Eve and lasts until 12th night, or the Epiphany. This is because, up until the Julian calendar was abandoned in the 16th Century, each new day began officially at sunset rather than at midnight. I find this concept in and of itself hugely interesting, because it corresponds with the rhythm of the year (remember that each day is a year in miniature because we have a complete sun cycle). The implications for this and how we relate to time are huge - for starters, it implies that each individual day ends at sunset. Implicit in this is a relationship to light and dark unknown in the West today as the sun waxes and wanes throughout the year.

After solstice, time - i.e. the sun - was believed to stand still for three days. December 23rd was traditionally known as a Day of the Dead in the Celtic tradition because the sun appeared not to move. Christmas Eve began the traditional celebration time, as it was anticipated that the light of the sun would return, albeit weak and fragile, the next morning. It is easy to see why the birth of Jesus was overlaid on this tradition. This was decided by the first Christian Roman Emperor Constantine (a very interesting and influential historical figure) in 336CE. Constantine converted to Christianity during adulthood but was raised in the old Roman and Hellenic pagan traditions, so I find it highly unlikely he was unaware of the significance of this time.

What follows is the period of time known as the 12 days of Christmas, which lasts roughly until 6th January in most Christian countries, although some Orthodox traditions celebrate it differently. At this time it is traditional to decorate homes with evergreen foliage from the woods, such as Holly, Ivy and sometimes Yew. Mistletoe is also a traditional accompaniment and these plants point to our more ancient traditions of honouring the endurance and eternal nature of life as we commune with our ancestors and guides, which I personally think is what this time of year was originally about. It is also traditional to have a Yule log, which was decorated with said



Collecting a Yule log from Chambers Book of Days (1832), via Wikimedia Commons

foliage and would burn down over the 12 days. To me, this shows that like many ancient Celtic festivals, Yule was also a fire festival. At this time of year, due to the inclement weather, the celebrations take place indoors and are hearth-based, the traditional domain of the feminine. (The high summer festivals of Beltane, Midsummer, and Lughnasa/Lammas all have big outdoor bonfires attached to them. Lammas in particular was known colloquially as Men's Sunday in Ireland, as it was a time for making contracts, horse racing and animal trading, all traditionally the preserves of men.)

The Yule log, later evolving into the Christmas tree, is a modern interpretation of this old tradition. As the custom in Britain is relatively recent (it became popular when Queen Victoria's German husband Prince Albert introduced it to the royal family's Christmas tradition and was subsequently adopted by the general populace), it does make me speculate if, as it is a Germanic custom, it is related to the Norse tradition of Yggdrasil, the great Ash that is the World Tree, which Odin hung on for nine days to gain insight and was given the runes as a result. This ties into my theory of this time of year is about communing

and creating with the ancestors - the World Tree being a global shamanic motif for travelling through the dimensions.

The Night of the Mothers is an old pre-Christian custom that has fallen into disuse but fortunately has been preserved in the not too distant past. I find that Eastern European cultures and also some Viking cultures, not only Sweden and Norway, but the customs of the Orkney and Shetland Isles, which were heavily Viking influenced and Christianised late, are very informative on old traditions. I believe the Eastern European ones are a good source because they industrialised late and retained many folk customs and traditions that were thinly disguised by Christianity.

The Night of the Mothers was traditionally celebrated on winter solstice night. It was mentioned by the Venerable Bede, famous monk and chronicler of the English back in the 8th Century. Up until the 20th Century this custom was still occurring on the Isles of Orkney, Scotland and involved a blessing upon the mother and all the children of the house, given by the oldest living mother (so usually a grandmother or great grandmother). It was also thought to be a time when the people actually got in touch with the female deities of their tribe, clan or nation.

In the Norse traditions and European

tradition in general, it is common practice for water sources, for example, to be attributed to female figures. In Britain today, and especially places like Cornwall, we often see wells or springs named after female saints, which is descended from this tradition. At the time of Night of the Mothers it would have been common to appeal to these deities. Also it would have been practice to commune with the great deities such as Frigg, Odin's wife, the goddess of the hearth and other prominent female deities. This ties in with the period of solstice being a conception, what survives is the masculine aspect of this tradition (Father Christmas, which comes from Odin) and the feminine aspect has been lost. However, we have a few scraps of it left in traditions such as Night of the Mothers.

The Night of the Mothers is part of an older Yule tradition which is basically about preparing the family for communing with the ancestors. It is different to Samhain, as it is not about remembering the dead, or releasing the old, but about feasting with them, celebrating with them. In the Orkney tradition, it was thought that the ancestors returned on December 23rd, which was the start of Yule and the dead then remained with their families, bringing gifts and insights for approximately 12 days. This festival corresponds with astrology. As winter solstice hits, we have the sun in late Sagittarius, Sagittarius can be wise, insightful and visionary. They can also be over optimistic, and over-indulgent. I often wonder how many Christmas office party indiscretions can be attributed to this infectious energy! However, by Christmas Day we are firmly into Capricorn territory, the sign of the mountain goat, ambitious, hard-working and disciplined. Capricorn energy is that of empire building. It values tradition and security. It is natural that all this communing with ancestors, opened up by spiritual Sagittarius, should get down to the nitty gritty in Capricorn (Sagittarius rules the Christmas spirit and cheer but it is definitely Capricorn who gets the presents!). This is as it should be, it needs Earthy and grounded Capricorn to be realistic about this very high familial energy.

So, is it any wonder why Christmas is still such a big deal in the secular West! The 12 days of Christmas/Yule seem to represent a miniature solar year. Is it that we are seeing a compression of time that the ancestors spend with us?

I would also speculate that as our science becomes more advanced and we move into more 4th dimensional ways of recording things (this is already occurring with things like CAT scans) we will see how the first couple of weeks after human conception are truly a phenomenal event. This is touched upon by the ground-breaking book *Vibrational Medicine* by

the late Richard Gerber. Gerber shows some experiments conducted by cutting-edge molecular biology on etheric fields and discusses the possibility that the development of the embryo in the womb may be directed by an etheric field that is (as yet) invisible to the human eye and its 3-D recording equipment - a hologram, which pre-determines physical matter.

As we move into the New Year (Hogmanay) we end the 12 days of Christmas with Epiphany. Epiphany in the Western Christian tradition celebrates the visit of the three wise men to the infant Jesus and their revelation of him as the Messiah. In some Orthodox traditions, Jesus's baptism in the river Jordan is celebrated around this time, again this time his cousin John the Baptist reveals Jesus as the son of God.

Epiphany is the last festival of what was known as Christmastide and marked the beginning of a time called Epiphany tide - although this has fallen out of general use - which runs until Lenterntide (Lent). Again, the Islands traditions of Scotland show us the older traditions behind Epiphany.

A Shetland tradition known as Up Helly 'Aa (the last word is pronounced aah, as in pariah, torah, blah) is still celebrated at this time. Originally, barrels of tar would be set alight and dragged through the streets on sledges or carried (this was known as burning the clavier in some parts). These days a torch-lit precession is more typical. At the end of the precession a Viking galley or longboat is set alight as people throw their torches in. The name of the festival translates as Upstairs (Up) Holy Day (Helly) for All (Aa). This very interesting, considering the ancestral nature of the boat being burnt at the end and the context of the season.

At this time of year, the light returns more noticeably and Yuletide is at an end. There is a peculiar tradition that exists at this time of year of having mass football games, which still survive randomly today in places such as Kirkwall's Ba (Orkney Isles), Haxey Hood (Lincolnshire, a county famed for its Viking roots) and also the Atherstone Shrovetide Ball Game. These games all tie in with the old tradition of Plough Monday and wassailing. Plough Monday was the first Monday when people would return to work after Christmas/Epiphany. The ploughs and horses were often decorated and the fields/apple orchards were blessed. The apple orchard blessing was known as a wassail and would be accompanied by pouring a libation of cider onto an apple tree and singing specific wassail songs, similar to Christmas Carols (this tradition is being revived over many parts of the West Country and Southern Midlands of England, where cider and perry are traditionally made). The football games may be related to this. The Haxey Hood is where a big scrum occurs over the fields around Haxey,

Lincolnshire, with each team trying to get hold of the Hood (which is a big leather stick-shaped object). After about four or five hours they manage to get the Hood into one of the village pubs where the old English folk song John Barleycorn is sung (which refers to the alchemy of making barley into beer). The theme of fertilising the land and the masculine solar aspect is very strong imagery to all these traditions. This accompanies the general strengthening of the sun and also, our own seed that has been conceived at the winter solstice. All of these customs are also tied up with celebrating the 'New Year'. This is a custom that developed in its own right later as it was celebrating the end of the Gregorian calendar, which wasn't implemented until the Middle Ages. Hogmanay is just one of these customs and developed due to the ban placed on Christmas by the Scottish Presbyterians for many centuries, so New Year/Hogmanay became the main focus instead.

It should seem clear by now that Christmas/Yule is a festival that just will not be forgotten or diminished, so instead it has been overlaid with over-indulgence and materialism in an effort to distract us from its true origins, communion with the ancestors, the land and ourselves in the stream of living tradition we find ourselves in. There are so many ancient traditions that I could have written about that occur around this time and what I have presented are just the highlights. This indeed suggests that by our ancient forbears it was considered a very sacred time indeed.

This then leads us up to the last festival of winter, the first festival of spring, namely Imbolc/Candlemas - the coming of the light.

As the sun moves into Aquarius we enter into the time of Imbolc, which is about the new, delicate shoots of spring. Imbolc comes from the Celtic word for Ewes milk, as this was often when the first lambs were born. It is about new beginnings and is also a festival of the hearth and home. It is closely associated with St Brigid, or the goddess Brigid, the Pallas Athena of the Celtic world. Brigid, the young maiden, banishes the Caillieach (the old crone figure) from her wintry reign and begins to take over the rule of the land. The snowdrop is associated with Brigid. This time of year was when all the candles in church would be blessed for the year to mark the return of the light. It was common to make corn dollies dedicated to St Brigid and take them through all the neighbourhood houses asking for blessings. St Brigid's crosses were also made asking for protection. Groundhog Day is a more modern offshoot of this ancient tradition (it is traced back to the Pennsylvania German custom for predicting the weather) and occurs on this date. I suspect also that Valentine's Day may

have evolved from this tradition. It was customary for the Church to slap their own festivals over or near to important dates to detract from their original significance. Another example from this time of year is St Patrick's Day, enjoyed particularly, but not exclusively, as he is also the patron saint of Nigeria and Montserrat, by the Irish and Irish emigres from across the globe. St Patrick's Day is celebrated on March 17th, just before the spring equinox, and is a good example of how Christianity has diverted the natural energy build-up of these times to fuel their own festivals. (I say this with no malice intended, I am of Irish descent and was brought up Roman Catholic, so am aware of the importance of St Patrick to this community).

At this time we may be experiencing our first stirrings of interest in a new venture that was set in motion at winter solstice. I would recommend being aware of any interests or inclinations that appear at this time. Not necessarily to act on them but just to hold them gently in your consciousness and to reflect on them. In our modern world, this six weeks after conception (winter solstice) may also be the first indication a woman has of being pregnant.

The world turns and the sun strengthens the land appears to awaken from its winter slumber. We are now firmly ensconced in the month of February, traditionally the time of Lent. Lent is a time of fasting based on Christ's 40 days in the wilderness and re-enactment of the Passion. It is a time of purging and purification but it is based on much older origins. For example, the word February is derived from the Latin, to purify. In Europe, it was known as the fallow month. Nothing much was growing yet, most of the winter store had been eaten and it was time to purify the winter feasting in preparation for the spring equinox/Easter (Ostara), a time of great reveal and quickening/first stirrings. Interestingly, one of the very first Christian traditions to be set down, even before Christmas Day, was the Feast of the Annunciation. This is still celebrated around spring equinox and celebrates the Angel Gabriel telling Mary that she will give birth to Jesus. In Christian tradition, this revelation is attributed to conception but given the way our ancient festivals fall, I do wonder if it in fact pertains to more around the three-month mark of pregnancy. That is just my own speculation. As the sun moves into Aries, and spring, the time of great reveal is upon us as to what our purpose is for the year, what kind of plant our seed will become. Spend some time alone around spring equinox, preferably in nature. Focus on life that is stirring right now, the blossoms on the trees, the flowers, the animals being born. What is stirring in you right now, what would you like to achieve this year? When

Winter solstice is traditionally the shortest day and longest night in the northern hemisphere. This is the time when we honour the White/Winter Goddess and ask her to once again give birth to her son the sun, when we call on the sun to give his creative spark/light back to earth. There are many cultural and religious ceremonies documented for the winter solstice through eons of time and a good link for your own research is thewhitegoddess.co.uk

This is the time to burn the Yule log, a large pine or oak log that was taken from wood cut from last year's wood. There are many different Yule log ceremonies but this is just one that you can do.

This is also a time when we decorate our homes with ever greens to honour the faery realms and invite in the fey for protection during the dark winter months. This is actually where the tradition of the Xmas tree comes from. Most of the other equinoxes, the summer solstice/fire ceremonies/sabbats, are held outside but the winter solstice is celebrated in the home.

You will need a large log, a large white candle (minimum 120 hrs burn), three medium candles (white, red and black for maiden, mother and crone, evergreen for decorating your altar and marking out your circle/sacred space (cedar, juniper, bay, rosemary and pine), mistletoe, pens and paper, a fireplace with unlit prepared fire.

Now we decorate our homes with the tree and mistletoe and evergreens in a sacred way, invoking friendly faeries and offering them a place to stay over the darkest weeks in exchange for their protection.

We now dress our altar with the evergreens. Then we cleanse, dedicate and anoint the large candle, saying a prayer as we light it on the altar.

Next, decorate the Yule log with evergreens and cleanse, dedicate and place the white, red and black candles on it. Then put to one side near the fire.

Now mark out your circle with evergreens/open sacred space.

As this is a time when we reflect on the past and address any issues of the year that need closure, write these on one piece of paper, and a time when we look forward to see what seeds we need to plant for our plans in the future, write these on another piece of paper.

Now start your ceremony. Invoke spirit,

you look back at this time at this coming Christmas, what would you like to have achieved? It doesn't matter how seemingly small or trivial it is, if it is divinely inspired it is important. Be honest with yourself and only let that be your goal. There may be more than one goal but it is wise to limit yourself to three. More than that is too much dissipation of energy.

light the three coloured candles honouring and calling in maiden mother and crone, call in the sun. Consecrate the Yule log.

Everyone drinks from the chalice, with some being sprinkled on the log.

Light the fire in a sacred/reverent way.

Now place the Yule log in the fire (if you are going to use the candles next year keep them to one side still burning until after the ceremony has ended then put them out). You can do a meditation or fire gaze to gain insight on what you need to do to deal with the issues you wrote down on first piece of paper. Write any words of wisdom you are given on a separate piece of paper, then place the first list on the fire and ask the cleansing flames to burn away any obstacles preventing you from dealing with them. Now you can do the same exercise with your list of plans but do not burn this list you are going to bury this piece of paper in the front garden with the ashes from the fire.

Do your closing ritual honouring all spirit that has helped you.

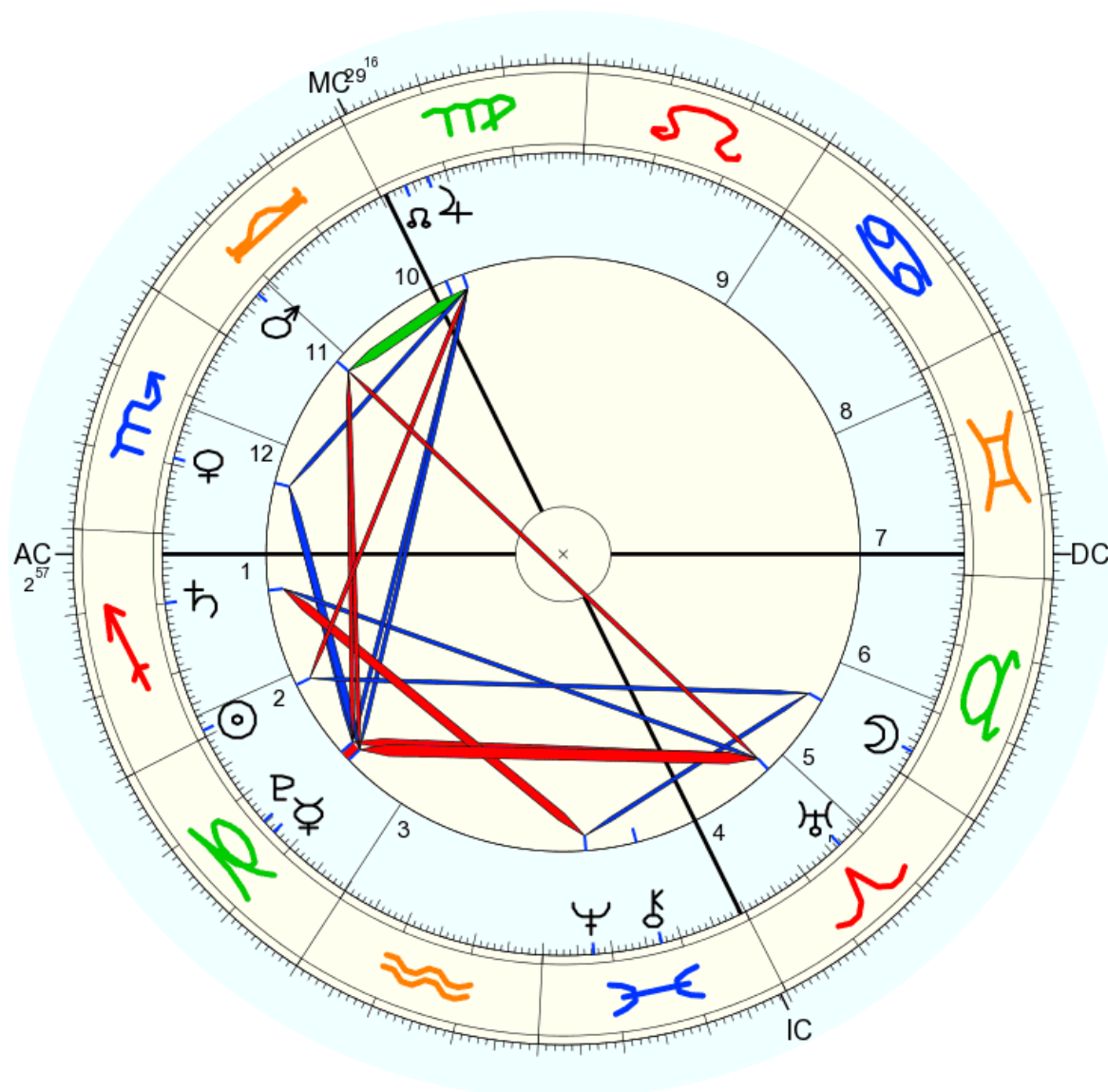
This time of year has become associated with over-indulgence but traditionally over this period all perishable food, meat, poultry, vegetables, cake, bread, eggs and so forth were eaten so as not to be carried into the New Year. This was done with respect with the candle being light and a spirit plate (a plate of food honoured and blessed) being left out for spirit every time they ate.

We at angelic Reiki UK plan to do these ceremonies every equinox and solstice. While we will do the traditional ceremony for the day we propose that while we have created this sacred space that we as a group link via an archangel to do a remote healing on a place or situation to be posted in advance via the AR newsletter.

We will start this process with the winter solstice as it makes the final phase of the quadric of tetrad energies that we experience on the 28th September to Tuesday 22nd Dec at 10am if you can connect, even if just for five minutes. It would be great to have the collective Angelic Reiki Family coming together to send healing the intent for this healing will be to assist in the integration of the ascension and to raise the consciousness on this new Earth and to also help us release anything that no longer serves to allow our light to shine brightly to be of service to others.

Thank you in advance and happy solstice,
Ruby & Alan

To celebrate this winter solstice, I'd like to finish with a meditation by Ruby Larimar, the treasurer for Angelic Reiki UK (see *the breakout box above*). Ruby and her partner Alan are planning to do an event for the solstice and have set guidelines if you would like to participate. They intend to conduct this ceremony on December 22nd at 10am GMT. Happy solstice!



Winter solstice reading

By Claire Dixon

Saturn is conjunct the ascendant and feels cautiously optimistic here. Saturn is the planet of hard work, building and future, and in bouncy and bright Sagittarius it can be imbibed with vision and spiritual wisdom, which is how it feels here.

Saturn is making aspects to two other planets in particular, Uranus in Aries in the fourth house (a trine) and a square to Neptune in Pisces in the third. This chart feels very strongly about the migration crisis which is affecting most of our world at the moment and its catalyst, the ongoing war in Syria. Saturn is a key player in this chart, his energy encapsulates the season of winter solstice as both Sagittarius and Capricorn are represented. It is important for us all to be aware of what is really going on behind the scenes of this war, of this mass movement of peoples and the devastating long-term effects for everyone. It is important to hold a balanced approach to this in our hearts and minds as this will

strengthen and energise the opportunity for a political and diplomatic solution, as opposed to a military one, which is desired by some of the key players on this board.

Uranus in Aries in the fourth house symbolises all of the anger, frustration, resentment and all the weight of this conflict. Uranus is the planet of shocks and revolutions, Aries is the planet of war and conflict. They are in the fourth house, which symbolises home and tradition. It doesn't take a genius to work out what is being symbolised here.

Uranus is being supported by wise old Saturn, meaning that the more we can keep hold of a peaceful vision with solutions best for all, the better. This does not mean being all Pollyanna-ish about this crisis and I do not believe that the current 'Refugees Welcome' approach is practical or sensible in the short or long term. I do believe help and support should be made available to those fleeing conflict, especially women and children, but allowing the doors to swing open with little or no vetting procedure - which is what is occur-

ring - is not wise, healthy or sustainable for anyone.

Saturn squares Neptune in the third house as if to underline this point. Neptune is the ruler of Pisces and can be inclined to dreamy, wishful thinking. It is the sign of agape but needs practical no-nonsense Virgo to keep its rescuer side in check. Neptune in the third house (which rules identity and thinking) shows that our thinking has been woolly and unrealistic on this issue. The presence of Chiron nearby, planet of wounding, also indicates that we are being hoodwinked somewhere in this area, which is most definitely the case.

The most important thing to keep in mind with these events is cui bono - who benefits? Not just in the short term but the long term too. Look up the history of Syria and how its society is structured. Who benefits from a long-term displacement of so many people across the Middle East, Africa and Asia? These are the wise Saturn in Sagittarius questions we have to ask and hold in our

consciousness for the sake of the collective. As Angelic Reiki workers, we have to hold that difficult energy and from it see where the peaceful solutions may lie.

The sun and the moon seem to underline this sentiment. The sun, in the critical degree of Sagittarius is wise, philosophical, but is aware of the practicalities of this world. The moon is steady and sure Taurus supports this energy, in the fifth house of romance and creativity, they both show that a beneficial outcome can be achieved, but we cannot be romantic or idealistic about the world any more. It is time to stop burying our heads in the sand and get informed about what is really going on.

This means looking beyond the mainstream media for news, researching the history of the Middle and Near East, of Islam, of Christianity and Orthodox Christianity in particular and also Judaism. This will go a long way to explain to you why all these seemingly random players are involved at this time. This is an ancient conflict and it goes back over at least the last millennium. To those stating that it is 'due to Western bombing' or even back 100 years to the Balfour Declaration are demonstrating a shallow understanding. It is much, much older than those issues. More recent conflicts obviously play their part but this is an issue that goes back much, much further than that. It would behove all of us to get up to speed with the ancient history of these conflicts right now.

Also in the second house, we have Pluto conjunct Mercury deeply embedded in the second house of Capricorn. How we regard and perceive issues such as tradition, family, ancestry are all going to change or perhaps revert to an older way of thinking. We are rediscovering what we think sub-consciously (Pluto) and consciously (Mercury) about what we value as a collective. This squares the volatile Uranus in Aries placement as some very old wounds are being opened now on all sides. Keeping a clear head and being knowledgeable about the very deep and old issues coming to the surface are essential for navigating this passage as peacefully as possible.

Jupiter and the north node are conjunct the midheaven, which is the critical degree of Virgo. In our external world, a major change is coming, as it will when we move into a cardinal sign. The fact that the north node is here (it shows where we are going) and also Jupiter suggests that what is happening will expand our consciousness. I'm not saying it will be pleasant or easy, but we will grow as a result. In Virgo, growth tends to be wise and sustainable. Jupiter rules this chart as Sagittarius is on the ascendant, so its prominent placement is important.

Mars is in Libra in the 11th house. Mars is the planet of war and Libra rules diploma-

23rd January

When master Mu-nan made Shoji his successor he gave him an old book saying, "This book of wisdom has been written by generations of masters. I myself have added my own comments and understanding. Now it is yours." Shoji was disinterested. "I learned Zen from you without words," he said. "I have no use for this book - you keep it." "It belongs to you," said Mu-nan, "as a symbol of the teachings you have received - here." Shoji took the book and immediately threw it into the fire they were both warming themselves around. Mu-nan, who never got angry, yelled, "What are you doing?" Shoji responded calmly, "What are you saying?"

To put value on written words is not Zen. Zen stands alone as the intrinsic nature of things and reality. It cannot be condensed into words, it has to be lived. The Master shouted because he had identified Zen with the book and the words it contained.

24th January

Don't you realise that if you simply have no concepts and no anxiety, you'll see the Buddha standing before you.

Huang - po

Our attachments to concepts and judgements about right and wrong raises anxiety within each one of us. To release these is to see the perfect natural order.

25th January

There is in Zen nothing to explain, nothing to teach, that will add to your knowledge. Unless it grows out of yourself no knowledge is really yours, it is only a borrowed plumage.

D.T. Suzuki

To search for knowledge in books is flawed. They will only reflect to you your own perception that you are lacking in knowledge. Knowledge arises within.

cy. In the 11th house it symbolises humanitarianism and equality of all groups, which indicates there will be strident attempts to take control of the narrative and control how things - such as the EU - are perceived in Europe. There will be aggressive attempts to silence any dissent coming from the people about the migration crisis. I don't mean any physical conflict, as Mars is in Libra, but expect the tools of propaganda, such as media and social media to go full bore on anyone who dares deviate from the narrative that unlimited migration into Europe is a good thing.

In the midst of all of this doom and gloom, and shining away in the darkness, is Venus in Scorpio in the 12th house. Just beyond the horizon. Venus here is the power of the dark feminine, the hidden, the psycho bitch. She makes a lovely trine to Neptune and Chiron, and a sympathetic sextile to Pluto and Mercury. She shows that behind the saccharine façade of the Neptunian agape is a vicious anger and

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

26th January

T'ao-ch'ien asked a fellow monk to accompany him on a long journey to help him in his study of Zen. His friend said, "I'll certainly try to help you in any way I can, but there are some things you must do yourself."

"What do you mean?" asked T'ao-ch'ien. His friend replied, "Well, my eating and drinking will not fill your stomach. When you want to urinate, there is nothing I can do about it. And only you can make your body walk along the road." This answer opened T'ao-Ch'ien's mind and he made the journey alone.

This student had the perception that Zen has to be imparted through verbal teachings and doctrines. His fellow monk pointed out living the journey, being a human being doing journey in all its aspects is Zen.

27th January

*I was born alone
I will die alone.
And between these two
I am alone day and night.*

Sengai

Outside reality is just a mirror to our own perception of us. It has been described by Deepak Chopra as Self-referral and object-referral. Object referral is to live one's life in consequence of outside conditions and forces. Self-referral is to be in-turned and know oneself. If one lives one's life in Self-referral you are always alone.

resentment at how the Earth and her peoples - all her peoples - are being treated. At how we have been and continue to be harangued off our respective ancient lands for the profit of others, how our connections to her have been and are being destroyed so a few can enjoy power and control.

This has created a psychosis in the collective mind and it will be only be healed when we recognise that ancient pain. Do not be afraid by what emotions come, just know it is a resurgence of the divine feminine. Allow the expression of the dark feminine to flow through you, if that is what it takes, as what we are seeing is partly due to the suppression of her energy for so long. There may be unpleasant insights in store and realisations. She drives this chart and as I said last month, Pluto told us, it's time to wake up now. She is the feminine counterpart to that energy and we'll keep on getting more of the same until we get it.

Levels of healing and wisdom

From a talk given by Christine Core at the Glastonbury Gathering in September

When I was about seven or eight I remember finding out that Father Christmas was not real. This left a deep impression on me. I felt angry, as if I had been lied to. I felt I had been tricked into asking for all of these things for Christmas, which my parents could not afford, and when they didn't materialise I felt sad and disappointed. I can see now this was a type of conditioning a programming that we experience as children and that it can leave a deep subconscious impression upon us.

When I moved into this field and people used to tell me things about being able to contact angels and ask them for things, my initial reaction was, 'That won't work but that I'll have a go anyway'. I wrote to them, as directed, and I asked, 'Why do I believe angels cannot help me?' The answer I received was, 'Because you have been betrayed, because you have been promised so much'. I came to realise that good old Father Christmas was indeed a primary programming: that I couldn't trust, that authority figures would let me down, that I was always being lied to, that life wasn't as nice as was being portrayed.

Obviously, I can now understand the bigger picture behind Father Christmas and why such programming exists. However, at that young child level, it does not stop me feeling angry and from that perspective it does not make the lie I was told OK. Walking the Angelic Reiki path, we have to be aware of and hold ALL the different levels of reality, from the big Kali Yuga-type cycles to the emotions of the inner child.

We also have to be aware that many of the people we come into contact with as Angelic Reiki practitioners will not be aware of all these different levels. As a professional we can hold the highest view, when we work with someone, that healing is simply an invitation to remember who we are.

Subsequently, we strive to meet everyone who shows up at our door where they are at and where they perceive themselves to be. It's unlikely you'll get people ringing up for an appointment declaring, 'I've forgotten who I am, please can you remind me?', which is always the nub of it. Initially, someone who comes for healing may contact us because of what is known as 'their presenting problem'; such as backache, grief and so on.

As healers we have to meet them where



Christine in the Chalice Well garden during the Glastonbury Gathering in September 2015

that presenting problem is and work with them from that place. Everyone comes to us with different levels of insight into their own healing needs, we have to meet all these different levels, and we meet each person, at each level with grace. We have to remember that they are divine and that all we are ever doing is offering an invitation to for each person who comes to us for healing or attunement to also see themselves as divine, as who they truly are.

To hold this perspective is very important. It is also important to be aware of other perspectives as well. Another perspective that I am aware of within the reiki movement and the New Age in general is the perception that if you have a problem (as a client), I can fix it (as the healer). There has been a strong egoic attachment to this on the healer's part. This perspective has a number of ramifications to it that are not OK and are simultaneously are OK as well. It just depends upon your level of perception, as everything does.

We have to remember that whatever roles we play, we are all on a healing journey - except when we are not - and at times this journey can feel very real and we can feel inspired to go to different workshops and try out different meditations, etc, and there are times when that urgency falls away. So honouring those cycles as they come and the insights each stage of each cycle brings is important.

However, wisdom and knowing the bigger picture is equally important. This is what it means to hold all the levels of healing, or to be open to the possibility of holding

the various levels of healing. Remember, Djwal Khul energy of the second ray is all about love/wisdom in equal measure and to have the wisdom to understand, even as a theory, that as a collective we have the idea, right now, that we're on a journey to improve or get better but that is just one level of reality. There are many others. How we relate to each level is important.

In terms of the truth of existence, all I know is that there is no one single truth. I have searched for 'the truth' on human history for instance, for hundreds and hundreds of hours and I know that there are many truths, not just one. There are also different levels to look at these various truths as well.

For example, if you are a mother who has not had access to the resources and information that they are lying to you about vaccination, then I personally am angry because although I am aware of all these different levels which affect this issue and see that it is part of a cycle that we go through etc, we also have to be aware that abuse is still abuse and it's not OK. Ultimately, the way out of such a situation is to say 'Enough!'. There is the nature of the journey out of these cycles and like all things they have to be met where they are.

Although explainable, on some levels, abuse of power, particularly towards those who have no information about this bigger picture, is not acceptable. We cannot wish it away with love and light, or perceive it only from the highest level all the time. There is a level beyond that even, that 'its

all part of a cycle' perception becomes open to abuse and manipulation and unfortunately fulfils that old adage 'All it takes for evil to flourish is for good men to sit back and do nothing.' We have to be aware of that; we have to be aware of all levels, of all potential manipulation.

A good example of this is with the people who have most, seeming, power in our world. What we are seeing on the world stage now is a self-indulgent, high level power that aims to replace God and seeks to manipulate humanity so much that it seeks to separate humanity from its soul self. Although I personally am aware of the bigger picture and cycles of time and all of that, I still say 'This is not acceptable'. To put it more bluntly, if I am walking home and somebody attacks me on the way, I don't send that person love and light - I defend myself.

I've lived in a country where power is abused and it's very difficult to describe what that experience is like - but it's cruel. Abuse of power by an authority, just for an ego trip is not on. The person being abused has no redress. So, although it is useful to have the big picture, it is compassionate to imagine what it is like for others who do not have access to this big picture. It's also a fact that until a lot of people know the truth, until people become aware of the bigger picture, that the ability for humanity to take its next step forwards is hindered.

Apparently, as humanity, we have been in the position we are in now six times previously and we have not moved forward. As a result, we've subsequently always regressed to a very dark place. Let's not do it again, let's make a choice. We have to be prepared to become like a little child and ask why the emperor has no clothes on. We need to become aware of the truth, all of it, for example; the damage that things like fluoride do, that 90% of medication is totally unnecessary and that it kills people. I think it is appropriate for us to communicate this when we can.

I believe that many of the recent terror attacks of the past few years were staged events. Consider for a moment the possibility that both of the World Wars were started for selfish gain and that we are being manipulated by people who want more money and power. We have to be open to these possibilities, we have to know about them, because knowing about these possibilities is power, it is knowledge of the levels of healing. We have to consider that the people who have the most outward power in our world are unwell, they are psychopaths. Allowing these people to run our world is not appropriate.

Becoming open to these different levels of wisdom and truth is empowering, which is where the healing lies. It is about reclaiming our sovereignty, on all levels.

Our health and finances are just two good examples of this.

Just recently, I had a problem with my kidneys and after searching the internet I came across a well-established online company called Sounds True, who have a vast catalogue of meditations and exercises. They sent me an email alerting me to a chi gung practice, which I intuitively felt was right for me. I've been practicing it now and I feel much better. Trusting ourselves and reclaiming our power is so important, especially where health is concerned. I am lucky in that I was brought up to not really go to the GP, to self-heal, so that programming was not there for me. While I acknowledge that the medical model does some fantastic work and that when needed it can be great, for about 90% of the time it is not necessary. To become aware of the different levels of healing includes taking back your power, reclaiming it and going on your own journey.

Financial reliance on the state is hard to get out of but it is possible. There are many stories available over the internet now of people who are routinely defying these seemingly monolithic systems, of not paying their income tax, for example. I'm highlighting these things to make you aware of the possibilities. As many of you are aware, I lived in Egypt for a long time and one of the things I loved about living in Egypt was I lived outside of the system. I had no medicine, insurance, income tax. It was a very different way of life.

Please do not think this is all doom and gloom. In some areas, such as sexual abuse, general awareness has improved and we have come a long way. That doesn't mean that sexual abuse has gone away, but people seem to be aware of it more generally, they go to greater lengths to protect their children, and seemingly 'minor discrepancies' are no longer tolerated - and rightly so.

I'm not saying that things are awful. We've come a long way. For example, I can lament about the amount of people plugged into iPhones, iPods and the like, but my friend who teaches autistic children tells me that thanks to the internet the children she teaches can communicate better than ever. Being aware of the levels of healing is about being real and in the truth. Our system is manipulated by selfish psychopaths but they are not going to manipulate me.

I'm going to resonate my truth so that by knowing what I know I can open the possibility for others to make similar decisions. I do not blindly believe anything that is presented on the mainstream news. This energy that seeks to manipulate is an archetype, the fallen angel archetype, it can be seen or experienced in the world as a real thing, or just by how things are in general. It is referred to in ancient and some modern texts as archon energy.

Archon energy wants to be God and wants to disconnect people from themselves but what they don't understand is that they will destroy what they are trying to find and perhaps it isn't destroyable but it is as an experience here on Earth.

We find this 'playing God' syndrome everywhere. It's not just the people at the top doing this. It often plays out in everyday life. If someone wants to project their will onto you they can. Just think about being at work if you have a sick loved one and you want to go home early but you are met by your boss with, 'No, it's not in your contract and if you don't stay I'll sack you'. That's someone playing God.

Instead, we have to be aware of how powerful we are. Look at the foreclosure notices given out in 2008 in the US. If the women (and it was mainly women who worked behind those desks) had refused to issue the notices the banks would have had no power. If, for example, next Tuesday, everyone in the world didn't buy petrol, the price would come down in a flash.

To attune somebody to AR, to do a healing, to hold this energy, is an invitation to others to reclaim their sovereignty, it offers a glimpse of who they truly are. David Icke has been very brave putting all his info out there and is now saying 'Humanity get off your knees'. You are so powerful, every single one of you. There are a few controlling us with a stupid financial system but we are never told how to get up off our knees. It means to know what is going on, not to be lied to, not be duped, not to buy into the stories and not to buy into the system as much as you safely can. They are trying to play God and we've forgotten who we truly are.

Ultimately, whatever happens in this world, you cannot be essentially harmed. Remember that your essence cannot be harmed. To be attuned to this energy, of when Angels, men and women were one, is beyond a healing.

We hope you've enjoyed the newsletter and it will be back at the spring equinox. In the meantime, to get in touch about any of the articles or share any AR experiences, email angelicreikinewsletter@gmail.com

Please send contributions so that we can tell your stories.

We will be joined next time by new team member Alexandra Wenman. Alex has loads of experience in spiritual publishing, so Abraxas is blessed to have her.

I'll be taking a step back from the newsletter for a while as I go on my maternity leave but I will still be contributing. I have no doubt the Abraxas will continue to thrive in Alex's most capable hands. Have a blessed and peaceful winter solstice season. Namaste.

Claire and Phil