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Editorial by CHRISTINE CORE

For those of you who have done the New Shamballa workshop, you may have heard something of my view on this subject and my view that it is very misunderstood and misused word. Simply to say here that the meaning of the word is 'let go' or move beyond.

We have an old established and quite famous BBC radio program here in the UK called Desert Island Discs. The formula is interviewing a celebrity who pretends that they are preparing to find themselves isolated on a desert island. They are asked which eight pieces of music they would want to take with them. I happened to hear part of this interview last week. Unfortunately (or perhaps fortunately) I cannot remember who was being interviewed. Some 'famous' American singer-songwriter, I think. He spoke of the great tragedy that had happened when he was in his teens, many years ago. His sister had been murdered, and the interviewer, digging for drama as they usually do, asked if it still affected him. His answer was that he had definitely forgiven the person, but believed that they should stay in prison so that they could experience suffering to an equal or more extent to which he and his family had experienced suffering because of the murder. It was intolerable to him that the murderer might be free, and may actually be in the same coffee shop as him, and living out in the world.

Was there actually any forgiveness here?

The definition of forgiveness that I gave a couple of years ago in a New Shamballa workshop was that forgiveness is the natural result, which naturally arises and cannot be taken or given, when the energy between the two parties has completed its 'dance'.

As some of you may be aware, soon after Kevin's death the Angelic Reiki Association was created in the UK. Its stated intent

Forgiveness

was to offer the teaching of Angelic Reiki as Kevin intended when it was founded in 2002/3. This Association has teachers in many countries around the world. There has been many points of view, some saying that there are two kinds of Angelic Reiki etc. I have had many opinions. I believe that Kevin and myself created the foundation for the 'true' Angelic Reiki together, that Angelic Reiki had developed between 2002/3 and his death in 2009, that I understood the philosophy and intention of Angelic Reiki; that Angelic Reiki was, as it were, Kevin's and my baby, and that I was the one to nurture and develop it and so on. These may be facts that are true, but in my making the stated intent of the Angelic Reiki Association WRONG, a schism and split was created.

The philosophy of right versus wrong had gone down its natural road, culminating in a court case (not brought by me, but that's not the point) in the United States.

As I am sure you can imagine, I have gone through over eight years of inner and outer searching for an answer to the apparent split that happened after Kevin's death. The court case in the United States has been an acute focusing for me in finding my truth. The Core Team of eight supporters and myself were brought to a point in early November when a decision had to be made, whether to fight for what was right (in our opinion) or not.

In the early days I had decided that my philosophy was based on the saying that there are three kinds of business (here this does not mean a commercial enterprise, it is closer to 'personal concern', like in the saying 'mind your own business'). The three kinds of business are My business, Your business and God's business, and I contented myself on minding my own business (here the word minding means to look after, be mindful of). There were lots of complaints that I was not supporting

Angelic Reiki teachers, and that I should make a public stand for what was right. Perhaps I was too scared, too wounded, lacked the skills or determination, I don't know. Whatever it was, I stood by this philosophy until about nine months ago. I felt I then had to proclaim and stand for 'The True'. I asked for counsel from my Zen master, my Quaker friend, my Christian Gnostic friend and from history, from great people like Martin Luther King. All of these advised that at the end of the day we need to own our own stuff, yes, but then stand up for the truth. This is eloquently said in Martin Luther King's "My Pilgrimage to Non-violence".

It then became acutely apparent to me that battles and wars need two sides.

The court case really focused our energy and attention, and our (myself and the Core Team) decision was that in the light of Angelic Reiki philosophy and considering the nature of the Archangelic attunements which gave us the "blessing of divine righteousness" (not my right-ness), "blessing of supreme divine judgement", "blessing of divine balance", "divine salvation", and so on all brought me back to my initial stance of looking only to "my own business". Said in a different and more direct way, and standing in the place of unconditional love, it is not my (our) prerogative to act, think, say, or believe that someone else is wrong.

I invite all of you to do the inner and outer work that can make this tenet and principle of Angelic Reiki a living reality.

With grace, charity and compassion, I wish you all a wonderful seasonal holiday in whatever way this means for you. For me and my English roots I cannot resist wishing you all a very happy Christmas and a perfect New Year.

Angel Blessings

Christine

Balance

By Sara Neves de Sousa*

When we reach the end of the year, some of us do a balance of what we accomplished that year, see what failed to be accomplished and what is going to transition to the next year as something to finish or leave behind what doesn't matter anymore.

I did things I never thought I could do and funny enough found out that I am more resilient than I thought I was.

The past year was an emotional roller coaster, good things happened, others not so good too! It was a year of change, very troubled, with many things happening at the same time. In the middle of all this, I found myself wondering if it is worthwhile to continue doing the things I do, because after all when everything seems to be okay, something seems to come and takes everything like the wind blows the fallen leaves in the ground!

I know what it is like to feel the departure of this earthly life of someone who was part of ours and I know that it makes us question a lot of things, whether we are spiritual or not, regardless of our beliefs. But there are people who go through these situations and can't get around, can't even equate life without these people around them and that makes them want to give up their life too! Makes sense? It depends on who is reading and the way you approach life. There are those who can't see the light at the end of the tunnel, there are those who think that nothing is worth anymore because they are alone, their heart can't handle loss, guilt, remorse, etc ... the truth is that there are those who want to have the same fate because they simply feel that nothing is worth it!

Guilt, this one is treacherous, because it makes us think that we have not done enough. Enslaves us to the point of questioning everything, our whole life!

Our mind is deceitful, because it makes us think only about the less good things we said and done, it doesn't let us think about the good ones...in another time, it would have, but at this point, it commands us and doesn't let us turn off the button so

that we can look at situations in another way.

I'm not going to say that the same thing happened to me, but initially I felt angry because I thought it was a bad joke from fate. Whatever we call it, questions arise in our minds, because after months of struggle, the physical body just out of nowhere giving up, seems like a bad joke, but I turned it around, I realized that after all, nobody belongs to nobody, nothing belongs to us and what remains is what we do and that we leave here.

"You never know how strong you are until being strong is your only choice." - Bob Marley

That is why I say "Life is worth it, we must enjoy it, every moment, every second, our breathing, being alive, we are here and we should enjoy everything that we can, because after all, we are not going to take anything with us, not the done work, if we can believe that we leave any work done here!"



What can we do for someone who is suffering like this? To get lost in the midst of negative thoughts and self-destruction? The answer is not simple, nor is it easy, for no matter how hard we try to do something, the person will not always be able to "hear", because the pain is huge and when we aren't able to overcome the pain barrier, we can hardly find the light at the end of the tunnel. Help them in any way you can, a friendly word, no matter how small, makes a difference in one's life, so even if you think it would not make any difference, no matter how small the gesture, do it. For on the other side, it can be precisely what that person needs, at that very moment!

There is not much else we can do, for it is not really up to us to decide anyone's life! Each has its way!

A soul torn apart by loss and pain, is a soul that needs Love a lot!

And Love is what we can give!

(*) Angelic Reiki and New Shamballa Master Teacher.

Angelic Energy

By Belanita Abreu*

The angels I know are of grass and silence

António Ramos Rosa



Angels are ethereal beings, invisible in the eyes of men. Its name comes from the Greek *aggelos*, which means messenger. In essence, they bridge the gap between the Divine realm and Humanity, transcending time and space. Their energy is pure, soft and unique! There are not enough words to describe the angelic energy.

There are more and more people today who want to tune into the angelic realm for protection and guidance. The Angels can be contacted through rituals with psalms, prayers, crystals, candles, meditations and Oracles. They listen to requests made orally and to the ones we do mentally. Often, even when they are close to us, the angels only manifest themselves when we ask for their intervention. Therefore, it is very important to call them, get in touch and say what we want them to help us with. The invocation must be done with sincerity and with an open heart.

In the development of this relationship, there are crystals that are authentic portals that open the door to the angelic realm.

They are called “angelic crystals”. They are very special because they function as some kind of megaphone that increase the volume of our voice towards Heaven. The angelic crystals have a high vibration and metaphysical properties that aid and develop our spiritual consciousness, increasing our vibrational frequency. Which is the case of the angelite who is one of the main representatives of the “angelic connection”. Its vibration strengthens the connection with the angelic essence of each Being and facilitates communication with the guardian angel and archangels.

Connecting with the angels is one of the most beautiful ways to increase your inner Light. Your soul will thank you and smile.



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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

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. It is the gradual realisation of your own nature. No book can teach you this.

27th January

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

To most of us this koan seems difficult. However it reveals to us a truth. That 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.

29th January

Student: “Is there anything more miraculous than the wonders of nature?”
Master: “Yes, your appreciation of these wonders.”

No comment needed.

The Little Snowflake

By Patti Silver*



preservation of paramount importance. Some of the snowflakes clung to icicles hanging from rooftops. They soon became hardened. He didn't fancy that, either - to be turned to ice, with no movement, no life.

But how could all this have happened? He recalled that they had all been together, as one, in their beautiful cloud before night fell; they had floated in the blue sky in the light of the sun until the dark had turned their cloud into a menacing heavy load. They had all fallen together, all fighting for themselves, all clinging to their own identity with their 'stories' of what was happening to them during their fall - and they had forgotten that they had once been as one.

Below him, the snowflake saw a field that was covered with many of his companions, and it looked as though he was destined to join their fate. Now the end was in sight, and he was powerless and very frightened. He didn't want to disappear, he was sure he was far too important for that to happen. He wanted to be rescued! Softly he landed, and he merged with all his companions. Then he became aware that although he was no longer an individual snowflake, with his own unique and beautiful pattern, he had indeed become nothing - but at the same time, he was a part of something much bigger - he was part of a blanket of snow, covering the land in all directions. This was lovely! What a joke, what an illusion it had been. He had thought they were individual, important, all clinging to their identities and unique patterns. All with their own desires - some wanting to join icicles, some desiring to grace the tops of mountains to glisten in the sun, admired for their lofty beauty.

But still his comrades were not content. He heard mutterings that the snow in the next field was deeper and softer, and that there was danger in their field. There were huge beings of a different pattern of creation, who walked upon them and crushed them into the ground. Or they picked up handfuls of them, squeezing them into a ball, and threw them into the next field. But on reflection perhaps that would be better, to be in the next field. The snow was always whiter on the other side.

The following morning the sun shone with all its brilliance and mercilessly melted the snow. The little snowflake and all his companions melted and ran into a nearby

stream. Slowly their fears subsided, as they realised that whatever happened to them 'they' still seemed to be present and very much 'alive'. A deep sense of peace and compassion for each other arose. Now they had become part of the stream, a stream full of life, running down the hillside until they reached the ocean. The snowflake realised he was never really a snowflake at all; he wasn't the snow, he wasn't the stream, he wasn't the ocean. He was nothing, and yet he was everything and everywhere! It had all been a wondrous game, all without any meaning whatsoever. There was really no meaning to anything; everything that had happened to the snowflake that he thought he was, had been but a rising and a disappearing in the Divine love that he really was.

He wished he had embraced the game of life more when he had had the belief that he was a snowflake. There had been no choice but to be in the game, there was no point in resisting it all; far better to have fun and play a *beautiful* game instead of one fuelled by fear and self-preservation. Gradually, all his memories of ever having been a snowflake faded away. They mattered not; in his pure beingness, he knew he had never needed to be rescued, or healed, or 'right' when he had been sure that all the other snowflakes were 'wrong' - there was no right or wrong, he had only to recognise his Divinity. And the Divinity of all of life - why, even the great clumsy beings who stomped through the snow and threw it into the next field were Divine! And there had never really been a Santa Claus to impress! For there was nobody there at all really - everything was everyone was simply an expression of the Divine.

And such is the 'story' of humanity.

On a cold December evening, when daylight had retreated and the black velvet night sky displayed a wondrous sprinkling of stars, dark clouds gathered to cover their brilliance. From the clouds fell a solitary snowflake, beginning its descent to the earth. And so began its separation; separated from the comfort of its storm cloud, it began to realise what it was.

"Wow, *that's* what I am! A snowflake! And with Christmas coming, I must be a very important snowflake. I must try to impress Santa Claus!"

But he was not alone, it would seem. He became aware of many other snowflakes falling with him. All of them with a unique pattern of their own! He noticed that he was quite sparkly compared to most; he rather liked his appearance, he must try to maintain this image as best he could. Tree tops below him loomed nearer, and he was shocked to see many of his companions caught in the branches of the trees. Melting into nothing! He didn't want the same fate, he didn't want to become a nothing. He drifted past the trees in the wind, self-

*Patti Silver. Website: pattisilver.co.uk

HARMFUL AND DEAD CRYSTALS



By Jose Luiz*

Can crystals be harmful or die? In very specific situations, yes.

First, two stories from my practice to help me get my point across. I had a patient who was not responding to the treatment despite his willingness to get well. It occurred to me something odd was happening at his apartment and derailing our best efforts. When at his place, I noticed a big black tourmaline used as an ornament. I knew it was that crystal, but why?

The black tourmaline was removed from the apartment and the patient immediately started responding to the treatment, as expected. But what was really happening? Crystals do not do that! If they do not resonate with the situation, they stay neutral.

Some time later, another patient brought me a fresh crystal elixir bottle which had developed algae inside in a matter of weeks. Weird and uncommon! Then she mentioned her husband started to have bouts of depression and she had noticed the energy in the house had become weird, even disturbing their sleep. Immediately it became clear some odd energy was messing up that household. Only another crystal with stray, disfunctional energy - never the energy of a human, animal, plant, metal, furniture, magnetic field or dark being - could affect a crystal elixir. The whole mess was being created by a clear quartz druse and a rose quartz, both about 400 grams each, that had to be removed from the house, neutralized and buried.

What is the common thread in both stories? The black tourmaline, the rose quartz and the clear quartz druse had suffered damage in their lattice (molecular structure) and were no longer vibrating at their original frequency, but, instead, resonating to energy imbalances around them and emitting stray and harmful patterns capable of disturbing people's energetic fields, to the point they could not hold healing energy.

The lattice is permanently messed up when a crystal is exposed to a strong electric field, like high capacity transformers or power lines. It is enough to be close to them for a few seconds, like in a truck waiting for the green light. Periodic exposure to power lines is also known to cause cancer in humans and animals.

Unfortunately, a messed up lattice is not noticeable to naked eyes and some crystals with stray, harmful energies end up in crystal shops. It is always advisable checking the energy of any crystal before buying it. In case of doubt, do not purchase it.

DEAD CRYSTALS - Here is another real story. While searching online for some specific crystal, I had noticed all that were offered by a certain supplier had no energy, were dead. Yes, it is possible to check on a crystal's energy through its picture on the internet. And here is an important advice: never buy a crystal online if its picture is not shown, unless you are getting them in bulk and feel in advance the lot has the right energy. Even so, some pieces may need to be discarded.

I called the supplier and asked him to describe all production phases, from mining to delivery to his clients. He directed me to a video on the internet showing the mine and the extraction process. It was clear the crystals left the mine at their best. After delivery at their warehouse, all shipping to clients was handled by the same person, who happens to have very dark energy and is an energy vampire. Through that person, dark beings or entities are able to kill all crystals she touches.

Crystals belong to the second dimension, but can vibrate at higher ones when needed. Dark beings operate in the fourth dimension, therefore are capable of destroying lattices through people who touch a crystal. If you use crystals for healing, besides clearing them with selenite after each use, do not allow them to

be touched by people whose energy you do not know.

How can you tell a crystal is energetically dead? Reading its energy. Unknowingly using one or more dead crystals may explain why some people do not achieve the results they expect.

Energetically dead crystals are not to be confused with energetically discharged ones. All crystals should be energetically cleared and recharged using a selenite chunk or wand after use. If not, or after a period of inactivity, crystals tend to lose charge and eventually stop performing. They can be revived touching them briefly with a selenite wand.

White and orange selenite are among the few crystals that do not need to be periodically cleared and recharged, although they certainly benefit from being left for about two hours under a full moon once a year. Never forget selenite is dissolved by water, including dew and mist. Protect it accordingly.



Image Source: Dead Minerals LLC

(*) Angelic Reiki master, lives in Northern California. Reach him at terra.flora@yahoo.com

HOROSCOPES

Messages for the SUN IN CAPRICORN

Dec 21 - Jan 19



The Sun's move into Capricorn marks the Solstice - winter in the northern/summer in the southern hemisphere. Capricorn is Cardinal Earth, which means we are at the hard-nosed business end of our affairs, a time of year when things get real and we have to face our responsibilities with a sense of maturity, seriousness and grounding.

Certainly, like the wise, paternal influence, we are reminded that we need to pay our dues to the society in which we wish to belong. If we have taken off on a tangent or become too indulgent in some flight of fancy, then this will be a time to reign it all in and make a firm commitment to do our part responsibly. With Saturn also entering Capricorn, much is settling into forming and imposing a new social structure to work by. In this, we can work at our own personal goals steadily and with discipline.

Being persistent, taking into consideration the long-range picture, having the confidence and the vitality to keep at what is being done in a loving and compassionate way is important.

Sextiles from Jupiter and Neptune mean that a wealth of intuitive insights can be brought to light if our fantasies, imaginings and visions about the future can be grounded. We stand to bring greater meaning to what is happening in our lives by keeping clear and true about what we are experiencing.

A powerful love interest, much greater than the personal is possible when the Sun conjuncts Venus and Pluto on Jan 9.

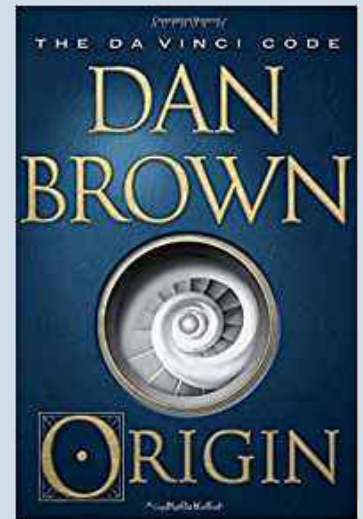
The passage by the Mars/Chiron trine on Jan 12 blesses us with an ability to bring to light the real and true nature of our conflicts and what they have to teach us. Squaring Uranus on Jan 14, will disrupt and challenge our routines and expectations. Expect the unexpected and you won't be disappointed.

The New Moon with Venus on Jan 17 bring a perfect time to stop, reassess our values and loves over the past 12 months, and to set some new intentions on how we plan to move forward - career, structure and parenting are some key themes to work on.

Cosmic Tribe News & Live Events

This is copied from the newsletter of angstoic.com website of Australian astrologer Ang Stoic.

Book Review by
CHRISTINE CORE



For a nice and easy read over the holiday period, a bit of adventure, fascinating facts about Spain and very interesting comment on our relationship with artificial intelligence I really do recommend Dan Brown's latest book Origin: Enjoy.

Angel Blessings, Christine

Advert

Web site and top domain name for sale.

One of angelic Reiki is earliest and well respected teachers has now decided to focus on different things. How well established website and domain name is up for sale. The site is based on Joomla format and can be easily customised to the new owners liking. The domain name is well established with search engines. If this interests you please contact Kay kayzega@angelicreiki.net

Website is www.angelicreiki.net

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