



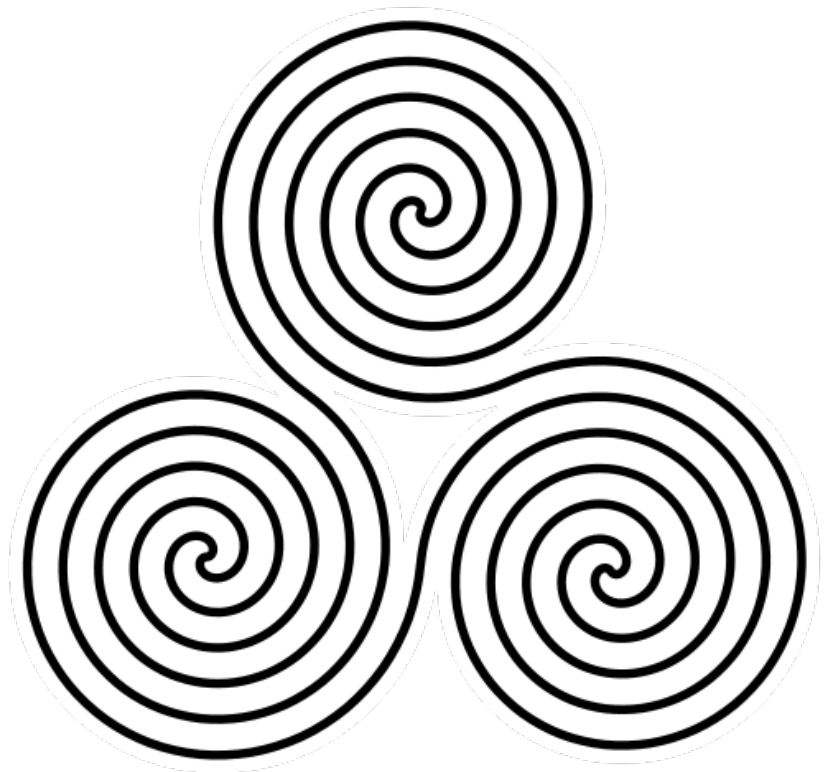
# Completing The Circle

Editorial by  
CHRISTINE CORE

**H**ello Everyone,  
How are you feeling this spring? If things are hard, would it be helpful to remember that the darkest hour is just before dawn? It can feel, though, as if there is just a string of dark hours and dawns! I do believe that there is a bright future ahead for us on this beautiful earth.

There has been a lot of very particular synchronicities unfolding over the last three months, all bringing illumination to events and ideas in different ways. 'Completing the Cycle' has been one major theme that has been cropping up for me, and I will be presenting some very important information about this and the part Angelic Reiki plays at the Gathering/Conference in September.

One of my book recommendations offers a major insight into what we humans could do to complete our cycle: 'Entangled' by the researcher Graham Hancock. On the last two days of the Australian Golden Heart Merkabah workshop, we sat in the middle of what was reported to be the worst cyclone since 1943. Cycles on many levels were playing out here, but our focus fell on the incredible, indescribable phenomenal that is the still centre. We were reminded of the experience-toughened Australian news reporter who fell on his knees and prayed when he found himself reporting from the centre of a cyclone. (Report below.) The third demonstration of the principle of completing the cycle is a unique view of meditation which I will share in an article below.



On a different 'note' (sorry) I would love someone to take on the task of investigating 432 music, and offering an article for the Abraxas Newsletter. The concept is so 'key' (sorry again) to the work we do. A great resource would be the work of Brian T. Collins.

<http://omega432.com/432-music/the-importance-of-432hz-music/>

And you can also listen to this interview about the 432.

<https://www.youtube.com/watch?v=su-btn-7CNk>

Also striking a 'cord' (sorry again, again); did you know that there is 432 music on YouTube by The Police 'Every breath you take'; Adele 'Sky Fall'; Madonna 'Frozen'; Lady Gaga 'Paparazzi'; Phil Collins and more!

It is not just New Age stuff and classical music. I don't like a lot of the New Age versions, as they have the sound of running streams in the background. The classical re-pitched recordings are beautiful.

Christine

# The Here and Now!

By Sara Neves de Sousa\*

I'm writing this article from Hungary. Yes, another change in my life. I moved to Madrid almost three years ago and now moved here for a few months. It was my choice, but I decided to go with my life companion in yet "another adventure" in our life, as we call it.

It was a really wonderful and beautiful experience, even though some days I wanted to rip the hair out of my head, but it did help me to fully practice the "here and now", something that almost all of us heard at some point on our spiritual journey, but, one thing is reading or hearing about it and another very different is to really put it in practice in our everyday lives.

I knew that a change was coming since February, but sometimes, not everything follows a plan, especially if it involves other people (and a lot of them), a move to another country and all of the stuff around something like this. So, in the period from February to May I had to live with the knowledge that the next day could be the day of the move.

When I say that it was a wonderful experience, I don't intend to say that it was easy, but I went with the flow, because it really was out of my hands, I had no say in the matter, I couldn't speed things up or slow them down. So, it made me look at everything from a different perspective, I really had to live day by day, and that meant, be prepared for anything in a short notice, having everything that would be needed already at hand to be packed, looking at the simple task of buying groceries in a completely different way. And in the middle, arranging everything to go for a New Shamballa workshop in the UK and the preparation of an Angelic Reiki workshop in Portugal, which happened just the weekend before the move.

When finally the date came, I had one day to prepare everything, so I did another wonderful exercise.

"What do I really need to bring? How much clothes? Can I live without this or that?" And that made me come to another great conclusion, we don't need as much as we think we do, but along our lives we accumulate things, in our wardrobe especially and with

something like this I realized that I don't need that much stuff, so the next exercise when I go back is to get rid of the excess of things that I don't need and donate it to someone who does.

But this doesn't end here, after getting to where I am now, the suitcases didn't arrive on time, so I was left with even less things than those I had packed and came to another great moment, even the things that I thought I needed, I was able to live without them for a few days, it only arrived three days later.

So, from now on, my perspective on change and life itself is forever changed.

Then I had the input of the other people that are part of my life, some of the comments were really amazing, some saying that they loved the way I look at things and easily flow, others saying that I'm a courageous woman for accepting the things in this way and others really sad to see me go even further away, but I think that I have already proved them, that I'm still present in their lives as I was before.

The distance means nothing when the love you have is bigger than your being!

And in conclusion another a-ha moment I had, and that is one of the things why I'm so grateful for being here. Some time ago I said that I was a person of the world and that I would love to meet other cultures

and countries, so...here I am!

This goes without saying, but be careful what you wish for, because you might just get it.

After this moment I laughed, a lot, because everything in our lives is of our own making, nothing comes from the outside, everything comes from the inside. And after arriving here and living amongst this beautiful nature I can't feel but blessed.

Not knowing the language, not understanding what people are saying can be scary, but even the next door neighbor, says hello, I think he doesn't know anything else, but he knows this and every time we cross paths he says hello.

The other day I was cooking and the window was open, he saw me cooking and waved from the street. I can't engage in a conversation with him, but I can certainly wave back. And there is no need to talk.

This is really an adventure for me. But I believe that it is going to be a great one!

So, my advice? Live your life at the fullest today, enjoy every step of the way. This life is a blessing. Go with the flow!

(\*) Angelic Reiki Master Teacher.





# The Violet Flame

By Lorraine Dolan\*

**A**s the Veils of Polarity are keeping many asleep, the use of the Violet Flame can help many awaken to this beautiful energies which many people have worked with during many lives.

## How I was woken up to this Energy.

I have been working with the Violet Flame for about 10 years, but in 2014 I was invited to a workshop that had been channelled by Edwin Courtney called "Awakening the Violet Flame". This was part of the Divine Plan to give Humanity powerful tools which would enable the release of the energies associated with the traumas and challenges the Earth was facing at that time. This workshop brought forward a Violet Flame Chakra attunement which brought the Flame forward, and the ability to work with the Rescue Flames, for the **Physical, Mental, Spiritual bodies**. After doing the course, a lot of memories from my past lives surfaced, because of the work I had done with this energies through many incarnations. It also involved me working with the knowledge of the Violet Robe whilst working for the Knights Templar. Most people that work with it, feel like it is so familiar. For me it brought in the Presences of the Flames and with it a great deal of balance into my life.

## History of the Violet Flame

The Violet Flame goes back to the Golden Days of Atlantis where it was used to keep balance, harmony and healing. With the fall of Atlantis, it was decided that it would be hidden behind the Veils of Illusion until it was time for it to be used again to help the Earth in its transition to the 5th Dimensional Energies. In 2013 the spir-



itual hierarchy had deemed it necessary to bring forward the energy of the Violet Flame Chakra in order to assist humanity with the numerous challenges that were to be faced. These challenges - which seem to be very individual and can be quite circumstantial as well as mental, emotional, physical and spiritual - are happening for a variety of reasons and for some proving almost too much to bear, diverting people from their path or throwing them off it and causing them to question their faith and beliefs and all that they have practiced and taught.

Awakening the Violet Flame and working with the 7 Presences of that Flame...

- Violet Flame
- St Germain
- Lady Portia
- Archangel Zadkiel
- Archangel Zafkiel
- Archangel Jeremiel
- Violet Robe.

The Violet Flame Chakra is a new energy centre within our being, through which we can connect to multi-dimensional levels of energy and which enables us to heal and transform on those levels. It is definitely a tool given by the Divine to Lightworkers to help with the Awakening by giving associated healing tools to help with the tran-

sitions. The New Violet Flame Chakra of the New Galactic Cycle which sits atop the brow on the highest point of the forehead and burns with all the colours of the violet light from deep magenta to pale lilac through violet and purple with flickers of silver, gold, deep ruby red and opalescent light, is a living flame and should be seen as such - rather than as a star, orb or vortex of light, it serves to connect us to every manifestation of the Violet Flame found in every dimension that exists between the Divine and ourselves.

The Violet Flame is found in every Sphere/ dimension where it can be summoned to cleanse and clear negative energy there from the physical sphere where it can be called upon to transmute toxins and pollutants to the mental and emotional spheres where it can be called upon to transmute Karmic - the clearing of unresolved deep and ancient issues which have up until this point in time not been cleared.

During this present time all living things are experiencing a series of challenges, tests or initiations/life lessons for the purpose of strengthening the light within us, experiencing existence and determining whether or not we are ready to move to the next level of consciousness and power. These tests/lessons challenge us to connect to the Divine, our Soul and our hearts when proceeding to solve the problems.

The beauty of working with the Rescue Flames, as another tool which works beautifully with Angelic Reiki.

Working with the Violet Flame, Angelic Reiki and New Shamballa brought forward many gifts in my learning as it brought many questions.

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

*I have no friends; I make my mind my friend.*

*I have no enemy; I make incautiousness my enemy.*

*I have no armour; I make goodwill and righteousness my armour.*

*I have no castle; I made immovable Mind my castle.*

*Samurai's Zen Creed*  
No comment needed

### 3rd June

*"I can explain. I know. I am the teacher you are the student." Anyone who says such things is guilty of demonic suggestion. Baizang.*

**To talk of I, is to be in the illusion of separate self.**

### 7th June

*Twenty monks and one beautiful nun named Eshun were practising with a master. Several monks fell in love with Eshun and one wrote her a love letter suggesting a private meeting. Eshun did not reply, but the next day, after the master's talk to the group, she addressed the author saying, "If you love me so much, come and embrace me now."*

**How could a student of Zen write a love letter? Who is in love?**

### 15th June

*I have no parents; I make heaven and earth my parents.*

*I have no divine power; I make honesty my power.*

*I have no means; I make submission my means.*

*I have no magic power; I make inward strength my magic.*

*I have neither life nor death; I make Eternity*

*my life and death.*

*I have no designs; I make opportunity my design.*

*I have no miracles; I make the Way my miracle.*

*I have no principles; I make adaptability to all things my principle.*

# One Flew Over The Old Bird's Nest

By Patti Silver\*

I have recently been asking myself the question, how much do I value my freedom? What does freedom mean to me, and what lengths am I prepared to go to in order to achieve it? Some of us desire to live independently of others; some of us want the security and comfort of being part of a family, a group, a community. In an ideal world we are all cherished as children, we love our parents and are happy in the knowledge that they love us. When we reach our teenage years, we want to loosen the shackles and shake off the restrictions imposed upon us, and indeed sometimes as a teenager we are not even sure that we like our parents.

Eventually we fly the nest; we build our own nest, and raise our own little chicks. The cycles of life keep turning until, in what seems like a blink of an eye, our own parents have reached their 'old age'. We look at them and realise they are old. And we are going to have to care for them, in one way or another.

In many parts of the world, there is no conception of 'old'. In some cultures, they do not entertain the notion that they are supposed to get old, and in tight community support, all ages happily live together and care for one another; there is no need to worry about 'care for the elderly'.

Here in the UK, care for the elderly is not always easy. It may come to the point where we need to find a suitable care home for our parents; it can be a great worry to find one that we are happy with, that our parents are happy to be in, and it can prove to be expensive. Or we may decide to care for a parent ourselves. And sometimes, without it being part of our 'plan', we can find that we are the chick that flew over the old bird's nest!

Picture, if you will, a beautiful bird in her nest high in the branches of her beautiful tree, preening her feathers as she admires her new-born chicks. As time goes, by she watches as they grow bigger and stronger, until the day comes when they are ready to test their wings and fly the nest. Oh how proud she is when they all take flight! Freedom is theirs, the freedom to build their own nests independently. The mother bird in time becomes an old bird; from her nest she watches all the other birds flying overhead, and she is sad because she can no longer fly herself. One little bird flying nearby sees the old bird and thinks, "Hey, I'm sure that is my old mum down there.



Photo from Google, taken by Michael Hawk

I seem to remember her...she doesn't look good, I will drop in and see how she is". The old bird is needy, she is desperate, and she persuades the little bird to stay and look after her. Over time, the little bird loses her joy in life; she is torn between her desire for freedom and her obligation and compassion to care for the mother bird. The old bird is frightened she will leave, and she pecks at the little bird's feathers to try to hold on to her. The little bird can feel her life energy being eaten away. Her desire for freedom becomes overwhelming... she cries out to her brothers and sisters to help her, but they have their own nests, and no way are they going to give up their freedom! The little bird does not want to abandon the old bird...she no longer has a nest of her own to fly to; but freedom is beckoning. She teeters on the edge of the nest... shall she just spread her wings and take a chance, and simply fly...?

If you are a little chick looking after an old bird, you can find yourself tested beyond belief. If you think you are spiritual, nice, good and all that sort of thing, you can be pushed to the point where you no longer care about trying to be anything...you don't recognise yourself anymore. You may have a ball of energy within you of suppressed anger and frustration that you feel you cannot vent. Not good! Freedom beckons. You may feel bemused and wonder if it is some sort of cosmic joke - how far can this human being be pushed until she transforms from a kind, compassionate 'spiritual' individual into a madwoman, all angelic thoughts falling by the wayside as she rants and raves and howls at the moon? We may consider that it is our 'shadow' side taking over, but if it is denied, we are really suppressing ourselves. It is a very valid side that we should embrace because it stirs us into action and lights a fire within us, it is a part of us that needs to be integrated. The shadow side can throw light on a difficult situation, illuminating what needs to be changed and thus showing us the way. We then realise that it is not a shadow side, but a necessary part of the whole.

The Divine isn't passive; the Divine energy is dynamic, raw, wild, and cannot be contained or restricted. The Divine creative energy is not static; if we are 'stuck' somehow in life, we may have to 'throw a spanner in the works' to make things stop completely, so that something has to change. Or we can bring in something new that alters the dynamics. If one thing shifts, something else can come in that can perhaps create something better. Rather than concerning ourselves with the 'story' itself, we need to look at the energy behind it. What is the energy that has been created, and how can it be changed?

Others looking in from the outside may wonder what the problem is. ("All you have to do is look after a little old lady, for goodness sake!") I don't think we have lessons to learn; I feel we wish to experience. We cannot possibly judge anyone from the outside looking in ...how could we, when are not having their experience? How can we judge anyone when we are not living their experience, feeling their experience?

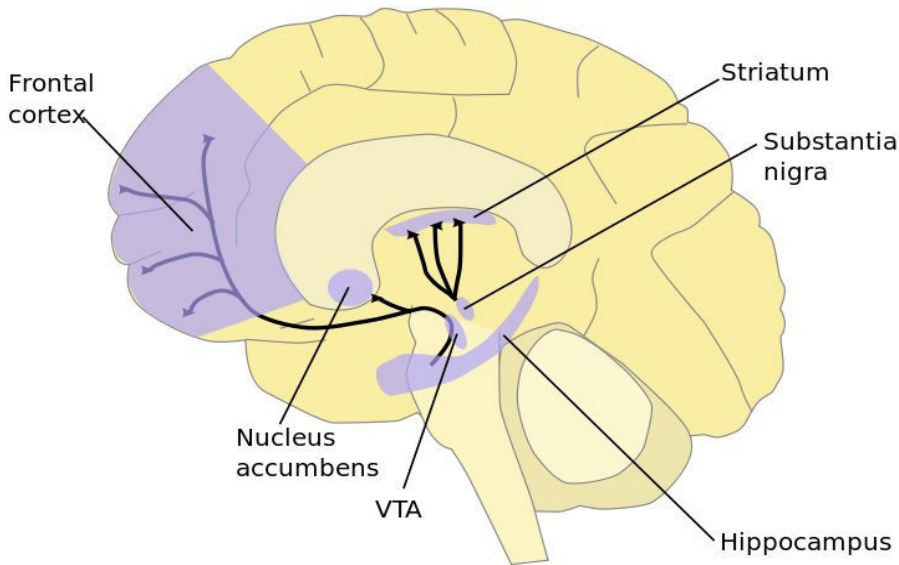
Recently, when I was giving myself some Angelic Reiki, something happened that has never occurred before. I was interrupted, and I had to bring it to a very abrupt end. A relative had called at the house, and the 'old bird' I live with answered the door. I did not know this relative was in the house until they appeared at the door of the room I was in. He had come with exciting news. He and his partner and their little girl are currently living in his father's home, and he announced that they were going to buy a canal barge on which to live. His father's home is lovely and very spacious; he would be moving to a boat that had a very small space in comparison. But the 'space' he needs is the space created by his own energy; much as he loves his father, he does not want to live in that space and energy any longer. Perhaps on one level, I had created the space for the interruption to come into my Angelic Reiki as a timely example of taking action, so that change can come in.

However, I am not a little bird and I am not going to simply fly away and abandon my mother, for whom I have much love and empathy. My 'shadow' side has shown me the need for change; the need to recognise the boundaries of what is acceptable and what is not, and that it is time to honour my own needs.

\*Patti Silver. Website: [pattisilver.co.uk](http://pattisilver.co.uk)

# DO YOU CHOOSE FREEDOM?

By Christine Core



**P**lease, for the next 5 minutes can I ask you to become a 7 year old child; a bright, inquisitive and intelligent child, unconditioned by maturity and cultural conditioning.

I am your best friend; equally bright, inquisitive and intelligent, unconditioned by maturity and cultural conditioning.

*I ask, 'My Mum told me that it is a special part of my brain that makes me frightened'.*

*You, 'Really, what part is that?'*

*Me, 'She said that it is reptilian!'*

*You, 'What? Don't be daft, how could that get there?'*

*Me, 'Mmmm, she did not know. I thought it was a daft idea until I looked at Wikipedia.'*

"The triune brain is a model of the evolution of the vertebrate forebrain and behavior, proposed by the American physician and neuroscientist Paul D. MacLean. MacLean originally formulated his model in the 1960s and propounded it at length in his 1990 book *The Triune Brain in Evolution*. [1] The triune brain consists of the reptilian complex, the paleomammalian complex (limbic system), and the neomammalian complex (neocortex),

viewed as structures sequentially added to the forebrain in the course of evolution.

However, this hypothesis is no longer espoused by the majority of comparative neuroscientists in the post-2000 era.[2]

The triune brain hypothesis became familiar to a broad popular audience through Carl Sagan's Pulitzer prize winning 1977 book *The Dragons of Eden*. The theory has been embraced by some psychiatrists and at least one leading affective neuroscience researcher.[3]"

*You, 'Really. What else does it say on Wikipedia?'*

"The reptilian complex, also known as the R-complex or "reptilian brain" was the name MacLean gave to the basal ganglia, structures derived from the floor of the forebrain during development. The term derives from the idea that comparative neuroanatomists once believed that the forebrains of reptiles and birds were dominated by these structures. MacLean proposed that the reptilian complex was responsible for species-typical instinctual behaviours involved in aggression, dominance, territoriality, and ritual displays."

*You, 'Well I don't know what is true but I definitely see a lot of this type of behaviour on TV and at school.'*

"The reptilian brain, or Hippocampus, controls all our survival responses, especially the great 'Fs' fight, flight, and freeze (some people list 4)."

So with these 'Fs' and, from Wikipedia, aggression, dominance, territoriality and ritual display, don't we have a description of so much of what is around today?

I would like to suggest that the true you is not governed by the functions of the Hippocampus; that this does not actually belong to the real you. Its function brings a significant reduction of awareness, sense of freedom, power, love, abundance, the list goes on; but we have it, it is part of your brain and mine. A way of defining healing is "The freedom from the dominance of the Hippocampus". We cannot get rid of it BUT we can be the Masters of it. In fact that is the definition of Mastership, and in the true self it rises and becomes the dominant expression of you, or the true you.

The purpose of Angelic Reiki, The Golden Heart Merkabah of Creation and New Shamballa is to correct the balance. MEDITATION and mindfulness supports us in maintaining this throughout a normal day.

This balance can be maintained throughout your normal day in.

It is up to each of us to decide who our Master is. You or the reptile; what will you choose? In these days this is a more important choice that you could ever guess. It might actually be the choice that decides the future survival of humanity, and that choice is in your hands.

Further references:

<https://www.bibliotecapleyades.net/sumer/anunnaki/reptiles/reptiles14.htm>

<https://myshrink.com/the-reptilian-brain-and-therapy/>

Christine



# Why Some People Do Not Heal



By Jose Luiz\*

**A**ll healers one day may have to face a situation when, despite their best efforts, healing does not occur.

The physical body is an outward expression of that which is taking place within the mind (thoughts and emotions), energy field, chakras and the spirit of the individual. Thus, any healing technique which deals only with the physical body is incomplete. True healing comes about only when the cause of the condition or illness is addressed and released, erased from our cellular memory. If healing goes no further than a mere relief or masking of the symptoms with medication, then, eventually, the imbalance will resurface and manifest itself within the body in one form or another.

Here are some points to consider about why some people do not heal, all based on challenges and situations experienced or observed by me in my practice. Certainly there are more than I am listing here.

- **It is a permanent karmic path**

The first question I always ask myself about someone's condition: Is it treatable or a permanent karmic path? If it is a permanent karmic condition, nothing will ever heal it, because it must be there as a learning experience, sometimes not only for the individual, but also for the family and all involved.

When people cannot be healed, it becomes a matter of offering them as much relief as possible and, when the time comes, facilitating the transition and the crossing over.

- **Not all techniques are efficient at all levels**

Although we all would love to master some technique and think it would be a one-size-fits-all solution, in real life it does not happen like that. Most energy practices - like reiki, shamanism, flower remedies, anything working with the four/five elements, yoga, mudras, acupuncture, astrology,

birth chart healing, plant spirits, chakra work using colors, breathing techniques and others - are related to the fourth dimension. Nothing is wrong with them, but they may not have enough reach to heal someone whose energy is of the fifth dimension and up or, sometimes, not even in the fourth dimension. People who have 3D energy, in most cases, fare better with chemicals than anything else, because energetically it resonates more with them.

Angelic Reiki is a 5D practice, but, even so, it is not a one-size-fits-all tool. The practitioner must know what to aim for and how to specifically address the treatment to get results. Depending on the challenge, generic work, wishful thinking and good intentions are not enough.

Also, because of religious, social or personal beliefs and/or fear, some people may insist on ineffective treatments. A health condition is always an opportunity to learn and evolve, but some people never go beyond pain and victimization.

- **Person is under the influence of dark beings/entities**

All healing techniques become ineffective, or work only temporarily, if the patient is under the influence of dark beings/entities - brought to her/his energy field in this lifetime or in a past one - has vows, agreements, pacts and cords from past lives waiting to be dissolved or seals and implants to be removed.

Another possible situation is having one or more discarnates stuck in one's energy field. By themselves, discarnates unable to cross over to the light are harmless. But they need a place to stay and seek a human energy field they have some affinity with. The problem is discarnates can easily be enslaved by dark beings/entities and become an open gate to their actions, allowing all sorts of energetic imbalances to happen, from mysterious pains to chronic illnesses and mental disease.

Vows, pacts, agreements and cords from past lifetimes may act as walls preventing healings from being effective. All discarnates, cords, dark beings/entities, vows, pacts, agreements, implants and seals must be effectively removed before any healing takes place.

- **Exists a hole in the energy field**

A condition that often escapes detection. Severe emotional trauma may cause one or more auric field holes, keeping the body in a permanent state of imbalance.

Unless the hole is mended, no healing will take place, because the body will be constantly leaking precious vital energy.

- **A chakra is leaking energy**

Another condition that often escapes detection. Chakras have petals that open and close continuously, managing all sorts of energy demands. When this mechanism becomes faulty, even stuck open or closed, the chakra may leak energy - or, in extreme rare cases, run almost none at all - and work in a state of permanent imbalance. It must be healed, rebalanced, deprogrammed from underperforming and reprogrammed for excellent performance before any healing happens.

- **Unable to hold the healing energy**

One more condition that often escapes detection. Due to a complex series of energy imbalances, meridians and nadis may be short circuited in one or more spots, preventing the healee from holding the healing energy. It explains why some people feel good temporarily and, after sometime, see all their symptoms, aches and pains back. Without healing the nadis-meridian system first, no treatment will ever be effective.

Nadis are an extensive net of about 72,000 ethereal channels, a nervous system just outside the physical body, but directly connected to the physical nervous system, that distributes the energy and life force of each chakra into the physical and subtle bodies.

Meridians are ethereal paths of energy that carry life force, they work together with the nadis, performing the same functions inside the physical body.

- **Person is being vampirized**

Many people we see in our daily lives - although unbeknownst to them and unintentionally - are energy vampires. Vampirism happens when an energy tube is established between the vampire and its victim. Through it vital energy is sucked out from the victim's body and, at the same time, replaced by toxic dark energy with accumulative effects, capable of creating all sorts of physical imbalances.

The energy cord is always attached to the victim's root chakra, but, in severe vampirism cases, also to the heart chakra. A vampire drains its victim for life, until one of them dies. The vampire's death does not erase the toxic dark energy accumulated in the victim's chakra(s). A person can have more than one energy vampire. In some extreme cases, even six or seven.

(continued from previous page)

**Among the many devastating effects of vampirism, the victim cannot hold the healing energy.**

All chronic skeleton related pains (like in the spine, neck, shoulders and joints), lack of energy, feeling drained, chronic fatigue and all blood diseases which do not respond to any treatment, plus all forms of dementia and schizophrenia can be traced to energy vampirism.

No effective healing will ever happen if the person is being vampirized or still holds years of accumulated toxic dark vampire energy.

• **Soul not finished evolving through that condition**

Situations like cancer, mental disease or Down syndrome, to name just a few, happen for karmic reasons, to teach a lesson to the patient and all people involved in the process. It may be about love, rejection, patience, acceptance, abandonment, etc... When that is the case, despite the best efforts, no treatment will ever be effective until the lesson is learned. It may be temporary - explaining why cancer and mental disease, for example, may be reversed in some cases - or permanent, until the patient dies.

• **Person may be trying to get better for the wrong reasons**

We all have a life contract to fulfill and a spiritual path to traverse. If we stray away from it, a breach in our life contract is made. Disease may set in as a warning sign. Healing may not happen if we are denying the lessons the universe is throwing our way and want to get better to transgress once more.

• **Person may be entrenched in reparation-restitution mode**

Every time someone is in reparation-restitution, revenge, jealousy, envy or manipulative/power seeking mode, he/she is poisoning his/her entire energy field, closing it to healing. Unless forgiveness, compassion, cooperation and love take place, self-emotional poisoning will prevent any effective healing to occur.

• **Soul may have learned all it needs and is preparing to leave so that it can incarnate again and put lessons into practice.**

• **Soul may be offering itself or someone else a lesson or opportunity to change/grow**

On Earth we learn mostly through pain. It does not mean we are here to suffer. Pain is somehow unavoidable, but suffering is our choice. Before we incarnate, we establish a life contract where our goals to be met in this lifetime are recorded.

It can be anything, like learning more about love, rejection, acceptance or forgiveness. Then the universe will create the conditions to make it happen through family, relationships of all kinds, jobs, neighborhood and country we live, people we meet and all kinds of situations and experiences, temporary or permanent. It may be repeated until we learn our lesson.

Illnesses like cancer, Alzheimer's, Down syndrome and Parkinson's, to name only a few, may take a heavy toll on the patient and everybody involved in the process, but not by chance. It is a collective learning process. Everybody involved has signed up to experience it in order to learn something from it and each other.

• **Condition is beyond repair**

Illness may have advanced to a point where the body is unable to heal and recover.

The difference between energy healing and the drugs/surgery approach is the former requires you to heal your inner self in order to, then, be physically healed. On the other hand, the pain killer/surgery method is mostly almost immediately effective, because it may bring faster relief from the symptoms, which is what most people are solely interested on. One requires you to change from the inside out; the other brings you fast physical relief without touching the core of your inner issues.

It is always on the patient to decide which approach works better in a particular situation, what the personal goals are, how deep inside they want to dig, acknowledge and get rid of their inner ghosts.

When people cannot hold the healing energy in their bodies, there is a prevalence of dark energy in them that needs to be either removed or neutralized before the treatment begins.

Also, illness is associated so closely with fear and negative patterns that we can become as frightened of healing ourselves as we are of the disease itself. That is when denial sets in.

• **Reprogramming was not done**

Many times removing something from someone is not enough, because it must not only be released, but also its memory erased from the body cells through deprogramming and reprogramming.

• **No self-love**

If you do not see yourself as the most important person in your life, self-love is lacking in you. Willingness to heal is a powerful act of self-love. But, if you reject and degrade yourself, feel undeserving, put job and others ahead of your own needs,

the unhealthy relationship with yourself will prevent you from holding the healing energy.

For clarification, self-love is not selfishness. Taking care of yourself first and then of others is self-love. Catering only to yourself and ignoring others is selfishness.

• **Person does not want to heal**

Another condition frequently overlooked. Life challenges, physical and/or emotional, are unbearable, the person is tired of suffering and sees death, secretly or openly, as the only solution. He/she may even accept treatment, but no longer has the spark necessary to rebound from the condition.

Another situation is when the person profits from the illness, which can bring financial aid, attention and even be used to control other people through emotional blackmailing. Spiritual junkies also fit in this category. They have happily tried everything, visit regularly several different practitioners, are attention seekers and superficially interested in spirituality, always searching for novelties, adrenaline and excitement, not really into being healed. Otherwise, if healed, where would they get their adrenaline fix from (although that could be healed too)?

**A cautionary reminder to our readers**

We are all wired in different ways. Do not believe in claims like "everybody can do it"! Just because you ride a bike it does not make you automatically a contender in the Tour de France. Healing work, if you are wired for it, depends not so much on the technique, but mainly on the amount of energy you can run, your intuition, the channels you have open and the light beings (angels, ascended masters and extraterrestrials) you are associated with.

Also, there is always a technique that resonates more with you. Add and mix all the elements that serve you best, without being enslaved by a specific method and labels. The old saying that variety is the spice of life applies to healing too. A technique or method is only a starting point, a foundation to build upon. Dare to explore!

Learn from others, know and understand your limitations, but do not compare yourself to them. Most healers only refer to their success stories, but not all that glitters is gold. Follow your heart, trust your intuition.

(\*) Angelic Reiki master. Reach him at [terra.flora@yahoo.com](mailto:terra.flora@yahoo.com)

# Share Your Story

From this edition forward, the Newsletter is going to have this space, so that, if you want, you can share your story. If you have an experience that you want to tell everyone about, feel free to send me an e-mail: [sara.nsousa@reikiangelico.pt](mailto:sara.nsousa@reikiangelico.pt), with the subject "Share Your Story". I believe it is going to be a beautiful place of sharing.

## EASTER SUNDAY 16 April

By Carlene Stanislaus\*

**T**o mark Easter Sunday I wanted to read a few words from my Bible, which I managed to do. "With God all things are possible." Matthew 19:26 I had intended to just read a few lines, however I continued reading paragraph after paragraph as I felt I really needed to keep reading, until I came to a point where I felt I could stop.

The time was getting on and I wanted to get myself washed and dressed, as I pondered on whether I should take a shower or a bath. I suddenly had an overriding feeling that I had to have a bath. Soon after, a thought popped into my head which said I had to have a bath. Whilst in the bath I needed some rock salt to add to the bath (3 teaspoons full). As I continued to prepare my bath, a voice said "today you are taking a spiritual bath. Along came other ingredients for my spiritual bath, rose oil, jasmine oil and anointing oil.

As I sat in the water and cleansed myself an affirmation came flowing in; "I wash away the old me and today a new version of me is born filled with love and light".

This was a new experience and a very special kind of bath. Once I finished taking my bath, I continued with my day. I decided to sit outside and enjoy some sunshine and fresh air.

I had been outside for around an hour and suddenly had a strong feeling that I had to go inside and change my flip flops for birk-enstocks. I was unsure of the reason why I had to go inside and change my footwear, however I went along with it. So I went inside changed into my Bikenstocks' and as I did this I looked down at the rug and noticed something which resembles a dry leaf.



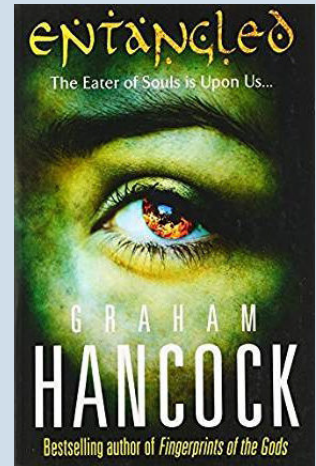
My first thought was how on earth did that get there, let me sweep it up. As I proceeded to move closer to the leaf, I looked down and could not believe what I was seeing. The Leaf was a perfectly formed cross.

From the moment I was taught to pray, I felt drawn to Jesus and have always prayed for his love, guidance and protection, throughout my life and today this very special day, I received unwavering confirmation that he's with me.

*I knew Jesus was close by as I could feel and sense his loving presence.*

(\*) Carlene Stanislaus, Angelic Reiki Master Teacher

Book Review by  
CHRISTINE CORE



This is a story based on a careful and honest recording of a genuine experience. Graham Hancock is a well-established and, in open-minded circles, a well-respected researcher. I feel that evidence of the commitment and dedication to hands-on research is that he and his photographer wife have actually done hundreds of deep-sea dives in their search for ancient civilizations, now hidden at the bottom of the sea.

Another demonstration of dedication to find profound hidden wisdom is the practice of shamans around the world of using hallucinogenic plants. We have generally allowed ourselves to be disconnected from this source of wisdom by the systematic misuse of these gifts of nature. Graham Hancock characteristically was only interested in the evidence of personal experience. I invite you to go past any opinion you may have of how this book came to be written, and simply let it open up, just through its pages, a door onto a greater reality.

It is a book that points to how to complete the circle.

Angel Blessings, Christine

*We hope you've enjoyed the newsletter and we'll be back for the autumn equinox edition. In the meantime, to get in touch about any of the articles or share any AR experiences, email [sara.nsousa@reikiangelico.pt](mailto:sara.nsousa@reikiangelico.pt)*