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# Finding the Compassionate Warrior

## Editorial by CHRISTINE CORE

I am in Australia as I write this, an Angelic Reiki Gathering and Update next weekend and New Shamballa and Golden Heart Merkabah starting the week after. Then back to Taiwan for another seven day Golden Heart Merkabah.

Lucky, lucky me and such a gift to be 'teaching'/learning these again. I keep saying it, but it is true; there will be something new.

Remember you can link in to these classes over the collective consciousness link. I always ask to be linked in with everyone who has done any of Kevin and my workshops. Anyone who is interested in this work can connect in by stating their intention to do so.

Being away means that I am not unto date with current affairs (great term !!!) I do, though, absolutely know where we are in terms of our Human journey!

It is the time for the WARRIOR.

We have, generally, a very dysfunctional relationship with this archetype even though it is one of the primary ones. We find difficulty, I think, because of our understandable relationship with war, aggression, violence etc. It might seem that I should be talking about the opposite. I think that one of our ways back to understanding this particular Divine archetype and creating a workable relationship with that Archetype, is to investigate how it has been presented in myth, legend, history, film and nature. It is interesting to note that, as far as I can see, all great people that we remember in history, have done warrior in some way.

It is interesting to note, with some irony, that many people on the 'spiritual journey' who avoid the shadow self, in preference

for an idea of just being 'love and light' have Archangel Michael as their Archangel of choice. This Angelic archetype in Warrior. Most pictures of Archangel Michael include a sword or other weapon.

I really do invite you, in whatever way appeals to you, to investigate a way to bring warrior energy into your life. We really need it now! There are ways of living warrior in our daily life.

How do you wash up, shop, drive, make love?

How easy is it to avoid being aggressive and loose powerful warrioriness?

How do you respond to the new recoiling or standing up.

How do you meditate, back straight like the Buddha (it is heard work) or soft and passive?

Who are the warriors that you can call on as guides and helpers?

Do you, like me, have a band of Galactic warriors you can call on?

Finally; how would you describe your relationship with yourself? The compassionate warrior is a powerful act of self love.

Christine



# When People are “Beyond Repair”

By Jose Luiz\*

One day a woman called me to treat her husband who had advanced cancer. After checking his energy, I told her there was no turning point for him. His condition could have been reversed or greatly improved if treated earlier. In other words, he was beyond repair.

We all have faced situations in our lives when things were beyond repair, either because the damage was so great it became impossible to fix or the cost would be higher than buying a new one.

Although anything can be healed if properly and timely treated (as long it is not part of a permanent karmic path of learning), our physical bodies have limits in their ability to recover determined by age, health and long time practices like fitness, nutrition, addictions and mental/emotional attitude towards life. Everybody is different because we also have different life paths. There is never a perfect one size fits all solution.

Karma also plays a very important role in what can be healed in a particular situation. The man with cancer whose wife called me for help needed the illness to learn through it. His health had been deteriorating for years. Actually, when an illness of that magnitude strikes a home, everybody around learns from the process.

If he had to have it, why did I write he could have been helped with earlier access to appropriate treatment? Because finding the right treatment in time is also karma. So many times in life, when looking back, we say: “If I just knew then what I know now, things could have been quite different today”.

Pain teaches a lot! Sometimes it is the unconsciously chosen path of learning. Everybody involved in the process, from the ill person to family and caregivers,



will face their own mortality and take lessons in patience, love, detachment, non attachment and forgiveness. Destructive emotions like fear, guilt, rage, hate, frustration, despair, resentment and rejection will be confronted and dealt with. Some will learn from the process and evolve. Others will shy away or pretend to ignore it, but nobody will stay untouched. There is always a higher reason for everything to happen.

*As in all aspects of life,  
what counts the most is  
not what we have, but  
what we do with it.*

Whatever the outcome, unconditional love must prevail! If conditional love, fear, anger, hate, frustration, unforgiveness, resentment, worthlessness, rejection, abandonment and feeling unloved prevail, everybody loses. As in all aspects of life, what counts the most is not what we have, but what we do with it.

Regarding treatments to terminal illnesses, the patient can always be prepared for a better transition from life to death and to cross over. Repressed emotions (almost always a big factor in the illness itself), attachments to people, situations and/or things and unforgiveness - even from past lives - can be released and dark energies connected to emotional cords, seals, entities and implants removed. Successfully releasing blockages and removing dark energies can bring immense emotional and physical relief to anyone, even to terminal patients.

When they are beyond repair, it is no longer a matter of finding a turning point, but of offering them as much relief as possible and facilitating the transition and the crossing over. No investment in inner growth is ever wasted, even when facing physical death.

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# Understanding Depression and it's Causes

By José Luiz\*

## ATTACHMENTS

Despite being considered a crown chakra issue, depression has its root in a blockage in the heart chakra. It is a severe emotional imbalance that triggers an electrical malfunction of the brain. The symptoms can be greatly aggravated if dark beings (attachments) are present and if the person is being energetically vampirized.

Depression can always be traced back to some incident that hurt emotionally the heart, which, defending itself from further suffering, closed the heart chakra. Unable to heal the emotional wound, it is kept permanently closed, causing the blockage. Since the heart chakra acts as a bridge between the lower and upper chakras, if it is blocked, the person becomes disconnected from her/his body and the lower chakras. The result is spending time exclusively at one of the upper chakras. If it is at the crown, the consequence may be depression.

Yes, victims of depression show chemical imbalances that can be balanced with drugs, but this is a consequence of being depressed, not the cause. That explains why they have to stay medicated forever: it is only palliative. Nothing is healed, because the heart chakra stays blocked, with all its consequences.

Depression can be successfully reversed when the heart and the crown chakras are energetically rebalanced and healed. The trauma causing the heart chakra blockage must be released first, when no attachments and/or energy vampires are detected. If it stays there, no treatment will ever be effective and the person will always depend on medication to be emotionally stable.

Sometimes, dark beings called attachments are present, attracted by the energy imbalances, from which they feed on. Their presence makes the treatment of depression more difficult, because, if they are not detected and successfully removed, no effective chakra rebalancing will ever be possible.

Fatigue, loss of energy, indecisiveness, insomnia, hypersomnia (excessive sleeping), persistent aches or pains that may even come and go periodically, headaches, recurring thoughts of death or suicide are symptoms usually associated with depression, but, in fact, they are a clear sign of attachments doing their damage.

Depression is a very complex emotional imbalance capable of triggering a broad array of symptoms that must be treated as a package, not individually. If the treatment does not address the possible presence of attachments and energy vampires, removes chakra blockage and rebalances one's energy, it does not heal. It may, at best, keep someone enslaved to endless treatments and perennial use of medication.

## VAMPIRES

Vampirism by humans is a vast subject beyond the scope of this article. But it must always be considered when dealing with depression. The energy vampires in human form must be recognized, neutralized, their toxic dark energy removed from the root chakra (their main and first target) and, in some cases, even from the heart chakra. If energy vampires are not considered and not properly addressed, their presence will render any treatment ineffective.

Just for the sake of clarification, the energy

vampires mentioned here are not the classical depiction seen in movies. Humans, almost always unbeknownst to themselves, can vampirize energetically other humans. Once started, the invisible connection stays for life, even when they no longer have any contact. Only death ends it, but, even so, the victim still keeps carrying the dark energy and all its damaging effects. It must be all removed.

The effects can become devastating over the years, because of the continuously accumulated toxic dark energy stored in the victim's body through vampirism. It is a two-way road: the energy vampire sucks out the energy and replaces it with his/her own toxic dark energy. Only people with lots of dark energy accumulated through many lifetimes and, at least, one heart chakra trauma can be vampires.

## TREATMENT

Yes, depression can be effectively healed (even through distance healings) without a lengthy treatment, but all factors involved must be detected and thoroughly worked on.

Human energy vampires and attachments do not cause depression, only aggravate it. In order to be successful, the treatment must first target the attachment's removal, then deal with the energy vampires. Only after that heal the heart chakra trauma(s) and rebalance all chakras as needed.

Although considered a crown chakra issue, the majority of the treatment is not aimed at it. Healing everything else will allow the person to stop seeking refuge energetically in the crown and reconnect with her/his other chakras and physical body.

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### February 27th

*It is nonsense to insist that we cannot achieve enlightenment without learned and pious teachers. Because wisdom is innate, we can all enlighten ourselves.*

Hui-neng

No comment needed.

### March 9th

*Spring flowers, autumn moon,  
Summer breeze, winter snow -*

*When the mind is free from  
unnecessary thoughts,  
Every season is just perfect!*

Ekai.

Take the mind away from creating an illusory reality and all of nature is revealed in it's simplicity and glory.

## 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)

### March 12th

*Do you want the truth? Then abandon words and silence, and live your own Zen.*  
Ekai.

The master shows that doing anything, even not doing, is mind. Abandon this without doing and you are expressing your Zen.

### March 13th

*A student came to a monastery to seek the truth of Buddhism. "Why have you come to a monastery?" asked the master. "Why do you neglect your own precious treasure at home?" "What is my treasure?" asked the student. "The one who asks the question is the treasure," replied the master.*

We often feel that if we could change something in our lives it will make that life better. To do lots of meditation or visit a holy place will somehow change our perception of self. The Zen masters taught that the most profound practice was to live life wherever you may find it.

# The Angelic Reiki Book

By Patti Silver\*

**M**y name is Patti Silver. Before I became aware of Angelic Reiki, I lived by the sea in a beautiful little town in Cornwall. I practiced Usui Reiki, and the holistic therapies reflexology and massage. Living by the sea also inspired me to write, which became my passion. My 'journey' with Angelic Reiki began in 2013, when I attended Christine Core's 9 Day Angelic Reiki workshop in the Lake District in the UK. Never would I have imagined the transformation that would occur; it felt as though many of my spiritual 'beliefs' (including my perception of angels) were turned upside down, given a good shaking and unravelling, to then reveal wisdom and truths not envisioned previously.

I then felt compelled to do the Golden Heart Merkabah of Creation workshop with Christine, which brought about a whole new set of revelations. It is a much-loved daily practice for me; the creative energy is dynamic, and the dedication of one's consciousness to be the perfect vehicle through which the Divine can flow is such a blessing and a joy. The Sacred Geometry taught in the Merkabah workshop is the key to understanding how the laws of creation work, and how light structures itself into specific creative patterns.

The New Shamballa workshop then beckoned me. Bringing with it depths beautiful love; how do you describe the purest love of the Divine except with the words we have at our disposal such as 'unconditional', 'sublime', 'heart-felt'? I don't think words could ever explain the love that is felt with the energy of Shamballa. It is something that has to be experienced; something that leaves you feeling the deepest empathy and compassion for all of life, and a humbling honouring of the sacredness of life.

With this trio of modalities, how could my life ever been the same?! Life can still be a rollercoaster; one minute up and the next minute down, but underpinning everything is the gift that this trio has brought me. Namely, ancient spiritual wisdom and truths, and an ever-deepening concept of the pure love of the Divine.

In the Merkabah workshop, pranayama breathing is part of the teaching, and I feel that a real appreciation of the breath is of great benefit for any workshop or healing practice. I have recently started attending yoga classes. The teacher is very keen on teaching breathing exercises. When he was a child he suffered with severe asthma; indeed it was so bad that he had to have adrenalin administered into his

heart. Later in life, he made up his mind that he was going to find a way of freeing himself from asthma. He researched all manner of breathing exercises and eventually he 'cured' his asthma, and he is now completely free of it. Local doctors who have patients with severe breathing difficulties will often suggest that they 'go and see the yoga guy'. He has helped people that the medical profession could not; one man who requested his help had not been able to leave his house for a long time, because he simply could not breathe. Now he is able to get out of his 'prison'. The discipline of practicing breathing exercises is most beneficial for all healing modalities.

There really does seem to be a gift in everything! For the last couple of years, I have been helping Christine with the booking of her workshops. This was challenging for me in the beginning, as my computer skills were very limited, but it made me confront things that I previously would not, and it got my brain cells working as well!

Another wonderful gift has unfolded very recently for me. I have been proof-reading the Angelic Reiki book written by Christine (at some point it may be re-published). When I first began the proof-reading, it very soon occurred to me that this was actually a great blessing for me, in that it was making me read the Angelic Reiki book once more in great depth, and with great concentration. I thought 'Wow, this book is actually quite amazing!' We may read lots of different books on our spiritual path, always looking for new revelations; answers; insights. I realised that right here was a book that contains depths of knowledge and sacred truths that upon my first reading, I had not fully appreciated. It really does sweep away all illusions and myths, revealing ancient wisdom that is timeless. When I first read the book, before I did the Angelic Reiki workshop, a lot of the information in the book was new to me, and a lot of it I probably did not absorb.

I can really recommend reading the Angelic Reiki book a second time. I feel that what arises when doing this, is that synchronistic pockets of information grab the attention, giving those 'light-bulb' moments when answers appear for things that are currently relevant or challenging for us. For me, what I sometimes struggled with spiritually were two almost 'opposing' concepts: that on one level we create our own reality, but on another level everything is in the hands of the Divine. I came across the perfect answer on pages 20 and 21:

'Where we are in consciousness is

reflected in what is around us'. In this way, we 'create' our reality because our level of consciousness brings to us the synchronicities that unfold our reality, yet of course 'the higher truth is that there is only the Divine Plan.'

The following are a few examples of what 'stood out' for me personally:

Page 63 has Christine's channelling of Djwhal Khul, which is lovely to read and digest again, reminding us that 'Disease in all its forms is not an ill to be fixed.'

Page 65 contains information that was a helpful reminder for me: '... a lot of suffering we endure is because of our belief system about disease.'

Page 70 - 71 reminds us of 'appreciating and welcoming life as it is', instead of a common spiritual belief or practice of 'peeling off layers of the onion', constantly trying to improve and be perfect.

Page 147: The Invocation of Angels for Specific Purposes: The Gifts of Seventy-Two Angels. I found reading through this of great interest, and I had to ask myself the question, 'Why don't I ever think of asking a specific angel for help with a specific task or occurrence in my life?' It is simply something I just haven't thought of doing; but of course it is all so perfectly natural to do!

There are many beautiful passages in the book including, on page 37, a perfect description of how we are infused with the angelic energy to become the angel. But I would like to finish with a paragraph on page 31, which seems to be the perfect summing up:

'There is an amazing supreme intelligence which is the creator. This wondrous presence pulses out waves of energy, gracefully weaving this web of life in infinite variety and form. It maps the cycles of galaxies and stars, spins the spirals of DNA and crystallizes the form of rocks and trees. It is an emanation of light and love and the web woven is of Divine design. The consciousness that holds this creative patterning is eternally perfect and in balance. It is the Angelic Kingdom of Light.'

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

# Shadow and Light!

By Sara Neves de Sousa\*



**S**pring is here and with it brings more hours of light. That, which was hidden during the winter time is coming to life. Life is beginning again. So, I believe that this is a great time to talk about light and shadow.

This has been recurring theme in the Angelic Reiki workshops I have facilitated.

When I started this path, it was transmitted to me by several people that the shadow was something that I should “tame”, it was something evil and that it was something to deny and hide. And for some time, that’s what I did. But the shadow was there and was always and for that reason it made itself felt more intense and this made some things extrapolated to levels more intense than if I had accepted and worked with my shadow. And this taught me that we should love our shadow, we should not deny it, it is part of us, the shadow is something created when there is light, one does not exist without the other! There is no shadow if there is no light, so to be light, we have to take up and accept our shadow.

When the sun shines bright in the sky and touches all things on earth, creates shadow, is it therefore less good? Are people, plants, animals less light because they have a visible shadow? I do not think so!

I am not worried about those who speak and defend the darkness, for they openly show who they are, but those who belch holiness! Those leave me a little worried, because this need can bring some hidden agenda!

Always try to feel things in your heart, we are all different, but we all exist in this plane with a purpose, we are all parts of the same puzzle, so we are different, we really have to be! Acceptance is needed!

Truth and Love always end up being revealed, sooner or later!

We are everything, light and shadow.

The brightest light casts the darkest shadow!

So, the more light you have, the bigger your shadow will be, but it will not make you less brighter.

We can’t be light or dark, we are both, so honor your shadow and your dark side, because ignoring it, won’t help. If anything, it will bring you more headaches!

What we need to do is bring balance between the two, like the yin and yang, light within the dark and dark within the light.

**\*Angelic Reiki Master Teacher**

*We hope you’ve enjoyed the newsletter and we’ll be back for the summer solstice 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)*