

Abraxas

The official newsletter of Angelic Reiki

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EDITORIAL

by Christine Core

You may be wondering why I have not sent out a message to create a worldwide Angelic Reiki healing in response to some of the appalling things that are happening around the world at the moment.

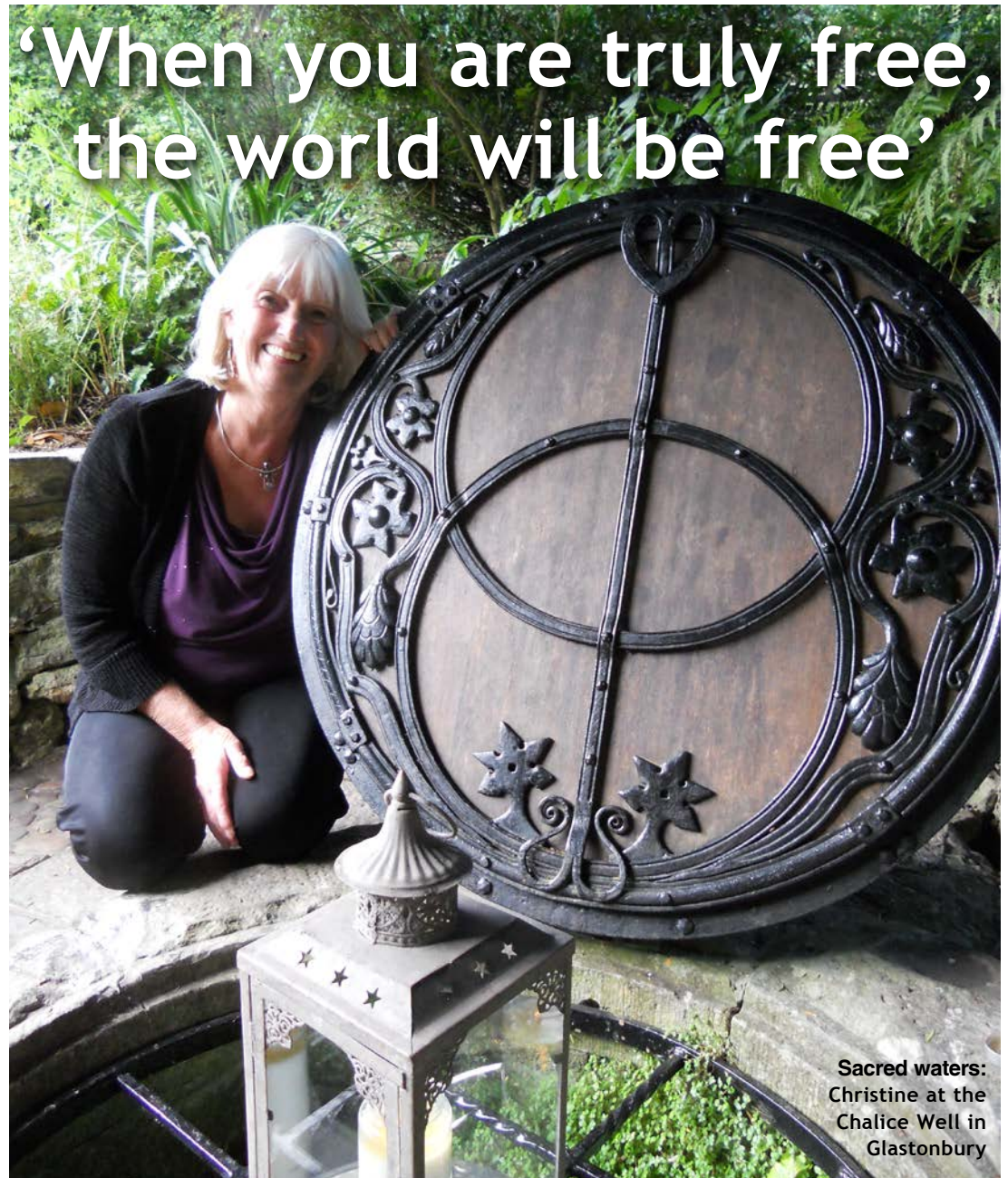
It is not, I can assure you, that these events do not tug at my heart with sorrow and compassion for the innocent children, men and women who are pawns in an unfathomable game of destruction and power. I am sure too that you are struggling to understand and dealing with the horrendous acts that humans are doing to one another.

Yesterday I started writing a message inviting everyone to get together to send some healing to Gaza but I could not finish writing it. Something did not feel totally in integrity. It is not the first time this has happened and I (Christine personality) do struggle to understand.

Integrity is the key word. There is always a part of us that calls out to us when we are not acting in integrity. There is a deep untaught, gut knowing. Sometime we listen even if the thinking mind does not agree and sometimes logic wins the day.

Integrity demands that all levels are integrated and the action is coming from a congruent truth. Congruent truth is absolute Divine Love. Beyond any human feeling; it is the 'Law' which underpins creation.

When someone, a client or friend, asks for a healing they are acting from their own agenda and desire. They have decided to take that action for their own hopes and reasons. This makes it easy for us to let go of our intentions as we, and the energy, are guided by the recipients desires. When I was giving healing to Kevin, even when it became obvious that



Sacred waters:
Christine at the
Chalice Well in
Glastonbury

the cancer's process (purpose) was taking him out of the incarnation, it was challenging but nevertheless possible to allow the energies to work for a higher good I could not see or know.

If I was to suggest that we sent healing to Gaza the question would be 'Why?', 'What was prompting me to do that?'. This statement may sound ridiculous and cold-hearted. But I seriously have to ask the question, 'Do we really

know what is going on?'. It is certainly not what we hear in the media. The media has so screwed the truth that it is near impossible to get a sense of what is really going on there.

In order to clarify what I am trying to say I need to go back to a story about Kevin. It was late spring of 2008, just over a year before Kevin was to die. He was going through a particularly difficult time and he decided to send out a

message asking for everyone to send healing. There was a desire, a hope in the Angelic Reiki family, that Kevin would not die and that Angelic Reiki would cure his cancer. These desires came through with the 'healing' energy.

The energy was not in integrity with what was unfolding. Kevin was dying. Kevin felt the energy to be discordant, it made him feel worse and we had to block it and ask everyone

1 not to send any more healing. So if we choose to initiate a healing we have to be in an absolute unconditional place which begs the question 'Why?' or be able to set the intention from the highest perspective which by definition we cannot see.

Just as an illustration of the complexity of the situation in Gaza; I believe that a big part of the story is connected to the agendas of the Second World War. And the story does not really start there. I do not believe we have access to the full picture. I would like to recommend listening to Patrick Henningsen and Max Igan on Red Ice Radio (redicerradio.com) for more of the story - and I do not think that this is the full story either.

Just to illustrate how much we, the human you and me, do not know the full picture I would like to tell you a story that Caroline, AR master teacher from Bristol, shared with me the other day.

People very dear to her died in the tsunami of 2004, so understandably they were very aware of the impact that event had on that part of the world. It felt to be a terrible thing that had happened and it was difficult to come to terms with the loss and scale of the event.

Recently, while doing a personal process through rebirthing, Caroline entered a place in consciousness which enabled her to 'see' other realms. In that place she saw the joy, light and beauty of those being who had chosen to leave together in 2004.

Integrity requires alignment on all levels. Yes, if you know that you can send healing from a totally zero-intentioned place with no agenda then that is lovely.

One thing that we can each totally do is look at our own day to day lives and see how much we allow ourselves to collude with the control system. Just how free are each of us in our personal lives? Are you owned by your bank, victim to the opinion of others, hounded by the taxman, living according to someone else's values, culture and rules? When you are truly free, the world will be free. The work is at home and the time of 'saviour' is past.

From my heart with Love,

Christine

An AR healing process update

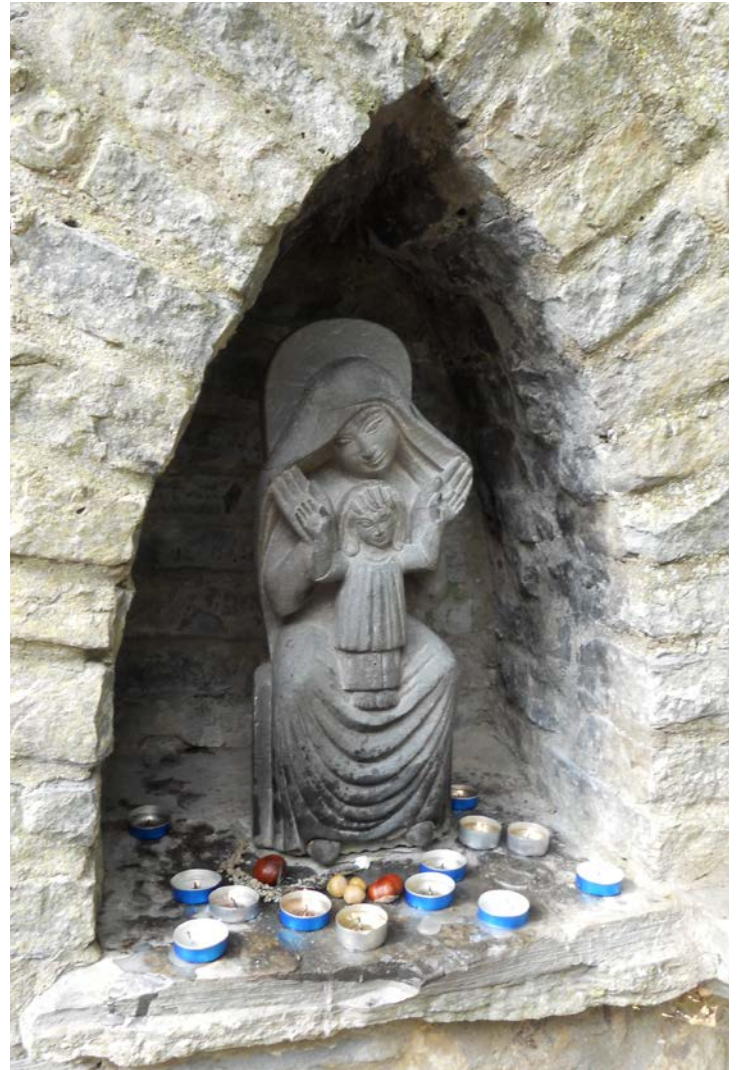
Transcribed from a talk by Christine

Some of the Level 1 and 2 manuals have little bits in that are no longer relevant and some bits need a bit of clarification or explanation, so I'm just going to spend some time clearing up those bits now.

When doing a healing exchange, once the room is prepared and I'm prepared etc, as I'm about to start this process I say once again: "I dedicate this space to the most perfect healing for the person in front of me."

It's important for the healer to be aware of his or her own consciousness. We just have to turn up and hold the space but it can be challenging as a healer to totally let go of all outcomes for the person in front of us. We need to scan our consciousness and check, "Do I hope this person will get better?". If so, get rid of it. The same with "Am I worried that they might not feel anything, it might not work and I haven't done many healings?" and all the rest of it - breathe it away so that you're turning up for that healing without any agenda at all. No hope, no anticipation, you've just turned up. You are the consciousness that is holding that space and if you have any agenda in your consciousness that agenda is also in the healing space.

There's lovely story that I'd like to share that Brandon Bays of the Journey book and work tells in her seminars (her work is something that I'd really recommend, by the way). During one seminar that I went to, she said previously someone had asked her, "How do you prepare?" and she said she had answered "I recommend that you prepare as if God is gracing you with its presence, because that is what is happening. I



Offerings: A shrine in the Chalice Well gardens

personally clean my house, I personally bathe." This is wonderful because it brings humility, grace and an understanding that wisdom has brought this person that has just popped into a body. It gets past that there is somebody ill, or has a problem, or has depression or whatever the story might be. That problem or story is not coming and anyway, who are you to do anything in the grace of God?

That space of grace is really important. One of the hardest things for humans is for us to really, really get that we just don't know and that that is 1000% OK and right. It's ok to

not know and be in that mystery - what we're working with is a mystery, this is a mystical school. It's important to take time, not to get the hands ready, or stick them out, or sweep someone's hair away - that's all over. Just be. Do the front door exercise, so that your consciousness and physical body are integrated, interfacing. For then you are truly incarnate, truly how you should be: grounding that energy in the heart.

Then we step forwards and place the hands on the person. It's hands before merging of consciousness. It's best if they are two separate actions, because if there is a lot

2 energy that is manifest, it needs to be a sensitive connection, full of grace, because otherwise it can be too overwhelming. Know that the other person is consciousness and so are you, and then merge and integrate. Then do whatever feels right for you. The angels know what they're doing. It's a case of "Thy will not mine". Just booking the appointment will have summoned the most perfect energy for that person and there is no need to ask or call for anything. It's just there and it's allowing that energy to infuse that pool of consciousness. The magic is that. What we have there is three in one, which is the primary creator energy of the divine.

One of the misunderstandings that are around is that all the processes that are part of Angelic Reiki are things one must do and they are not. Those are learnt as artificial processes in the brain, so that the human brain knows what to do here, in the physical realm.

Once you have merged there is just breathing and a sense of letting go of you existing as much as possible and becoming that three-in-one and that's magic, that's alchemy, to become the angel. What would it be like if we weren't calling something in from outside but it was just issuing forth? That's the truth, letting all personality go, so that there is no healer. They cleared off a while ago! There is just breathing and awakening in the consciousness that is looking after all this, so please focus on the heart.

If in the AR workshop training you hadn't gone through all the processes of "opening the third eye and extending the beam etc etc" then the human brain wouldn't know what to do. So the workshop is training for the human machine that has turned up to facilitate that process. So it's just holding that place and let arise whatever arises and you are the facilitator of that. It may be that nothing arises.

When it feels complete, if you want to say "If there's anything else, please bring it", that's fine. If you don't, that's fine as well. Then ask Archangel Michael to ground that in the



History: The drinking fountain at the Chalice Well gardens, above, and the tiered pool in the lower gardens, left

here and now and that is done. Then with gratitude allow the angelic vibration to dissipate, to return from whence it came. The angels don't come in from anywhere, because if they did then we'd be able to find their hangout! They'd be behind the left cloud going right and well, you get my meaning!

In some old versions of the manual, it talks about only

calling in the highest light of the angelic energy, or something like that. Well forget that, as if there could be anything else! That comes from a time when first looking at the non-interference affirmations. Somebody asked for that to be put in as there were fears and worries around it. Well, now I'm saying 100% wipe it out, cross it out, it's totally irrelevant. It's like

someone saying, I'd like to buy a torch, can I have one with light coming out of it! As if you could buy one with dark coming out of it! So let it go. Another one is to ask the angel to do anything you might forget. That's another one that needs to be let go of. You are the facilitator, you are the master, you are the consciousness who is initiating this and if you have the perception that you can ask the angel to fill in for the bits you've left out - well I do hope that sounds like utter rubbish to you, because it is!

Those things were included when the manuals were first written in 2003 and we were in a very different place with very different consciousness. Groups back then would say "What if I get something wrong?" and we would say "Oh don't worry, the angels will help". But I think we've all grown past that now.

What is healing?

Transcribed from a talk by Christine

I've been on the healing journey for 26 years, probably longer. I don't think I'd get marks in a class for being longer or better than anyone else. I say this to try to illustrate the wisdom of zen - that is, there is only a healing journey if someone thinks they are on a healing journey and the moment you give it up there is no healing journey and there never was.

To the mind that is a bit of a conundrum, I invite a new perception of healing. Changes happen. To be a healer means there has to be something wrong and they have to fix it and, hey ho, that's better. Who says it's better? That's just total judgement. Everyone who's on a healing journey, well, have you ever met anyone who is on the healing journey that has got there?

All I can say is that in Angelic Reiki we don't do healings. The paradigm of the healer and doing a healing comes from the medical model - somebody is the healer, somebody's the expert and they are now fixed and better. It's disempowering, it's all sorts of things.

If you have a professional practice, you will have people coming to you thinking there is something wrong with them and that you've got something special and that you can fix it and that's alright. That's where they are, what they understand. I mean if someone rings up and says, "I've got a pain in my arm, a pain in my heart and a bad headache", you can't say "There's nothing wrong with you!".

You have to always, absolutely meet people 100% where they are and we don't project on them where they are because we know that's not true, they are in the illusion of a journey and where they are.

A term I've come across that I use in the shambala workshop is asking people to get a sense of who/what are/were you before your parents thought of you?

We did a lovely process that I've done a few times in work-



Family: The AR Glastonbury Gathering crowd in the meeting room at Chalice Well Graden

shops, which is really engaging someone, really looking into their eyes and asking who is there. And to say through those eyes, I see you, and that which we cannot describe, we can just get a slight notion, we cannot verbalise it, that sense of who we were individually and collectively before our parents thought of us was conceived in thought. "Hello darling, shall we have a baby."

The thought was conceived, that infinite field was conceived, an aspect of it was helped, and

that divine spark, for want of a better term, was conceived physically. And that divine spark had certain qualities to it. That spark has physical body built around it in a way. When birth happens, that particular quality of the divine is incarnate in a physical body and is born. Any of you who has had the privilege to look at a newborn baby - it's like, "My God, wow". Then something happens - and that is conditioning.

That divine spark finds out this place has conditions. I don't

get fed until I cry. This person cuddles me nicely, that one holds me too tight. That conditioning is a programme that is written, it works exactly the same as a hard drive. That which you are is an electromagnetic field, it is consciousness and it has been born.

There is that old saying from the Bible, "Give me the child until he is seven and I will show you the man" and that is exactly how it is, the basic programming is laid down until the age of seven, it is quali-

4 fied by the nature of the spark. Who is doing the programming, mum and dad, brothers and sisters, school and neighbours, television, culture, but it is all artificial, that is the personality, it's what responds.

If I say to someone "I don't like the colour of your jumper, why are you wearing it?" the only part that could have touched is the personality. It is the vehicle we live through. I want to be clear, healing is not about getting rid of the ego or personality. It's just the part you play.

It's like Shakespeare said, the world is a stage and we're just playing parts in it. It would be dead boring if none of us had a personality or any ego, we'd just all be blobs - this needs to be a play that will sell, otherwise no one will incarnate! That's why it needs to be the best drama!

You are here to live humanly, the most vital, creative, sumptuous, sexy life you want but to know it is not you. Say you are brought up with very critical parents and you, as an adult are sensitive to criticism. That is like being in a cage, if you don't get past it, it's like being in a cage because she's offended every two minutes. The programmes will always be there but there is no point in improving the programmes.

What I would like to suggest is that healing and AR healing, that being in front of you, that divine that has come, holding the space the knowing of that place, who you were before your parents thought of you can be awakened. That is unconditional love, doesn't try and improve, it totally accepts what's here, and it lives to the full through what's here, but it lives with love for every part of it and every one, it doesn't try to change it actually. So what if AR is NOTHING about healings at all. It's simply an invitation to know who you really are and that's all we can do.

One guy who I met back in about '93, and yeah he's got interesting opinions and is an interesting guy but he's the only person I know who's out there who's saying this, is David Icke and he'll tell you all about what is possibly going on, on this Earth and then at the end of it he'll say, "Humanity, you can't fix this, but it is immediately fixed when you get who you are".

Integrating the AR space

Transcribed from a talk by Christine

Part of your contract in being born on Earth is to work through your physical body. Most people have their consciousness somewhere else. Most people have this concept that this realm and the body is less spiritual than other realms; the angels for example, are definitely more spiritual than the bodies sat here on these chairs. That is not true. The divine has no hierarchy. So many people on Earth, especially those doing spiritual work, are ill because they deny the body. In everything that we do, especially in opening up the Angelic Reiki space, I am asking that you integrate consciousness and body. I am going to give you a simple exercise for checking where your consciousness is and how to integrate it into your body. You can check it anytime, anywhere you are. It's a serious exercise but it's also a little bit silly!"

Close your eyes

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

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

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

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

That's where your conscious-

ness is centred!

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

Allow the front door to change now into your symbol for love, it could be a rose or a colour. Allow your symbol of love to unfold. Bring that symbol of love, get a hold of it and bring it up and over your head and bring it into your body in to the space between your shoulder blades at the base of your neck, there's a gateway there. So bring your symbol of love into your body through that back door at the top of your spine. Place your symbol of love in your own heart and breathe into that. Whatever your symbol of love is breathe into it. Do whatever you need to do to keep that image of love in your heart. This image of love is anchoring your consciousness in your heart centre, and therefore in your physical body.

Let this feeling expand through your physical body.

Then let it expand out of your physical body to fill your treatment space.

Then open your space as you would do usually.



Teachings: Christine addresses delegates in the meeting room

And yes, conventional healings happen on the way and situations are eased and changed, and smoothed and made more pleasant, but that's only to the personality. There are certain things that happen that concrete a thought. This happened at the end of 2004-ish. Kevin and I got an email from a woman who had been in a 1&2 workshop in New York, didn't know what to expect and in some ways this is all you need to remember about AR. She said, "The first thing I saw was all of my stuff, my jealousy, self-criticism, hatred, you name it, and it was full-on gross." She went on to tell us how it all

comes up and with great compassion, she falls in love with all of it, her entire personality.

It's been manufactured, the personality has been manufactured by people in pain. In her email she said she had been in a state of bliss for weeks or months afterwards. That is the process of ascension - to fall in love with your rubbish. That's all there is to do, to find absolutely and utterly and live from that which you are before your parents thought of you and for that depth of love to just be with that that is here.

AR healing is an invitation for that knowing to deepen. If we as

a "healer" have a perception of fixing, we will totally annihilate and compromise that possibility. About three-and-a-half months before Kevin died we went to Egypt and he took a lot of looking after, and we did a lot of treatments at that time, and I had to go through a process where all my worries and fears as Christine were acknowledged and breathed away, otherwise during the treatment I would have been "Don't die, don't die, don't die".

It can be done but you've got to be aware of your agendas before you can let them go. You are all healers, there is no hierarchy. Yes there are things one needs to do to work with the energy a bit - such as levels 3 and 4 to really work with self-mastery and then practitioners to learn about professional practice and being out there with the public - but in terms of quality as a healer, a person who has just finished 1&2 now is just as good as anybody else - because you're not doing anything!

A tonic for the medical world

The following article is a write-up to an interview Claire Dixon conducted with an AR teacher from the US who teaches and practices at a Catholic hospital there. She has asked to remain anonymous due to the sensitive nature of material in the interview. She is referred to as “this AR teacher” at her own request.

This year’s gathering was a truly international affair. People flew in to the UK from as far afield as Jamaica and Malaysia. I took the chance to catch up with our interviewee from the US to talk about the work she has been doing there.

We met in the George and Dragon pub on Glastonbury High Street, a place with its own fair share of myth and legend - an apt setting for a chat about the mysteries of AR.

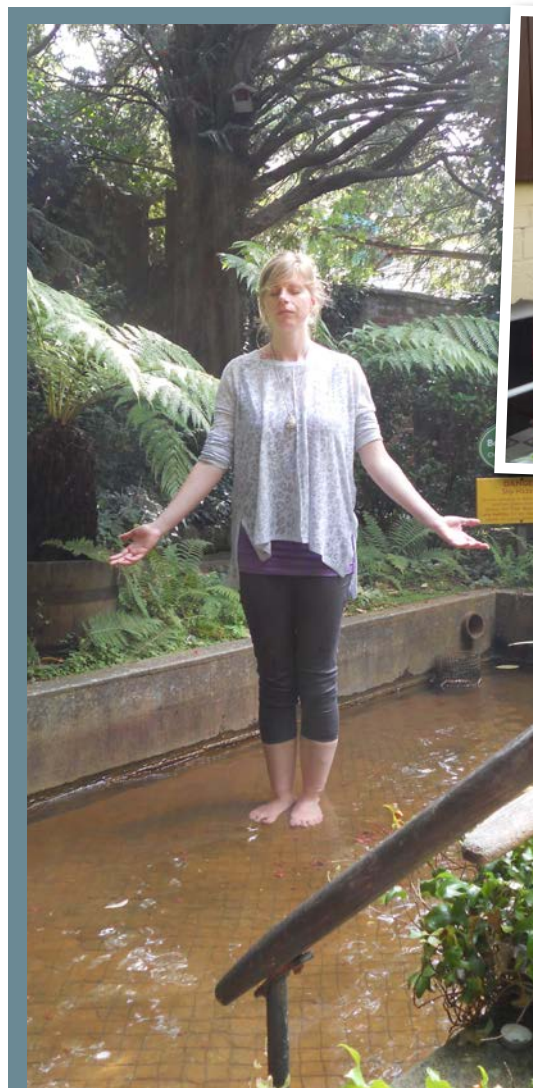
This teacher has been teaching in one of the Catholic hospitals in her home state, offering “reiki for relaxation” to members of the public, patients and relatives for almost 10 years. “I had to call it that, as any references to angels or anything religious would have been banned,” she said.

“At first, there was some opposition to having AR on site. Some of the hospital staff, especially the more religious ones, thought what we were doing was dabbling in the occult. However, now that they have experienced it for themselves they can see the benefits.”

She is pragmatic about Catholicism. “Every religion has the good, the bad and the ugly and Catholicism is no different,” she says. “It has some wonderful mystical properties: the holy trinity, the angels and saints.”

This teacher is a big advocate of the saints and believes they should be used and called on more by anyone who feels drawn to do so.

“In Catholic schools children are taught all about the different saints and how to use on them. This is one of the wonderful things about Catholic



Tranquility: A delegate tries the Chalice Garden waters, left, and others savour a cup of tea outside the meeting centre, above. Below is the iconic Glastonbury Tor, which is topped by St Michael’s Tower

Tor image courtesy Adrian Pingstone via Wikimedia Commons



education.” She believes that she has had many different lives as Catholic clergy and that is why she is doing so much work with the church now.

She is not a fan of the dogma surrounding the institution, however, and the way in which it has been enforced over the centuries. This teacher stresses that the level of fear that has been generated has got to stop and points out how insidious it is.

Leaving aside such obvious examples such as the Crusades and the Inquisition, she points to the old tradition of not eating meat on a Friday.

“When I was growing up it was still considered a sin to eat meat on a Friday. I had a friend who was given some chicken noodle soup one Friday by her non-Catholic father when she was sick. She was seven years old at the time. Her Catholic

mother found out and took her to confession. When she told the priest he told her, a child of seven, that she was going to hell, just for eating meat on a Friday.”

It’s a sobering example. “It causes so much emotional pain,” she says, “in so many different dimensions.”

How does she think the Church is faring now?

“Well, I think Pope Francis - bless him - is doing an incredible job. One of the first things he said when he got elected was, ‘Release the fear and go into love’. I thought that was incredible, to hear that from a Catholic Pope. When asked about gay marriage he said, ‘Who am I to judge?’

“He still prefers to think of himself as a humble priest and at night he goes out into Rome to see what is going on,

to see where he can help. It’s a very different and refreshing approach. In the gay parts of San Francisco now they are selling T-shirts of Pope Francis with the slogan ‘Who am I to judge?’

“He’s also said that Mother Mary should be considered as part of the Holy Trinity, because as the mother of Jesus she is the mother of God.

“He is making big steps; he’s softening the church. It was very interesting that he took the name Francis, who was also a humble priest, a man from a wealthy family who took a vow of poverty because what is inside is important.”

She believes this change of attitudes is also reflected on more local levels. She said: “When we first started in the cancer centre seven years ago we did come up against some opposition. Now people don’t care either way or

6 they love it. I've been teaching the nurses now for about four or five years and they use AR not only on patients but everything that goes into the patients, such as shots, medicines, etc."

Part of this teacher's work involves being a midwife to the dying. "We see many people who are either chronically, terminally ill or who have suffered severe acute trauma and are preparing to go over.

"By using AR we can help those who are ready to go over disconnect from their bodies more easily and help them pass over in a serene state, rather than a traumatised one. This is particularly helpful for the people who have suffered acute trauma.

One particular moving account of such an example is a 23-year-old young man she worked with on Christmas Eve a few years ago.

She went on: "He had been in a major car accident and was brain dead. They were going to turn off his life support. His family were there in intensive care, and praying that he would live through it. I was doing AR and working on his feet. I find that when people are dying if you start at the feet, it helps them to disconnect from the body more quickly and easily.

"I opened my third eye for the healing beam and I could see, with my third eye, Mother Mary standing at his head and she said, 'He is ours'. We finished the treatment, my colleague and I, and went home. I got in and 20 minutes later the hospital called me to say he had passed away.

"Many of the nurses who I have trained to use AR, especially in intensive care, speak to the patient telepathically to help assist their passing.

"They tell them telepathically to release the fear of death, that their spirit guides are

present, their guardian angels are present, which of their loved ones are with them and it's safe for them to go."

This teacher feels that a big part of her work is supporting the medical model itself. "I think perceptions of what constitute healing are changing in the hospital I work in.

"I believe that's a result of having the energy flow through there. It's not always about 'healing people' or 'curing people'. Sometimes it's about helping people pass over in a peaceful state, or reflect on their lives.

"Sometimes it's helping people recognise what treatment path they want to take - it may be to continue with drugs or it may not. In the West we are so afraid of dying and we help people to release that fear of whatever they hold about death, so that they can pass over easily.

She is also proud of the work her team does supporting the hospital staff. "Every Friday, from 3pm to 5pm, we have an open session in the hospital where we offer treatments to whoever goes by in the lobby. On our open session on a Friday we also send practitioners to ER, the lab or the cancer centre to see if staff want any treatment.

"We've got staff who come to us on a constant basis and we call our regulars. We support the staff as well as the patients. We're there for everybody, not just the patients and their loved ones."

So what does the future hold? Well, for this teacher, it's to continue developing what she has helped to establish. "I'm in the right place," she says. "I don't want to move hospitals. Although I'm happy to help establish AR in other hospitals, I know this hospital is the right place for me.

"Since 2007 we have been documenting our treatments and from November 2007 to June 2014 we've given more than 2200 - and we're only there

Some Zen wisdom...

Abraxas continues its exploration of posts from Kevin Core's blog, which he started in January 2008 and focuses on a book by Tim Kreke called Zen Wisdom.

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

11th January 2008

The aim of Zen is to focus the attention on reality itself, instead of on our intellectual and emotional reactions to reality - reality being the ever-changing, ever-growing, indefinable something known as "life," which will never stop for a moment for us to fit it satisfactorily into any rigid system of pigeon holes and ideas. (Alan Watts)

This text perfectly describes the aim of Zen, which is to contemplate reality itself. Although we believe we do this every day in actual fact this is erroneous. What we focus on is our actions and re-actions of how we perceive this reality. Reality exists as it is. It is not changed by our thoughts concerning it yet we believe those very thoughts are its definition. No matter how hard we try to fit reality into a system of beliefs or ideas we will always fail. This is because reality is unquantifiable, unpredictable, and unknowable by our conscious mind.

12th January 2008

Wishing to entice the blind, the Buddha playfully let words escape from his golden mouth; Heaven and earth are filled, ever since, with entangling briars. (Dai-o Kokushi)

When the Buddha achieved enlightenment it could be said that he dropped into reality and left his conscious mind behind. Because Buddha mind is conscious awareness of reality as it truly is, there is nothing to do, say or explain. However, the person we knew as the Buddha wished to entice the rest of humanity in to the Buddha space. He therefore gave instruction as to what Zen was not. The human mind and its reliance on words and ideas assumed these instructions were directions on how to achieve Buddhahood, instead they are like entangling briars one has to work through to see beyond.

13th January 2008

Zen claims to be Buddhism, but all the Buddhist teachings as propounded in the sutras and sastras are treated by Zen as mere wastepaper whose utility consists in wiping off the dirt of intellect and nothing more. (D.T. Suzuki)

This text again affirms that all of the words written about Buddhism are regarded by Zen masters as nothing more than wastepaper. This is because Zen is unquantifiable and unrecognizable by the conscious mind. The words written describing Buddhism cannot by definition define Zen because they have been contaminated by human conscious thought.

How does one know Zen if we cannot contact it? To know it is there and it is who we are is enough!

14th January 2008

While staying at a shrine, master Tan-hsia was feeling cold, so he took a wooden statue of the Buddha off the altar and threw it into the fire. The keeper of the shrine was angry. In response, the master began looking among the ashes. "What are you doing?" Enquired the keeper of the Shrine. "Looking for holy relics in the ashes," replied the master. "You won't find them in the ashes of a wooden statue," said the keeper. "If that is so," the master concluded, "can I have another couple of Buddhas for the fire to keep me warm?"

This illustrates how the human mind will project words and images onto representations of a concept, and then regard those words and images as representing that which they choose to define. The statues in the text were nothing more than pieces of wood, carved in the image of the Buddha. The keeper of the shrine regarded these pieces of wood as the Buddha, and felt indignation at their destruction. The master saw them for what they were, which was just pieces of wood.

The next edition...

Abraxas is back at the winter solstice so please send in your contributions. If possible, submit photos along with articles to help us put a face on the community. Resolution needs ideally to be 300dpi (or a file of at least 1MB) and the preferred format is jpeg. Send submissions and feedback to us at angelicreikinewsletter@gmail.com