



Abraxas

The official newsletter of Angelic Reiki

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Editorial by CHRISTINE CORE

First of all to say CONGRATULATION to Claire and Phil on the birth of their baby boy, Ruairi. Now to the other end of the line, death.

This could be the most important contribution I have made to the newsletter. I would certainly have given the subject a lot of space in the Angelic Reiki book if I were writing it today. I strongly recommend that teachers include this as part of their teaching on Death and Dying in the Professional Practitioners workshop (or before). I hope it will trigger your own research and an investigation into the reasons why, which I do not include here. Sometimes to get the full truth we have to spend some time connecting the dots and ignoring popularly held beliefs.

So much of what we have taken on as truths are now being shown to be absolutely untrue or at least seriously questionable. As one gets used to this it becomes easier to question everything and I mean everything.

What I would like to challenge in this editorial is the validity of the experiences reported as "near death experiences". This is a difficult one because the stories seem so genuine and so comforting and the experiencers so transformative and spiritual.

So let's pull together some of the facts.

There seems to be a tendency for humans to look for saviours and to want troubles to be dissolved away. This is one of the reasons why religions have been so popular. It is also the philosophy of our medicines and healing. We prefer to take antidepressants rather than investigate the causal pain, take beta blockers for high blood pressure rather than start a healthier lifestyle, etc.

In truth, these are avoidance tactics but in the end they just delay the work that has to be done. This delay is often over to the next lifetime. One could say that this is the driver of reincarnation.

Those of you who have done workshops with me will know that I joke about the "love and light" new age stuff and believe that true healing is in facing our shadow self with courage, compassion and love. This is the generally held position.

So the smile that covers up the anger, resentment, judgment, hatred or jealousy is the plaster over a festering, septic



Image: freemages.com

wound. It will have to be cleaned one day. The truth of this statement is the key to understanding what I am trying to say.

The false friend is the one who just smiles with you and promises: "It will all be OK". The true friend is the one who will be with you with compassion when you face your painful truths.

To which friend are you going to turn? Are you willing to take off the plaster that hides the festering wound?

There are two quite different stories about death and which one are you going to believe?

In the Egyptian Book of the Dead, the Greek teaching about death and Charon rowing the dead across the River of Styx to Hades and The Tibetan Book of Living and Dying by Sogyal Rinpoche giving the Buddhist teachings, the account of the deathing process includes a necessary step of facing one's wrongs in the last life. It is seen as a vital and complex process.

The difference between these legends - which I believe to be very wise and written by people who had an understanding greater than we have today - and the stories of near death experiences could not be more different.

In the reports of NDE, as one leaves

the body there is a tunnel of light and at the end of that tunnel loving relatives await. Everything is love and light and all problems melt away and the experiencer comes back renewed.

I am not going to explain here why I believe we have the stories and phenomena of NDE but I think the truth is very dark and sinister. What I do urge you to consider is what your choice will be when you die. Will you just run to the light or face your truth and step towards your true home. This is a very important decision and as I said earlier, I urge you to do your own research.

As an aside and coincidentally, the BBC is currently re-running a documentary on Egypt presented by Dr Joann Fletcher. Originally screened in 2013, the second series - which is all about death - was filmed very close to where Kevin and I lived. An excellent account of the Egyptian view of death is given. If you can access this on the BBC iPlayer, I strongly recommend you view it as it will back up my arguments.

In love and truth,

Christine

New Abraxas member Alex on AR's growth in Latin America

For this edition of the newsletter we are thrilled to introduce our newest team member Alexandra Wenman, a former editor of Predictions magazine who runs a busy AR healing and teaching practice

in London. We are so excited about working with Alex, who already has loads of ideas for the newsletter.

In this video ([links below](#)), Alex interviews Patricia Cabieses Cordero,

who along with partner Roberto Ortiz is setting up an AR organization for Latin America. They have recently opened a healing centre in Mexico City and discuss their progress.

Part 1: <https://www.youtube.com/watch?v=inL8qm7iwGo> Part 2: https://www.youtube.com/watch?v=QU_stWI_TAI

Having worked as an Angelic Reiki Master Teacher and holistic therapist since 2008, these are just a few of the important things I have learnt along the way about protecting my space and honouring both myself and my clients. Each of these tips has really helped me keep my own energy levels high, allowed me to stay grounded and centred, and ensured that I am giving my clients the highest level of divine service I am capable of when they come to me for a session or workshop.

These are just suggestions and you can add to this list or omit where necessary but the idea is that you make sure you are taking care of yourself and your own needs as well as those of your recipients.

It's very easy for us, as healers, to give out so much of our own energy and I know I have, at times, experienced periods of total overwhelm and exhaustion as a result. I've learnt one too many very tough lessons in having safe and healthy boundaries and so I felt I would share my personal checklist in case it can help you too.

1) Love yourself

Self-love must come first. If we aren't treating ourselves with love and respect, how can we do the same for our clients? The more love and compassion you can give to yourself, the more you will have to share. You are far more effective as a healer when your energy levels are at optimum. Putting yourself and your needs first isn't selfish, it's necessary. So be kind to you.

2) It's OK to say 'no'.

You don't always say 'yes' to children - sometimes it's in their highest interest for you to say 'no' with compassion. Equally, when you aren't constantly on hand to help or give advice, it can empower the other person to find the answers within themselves. We aren't here to rescue people and having that expectation put on you can be very draining.

Say no with love when you feel you need to, speak your truth, and I guarantee the other person will thank you for it. If they don't, perhaps it is a lesson they still need to learn. Either way, you are doing both them and yourself a disservice if you say yes when you really want to say no. Likewise, if you feel that you aren't the right healer for someone, don't be afraid to refer them on to someone you think may be better suited to their needs.

Know your limits

Angelic Reiki Master Teacher Alexandra Wenman shares her top 10 tips for maintaining healthy boundaries and why it's so important for both ourselves and our clients...

3) We aren't here to 'fix' people

A healer is not here to wave a magic wand and make people's problems just go away. We are merely facilitators to help others take responsibility for their own healing journey. Don't let people put unrealistic expectations on you and be clear from the start that you are here to help them tap into their own inner power so they can heal themselves.

4) Surrender the outcome

When we hold on to the expectation of an outcome, we can often block the solution or the miracle from appearing in our lives, or the lives of our clients. Surrender the outcome to the divine for the highest possible outcome to manifest. This way, you are releasing any stress or expectation from yourself and opening the way for deeper healing on all levels.

5) Value yourself and your work

Be honest about your own needs when setting your prices and make sure you are valuing the work you do and who you are. Volunteer work is excellent, but not if you are giving away everything for free and not able to support yourself financially.

If you struggle with charging money for spiritual work, perhaps thinking about seeing a therapist who specialises in clearing limiting beliefs and contracts might help.

Many lightworkers have made oaths and vows of poverty or been persecuted in past lifetimes, so it's important to clear those issues so you can move forward with grace and ease and do the work you came here to do.

6) Honour your own time

Have set working hours and don't allow people to phone or text you for advice or help outside of those hours or outside of session times. If you must take calls outside of session times, perhaps have a 10min limit so the person isn't keeping you on the phone for hours and effectively getting a free session out of you.

Likewise, don't be afraid to cut the call

short and ask them to book a session if they would like more help on the topic. As empathaths who want to help, it can be difficult for us to do this, but ultimately it will be far healthier for both of you and your client will respect you for it.

Likewise, if someone is lingering too long after a session and won't leave within the agreed time limit, do not be afraid to inform them that you will have to charge them more if they want to extend the session.

Your time is valuable and, again, it's healthier for both of you if you aren't being drained energetically. Again, this is not selfish. You wouldn't ask your lawyer or accountant for a free appointment, would you?

7) Healer, heal thyself

Take responsibility for your own healing journey. The more clear your own channel, the better able you are to help others keep theirs clear. Have regular healing sessions or do swaps with other therapists so there is an equal exchange of energy as well. When you are feeling fresh and clear, you will enjoy helping others more, too.

8) We aren't gurus

We are not here to disempower others by telling them what to do or how to live. We are merely here as examples and facilitators to help others awaken and find their own true path and calling. Empower others to empower themselves and see everyone as an equal.

We are all at the right place on our path, so, likewise, don't judge others if they are not as spiritually 'advanced' as you think yourself to be. We are never going to know it all in this lifetime, so keep your sense of wonder and understand that you are still learning too.

9) Don't slip into co-dependence

In my own experience, I have often been tempted to call upon my skills as a healer/therapist when trying to help my friends or family members. One particular friend

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Claire Dixon explores festivals and traditions from spring equinox to summer solstice

Spring rolls round again, the flowers are out, the days grow longer and warmer, and life is stirring. At the exact time of the spring equinox, the sun moves into Aries, which heralds a four-month time period of quickening. This is the time when the life force stirs into action.

The first stirrings of this process occur in February, at Candlemas/Imbolc, the time when the first shoots bravely stick their heads out among the snow and frosts. Once the spring equinox passes, the season begins in earnest with beautiful flowers and buds in abundance.

Aries is said to be the first sign of the zodiac. I do not strictly agree with that but it does denote an energetic crossover. It is as if this is the place in the zodiac where the material world measurably commences. This is why its analogy with the quickening of pregnancy is so apt, as it marks the start of the tangible growth of the year.

Aries is represented by the Ram and is ruled by the planet Mars. Its energy is fiery, passionate and wilful. Aries represents the fighting spirit, the warrior and willpower. The powers that be often use this time to wage war on someone and if you follow the news closely, you will note that someone, somewhere will be doing some sort of sabre rattling (this doesn't always translate as traditional warfare, such as violence and conflict - it can also denote political or economic strife).

War makes the powers that be lots of money due to the amount of weapons and artillery they can sell, as well as shady currency deals and loans to desperate regimes. It's one of their favourite times to push for war of some kind as this time

Spring is nature's way of saying 'Let's party'

of year is good for setting agendas and planning to make money. I talk about Mars in my astrology reading (*see page 5*). This year, much of the sabre rattling seems to be coming from the US Republican party!

However, that is a rather base description of this wonderful energy. Tuning into and being comfortable with warrior spirit is part of our growth. I would argue that these days, given the continued political upheavals facing humanity, we could all do with a bit of warrior spirit in our lives! This energy has been suppressed for so long in the West there is a danger of it blowing out and going psycho, to put it bluntly. Aries energy can be hot-headed and impetuous. It's always good to remember that war is about strategy as well as strength and muscle.

This is where contemplating the opposite energy of each sign can be so useful to help us achieve the right balance. The opposite of Aries is Venusian Libra, the sign of refinement, art, law and diplomacy. So how does this help us?

I would argue that the highest expression of the Aries/Libra energy is that of an Arthurian Knight of old, or the ancient Samurai. A fearless and ruthless warrior but one who unfailingly adhered to a code of honour and ethics. In the case of chivalry it was to protect the land, the women, the weak, the old and the young. The Knights of chivalry were highly educated and wise. They were not thuggish bores who just went around knocking people about for high jinks. They were disciplined,

trained and wise in judgment. They were also capable of ferocious strength and courage in battle if required. This is the balance we should be aiming for with this energy. Both are needed in equal measure.

So, as Aries time comes round it is worthwhile to evaluate your challenges for this year and where your instincts lie. What areas of life do you feel drawn towards this year? Fire energy can burn hot and bright and promise much but deliver little if the labouring force of Taurus (which follows Aries) is not utilised. Arian energy is strong and has a good degree of stamina and can last the distance. Let the equinox energy inspire you, help you see where the goals of your true passion for this year lie - and remember Libran strategy (how will you achieve your goals?) and ethics. Libran structure is good for building and channelling the Arian fire.

After the austerity of Lent, we come to the festival of Easter/Oestre. At midwinter, we celebrate the sun but as the sun grows more dominant, the lunar principle plays a more central role. The reason why the Christian Easter celebration fluctuates every year is that it is celebrated on the Sunday after each Paschal full moon (i.e. the first full moon after the spring equinox).

This makes the festival a very powerful one, as it combines the energies of the sun (it is celebrated on a Sun-day) and the moon (the full moon determines which Sunday), so Easter is a combination of

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I had known since childhood became quite fixated on me and decided that I was going to be her rescuer. Ever the empath, I just wanted to help and threw myself into that very role. But it soon became apparent that she had no desire to actually heal herself and was trapped in a cycle of trauma and victimhood as, on some level, it was serving her.

Eventually, she became quite aggressive and verbally abusive when I tried to lovingly distance myself and, sadly, I had to cut all contact. I later discovered this was a classic case of co-dependence that I had been trapped in with this person since the age of four.

I am now much more aware of how my tendency to help others can be taken advantage of and I keep my boundary in check at all times. Friends have often asked me for healing sessions without expecting to pay, but I soon find that when I tell them my fee, they suddenly no longer

wish to book a session. This suits me fine and doesn't mean I am not there for my friends when they need a friendly shoulder to cry on, but I just don't do go into full therapist mode and merely give my honest opinion in the same way any friend would for me if I needed support. I am now able to trust that everyone has the tools to heal themselves within them and it can be much more empowering if I actually step back and don't try to become the rescuer.

10) The same goes for spiritual boundaries

I cannot extol the virtues of cleansing and dedicating your space enough. Spiritual hygiene and creating a sacred space is so important for the work we do. I always cleanse my space before and after sessions and workshops, using the Angelic Reiki opening and dedication of the space - and also the triple grid cleansing in the manual - among other techniques I have picked up along the way. Just like

I wouldn't want to deal with a nasty or unkind person in my daily life, I do not want to deal with any energies that are less than loving and divine in my healing work. Again, if a client comes to you and you do not feel comfortable working with them or you don't feel you are the right person to help, do not be afraid to say no.

I recently had to refer on a client who had some particularly nasty spirit attachments and, while I can do spirit release work, I was not equipped to handle this one. But I got to see, first hand, just how protected I was and my space was due to the cleansing and protection I had done in preparation for the session.

It's also important not to go into fear around topics like this, but taking some responsibility and a respectful approach will ensure you are honouring your boundaries and those of your client.

■ **For more information on Alexandra's work, visit alexandrawnman.com**

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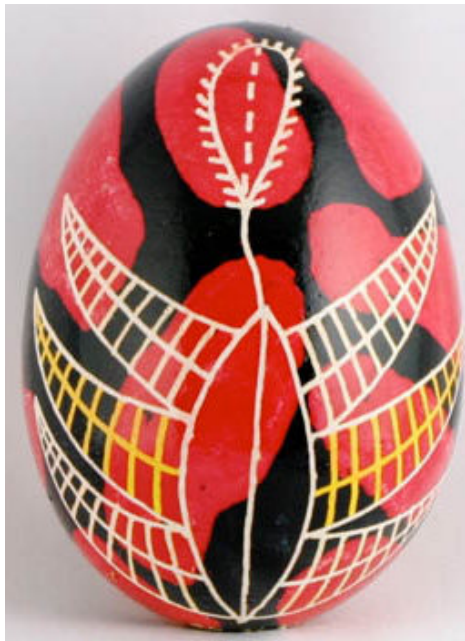
the masculine and feminine energies. This tradition dates back to the Council of Nicea in 325CE, one of the earliest Christian councils. It is worked out this way because Jesus rose from the dead the Sunday after the Jewish Passover festival. The Jewish calendar is lunar and so originally, Easter was celebrated in line with the Jewish calendar. By the time of the Nicean Council, the Church had decided that it wanted more control over when the resurrection was celebrated, so this method was adopted.

Easter obviously celebrates the resurrection of Jesus after his death, the return of the sun and everlasting life. As I explained in the last edition, Father Christmas originates from old Nordic tradition that has stuck and so too has the Easter Bunny and Easter Eggs. In Celtic symbolism the hare/rabbit is a lunar animal that represents fertility and good luck (remember the luck of the rabbit's paw?). As rabbits, hares and birds often give birth to their first litters around the time of spring equinox, having them represent this time was natural.

In parts of Europe, especially Eastern and Central, it is common to have Easter Trees in the home, which usually consist of blossom branches decorated with brightly painted eggs, known as pysanky in Ukrainian and a similar term throughout Eastern Europe. This is something I've seen more frequently in Britain in the past few years, although it is not widespread. However, it's an ancient custom. Painted ceramic eggs have been found in the Ukraine - which incidentally has the longest known uninterrupted pagan tradition in Europe - which date back to around 4th Century BCE. The history of the pysanky is absolutely fascinating and worth researching further for anyone interested.

How Easter is calculated will be changing shortly to ensure it is celebrated on the same day by all Christian denominations. The date will be permanently fixed, on a set date, each year. In turn, this will eradicate the lunar influence. Superficially, I would speculate that this is to eradicate the feminine influence but there are probably deeper influences at work. I will be interested to know when the date is fixed for before I comment further.

The festival of Easter derives its name from Oestre. She was a Norse goddess of fertility and the month of April is named after her. The overarching theme of this time of year is new life and there are many overlaps in the festivals, whether it is Easter, Ostara, or Beltaine. As we move off the spring equinox and into April and May we see the last hurrah of the female dark half of the year. These gorgeous spring festivals are feminine to the max, celebrating fertility, pregnancy and blossoming of life accompanied by flowers,



Pysanka with berehynia motif (Wikimedia Commons)

eggs, fluffy animals - and chocolate!

On a more esoteric level, it is worth remembering that there is a seed inside you and by now you should be working hard on it (Taurus the bull rules work, labour and value), hopefully enjoying working hard to achieving your goal. After Beltaine, or May Day is when the male aspect takes over as the sun climbs to its zenith and will be in charge until Samhain, when the feminine once again takes over.

In the traditional Mummers plays of Britain (which still go on), not only would the Passion plays of Easter be re-enacted, but also plays depicting stories of the Green Man returning to the land and winning his May Queen. In Britain, May Day usually also sees the start of the Morris Dancing (traditional English folk dancing) or other British traditional dancing season (such as sword or clogs). On a practical level, it's probably because the weather is finally warm enough to be outside!

Traditionally, these dances were performed by men, which references the solar energy. In British pagan tradition, morris dancing and people moving their energy across the land was seen as a way of waking the land up. The late actor Robin Williams once quipped: "Spring is nature's way of saying 'Let's party!'" This encapsulates the energy of the season.

As we move around the Calendar, we arrive at Pentecost/Whitsun. It is the celebration of the descent of the Holy Spirit on to the disciples after Jesus's resurrection. As it is part of the resurrection cycle and thus tied in with Easter, it used to be a 'moveable' feast - its annual date was dependent upon the lunar cycle and thus not fixed. Until the late 1970s Britain also acknowledged

Whitsun (as it is more commonly known here - from White Sunday, as girls used to dress in white on this day) by giving the Monday directly after Whitsun as a Bank/Public Holiday. In 1978 this was fixed to the last Sunday in May and is known as Spring Bank Holiday, just as the sun moves into Gemini.

This is fascinating because it ties in so well with Gemini energy, the theme of divine communication is so Geminian/Sagittarian. The descent of the Holy Spirit, often represented by a dove, and then inspiring the disciples in their ministry is the perfect example of the Gemini/Sagittarian duality. In Britain at this time we have a tradition of prominent wells being dressed with flowers and given offerings. This tradition is ancient in places such as Derbyshire and the Worcestershire town of Malvern with its plethora of wells. The history is hazy and in Derbyshire relates to the 'water cures' used against the Black Death of the Middle Ages. However, it appears this was built on an earlier tradition of giving thanks to water sources, which given the baptism theme of Whitsun, plus the astrological shift into watery cancer at Midsummer is an interesting occurrence.

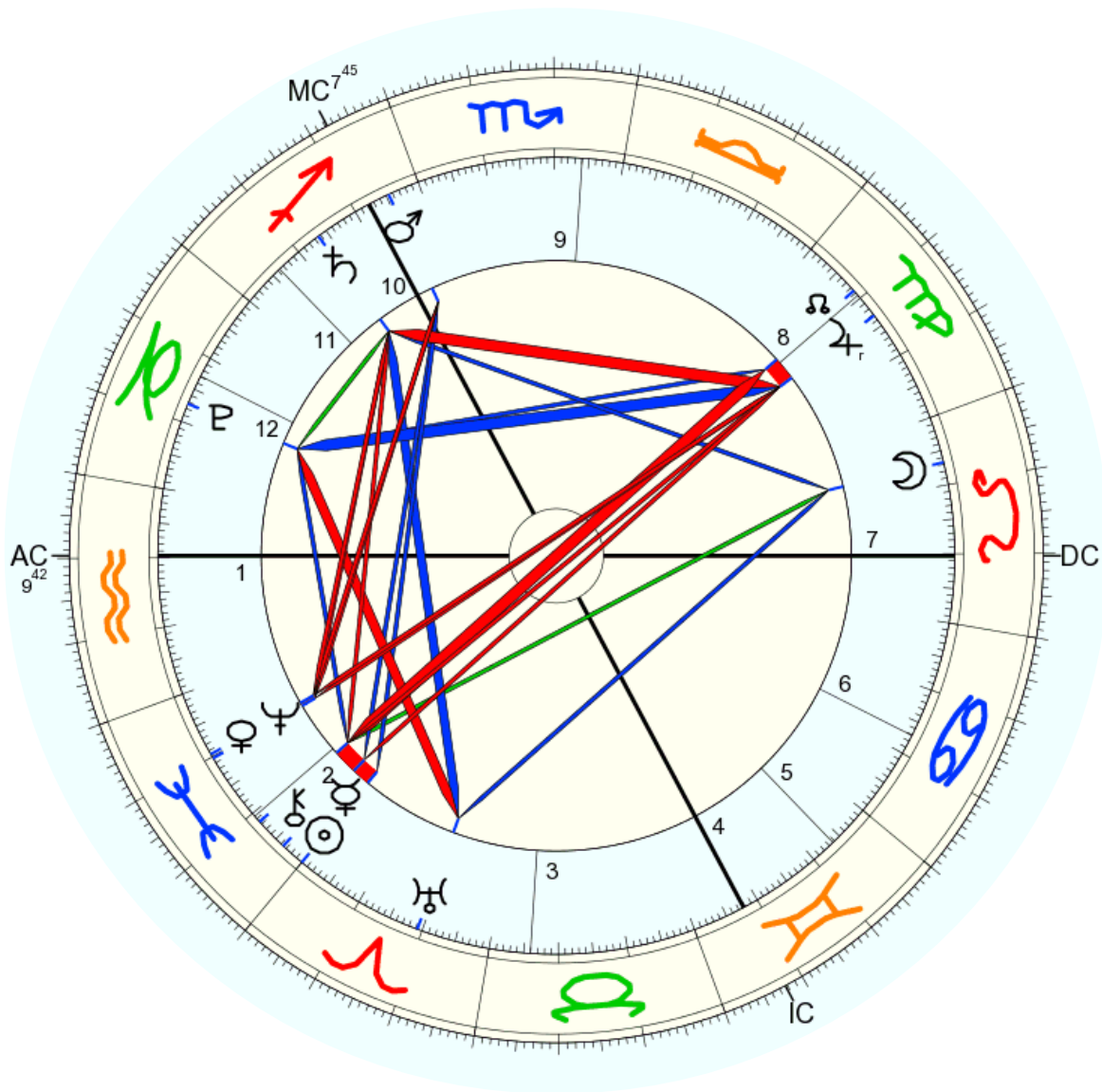
This then leads us to summer solstice, or midsummer, which is still a big deal in the Nordic countries, probably because of the light difference (the sun can be out for almost 24 hours in northern Scandinavia). Our creations have reached their peak budding. The bigger, bolder flowers of summer are blooming, now it is time to really put the work in and concentrate on the coming harvest, the fruits of this year's labour. So, this translates as, any projects should be bedded in by now, the first rush of excitement has passed, and it is time to start working towards completion. This could be re-

decorating a spare room or seeing results at the gym. As we pass through the gate of summer solstice, a different, more mature cycle of creation begins - that of birthing and integration.

During Cancer time is a time to release our feeling of the initial excitement. What is approaching is an energy that is real and tangible. We thought we were birthing a project but ultimately, it is ourselves that are about to be birthed, over again, as we can each year. Through following the cycles of creation, we are creating ourselves anew, adding different layers and strands each year, this is why they are so important.

As we move into Cancer, it is time for this year's project to ripen, so that it can be birthed, or we can be birthed once more, at the coming harvest time.

*These spring festivals
are feminine to the
max, celebrating
fertility, pregnancy
and blossoming of life*



Spring equinox reading

By Claire Dixon

This chart consists of two very interesting and overlapping configurations. Firstly, there is a T-square between Saturn and Mars on the midheaven, a stellium of the Sun, Venus, Neptune, Chiron, Mercury and the South Node in Pisces on the 2nd house cusp, and Jupiter and the North Node in Virgo on the eighth house cusp.

The second interesting configuration is a grand trine between the same Saturn and Mars (hence the overlap), but trining Uranus in Aries in the 2nd house and the Moon in Leo in the seventh. I'll discuss the T-square first, then the grand trine, and wrap up with the meaning of the outlier for this chart (as outliers are always important) - Pluto.

Due to their involvement in both configurations, Saturn and Mars are pivotal to understanding this chart. Saturn is the planet of empire, structure and legacies. It rules family dynasties and building. It rules the 10th house, so its placement

here is amplified. Mars is the planet of war, violence, beginnings and new energy. Sagittarius is the sign of vision, optimism and truth. A new vision for how we live is collectively being sought and this is quite obvious throughout the world. The mass migrations into Europe, the Sanders/Trump phenomenon in the US elections, the Brexit referendum and talk of further referendums in other EU states show that there is general unrest everywhere.

No matter what the machinations behind many of these events, this chart shows that the general mood of humanity this spring is that people everywhere are exhausted with oppression, poverty and a lack of what they perceive as freedom. With Mars in this placement, the people, who are sick of being ignored, are ready to go to war or fight to get what they want. They will not be fobbed off any longer.

Obviously, these concepts and who caused them have different interpretations to different peoples and this is where the conflict arises and where manipulations can happen. Saturn in Sagittarius is usually

a time of extremes and a time when great visions for the future can be embedded. It is no surprise that candidates such as Donald Trump and Bernie Sanders have dominated the US election narrative, as both in their own way offer the promise of shaking up the establishment and offering change - very Sagittarian.

Mars and Saturn make a weak square to the Pisces stellium. To me, this represents the establishment and their position is weak here. Pisces energy can be flaky and deceptive. Their energy is not strong enough to withstand the changes that are coming from the people and they will just resort to deception and obfuscation tactics over the next three months. For this season, they are on the back foot in terms of events and I am fully expecting their shenanigans to be increasingly exposed. I have been keeping a very close eye on the US elections as it seems to be the global barometer par excellence for this maelstrom of emotions at the moment. Obviously, as a Brit, I am no expert as to

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the American electoral system but I was really shocked to read in the last few days that John Kasich, one of the Republican nominees had been asked by Neil Cavuto of Fox News (i.e. mainstream media) if he was being funded by shadowy elite financier George Soros.

That Fox News would ask such a pointed and open question (which Kasich refused to answer, by the way) was a real surprise to me and demonstrates how much awareness of the true workings of the world has shifted.

I believe we will see many other such breakthroughs over the next few months as to who really is controlling world events - and why - and this becoming increasingly obvious in the mainstream media as they desperately try and grapple control of the narrative.

Opposing the Pisces stellium is Jupiter and the North Node in Virgo on the eighth house cusp. Jupiter in Virgo is grounded, wise and presents a collective opposition to the underhand antics of the Pisces stellium. The eighth house rules sex, death

and the resources of others. In this chart it rules the growing recognition that the way our economies are being run are only intended to serve the needs of the few rather than the many. Jupiter also squares Saturn and Mars because the people haven't decided how it needs to change. Saturn and Mars represent the emotional ire towards our current financial systems

However, hope is at hand. Saturn makes a grand trine with Uranus in Aries in the second house and the moon in Leo in the seventh.

An opportunity for change is coming and what we value, and how our economies operate (2nd house) will alter. They will be informed by a more feminine perspective that respects national sovereignty rather than the blanket globalism represented by the Transatlantic Trade and Investment Partnership. This is where the current battle is and I would urge all reading this to research the proposed TTIP legislation and its implications.

The outlier of the chart, once again, is Pluto. Like a puppet master from the 12th

house in Capricorn it trines Jupiter and squares Uranus. Change is coming whether we like it or not, but we have to decide which direction we want that change to come from. Sitting on the fence is no longer an option.

For all UK-based readers, I implore you to research TTIP agreement before the Brexit vote in June. There are loads of videos on YouTube about it, plus articles on Google. TTIP will give corporations enormous power over our governments, including the ability to sue national governments if they introduce legislation that "interferes with profit", such as food regulations and safe working practices.

The TTIP issue alone is of crucial importance to the future of our children, grandchildren and country. If we remain in the EU, we will automatically be part of TTIP as the EU parliament has voted it through.

The British media have kept incredibly quiet about TTIP - deliberately, I believe, to influence the Brexit vote to remain in the EU. If we leave the EU the deal will have to be renegotiated and will garner much more media attention as it will then be a national issue rather than an EU one (the day to day business of the EU gets little coverage in the UK).

This gives us more of a chance of rejecting this legislation and may even lead the way for other EU states to renegotiate as well (as the make-up of the EU would have changed since it was negotiated). In other parts of Europe, such as Germany, TTIP is widely known about and has been vehemently protested against.

Whatever your Brexit decision this summer, please get the word out as much as you can with students, friends and family about the implications of this deal. It only serves corporate global interests and no one else.

TTIP starter links

- <http://www.independent.co.uk/voices/comment/what-is-ttip-and-six-reasons-why-the-answer-should-scare-you-9779688.html> - a UK-focused article but good info.
- www.youtube.com/watch?v=AAp6cD5i800 - EU-focused video
- <http://www.theguardian.com/business/2016/jan/02/ttip-terms-growth-markets-worker-protection> - another UK article but gives a good historical background and has some informative comments.

We hope you've enjoyed the newsletter and we'll be back on June 21st for the summer solstice edition. In the meantime, to get in touch about any of the articles or share any AR experiences, email angelicreikinewsletter@gmail.com

28th January 2008

*If you do not get it from yourself,
Where will you go for it?*

Zen saying

There is only your own self-nature, your Buddha-nature that exists.

29th January 2008

Student: "Is there anything more miraculous than the wonders of nature?"

Master: "Yes, your appreciation of these wonders."

No comment needed.

30th January 2008

Student: "All these natural wonders - the trees, mountains, and earth - where do they come from?" Master: "Where does your question come from?"

The Master shows the student that all of nature arises and returns to the same source, therefore to ask the question, "Who is asking the question and where does it come from?" leads the student to his own self-nature which is the Buddha-nature of all.

1st February 2008

Before enlightenment, Buddhas are no different than ordinary people. After enlightenment, ordinary people at once become Buddhas.

Hui-neng

This text shows how before enlightenment one could not tell the difference between a Buddha and an ordinary person. After enlightenment, to the Buddha mind, all people are Buddha.

2nd February 2008

When an ignorant person understands - he becomes a saint.

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

But when a saint understands - he becomes an ignorant person.

Ekai

When an ignorant or un-enlightened person understands that everything is Buddha-nature he becomes a Saint.

When a Saint understands he is an ignorant person because there is nothing to understand. Everything is.

3rd February 2008

Delusion and the Awakening - both can come or go slowly or suddenly.

Shen-hui

Delusion or Awakening are transient and therefore not real. As such they may disappear in a flash.

4th February 2008

*This glimpse of the Absolute is to be sought here and now,
not only in the mystical sense of here and now, because
there is naught else, but literally in doing what we are doing
now, be it meditation, earning a living, or washing-up.*

Christmas Humphreys

The Absolute is present with us continuously no matter what pastime we are involved in. Everything that we say, do or think takes place in the Absolute.