



WE ARE CHAMPIONS AT THE ART



POINTING THE FINGER ARE WE JUSTIFIED IN DOING SO!

I am sure you have heard comments like the following:-

TRUMP - He is an idiot, he is a fool, he says stupid things, he is a womaniser, he is full of ego.....

CHINA - Source of the Covid Virus, domineering, controlling of their population, suppresses information.....

RUSSIA - dangerous, cannot be trusted, warmongers.....

Being critical is a natural response to feelings of insecurity and fear; we look to blame someone or something out there.

But where does the responsibility for the whole Covid pandemic and response lie?

I am guessing that you now expect me to talk about you, me, all of us taking responsibility and creating our own reality. You've guessed wrongly. It is interesting just how much we are encouraged and taught to take responsibility. It is actually more finger pointing, now towards us. Is cause and spread of the virus ultimately our fault? For that matter is Global climate change our fault? We are easily persuaded to take the blame.

So, who can we blame for the 'Covid Phenomena' and all the other things that are laid at our feet or put on our politicians, the bankers etc.?

Whilst searching for information and clues I came across an excellent talk entitled 'What is happening in the stars right now?' presented by Richard Tarnas. Richard Tarnas is the Professor and founding director of the Philosophy, Cosmology, and Consciousness program at the California Institute of Integral Studies (CIIS) in San Francisco.

In the past, when there has been a significant event, we have often turned to astrology for answers. So why not now? Now, right now, there are converging transits of 5 (central three plus 2 more), very powerful planets.

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The players are Pluto, Jupiter and Saturn who are together, then there is Uranus and Neptune. In his talk, Richard Tarnas explains that the influences that they bring are:

- A mortal emergency that focuses our attention and shapes our social life and consciousness;
- A feeling that the world is a dangerous place. There is something out there that puts me in mortal danger;
- A need to stay safe and stay at home;
- Claustrophobic feelings;
- Restrictive laws/security measures;
- Fast technical advancement;
- Social protest group;
- Contraction of history;
- Geopolitical high drama;
- Social justice issues;

- Division between great wealth and great poverty.

To sum up, and I quote Professor Tarnas, 'There are volcanically intense evolutionary pressures for the radical reconfiguration of all life structure.' The question has to be 'What kind of reconfiguration?'

The true responsibility that is ours is our respond-ability.

So, who's fault is it? Mine, yours, Trump, Putin, the stars, the 'person' responsible for putting the stars up there?

Perhaps it is no-one's fault, just a cosmic dance that we are all dancing together and our only responsibility is how we choose to dance. What is your dance? And who got to choose? It is our self-awareness, personal

mastery, open intuition and courage that will determine the kind of dance we will do. The planets, like the angels, are Archetypal energies that trigger possibilities. It is a wonderful invitation to stop judging, blaming or even having an opinion at all about anything. Just dance your dance. This is a great definition of that beguiling term 'Unconditional Love'

I also hope that it is an invitation to step beyond our comfort zones, make the changes in our own lives and, gently, when an opportunity arises, share what we know with others. Knowing what you know from the research into, what I will call the 'back story of Covid', brings with it a responsibility to act.

Christine

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 Freke called Zen Wisdom.

A quote from Tim's book is followed by Kevin's explanation.

Visit Kevin's blog at shamballazen.blogspot.co.uk

30th April

Catching The Bull

The seeker must now struggle to catch the bull. At this stage this student realises that what he has found is not enlightenment, but self that is uncontrollable and unruly, like a wild beast that he must master in order to progress further on his journey. He must overcome his own restless mind to sustain the Zen vision. Zen is experienced as a challenge to be faced, and the separate self as an obstacle to be overcome. The bull will not yield easily, however, finding refuge in inaccessible hiding places. In the same way the separate self of the student, when faced with disciplines like meditation, may cleverly find every excuse not practice, or more subtle still, decided to reinvent itself with fantasies of being a special spiritual person.

Kuo-an Shih-yuan writes:

I battled bravely to seize the bull - struggling with its ferocious will and inexhaustible strength, as it charges high into misty mountains and deep into inaccessible ravines.

The bull that has been lost in the wilderness is found at last, but he is hard to control. He constantly longs for the

sweet smelling fields. His wild nature is unruly and does not wish to be tamed. If the oxherd wants the bull to be in complete harmony with himself, he will have to raise his whip.

To realise Mind, begin by looking for the sources of your thoughts. Whether asleep are working, standing or sitting, intensely ask yourself, "What is my mind?"

Bassui Tokusho.

No comment needed.

29th May

Master Chu-hung was once writing a book on the good deeds of Zen monks when a student asked him,

"What is the use of writing such a book when in Zen there is nothing good or not good?"

The master slapped him on the face.

The furious monk was about to leave when the master smiled and said, "You are not the real thing yet. Why don't you wipe the dirt off your own face?"

For the monk to be slapped on the face was not good, in his opinion, hence the indignation. Therefore his attachment was revealed.

Disclaimer

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International Facebook Group

For those interested this is the link to the closed Facebook group, but please answer the questions asked when joining, because without them we can not let you join, if you have any problems please send Sara or Hannah a message.

<https://www.facebook.com/groups/angelicreikiworldwidefamily>

Christine Facebook Lives

This is just a reminder that when you go inside the International Facebook group, you can see several Lives Christine is doing there, don't miss it, just click the Announcements tab, they are all there!

Reiki - Story of Light

This short story intendeds to illustrate that Reiki is the Light that leads and guides us towards happiness, along the path of Universal and Unconditional Love, for myself, for the other and for the planet, which allows us to live in balance and overcome adversity and which also intensifies the moments of happiness. Were it not Reiki, **the secret art of inviting happiness!**

Once upon a time there was a **Light ... the Light!**

Shining as only it could be, it traveled the entire Universe, with immense joy. It lurked in every corner, everything was covered with its presence. Everything was contemplated by this beautiful and wonderful **Light**. There was nothing that didn't shine, there was no corner in the Universe, that was not contemplated by this presence, so involving and significant.

Even that little corner that felt forgotten, abandoned and closed, even those that had a lock, even in those, the **Light** arrived with all its splendor and intention! Peeking ... it was casting very bright beams to warn of its presence ... and it was walking around ... just lighting up ... waiting ... waiting for permission to enter and be able to stay! Simply illuminating until the awakening! And it was always like this ... and it was being like that!

But the balance and the natural order of the Universe, began to show signs of destabilizing and destructive interferences. The vast majority sent from a wonderful blue planet called Earth! Something very disturbing was going on.

So, this brilliant and wonderful **Light**, decided to experience life... human life! Some beings who had everything for the fullness, however, most of them were far from achieving it ... even to believe that such a feat was possible! Carefully observed his behavior...

It felt a great desire to warm hearts and make itself known, so that everyone could be happier. It was a necessity that was increasingly urgent to put into practice.

With much love and tenderness, it then entered a maternal womb and could experience the unique and stunning spectacle that Mother Nature Divine still (and always) commands in the formation and development of a baby.

What a wonderful delight to fill all those cells, so different from each other, that multiply and grow at such a great speed. The greatest of all, of all stages of human life.

And how good it is, "playing" in a space as cute and warm as the mother's womb that is filled with such an appetizing liquid. What

wonderful sounds are heard! Wonderful! The **Light** began to fall in love with human life. What a perfect and harmonious creation! What a delightfully spectacular world, this one from the mother's womb.

What the **Light** had not yet realized, is that this state of grace in human life is expected to last nine months. And there were nine months of love, of transformation in which a little bean of **Light** gradually became a baby of **Light** ready to face the world outside the mother's womb, which will only be her world for the rest of its life.

One fine day, **Light** feels agitation and strange movements in the walls of the womb, which are no longer fluffy and become stiff and push the baby into a hole at the end. Suddenly the liquid disappeared!

The **Light** gave itself to the baby, in such an intense way, as it had never done before. It embraced him to the soul, in a hug, one of those who one does not forget. That is for life!

It promised never to abandon him, until the rest of his earthly life ... and beyond. However, It was afraid that this promise would be broken because the environment outside was very different, and there was a chance that the **Light** would fade over time ... But It had to trust and to believe!

Fuss... squeeze... whirlwind... push... and more push... and there goes the baby... squeezed and tight... very... there he goes followed by the very narrow tunnel with hard walls with some obstacles... towards his new life. With his **Light** always present! And he got out here! Wow!! Baby of **Light**! After all we are so many!

So many babies with **Light**! Hey... and some grown-ups too! Some with more and others with less ... some have not yet realized the **Light** they have and that they can transmit. What a fascinating world this is after all! Here there is a possibility of hope... there is awareness... there is a will! To walk the path towards the well-being and happiness of each and every one!

And in this context, the **Light** baby was starting to live his little life... and doing what is necessary to live... eat... sleep... eliminate... have a name... have a family... and there he was living and growing, always with his **Light** as a guide and companion.

He often went to the same places, where there were people dressed in white who undressed and moved and measured and pricked ... but all for his good! He never understood that! But as he had his **Light** as a guide and companion, he felt accompanied, supported and safe!

And so he was living and growing ... always very complicit and faithful to its **Light**.

Always accompanied!

When he was older, he had to go to a place for many days in a row, called school, where he had to sit and listen to people, whom they called teachers, to learn "things" and to learn to be like others.

It was not quite what was in his plans, but he and his **Light**, always managed to find the good sense of what they were learning and living! He observed and listened with great attention and respect... he took the most significant contents from the lessons according to what he felt and applied them, in communion with his **Light**, for the well-being and happiness of each and every one... and also of the Planet that is so in need of Love and Affection to heal!

And that was how he made his way of life. Soon he realized that he had a **Light** that accompanied him, that was part of himself and that when he became aware of his presence, he made himself a person focused on the **here and now, not concerned, hard-working, honest, calm and kind.**

Upon realizing and verbalizing this awareness, the words spoken resonated in his heart and he felt as if an even more luminous opening, a feeling of well-being, inner peace, tranquility and love, so much so that he decided to utter these words every day and even several times a day. And how good it felt!

And it was so! Year by year of his life, what a path of **Light** traveled in the spirit of universal love!

Until one day ... he was the father! The father of a baby of **Light**! And then he could live his **Light** more intensely and enhance the **Light** of his own child! And it was like being born again! How wise are the Universe and Mother Nature! Stunning!

And so his life continued ... now with another **Light** to accompany his **Light**... he went on a journey of love, joy, peace and gratitude!

And the **Light ... his Light ...** has always been there! Always accompanied in the good and less good moments of life. In all of them, whether they were good or less good, he was grateful for the presence of this bright and wonderful **Light**, which has accompanied and supported him forever and ever, and beyond. This presence allowed him to walk the path of life with peace and serenity and gave him the ability to overcome obstacles and sadness typical of the path!

The path was being walked!

But like all the paths ... one day it ends ... it reaches the end!

And his was about to end! And he was aware of that! How? The **Light**... was more intense and brighter, as it had never been before! Not even in the mother's womb!

And why? He was feeling the coming of returning "home"!

He was quiet!

He was serene!

He was at peace!

He was in the **Light ...** because very soon he would be the **Light** himself!

Ana Cristina Ramos
Angelic Reiki Student and Nurse

TRULY LIVING!



We are living in a time when looking outside of ourselves and see the people next to us it's starting to be more important than before. Trying to understand if people need something and if we can do anything to help them, and unfortunately it seems that everybody is SLEEPING!!

With the evolution of the species, when, supposedly, we should be evolving more and more, we seem to be losing everything, and funny enough almost no one is screaming out loud that something is wrong. We should be looking for the signs that are showing us that something is very wrong about what's happening.

Most people were, for a very long time, living in a society obsessed with money, or rather, the lack of it, living centered on their own belly button, always waiting for the bad things to happen, waiting for someone to steal the rug under their feet, always looking over their shoulders, waiting for the "blow", living suspicious of everything and everyone. People were living a life of fear!

And Now? Nothing! They are just accepting the forced rules and are losing the most important thing in someone's life - FREEDOM! Their Fear is making them shrink even more and becoming even more selfish, because of the sense of lack!

My question for them is:

"Have you ever stopped to think if you are happy?? Have you ever asked yourself this?? But really happy, that happiness that shakes nothing, whatever comes, does not disappear!"

You no longer know how to live, you need to recover it, you need to be stronger, so that together, we show that we are strong and that we can do what we want, that we can try whatever we want, but we will not give up, we will be happy, we will be able to show that we don't need to be unfair, incorrect, evil, liars, we will be able to LIVE IN HAPPINESS! Living in the true sense of the word, keeping the good things inside our hearts and forgetting the bad ones.

Let's start to smile at life, let's continue to live!

Let's take advantage of all the good things around us, that can make us smile.

Never give up fighting for your happiness!

It is worth fighting for!

Let's show the world that:

There is no need to scare people!

There is no need to mistreat anyone!

There is no need to insult!

There is no need to lie, not even to achieve a purpose!

So, let's choose!

I choose to be happy in my own way!

I choose to help without thinking too much about it!

I choose to make people happy!

I choose not to follow the same path as the oppressor!!!

And why???

Because I choose the path of LOVE and TRUTH!

It's all about choosing!

Life is all about choices!

So, what are you choosing?

Sara Neves de Sousa
Angelic Reiki Master Teacher

We hope you've enjoyed the newsletter and we'll be back for the autumn equinox edition.

In the meantime, to get in touch about any of the articles or share any AR experiences, email

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