



BEAUTIFUL OR EVIL? A GIFT OR A CURSE?



Editorial by CHRISTINE CORE

I don't know about you, but I sometimes feel that I have had my fill of information. I have been aware of the 'back story' to the economic, political and cultural situation here on Earth for a long time, and gone deep, deep down the rabbit holes. It has been an interesting journey taking me through periods of incredulity, despair, anger and yes hope! But when we have the tons of information, what then? It can hang in my head like the information I learnt at school, useless, unless it enlivens something in me.

I am very grateful for all the hours I have spent investigating our true history. I first became aware that things were not as they should be here on Earth in 1991, nearly 30 years ago. I have spent a lot of time down that rabbit hole. I know the rabbits well, all varieties and breeds of them.

Information is useful. In everyday life, whether at work or at home, we would not

try to solve a problem about which we had no knowledge or expertise. Please don't ask me to change the brakes on your car. So, all the information hidden in our history has to be uncovered and faced before we can act appropriately to solve the issues we face. The great thinker and scientist Albert Einstein proclaimed that a problem cannot be truly solved by working at the same level of consciousness that created the problem. Another way of saying this is that wars do not solve the cause of wars.

There is though much new work to be done. Now I know the problem, it is time to work on the solution.

On the same day as the big rallies in Berlin and London, I found myself at a small gathering in Glasgow, Scotland. I had the opportunity to take the mic, and what came to me to say in that moment has dynamically brought to the fore what I think now needs to be said. What needs to be done now is exactly the same as I said in my first talk on FB at the start of the lock down; "It is now time to take responsibility."

The big pharmaceutical companies against whom we march, protest and shout anti vaccine slogans are only there because we stopped taking responsibility of our own health. About 12 months ago in the UK there was a supply chain problem with some pharmaceutical medicines and the result was an outcry and reports of suffering.

Yes, I know that doctors, nurses and hospitals do some wonderful work but let's take a look at everyday life by asking the question: "What impact would it have on you, your family, and friends if all pharmaceutical medicine disappeared tomorrow?" The answer could be a feeling of empowerment, enhanced health, and the lovely feeling of caring for our own family.

The following are the words that Celia Fenn has used to describe the autumn equinox, exactly when you will receive this newsletter: "The 'dance' of transformation is taking place in Capricorn between Jupiter, Saturn and Pluto. This is the 'wrecking crew' that is dismantling the old energy grid and preparing us for the new."

It may seem that dismantling the old is a big and complicated task but actually there is just one central core essence. The dismantling of this is both beautiful and scary. Where we are today is simply based on the abuse of power. Governments, schools, parenting styles, taxation, laws, airports, money....

So, the scary part is letting go of the structures that are so familiar, and the BEAUTIFUL is the most powerful invitation to REMEMBER.

The first LAW of healing is: 'All disease is the result of inhibited soul life. This is true of all forms in all kingdoms. The art of the healer consists in releasing the soul so that its life can flow through the aggregate of organisms which constitute any particular form.' Through the position of the hands, the left on the higher heart centre and the right on the solar plexus, an Angelic Reiki healing is the remembering and the allowing of the flow of our Soul Life. The experience of this is LOVE.

I recommend finding an easy mantra that can be repeated often on a daily basis. For example:

I am the Soul,
I am the Light Divine,
I am Love,
I am Will,
I am Fixed Design.

Rest in your true nature, the freedom of LOVE

Christine

TO REMEMBER THE YOU THAT IS FREE!

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

31st May

The truth is to be lived, not just mouthed.
Hui-neng.
No comment needed.

9th June

Zen is not a pastime, but the most serious task in life.
D. T. Suzuki.
Zen is life.

12th June

Zuigan would greet himself each morning and request of himself, "Today please try and wake up," to which he would answer, "Yes, indeed I will."
This master acknowledges the game we all play with our minds. That there is something to do - constantly.

14th June

My compassion to all sentient beings shall be like the limitless sky.
When released, Mind is freed from clinging to worldly things.
Even though living in this world of illusion, My meditations shall be like the Lotus flower,
Lovely and unstained, rising up from the mud.

With purified mind I offer my respects to the Buddha - The Enlightened One.

No comment needed.

15th June

I have no parents; I make heaven and earth my parents.
I have no divine power; I make honesty my power.
I have no means; I make submission my means.
I have no magic power; I make inward strength my magic.
I have neither life nor death; I make Eternity my life and death.
I have no designs; I make opportunity my design.
I have no miracles; I make the Way my miracle.
I have no principles; I make adaptability to all things my principle.
I have no friends; I make my mind my friend.
I have no enemy; I make incautiousness my enemy.
I have no armour; I make goodwill and righteousness my armour.
I have no castle; I made immovable Mind my castle.
Samurai's Zen Creed

No comment needed

Disclaimer

Articles in this Newsletter are not published as representative of the policy or philosophy of Angelic Reiki nor that of Christine Core or Sara Neves de Sousa, editor, unless written stated otherwise. Please read everything with personal discernment.

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!

Words and Silence!



Words have tremendous power and we often don't even realize how much.

We often complain about anything and everything. Because it rains, because it's cold, because it's hot, whatever! Often this gives the feeling that we are never satisfied with what we have.

It is part of human nature to be demanding, but Nature is only giving us what we need, so, instead of complaining, for all those less than good things that happen, we should learn to be thankful. There's nothing like this "thank you" energy.

If we learn to embrace Nature in all its splendor, if we learn to love it as it is, we will learn to love all things in life. We must embrace all that Nature in its great splendor has to offer us. Everything that it gives us is necessary for our survival.

An expression that I really like to use is: "The rose is very beautiful, it has a wonderful perfume, but even so it can hurt us, because it has its thorns and if we are not aware we can cut ourselves. Is that why the rose will lose its perfume, or will it stop being beautiful? No!" So, with all life situations, the same thing happens.

Have you ever stopped to think if your life is as bad as you think it is? Probably you never did it consciously, you never stopped to think that you're lucky for one thing and a very simple one, you're ALIVE!

Take advantage of this gift from Heaven which is LIFE. Embrace it even with its thorns, they will also teach you to grow.

Why do we only remember that we did something wrong after we did it? Why does it cost us so much to find words to apologize to someone? Why does it cost us so much when we do something wrong to apologize? Sometimes we even apologize, but sometimes this is not sincere and that is worse than saying nothing because whoever is listening will realize that it is not true or truthful.

Be truthful in all your feelings, be true to yourself, do not deny what you feel just because someone tells you or said it is wrong. There is no one who can tell you what to feel, how to feel, or what to do with your feelings. For a reason, the feelings are yours, nobody else's. You can try to break your body, but no one can break your soul or essence.

He who is strong does not appear to be strong, but he has the intelligence to deal with the brutality of others. Life is hard and difficult most of the time, it can try again and again and again to break you, but remember that what is yours, your essence, your soul, nobody can take away, it is yours and yours alone!

LIVE more and think less!

And what does all this have to do with the title of this article? Everything, because normally we don't just think, we verbal-

ize and normally against ourselves, we say things to ourselves that don't benefit us at all, that just attracts to our energy field precisely what we don't want.

When we say things like "How dumb I was", "It shouldn't be like this", "I am no good", "Life really is very hard and difficult", "I will never be able to change my life" and other similar things, we are affirming and attracting to our energy field precisely what doesn't serve us, nor will help us on our journey. Often, we even do this without thinking, nor do we realize that we are doing it, and this is what is important to change, this record, which turns out to be a record of mistreatment, especially to ourselves.

When I find myself entering this type of record, my favorite exercise is silence and I believe that for many people, it is not easy to be completely silent, but try to go to a garden or another place where you can be in communion with others, nature and alone with your feelings, thoughts, and words. I assure you that this exercise will take you back to your essence, your Soul.

Silence gives us all the answers we need!

Take to the remaining of 2020 the energy of being more affectionate and loving to yourself.

You deserve it!

Sara Neves de Sousa
Angelic Reiki Master Teacher

THE SHADOW SIDE OF FORGIVENESS!



I know that this article could be considered controversial because we have been, through several different sources, practicing false forgiveness. I know this may come as a shock to some of you, but I ask you to be patient and try to read this unconditionally, as unconditional is the way I am writing it and it is just so that you can have a different perspective and that it may even make sense to those who read it.

For me, the concept of forgiveness has always been a little strange, in the sense that if someone does something that hurts me, should I forgive that person for something that made me suffer? Why?

The same goes for me, am I going to ask someone for forgiveness for something I did? I feel this as pure arrogance and cruelty.

Why? Why am I asking someone I hurt to forgive me for my “bad” behavior? It’s like saying, “Forgive me for being bad!”, But is that going to change my behaviour? Am I going to stop committing the same acts because someone forgave me?

My experience has shown me that this type of forgiveness perpetuates bullying behaviour in people, because unconsciously we are passing on the message that, no matter what you do, you will always be forgiven and in this way people do not learn and do not change their behaviour. Because the message that was passed was that people from the light always turn the other cheek!

We cannot continue to generate behaviour in people who feel they can do what they want, because there will always be someone who will forgive them.

And many times this behaviour will perpetuate with someone else and not with

us, because when knowing that someone did something that hurt us, we can always keep that person out of our life, but they will continue with the same behaviour and with other people, meaning that we are letting that person remain on the same “aggression” record.

Do we have the right to ask a child who has been raped to forgive his abuser? I have a clear idea of what this will make you feel, but we are talking about the same subject, forgiveness. I put this example on purpose so that I can better illustrate what I am trying to convey in this article.

We cannot have two weights and two measures, we cannot say that we must practice forgiveness and immediately after looking at a situation like this, say no, the child cannot forgive his aggressor.

I know that I have a different view of things, but everything is based on my experience with the work that I have been developing both in studies and in consultations and workshops.

Now it is obvious that we bring Karmic situations that can be solved with forgiveness, but not forgiveness to others, but to ourselves for having been in that situation and letting it disturb us so much, often to the point of blocking us.

We often do this work of forgiveness, because we know that we bring from past lives, situations to be solved and not to continue to suffer for it, but another aspect has emerged.

We may have some people in our life who even feel that they should do this work with us, but for a variety of reasons, they do not. It may be out of pride, because they don’t know, or simply because they continue to follow the same patterns and don’t realize it. But their energies are still connected to

ours and interfering in our lives, because what we give attention to has power and if we believe that we need this forgiveness, we will not be able to move forward without it happening.

Now, this exercise that I am going to present to you, is for this very purpose, we do not need to be waiting for the person to realize that he/she has to do something, we can do it for them and thus we are free to move on with our lives and these people too.

EXERCISE:

I, (your name), release you, (person’s name) from all commitments, contracts and needs made in past lives, in the present life, future lives or other dimensions, of being present in my current life.

I release you from all situations that are holding you to me so that you can live a free and full life now and forever!

Be it situations of forgiveness, vassalage, slavery or others that have not been mentioned and that have the same importance!

So be it! Let it Be! It’s done!

You should say this out loud, as if you were actually decreeing something.

If we are all Divinely Perfect, why do we hide up that same Divinity?

Sara Neves de Sousa
Angelic Reiki Master Teacher

We hope you’ve enjoyed the newsletter and we’ll be back for the winter solstice edition.

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

sara.nsousa@reikiangelico.pt