



ANGELIC REIKI CELEBRATIONS

Please join me in recognising and celebrating everyone who gives their time and talents freely to support Angelic Reiki.

The administration of Angelic Reiki does not run as a business with offices and paid staff. Everyone who helps does it because they have answered their Soul's call to be of service to Angelic Reiki. I am deeply grateful to all of them past, present and future.

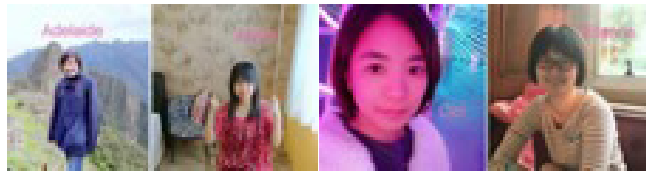
It is lovely to be able to take this time at the Winter/Summer Solstice of 2020 to celebrate their priceless gifts.

Firstly, to say thank you to those that will translate this newsletter so you can read it.

Italian - Thank you Lucrezia and everyone who helps

Portuguese and Spanish - Thank you Sara

New Chinese translators - Thank you Adelaide, Apple, Cici and Elianne



Next, I would like to introduce you to **Angela Griffiths**.

Angela is from Middle England, but she lives in Brisbane Australia. She came to one of the only two 9-day Angelic Reiki Intensives in the south of England. Luckily, she could fit in time to do the workshop whilst visiting her family. At the close of the workshop, I gave her a lift to somewhere, I cannot remember where and during that journey she said that if I ever need any help, to let her know.

Three years later she organised a Golden Heart Merkabah and New Shambala workshop for me at Binnaburra in the Gold Coast Hinterland of Southern Queensland and since then has helped me with general administration, nearly a full-time job. All the things that I just did not have the time to do: the new website, the new format of the 1&2 manuals, support of the AR family in Australia, formatting new documents, researching Apps for the new members portal and more and more. We are often on WhatsApp for 2 or more hours in a morning, her evening!

"...and I continue to enjoy every second of it!!

Thank you, Christine, for a such a lovely introduction, but even more so for being such an inspiration, a great friend and mentor.

How can we ever forget those Merkabah and Shambala workshops at Binnaburra - all the obstacles that were put in the way of everyone trying to get there - and then once there, we were rewarded with a visit from Tropical Cyclone Debbie for the duration that pretty much wiped out the Gold Coast! Powerful stuff!

What a journey it has been...so many adventures since Angelic Reiki just magically appeared in my life...at a time that I shall describe only as intense. Divine timing indeed...where what I thought was the 'impossible' became the 'I'm possible'...and from where I continue to embrace all my possibleness.

Some of you already know me, meeting in various capacities over the years: in person in the UK or Australia; at a workshop or an update; maybe through email, text, phone, WhatsApp, Messenger, Zoom, the website or via Christine. I look forward to meeting many more of you in whichever way we are meant to meet, but in the meantime, whether you know me personally or not right now, I say 'G'day!

Enjoy the rest of your day.

♥A"

"Dear all beautiful ones...

Thank you, Christine, for everything and the opportunity to present myself...

*It's **Helena (Ferm)** here who looks after the registration of AR of 1 & 2 participants for you all.*

I have been in contact with many of you throughout the years and answered all your questions via messenger, texts and emails. It has been a pleasure to serve and help you with what I have been able to do. My first contact with AR was when I lived in Sweden. I met a Swedish Teacher Lilian Gustavsson and began the journey there, became an AR Master and followed by The Golden Heart Merkabah of Creation, New Shamballa and Metatrons Cube here in UK with Christine Core. I live here since 4 years ...

It's been a very interesting journey for many years and before that I did healing and other modalities of healing practices and nowadays I do a variety with healing, tarot readings, massage, crystal keys and much more and other work too ...

I sit in my small living room on the sofa with my laptop where I register all new family members for you, so it is very simple living with my office in the corner where the Wifi is connected!!!

We are many who are serving AR with devotion and love for to be at service for everyone's higher and good ♥♥♥

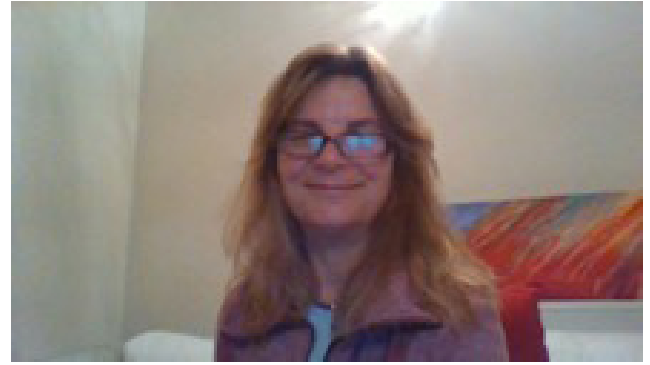
I trust that you all are keeping well and stay centered in balance and do daily practices that feels good for oneself to do. It is a special time we are going through with its wonderful evolution, it is how I see it and have known for many years that it would happened and I understand that is has been very difficult too for many out there in the world...

Trust and faith is important to feel and know that you all are in the divine energy that holds all the light beings together and it is its purpose and it all is within the awakening process as it shall... Keep on with the Angelic work ! You are all magical !

Blessings and Unconditional Love

Namaste... Helena...

This is where I sit and do all admin..."

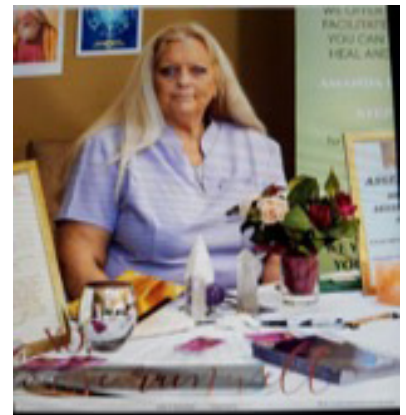


*"My name is **Amanda Douglas-Gartside** and I am an Angelic Reiki Practitioner and Master Teacher and have been working closely with the Angelic Kingdom for many years.*

I have been running the Angelic Reiki Shop, where Master Teachers purchase the Manuals, Certificates and Cards for their Workshops, for a while now and thoroughly enjoy the challenge and honour to be in service to Angelic Reiki.

Along with my husband Stephen Gartside, we wanted to share this wonderful healing and life changing modality with as many people as possible and we embarked on this journey together ten years ago.

*Angelic Blessings
Amanda x"*



*"Hi, I'm **Paty Cabieses Cabieses**, from Mexico. I have been in Angelic Reiki for 8 years and for me is touching Heaven; every time I do a healing and / or Meditation with Angelic Reiki. Working on this, helping each person to rediscover their divinity and wisdom, when I do a healing is to fill myself with Light, Unconditional Love and Tenderness, that comes to us, every time we start to meditate or heal. Knowing that the Angelic Kingdom of Light is present in my life, is an enormous tranquility in my heart; Fears, worry, and anger have dissipated from my life.*

Thanks to Christine for being my link to Angelic Reiki and for being my teacher. We charge for energy exchange, but the greatest exchange we receive is the Light and Unconditional Love in our life and from there, abundance is generated for create our future. We work from the heart, each one, from home and/or office, with every people. Now I'm working on zoom, and opened the world for me..."

*I have got to add an acknowledgement of all the dedicated work **Paty** has given to Angelic Reiki. The current translation of the Spanish manuals is thanks to her plus all the support of Angelic Reiki in Mexico.*

You may not know but China speaks modern Chinese and Hong Kong and Taiwan speak classical Chinese. **Richard Zhu** is the original translator of the manuals into Chinese, for which I am very grateful, but that was modern Chinese. I was very happy when Yupin Chen, an associate professor of Foreign Languages at Taipei University, offered to edit the new 1&2 manual for classical Chinese.

Yupin Chen would like to share with you his experience of Angelic Reiki:

"By practicing Angelic Reiki, I am actually serving the Angelic Kingdom and the Ascended Masters. My first motivation is to empower and support my beloved ones, whenever possible and whenever they are in need. Although this idea remains an integral part of my service, I now also pass on the love and light from the Angelic Kingdom to other awakening souls who understand that healing of the Angelic Kingdom is in fact allowing them to take back their own power and know themselves better. I believe that people are brought to Angelic Reiki by their own souls, not by any promotion strategies or gimmicks."

The introduction of Angelic Reiki into Italy and the original translation of the manuals were the gift of **Alba Sant**. She lives in Australia but with the help of her sister **Lucia** would combine a visit to her family in Italy with teaching a workshop until there were new Master Teachers in Italy. Angelic Reiki has flourished in Italy supported by a “committee” of Master Teachers.

These pictures are of **Lucrezia**, with her new baby, and **Pierpaolo**, they are Uncle and Niece. They have been key to the growth of Angelic Reiki in Italy, Lucrezia with translation and Pierpaolo with his quiet and committed leadership.



“Hello to all the members of Angelic Reiki in the world. I am Pierpaolo, from Italy, Angelic Reiki Master since 2015. I want to thank Christine Core for this new opportunity to get in touch with all of you.

I’m writing as a member of the Committee of the Angelic Reiki Italian Cultural Association, the only Association officially recognized, in Italy, by Christine, created in July 2017 with the aim of spreading the practice of Angelic Reiki.

Since 2014 we have been holding monthly meetings among practitioners for exchanges of healing treatments, also giving to the public the opportunity to have this type of experience through Angelic Reiki and twice a year we organize treatments and presentation events for the public (in summer in the middle of the nature, under trees).

Since 2017, for practitioners only, we organize 3-4 meetings a year to deepen topics related to Angelic Reiki.

In this Era of Covid-19, may all Italy’s support and strength reach each and every one of you, especially those who are struggling with health and work.

During the lockdown, the monthly meetings have become treatments given to our Planet Earth and to all Beings on our planet and to those who have died. We met us remotely at a certain hour: a fantastic experience of sharing Angelic Reiki in a different form for the good of all of us.

We created a Skype support profile for those who might need a few words or a remote treatment and, as soon as possible, we resumed regular activity using masks and sanitizing the hands during the healing exchanges and workshops.

Thanks to all of you from Italy dear Angels, we perceive you, we feel you in a union that involves and strengthens us all and support us in the Heart and Soul.

Thanks again to Christine for giving us the opportunity to share our experience from Italy.

With Love from the Commette of the Angelic Reiki Italia Associazione Culturale: Sandra, Elena, Rosamaria, Lucrezia, Barbara, Vanni, Pierpaolo.”

*“Hello to everyone here! I’m **Hannah** and I manage the international Angelic Reiki Facebook group, alongside Sara and Christine. We have been active as a group for over two years now and it’s been a joy and real pleasure to co-create with all our 1500 members throughout the changing seasons of our collective Global Awakening.*

It is our intention, through the Facebook Group, to support the Angelic Reiki world community by offering a special space for everyone to join with each other, to share ideas, stories, heartfelt emotion and Love.

Thank you to everyone who has made a contribution to our group, it really has brought us closer together as spiritual family. Sharing with us isn’t hindered by language or location, Facebook offers translation and of course a picture or photograph tells an inspiring story.

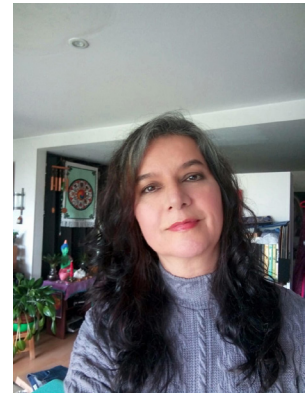
For everything that one can level at the various aspects of Social Media, I believe that it has an intensely galvanising effect on spiritual communities, and our Angelic Reiki family is very much stronger because we can connect together, from all locations worldwide.

Namaste and Angelic Blessings to Everyone ♥ Hannah”



A Thank you to **Angela Maia Buchelli** from Colombia who translated my FB videos into Spanish at the start of the Covid lockdowns.

"I started my Reiki journey as a client, far from imagining that it would become my life purpose. After learning other techniques supposedly only to apply them personally, somehow I knew that Reiki had a deeper meaning that I had to discover, this is how in meditation comes the name of Christine Core, I looked for her name on the internet and I resonated with all the communication she gives me, especially when she said: "This Angelic Reiki is not for healing, you do not do anything". So I have studied the workshops and discover with certainty that Angelic Reiki has the purpose of remembering what is so easy to forget: our divinity, that is why I practice it in my personal life, to those who ask for it and I teach it with absolute joy."



You would not be reading this newsletter if it was not for **Sara Sousa**. When someone is part of my and Kevin's Soul group their response to Angelic Reiki and indeed all of the workshops, is deep and unescapable. Sara is one of these people.

She has translated everything, including the book into Portuguese, and getting the book published. This was her calling and without compromise she has followed the call.

I also have to say thank you to her family Rui her husband and Bruno, her brother for their contribution.

"My name is Sara and Angelic Reiki first appeared in my life when I was looking for a job. At that time, I was unemployed for the first time in many years and although I was doing some Reiki healings and doing some Tarot readings, it was not enough to support me."

One day, I was browsing Facebook and I saw that an Angelic Reiki workshop was being advertised and it caught my attention but since I had no money to pay for it, I quickly dismissed it. But the call was strong, and I started to think how I could do it. At that moment I felt the call, as if it was something I had to do, and just like that in a blink of an eye, I started to have more readings and healings and the money started to come in and in the end I could pay for the workshop."



When I finally did it, I had a feeling that I haven't felt with other workshops that I had done until that moment. A feeling of reunion, of returning home, that remains until this day. After that first moment I felt that this was my path and I decided to continue my training up to Master Teacher level. The first workshop I did was exclusively for students that I already knew, they knew me for quite some time, as they had already done Reiki workshops with me. But soon the word spread out quickly."

Despite being Portuguese, I live in Madrid most of the time, but all my students are Portuguese although some live abroad as the Portuguese community outside the country is quite big, mostly in Continental Europe. Over the years I've organized my workshops in Portugal and in other places to accommodate all my students. At this moment I have close to 150 registered students and I have done everything in my power to be able to give them the best that I can offer. I have been present in all Angelic Reiki meetings, so that I'm always as up to date as possible, as I think that is one of the main responsibilities of a Master Teacher."

I've had workshops with a minimum of students, and I've had some in which, despite not having the minimum, I always have students available to re-sit, so that I can always meet the requirements of 4 students per workshop. In each workshop I do, I can feel the union and feeling of home even more, my students know that they have someone on this side who can support and guide them within what is possible for me."

With each workshop I grow more as a teacher, but even more as a person. This is my part of my mission, to spread this energy to as many people as possible. At this moment I can no longer conceive my life without Angelic Reiki."

Angelic Reiki changed my life! Although it seems like a cliché, it is not, it changed and helped me in many moments of my life, especially those not so good. Angelic Reiki helped me to have a different perspective on life, people, but essentially on myself. I became more confident, assertive, without fear of speaking my truth, even if others do not understand it, because even if they can't understand, that will not stop me from saying it. I learned to have more compassion, but again much more for myself, as I was always more demanding with myself than with others. It brought lucidity, courage and most of all LOVE that one doesn't explain and just feels. I became more aware of everything around me and everything I say and do, but it also helped me to listen, to understand people better and in this way to better understand myself and my journey until Angelic Reiki entered my life. It helped me to take responsibility for everything that happens in my life and this knowledge changed everything."

I just want to conclude with the prayer that the Angelic Kingdom of Light bless you with the love and truth that will gracefully support you through 2021.

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

11th March

Vimalakirti asked Manjusri what was the Buddha's doctrine of nonduality. Manjusri answered,

"The doctrine is realised by one who sees beyond forms and who knows beyond argument. This is my understanding - what is yours?" In response to this question, Vimalakirti closed his lips and was silent.

The Zen masters would often teach by non-doing. Duality is an expression of mind. By remaining silent the master shows that non-duality is stillness that cannot be expressed.

13th March

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

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

14th March

When you see him you will feel as if you have met your own father at the end of the road.

You won't need to ask anyone else if you are right or wrong.

Ekai

For me this describes where perception merges into one.

The realisation that there is only IT. Everyone you meet, and everything you perceive becomes just part of IT, including you.

15th March

Just get rid of the false and you will automatically realise the true.

Ho-shan

What is displayed here is the world of opposites.

By the release of the false, the truth will be automatically revealed.

For me, however, these are opposite sides of the swinging pendulum. The still pendulum is the balance between the two, yet partakes of the nature of both. The pendulum at rest is Zen.

21st April

Become a master of every situation, and you will always be in the right place.

Lin - Chi.

Being in the wrong place is a manifestation of the mind in judgment of present circumstances.

22nd April

You asked me how to practise Zen on your sickbed.

I ask you who is it that is sick? Who is practising Zen?

Who you are? Do you know? Your whole being is Buddha nature. You are the Great Way - beyond all forms.

Is there any sickness in it?

Letter from Bassui Tokusho.

The mind, emotions and body arise like a wave in the sea of Buddha nature. At death they will sink slowly back into the sea.

24th April

Just as the highest and the lowest notes are equally inaudible, so, perhaps, is the greatest sense and the greatest nonsense equally unintelligible.

Alan Watts.

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!

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

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

sara.nsousa@reikiangelico.pt