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No.34, March 2021

THE NEW GREAT INVOCATION

Editorial by CHRISTINE CORE

It seems that everything goes in cycles. Our breath, a day, the seasons and the birth and death of stars. The longest cycle that us humans are aware of is often called an epoch and the end is characterised by a breaking down, destruction of everything that used to sustain that cycle. We are going through 'end time' now ready for a new beginning.

The original Great Invocation was written by Alice Bailey in 1949 just as the world was recovering from two great world wars. I remember food rationing. We were given a book of grey/blue stamps that entitled us to our rations of food. I remember going shopping for my grandmother one day for some butter. I was given some money and the ration stamps that entitled us to a certain amount of butter. Grandma told me that if I told the shop keeper that the butter was for her, the shop keeper might give me some extra if there was some spare. I did, and she did. We got some extra butter that day.

Alice Bailey and everyone, like today, who are willing to look behind the information that is in the public media, knew that there was a dark agenda at work and that the end of the world wars was not the end of the story. The Great Invocation was dictated to her by a wise Tibetan monk as a prayer to overcome these dark forces.

This Tibetan monk lived in an ashram or monastery, not far from the boarder with India. His name was Djwhal Khul. At the time, he was alive on Earth so the



transmission of the information is regarded as telepathy rather than channeling.

The Great Invocation was written in the style of asking for something that we have not got. For example 'Let Light descend on Earth.' implies that the Earth is dark and light needs to come down from above and return to Earth; 'May Christ return to Earth' implies that the expression of love that is Christ energy has left and we are asking for it to return; 'Let purpose guide the little wills of men' is a real implication that men/ Humans have 'lost it', are separate, lack wisdom etc but the Masters know the Will of God. Similarly, the words 'Let Light and Love and Power restore the Plan on Earth.' Suggests that something had seriously gone wrong on Earth.

The Solstice of 2012 was revealed as the end of the Mayan Calendar. Some thought that the world would end on that day, others that it was the start of a transition into a new age, a new beginning. The significance of the Solstice on 21st December 2020 was less known but equally, if not, more important. Astrologically it singled the end of the transition and the start of the age of Aquarius. The Aborigines of Australia who have kept the ancient wisdom, believed the date to be the transition point and that Humanity would either have the opportunity to end this cycle and ascend to another level, or we would just go through another 26,000 year cycle of duality, control and suffering.

This is what the Australian elders said:

"The Great Conjunction, 'The Event'"

For the past nine years elders in Australia have been doing ceremony in secret to prepare for this event.

This is the most important time in history. Everybody clear their thoughts of everything happening in the world and stand outside to send pure energy to Uluru at 9.02pm on the 21st of December. We need 100,000 people in Australia to do this with pure intent, without any other thought of anything more that's happening. Only focusing on Uluru. The elders will have crystals that are not of this earth, these crystals are from the Pleiades seven sisters and a box that was given to them from off Earth that will be activated by us, the 100,000. It will ripple effect to all the lay lines in this world and reverberate out into the entire universe. If we do not get this number of people the box will not activate and the second event will be three years from now seeing the beginning of the end of humanity.

If there were ever a time to do one thing,

free of worry or thought of anything else... being pure of heart and simply sending energy to Uluru at 9.02pm on the 21st of December, it's this and it's literally the most important thing we could ever do in our lives. This is why we are here. This is what we were born for in this time in space. This will connect us to our true origins of who we are, it will free the human race. The elders have prepared this for 9 years, we need merely a few minutes sending energy to the Sacred Rock to activate the event. Earth is raising into a different dimension with or without us, this ceremony is to save the human race and raise with her.

Thanks Elise Engvig for sharing x"

The prayers, love and dedication of thousands of people in Australia and around the world were successful in activating the 'box'.

The original prayer of the Great Invocation has been answered and what is left now is for us to step up to the mark and claim our birthright. The New Great Invocation given to me for Angelic Reiki by Djwhal Khul, is the affirmation of who we are and is the prayer for the next phase of our transition and transformation. I invite you to say it daily.

The New Great Invocation

From the point of light that I AM
I let light stream forth from the Mind of God
Earth radiates with light

From the point of Love within the Heart of God
I let Love stream forth from my heart
I AM the Christed Soul on Earth

From my centre where the Will of God is known
I let Divine purpose guide me.
The purpose which all masters know and serve.

From the centre of the Divine Human Race
Let the Plan of Love and Light work out.
My love seals the door where evil dwells.

I AM the Light and Love and Power living God's plan on Earth

Angel Blessings

Christine

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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!

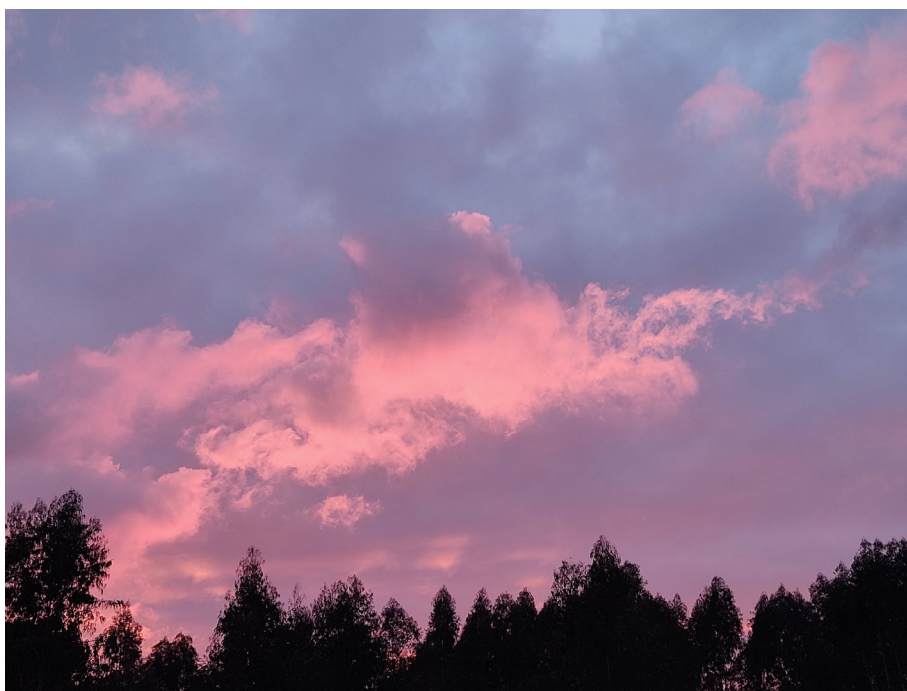
New Website Link

This is the new Angelic Reiki website:

www.angelicreikiinternational.com

You have a lot of precious information there!

GRATITUDE!



GratITUDE has always been part of my life, but lately it has been THE tool of choice.

Every day I wake up in the morning being thankful for that day that is just beginning, I am grateful for being healthy, for the people that are part of my life and for all the things that I have been experiencing in the most wonderful way possible.

I am grateful for everything I have and I left behind the whys of some situations and I started to focus on the lesson that those situations and people brought to my life, I thanked for the opportunity to be able to experience everything, although sometimes it was hard, painful and often felt as unfair.

Life alone is a blessing and just for being alive at this time of change for the planet and humanity, I am grateful.

When we practice gratitude, we are already attracting more things to our lives to be grateful for, this is how the law of return works, what we send out, even if it is only in the energetic form, returns to us multiplied. What I have come to realize with this daily practice, is that in fact with each passing day, I have even more things in my life to be thankful for.

A small gesture of affection, like saying good morning to someone, which may seem like something small, can change the energy of the person who is listening or reading a message. When we raise this to "I like you very much" or "I am very grateful that we

are in each other's lives", it takes on even greater proportions and makes us able to grow this wave of love that ends up touching more hearts and that can cause these people to do the same with others and this causes the energy to change little by little.

A small gesture of affection goes much further, but a wave of gratitude goes even further. When we bring the two together, there is nothing to stop these energies to go even further and when we realize, the whole planet will be infected by an energy that cannot be corrupted, only increased, because when this energy is shared, it does not diminish its strength, on the contrary, it increases and makes it grow more and more.

At this time that we are all living, the last thing on people's minds is gratitude, because they are busy thinking about all the less good things that are happening, but this too can be changed, because if we are grateful for the things we have as guaranteed, i.e. the air we breathe, the house we live in, the food we have on the table, the clothes we wear, etc., the energy changes and we have more of what we want and less of what scares us.

When we are entering an energy of fear, it is difficult to change that vibration, but it is possible to do so, just by focusing our attention on these little things I mentioned above the energy will dissipate.

Usually I have the article for the Newsletter written very early, way before the pub-

lishing date, but this edition I was quite late actually and I was struggling (which is not usual for me) what to write about and the last week or so so many beautiful and wonderful things happened that this article practically wrote itself.

My wish for this Equinox is that we look at nature more often and feel grateful. After all without nature and the earth we could not be here, right now!

May this new cycle be one of Love, Affection and Gratitude!

Love to all of you reading this!

Sara Neves de Sousa
Angelic Reiki Master Teacher



Share Your Story

My journey with Angelic Reiki started in the summer of 2010, where I had already begun to awaken to life on a spiritual level. My upbringing was mostly a religious one and until I started to receive Healing from a local reiki practitioner after the birth of my twin Daughters in 2004, I had little knowledge of the Spiritual realms. Angelic Reiki fell into my path by Accident, or so I thought at the time. I immediately fell in love with the modality and set about to learn all levels of attunement and lead me to completing Master Teacher level in 2015. I was witnessing other students going on to teach others, but for me, the journey was completely different. I was working Holistic mind, body and spirit fayres frequently, showing up for Angelic Reiki online and offline and promoting as much as I could. Then the lesson appeared! My family of 5 were about to lose our home, financially we were not in a good place and we moved in with my parents for 18 months, my daughters sharing a box room (age 11) and my partner, my son (age 3) and I, in a double room.

Throughout the confusion, I never really asked why this was all happening, I just knew we would get through it and kept faith we were just transitioning. My confidence was shaken, I was struggling with PTSD from the birth of my son, Anxiety and Panic were a frequent visitor, but I knew that on a deeper level something else was happening and that these experiences were teaching me to delve much deeper into my own shadow work and to review my life and my experiences. I would see messages everywhere, slogans on the back of vehicles, numerous number sequences on digital clocks and car registration plates. Messages via dreams were becoming more frequent. I then decided to really take the time to go within! While living with my parents I decided to start writing and journaling about my journey and while watching my son, who, at the time was non-verbal and being assessed for Autism. I decided to look deeper, beyond the human condition and connect to his other senses to see how else he was communicating. The journaling flowed adding chapter after chapter so naturally it morphed into a book named 'The Rainbow Experience', it isn't perfect but it is my story and the message holds so much wisdom, even I refer back to it for help! I challenged myself to self-publish the book with the help of friends to illustrate and format for me. I had a strong desire to assist other par-

ents and children and had clear guidance that my message needed to be released. Through explaining Angelic Reiki and how it has changed my perspective on my own Childhood Trauma, Birth Trauma, Mental Health, and Autism, I created something that others may relate to and wish to seek out healing for themselves.

I have a vision to create a holistic education & therapy centre for parents and children who struggle with emotional management; to assist in grounding and reconnecting them to their soul home of origin. Many children are struggling with a sense of belonging on this planet not knowing where they fit in a very broken system and the parents are misunderstanding themselves as well as their children. I know this to be true as I was that parent. I had to get clear on my own emotional trauma first so I could hold space for my children. They need to know they still have a connection to their soul home but can absolutely have a lifetime here. I have since realised that through extensive healing of my own inner child, holding space for the children of the planet is important to assist them in preparing for the new paradigm in 2032, creating a sense of safety and belonging as they so deserve. Just recently, I was doing some wound clearance and shadow work as part of keeping my energy pure and received a message of encouragement from Kevin Core, that confirmed I was ready for the bigger picture!

I would like to share his message with you as I am sure the wider Angelic Reiki collective will take inspiration and encouragement from it.

"I know this job seems huge to you, but please know that I and the Angels are behind you giving you enhanced power to get the job done! We know your transformation was not an easy one! We hope that now you, as a human, the conditioning you have been held under cannot harm you anymore. Archangel Metatron is over-seeing this project and your soul is ready now. If your human self-doubts this, just think of us! We are right here. Trust your soul nudges; Trust your children are progressing and that you have come along way with mastering self. The process may have been slow, but there were things you had to go through and initiations that you had to pass! We can see your tenacity; we have watched your trials and your belief in your purpose continue when you could have chosen different. You are the right one for this

and your knowledge will be life changing to those who need it. Keep going even though, at times, your relationships may sometimes challenge you, know that taking things personally does not serve you. Continue to be the best version of you and we will show up for you 100%! You are special and your soul gifts are needed.

Sending love from our heart centre to yours!"

Receiving a message like that boosted my confidence and sent me into action. Not long after, I was recommended to speak to a lady who reads the Akashic Records, and I got myself my true profile. I now know my Starseed origin and what was holding me back from previous lifetimes and discovered a few abilities I had that I had no awareness of. We shifted all the things that needed to go so I could fully focus on my highest path and purpose.

I often wonder what life would have been like had I not embraced the connection to the Angelic and Spiritual Realms. I now know for sure through this system of healing, not only can you pass on to others, it can really assist you to connect you with your own soul gifts and abilities. I have so much gratitude for this healing modality. Blessings!

Shelley-Ann,
Avebury UK.



www.ignitetheflame.co.uk
www.therainbowexperience.co.uk
www.thefreespiritconnection.org

Share Your Story

Honour of Holding Through my Dad's Death

I have been interested in death and dying for many years now, and have been privileged to have been close to a handful of individuals who transitioned over the years. I've read about it from a good variety of point of views, found Angelic Reiki through the death of a very special dog in 2017, and refined my personal ceremonies around those I love, especially my Mom and Dad ever since.

Today, 16th February 2021, is 15 months since my Dad's peaceful death. As I sat this morning in the UK, feeling deeply for and with my Mom in South Africa, I followed my usual personal practice of clearing and connecting in, and when I invited my ancestors to join me it was an instantaneous feeling of pure presence. It's such an honour and joy to hold space for those I love, and I am always deeply grateful to have the means to do so. I feel doubly honoured in that I was able to be physically by the side of my Dad during his transition - and this gift is still being opened and received. My heart, even in grief, only feels an expansion.

I was tired, and looking forward to my morning coffee, breakfast, shower and daily self care session. Maybe I would get to the beach and have a cleansing, refreshing dip in the ocean before resting. I had spent the last 25 nights with my Dad in hospital, and was waiting for a relative to take over the vigil we were holding for him. Even though I was tired, I was still in awe, and gratitude for all the magic in the small moments that had happened to enable me to be here, now with him physically. My Mom would likely be here later, reading to her husband of 50 years, from the Bible, holding his hand, just being with him.

It was early hours of one morning, and Trevor (my Dad) was restless again, agitated and increasingly hostile. I didn't yet know it was the drugs they had put him on, but we stopped that very soon - well my Dad did! The hospital wanted to restrain him, I felt it was okay to let him move. Whether physically or emotionally it didn't matter. My Dad stepped into darkness, chaos and tremendous emotional pain in these moments, and all I ended up learning was how much I actually and truly loved this man, and whoever he saw in those moments when looking at me didn't matter either, I



loved him through the shadow energy working its way through him. I felt as if I was made of water, flowing unresistingly around him, so his restlessness always settled in a relatively short amount of linear time. And then whatever that work he needed to do was, it finished, and he enjoyed the last weeks of his life in peace and love.

A warm spring morning, the window open, my Dad reaching out his hands describing a circle again, holding hands with whoever was supporting him from the other side. He looked over at me, reaching out and we held hands. I have never had a problem telling my folks I love them through the course of my life, and I let him know it again, tenderly holding his head in my hands, kissing his forehead and just letting the love flow. I asked him if he wanted a massage, I don't really know why I bothered asking - over the course of 23 years he had never refused a massage or reiki treatment - he loved them. Using sacred oils, every single time, when I massaged him on his death bed, I felt as if I was anointing my father, my sacred father, my blood father, there was no difference. I find it hard to share this honour with others - it is such a sacred feeling of purity.

My Dad's faith was strong in a Christian sense. Once he got through the physical detox (no food for 28 days, no medications

for 21 days, none of his chronic medications for 21 days, and he didn't once need pain medication), his journey I saw as the journey of Yeshua, his master. That of a deep abiding faith that is tested with abandonment, doubt and anguish, anger into grief, acceptance, love and a deep deep peace. We did chuckle occasionally however, as while he thought his God didn't want to take him home, we also used to tease him that he would change the rules of the queue to the afterlife to ensure it was more efficient for those arriving in the future! We arranged for visits from his minister whom he adored. Gratefully, family from overseas arrived during his 5 week hospital stay, and could say their goodbyes and love.

My Dad always loved my meditation musics over the years, and while in hospital he never once wanted the music off - all that played for 95% of the time was all of Michael Hammer's music. He had a room to himself, an open window (we had to remove the nails to open the window but the matron helped him achieve that), some trees right outside, the sounds of peacocks who slept in those hospital trees and had very definitively chosen his moment to let go. He didn't want to go home, organised ALL of his estate to be transferred to his wife, and had paid the last bills before calling the ambulance to come take him to hospital. And, thankfully and magically, I was able to arrive to his side from the UK smooth as an angel's whisper in a falling leaf. He slept in the day mostly, and was really awake in the evenings - we talked a lot, as best as he could by that time. He had a throat cancer, and had increasing difficulties swallowing, and talking clearly. (There was no pain because during a small procedure he had a few years before had severed a sensory nerve from one side of his face - which I find miraculous). We managed, and he could still communicate even when everyone absolutely thought he was either asleep or unconscious. I had to continually remind everyone around him that he could hear, absolutely, no doubt - and we had (my Dad and I) a good few laughs pointing out to others that he could hear. I lost count of how many times, I softly said, "So, Dad, can you hear Mom then?" when my Mom whispered something quietly to not disturb him. And he would just nod his head, with a small smile on his lips. It was beautiful.

(continued from previous page)



My Dad chose to have the saline drip taken out his arm. It took a while for doctors to acknowledge this choice, yet we confirmed it very easily. Trevor was more clear headed than he probably had been for many years - he had fasted for 28 days on water, had daily massages, prayers and frequent energy treatments, and knew what he wanted. The doctors complied.

He asked me to read from the Angelic Reiki book - thank you Kevin and Christine, and often asked me what on earth was going on with his body (from the point of view that he felt weak and tired but completely okay with odd sensations passing through it) and what would happen. I listened and loved my Dad - and touched him, his hands, his feet, his face, his legs. I did my own little ceremonies in the evenings. I, and others, read to him, I encouraged everyone to use oils to massage his hands (and feet if they could), I supported him with some breathe work and prayers.

He celebrated his 93rd birthday in hospital, and the entire staff entered his room and sang his favourite hymn and happy birthday. Being Africans, you can imagine the harmony and power that flowed through their voices that day - every single person in the room was in tears, including the singers.

Reiki self healing sessions were sleep for me - I functioned extremely well on an hour self healing session a day, sometimes conscious through the treatment and at other times fell asleep to awake in an hour. I rested for an hour and it was like 5 hours sleep for me - out of everything I still find this to be the most unbelievable and miraculous! I always had plenty of energy to deal with all that needs dealing with around and after death, and I had time to feel the grief. The beach, the shower and the ocean were places where all my grief, stress, concern, love,

fear, sadness, and anger flowed out in rage and tears. The tears flowed so intensely I thought I may indeed die myself, but I was not afraid - I knew this was my parents, I have a special contract with them. When I entered his space again, I was still his son and him my Dad, but I was clear, grounded, re-charged and ready to just be with him. Every time I look back at this, I am deeply grateful again for the support of the invisibles in one of my most sacred of prayers from many years ago, that to be at the side of my father when he passed.

I used the principles of ancient wisdom, my own soul wisdom, and the angelic reiki processes in working in sacred space. I felt like I was a guardian of my Dad's space - I removed unwanted energies, including myself on a few occasions - physically and energetically maintained the space, and over the time felt just an incredibly sacred presences around my Dad and his visitors and carers. Not once did I feel it was me however, the fundamental principle, in my Dad's space, was thou will not mine. A huge golden medicine wheel of support slowly circled us, as well as our ancestors. Peace was all pervasive. The last week he was left undisturbed unless we asked for some assistance or he had visitors.

The 3rd last night of my Dad's earthly life, my AR teacher, healer and friend held space for us. The last night, my Dad joined me in creating sacred space for his transition. I never interrupted or asked him too much of what he experienced - I didn't need too, he was tired, and his voice was weak. The last week he started really jumping from one reality to this one, and did say a number of times that he thought he was being daft, his Mom was holding his other hand, and he described a wide circular spiralling pattern. He clearly was seeing the portals/bridges of transition. I held him close, my intentions

had already been created and burnt, and on that last night I slept allowing myself to slip over anywhere that I needed to be.

I woke at 5:55 the next morning, and felt alone in the room. Seeing my Dad was another most beautiful moment of love and peace - his body completely at rest. I slid my hand down his back, and his chest and he was still warm - I like to believe he went just before I woke. There are no words to express my gratitude, so I just let it flow when I feel it these days. I ensured to "follow" his body with sacred space from hospital to funeral parlour to church to cremation, all of which most beautifully took 4 days.

Suspected it for years, and a great big beast of a dog in 2017 and then a great courageous heart of man in 2019 confirmed it for me - holding unconditional space for a dying individual is, for me, the most beautiful, sacred, intimate and poignant experience. It has enriched the rest of my worldview now. I grieve deeply at times, as is of course natural, and I allow it - I remain unafraid of deep emotion, and always another gift arrives when the cycle is complete.

Thank you Dad for the all the deep gifts and givings you made to others and to me over the 93 years of your life, and thank you for this gift which keeps flowing.

From my ancestors to yours, we join in the wheel of life, and hold space for ourselves, for our tribes and communities, and for our mother earth. Blessings on this special day, may your truth unfold into your world, may you continue dreaming your world into existence.

Mark Wells

Natural Routes to Health

Keep it Simple!

I love simplicity! If I'm faced with complicated, repetitive information, I need to deconstruct and reassemble it clearly and logically. Nutrition can be as complex or as simple as you make it. A few years ago I decided it was time to simplify my life, starting with my health.

My diet was reasonably healthy, but there was definitely room for improvement, and I really did want to lose at least a stone in weight. I have never felt the urge to follow any kind of weight loss diet as they sounded too much like hard work, also many fad diets limit certain food groups and this cannot be sustained long term. However, it can be very beneficial to cut out certain aspects of those groups which can lead to improved health, weight loss and enhanced immune function. Initially I cut out sugar

totally, (the obvious, plus hidden sugars and sweeteners), when it became established, I reintroduced very small amounts as rare 'treats'. I also realised after reading 'Wheat Belly' by William Davis that gluten was causing my occasional IBS type condition so I eliminated that immediately and both health then weight were back on track. I was mainly following a whole food diet anyway, (no processed or GMO) but I took another step to aim for a more plant based regime (a wide variety of coloured fruit and vegetables), and more recently organic. I subsequently looked at all my personal and household products and was appalled to discover how many health damaging substances we absorb on a daily basis. You are not only what you eat but what you absorb.

Unfortunately these days we cannot gain all the nutrients our bodies require through food alone, as soil is depleted and meat is pumped full of hormones and antibiotics, so it is prudent to supplement our diet to support and enhance our immune system.

We are all individuals with unique microbiomes, so our dietary needs vary but we all thrive when we have solid healthy foundations ...good natural food and water, sleep, exercise, fresh air, purpose, love and happiness.

Estelle Bates

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

1st March

A student was caught stealing and his fellows asked master Bankei to expel him from the community. The master ignored the request, but the student stole again. The others drew up a petition demanding expulsion, stating that otherwise they would all leave. Bankei called them together and said, "You are wise, my friends. You know right from wrong. You can go somewhere else to study, but this poor fellow - who will teach him if I do not? I must keep him as my student even if the rest of you leave." The student who had stolen was overcome with tears and never stole again.

There are 2 lessons here.

One is that the students had not heard Zen and placed value judgements on their fellow student judging his actions as bad. The master had seen that the student who had stolen had also not heard Zen, and again through value judgement felt the need to steal.

Each occupied opposite sides of the pendulum. The still point between the two was to unconditionally continue teaching all the students.

This was revealed to the student who stole and through the action of the master thus caused him to find balance.

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.

29th April

The treasure house is within you. It holds all you will ever need. Hui - Hai.

You are all there is!

Share Your Story

Just a reminder that in the Newsletter we have this space, so that, if you want, you can share your story. If you have an experience that you want to tell everyone about, feel free to send me an e-mail: sara.nsousa@reikiangelico.pt, with the subject "Share Your Story". I believe it is going to be a beautiful place of sharing.

Nutrition Column

This edition we introduced a new column, about nutrition, as you have probably already noticed.

This is going to be something that's going to be present for the next editions thanks to Estelle Bates.

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

In the meantime, to get in touch about any of the articles or share any AR experiences, email sara.nsousa@reikiangelico.pt