



# VACCINATED VERSUS UN- VACCINATED



## Editorial by CHRISTINE CORE

**T**he hot topic at the moment is vaccination, and I am seeing lots of contradictions around this topic. Please for a moment take a careful look at the image of river above and remembering that water is a symbol of our consciousness, what do you see?

What I am going to say may not be your experience, and it may be surprising to you, but it has been my experience when talking and listening to other people, and that in itself is relevant to what I wish to share.

Those that have gone down the road of **taking the jab** seem to me to have 'gone with the flow', been part of the bigger group, fitted in, not got into a fight.

Those that have **rejected the jab** have often come across as righteous, judgmental, in their heads, well researched, informed, expert, and critical.

This seems to be describing the opposite to our usual 'spiritual' perspective:

- The **spiritual** person would traditionally be described as non-judgmental, being part of a group, non-confrontational.
- The **non-spiritual** person is in their head, full of information, argumentative, fighting for what they believe to be right, in conflict with other people.

It is the contrary to what one would expect that has actually been my experience. I have spent a lot of time on the phone over these last few days trying to sort out my internet and everyone (and I am guessing they have all taken the jab), has been very nice and helpful, not acting as if they were separating from their Soul and compassion.

But is compliance, loss of freedom, slavery, OR non-compliance and fighting for freedom congruent with the Archangel Michael with his sword archetype?

I always look to nature for guidance, and I chose the above image to see what nature had to tell me. Nature just does what

it does, it does not have an opinion about it. Imagine how the river would feel if it was thinking and judging what it was doing. Should I flow this way or that way? Why is that rock there? Oh, my goodness it would be torment. It would need a therapist for the trauma.

I chose the image of the river above as an invitation from nature for us to consider certain questions. From the point of view of the river which was the right course to take? Was the most popular one the best one? Look how some channels divert then return, some channels are small but faster flowing. Look closely and the biggest channel has the most stones and the roughest water. Food for thought, I hope!

Another of our natural teachers is astrology and I would like to look at the energy and principles for this September's Equinox. Astrology is not my area of expertise, so I get my information from professionals. The energy right now is **Virgo** and **Pisces** and happens to be exactly what this article is about. Let's look at them both.

(continued from previous page)

**Virgo** is critical and judgmental. We humans are very good at having an opinion. It makes us feel right and this makes us feel safe. Underneath this need for safety is fear. Fear of being wrong, which in turn is a fear of failure and failure can be painful. There seems to be no way out of this cycle. So, **Pisces** invites us to see the bigger picture.

Yes, each of us have gone one way or the other, there is no in-between except for indecision. There are slight differences. Vaccinated and trying to cleanse the toxic effects of it; or un-vaccinated and protecting from possible contagion of spike proteins etc. Whatever decision you have made,

mostly you will feel it is the right one. If you feel it is wrong, then you can join the other path. Just as the river does in its timeline of flowing on its journey.

The message I wish to share here is that of **Pisces**, i.e., the bigger picture. In the image above there are different channels that the river has taken. But my guess is that if the photographer had stepped back and taken a 'bigger picture', what we would see is that in the end, either just further downstream or where the river meets the sea, that there it becomes one again.

We each believe what we have done is

right, or we would not have made that choice. That does not mean that we cannot lovingly accept others and the decision they have made.

My invitation is to swim in the water of **Pisces**, open to a bigger picture, relax and dream. Dream of beauty, dream of peace, dream of loving friendships, dream of abundance, dream of joy, playfulness, and creativity. Just dream and let the rest just wash over you for a while.

Much Love to you and Angel Blessings

**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](http://shamballazen.blogspot.co.uk)

1st January

Searching for the Bull

The journey begins as an exhausting search for an elusive quarry. The seeker is pictured in search of himself, but all he can find is rustling leaves and singing cicadas, and he does not yet realise that these are the very clues he seeks. During this stage the student is often confused and discouraged. He doesn't really even know what it is he is looking for. Zen sounds strange and obscure yet something in it inexplicably attracts him, nevertheless. Kuo-an Shih-yuan writes

In search of the Bull,  
I fight my way through forests,  
following the course of unnamed rivers,  
lost on meandering mountain paths.  
Exhausted and despairing,  
I can find nothing but rustling leaves,  
and the singing of cicadas at nightfall.

Why search for a bull that has never been lost? The bull only appears lost because the ox herd is lost in the experience of separateness. His home becomes ever more distant. He reaches many crossroads in life, but does not know which road to follow. Desire and fear burning him like a fire, and ideas of right and wrong imprisoned him.

30th January

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.

28th February

When master Hui-neng was questioned about his training system he replied, "I would not be straight with you if I claimed to have a system. I just do what I can to free my students from their own bondage, by any means their individual case may require."

The human mind requires that teachings are enclosed within a recognisable framework we term a system. For me this is another instance of taking spontaneous action and repeating it as earlier described, and by doing so one loses the vitality and freshness of that which has been generated by the spontaneous manifestation of Life.

## Share Your Story

Just a reminder that in the Newsletter we have a space to, 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](mailto:sara.nsousa@reikiangelico.pt), with the subject "Share Your Story". I believe it is going to be a beautiful place of sharing.

## 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>

## New Website Important Links

In the new Angelic Reiki website you can be up to date to everything important that Christine's doing, click on the link below and you have access to a lot of precious information!

<https://angelicreikiinternational.com/articles/>



# A critical examination of the idea of being already there

By Kacper Oleksiak\*

In the teachings of non-duality, whether it's in the Buddhism, Advaita Vedanta or from "independent" teachers like Eckhart Tolle, we learn that there is not really anywhere to go, attain, achieve in terms of realizing one's true nature. It is due to the fact that we already are our true nature, we've always been and we always will be it.

While this perspective is undoubtedly true, I'd like to make a critical examination of it, because I believe that when it's pushed onto people mindlessly, it can bring more confusion than liberation.

## Buddhism

In Buddhism we find that the Buddha-nature is not something we attain or achieve, because it is the inherent quality of every being in the existence. Therefore the process of enlightenment is more of remembering who we've always been rather attaining some super-luminous state. And the "path" to the enlightenment is the Noble Eightfold Path, which in its essence is very simple. It's not about undergoing some strenuous ascetic occult practices. In short, it's just about practicing awareness of the here and now, cultivating compassion in every action and gaining the right understanding of the spiritual principles.

Why so simple? Well, we need to make a distinction between the spirituality and esoteric practices. We tend to mix them together and often times esoteric practices are great tools for spiritual development, but it is not always the case. A good example are Chinese masters of Tai Chi, Qi Gong or Nei Kung, who through esoteric practices gained powers which made them more powerful than Jedi masters, but they had no recognition of ones own true nature, which resulted in the lack of effortless compassion and materialized in fierce and grim battles between the clans. The recognition of ones own nature, the simplicity of being in the here and now and going with the flow, the effortless compassion, all this is spirituality. It's simple as that.

But is it really so simple? Hearing all this from certain teachers can make you really frustrated. You may ask yourself "If it's so simple, why can't I get it?", "What is wrong with me?". Especially in modern times you hear it a lot from teachers who gave you no practice at all. After all practice seems to be overcomplicating simple things. But is it really the way of the Buddha? No, Bud-

dha knew that some minds need to undergo certain processes in order to be cleansed, calmed down, disciplined. Therefore he left hundreds, if not thousands of practices to his disciples. Those practices are not really the way to enlightenment, but they are helpers. Let me put it this way... The sun is always there in the sky. But sometimes you just cannot see it, if there are dark clouds and thunderstorm all over the place. You could of course just focus on breathing and allow the storm to pass and reveal the sun. But sometimes we are too caught up in our minds. We try to be in the here and now, but all of a sudden a tornado comes and takes us through the drama of our mind. An experienced meditator would just allow it to be, but the novice one will lose it. That's the purpose of the practices that Buddha gave, that's the purpose of all the fancy practices of Yoga, Tantra, Shamanism, Merkabah, etc. - they take care of the storm within. And that's what I believe distinguishes a preacher from a teacher. A preacher will keep saying how easy it is. A teacher will give a tool, which will help the student.

## Tibetan Buddhism

The Tibetan Buddhism makes a distinction between two ways of spiritual inner-work. There's taking a seed as a path and taking fruition as a path.

Taking a seed as a path is the opposite of what we are discussing in this article. At the beginning I am a seed. I need to do all the stuff to one day become a tree and give a fruit.

Taking fruition as a path starts with recognition that I am already a fruit and all I need to do is to just make a habit of resting in that awareness until it becomes effortless.

The best example of taking fruition as a path is Dzogchen. The practice of Dzogchen begins with an initiation, during which a qualified master reveals the true nature of the mind to a student. Then through the practice of Trekchö, all the student does is just returning to that state.

But is it really so simple? Is it really that a student comes and gets introduced to the Pure White Light of his mind? Turns out that not really.

Dzogchen is considered to be the highest teaching in the Tibetan Buddhism. Historically, the master would not introduce just about anyone to the nature of one's mind. The student would usually begin with studying Buddhist texts in order to know what

they are dealing with. Often times, the student would also undergo tantric sadhanas in order to cleanse and discipline the mind. Why? Because the mind need to be in a certain state for the student to return to the true nature of the mind on their own. Dzogchen is not about the master introducing you everyday to the nature of your mind. You need to be able to return to it after the initiation. And that requires that a mind "meets certain requirements". Getting back to the analogy with a sun, clouds and the sky. The master can make a hole in the clouds which will allow you to see the sun. But if tomorrow, you'll get lost in black clouds and storm, then what's the point of Dzogchen?

Nowadays, Dzogchen retreats are open to everyone. Is it good or bad? I don't know, we wanted the teachings to be more open, so we got it. I believe that when someone is ready, only then will he or she feel the need to receive the initiation. And if someone without inner guidance just wants it and goes to get it? Well, they might be in for a big disappointment. I guess it all boils down to the responsibility for assessing student's readiness is taken from a teacher and placed on the Divine Guidance.

Nevertheless, here again we see that we have a practice of returning to what already is, but we also have countless tantric practices that support students. And a true teacher will not be telling the student about how easy it is. The right teacher will have some tools up his sleeve to help the student in becoming ready for Dzogchen.

## Advaita Vedanta

In Advaita Vedanta, our true nature is Atma, usually translated as the Self (mind the capital 'S'). While in the west it is often understood as a soul, it is far from the esoteric concepts of the entity we call "the soul". Atma is that part of us which never changes. It is always present, we've always been it and we'll always be it. To realize Atma, we need to go within and break through everything that the mind is throwing at us. There are two main practices.

The classical one is called neti-neti, which can be translated as "Not this, not that". It goes like this... The mind is throwing things at you and you just reject it all saying "I am not this". So it's like peeling of layers of false identification. "Body? No, I'm not this. My career? I'm not that either.". And so on, and so forth, until there is nothing more for the ego to hold on to and the Self is revealed.

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The other practice is the famous Self-enquiry, which became famous mostly through the works of Ramana Maharishi. It's a more proactive approach of going within and asking questions like the famous "Who am I?", which are to guide you to the Self.

One of the most famous, if not THE most famous student of Ramana Maharishi was Papaji (Sri HWL Poonja). While Papaji, was praised and adored for the simplicity of his teachings and for the deep realisations that people visiting him experienced, he and his students are also heavily criticized for teaching basically a parody of Advaita.

I'm not going to make disputes about how one philosophy sees the Divine vs how someone else sees the Divine. We all have the right to see and express the Divine in our own way. I'll just focus on the more technical stuff.

Papaji was not a teacher. He said it himself many times. He believed there is no teacher, there is no student, there is no teaching. There's just an act of finding out who am I. Papaji was the only student of Ramana Maharishi, who did not receive any practice, which is the great irony and Divine joke, but I'll explain it later. Because of all of this, Papaji also did not give any practice to anyone. He was organizing satsangs, during which he was talking about Brahman and Atma. People would write him letters, he would then invite them over to sit by his side and he would have a conversation with someone, which often times would end up in that person realizing their true nature.

All this started a way, which I call Papaji-style spirituality, which revolves around satsangs and simple being in the here and now. And while there's generally nothing wrong with it, we have many points which can create more confusion than liberation.

First of all, while Papaji said that the teacher is a preacher, I totally disagree with it. In fact, to me Papaji was a preacher, who just gave people words and experience, but no practice to aid the process or anchor themselves in the Self-realization. I'm sure there were people, who didn't "get it". They probably would if only they got a practice to prepare themselves. I'm sure there were also people, who "got it", but "lost it" after returning home. And then it was just a nice experience, because they had no practice to get back to this state.

It seems to me like a narrow-minded view, that if I get something effortlessly and permanently, it must work like that for everyone. No it's not like that. Advaita masters knew it and had many practices to aid the student in his neti-neti or Self-enquiry. Ramana Maharishi, Papaji's guru, also gave

each person a different practice, perfectly suited for that person. Ramana Maharishi said that while the Self is choiceless and effortless, you have to make a choice and effort in order to realize the Atma. Through Self-enquiry you first get nothing. Then you rest in your true nature, but the karmic tendencies of the mind are still there and get you out of it. And finally, all the karma dissolves and you rest in your true nature effortlessly - that's the liberation.

Ironically, the total exception to Ramana's general teachings was the person who made the biggest impact.

Also, another thing I wanted to point out is something that happens very often in case of gurus from India. You go to India, you have super powerful experiences, either at satsangs or during yoga practices. Then you go back home, you do exactly the same thing... And nothing happens. Why? Well, from the esoteric perspective, the enlightened being has a very powerful aura, through which the Divine can work wonders on other people. That's why spontaneous Self-realizations, extasy or Kundalini awakenings are a much more likely when you are in the presence of the guru. The question is, what happens later? If you are lucky, it was enough to get you "there" permanently. Otherwise, you need a practice, which has a potential to work super nicely after your "ground" has been prepared by the master. But, you can also be left with nothing or with a parody of a genuine practice designed especially for silly westerners.

## Summary

So how do we conclude? Is it true that it's so simple, we are already there and we just overcomplicate things by believing it has to be hard? Or is there more to it?

My conclusion would be as follows...

First of all, accept that it can in fact be easy. The belief that you have to struggle in order to grow or achieve anything is plainly toxic. But for many of us (myself included) this is a very strong belief, which can have its benefits. It can teach you how to work, be perseverant and if you are lazy on top of that belief, it can actually get you to come up with new, smarter and more effortless ways to do things. It can also ACTUALLY make you grow and develop really fast if you decide to undergo an ascetic practice, discipline or a general hardship. Nevertheless, it is always good to just accept that it might be differently, that it actually might be easy.

The second thing is, assess where you are now.

Have you ever experienced your true nature, whatever you want to call it? If not, then don't just go around repeating how easy it is and how you are already there, because it will be a lie and a truth at the same time. Truth in general, but a lie, because you lack realization or at least experience.

What is your inner state? What supportive tendencies are there in your mind and what obstacles do you face? Perhaps you don't need all the fancy practices and you can just be in the here and now. But maybe you could actually give yourself a favour by engaging in a bit of hardship and doing some cleansing or shadow-work.

The third thing, be open to a spiritual effort. The last sentence of Buddha was "Do not cease the efforts to gain your salvation". And most of the master throughout the ages taught about the importance of practice and discipline.

And lastly... If you want to be a teacher, don't be a preacher. You can write, speak and make satsangs 24/7, but you need to make sure that the recipient of your teachings and energy will be able to continue on their own when they are back home. You need tools to pass to your students. That's why Tibetan Lamas are in a constant state of learning. They exchange initiations, empowerments with other masters and even with their students who've already become masters.

Om Shanti Shanti Shanti

Kacper Oleksiak  
Angelic Reiki Master Teacher

# Disclaimer

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# Birthing the New Earth

## A Multidimensional Experience

By Hannah Elizabeth Taylor\*

**T**o begin to explore this idea, let's start with a simple and responsive exercise, this is something I practice frequently.

*Picture in front of you two images of Planet Earth, like you might see on a large screen in the cinema. On the left, you see the older version of the Earth, swathed in denser energies, the Earth of the Piscean Age; it feels to have an outmoded operating system. It is hijacked by largely unseen forces and beings which foster control, war, suffering and disharmony. On the right you see a second Earth, it is a place of high energetic resonance rich with spirituality... and our guides and teachers from the previously unseen realms... are now visible. This place is a 5th dimensional Earth with great balance and a new spiritual harmony on all levels and dimensions of existence and awareness. This is the Earth of the Aquarian Age and the image we see on the screen does not have time stamp on it; it is held in an interdimensional place which can be accessed at will and with pure intent. Having the awareness of both Earths', we can merge the two together with care, or if you prefer, superimpose the image of the 5th dimensional Earth over that of the 3rd dimensional Earth. With this merging action, we begin the upgrade and release the lower elements of the Earth on left of our screen and so the uplifting qualities of 5th dimensional Earth infuses all aspects of life, physical and vibrationally. Now we see one Earth, lifted to place of finer resonance, lower thought forms and forces are released and the bondage of suffering, pain and control is melting away before our eyes. As you look at this screen in your mind's eye, this glowing image before you begins to shed threads and tangles of dark smoke and energy beings from many places within and without. The image you now see is vibrant, clear, free from constraint and energy is flowing throughout all its aspects without blockages. Earth is now aligned to 5th dimensional forces and influence; the arrival of this new Earth in your mind's eye marks a shift in your consciousness, one that can be strengthened over time.*



Our reality in the 3rd dimension is somewhat less responsive! We might say, "If only we could experience such a shift with this level of ease and alacrity, this would be wonderful." And how can such a short exercise begin to clear and shift the turmoil and density of thousands of years of mismanagement, abuse and planetary hijacking?! We are struggling clearing systems that have been in place for many lifetimes here on our Planet. Everything we have experienced as physical humans in our lifetime now has lead us to this point, as individuals in a contrived system. We could be reacting like many of those around us, conditioned by media, government frameworks, schooling and social pressures. We collectively are not, for many reasons best known to each of us, the most relevant is probably that as a group of people, we are working to strengthen our connections to Soul Self and to the Divinity of Creation, All That Is. This is a continuing and every expanding process. Once embarked upon with Consciousness, we rarely remain in that place of contracted awareness and consciousness, that was the You before you knew who You Really Are.

How can we create a shift and maintain a higher reality and time-line? How do we seek higher perspective and cultivate personal mastery in the face of 3rd dimensional adversity? Personal and planetary transformation initially creates upheaval, confusion and disorientation before the upliftment; it's possible that we experience a feeling of loss and feeling lost with feelings of confusion. It's challenging and demanding for our 3rd dimensional bodies and minds to go through the sorts of energy transformations that are required of us right now. We are working with an older structure, an older operating system and we are redesigning it organically and spontaneously .....to be become a new person.... shifting through the spiritual work of multiple lifetimes.

We are required to assimilate all of this with rapidity and enter a new phase of soul connection. Of course we can handle this on a soul level, but from our personality self we are really stretching ourselves from what we might have considered a year ago! Trusting the upliftment process and that the energy is available to us from higher consciousness, will give us the boost we need to keep riding the waves into the next level of consciousness more easily. We can use this energy to release our ties from the 3rd dimension, without abandoning this realm.

Multidimensionality is the key. Our 'release' makes our experiences easier. It may seem like a paradox but it is a law that Masters of this Dimension understand; by releasing our attachments we become Masters of this 3rd dimensional reality.

Through this, now we are able awaken to our true mission of connecting to our star and interdimensional families of light. As we begin to work from our expanded self (5th dimensional self), not limited to only our ego-self, we can truly expand our perspective to see challenges in 3rd Dimension in a different light. From a position of expanded awareness, there is nothing to fix, problems that seem insurmountable begin to shift with new possibilities entering our consciousness. So where we feel contraction, let's use this opportunity to expand; we can let more of our Soul Light and Soul Self into our experience here in this lifetime.

Chief White Eagle speaks to us: "We know that we do not stand alone. We stand in a lineage, and that lineage enhances us. We download the soul essences of our higher selves and from our lineage. Some of you stand in the lineage of Natives, and some of you stand in the lineage of star masters and your star families. Open now to your lineage..."

By all means honour the birthing pains of New Earth in our 3rd Dimension, our human struggle, yet also honour our ability to expand, to use our multidimensionality and our connection to Soul Self, our lineage from the Stars and Higher Spiritual Realms. With this expansion in our Awareness, the simple exercise of overlaying the two Earths becomes activated to a more potent level. We can truly shift thought forms and old Earth paradigms!

*Chief White Eagle on Fifth Dimensional Empowerment - a channeling through David Miller (script available, contact angelicconnectionsuk@gmail.com)*

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(Image of the earth from the Nasa Website)



# Keep the Focus

By Sara Neves de Sousa\*

I have an habit of only writing something if it's related to my own experience and this one is not an exception.

From June to August I was immersed in a big change in my life, my partner and I decided that we were going to move back to Portugal, mainly because we felt it was time to come back, but the moving back, changed mid-course.

He received a job offer, but it entailed moving to another city, still far away from where we originally are, but it's closer than living in Madrid, so we had a lot of different things that we had to arrange so we could make the move as quickly as we could.

So, with everything that we had to, at that moment, we had to add to list of things to do, finding a house in record time and a place to leave all our things that would be closer to where we would live, in this case the same city.

And so the adventure began.

Long story short, relax I'm not going to tell everything that happened, we found our new home in only one day, yes, ONE day, it was actually on the same day we went to leave our things in the storage.

You are maybe wondering why I'm telling you about this.

The reason I decided to share this, is that in that time frame, in my "world" there were no sick people, no vaccines, no wars between people because of the vaccines and that made me realise how much of what we hear, feel and absorb is not ours, but is something that is brought to our energetic fields by the neighbour next door, by family, by the news and by what is already in the collective mind and I also realised how easy it is for us to let ourselves go down the rabbit hole, in whatever side of it you choose.

I came to a realization after this experience, a very important one actually, it was something that I already knew, but when you go through it, it gains a different perspective and even an "A-HA" moment and it's this: *it's very easy for us to be out of*



*sync with who we are, not that stuff some teachers our gurus or whatever they call themselves this days tell you it is, but really losing sight of who we really are, this learning I had was one of the most beautiful and enlightening teacher and a wonderful opportunity to learn, I have ever had. This is, you can go far away from your path, it happens, but when you silence the outside world, for real silence it, you realise that everything you need and everything you are is more than enough.*

So, please, you don't have to believe me, but just make the noise of the world go silent and go inside of yourself, you will see and feel what I'm writing about here.

There were other things I saw with a different perspective and I didn't like what I saw (not that I have to like or dislike anything), but it was a shock to me to see that those opposed to the vaccine are being more abusers than the others, the lack of empathy, love and compassion is huge.

And the rudeness that they have in their voices or written words is something that can only mean one thing, at least for me (it doesn't have to be for you), that this people are worse than the ones on the other side of the barricade.

How can we ask for Union when inside of "our side" people are trampling over other human beings just because they decided something different from them?

We need to learn how to respect others as we want them to respect us.

This is True Love; loving someone even if they made a decision that we don't agree with!

If we are all One, let's act like it!

Love Blessings to all of you, from my heart to yours

Sara Neves de Sousa  
Angelic Reiki Master Teacher, New Shamballa Master Teacher and Golden Heart Merkabah of Creation Master Teacher

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

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

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