



## FINDING BEAUTY

### HEADLINE

The unrevealing is finally happening and the spotlight is on the facilitators of incredible evil.

But I don't want to focus on that in this newsletter.

It has been a hard winter and summer is here and there is lots of advice to get out into nature. I was blessed in the summer of 2019 to move into a small house just twenty-five minutes out of the city of Glasgow. My garden, well it is not a garden in the usual meaning of the word, is wonderful beyond what I could ever have visioned. It is the site of an old flax mill. The 'garden' has the old ruins of the mill house, other odd walls of old buildings and piles of stones that have fallen from collapsed roofs. Yes, mostly it is wild, very wild and I have one small lawn. At the top there is an old, mostly empty, pond where flax was once soaked. At the bottom there is a young mountain river that can be gentle and playful or a dangerous torrent meters above its quiet self.

The wild flowers and plants that I picked for my salads and thanked for being there, have suddenly spread everywhere this spring. The trees that had no blossom on last year are covered in flowers now. When I appreciate it, it seems to thank me!

It is the colour that blesses the surroundings, of cause mostly green heart colour, the evocative smells of earth and grass, the geometric rules by which it grows and the life lessons that are there to be seen.

I would like to introduce you to my teachers and healers in the garden.



Chaos and abundance  
of free heart energy  
untamed and inviting

Delicate and fragile  
remaining untouched  
by recent wind and  
rain



There was two or three square metres of dandelion heads ready to be blown to new fertile ground far away.



They made me laugh, I don't know why. Perhaps my inner eye could see the little folk playing. I don't need to know but they made me giggle at them; the irony, the abandonment, the trust.



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A tenacious couple with their own ways to find the 'light'. The branch of the beech tree has curved right round and sent new branches out in only one direction to find maximum light. The Nipplewort plant ratchets its leaves round the stem so the higher ones don't cause shade for the others.



Meet my friends - look with soft focus and you will find 5 beings.



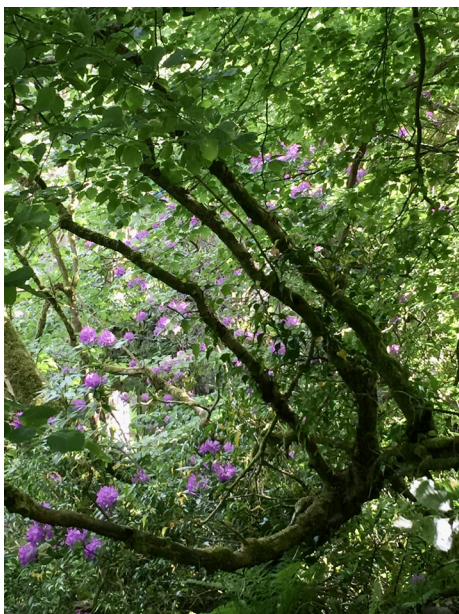
Pure beauty



The beauty we see in nature is because of the sacred patterns. Many flowers have 5 petals, the energy of Divine Love and they grow in a special number pattern discovered by the eleventh century Italian philosopher and mathematician Leonardo Fibonacci.

Just being in nature is a blessing and healing from the Divine.

My big proud beech tree taught me that there is still beauty when something is broken.



I call the Ash tree Tenacious Ash because she clings to the side of a vertical slope and trains a big branch down towards the river to find light. One of her dead branches forms beautiful architecture.

I hope you have enjoyed meeting my teachers.  
Sending Angel Blessings to you all.

**Christine**



# CHANGE!



When we change our lives, what do we miss? The people, the turmoil, the confusion, the depression?? Thinking about it, now that I'm about to change my life again, I realize I miss nothing; I realized that while I thought I wouldn't be able to change my life, I would miss a lot of things... I already missed them. Miss what? You ask. Miss me. Because with so much trampling on my person as I passed, I lost myself... little by little. Went from being me to being someone institutionalized; I didn't want any of that; I wanted to be me, to show who I am and what I am. But when you live for so long with so much trampling, we don't even realize that this is happening. A lot has changed, a lot has been revealed...

What has changed? Essentially, I changed for the better! I changed for myself, for me, and those who identified with me joined me.

I gained things and lost things! But on balance, I gained a lot more than what I lost, because; we have nothing of our own, except ourselves, right? And even those people we think are friends are not ours either, the only thing we can ask for and if we are lucky, we find people who identify with us and we with them and thus a friendship is generated, no strings attached, no demands, pure and delicate as a flower in the garden, but not ceasing to be true, because I was happy to realize that true friendship

and true friends are those who, even during the most difficult battles, are on our side, no matter what. Who present themselves and appear, coming from no one knows where, because it seems they've been hidden for a while and it's as if the stones in our path disappeared and gave way to these wonderful beings, who show us that friendship has many facets and one of them is sometimes to stay hidden, deep in the dark, to come and show us the light and give us a hand to walk the path beside us. These friends I want for me and forever.

What was revealed, now people were revealed, some for the best and others for the worst. Am I sad for these people who turned out to be the worst?? I stay, but it's not for me, it's for them, because they still don't know who they are and they're lost as I've been, they're institutionalized in such a way that they, too, are lost without knowing very well what they are or who they are. It's a shame, but sometimes people need to hit their head against the wall to learn to grow and evolve, to be better. I'm sorry for these people because they think they can run over others and that nobody notices, eventually people notice and then those who have been running over, are run over, happiness can never be full when to feel happy we have to run over others, this is not true happiness. It is not because we think or because we do to show that we are more than others that we are happy. We are happy when we don't need any of this

to have full happiness. Happiness is receiving a message we've been waiting for with good news, that's true happiness! I loved the message I received now, which comes to prove what I was writing here. Even far away, friendship is always there!

I came across the following expression, and it resonates at this time:

"A friend gives hope  
when life is low,  
the friend is the place  
when you have  
nowhere to go,  
a friend is honest,  
a friend is true.

A friend is precious  
and that  
my friend is you!"

Dedicated to all of you.

Sara Neves de Sousa  
Angelic Reiki Master Teacher

## Why Vitamins and Minerals are a crucial resource for your health

By Altair de Almeida\*

Christine asked me to write an article about Vitamins and Minerals because of all the grossly exaggerated fear promoted recently (since 2020) in the media about viruses.

This article is based on my 33 years practicing as an Acupuncturist, Tai Chi-Qigong teacher etc. I have done my own studies into this subject to help my patients and my own health over the years.

You often see articles about the benefits of Vitamins, but rarely on Minerals. Why is that?

An Allopathic (Western Medical) doctor gets half a day of tuition (3 hours) on diet, vitamins etc in 6 years of training. They're trained to be experts at prescribing drugs. The emphasis is not on prevention, but removing symptoms. This is exactly like putting the cart before the horse!

This article is not about putting doctors down. Just giving proper perspective.

My brother is a doctor. So are many friends and some of my patients. Mostly they have their hearts in the right place, and are serving the community in the best way they know how.

However they usually have little understanding about how to build or improve a patient's immune system and health unless they do their own studies in their own time (they don't get paid for that!).

Doctors and the whole Allopathic system is designed to remove symptoms of disease once they arrive, not on how to prevent it. A few doctors, especially in the USA, where Private Medicine is more common, do study Holistic ways to improve the body. More often than not those are Naturopathic doctors, ND's not MD's.

**The relationship of minerals to human and animal health is profound.**

There are Macro-minerals and micro-minerals (also called Trace minerals, or Trace elements). Macro-minerals are those that are required in larger quantities for optimum health, and micro-minerals in smaller amounts.

### Macro-minerals (Major minerals)

The Macro-minerals include:

- Calcium
- Phosphorus
- Magnesium
- Sodium
- Chloride
- Potassium

- Sulphur
- Macro-minerals, in particular calcium and phosphorus, tend to play structural roles (bones) within the body.

The body needs over 100mg per day of each macro-mineral. This may sound like a large amount, but it can be put in perspective by considering that a £5 note weighs 1000mg.

### Micro-minerals (Trace minerals or Trace Elements)

There are a large number micro-minerals. The main ones are:

- Iron
- Copper
- Zinc
- Manganese
- Iodine
- Selenium

Micro-minerals are not needed in as high amounts as Macro-minerals. They are generally used as catalysts in enzyme reactions. However, the full range of uses and requirements of the Micro-minerals are far from fully understood. The body needs less than 100mg per day of each micro-mineral.

As more research is done it becomes increasingly evident that keeping a balance level of minerals in every organ, tissue and cell of the human body is a vital key to maintaining optimum health and wellbeing. The research on Minerals and how to improve health is poorly funded as these are not really in the Pharmaceutical interests. Unfortunately, they are the major funders of research, including that in Universities.

Only as recently as 1964, two mineral researchers wrote; ***"Even small departures from the normal mineral composition of the 'milieu interior' [the interior of the cell] can have profound physiological consequences...."***

Although minerals comprise only a fraction of total body weight, they are crucial for many body functions including transporting oxygen, normalizing the nervous system and stimulating growth, maintenance and repair of tissues and bones. Although there is now a large body of scientific research about minerals and health, this knowledge is not prominently promoted by Allopathic medicine. As stated above, doctors are not educated in these matters.

These minerals and trace minerals can be of most benefit if they are in balance with

other elements they interact with. It is important to understand that the functions shown below are only a small fraction of their known functions. For example, Magnesium has over 300 biochemical processes connected with it. There are other minerals and trace elements that will improve the Magnesium absorption, usage and function. To write in detail about the requirements and uses of all the Minerals would take several books!

One can summarize the health benefits of some of the more important minerals and trace minerals as follows.

\* Calcium: Essential for developing and maintaining healthy bones and teeth Assists in blood clotting, muscle contraction, nerve transmission, oxygen transport, cellular secretion of fluids and enzyme activity Optimal intake helps reduce risk of osteoporosis. Calcium is the most abundant mineral in a good diet. However, other minerals like Magnesium, Boron, Iodine and Vit D are also required for good Calcium absorption. Often when a patient has Osteoporosis, doctors prescribe Calcium tablets. However, this often causes hardening of the arteries, because the other minerals are not available to allow it to be properly absorbed by the body.

\* Chromium: Aids in glucose metabolism and helps regulate blood sugar by potentiating insulin and serving as a component of glucose tolerance factor.

\* Cobalt: Promotes the formulation of red blood cells and serves as a component of the vitamin B-12.

\* Copper: Essential to normal red blood cell formation and connective tissue formation. Acts as a catalyst to store and release iron to help form haemoglobin. Contributes to central nervous system function. Lack of Copper contributes to aneurysms.

\* Iodine: Needed by the thyroid hormone to support metabolism.

\* Iron: Necessary for red blood cell formation and required for transport of oxygen throughout the body. Important for brain function. Amount needed is higher in women of childbearing age.

\* Magnesium: Activates over 100 enzymes and helps nerves and muscle's function. Helps maintain the integrity of cell membranes and stabilizes the cell electrically Critical for proper heart function.

\* Manganese: Key component of enzyme

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systems, including oxygen-handling enzymes Supports brain function and reproduction Required for blood sugar regulation Part of bone structure.

\* Molybdenum: Contributes to normal growth and development Key component in many enzyme systems including enzymes involved in detoxification.

\* Phosphorous: Works with calcium to develop and maintain strong bones and teeth. Enhances use of other nutrients. Key role in cell membrane integrity and intercellular communication Critical for proper energy processing in the body.

\* Potassium: Regulates heartbeat, maintains fluid balance and helps muscles contract.

\* Selenium: Essential component of a key antioxidant enzyme, necessary for normal growth and development. Role in detoxification of heavy metals. such as mercury. Role in production of antibodies by the immune system. Component of teeth.

\* Sulphur: Needed for structure of most protein, including muscles and hair. Critical role in liver detoxification. Important functions in antioxidant nutrients and oxygen handling Role in growth.

\* Zinc: Essential part of more than 200 enzymes involved in digestion, metabolism, reproduction and wound healing Critical role in immune response Important antioxidant

There are many more benefits than those shown. To write about all of them in detail would take several books! It is easy to see that minerals play a vital role in health.

By the way, talking specifically about this so-called pandemic, there is enough research to prove that adequate amounts of Vit D intake will protect against 95% of pathogenic viral problems including Covid 19 and any 'variants'. Have an eye-opening listen to the video by Michael Yeadon (link below) about 'variants' and why they aren't as dangerous as promoted in the media.

Vit D3 + Vit K combined is a good boost against viruses generally. I would suggest at least 3000iu of Vit D daily. If you are dark skinned, as I am, 5000iu in a European country during the winter is fine. Recently I was in Kenya. With the sun on my bare skin, research shows that we can create 20,000iu in 20 minutes! I was not taking Vit D3 supplements while I was there! There are two ways of measuring Vit D and other Vitamins and minerals. Milligrams (mg) or International Units (iu).

There's much hype about overdosing on Vit D. However, unlike Vit A or E that can accumulate quickly, Vit D doesn't do so in the same way.

There has been recent research showing that a large dose of Vit D3 really helps symptoms of Covid 19. In one study they gave patients with severe Covid symptoms 20,000iu for 2 days. The symptoms reduced significantly. Why don't they promote this? **Because the Big Money is in promoting the Covid vaccine (an estimated \$700,000,000,000 to be made across all the companies).**

What is even more diabolical is that there are 2 very cheap drugs that have been used for over 60 years that can quickly deal with Covid symptoms, including any variants.

As shown in the attached chart, vegetables and fruits have greatly reduced amounts of minerals available, because of the use of 'fertilisers', also conveniently commandeered by the Pharmaceutical industry. The fertiliser most farmers use is called NPK, because they have three minerals-Nitrogen, Phosphorus and Potassium, because these three minerals make plants look good!

However, it becomes obvious from listings above of the mineral's functions, that we need many more to function well. The chart created by the UK government (MAFF) comparing mineral contents between 1940 and 1991. It is far worse now, because no UK governments have insisted on farmers add-

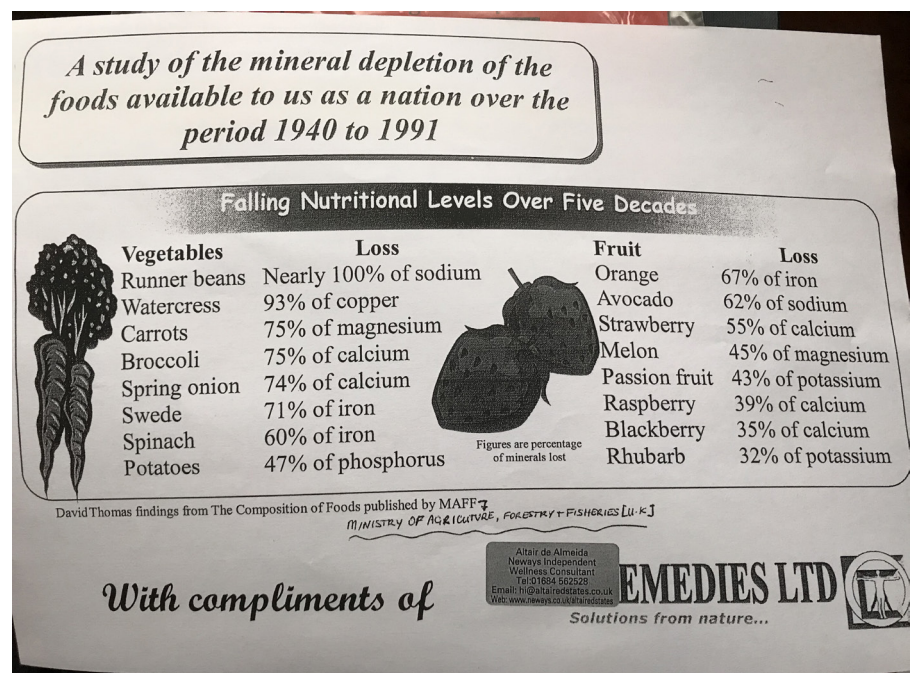
ing a larger variety of minerals in their fertilisers, despite knowing the consequences to the health of the nation or the extra load on the NHS through mineral-deficiency related diseases.

**So how can you improve your health using Minerals and Vitamins?**

By supplementing with a good quality Macro and Micro mineral supplement, as well as other individual combinations required according to your individual health status. It is best to avoid supplement companies owned by the Pharmaceutical Industry as their shareholders profits are their priority. Solgar, the biggest and formally most trusted supplement company is now Pharmaceutical owned as are at least 70% of them.

Why? Because the Pharmaceuticals have realised that the public knowledge is increasing on supplementation, so they have gradually bought out many supplement companies and created new ones. They can afford the large advertising costs to promote their cheap and often sub-standard supplements.

When I say substandard, I mean that the government recommendations for mineral requirements are so low, that they may just about avoid ill health. In order to get optimum health, not only do we require minerals, trace elements and vitamins in the correct amounts, but also those easily absorbed by our bodies.





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After much research I came across Cyto-plan. It is a British Charity owned supplement company.

**They use a specialised technique to make the minerals and vitamins Bioavailable, as it would be from a plant.** This is very different to the cheap versions from the high street and most online companies (I shall not name them in case I am sued!).

For further information why I chose them and what their advantages are: scroll down to Cytoplan on this link:

<http://welbeingvibes.com/shop-now-change-your-life/>

I have been using them for my patients and my own health for over 25 years. **They have free qualified Nutritionists (by appointment) if you need advice for your particular ailments.** For many choosing the correct vitamins and minerals can be a nightmare, so it is useful to have a Nutritionist walk you through what you need, after you complete a questionnaire.

As I have done some trainings with them, I can give you a 10% discount on their supplements.

Please email me via this link for the discount code, mentioning this article:

<https://wellbeingvibes.com/contact-altair/>

The media and government have 'gone to town' to promote fear (stands for False Evidence Appearing Real), hugely exaggerating the numbers of deaths due to Covid. I can say that because I have done the research.

There are over 50,000 doctors, virologists, epidemiologists, including a Nobel Prize winner, who at the risk of losing their jobs, being threatened or smeared in the media have signed the Great Barrington Declaration to speak out about the fallacy and the dangers of the Covid vaccines. Unfortunately, Google has now removed this website, no doubt paid to do that by the Pharmaceuticals. Instead, there are now other websites writing about the GB Declaration to try and throw doubt on its validity.

**This, again, just shows how the media has been grossly manipulated to promote vaccines and ignore and denigrate valid and very cheap alternatives to treating Covid, like Ivermectin.** However, I have just found the website through another source:

<https://gbdeclaration.org/>

Here are two links to doctors or scientists (amongst the other 50K) speaking out about the Covid vaccines:

The first video is by an English scientist. He wasn't paid to do it, unlike most of the scientists on TV! It is very revealing.

Michael Yeadon, was a former Vice President and Chief Science Officer of Pfizer, where he worked for 16 years.

He outlines his position on the pandemic, the vaccine, **the issue of variants**, boosters and the loss of our civil liberties. It is truly an appeal to the world. He is not alone in speaking out. The media rarely ever show any arguments against the vaccines, lockdowns, masks and distancing. The Great Barrington does. That's why they have been effectively removed.

Michael Yeadon is the first video on this website. Simply click on it:

<https://planetlockdownfilm.com/full-interviews/>

This second video doesn't pull punches. This very experience doctor's life has already been threatened, but he will not be stopped!

<https://rumble.com/vhp8e1-massive-world-renowned-doctor-blows-lid-off-of-covid-vaccine.html>

Dear Angelic Reiki Community, let's be kind to ourselves and the rest of Humanity:

One of the most important things we can do despite all this hype in the media is to keep peaceful, by not watching the deliberately frightening news. Some years ago it was stirring it up about the Russians, then Muslim terrorists, now it's the unseen virus!

Let's have faith in Life, Love and Peace, and keep visualising a beautiful peaceful world, where everything and everyone lives in harmony, peace, joy and love.

What we focus on, we create! That harmonious world is on it's way...how fast it manifests depends on how many keep peaceful!

With love and blessings

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Shiatsu practitioner, Biodanza,  
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Immersed in Holistic Medicine since 1975.  
Passionate about helping people be the best they can be.

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## 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 did, don't miss it, just click the Announcements tab, they are all there or follow this link:

<https://angelicreikiinternational.com/articles/christines-facebook-sessions/>

## 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/>

## Natural Routes to Health

### Let food be thy medicine....

**J**ust when you thought you had figured out a good balanced whole food healthy eating plan, you read an article that throws it all into confusion. There is so much contradiction and conflicting information to consider...avoid lectins... steer clear of oxalates... and so on. If we acted on all this advice, there would be little left to eat! As we are all individuals, with a completely unique microbiome (ecosystem of trillions of microbial cells) in the gut (and every other part of the body), our diet should be just as personal. If the food being consumed is healthy and not causing any adverse reactions, the body obviously has the means to cope. But if there are health issues or an imbalance, then there is a possibility that an aspect of the diet may be causing inflammation in the gut and manifesting as physical or mental ill health.

in the gut'. The gut microbiome is sometimes referred to as the second brain ~ 90% of serotonin (the feel good neurotransmitter) is produced in the gut. Several things can disrupt the equilibrium such as antibiotics, stress and poor diet which weaken the gut bacteria and increase inflammation. In order to restore balance, it may be necessary to carry out an initial detox, then, ensure the diet contains prebiotics (soluble and insoluble fibre and resistant starches -veg/fruit) to nourish the good bacteria. Current understanding of the gut flora and the role of probiotics (fermented food, some yogurt) is limited, but it is clear that they both have significant beneficial effects on the health of the gut and its existing microbial community. There are many probiotic supplements available but these need to be researched in order to find a good quality one able to survive stomach acid. It is said that, if you heal your microbiome, your microbiome will heal you.

make a basic food diary to monitor reactions and experiment with elimination diets, for example, start with one group... such as sugar/artificial sweeteners (or gluten, nightshades, dairy). Ideally this test should last for 6 weeks, but take 2 weeks at a time, and note how you feel, then either continue if there is a positive change or try something else.

When medical attention is sought, unfortunately the diet is not always considered as a possible contributing factor as pharmaceuticals are usually the first step in the flow chart of treatment. Taking responsibility for your own health is crucial as, consciously or unconsciously, some 'health professionals' do not always have our best interests at heart. But your own body does, so stop and listen.... it knows what it's talking about.

Estelle Bates

Hippocrates stated that, 'All disease begins

With any health issue, it may be useful to

## 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)

9th June

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

Zen is life.

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

## 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.

## Nutrition Column

Thanks to Estelle Bates, we continue to have this wonderful column. So much we can learn from it.

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

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

[sara.nsousa@reikiangelico.pt](mailto:sara.nsousa@reikiangelico.pt)