



SHAME GUILT REGRET



Editorial by CHRISTINE CORE

I popped into a new little tea room in my local village yesterday. Whatever the weather it is nice to cycle down my winding country lane into the village for a chat, tea and a scone. (Small sweet bread). The conversation veered quick away from the weather when the woman on the next table asked the person who was looking after the cafe if she wished her life had been different. Not wanting to join in this conversation I returned to my telegram posts and just listened. Both women confessed that there were events in their lives that they wished had never happen and things they wished they had never done. No details, just acknowledgment. I wonder what was on the mind of the older lady sat at the next table when she asked the question?

When life and events are coming to an end dark, hidden things come to the surface.

!!Thank goodness!!

We are at the Equinox, a point of balance. Astrologically it is the start of a new year and in the northern hemisphere Spring.



It is though essential that we look at the prison of the past into which we may have placed ourselves. That is the important bit! **We** build the bars of shame, guilt and regret, so **we** have the key to set ourselves free.

Ah! You may think that I am going on to say that we must forgive ourselves so we can be free. Forgiveness is one of the most misunderstood concepts I have ever come across. Forgiveness is not something we can actually do.

Forgiveness naturally blossoms, just is there, it finds us. Forgiveness is what arises after the completion of a process. The first step is to get close, very close to the raw feelings and story of the event with no excuses, just totally present with what happened or was said. Be honest. Accept what happened. With this acceptance bring in compassion, with the compassion look for understanding and with the understanding open to love. This may take time and re-visiting the event. Each visit will soften the charge and eventually forgiveness or completion will naturally arise and the charge will be gone.

It does take courage and perhaps tears, but it really is a time for completion and freedom.

Sending you all many Angel Blessings and the grace of Archangel Michael.

Christine

Tachyon Chamber Experience

By Kacper Oleksiak*

What are the tachyons?

From a standpoint of the conventional science, the tachyons are purely hypothetical particles, which are supposed to travel only above the speed of light and move backwards in time.

From a standpoint of one of the esoteric paths, which I'm inspired by, tachyons are the first particles ever created by God. They infuse any matter (physical, etheric, mental, etc.) with the consciousness of the Source. The Universe in general is full of them, except for the Earth. To put a long story short... When the Earth was invaded 26 000 years ago by the negative ETs, certain measures were taken by them in order to keep the Earth and its inhabitants in a so-called quarantine state or, to put things more bluntly, in an enslavement. "Certain measures" is also a very delicate way of describing what was done, because the system of control which was implemented was wide, deep and complex beyond imagination. One of the means used to keep the Earth enslaved was creating an electromagnetic veil which holds many functions, but the one we are focusing on this article is that it blocks the inflow of tachyons to the Earth. Luckily, over the years and especially in the last 20 years or so, the veil was becoming weaker and weaker due to the efforts of the Lightworkers on the surface of the planet, beneath it and above it. This allowed benevolent ET races to give certain groups and people the protocols and technology to create cracks in the veil and "download" the tachyons from beyond the veil. That technology is known as the tachyon chambers.

How does a tachyon chamber look like?

Once you see the tachyon chamber, you'll have a sense that the words "chamber" and "technology" are a bit far-fetched. Or you'll be met with realization that technology does not necessarily mean cables, microprocessors and cogwheels - it can also be a spiritual, or rather esoteric technology. The tachyon chamber requires a dedicated room. If not for the technological reasons, then for the comfort of the people who undergo sessions. In that room, on the floor there is some symbol drawn. I'm not sure what was that symbol, but the peripheries of it reminded me of the flower of life. On top of that symbol, a mattress is placed. And around the mattress there is a pyramid. Probably made of copper or brass. The top of the pyramid contains a quartz crystal, which I assume is the key part - it prob-

ably was programmed in a very particular way to make the tachyon chamber work as designed.

How does a session look like?

First you need to take your shoes off and remove from the body or pockets any electronic equipment and anything that contains metal. On the other hand, you are more than welcome to bring with you for example your personal crystal. I happened to have my sessions with the Cintamani stone, which I carry as a pendant.

Next, you need to gently and carefully make your way inside the pyramid. You lie on your back and your navel needs to be approximately right beneath the quartz crystal. You need to be aware not to touch the elements that make up the pyramid. Therefore, if you have mobility problems or you are overweight, it is possible to have a remote session, where your photo is placed inside the pyramid (at least that is the option in Rzeszów, where I was having my sessions).

From then on, you can ask for a pillow or to have a blanket above your legs. You may also ask for earplugs to block off noises and for something to cover up your eyes.

And then you just lie there for 30 minutes. Generally, the sessions are in silence, but you may ask for music.

My experience

I had 6 sessions in the Tachyon Chamber - two per day - one at 10AM, one at 5PM (except for the last day, the second session was at 3PM).

I won't go into details of what I experienced; you can find those on my blog. I'll add the link at the end.

In short, the first two sessions were very grounding and anchoring in the body. The next 3 sessions were one of the best Self-enquiry contemplations I've ever had. I went very very deep with the question "Who am I?". The last session was the final harmonization and stabilization of the whole journey.

Something that is of a universal value is the description of the Tachyon energy that I can provide. As the first session started, I immediately felt a very dense high-vibrational energy with its own intelligence. And after that I got the message "Every session is different. Each one gets exactly what they need at the given time". You can even see the intelligence of the Tachyon energy from the very brief description in the previous paragraph. First it brought to the body, then it took very deep within and finally it wrapped everything up and applied harmonization.

Final words

What I can say, is that I definitely recommend the tachyon chamber to everyone. The more so, because tachyons, however powerful they are, they will not make someone cross boundaries one is not ready to cross. On all levels of being.

There are three things to remember though. One is to have no expectations. You can come with intention, but surrender to the process and trust that you'll be led to the most perfect outcome in the most harmonious way possible.

The second thing is that tachyons can work within your system for quite some time and the changes they make in your energy system can manifest throughout months. As I stated in the paragraph above, it may not be the case that you'll get out of the chamber newly born, but you might be led down the path of seemingly unrelated changes and happenings, which ultimately will result in your complete transformation.

And the third thing is that the tachyons can bring to the surface some issues in both the psyche and the body. If you have some unhealed trauma or old hidden pains, they might reappear. It's totally ok, it is for you to notice them and give them Love.

On the last note... I can honestly say that I can't wait for the veil to finally dissolve. Many people worry about how the necessary changes will be implemented on Earth, what will the transformation look like. I don't worry about it at all. Once the tachyons hit the Earth and people will have the first glimpse of the unconditional Love, everything will go smoothly. Because when the Divine touches you, you immediately realize one important thing. Love is simple, ego is complicated. When there is Love, everything becomes simple. That's why all you need is Love.

Kacper Oleksiak
Angelic Reiki Master Teacher

Some links

<https://tachyonpoland.com/> - The place where I had my sessions (Rzeszów, Poland)

<http://tachyonis.org/Chamber.html> - List of all available tachyon chambers

<http://2012portal.blogspot.com/> - Cobra's blog, where I first came in touch with tachyons, tachyon chambers, the veil and hidden history of Earth

<https://www.rebeloflight.net/2021/12/tachyon-chamber-experience/> - The original article from my blog with a broader description of my experience.

NATURAL ROUTES TO HEALTH

Home Remedies

The 2,000 year old quote from Galen the Greek physician that 'the doctor is only nature's assistant' seems to be completely lost in today's pharmaceutical driven medical system. The majority of people consulting a doctor are hoping for a magic bullet type treatment and willingly hop onto the pharmaceutical treadmill without a second thought. Of course, it obviously depends on the severity of the problem, but for minor issues, home remedies ie. a medicine made with ingredients found at home, are definitely worth investigating.

Yet it is a sad fact that many people are just not interested in natural cures, they cannot be bothered to seek alternatives to a couple of paracetamol or a topical steroid cream. But it was not so long ago that most health

complaints were cured with plant-based teas, foods, poultices and topical concoctions, knowledge passed down through generations. Unfortunately over the years their use dwindled and many were forgotten, but now they are re-emerging as lots of people are returning to natural methods.

Some of the old remedies on record were quite bizarre and distasteful, including the Ancient Egyptians use of animal excrement for wound healing and the early English warts cure of half a dead mouse over the affected area. However some were more acceptable and are still used today such as honey or leeches and maggots for wound healing. Barbara O'Neill an Australian naturopath has some very interesting videos on YouTube on many aspects of natural healing with which she's had some amazing

results. She demonstrates using castor oil, onions, garlic, potatoes, cayenne pepper and charcoal.

However, even though home remedies seem harmless with little or no side effects, they may provoke an allergic reaction and may not always be safe or effective and some natural substances can be toxic. A little research and common sense is always advised.

So whether it's cooking up a cough syrup or slapping on a soggy poultice, I would definitely take the home remedy route seriously and start experimenting...they certainly are worth a try!

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

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.

1st January

Student: "What is Zen?"

Nan-ch'uan: "Ordinary mind is very Zen."

Student: "Should we try to get it?"

Nan-ch'uan: "As soon as you try you miss it."

The master is trying to indicate to the student that the mind that we use in everyday life is as enlightened as it is ever going to get. In its natural nature it is totally free from striving to become something more than it already is. We believe that to be enlightened is a state that we have to find, to strive for. As soon as we start to strive for enlightenment and chase it we come out of the enlightened state which is our natural state.

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/>

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>

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staying strong!

By Sara Neves de Sousa*



I have to confess that writing the article for this Newsletter was more complicated than it usually is, but somehow I always write things that are happening at the moment and every now and then it seems that inspiration runs away and doesn't want to let the words out, but after some time, inspiration got here and here's what it brought.

During the time between the last Newsletter and this one, several things happened, both personally and worldwide.

But for this article I want to focus on the personal!

How many of us are tired, exhausted, willing to give up and just surrender?

I believe that reading this article on that side, are certainly many people with this huge feeling of wear and tear. Some for some reasons, others for others, but the truth is that we are all feeling that, somehow, we don't know if we will continue to withstand the challenges that continue to arise in our lives.

I've had the opportunity to see the worst in people in this last months, I had seen before, but this was another level, people who think they can do whatever they want without consequences, capable of the worst atrocities, just because.

I'm tired of these kinds of people!!! And you?

Makes you want to turn your back on everything and run away, doesn't it?

But that doesn't happen, because in the midst of so many bad people, so many good ones appear, who give us a hand and say to us "I'm here for you!" and these end up having a much greater weight and value in our lives.

We all must have a support and help network at this time we are going through, as the challenges are far from over and we need to help each other as best we can.

I know it's not an easy path, but all of us have somehow chosen to be here, at this specific time in humanity's evolution, whether we are aware of it or not.

I also understand that when our light shines brightly, those who chose the path of less light, try to, somehow, turn it off, sometimes it's just to be able to see better, because they are not used to the brightness, but... don't they realise that they can shine the same way?

You don't have to step on other people, make them suffer for no reason, use them as you please, deceive them...to shine bright, that's not how you get to your light, you don't work with the light you have by diminishing others!

That's just not the way to do it! And then there's another thing "What goes around. Comes around!"

And when it comes back... well, it will be just what the person wished for, their suffering will be what they wished for us and probably even more... because even though they are hurting other people on purpose (yes, there are still people out there doing it), they are not used to dealing with it when it returns from whence it came!

This is a simple definition of Karma, it just returns the result of your actions.

What still surprises me is why this awareness hasn't reached these people yet?

And on this note I say goodbye to you all:

Sending Love Blessings and a beautiful return of the Spring to you all.

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 summer solstice edition.

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

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