



Cruel Lies and Abuse of Power



Editorial by
CHRISTINE CORE

I am surprised at the thoughts and conditioning that has come to the surface for me as I start to write this editorial about the death of Queen Elizabeth II. It is a sharp awakening to just how deep my programming from childhood had gone. My grandmother travelled to London to see the coronation of Queen Elizabeth II in 1953. To me as a little girl it seemed a very long way to go and I was very puzzled as to where she would stay and how she would get there, going all the way to London. When my grandmother returned from London, she brought with her a large golden book full of pictures of the royal family.



Pictures like this one on the left, of a young girl sat on a park seat with her dogs and Daddy.

Pictures of golden crowns, a golden coach pulled by white horses; and the Queen's hand sewn fabulous wedding dress!



...and my grandmother had been there to see the golden coach, and the Queen...By the way it is real gold, not painted...

(continued from previous page)

I was impressed

We are at a time now when the truth is being revealed. This year of 2022 and the astrological alignments this Autumn/Spring is revealing information that is forcing us to see through the lies. It is hard. We humans are naturally very trusting. True Humans are a very nice race.

Now to come to some snippets of truth that I now know about the British Royal Family.

The Queen is not British, she is German. She gets her status and power from the 'Code of Hammurabi' a legal text written in stone in old Babylon and kept through ancient Greece.

The statue outside Buckingham Palace is Athena the Greek Goddess of War and not Queen Victoria, which the BBC will tell us. Queen Elizabeth II had enormous power and unmeasurable wealth.

From the 'Code of Hammurabi' she held 'Allodial Title' which refers to the owner-

ship of land and property. This means that anyone who lives anywhere that was part of the British Empire, such as the USA, Canada, Australia, much of South Africa and of course England, Ireland, Scotland, and Wales etc, did not have ultimate ownership of their land, the Queen did. This included the farmers' land, the hills, mountains, lakes, and the land that everyone's house was built on.

She also owned the seabed for a few miles off every coast.

On a personal level, it has recently been shown in a Common Law Court that not all the protocols for the coronation were fulfilled.

Here Queenship was proven to be illegitimate.

Her alleged favourite son Prince Andrew has been accused of sexual misdemeanours and she did not publicly support him to come to trial.

The most prolific child sex-abuser in recent times in the UK, Jimmy Savile, was a frequent visitor to the royal palace. Would you invite this guy into your home?

So, this is my story, a young innocent child being sold an incredible lie. It is a lie that has deceived millions of people around the whole world; a lie that undermines all major western governments and a lie that debases all courts of law around the world.

Your perceptions of people you respect, authority you obey, and things you believe to be true may be about to be shattered. If the lie has been reinforced by the news, friend and family beliefs and trust has been betrayed, two responses are likely and reasonable. One is cognitive dissonance and the second is anger.

Anger is appropriate, our challenge is NOT to suppress it, but to express it in an appropriate way. Cognitive dissonance is when contradictory information creates confusion and a tendency to doggedly sticking to an idea that is illogical and we intuitive know is wrong, but to believing it puts us so far out of our comfort zone that we deny its truth.

I have shared my journey of beliefs about Queen Elizabeth II to try and show how extreme the lies in this world today are and hopefully support you in seeing the truth without overwhelming anger and cognitive dissonance when your trusted hero is debunked.

Christine



Left: picture of Jimmy Savile from a Netflix documentary.



Right: Jimmy Savile with the now King Charles III

NATURAL ROUTES TO HEALTH

Acupressure

The ancient practice of acupressure is another valuable way to participate in your own healing to alleviate physical pain, soothe tension and rebalance the body. Acupressure points are located on the skin surface all over the body, using the same points as for acupuncture but instead of needles it is just finger pressure.

The origins of acupressure pre-date acupuncture by more than 2,000 years and probably stemmed from the natural act of pressing on a painful area, for example, on the head to relieve a tension headache. This was developed further by the Chinese to include locations on the body remote from the pain site that were found to benefit other body parts and organs.

The acupressure points along meridians (energy channels) connect to organs and other acupressure points on the body, they can be stimulated either on local points (directly on painful or tense area) or trigger points (distant from the pain) to promote healing. On these locations the energy or chi can become blocked and tension builds up, so when pressure is applied to this spot

endorphins are released and pain signals to the brain are inhibited which relaxes the muscle, releases toxins and increases the flow of blood, oxygen and nutrients to the area.

All 365 points have a poetic name with a particular meaning and a meridian identification for example, Gates of Consciousness GB 20. This point is below the base of the skull in the hollows between two large neck muscles 2-3 inches apart depending on the size of the head. It is on the Gallbladder meridian so each point can benefit several seemingly unrelated conditions as this point shows - relieves headaches, dizziness, stiff neck, irritability, depression, constipation, arthritis, insomnia, hypertension and eyestrain.

The names of the points might also be used as a meditation aid or as an affirmation to enhance the acupressure healing practice. As a short daily meditation/body scan, spiritual awareness and intuition can be raised by placing light pressure on the Third Eye point GV 24.5.

There are several acupressure massage techniques that may be employed but us-

ing firm finger pressure is the most basic useful method. Press on the area gradually and steadily for about 3 minutes using the middle finger if possible at a 90o angle, until a level of good firm pressure is reached. Apply and release pressure gradually giving the muscle chance to respond. I have found that in some cases it can be more effectual if pressure is applied for a minute or two then released and reapplied. For chronic or ongoing issues better results would be achieved with daily acupressure routines. It is advantageous to learn a few points for recurring issues as they could be added to the medicine cabinet of the mind as an effective free natural treatment for yourself and others.

Acupressure - how to cure common ailments the natural way. Michael Reed Gach. 1990. Piatkus

Estelle Bates

FEELINGS, EMOTIONS AND DEATH

By Sara Neves de Sousa*

As usual I always write about my experiences and it's funny how sometimes things just sync. So, this is what I have for you this time.

A lot of things have been happening, some good, others not so much! But this is what life looks like, with ups and downs, just like the beating of our heart. It has been a time of change (some might even say it's big), quite eventful, with many things happening at the same time.

While in the middle of all of this, I found myself wondering if it is worth to keep doing anything, because sometimes (not always), when something seems to be going well, it seems that something comes along and takes everything away like the wind blows the leaves on the ground to another place!

I know what it's like to feel the departure from this earthly realm of someone who was part of our life and I know that it makes us question a lot of things, whether we are spiritual or not, regardless of our beliefs.

But there are people who go through these situations and can't turn it around, can't even imagine a life without those people close to them and that makes them want to give up on their life too!

Does it make sense?
It depends on who's reading this and how they view life.

There are those who can't see the light at the end of the tunnel, those who think that nothing else is worth it, because they are alone and feel alone, their heart can't handle the loss, guilt, remorse, etc. The truth is that there are those who want the same fate, because they feel that nothing is worth it anymore, there is nothing to live for! They can't see a way out of this whirlpool of negative feelings.

Guilt is the most treacherous one, because it makes people think they haven't done enough. It enslaves them to the point of questioning everything, their whole existence!

Our mind is cunning, because it makes us think only about the bad things we said and did, it doesn't let us think about the good things...in a way that we aren't able to switch off the button, and the only way we look at situations, is the worse one.



I'm not going to say that the same thing happened to me, but in a particular situation, initially I felt very angry, because I thought it was a stupid prank from the Universe.

Whatever we call it, questions arise in our minds, because after months of struggle, the physical body giving up, seems like a bad joke, but...I turned it around, I realized that after all, nobody belongs to anyone, nothing belongs to us and what remains is what we do, what we leave here and the hearts we touch!

***Death is just another part of the journey!
The Soul doesn't die it just keeps going to the next adventure!***

That's why I confidently say that life is amazing, that we must enjoy it at every moment, every second of everyday.

Our breath, just being alive, **we are here**, and we must enjoy everything at the fullest, because after all, we are not going to take anything with us when we too leave this plane, not even the work we did while being navigating the Planet!

Funny question popped in my mind while writing this last sentence.
Does it matter what you do?
If you don't touch deeply another person's soul?

I'll just leave it here, for you to think about this and maybe you can come up with an answer.

So, what can we do for someone who is suffering like this? Losing themselves in the midst of negative thoughts and self-destruction? The answer is not simple, nor is it easy, because no matter how hard we try to do something, that person will not always be able to "hear", because the pain is clouding their judgment and they can't overcome the pain barrier, it is difficult for

them to find the light at the end of the tunnel.

Help in any way you can, a kind word, a loving gesture, no matter how small, makes a big difference in that person's life.

So even if you think it wouldn't make any difference, no matter how small the gesture, do it. Because on the other side, that maybe just what that person needed, at that precise moment!

There's not much more we can do, because it's really not up to us to decide anyone's life! Everyone has their own path!

A Soul torn apart by loss and pain, needs love so much!
And Love is what we can Give!

How many of you reading this is really ALIVE?
How many of you is really doing the best you can?

Being alive means much more than just breathing, eating, meditating, working or anything else you want to add here.

Doing the best you can means you have to wake up everyday and be honest with yourself, looking at the mirror every morning and answering a simple, yet profound question ***"Am I doing what I love today?"***

Well, hope you find this helpful.

Sending you all Love Blessings

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

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

23rd January

When master Mu-nan made Shoju his successor he gave him an old book saying, "This book of wisdom has been written by generations of masters. I myself have added my own comments and understanding. Now it is yours." Shoju was disinterested. "I learned Zen from you without words," he said. "I have no use for this book - you keep it." "It belongs to you," said Mu-nan, "as a symbol of the teachings you have received - here." Shoju took the book and immediately threw it into the fire they were both warming themselves around. Mu-nan, who never got angry, yelled, "What are you doing?" Shoju responded calmly, "What are you saying?"

To put any kind of value on written words is not Zen. Zen stands alone as the intrinsic nature of things and reality. It cannot be condensed into words, it has to be lived. The Master shouted because he had identified Zen with the book and the words it contained.

26th January

T'ao-ch'ien asked a fellow monk to accompany him on a long journey to help him in his study of Zen. His friend said, "I'll certainly try to help you in any way I can, but there are some things you must do yourself."

"What do you mean?" asked T'ao-ch'ien. His friend replied, "Well, my eating and drinking will not fill your stomach. When you want to urinate, there is nothing I can do about it. And only you can make your

body walk along the road." This answer opened T'ao-Ch'ien's mind and he made the journey alone.

This student had the perception that Zen has to be imparted through verbal teachings and doctrines. His fellow monk pointed out that living the journey, being a human being doing journey in all its aspects is Zen.

2nd June

Imitating me won't get you anywhere. My mind isn't the same as yours. When your mind is the same as mine, you will be here. Hanshan.

The master points out to the student that to imitate a master of Zen is pointless. The desire to do so comes from a mind that is in comparison, that sees this and that, has identity. Buddha-mind is boundless without qualities.

3rd June

"I can explain. I know. I am the teacher you are the student."

Anyone who says such things is guilty of demonic suggestion.

Baizang.

To talk of I, is to be in the illusion of separate self.

12th June

Zuigan would greet himself each morning and request of himself, "Today please try

and wake up," to which he would answer, "Yes, indeed I will."

This master acknowledges the game we all play with our minds. That there is something to do - constantly.

13th June

Master Seung Sahn taught his students that to let go of their small self and discover their true self, they must make a firm decision to attain enlightenment and help others.

To help them they had been given the Buddhist precepts, but they should know when to keep them and when to break them, when they are open and when they are closed.

To be the self is to be immersed in the self, seeing only what the self projects. The true self is to recognise all outside of oneself is the Self.

The Buddhist precepts are unconditional and can have a different meaning depending on which self is present.

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

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

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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 bellow 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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