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rites of passage

Editorial by CHRISTINE CORE

All peoples who live in touch with the inevitable change of life and the seasons have ceremonies for the 'Rites of Passage'. In modern culture we bumble unconsciously through life struggling from one stage to the next. Our lack of conscious recognition of natural changes in life does make life harder for us.

In our lives we go through three major phases, these are obvious, childhood, adult, and old age. These natural stages in life have physical, social, cultural, psychological and emotional components. Both men and women go through these stages but they are most obviously defined in the female body with the starting and cessation of the menstrual cycle. These major changes in life are not easy and in some modern and most old traditional cultures this was understood. Ceremonies were held to support those going through these changes.



The Rite of Passage Ceremony is the essential and ancient practice to enable change.

I think it was in 2010, the year after Kevin's death, that I travelled to the USA to hold an Angelic Reiki workshop in Sedona, Arizona.

Before the class I met up with a friend and we visited a Hope Indian reserve. Our visit coincided with the 'coming out' (literal and metaphoric) of the young women from their Kiva. This protected hole in the ground is like a womb. They entered as girls and together spent up to 21 days talking and preparing for womanhood.



When I was travelling in Scotland with John Armitage (Shamballa) and the late Kathleen Murray (Crystal skull) we visited this site.



It has lost its domed roof. Listed as a fort or burial site, is actually a women's Kiva for the ceremony of the Rite of Passage into womanhood.



This and similar can be found all around the world.

The passage from adult into old age is an equally difficult transition. In the past old folks were respected and cared for as essential members of the community. We hold the knowledge and wisdom of life and our culture. Now we are a nuisance to be either contemptuously hidden away or aided to an early departure.

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But that is not the part of the story that I want to focus on here.

Humanity, both individually and collectively we are going through the biggest Rite of Passage ever experienced and we have no ceremony to aid us. We can see how much effort was put into creating Rite of Passage ceremonies, in the past, they are vital in creating graceful change. All change has the potential to be a gift. In fact, you may already know that in the Chinese language they are the same word. As I have already said - since the beginning of this century, just 22 years, the rhythm of the earth's energy has changed, the position of the magnetic north pole has shifted, the magnetic pull of the earth has decreased, the sun is paler, the energy from the centre of our Galaxy has increased.....This is why everything is in turmoil.

The most powerful time of the year is the Winter or Summer Solstice. They are the earth's Rites of Passage from light to dark or dark to light. It is a perfect time to create your own Rite of Passage Ceremony birthing you as the New Human. A few days after the Solstice is also fine.

Creating a ceremony has many of the same principles as making an altar and dedicating a space as we do for a workshop or healing. So after this has been created, the other possible ingredients are:

- Gather things that represent the past. These may be physical things or drawings, a poem or song. Really remember the story and emotions connected to each one. A process of completion or forgiveness may need to happen. Don't turn away from difficult things or they will stay in the body's memory and be carried forwards.

- Burning things, pictures and writings are a wonderful way of transmuting the energy. Say a pray as they burn and give thanks for the experience.

- Bring in the new. Draw or write a description of the new. Also take yourself on an imaginary journey. This is just as powerful as being lead through a Shamanic meditation.

- Feel all the feelings of the new future. Joy, freedom, abundance, love, community; dance sing, play.

- Create symbols of the new future around your home so as to be a constant reminder of the feelings.

- AND simply get on with the practicalities of each day.

Christine

NATURAL ROUTES TO HEALTH

Reflexology

'The human foot is a masterpiece of engineering and a work of art'

Leonardo da Vinci

The feet are amazing, they are not only our means of moving around, providing balance and supporting our weight, they also can help heal and rebalance our body as well as revealing hidden aspects about ourselves.

Reflexology has evolved from an ancient Eastern healing massage of the hands and feet practiced by a number of different cultures, progressing into Western Zone Therapy in the 19th and 20th centuries; then this was further developed so that all 10 zones were mapped onto the feet with all body parts placed in the appropriate zone, resulting in modern reflexology which gained momentum in the 1960's.

This holistic therapy aims to rebalance the body, ease stress, improve circulation and may relieve or uncover health issues. Most people find it extremely soothing and as the body relaxes, it starts to heal mind, body and soul. Some use it as a self-care treat or as a maintenance treatment for a minor health problem. The Reflexologist should aim to provide an enjoyable, comfortable experience, tailored to individual needs, adapting techniques and pressure. Good results can be achieved with a light touch but most people prefer or benefit from slightly heavier pressure as long as it is still restful.

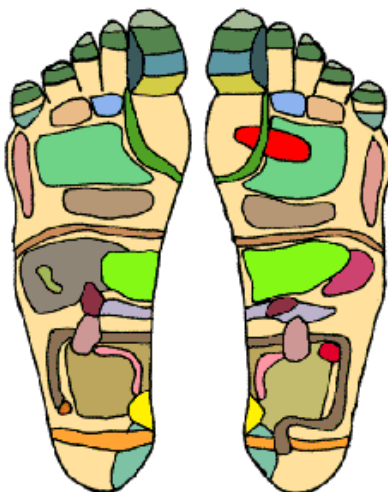


Image from Wikipedia

However, foot reflexology does not appeal to everyone, so those with ticklish feet may find hand reflexology more to their liking as this can be just as effective and can be carried out on yourself more easily; it is also more accessible and useful to use in public places.

Reflexology is another one of those very useful therapies, pleasant, non-invasive and safe that you can easily use on yourself or help others to alleviate or reduce health challenges and restore the body to homeostasis.

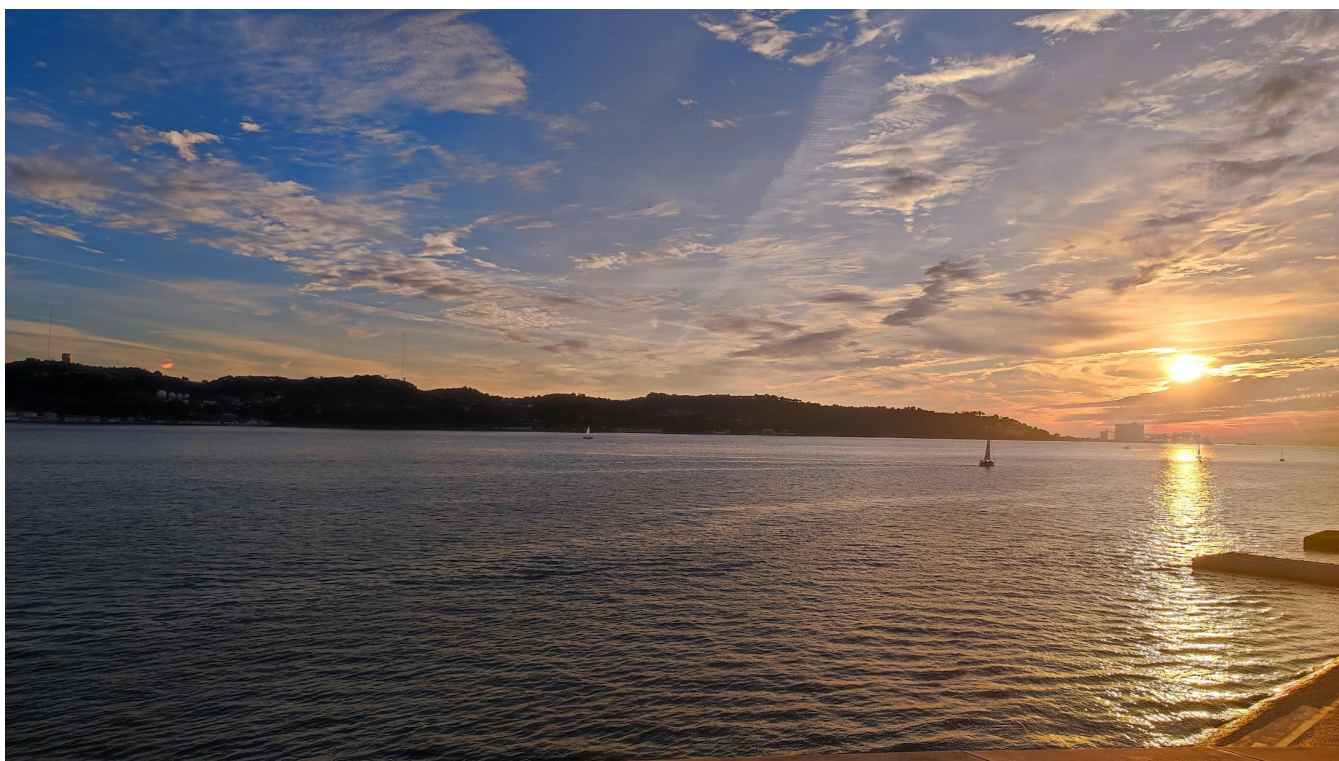
Estelle Bates

Share Your Story

Just a reminder that in the Newsletter we have a space to where you can share your story.

If you have an experience that you want to tell everyone about, feel free to send me an e-mail: sara.nsousa@reikiangelico.pt, with the subject "Share Your Story". I believe it is going to be a beautiful place of sharing.

A MESSAGE OF HOPE



By Sara Neves de Sousa*

A I gave it a lot of thought about if I should share this or not, it was only last minute that I decided to do it. I always try to share things that happen in my life and this, I'm about to share, is about courage, faith, love and hope!

The only thing I ask of you is that, when you read this, don't feel sorry for me please, that's not the goal of this sharing, but feel what it is and that's a message of resilience in the middle of apparent chaos.

Love comes in many forms, and this year, with all that happened, I was faced with a choice, giving up hope and love and give in to fear and hopelessness, and...I chose the first.

When the year is ending, we usually do a balance of it and this year I can say that it was one of the most challenging I had so far but I'm here writing and sharing this, because I know that the year wasn't challenging only for me.

This was my journey this year; I hope it can help you in some way.

So, let's go!

I began the year with the death of a pet, she was very ill for some time and her heart just gave up. Our pet companions give us more than we can see, and she was a lovely

companion even when she was sick. I miss her every day and remember all the things she did that made me laugh, and those memories keep her alive and loved in my heart. Although she isn't here in physical form, she will always be with me and with all that had the privilege to know her. She's home now and I believe she is still part of our family and always will be.

I was very sad when she died and didn't want to talk to anyone, so this was the first time I closed myself up to deal with it on my own.

This year my grandmother from my mother side died too, she was in the hospital in her last days, and she was getting better (apparently), but her heart just stopped beating. It was a very calm passing for her, and she didn't suffer, she went peacefully, and I know that she is home, watching over all of us and guiding us from the other side.

There was a day, right at the beginning, that my mother asked me, when she was at the hospital, what were my thoughts about my grandmother's health and if she was going to be ok (this is the kind of question I never like anyone to ask me), and my answer was very vague, I told her that my grandmother would go when she decided to. I never told my mother that I was already working in helping her cross over, because it would have been very cruel to do so. My mother didn't understand most of what I do and wouldn't understand that I was doing Angelic Reiki so that my grandmother returned peacefully home. So, when I received my

mother's phone call, I already knew my grandmother was home.

It's really one of the most beautiful gifts of Angelic Reiki, supporting someone in their last moments.

A few months after my grandmother's passing, I had a big health scare that ended in surgery. And from the first diagnosis until the surgery and a little bit further I decided to focus more on myself, and I went "of the grid" for some time.

It's funny that when we shut the noise of the outside world a lot changes.

I felt the need, from that moment on, to be more silent and to be focused on what was coming next.

I felt lost, I was very angry, felt abandoned, I blamed myself for not knowing my body well enough to know that something was wrong, I even blamed the Angelic Kingdom, I said: "If you are always with me, to help, you could at least have given me some heads up of what was going on."

I don't reject my feelings and emotions because dealing with them is one of the most important things for me to do, going as deep as possible, and to do this, I created a space for me where I cried, felt hopeless, screamed as much as I could and after releasing it, I knew that I could start to focus on what mattered.

Then, after dealing with everything that I was feeling, I realized that the next step was to fully accept responsibility for what

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DEATH IS BUT THE DOORWAY TO NEW LIFE.
WE LIVE TODAY, WE SHALL LIVE AGAIN.
IN MANY FORMS SHALL WE RETURN.

- EGYPTIAN PRAYER OF RESURRECTION

was happening, after all it wasn't happening to anyone else, it was happening to me. So, as this was my responsibility, I had to deal with the rest as my responsibility too. From that moment on, I decided that my focus was to get better as soon as possible.

Between the first diagnosis and the surgery a month passed, and in that time, I only left the house to do the necessary exams and go to the consults and believe me when I say that what happened showed me, without any doubt, that when you focus on yourself, what we consider miracles can happen. I did all my homework, asked a lot of questions, and let myself be guided to what I had to do to at that moment.

But I wasn't alone in all of this. I didn't do it all alone, I had a few people that supported me and helped me when I wasn't able to keep my spirits up. It's not easy to keep the energy up when you are faced with what I was. For me it was important to have this few people by my side helping.

Only a small group of people knew what was going on, because I felt it was what I had to do.

I know that some of you that know me a little, will read this and think that if I had shared this with you, you would have loved to help in any way. I appreciate it, truly, but sometimes, somethings are meant to be dealt with in silence and with just a handful of people, I don't believe much in numbers, I believe in the power of love, that's why I decided to keep it as quiet as possible, but I knew I needed more than just myself, my choice was made for me and my well-being, I hope you can understand and respect that.

I was at the beginning of my recovery when I received a phone call from my brother telling me my mother had died, I was in shock and couldn't believe what I was hearing, she wasn't even ill, I had talked to her just the day before and I hung up and told my brother I would call him back.

I was doing my inner work and the rest I needed to do after the surgery and this

news of my mother's death hit me like a meteor, I felt like the Universe was pranking me, this could not be real, how was I supposed to deal with all of this? Enough already!!! I was angry again, screamed a lot again, cried and closed myself again, even more than before. I just wanted to be alone and to be left alone. I didn't want to talk to anyone. In this moment I was questioning everything and even questioned if I should keep doing what I do or just give up and start a "normal" life. Because even with all the knowledge that I have about life and death and the challenges we face here, this year was more than I've ever thought possible for me to handle.

Our society doesn't prepare us to look at death as a part of the journey, usually death comes with grief, pain, and the feeling of loss.

Every day we live gets us closer to the day we will die and leave this body behind to go to another place, some say it's heaven or hell, but I choose to believe that when we leave this body we go home, our soul's home.

I didn't feel that I lost anyone, because when we love someone, they are always alive in our heart.

The ones that are loved, never die, they live forever, because love can never die!

This was part of my year. I'm sharing this because even though it was very challenging for me, I feel blessed, mainly because I wasn't alone, I was never alone. I was loved, I had support from my loved ones, they gave me the space to be ME, I had the space to be and feel vulnerable, because I had someone holding my hand, even if it was a distant one.

It was love in its different forms that supported me, it was hope that kept me going.

Love is the energy that heals.

I know that this is just the beginning of a

new cycle for me, I don't know yet what it will be, but I'm sure of something, love will always be my guide.

It wasn't all challenging things that happened, I had good ones too, but it was the most difficult ones, that showed me that I am stronger and more resilient than I thought, and I know that it's only when we are faced with the most challenging times that we see what we are made of.

Don't give up, life throws some curve balls from time to time, sometimes a lot of them at the same time, which can be very challenging to deal with, but remember that you can do anything, even if you don't know it yet.

"YOU NEVER KNOW
HOW STRONG YOU
ARE UNTIL BEING
STRONG IS THE ONLY
CHOICE YOU HAVE."

BOB MARLEY.

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

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/>

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

5th January

There are in Zen no sacred books of dogmatic tenets.

If I am asked, therefore, what Zen teaches, I would answer Zen teaches nothing. Whatever teachings there are in Zen, they came out of one's own mind. We teach ourselves; Zen merely points the way.

D. T. Suzuki

The Enigma of Zen is here illustrated. Zen cannot be quantified, described or explained. It is non doing. It is everything that is not. All the books and teachings describing Zen are not Zen. They are a path to a state of non -consciousness where the books, teachings and reader disappears.

11th January

The aim of Zen is to focus the attention on reality itself, instead of on our intellectual and emotional reactions to reality - reality being the ever-changing, ever-growing, indefinable something known as "life," which will never stop for a moment for us to fit it satisfactorily into any rigid system of pigeon holes and ideas.

Alan Watts.

This text perfectly describes the aim of Zen, which is to contemplate reality itself. Although we believe we do this every day in actual fact this is erroneous. What we focus on is our actions and reactions of how we perceive this reality. Reality exists as it is. It is not changed by our thoughts concerning it yet we believe

those very thoughts are its definition. No matter how hard we try to fit reality into a system of beliefs or ideas we will always fail. This is because reality is unquantifiable, unpredictable, and unknowable by our conscious mind.

15th January

Master Ikkyu advised that before intellectual study of Buddhist texts, and endless chanting of the sutras, a student of Zen should learn how to read the love letters sent by the snow, the wind, and the rain.

The philosophy of Zen, as in other mystical systems, recognizes that all of nature carries as a pattern divine principle. By observing nature as it manifests around us we can become attuned to the rhythm of creation. The nature of the patterns which create nature as we understand it, are the very patterns on which consciousness, and our consciousness is built. To merge with nature is to merge with our Self.

16th January

Student: "Who preaches the wisdom of the Buddha?"

Nanyang: "Walls and stones."

Student: "How can they teach anything - they are insentient?"

Nanyang: "They are always eloquently teaching the truth."

Student: "I can't hear it."

Nanyang: "But that doesn't mean everyone can't."

Student: "Who hears it then?"

Nanyang: "All the sages do."

This follows the same line as the text from yesterday. It affirms again that the entire material world holds and is built on divine patterning. Remembering that Buddhahood is accepting reality as it is, one can see how everything in reality is an expression of Buddha nature. The wise man knows this and walks through a world where nature is reflecting the divine back to him constantly.

17th January

Do not search for truth.

Just stop having opinions.

Seng-T'san.

As we have said Buddha nature is around us all a time in the perfection of this reality. The thing that separates us from this perfection is our own opinions and judgements concerning the space in which we find ourselves at any one time.

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

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

sara.nsousa@reikiangelico.pt

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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