



BE AWARE OF EXPANDING YOUR CONSCIOUSNESS!

Editorial by CHRISTINE CORE

That is an interesting title that has just popped onto the page! It seems to be both an instruction or recommendation and also can be read as a warning?

'Expanding Your Consciousness' has been a regular mantra over the last few years. I am sure you have heard many times 'We need to expand our consciousness', 'the next new moon will allow us to expand our consciousness', 'the next eclipse will expand the consciousness of Humanity' and many more ways of expressing this idea of expanding our consciousness.

The spiritual fraternity regularly come up with a phrase that fits with a current popular idea. Back in the day 'becoming grounded' was the mantra, then 'opening chakras', 'becoming multi-dimensional',

'keeping a high vibration' and so on.

Over the last twenty plus years of Hollywood the concept of celebrity has been ingrained into our consciousness and culture and it is easy for popular figures in social media to claim or be given celebrity status. With this status there comes inequality of power. How many spiritual truthers, researchers, tarot readers and popular figures that are on social media do you think know more than you? Yes, some do and there are amazing people devoting their lives to supporting, encouraging and informing us but there are many who use terms that they do not understand and 'expand your consciousness' is one such phrase.

Oooops: You cannot expand your consciousness. That may come as a relief?

The you that has just read this, the you that wants to be spiritual, the you that wants to expand 'its' consciousness can only be the ego self. The feeling of want and the process of desire can only come from a consciousness that believes it is lacking and not good enough. Consciousness is never lacking so it has to be the illusory, separate egoic self that has these desires.

You, the only you, the true you already is vast consciousness. The process of desiring is the process of denying this truth.

So, what to do? The vast, beautiful, powerful, peaceful, loving being that we all already are is hidden by only a veil of forgetting. Remembering pulls back the veil and allows these qualities into our lives.

(continued from previous page)

An Angelic way all of these qualities being invoked is done during the cleansing part of all the attunements. After the triple grid cleansing we ask:-

“Legions of Michael please infuse our Grids with the Elohistic energies of Grace, Faith, Hope, Peace, Purity, Liberty, Harmony and Victory Elohim. Please infuse with Unconditional Love, and create a full connection with all the Highest Healing Academies of Light within this Galaxy and full connection with all the known Tribes of Light within this Galaxy.”

The way to knowing/meeting ones-self as infinite consciousness is to live life with kindness for ones-self. This is the secret. The truth is that we cannot be genuinely kind to others if we do not know kindness ourselves, and this is true of all the varied expressions of Love. Bringing this idea to a very practical perspective, how would it be to eat breakfast with Grace and Peace,

how would it feel to speak to everyone with Purity and Hope, go clothes shopping with Grace, Harmony and Victory, pay bills with a feeling of Faith and Liberty?

What is expanded consciousness?
It is simply LOVE.
It is not something to achieve,
it is the remembering of what
already is.

Grace, Faith, Hope, Peace, Purity, Liberty, Harmony and Victory are expressions or aspects of LOVE.

A beautify daily prayer is this invocation from the attunements.

“Legions of Michael please infuse our(my) Grids with the Elohistic energies of Grace, Faith, Hope, Peace, Purity, Liberty, Harmony and Victory Elohim.

Please infuse with Unconditional Love, and create a full connection with all the Highest Healing Academies of Light within this Galaxy and full connection with all the known Tribes of Light within this Galaxy,”

With Love,

Christine

NATURAL ROUTES TO HEALTH

The Sun

The sunshine certainly spreads joy, lifting our mood and spirits for good mental health and in addition, it can have a great positive effect on our physical health.

The skin converts sunlight to Vitamin D which plays an important role in the production of serotonin, a neurotransmitter known as the ‘feel good chemical’. Vitamin D is a hormone, essential for optimal health of not only bones and teeth but also the immune system and many other vital functions. Sunlight also stimulates our senses, so we see and hear things more clearly, it balances our circadian rhythm, allowing for better sleep and for us to be more alert in daylight. It also boosts the release of endorphins (natural mood enhancers) and decreases cortisol levels to reduce stress.

The ancient spiritual practice of sun-gazing is harmless and can have many mind, body, spirit benefits if carried out correctly at the right time of the day. It is believed to improve eyesight and the immune system, enhance energy levels and inner strength, supply nutrients to the brain, decalcify and enlarge the pineal gland and reduce stress. The advice from themindfool.com is to build up slowly over a three month period starting with 10 seconds at sunrise or sunset (not 30 minutes after sunrise or 30 minutes before sunset). Do not look through glass or contacts and stop if it hurts the eyes ...

stand barefoot on the earth for extra energy boost, take deep breaths, smile and feel empowered.

*‘The sun does not shine for a few trees and flowers but for the wide world’s joy.’
(Henry Ward Beecher)*

At the same time as harnessing all the sun’s goodness and benefits we must be sensible and protect ourselves from over exposure and skin damage. Some of the so called protection on offer in the form of sunscreens can have the opposite result as they contain hormone disrupters and other toxic chemicals which can build up in the blood, causing more harm than good. There are alternatives, such as the mineral based zinc oxide and titanium oxide ones, which may be worth investigating (select non-nanoparticle brands) or some people recommend the antioxidant supplement astaxanthin. It is also worth researching the SPF properties of oils and essential oils, as a few, such as raspberry seed oil and carrot seed have an SPF of more than 28, although the carrot seed oil can have the disadvantage of turning the skin a lovely shade of orange! Olive and coconut oil are around 8 and most of

the others, such as jojoba and peppermint provide some natural protection at less than 5. Aloe Vera can be used as a lovely soothing after sun gel.

We should also allow our eyes to be exposed to the sun’s rays without the cover of sunglasses. It is obviously sensible to use them for driving and similar activities but other than this, the eyes benefit from the chance to bathe in natural sunlight. So enjoy the sun’s beautiful health giving rays, it may not be a magic wand cure all but it definitely gives our mind, body and spirit a much needed boost.

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.

EGO IN DISGUISE

By Sara Neves de Sousa*

Lately I'm seeing more and more people being misguided and the funny part is that they are doing it to themselves, most of the time not knowing it.

Most people in the area we all know as spirituality are suffering from the God complex, they believe, they truly believe that they are here to save other people. The main problem with this is, that it's not our job to save people, our job as healers, for lack of a better word, is to help people heal themselves, is to give them back their power, that for some reason they lost along the way of playing their part here on earth. I know that this is a delicate subject, but I believe that we all need to start looking at things in different way, if we are to survive this.

What we need to start doing is waking the healer inside each person so that they can be empowered again and start to believe in themselves so they can start healing and we, as healers, need to give them exactly what they need, it may not serve our ego, because when you give the power back to someone, that same someone is not going to need you anymore and here lies the importance of keeping your ego in check. Are you really doing the best you can for the people that come looking for your help? Are you giving them their power back? Or are you waiting for the praises of that people? Something in the lines of "Thank you so much, I don't know what I would do without you.", "You saved me.", "You are an Angel:" (this is one of the best).

What usually happens here, and I have seen enough of this going around is that your spiritual ego gets a boost, and you start to believe that you really are saving them. Oh God, No! You are not doing anything, what you did was waking up what needed to be woken up in that person and the rest was up to her or him to do. When you take this credit for yourself you are diminishing the other person, believe it or not. What do you need? Is it instant gratification? Someone that boost your ego? To be seen as Godlike? You are trapped in your spiritual ego.

Then comes the other part "I'm better that you because of what I do.", "If I were you I would this and that and, in this way, because this is what's best for you.". Oh, God, No again! Who are you to know what's best for another person? Who told you what's



best for them? Keep your ego in check every time, ask the difficult questions, something in the lines of "Am I doing this because it's the best thing to this person or because it serves me?", "Am I really helping this person discover her inner healer and heal or Am I disguising as a good person and only serving what's best for me?".

This is very hard for some people, and I know that most people in this energy don't even know that they are doing this, because of years and years of conditioning from many "Masters" they have come across along the way.

This needs to change, it's of upmost importance, we can't continue doing this in the energy of the past, we are all evolving and this, as frightening as it seems for some, needs to be done.

If anything call yourselves guides, helping and walking alongside the people that look for you, not a guide, like superior to anyone, but to give them your hand when needed, so that they feel supported and only that, not by doing anything for them, people need to reach their healing on their own, not because you want to, but because they want to. "Thy Will, Not My Will".

And to put everything even more out of balance, everyone is looking to go to the energy of the 5th but haven't learned the lessons they were here to learn on the 3rd, but most believe that they are already there, and this, this is ego talk, again and reinforcing it day by day.

When we stop forcing things, that's when things start to unfold in a beautiful way, because everything that is forced is not aligned with your spiritual and human path.

We are all spiritual, all of us here at this

time, but some chose to be spiritual in a different way and we need to start seeing it as it is. We don't become spiritual, no, no, no, we already are, since birth, but we tend to forget this important information, mainly so that we can learn everything we need to learn, otherwise, we would just sit back and wait for things to happen instead of making them happen. We wouldn't need to incarnate if we didn't have anything to learn and to teach too, because each and every one of us here have something to learn, but also have something to teach.

There's a phrase, that I first heard Christine say, just can't remember in which workshop (sorry Christine) but it was something that stuck with me and then a few months later I heard it again, not from her, but from another person in another workshop, can't remember who it was (sorry, too much information in my head), and it was this "We don't know what we don't know", this is brilliant and also very true, because there are millions of things in the Universe that we don't know, but the funny thing is that when you get to know something you didn't know, it's then that you realise that you didn't know it, funny isn't it?

So, if there are millions of things we don't know, who are we to know what's best for another person?

I hope that this little article of mine helps you in anyway.

Be Love whenever you can, because Love is always the answer, no matter what the question!

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

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 re-actions 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.

29th January

Student: "Is there anything more miraculous than the wonders of nature?"

Master: "Yes, your appreciation of these wonders."

No comment needed.

16th February

However much you try through logical reasoning and definition to know your original face before your birth or your original home, you are doomed to failure.

Even if you search the core of your being, becoming full of questioning, you won't find anything that you could call a personal mind or essence. Yet when someone calls your name, something in you hears and responds.

Find out who it is! Find out now!

Bassui Tokusho.

At the very core of your being there is no personal mind or essence. If someone calls your name and you respond, ask, "Who is it that hears?"

29th February

One day master Keichu's assistant presented him with a calling card from a guest which read, "Kitagaki, Govenor of Kyoto." "I dont want to see him," yelled the master, so the assistant returned the card to the distinguished visitor. The

visitor realising his error, took a pencil and scribbled out the words, "Govenor of Kyoto" and asked the assistant to represent his card to the master who said, "Oh it's Kitagaki - show him in."

The master did not wish to see a person who had embodied an identity created by mind, by value judgement. On removing this created, illusory label, the man became just a man once again and as such was acceptable to the master.

4th May

The person who dallies on the edge of the stream, wondering how best to take the plunge, testing the water with his toes, and thinking about how it will feel when he is in, soon gets into the habit of putting off the issue. The Zen disciple must walk quietly to the edge and slip calmly into the water without further ado, without allowing himself time to conjure up fears and anxious speculations as to what it will be like, or to find elaborate reasons as to why he should not get in at once.

Alan Watts.

No explanation needed.

We hope you've enjoyed the newsletter and we'll be back for the autumn 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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