



TIME TO DECIDE, SOVEREIGNTY OR SLAVERY?

Editorial by CHRISTINE CORE

I have just received an email from Sara asking me if I had sent the editorial for the Equinox edition of the Newsletter. This week, this equinox, this time in all of human history may well be the most significant ever, yes ever and I am so taken up with keeping up to date with what is happening around the world that I had forgotten to write my editorial.

This newsletter goes directly to nearly ten thousand people in about 30 countries and we are all having a different experience and seeing things through our own personal, cultural and political lens. This means that this message will touch each of us in a different way. It will be everything from boring to totally shocking. There has never been a broader, more diverse understanding and experience of reality.

Where are you on this vast spectrum?

In all of this there are a few things that are common to all of us, how we experience life now and in the coming months will depend on the level to which we know ourselves. Who are you? What are your fears? Do you accept your weaknesses? Do you know and have you forgiven your mistakes? Do you clearly see the programming and believes of your childhood? We have sometimes been jealous, hurtful, angry, afraid, cruel, revengeful, untruthful, manipulative, controlling, depressed, hopeless, sobbing, I know, so have I. The question is, do you have compassion and acceptance for yourself or are you reproachful of yourself?

Self-Love, acceptance and forgiveness are needed now, because showing this to others



is being demanded of us now and we cannot give what we do not have for ourselves.

We are in the middle of a very particular war between good and evil. How do you see the world right now? On the edge of destruction, facing a world-wide nuclear war, preparing for an ET invasion, going bankrupt, more unhealth than ever before, ruled by AI (artificial Intelligence)? YES, to all of the above, but how do you choose to see it? The destruction of thousands of years of abuse of power, facing just how senselessly destructive we can be, how easily we believe what an 'authority' tells us, the end of being held to ransom by an illegal money system, realising that we have an ill-health system for monetary gain, claiming sovereignty over our own thoughts.

It is up to each of us how we want to see, experience and react to what is going on.

In the Northern hemisphere this is the

Spring equinox and it is the traditional time to 'Spring Clean'. These last few days I have not been able to stop myself washing floors, taking bags of stuff to the charity shop, cleaning the bathroom..... Have you noticed that when we start some serious cleaning the first step is that we are shocked at how dirty it really is, then how it looks way worse as we start the job of cleaning, move furniture, empty draws and washing surfaces, and only then do we start to see an improvement.

We are at the point of seeing just how big a clean up job this world needs. WE have got so used to the dirt as it slowly built up that we had not realised how bad it has got. We cannot clean up dirt that we have not seen and we do not ease pain until it hurts too much.

For those of you who have done a workshop with me, this is where I tell the wedding shoes story!

(continued from previous page)

We have progressed through five types of war.

The first category is man to man hand fighting;

The second is hand to hand with a weapon, stick, sword etc

The third uses weapons at a distance for example guns, bombs;

The fourth is mass destruction with energy weapons;

The fifth is mind control.

One to four are easy to see and identify but we are in a war for our minds.

So, what has this to do with Angelic Reiki? The first Law of Healing in the 1&2 manual states ***"All disease is the result of inhibited soul life. This is true of all forms in all kingdoms. The art of the healer consists in releasing the soul so that its life can flow through the aggregate of organisms which constitute any particular form."*** Simply put it says that all suffering is caused

by disconnection with our Soul. Happiness and health are experienced when we live connected to and guided by our Soul.

This is the fundamental purpose and principle of an Angelic Reiki healing and attunement. It is simple and easy. It means living from the guidance of our higher self, and the higher self is not something special and elevated and difficult to know. It is the true you, the happy you, the kind and loving you, the wise intuitive you; above and beyond all that, the you that listens to no other authority but you. This is not selfish or egotistical. Because of the fifth level war that has been wages on your mind only the Soul knows what is actually your thought, your truth. The rest come from programming.

Re-connection, strengthening and trust in ourselves, our divinely wise selves is the function and purpose of Angelic Reiki and that is the solution, the healing of the state

of the world right now. Yes, there are many, many ways that a realization of our divine self is awakened. Life and what it brings is the main one, but we, in Angelic Reiki, are blessed with the understanding and the gift of being a catalyst to awaken this connection.

My message in a simple sentence is that if you have done the personal work needed to live through this present chaos and not get overly drawn into the drama you can be a compassionate bridge for everyone who wishes to cross over to living as a Divine sovereign being.

"Angelic Reiki is the Healing for Our Time."

I hope you can join us on Sunday for the meditation, healing and sharing of the future of Angelic Reiki. 7:30 AM UK Zoom (Link in email)

Christine

NATURAL ROUTES TO HEALTH

Foot Reading

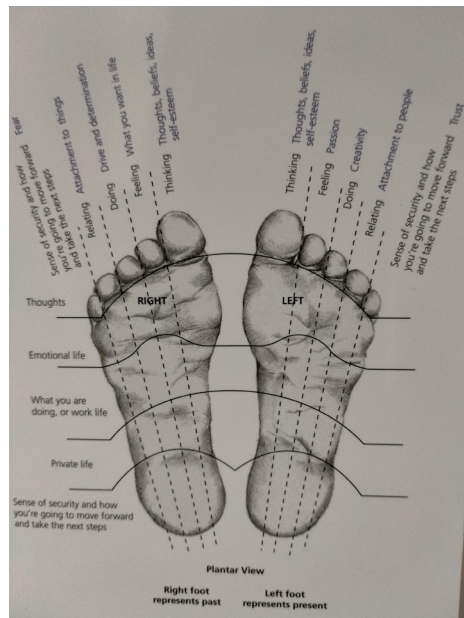
Reading the feet is an interesting extension of Reflexology, which can either be used superficially as a bit of fun or investigated further to gain a greater understanding and awareness of yourself or your client.

Interpreting characteristics of the feet and decoding the myriad of messages they offer, can be as simple or as complex as you wish. For now I will just be dipping a toe into the deep waters of foot reading.

By looking at individual areas and the structure of the feet, it is possible to gain an insight into a person's personality and emotions, maybe uncovering old issues or memories. This may help to resolve current physical or psychological conditions to guide a person to face or change a difficult aspect of their past or present life.

When examining the feet, the colour, texture, temperature, size, angles of feet and toes, arches, nails and individual areas of the foot are scrutinized in great detail. It is believed that the right foot relates to the past, masculine traits, relationships with males and work related matters. The left foot is the present, feminine traits, relationships with females and personal matters. Each foot is then divided further into emotional life (ball of foot), what you are doing/work life, private life and sense of security (heel). Then each toe has a separate meaning, starting at the big toe - thinking, feeling, doing, relating and secu-

urity. By comparing aspects on the right with the same on the left, it can sometimes be seen how a person has changed from past to present.



Briefly, a foot reading session may include, for example:

Skin colour - mainly flesh coloured (balanced & healthy). Pockets of white blotchy (anger bubbling under surface).
Skin texture - peeling (shedding protection from resolved issues - new beginnings).

Nails - protection of thoughts/beliefs - relating to toe meanings. Brittle (insufficient recognition).

Cracks/lines - feeling divided.

Callus/corn - protection from others or yourself.

Gaps between toes - small gaps indicate procrastination. Larger gaps between specific toes show need to keep things separate (toe meanings).

Wide feet - solid worker feet, always busy.

Long 2nd toe - leadership qualities, resourceful.

So next time you have a spare 5 minutes.... take a closer look at your feet....they may reveal something surprising!

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.

JUDGEMENT



By Sara Neves de Sousa*

Judgement is a funny word, that means different things.

According to Wikipedia, this is what it is:

“Judgement is also known as adjudication, which means the evaluation of evidence to make a decision.[2][3][4] Judgement is also the ability to make considered decisions. The term has at least five distinct uses. Aristotle suggested we think of the opposite of different uses of a term, if one exists, to help determine if the uses are really different. Some opposites will be included here to help demonstrate that their uses are really distinct:

Informal - opinions expressed as facts.

Informal and psychological - used in reference to the quality of cognitive faculties and adjudicational capabilities of particular individuals, typically called wisdom or discernment. The opposites are foolishness or indiscretion.

Formal - the mental act of affirming or denying one thing of another through comparison. Judgements are communicated to others using agreed-upon terms in the form of words or algebraic symbols as meanings to form propositions relating the terms, and whose further asserted meanings “of relation” are interpreted by those trying to understand the judgement.

Legal - used in the context of legal trial, to refer to a final finding, statement, or ruling, based on a considered weighing of evidence, called, “adjudication”. Opposi-

tes could be suspension or deferment of adjudication. See Judgment (law)#Spelling for further explanation.

Additionally, judgement can mean:

Personality judgment, a psychological phenomenon of a person forming opinions of other people.”

In the last months I observed some things that fall in the category of personality judgement, when someone judges another not based on the facts but on what they believe they know about a person.

This is something that everyone does one time or another during life. This brings to mind that usually people prefer to judge than to know all the facts before speaking about someone or something.

It's easy to judge and I believe that is because of that easiness that people do it. People should judge less and be more understanding.

There is a quote that is credited to Albert Einstein, but I don't really know if it's his or not, but that makes a lot of sense to me:

“Everybody is a Genius. But If You Judge a Fish by Its Ability to Climb a Tree, It Will Live Its Whole Life Believing that It is Stupid!”

I see it every day, most of you see it too, but sometimes we don't realise that we are seeing it, because it's “normal” or it became “normal”. People judge for different reasons, but mainly because they don't

always know the whole story and by judging they create a whole story based on few facts.

Picking up what I shared with all of you in December, I, too, was judge. I know I was, not because someone told me that they had judge me, but because of what came after my sharing, that showed me that most people, because they didn't know what was happening to me (they didn't know the whole story), judge my absence, my lack of communication, my disappearing act if you will.

But the question remains, do they still judge me, or judge the way I decided to handle things? I don't need an answer to that because that doesn't bring anything important to me or my life and so, I move on. I couldn't care less what they think!

But judgement can be good too, if used correctly. When you use it to have a better discernment regarding something. But this is less used.

People love drama!
People love demons!
People love to demonize people!

And this way we will never evolve to the unconditionally loving people we are here to be!

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

1st March

A student was caught stealing and his fellows asked master Bankei to expel him from the community. The master ignored the request, but the student stole again. The others drew up a petition demanding expulsion, stating that otherwise they would all leave. Bankei called them together and said, "You are wise, my friends. You know right from wrong. You can go somewhere else to study, but this poor fellow - who will teach him if I do not? I must keep him as my student even if the rest of you leave."

The student who had stolen was overcome with tears and never stole again.

There are 2 lessons here.

One is that the students had not heard Zen and placed value judgements on their fellow student judging his actions as bad. The master had seen that the student who had stolen had also not heard Zen, and again through value judgement felt the need to steal.

Each occupied opposite sides of the pendulum. The still point between the two was to unconditionally continue teaching all the students.

This was revealed to the student who stole and through the action of the master thus caused him to find balance.

3rd March

A novice asked a master for instruction. The master replied, "Have you had your breakfast yet?"

"I have," said the student. "Then wash your bowl," said the master.

The master is showing the student that the search for knowledge is akin to hunger. Asking the novice if he had eaten, and received the reply that he had, he instructed the novice to wash his bowl, to end the meal, to stop searching for knowledge. To stop searching for knowledge is Zen.

4th March

Those who are content to be nothing special are noble people. Don't strive. Be ordinary.

Lin-chi

If one strives to be something one draws to oneself all of the components of suffering. Lack of something.

Not good enough.

Judgement about right and wrong, good or bad.

To want to be something you perceive you are not is usually based on how you are perceived by others.

Your world is governed by external forces which are illusory.

To be ordinary is to look inwards and embrace who you are in that moment without reference to any of the above.

18th April

To follow the Way, do not push away anything -even sensual experiences and thoughts.

In fact, to completely accept them is enlightenment.

Seng - T'san.

Everything that arises in the mind must be accepted and embraced as a manifestation

of Buddha nature.

Only then will Buddha nature be revealed.

21st April

Become a master of every situation, and you will always be in the right place.

Lin - Chi.

Being in the wrong place is a manifestation of the mind in judgment of present circumstances.

24th April

Just as the highest and the lowest notes are equally inaudible, so, perhaps, is the greatest sense and the greatest nonsense equally unintelligible.

Alan Watts.

No comment needed.

27th April

Whose mouth could possibly be big enough

to describe things as they are?

Alan Watts.

No comment needed.

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

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>

Disclaimer

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