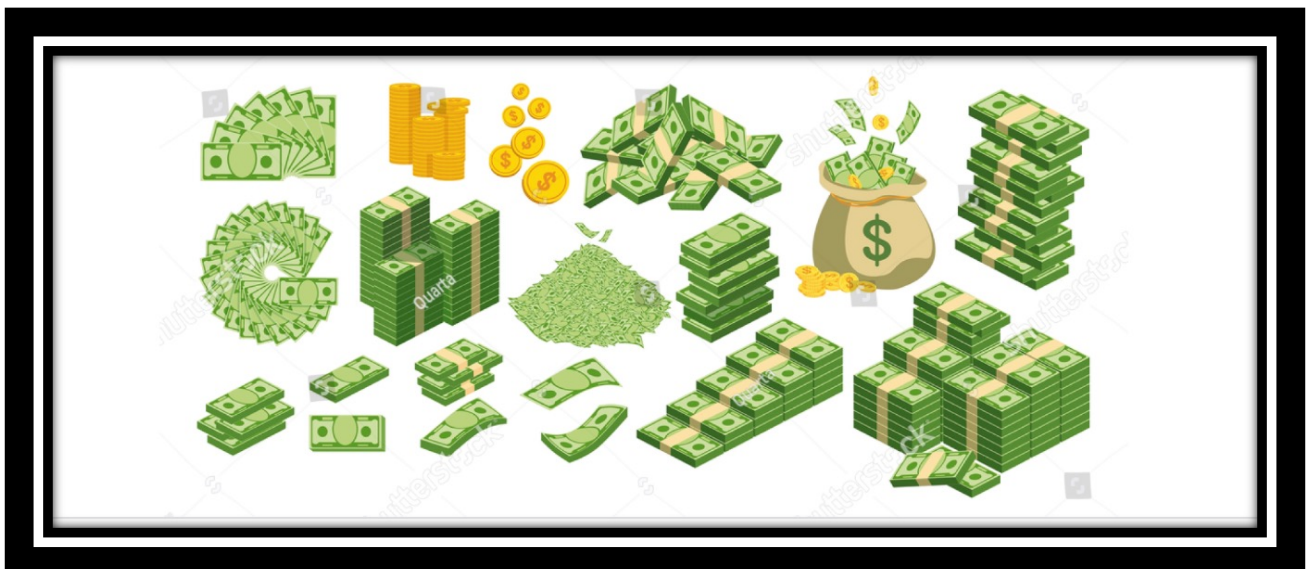




MONEY MONEY Money MONEY



## Editorial by CHRISTINE CORE

With so much focus in the alternative media and in main stream about the world financial situation I thought it was a good time for money to be the subject of my editorial.

I would like us to just start by asking you to reflecting on what it would be like if tomorrow we had no money.....Thinking about this brings into stark focus the part money plays in our lives. No wonder it has such power, or what would be more accurate is to reflect on the utter power of those who control the money supply. It is our destiny to have a world without money. If we had everything we needed we would, I know, freely give our resources and help where and when needed, share everything and find our greatest happiness in giving and sharing. This is what we would value.

### What creates value?

The simple answer is, something that is useful or adds something that did not previously exist. Simply put, the earth gives us all the things that are of value and we humans produce something that did not previously exist. The minerals we get from the earth we regard as not just useful but essential. There would be no mobile phones without lithium, no buildings without stones, wood, concrete and iron, no food without soil. None of these would be available without human endeavor. It is not just the practical work that we can give that has value. We have skills that can be shared and, something that is quite special, we can create beauty and joy.

If I do a day's work, whether it is digging the earth to grow food, working in a hospital, mending a car or teaching a workshop, there is real definable value in that work. That value can be recognised in a number of ways. The person benefiting from the

work can agree to exchange something of value with the other person, e.g. you dig my garden and I'll knit you a hat. The problem with this is that I might not want a hat, I might want a coat and you cannot knit that. So, something representing an agreed value i.e. money can be useful.

### False Value.

In 1891 a new concept was born that changed the concept of advertising. Previously the advertising of a product had been based on providing information about that product. After 1891 concepts aimed at the ego were sold. The advert proclaimed that the buyer was smart, discerning, educated, up to date, in fashion, better than, cleaner than, more desirable than other people. The product took second place and what the product said about the buyer became its selling point and 'value'. The value of an expensive perfume is what it says about the wearer. Unless it is therapeutic the smell

(continued from previous page)

itself has no value at all. This was the beginning of desires becoming needs. E.G. I need to wear this fashion label to be part of my social group.

There has also always been a dark side to creating value, but the internet has accentuated this. Here I am referring to trading people, drugs and weapons.

The money we use in our daily lives only has the value that a government sets for it. This is called 'fiat money', and has no intrinsic value of its own. Not so long-ago daily money had intrinsic value. Coins were made of silver and gold and paper money was backed by gold held by the government.

There absolutely is enough real money on the earth for everyone to have enough but we have come to accept a great divide in wealth. It is quite incredible what we accept as normal. The present situation has crept in slowly over time, stealthily introduced bit by bit. I think we all know most of the facts but individually feel helpless to do anything about it. A quick Google search reviled the worth of the following people.

Jacob Rothschild	\$5,000,000,000,000	(5 trillion)
Mars chocolate Family valued at		
\$ 97,000,000,000		(97 billion)
Bill Gates		
\$ 129,000,000,000		(129 billion)
King Charles		
\$ 2,000,000,000		(2 billion)
CEO of Pfizer salary		
\$ 24,700,000		(24.7 M p.a.)
Clinton Family		
\$ .280,000,000		(280Million)

Given that the fiat money we use has no actual value more and more people are looking into creating real value for themselves. This divides into four main categories.

Land and buildings/real estate;  
Metals;  
Crypto;  
Foreign currencies;

Traditions vary from country to country. Here in the UK, up until recently most people owned their home and most had a garden. In other countries the norm is to rent, resulting in paying someone else for where you live.

Useful metals traditionally have increased in value at the same rate as inflation has increased the cost of living. To buy a little gold, silver or platinum every month is much better than putting savings in a bank.

Cryptos have become possible with advances in technology. The secret to having wealth and creating new wealth with crypto currencies is to have good advice and help, unless you have the time and resources to experiment yourself.

On the horizon and perhaps closer, is the possibility of a global financial re-set. This is usually referred to as the R V. This would mean that all debts would be forgiven and all currencies would be equal. Some people have bought devalued currencies like the Iraqi Dinar and Zimbabwe Zim and if/when the re-set occurs will get equivalent to the new value when exchanged.

My reason for sharing this information is twofold. I think most of us don't stand back and examine our knowledge and feelings about money. We mostly don't have the time; we are too busy making enough to live on and it is scary to recognise how venerable the present system leaves us. It does not have to be like that though. Our education system has seriously let us down. Rich people actually know how to make and keep their money through creating 'Trusts'. They put their money in things of real value, they know how to not be burdened by taxation and how to keep all their money to pass on to their children. Often, they have built their wealth over generations.

If you are interested in long term savings in precious metals I recommend 'Gold Busters' (<https://www.youtube.com/@goldbusters3838>)

and if crypto appeals Mark Attwood and Gary Kealy have an excellent club.

<https://cryptoclub.samcart.com/products/mark-garys-5d-crypto-club>

If all of this seems materialistic its does not have to be. Our spiritual integrity and power is lived through sovereignty and not dependance. If we are really to ground and live this it has to include freedom and abundance in all forms and not limitations and victimhood.

Christine

## NATURAL ROUTES TO HEALTH

### Water

**W**ater....the source of all life on Earth....humans are more than 70% water and we are advised to drink around 2.5 litres a day to stay hydrated. It sounds quite straightforward, most people are able to just turn on the tap and get clear, clean water, but we have learned that this water is not the best quality as it contains many contaminants such as chemicals, pharmaceuticals, chlorine, fluoride, hormones etc. Also tap water often does not taste good and does not sufficiently hydrate our body...it has been described as dead water, so too has bottled water.

So there are a myriad of water cleansing systems out there from small jugs to whole house filters, mechanical, absorption, reverse osmosis and distillers to name a few, in order to remove unwanted impurities. These are constantly being tested...which is the best type, the best brand, which one

produces the best quality water...the information is endless and overwhelming and of course they all come with various price tags.

We can then delve deeper into the well of structured and ionised water which according to research is far more beneficial to health as it really hydrates the body. These devices can restructure the water using magnets and crystals, put the negative ions back into the water, and correct the pH which allows blood cells to become buoyant and aerobic to move oxygen around the body. It has been suggested that this may help to improve blood which has lost its negative electrical charge and become stacked and clumped due to taking certain products.

Then looking from another angle, the Japanese researcher Masaru Emoto discovered that human vibrational energy, music,

thoughts and words can change the molecular structure of water. He demonstrated that water molecules have the ability to hold memory and form beautiful geometric patterns when exposed to positive intentions, and distorted random shapes when negativity is imposed upon them. The structured living water forms more hexagonal crystals whereas dead water creates haphazard shapes.

So...do we need to buy an expensive water filtration system or use crystal energy and positive intention to purify our water? Apart from financial constraints, it is a matter of choice and belief; we are all individuals on our own paths of discovery so maybe we should just trust our intuition?

Estelle Bates

## To lose something (or someone) or not lose!



By Sara Neves de Sousa\*

In truth we don't lose anything, because nothing is ours!

Are there people who are no longer part of my life now? Yes, there are!

I'm not going to say that I don't miss some of them, but life is just like that, very fleeting and passes quickly.

Those who are part of our lives one day may no longer be part of our lives the next, and that's okay.

Some of them left because I wanted to, others left because they wanted to and everything is okay!

And others left because it was time to move on to another plan and that's okay too!

I've already made my peace with all of this, because the time will come when I, too, will leave, but what all of this made me see and review was that I want to become a better person every day and tomorrow I want to be a better person than I was today!

Have there been times when I hurt someone with my actions? Yes, most certainly I have! Was it on purpose or with that intention? No of course not! I don't do anything to hurt someone for free!

But today I am sure that I did it and that is why I ask for forgiveness, even if I am not fully aware of what I did, I ask for forgiveness, because I know that I most likely hurt

someone, when I never had that intention!

I still make mistakes, but I can say is that I learned from mistakes, in fact they have been my best teachers! And with it, I have grown and I want to continue to grow!

There were people I thought would be permanent in my life and that didn't happen! There were people who I thought had stopped being part of my life and came back!

Life takes twists and turns and sometimes leaves us turned inside out! Sometimes the inside out is how we should be, but other times it makes us suffer, we don't know exactly what to think or what to do and we think that something is very wrong in our lives, but no! Everything is as it should be and everything is okay!

I learned to live far from almost everything and almost everyone and I managed to realize that after all, this distance that separates us does not exist, because they live inside my heart and that means they are always present and always with me!

When distance becomes the constant in the equation, we begin to realize that everything changes very quickly and we need to pay attention, look at everything that surrounds us, with more attention, but pay even more attention to what is happening inside of us, we have to listen to ourselves,

we have to listen to our body, to listen to what it is telling us, it is not worth ignoring something, as it will not disappear, it may even remain hidden for some time, but as it was "grounded" and was not seen or heard, when it returns, it comes with the force of a storm and turns us inside out and sometimes that inside out is the right side, but sometimes it brings us pain, right?

What do we want in our life? Love or Pain?

The choice seems quite simple, doesn't it? But most people continue to choose Pain.

Do you doubt it? You... yes, you who are reading this. How many times did you have changes in your life and not suffered? Or at least, did you feel like you were suffering?

And the answer is always on the tip of our tongue, we want Love, but then, we end up falling into the trap of Pain and we go through life suffering, because we don't accept that Everything Is As It Is! And that's fine!

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](http://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.

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.

30th January

Student: "All these natural wonders - the trees, mountains, and earth - where do they come from?"

Master: "Where does your question come from?"

The Master shows the student that all of nature arises and returns to the same source, therefore to ask the question, "Who is asking the question and where does

it come from?" leads the student to his own self-nature which is the Buddha-nature of all.

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?"

17th February

What was your original face before your parents were born?  
Zen Koan.

This koan challenges your definition of self.

*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>

### Disclaimer

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