

Abraxas

The official newsletter of Angelic Reiki

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Editorial by CHRISTINE CORE

Solar Plexus shining bright
Do not dim your yellow light
It is the power expressed right here
Of the Divine you hold so dear.

We mist it over with doubt and fear
No expression cloudless and sincere.
Or lash out in anger loud and clear;
Or suppressed; the heart does sear.

Its natural balance is open and true
No hiding away of that that is you.
The beautiful smile that comes down
from the heart
Emanating intuition and power right
from the start.

Getting rid of ego is an erroneous trap.
Expressing all you are is where it's at.
Imbued with love all shades of you can be
A full expression of Divinity.

It may be starting to feel monotonous
but I have to say again that the longer
I work with Angelic Reiki, the more and
more deeper levels of its wisdom are
revealed. Nothing changes; it just goes
deeper.

Every time I get an "AH" moment I
wonder what else could possibly be next
to be revealed? Surely it cannot just keep
happening; but it does.

This piece is about the Solar Plexus. It is
also based on my book recommendation for
this edition.

Eastern Body, Western Mind by Anodea
Judith presents the best insights into the
chakra system that I have come across.
People I respect like Dave, my homeopath,
also has it on their bookshelves.

There is a very brief taster of the chakra
system in the 1 & 2 manual and not much
time is allowed to its study. We do not
touch the subject at all in the other three
workshops, yet when understood it is the
cornerstone of the unique philosophy of
Angelic Reiki. It is an important subject to
explore deeper in our own personal study.

Question: Why, in Angelic Reiki, do we
put one hand on the Solar Plexus and the
other on the Higher Heart?

Answer: Because Angelic Reiki is the
Healing for Our Time.

And vice versa. Try it. Whether one



The Sun of the Solar Plexus

wants to ask the question 'Why, in Angelic
Reiki, do we put one hand on the Solar
Plexus and the other on the Higher Heart?'
OR 'Why do we claim that Angelic Reiki is
the Healing for our time?', which ever one
you want to put first it does not matter.
The one is the answer to the other.

Anodea Judith shows the Solar Plexus
develops in each of us between the ages of
18 months and four years. It is at this stage
that the personality or ego is formed.
This period is when the young child is
exploring its ability to place their will in
the world exploring 'How can I affect the
world around ME? What works? What will
happen?'

In this process the structure of the
separate ME is established and moulded.
It is the stage popularly known as the
'terrible twos' with the battle of wills
between the parents and child.

Parent: Lets put the blue shoes on
because it is raining.

Child: No, I want the red ones.

Need I say more?

If we had to narrow down all the
'problems' in the world today to one
simple issue it would be the imbalance in
the Solar Plexus. The Solar Plexus is about
autonomy, individuality, power/abuse of
power, domination, bullying, victimization,

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Earlier this year I was approached by a client who asked if I would be willing to perform healing on her brother, who was in a coma in an Intensive Care unit. His blood had been poisoned by an aggressive strain of strep bacteria, and his condition had rapidly deteriorated.

She first made an appointment to come and see me in person and by the time she got to me for her session, her family had already been informed that he might not make it, so it was immediately evident that I was her last hope for a 'miracle healing'.

I gently explained to her that any healing I did would be performed by the angels from the Divine perspective and so my intention was for the highest and best healing to be delivered without any human hopes or fears getting in the way. I would simply be there to hold the space for whatever needed to take place.

The angels totally supported me in that intention. Sometimes, as humans, it can be difficult to let go of the need to know whether a certain outcome will unfold. Especially when someone's life is at stake. We so desperately want to offer hope or give good news, but I knew in that moment that it was absolutely vital that I stay neutral and grounded in a space of total unconditional love and surrender to the angels.

I felt my client relax as I explained all this to her. It's as if she too had been given permission to let go of the need to control anything. And I knew that she understood completely that it wasn't her - or my - responsibility to 'save' her brother.

As I began my client's healing session, I was also guided to send distance healing to her brother in hospital and, at that point, my mind went totally blank and I found I was very easily able to let go and not try to see what was happening. In fact it was one of the easiest sessions I have ever done. The angels allowed me to mentally

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abuse, fear, terror, helplessness, hopelessness sense of purpose, etc.

An Angelic Reiki Healing does help with mental, emotional and physical issues but the defining purpose of Angelic Reiki is Spiritual healing; The Healing for Our Time; The linking of the Solar Plexus with the divine/ higher/soul self.

There is not time to keep tramping down the path of improvement. The way forwards is to simply link our sense of self, the way we act and feel, the way we live our lives day by day, with our Divine/ Higher/Soul self. This is the part of us that is capable of embracing 'ALL' of us; our sadness, our fears, our hopelessness, our failures, our abuse, our bullying, our lost feelings, in bottomless compassion.

This overwhelming compassion is the natural expression of the Higher Heart's connection to the Divine/Higher/Soul self.

The gift of a graceful transition

A personal account of healing into death, by Alexandra Wenman

step back and simply allow the healing unfold as it would. I felt held and supported, and I trusted that the absolute Divine and perfect outcome for all would unfold.

The next day, my client phoned to ask if I would come to the Intensive Care Unit to perform healing in person for her brother. My only other experience of performing a healing of this kind was when my grandmother passed over a few years ago. She has since visited me in meditation and explained that she is now a 'spiritual midwife' and helps souls transition from the other side.

I asked the family to gather round and again explained that we were simply holding the space for the most Divinely perfect healing to unfold. I invited all of the family members to place their hands lightly on his body and I observed the angels merging with every person in the room. In that moment, I felt my grandmother's loving energy behind me and I knew she was also helping to hold the space. Yet, even knowing of her role in spirit, I didn't jump to any conclusions about the outcome of this healing. I simply let go and I just felt so much love - love for the soul of this man lying unconscious before me, love for his family who had so

graciously invited me to assist in their time of great need, and who had offered such an open-hearted and kind welcome - even despite their palpable grief. I totally and utterly surrendered to unconditional love.

Again, my mind went blank. But I will never forget the feeling that came over me in that moment. Something changed in me that day. I never thought I would be able to describe death as a beautiful thing, but I really feel that, as the soul of this man passed over, he gave me a great gift. In that moment, a kind of purity emerged from within me and I can't help but think that perhaps an outworn part of me also chose to transition at that time. I wonder if perhaps he, too, helped to hold the space for me. In any case, I will never look at life the same way again.

As I left the hospital, I still didn't know what the outcome would be for that man, but the world around me looked different. Colours appeared brighter and I could see light shining from the eyes of every person I passed. It was like I could see the very light of their soul radiating from within.

I learned a few days later that he had

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But this has to move from some wonderful concept and nice words to hard practice, moment by moment hard work and commitment to the process, the process of unconditionally loving everything about our self and everything we do, ESPECIALLY THE BITS WE DEAM AS UNLOVABLE.

To sum up: Our sense of self and power to affect and act in the world around us is based and created in the Solar Plexus. The purpose of Angelic Reiki is to link this to the love that is our divine self. This is exactly what is needed today.

May your love touch you.

Angel Blessings,

Christine

P.S. The above is expressing the principles of how the warriorship of the Unconditional Love of Shamballa informs the foundation of Angelic Reiki.

Meditation to open, empower and balance the Solar Plexus

Simply on the in breath, visualise energy in whatever form you wish (love, light, colour etc) coming down from above through the crown chakra, this eye, throat and heart into the Solar Plexus.

At the same time visualise energy coming up through the Base and Sacral Chakra into the Solar Plexus.

Let them mingle here and radiate out in a yellow light as you breath out.

Try this whilst walking round Marks & Spencer, Walmart or The Kaohsiung shopping centre.

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passed shortly after the healing and his sister thanked me, not only for helping her brother to transition smoothly, but also for helping the family to be able to more easily accept and come to terms with his passing. She said the healing had made a huge difference for all of them. I was also told that, as the angels had merged with them, some of the family, including his mother, were able to feel their energy and a tingling sensation in their fingertips. I'm so very grateful I was given the opportunity to be of service in this way.

So many people fear death. We're almost taught to fear death from the moment we incarnate into this reality. But that day, I really learned there is nothing to fear. The love I felt in that room was immense. And as a result of this experience, I truly found something extraordinary. I found grace.

I want to share two poems I wrote which were inspired by this experience...

'Grace'

*People's eyes look different
It's as if they are aglow
Like I can now see something
That before I didn't know*

*When I look in the mirror
I can tell my face has changed
Not sure how to explain it
But I know I'm not the same*

*It's like a light came on in me
That I cannot turn off
So now I am remembering
All the things that I forgot*

*Like the world is filled with wonder
If you only dare to see
And there really is no difference
Between you and me*

'Visiting'

*These are not my hands
This is not my skin
This is just a vehicle
I am travelling in*

*This is not my name
Though it's what you know me by
I am not the same
Since I opened up my eyes*

*This is not my world
I'm just visiting here
I came to learn and teach
About how love conquers fear*

*I will leave this place
As soon as it's my time
But one thing I know for sure
Is that I will never die...*

■ Visit Alexandra's site at
alexandrawnman.com

Summer solstice to autumn equinox

High summer is upon us once again, the land is lush and green, the sun is strong, and people seem a bit more cheerful and relaxed than usual. Just as we get used to this glorious liquid light energy, it starts to change.

Between the 21st to 23rd of June, the sun pauses its long steep climb for three days and then begins to wane and retreat from us, taking its light and heat with it. Summer solstice represents a crossing over period, and at this point of the year, when the sun is at its brightest, we turn and begin the journey back into darkness.

This theme of opposite energy is always prevalent in astrology and it is a good rule of thumb to consider the opposite sign when dwelling on any astrological energy. At this time of year, the bright light of high summer contains the seeds of darkness within it, as it marks the point of our return to it.

This yin and yang style flowing of energy explains why Winter Solstice is such a big deal in northern Europe, because it represented the energy of its opposite - the return of light. St John's or the Nativity of St John the Baptist is traditionally celebrated at summer solstice time. St John the Baptist was Jesus's second cousin, who prophesied the coming of Jesus as Messiah. So even the Christian tradition reflects how the Summer Solstice contains the seeds of the Winter narrative.

On a personal level, your projects of the year should be reaching their maximum growth potential. Summer solstice represents the end of growth, and preparation for a new phase of ripening. The rest of the summer should be spent in ripening that creation before it is ready to birth. In real terms this means fixing up any loose ends, etc.

Astrologically we are moving into Cancer, and as a Cardinal sign it represents a beginning. To use the pregnancy analogy, it would probably represent the move into the third trimester/six months period/30 weeks, whereby most of the pregnancy is past, and your mind begins to shift from actually being pregnant to being a parent to this child.

This time of Cancer, which is late June to late July, is a time to reflect on what has been created this year and what the process of doing that felt like. It is important to allow this time to be, as all that is released here will allow the next building period, which will commence at Winter Solstice to flow unfettered. It is a

By Claire Dixon

time of reflection upon the emotions that have gone in to building this thing since last winter.

After releasing those emotions and tying up any loose ends, the sun moves into Leo in late July and we finally have the time of ripening. The growth of this baby is complete and now our energy is focused on birthing this new creation. It could be a business, a vegetable patch, or a new hobby. Ultimately, we are not giving birth to any of those things, what we are giving birth to is ourselves, year after year. The project is merely the vehicle to get us there.

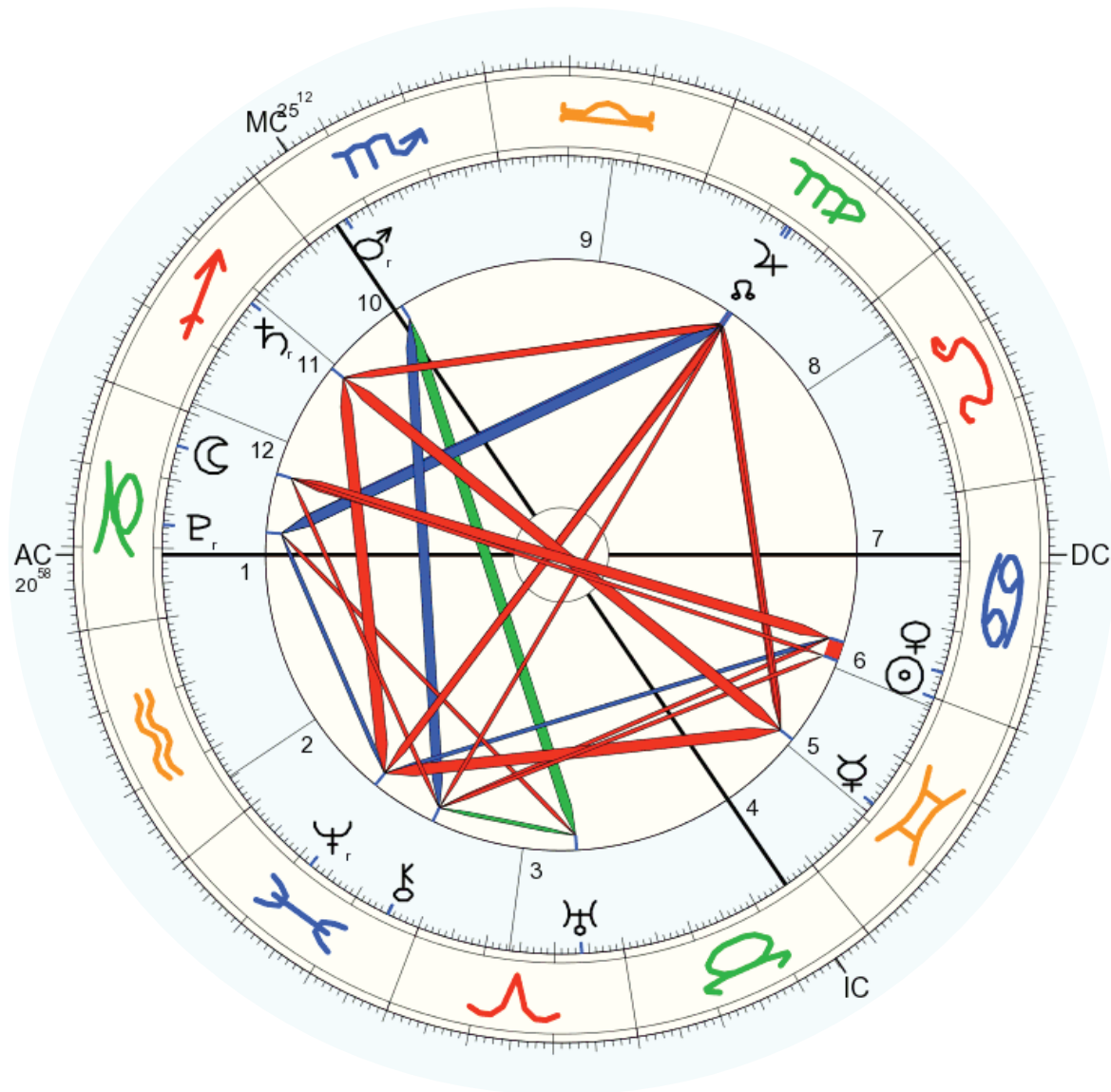
After these past months of doing something new, we have become changed and this change is going to result in a whole new us come autumn equinox.

At this time on 1st August is the old festival of Lughnasadh, which in Christian times was commuted to Lammas (an old Anglo-Saxon word meaning 'loaf-mass') as it celebrates the wheat harvest or first fruits. Lughnasadh is an old Celtic festival which commemorated the death of the god Lugh's mother Tailtiu, who died clearing the plains of Ireland for agriculture. Lugh vowed to hold games every year in her honour. The games were organised in a similar way to the ancient Olympic games and involved ritual shows of strength.

Lammas/Lughnasadh represents the culmination of masculine side of the year. This was a time when people were very active in the world, as it coincided with the wheat harvest and lots of physical labour was necessary. Most of the winter festivals are very feminine, revolving around the hearth and home, with an emphasis on children and/or the elderly.

The summer festivals are the time of men. Lammas in particular is such a time, and up until recently was known as Men's Sunday in Ireland. It was a time of trading cattle or horses, making contracts (so marriages were also on the cards at this time) and generally demonstrating prowess. This still exists today. In July and August we often see horse fairs, tractor pulls and shows/fetes of different kinds, often including things like a Tug o' War, which harkens back to Lughnasadh being a time for a show of strength. Another custom from this time was known as 'Reek Sunday' when it was common to climb a mountain in pilgrimage, such as Croagh Patrick, in County Mayo, Ireland.

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Summer solstice reading

By Claire Dixon

WOW! This summer solstice we have a grand mutable cross to contend with. This is an incredibly important time as it signifies change, uncertainty, fluidity and new ideas.

The Sun in 6th house Cancer is opposite 12th house moon in Capricorn. The moon represents the elite, and they are hiding

out in the 12th house. There is deception and glamour being used by the Remain camp and they are not being truthful about their agenda.

Countering this is a very feminine sun conjunct Venus in Cancer in the house of the grain goddess. Women are going to be important this solstice and are beginning to fight back against the deception.

This spirit of the land is shining through and is in direct opposition to the deception

of the elites. The desire for change is strong but being hindered. Like wheels stuck in the mud.

Saturn is in Sagittarius 11th house opposite Mercury in Gemini in the 5th - these are intercepted houses. Neptune (also retro along with Saturn) is in Pisces in 2nd house on South node and opposite Jupiter in 8th on North in Virgo. These houses are duplicated. Interpreting a grand

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It's a time to demonstrate what you've done, what you've created, and how it's changed you. Showing your creation to the outside world then allows for the change to resonate internally and give birth to a new person in September.

Lammas - loaf mass - is the festival of first fruits/the wheat harvest and some form of bread is traditionally consumed. This time can either represent birth, but usually precedes it.

It is when the first indications of birth are imminent (a bit like Braxton Hicks con-

traction). From Lughnasadh until Autumn Equinox is the time to reap your potential harvest for this year.

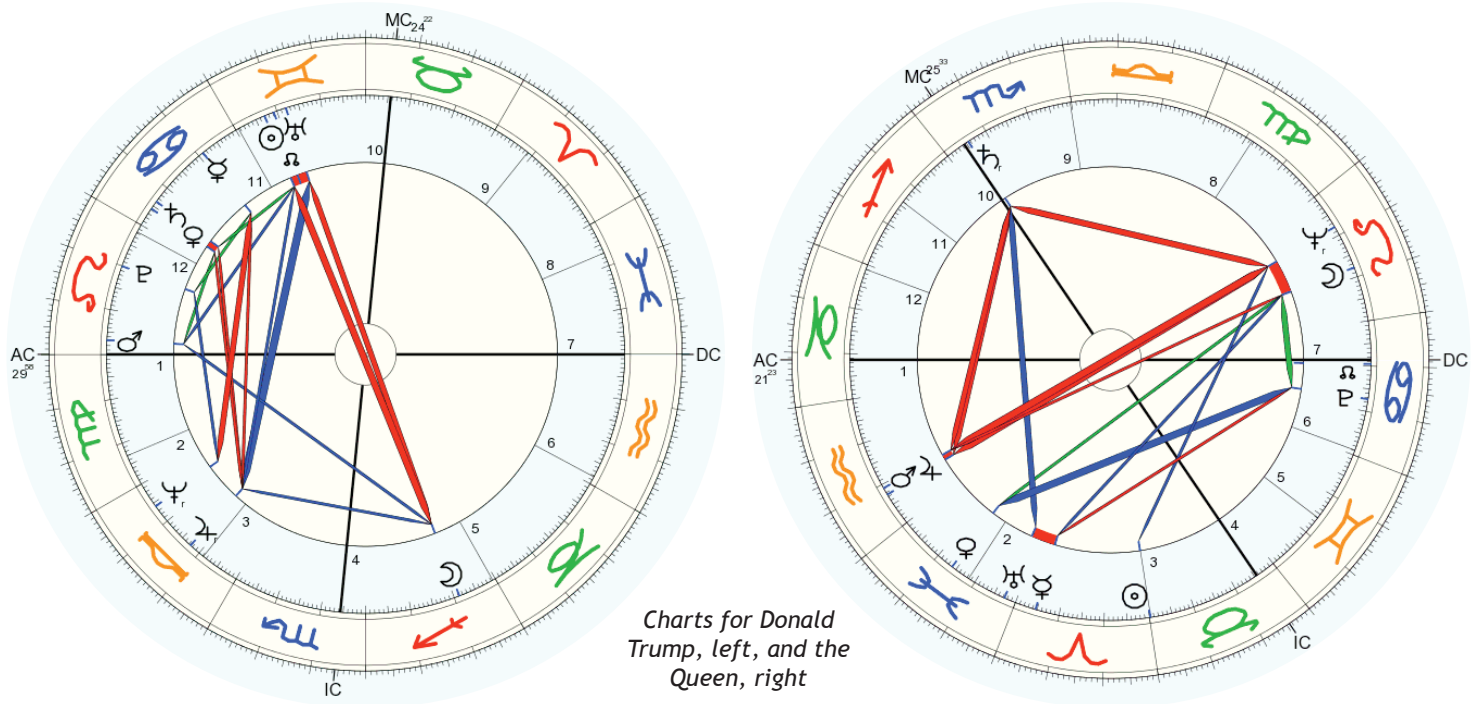
At Autumn Equinox the sun enters into Virgo, which is where the new self comes into being. The new creation is fully birthed. We have done it! We've achieved our goal! Well done. This is the time of birth and what you will harvest for this year.

This time is known as Harvestime or Michaelmas (named after our very own Archangel Michael, as the Archangels are associated with the cardinal directions).

Virgo is the great corn mother, the fertility goddess. She is gentle and mild, but organized and stoical. At this time, the growth period for this annual cycle is completed. Relax and enjoy what this year has given you.

If you have reaped a bitter harvest this year, soon will come the time to reflect upon the lesson of such an experience and to recreate anew.

If your harvest is an occasion to celebrate then congratulate yourself, may the blessings and fruits of the season sustain you through the approaching wintertime.



Charts for Donald Trump, left, and the Queen, right

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cross is like untying a big messy knot. There can be so many twists and turns of energy it is impossible to see where one is going. The key to get out of it is Saturn and Mercury as they are intercepted, so freer.

Mercury denotes, being creative with perception and thinking, using technology to think differently. Saturn is pompous and preachy in Sadge and in the 11th house represents the old mind set.

Mercury in the 5th supports the Cancer energy from the Sun. Neptune in Pisces in the 2nd on the south node shows we don't believe or value those old energy forms any more, they are empty and weak and do not feed us.

Jupiter in Virgo in the 8th shows we want truth, and realism. It is time to be no-nonsense and realistic about things. Uncomfortable truths have to be faced. Can Islam and Christianity sit together, is it realistic to let so many migrants into Europe?

We need to be having these conversations, rather than shutting them down and screeching insults when people even dare raise these questions - as denoted Saturn in Sadge in the 11th.

This is where the momentum is going, the old 'peace and love' ethic just won't work any more, no one values it. We need to do this to grow.

Mars is in Scorpio, on the midheaven. A warrior man will come to prominence in the next few months. This will be Trump or Putin. This is a prickly character who doesn't suffer fools gladly.

The energy trines Chiron in Pisces in the 2nd house. This person will support some very deep healing. Trump is coming to the UK on June 22nd, as Mars goes over the midheaven.

Now, Trump's chart has got Mars conjunct Aries on the ascendant, making

him Mars personified! His natal imum coeli is conjunct the solstice MC, so he is returning to his roots! For him this will be an important trip as it squares his ascendant and will change perception of him both at home and abroad.

This is also a very important chart for the Queen. Her ascendant is conjunct that of this chart and her natal Saturn is conjunct Mars. Trump is going to give energy to this, this figure of sovereignty.

I don't know if this means Brexit, but the institution of Monarchy is going to be rejuvenated by Trump's visit in some way. This time is going to be important for the Queen, almost like a rebirth in some way.

Mars is quincunx Uranus in Aries in the third house. There may be some kind of gaffe that gets reported widely, that kind of thing. This energy is a bit of a wild card and literally anything could happen but it will mean change. Lots of people will be focusing on Trump's visit in particular.

This finally leaves us with Pluto, again. In this chart, Pluto is conjunct the ascendant in Capricorn. There is a deep and hidden agenda to control this new moving forward but the excessive control serves a purpose to alert people to the truth.

Pluto is playing a deep, long game,

February 5th, 2008

Zen reveals itself in the most uninteresting and uneventful life of a plain man in the street, recognizing the fact of living in the midst of life as it is lived.

DT Suzuki

Life as it unfolds it its myriad of forms is Zen. The act of living life is the purest form of Zen. As you read this text, Zen is forever holding you in it's embrace.

February 6th, 2008

those who think they are in control will be exposed and this is part of what Pluto in Cap is all about, things have to get bad before the truth can come out. This is what the politicians are unwittingly doing whether they realise it or not.

On a personal level, I would say that over the solstice period it is advisable to take some time out and be as far away from any conflict as possible. The energy is incredibly high over the solstice in particular and will continue in that vein for a while.

Spiritual self-care and staying very centred is very important to help you not only make good decisions, but also to have good interactions with others.

The energy is so high that it is very easy for people to flip out right now, at virtually nothing. That is how intense the vibration is. This should start to lessen by the end of next month as Pluto moves away from the ascendant, and this lessening will be assisted by Mars, which will moved from dark and brooding Scorpio into bright and breezy Sagittarius.

It is as if we are facing some unsettled summer weather, humid, hot, threatening sky, potential for downpours or brilliant sunshine. Enjoy what is, and be prepared for anything.

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 Kreke called Zen Wisdom.

A quote is followed by Kevin's explanation. Visit shamballazen.blogspot.co.uk

The way to the One are as many as the lives of men.

Zen saying

Everything, from the largest Universe to the smallest atom is Zen, as are you.