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## Editorial by CHRISTINE CORE

I would like to introduce an extremely important topic, which is an essential aspect of any major changes that may be coming. I have not come across anyone really dealing with this in social media etc.

The subject though is eloquently addressed in the novel 'Childhood's End' written by the brilliant Arthur C. Clarke. I have already recommended this book in previous editions of the newsletter, so again I recommend it as an entertaining and valuable read.

Everyone is talking about ascension/dissension, the breaking down of the control system, the end of the matrix, arrival of free energy etc. This cannot happen as a positive process until we have considered and set in place ways of living and being in this new "Paradise". It will only be good if we experience it as good.

The age-old question of FREEDOM AND AUTHORITY I believe needs to be addressed with some urgency.

Bizarrely, freedom is desired but rarely welcomed when it is here.

I would like to invite you to ask yourself the following questions:

Right now, why do I get out of bed in the morning? What is my motivation? How much of my day is dictated by someone or something else?

How much of my life feels to be influenced by external forces?

To what extent is my life dictated by how much money I have?

Am I looking for freedom from, or freedom to?

I would like to suggest that we talk about

So  
What  
Will  
You Do  
When  
You're  
Free?



freedom, but if we were given it tomorrow it would be a burden, and not a source of happiness. That is in fact how we experience it. In 'the west' today we do get a kind of freedom when, as older people, we retire from work. Many people look forwards to retirement and the freedom to do what they want, but if statistics are to be believed we do not experience it as a very healthy thing to do. Statistics published by WebMD, Guardian News Paper UK and Jacob University, Germany state that "People who retire at 55 are 89% more likely to die in the 10 years after retirement than those who retire at 65". This is not a statistic in Japan, where there are communities of old

people who wake up excited each morning to embark on another adventure together, play games, go on trips and have fun.

Just to give you a feel of how you would react to freedom, imagine I am going to buy you a week's holiday in a lovely cottage in the country. It is totally paid for and all of your favourite food is in the cupboards. You will be there on your own with no responsibilities and free to do whatever you want. There is even a big envelope full of money so you do not even have to worry about that. Take some time to picture this, you have just arrived and I have dropped you off at the door and waved goodbye. How do you feel?

(continued from previous page)

If you were free to do whatever you want, how would it feel? How would it feel after one year, ten years?

Mostly we have never experienced the freedom to do what we want. Somehow we think it would be great, but how would you respond if it was to happen tomorrow?

There are now signs that unthinkable things are starting to happen. They have been promised since this ascension process began but all we have seen so far is war and poverty. But now President Trump is becoming a statesman and doing what no other president has done, meeting with Kim Jong-un; the film 'Mary Magdalene' telling the story of her life as an apostle, not prostitute, was released in the UK on 16th March. People generally are questioning the media and not just believing what they are fed.

The alarming statistics demonstrating the relationship between death and retirement starkly show us how unprepared we are for the freedom that we crave. Systematic lack of freedom is something that we experience right from an early age. Children sit, walk, eat, speak, play, write, sing, and run when the school timetable allots space and an authority figure gives permission. During the UK's unusually large amount of snow this winter, a junior school head teacher was interviewed on national media because they had introduced a rule in their school banning children from touching the snow, in the name of health and safety.

Freedom is the freedom to take responsibility and without responsibility there is no freedom. In the coming newsletters I would like to address areas of life where I believe we really need to think about how people take responsibility to claim the freedom that is coming. I would like to suggest that instead of waiting to be given our freedom we actually need to start to claim it now. Subjects we can start to think about are freedom to spend our money on what we

want, freedom of speech, freedom to travel where we want, freedom to look after our own health, freedom to die and freedom to fully express who we are. Are thoughts of "yes but," coming up for you? There is really no one who can do any of this for us; if there was, it would not be freedom and we would not be taking responsibility. Perhaps this is more difficult than stopping the war in Syria, and more frightening the possibility of an atomic bomb?

Our daily lives are mostly governed by what we need to do, not what we want to do. We are so estranged from living in freedom that this simple statement could induce philosophical discussion about how freedom needs to be restricted. We cannot just let people travel where they want! We cannot let children do what they want! We have got to have laws!

Part of the human state is that we view the world through the glasses that we have on now, dictated by how we view the world now. We do not know what it will look like from the perspective of a new paradigm; we do not know. By dropping our judgement and belief systems, we can create space for new visions.

I would like to suggest that the best we can do right now (and this is no small thing) is to bring days of freedom into our lives. What are you going to do on these days, days when you are free to do what you want? Do you know what you want? A day just walking, painting, cooking, gardening, singing....etc.

The book 'Childhood's End' tells the story of a benevolent 'Overlord', giving everything we humans wanted with few responsibilities. We only survive for fifty years.

Christine



## 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 from Tim's book is followed by Kevin's explanation. Visit Kevin's blog at [shamballazen.blogspot.co.uk](http://shamballazen.blogspot.co.uk)

8th March

Let go of your hold.  
Hakuin.

To hold onto something, by definition, is to be attached to it in some way. This attachment arises due to opinion and/or judgement about something, that it is not right in some way, that it is not acceptable. Zen is the acceptance of everything as it is, in all it's raw beauty.

9th March

Spring flowers, autumn moon,  
Summer breeze, winter snow -  
When the mind is free from  
unnecessary thoughts,  
Every season is just perfect!  
Ekai.

Take the mind away from creating an illusory reality and all of nature is revealed in it's simplicity and glory.

13th March

A student came to a monastery to seek the truth of Buddhism.

"Why have you come to a monastery?" asked the master. "Why do you neglect your own precious treasure at home?" "What is my treasure?" asked the student.

"The one who asks the question is the treasure," replied the master.

We often feel that if we could change something in our lives it will make that life better. To do lots of meditation or visit a holy place will somehow change our perception of self. The Zen masters taught that the most profound practice was to live life wherever you may find it.

# INTEGRITY

By Sara Neves de Sousa\*

**B**efore starting to delve into the topic of this article, I just want to clarify something. Everything I write is based on my personal experiences, some of them directly related to me, others, with people close to me or even clients, always maintaining the confidentiality and ethics, so that I can use the experiences maintaining the integrity, that I use as a guideline in my professional and personal life.

So, that said...

If we go to the dictionary the word integrity comes from the Latin "integritas", which means:

1. The quality of being honest and having strong moral principles.
2. The state of being whole and undivided.
3. (figuretevely) Rectitude, honorable; intact purity.

I always regarded myself as a person that follows the rules and always follows, what I consider to be, the correct values.

As a therapist, many of the things I hear in consultations are extremely sensitive, and in order for the person to feel totally comfortable speaking, he or she, needs to be absolutely sure that whoever is on the other side (me), first of all, is listening without any kind of judgment and secondly, they need to be absolutely sure that that session will stay between us both.

Well, this theme has appeared several times since the beginning of the year. It's something, that I think, is of extreme importance, for everyone, because without integrity, we have nothing, as well as without ethics, for that matter.

I believe that these two, ethics and integrity, go hand in hand because they are two of the most important values in our lives.

This are the values that applied in everything we do makes everything better, but I'm finding more and more that there is a somewhat lack of responsibility in everything and everywhere. Whether it is in our personal lives or in our professional work. More and more people are doing wrong things, not being called to attention to this wrong things and this is leaving behind sometimes a world of chaos.



**Integrity means staying true to yourself even (especially) if nobody is watching!**

Why this is happening, I don't know, but what I know is, that this has been happening more and more and it's increasingly evident, at least for me, that something has to change.

Integrity for me, has a lot to do with integrating it in our daily lives, assuming the commitments, not forgetting how to be considerate enough to make a phone call or even sending a message to tell the person that is waiting, that they are not going, making that person sometimes even lose money and especially their time, because they can, because they forgot how to do this the right way.

We need to be accountable for our actions, we need to be more conscientious and more upright people.

I have seen so many things done without coherence or reliability, that I started thinking: "Where are we headed?", "What kind of mark in the world are we leaving?"

But still, people do this and nothing happens, because nobody told them that that kind of behavior is not accepted.

If nothing is done, if we do not start to change something, and show that, yes, it's worth it, it's worth to be upright and responsible, we will be as guilty as them, because we did nothing, we let them go, and with our silence, we end up, giving them permission to continue doing the same thing, we might as well say outloud: carry on, there are no consequences. You

can continue to do what want, because you're not doing anything wrong. Poor little one, who doesn't know more than this, who doesn't understand how things are supposed to be.

And with this attitude, we are letting proliferate those who are undermining and making the work of others, which took so much time to build, slowly crumble.

For it is as guilty he who steals, as it is who stands at the door.

This is not about judgment, every person has the right to be as he or she wants, but if they make a mistake, and we know that they made that mistake, and do nothing, we are being conniving with the situation and letting it perpetuate, this isn't being upright. What would be good is, to talk to the person, to show him or her what he or she is doing wrong, always with love in the words, but in a firm and assertive way, so that he or she, realizes what isn't right and has the opportunity to correct it.

I will not enter here into dissertations about what is right and wrong, because this is not what this article is about, but rather to be in tune with the world. After all, We Are All One. And yes, being honest is a choice.

I know that what I use to measure my life is not the only one and it doesn't need to be the one that everyone uses, but some of the things I see are being done without any consciousness, and I can't help but wonder if people even stop to think that with their actions, they are harming others.

If they keep doing this, doing whatever they want, because they can and, because there is no one who calls them to reason, it will get worse and it will be passed down to others that will do exactly the same thing.

My view of things is, if I know you're doing something wrong and do nothing, I'm as responsible as you are. If I allow you to continue to do so, even though I know that you are doing something wrong, I am responsible too.

Let's start respecting others, using integrity and ethics, especially in what our values and emotions are concerned!

**Much Love to All of Us!**

(\*) Angelic Reiki and New Shamballa  
Master Teacher



# Inner Child

By Belanita Abreu\*

In every adult there lurks a child— an eternal child, something that is always becoming, is never completed, and calls for unceasing care, attention, and education. That is the part of the personality which wants to develop and become whole.



Carl Jung

**T**he inner child is our true “Self”, our essence. It is the source of creativity, spontaneity and joy. Many traumas and imbalances we have, come from our childhood. The child we were did not know how to deal with, or understand certain emotions and internalized traumas that lodged deep in our Being. These events of the past that happened in childhood need to be healed. Some imbalances manifested in adulthood are the result of the experiences to which you were subjected as a child. Neglect, lack of love, and destructive criticism are aspects that make the adult you became vulnerable.

So the work on the inner child is the first step in finding the emotional balance so necessary to be happy. In order to regain your purest energy and love for life, you must rediscover your inner child and give him or her what he or she needs to receive: understanding, care, a hug, security and encouragement. It's about healing the past because it is in the inner child that we find our reservoir of memories, all the records, programming and perceptions. When we suffer from anxiety and are afraid, these are signs that our inner child has been abandoned and we need to reconnect. If our parents were too critical, our inner

child is repressed, devoid of self-esteem and self-confidence. If, on the contrary, they were excessively tolerant and did not impose limits, the child we carry is spoiled and does not bear any kind of frustration or refusal. One way to heal the inner child is through meditation. For this, be a loving mother to yourself, and perform the following meditation:

- Light an incense and/or a candle to create a sacred space.
- Look for a picture of when you were a child. Look at it with affection and send love to it.
- Pick-up a lepidolite. Put it on the heart chakra.
- Take deep, slow breaths. Relax.
- Visualize a pink light expanding from your heart to envelop it completely.
- Call your spiritual guides and ask them to connect you with your Inner Child.
- Wait for your Inner Child to appear. This process may take some time. Be receptive, without expectations.
- Talk to your inner child.
- In the end embrace her or him strongly and thank her or his presence.
- Do more child like activities: painting and drawing with crayons, climbing a tree, riding a bike, swimming, playing hide and seek...

Another meditation you can do is using a Blue Lace Agate.

You can place it in the 3rd eye, throat or heart chakra because it is a balancing crystal. Its main feature is the connection with the angelic realm. It attracts the energy of innocence, joy and spontaneity. For this reason, blue lace agate is highly recommended for children to use daily. Helps express repressed emotions and reduces significantly extreme cases of anxiety. Connects us with our Inner Child, amplifying the kindness and the kindness of our heart. In meditation, the blue lace agate quiets the mind and harmonizes the aura.

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**Cristalina**  
GUIMARÃES

# THE GLORIFICATION OF BUSY



By Jose Luiz\*

- Hi, how are you?
- Sooo busy... Really busy.

This so familiar exchange is happening daily in our homes, workplaces, community, gathering places, everywhere. No place is sacred or off limits when it comes to the pervasive culture of “busy”.

When did we let the state of busy become the mantra that defines our lives? It is time to stop the glorification of busy! It is an important matter of individual and collective health and sanity.

Being “soooo busy” may be a defense or an excuse to avoid or evade situations or realities you do not want to deal with. If that is the case, by pretending, and even really believing, you are that busy you create a reality bubble for yourself to justify and validate your state of avoidance.

If you have been describing yourself lately as “soooo busy”, it is time to jumpstart a peaceful revolution against the all-consuming culture of “busy”. Let it begin with your next bite!

Your short list may start with chewing your food slowly, away from a computer, tv, phone, newspaper, book or magazine. Make it an intimate, flavorful and colorful moment. You may go even further and cook, set a table with flowers, invite friends and have a toast. Or whatever makes you happy.

Great moments are created! Do not hold forever to that wine bottle you bought to celebrate a special moment, because ten years may have passed while you were under the “sooo busy” spell. Do not postpone that potluck dinner party to gather friends you have been thinking about for months. Life slips unnoticed through our fingers.

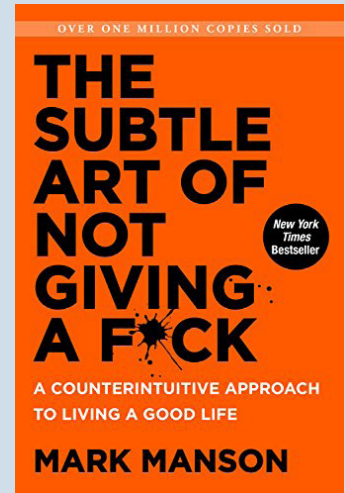
Little colorful moments make our day and life is the sum of them all. Never allow yourself to be “sooo busy” there is no time for intimate moments with yourself, family, friends. Invite happy moments into your life!

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## Disclaimer

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Book Suggestion by  
SARA NEVES DE SOUSA



When someone suggested that I should read this book, I was a bit skeptical at first, mainly because of the title, but it turned out to be a very good surprise.

It's not your typical self-help book. Mark Manson uses a lot of colourful language, but it is worth it. It has a fresh view of life and most of the points he makes in the book I believe that resonates with almost all of us.

He uses his experiences to illustrate the situations he talks about in the book which makes it even more interesting.

And you will find out that there's always something that you give a “F” about!

It's not boring, hopefully will help you look at yourself and the situations in your life with new eyes.

Hope you all can enjoy it.

Blessings, Sara

*We hope you've enjoyed the newsletter and we'll be back for the summer equinox edition. In the meantime, to get in touch about any of the articles or share any AR experiences, email [sara.nsousa@reikiangelico.pt](mailto:sara.nsousa@reikiangelico.pt)*