



# Abraxas

*The official newsletter of Angelic Reiki*

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## Let's bring our work to full bloom

**H**ello everyone. I am thrilled to be writing this message of welcome to the new Angelic Reiki newsletter. I know it is going to play an important and exciting role for the worldwide Angelic Reiki Family.

However, it is not the first one. Kevin created a newsletter in May 2008 and there were four wonderful issues full of his magic and wisdom.

We had to leave Egypt, the place where he felt so at home, in the August and return to the UK for the nursing care he needed and it wasn't possible to produce any more issues. We will be including archive material for those of you who missed out first time round.

The lead-up to 2012 was a catalyst for bringing forward any issues lurking in the shadows and 2013 has not been an easy year for many of us either. We are still sorting out the stuff, going deeper and

### EDITORIAL by Christine Core

deeper and then beginning the process of understanding the new self that is emerging.

In one way it is all magnificence as we each individually experience the unfolding of a great galactic cycle. It helps us to take things less personally when we can see the bigger picture and understand that our own life's cycle is part of something greater and that this cycle is indeed in divine order.

Of course, Angelic Reiki is also in synchronicity with our human, solar and Galactic changes. I welcome the publication of this newsletter as a special symbol and significant demonstration of the unfolding of a new cycle for Angelic Reiki.

Kevin died in June 2009, at a time when many of the challenges leading up to 2012 started to gain momentum. Opposition



**Moving forward:** Christine sees Abraxas as a tool for connection

arose to me taking Angelic Reiki forward, nurturing and developing the young 'child' that Kevin and I had borne.

Anger and conflict broke it apart with some taking the opportunity to make their own claims. Those destructive energies have created the firm foundations for the growth and sustenance of the deep philosophy and elegant grace that is now part of Angelic Reiki.

This newsletter spirals the energy of the growth of this beautiful system of healing and empowerment forward in time, keeping the connection to and growing from, the rich roots set in the early years, allowing it to blossom anew. This December is just 10 years on from the first master teacher's workshop, which was taught at Shipley in the English

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**Enduring legacy:** Kevin with Angelic Reiki co-founder Christine

1 county of West Yorkshire. Angelic Reiki grew and spread quickly in those first years and has continued to do so with the energy now represented in... well, I have just counted 27 countries!

In our own individual ways we have all experienced a deep clearing during this time of change on the Earth. I look back and know that I could never have anticipated that my life would have included the extremes of experience that have happened in the past four years.

It is, though, with gratitude for this deep transformation that I welcome this new phase. The paradigm we are moving into is of a deep and rich expression of our individual talents in service to the whole, bringing community, support and friendship and I know this newsletter will reflect this.

Claire and Phil Dixon have offered their skills to bring an opportunity for the Angelic Reiki Family to experience community, support and friendship. It is with deep gratitude that I thank them and the turning of the cycles for this opportunity to share insights, articles, experiences and comments.

We birth anew this expression of the magic, wisdom, love and power that is the Angelic Kingdom of Light. With your participation and support we will make this newsletter into a catalyst for a deeper sense of community, support and friendship.

I wish everyone many angel blessings for the winter solstice, Christmas and 2014. May we relish and share its gifts. Much love,

*Christine*

## How to use Abraxas

Abraxas is an active document featuring links for emails and online content where relevant. These will always be styled with an underscore, [like so](#).

Where content turns to a second page, click on the turn button at the end of the first page to jump. Note that the contents panel on the front page also has links to items.

While the newsletter is optimised for screen viewing it is also formatted for printing. Anyone who would prefer to read a paper copy can run one off on their printer (A4).



Image: Gavin Fordham/isc.hu

Jayne Brassington of Worcestershire in the UK has been using Angelic Reiki to treat animals for several years with incredible results. She spoke to Claire Dixon about her experiences.

**C**laire: How did you get into Angelic Reiki and what made you decide to start using it to work with animals?

Jayne: I originally trained as a beauty therapist but I've always felt spiritual and a connection with animals and wanted to do more holistically. It turned out a few people I was working with had studied Angelic Reiki and they said I should try it.

I went through my level 1 and 2. I think it's more about learning and discovering about yourself than anything else and that was the profound thing I discovered from going through all of the treatments and training. It's all about yourself first and then you can give more to other people when you're in that good position yourself.

So that's where I started and I've always had this connection with animals. When we rescued Nessa, a Welsh terrier, she'd had a terrible life and she couldn't interact with people at all. I thought, 'I'm going to try

this healing with Nessa'. It's just grown and developed more and more with Nessa and she's a completely different dog now.

I thought perhaps I should try this with other animals, so I worked on a few dogs and then people asked if I would give healing to few horses and the results have been dramatic.

Then I went down the route of human and animal partnership healing, so it's the owners or carers and the animals having the treatments together - the humans first, then the animals. It is an amazing experience.

**Do you find that there's a correlation between any issues the owner or carer may have and the animal?**

Absolutely, a good example is a horse I was treating. I was actually treating a horse in the next stable and I walked past her and just went to say hello.

She was so profoundly sad I asked the owner to give me some background on her. I said, 'Right, you need to do this and

that. I'm coming to see the other horse next week, let me know how you get on'.

They thought I was bonkers but soon she was a different horse. She'd still got issues but she was happier and her owner said she couldn't believe the changes. It's highlighted other issues she has but I agree, sometimes animals pick up on the relationships between other family members.

This can be an issue in a pack of dogs, for example. I've been working with a pack where the dynamic has changed but it's an understanding they have now, it appears, within themselves.

**It's amazing that it can have those kinds of effects.**

I always go with an open mind and I know my Angelic Reiki teacher, Kay Zega, says it will be the most perfect treatment - and it is. You want some indication that it's fantastic and it's worked simultaneously.

However, these changes have been so subtle and they are real changes but the

2 dog hasn't had an issue with her rival since the treatment. I think it was a psychological, emotional issue.

When we'd gone through all these sessions with the pack, it was amazing. It gives me so much pleasure that I'm able to offer something not everybody can provide. It's like with the sheep in our paddock. The farmers can tell if one is in distress by the sounds that they make.

One morning I knew from the sounds they were making that there was something wrong and when I went down there was a sheep that was stuck!

**One of my questions was what kind of results have you seen and you've made a great point. It's not about miraculous results, sometimes it can be subtle. So what type of animals do you normally work with? Are there any unusual ones?**

It's mainly dogs and horses. I have worked on a sheep that eventually passed on and that was so hard. I can handle treating humans who have life-threatening and life-limiting conditions better than animals. That's just me and I'm having to work on myself.

Jemima, the sheep I was working on, was so beautiful but I knew the last time I saw her that she knew she was coming to an end. She looked at me as if to say, 'Thank you but I know there is nothing else you can do for me'. I like to think

that I eased her passing to her next journey. Her orphans are in the paddock and they always come when I visit because I made sure I told them what I was doing. They always run up to me and we have a cuddle because they were quite small when their mum passed. I feel there is a definite connection.

I don't know whether I'd be inclined to treat a snake though!

**That leads nicely onto my next question, which is do you ever have any difficulties in using Angelic Reiki on animals?**

No, I think it's very important that you consider your safety, especially when treating horses. They are very flighty things.

I used to do a lot of horse riding and I understand the way they work, so I'm always aware of protecting myself. I don't think there would be an intention for them to do that but you never know, so I would always do my own risk assessment.

I also always make sure that there is someone there with the animal. I think that's important because you do get animals that can be nasty, just like you can get people who are nasty.

**Can you tell me how, on a very practical level, you use angelic reiki on animals. Do they have chakras, for instance?**

Yes, they have chakras. Their chakra system is similar to ours

and they also have two heart-related points, like us. Horses have a brachial chakra as well, which is located on their side.

When I do the Angelic Reiki I approach the animal and if it walks away I know they are not ready. The sensations are similar as they are in humans in terms of blockages and differences in temperature, etc.

**What kinds of issues do the animals come to you with?**

All sorts really. They may go to a vet with a physical condition but more often than not, as with humans, their presenting issues are on a soul level and manifest in all sorts of ways, such as psychologically. Just like with our dog Nessa, she can be an absolute monkey at times! If we are not well our pets often come and sit with us - they're there. They have a great sense of knowing when something is not right. It's a great privilege to be part of it.

**What sort of people bring their animals to you?**

People from all walks of life. They bring pets and working animals, horses, sheep, etc. I also get trainers, they need their animals to perform so having Angelic Reiki is seen as an investment. Several trainers I know of in Yorkshire do this.

I like the connection with humans as well as that has a

most powerful effect. Treating the owner/trainer/carer in tandem with the animal has the most powerful effect I've seen due to the interaction of energies.

As a result of treating both I have a different understanding of animals. I always ask carers for comments and feedback after a session. I noticed that owners are often closer to their animals after a treatment.

This is important as sometimes the issue that needs healing is due to a hierarchical situation between the animal and another animal, or its owner, so Angelic Reiki really helps to heal that.

**Is partnership healing something you intend to develop?**

Our new house has a barn, which we intend to develop as a residential facility. I've noticed that sometimes it is difficult to heal some issues in situ, especially if an animal has an issue with another animal.

We'll provide a facility for both the animal and their carer to come for treatment.

**That sounds amazing - it'll be like an animal hospital then!**

Yes, that's right! We're very excited about it! I consider it an honour and a privilege to work with animals and humans as an Angelic Reiki practitioner.

Visit Jayne's website [here](#).

### Searching for the Bull (1 January 2008)

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

## Some Zen wisdom...

Abraxas will be carrying entries from Kevin's blog, which he started in January 2008 and focuses on a book by Tim Kreke called Zen Wisdom.

Christine says: "A big part of my life with Kevin was exploring spiritual truths and this is one of the books we worked with. Each morning as we sat on our balcony in Luxor overlooking the green fields of the Nile Valley, we would read one of these sayings and discuss the philosophy behind it.

"The Zen path as described in this book is ancient and profound. It is the philosophy that underpins Angelic Reiki."

The first part of each entry is a brief explanation of the Zen journey followed by a quote from Tim's book and then Kevin's explanation. You can access Kevin's blog [here](#).

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.

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.

Rock star: monuments such as Stonehenge are still used to mark the solstice

Image: Ashera



# A little light on the solstice

There are four dates in every year that have been celebrated for as long as we can remember, known and honoured by many different cultures around the world since time immemorial.

Stone circles, churches, temples and pyramids have been built and carefully orientated to line up with these dates in the solar cycle. They are the spring and autumn equinoxes (c 20 March and 21 September) and the summer and winter solstices (c 21 June and 21 December).

The Earth's axis is tilted in relation to the Sun and this gives us the seasons. At mid-summer we tilt from the

The winter solstice on 21 December offers us a chance for profound transformation. Here, Christine explains why it is so pivotal an event in our calendar and gives a suggested meditation for the big day.

Northern hemisphere towards the sun, which is then overhead at the Tropic of Cancer, which runs through the Sahara Desert and Mexico. Midwinter sees the Sun overhead at the Tropic of Capricorn, which runs through Australia and Southern Brazil.

At the Equinoxes, which occur in March and September, the sun is over the equator and at an equal distance from the two extremes of the Tropic of Cancer in the North and the Tropic of Capricorn in the South, these being some 4,000 miles apart. So relative to the

Sun, Earth swings as its orientation changes due to the tilt of the axis of the Poles.

This creates a pendulum-like motion as, relative to the Sun, the poles swing from left to right, East to West, and back again.

A pendulum has three significant points in its swing; an instant of stillness as it changes direction at each extreme of the swing and a point of balance in the centre.

It is this principle that creates the energies of the equinox and solstice. This is

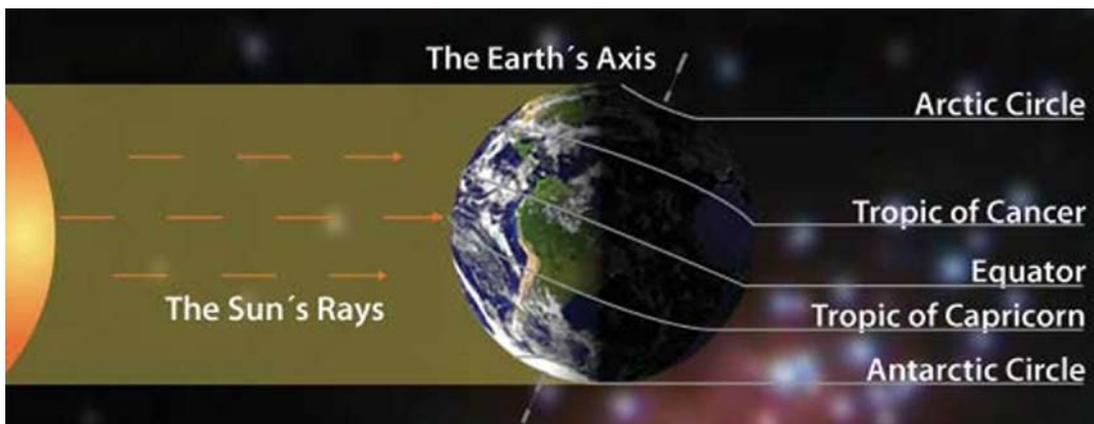
why these four times in a year's cycle have always been celebrated and as the seasons change the particular energies of each part of the cycle are acknowledged and felt.

Do you recall the feeling, sitting on a swing as a child, of that moment of stillness as you reached the maximum height and then changed direction? There is that pause as if one is in a moment of weightlessness, suspended in space.

There was also often a scramble for the swings with the longest ropes because the feeling of sailing through the air, then stillness, is more exaggerated.

Is that why we loved the swings so much, just to experience that moment of still anticipation before the change of direction occurred? Did we know somewhere deep inside the significance of that moment?

The swing of time happens every solstice and that still moment of opportunity will herald a new cycle



All about angles: the winter solstice is an effect of the Earth's tilted axis

Image: timeanddate.com

Make sure you will not be disturbed. Dedicate and prepare your space.

Sit comfortably but poised with a straight spine.

State your affirmations to let go of everything from 2013 that you no longer need to hold on to. You can use the clearing from the manual (see below) or the AA Michael Karma cutting CD.

Watch your natural rhythmic breath, bringing your awareness back to the breath gently if it wanders.

Hold the breath at the bottom of each cycle just for a comfortable length of time. (This is the 'winter solstice' of the breath).

Meditate for as long as you wish but try to make it at least 20 minutes.

Clearing from AR 1

I ask and invoke the presence of Archangel Ariel and the Council of Ain, the Ain Soph and the Ain Soph Ur during these cleansings.

I hereby state, for all here, that we have reached a level of Unconditional Love consciousness and are now willing to let go of any and all karmic ties that are no longer relevant in our lives now.

I call forth Archangel Michael and His Legions of Angels to help in the severing of all karmic ties to people, places or events in this life, or past lives that have no relevance in our lives now.

Say the next part slowly, giving time for the clearing process.

I ask Archangel Michael to sever all ties connected to any chakra now - in front of me, behind me, to my right, to my left, above me and below me.

I ask the Inner Plane Healing Masters to cauterise and heal each end of each severed tie with the Golden Light of Christ Consciousness and the pinkish-purple Light of Unconditional Love.

## Suggested winter solstice meditation

December 21, 17.11 GMT/UCT.

For local times visit [timeanddate.com](http://timeanddate.com) [here](#) and click 'Local times for December Solstice 2013 worldwide'.

### The Triple Grid

The Angelic Realms are now going to facilitate a triple Grid cleansing.

Legions of Michael please create Grid level one; a three-circle Grid around my four-body system, of the physical, emotional, mental and spiritual bodies, around this group, and around this building.

Destroyer Force Angels please create Grid level two; a three-circle Grid around my four-body system, of the physical, emotional, mental and spiritual bodies, around this group, and around this building.

Circle Security Team Angels please create Grid level three; a three-circle Grid around my four-body system, of the physical, emotional, mental and spiritual bodies, around this group, and around this building.

Destroyer Force Angels please spin your Grids, spinning out any past life memory where I misused or abused my healing powers, where I used my psychic gifts to control others.

Also (*ad lib*, as appropriate) disharmony, anger, expectation, frustration, worry, astral distortions, miscommunication and spin out anything that hasn't been mentioned in this or any other language but which you know needs to leave this space at this time to prepare me for this attunement.

Pause and hold the space for about three minutes or until you feel the clearing is complete.

Destroyer Force Angels, please reverse the spin and continue the cleansing.

Pause and hold the space for about three minutes or until you feel the clearing is complete.

Please now stop the spin and we give deep gratitude for this service.

Really feel the gratitude.

Legions of Michael please infuse our Grids with the Elohist 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 a full connection with all the known Tribes of Light within this Galaxy.

We ask for centredness, clarity, full connection with Spirit, tolerance, clear communication and anything else I haven't mentioned in this or any other language but which you know needs to be in this space at this time for this attunement.

Hold the space for approximately three minutes to allow all that has been asked for to take place.

Angels please seal these Grids; and we give gratitude and thanks for this service.

Pause.

Circle Security Team Angels: please realign all Grids to harmonise with upper-dimensional Grid works; please release all distortions and parasites on these Grids; please infuse frequencies for clearer communication with Spirit.

Pause for three minutes.

Please seal these Grids now. Thank you.

4 as it has done since time began. The question is how we experience these moments. The essence of spiritual practices is to feel the stillness of the 'now' moment.

In that stillness as all time lines up, disappearing into a portal of oneness, an invitation to know and integrate our divinity is issued.

In that still moment there no longer exist separate dimensions

and separate realities. There truly is oneness and it is there to be felt and known.

Many people spend hours in meditation to find a deep, still place. When the Earth and the solar system complete a cycle and stillness of time a true, tangible portal of opportunity has been given to us.

Meditation creates what we can call a 'lining up' of our consciousness. During normal life,

especially if we are stressed, the conscious mind is thinking of many things and we may actually say that we feel 'scattered'!

The mind is dashing about, constantly considering what has happened and working out what might happen.

As meditation stills the mind and brings us more into the now moment there is a lining up of all aspects of who we are. When

this is interfaced with an alignment of energy, such as the winter and summer solstice, a deep connection to the greater self, indeed the Divine self, can be made.

At this coming winter solstice there is the possibility that our consciousness will not just harmonise with the energy of our solar system but with our galaxy and the still point of our galactic centre.

## Reviews and recommendations

A wealth of good information is available on the web, especially through independent online radio stations and resources such as YouTube. Abraxas will therefore strive to highlight content across platforms. The following round-up comes from *Christine*.

### BOOK: The Ethics of Caring: Honouring the Web of Life in our Professional Healing Relationships (Kylea Taylor)

Being in professional practice, whether it is as a healer or teacher, requires a very specific skill base and high level of self-awareness. It can be challenging but in those challenges there are priceless gifts.

Through her own professional experiences and keen perception of the role of the healer, Kylea Taylor has written the best book I have seen on this subject.

I strongly recommend it to everyone.

### BOOK: Dispelling Wetiko: Breaking the Spell of Evil (Paul Levy)

Paul Levy takes an in-depth look at the human psyche in his work, which is based on personal experience and the theories of Jung. He reveals a phenomenon explored in modern psychology but well-known to shamans.

### WEBSITE: North Point Astrology (Pam Younghans), [northpointastrology.com/1533.html](http://northpointastrology.com/1533.html)

A free, in-depth weekly astrology guide.

### WEBSITE: Vaccine-free (Andreas Bachmair), [vaccinefree.info](http://vaccinefree.info)

When I am teaching the level 1 and 2 professional practitioners workshops the subject of healing during pregnancy and early childhood often comes up.

I'm afraid that this is an irresistible invitation for me to get on my soapbox about vaccination. The information I share comes from 10 years of full-time practice as a professional homeopath during the 1990s.

During that time new books were published and it is wonderful to see a resurgence of this vital topic. This site has some wonderful research.

# United to lift the Philippines

I did a Merkabah and felt as though I was actually part of or inside the cyclone and gold light was being spread everywhere through it's/my energy.

I was told it was part of a cleansing process for Earth and I asked for protection, healing and support for all those who were being affected. It was very powerful.

*Alexandra Wenman, London*

I have just come out of the meditation and did not realise that I had been in it for more than half an hour. However, it did come to a very definite closure after what seemed like lots going on!

Despite the angelic peace, it was a very uncomfortable meditation with lots of movement. I was aware of multitudes of Filipinos of all ages being affected, some whom have passed and others left in fear and devastation.

It felt as if our meditation produced a huge portal of clearing and cleansing that was being used to its fullest capacity to 'sweep away' suffering very quickly, a bit like the clearing with the platinum net on a huge scale.

I felt it would bring a huge wave of peace to those suffering. I felt a lot of pain and suffering in my own heart centre and brought in my own soul group and the Divine Presence of God.

During my last 1&2 workshop I was "interrupted" and told that each one of us had to send out healing for an event that was affecting multitudes and I felt as if I was in the eye of a hurricane. I tend not to watch or read the news so I had no idea what the event was but I

Members of the AR community give feedback on the worldwide meditation orchestrated for typhoon victims in the Asian nation. It took place at noon (GMT) on 17 November

was told it was already happening. We gave out some healing during the workshop.

This is not the first time I have received such a message during a workshop. I was advised similarly when I ran a workshop during the sinking of a ship where many lost their lives and there was great distress.

I sent an email round to everyone on my mailing list attaching your meditation email and urging them to join us,

**'I feel our healing meditation has cleared lots of suffering and am grateful to have been of service in this way'**

whether or not they were attuned to Angelic Reiki.

I feel our healing meditation has cleared lots of suffering and am grateful to have been of service in this way.

However, I think it may be an idea for us to continue to meditate together in this way on a regular basis. Maybe at noon every Sunday? I think this will be a very positive thing to do as the world needs this so desperately in all ways.

*Jayn Lee, London*

I couldn't do it at noon so I got up at 5.45am on Sunday morning. I lit a candle, prepared and dedicated the

space and sat down to meditate.

After approximately 15 minutes something amazing happened. My husband's laptop, which had the lid down, made a loud bell sound. It startled me and then I saw white shafts of light taking souls up into the most incredible white spherical energy I have ever seen.

It was wave after wave of these shafts of light ascending. I can't describe the utter awe at what was happening.

I feel such gratitude and incredibly humbled at being able to help in such a profound way. I have never had such a powerful experience and will cherish it.

*Suzy Cherub, Australia*

I have a radio program once a week and I will do this meditation with anyone who wishes to. Much love.

*Martha, Spain*

The energy was so beautiful. It was wonderful to be a part of such sacred energy and the golden web of light was amazing.

*Patti Silver, UK*

We did the meditation for the Philippines and felt the link to all angelic reiki followers who did the meditation, it felt very strong in my heart.

I feel the help that the meditation has given to the sudden death people and how many of them raised their arms up to the light, it was amazing.

*Anita Lidström, Sweden*

## The next edition...

Abraxas will get its second outing at the spring equinox so please help us by sending in contributions. We want you to use this platform to tell your stories. How are you using Angelic Reiki? What results have you seen?

We would ideally like photos to be submitted along with any articles so that we can illustrate Abraxas more effectively and really put a face on the community.

We also want to see artwork that has

been inspired by Angelic Reiki, so do send in images of any creative efforts you would like to share. Resolution for all images needs ideally to be 300dpi (or make sure the file is at least 1MB) and the preferred format is jpeg.

You can send submissions, with letters and feedback also welcome, to [angelicreikinewsletter@gmail.com](mailto:angelicreikinewsletter@gmail.com)

We hope you enjoyed the first effort and look forward to hearing from you!