

# Age of Aquarius

*Steven Forrest, the world's foremost astrologer, will be in Raleigh Jan. 13 to open a window for us into the coming Age of Aquarius*

He doesn't really need much of an introduction. Anyone who knows anything about astrology has heard of Steven Forrest, generally considered among the best astrologers of our time.

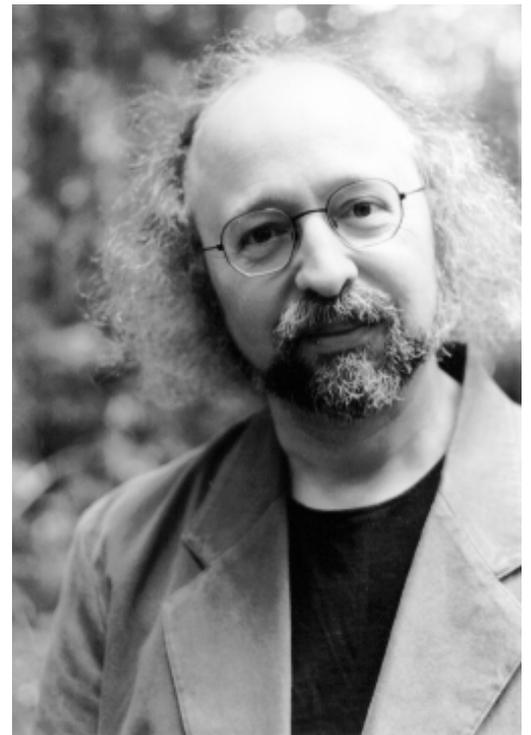
His books are treated as texts, and even the world's most important people have to endure waits of up to a year or two for a reading. But, WE won't have to wait that long to get the scoop on what the Age of Aquarius is bringing us.

Steven is currently Chair of the Kepler College Advisory Council, which is part of an effort to open an accredited astrologically-oriented university in Seattle, Washington. He is also working on a book, *Measuring the Night: Evolutionary Astrology and the Keys to the Soul*, with astrologer Jeffrey Wolf Green based on a series of lectures they presented together in various places around the United States in 1998.

Additionally, he is leading a pair of Apprenticeship Programs, one based in Laguna Beach, California, and the other one in Kansas City, Kansas. Steve won the 1985 Professional Astrologers Incorporated Award for "Outstanding Contribution to the Art and Science of Astrology." Of his work, the international star Sting says "... he manages to disarm the sceptic, as well as debunk the charlatanism that surrounds popular astrology, with language that is as intelligent and cogent as it is poetic."

Steven has written technical articles for most of the major astrological journals and several national magazines. He recently composed the texts for two popular computerized astrological report writers.

*Lightworks newsletter is published monthly (except July) by the Raleigh, North Carolina Chapter of Spiritual Frontiers Fellowship International, P.O. Box 12773, Raleigh, NC 27605-2773. (<http://www.ncneighbors.com/1169/>)*



**Stephen Forrest**  
**Thursday, Jan. 13**  
**Lecture - 7:30 p.m.**

## Lecture Information

- \$10 Admission
- Thursday, January 13 at 7:30 pm
- Pullen Memorial Baptist Church  
1801 Hillsborough St, Raleigh
- Info. 965-2683

## Community Services

### A Reminder Concerning the January Lecture with Steven Forrest

- • The January lecture by Steve Forrest will be the SECOND Thursday in January.□
- It will NOT be in our normal meeting place, but instead will be at the Pullen Memorial Church on Hillsborough Street in Raleigh .
- Admission will be \$10.□
- The lecture will run straight through with no refreshment break.□
- Also, parking is rather limited around the church.□ DO NOT PARK in the Brownstone Hotel parking lot as you will very probably be towed.□ Instead, park on one of the side streets across Hillsborough Street from the church if you can't get into the church lot (which is rather small.)
- The last time we had Steve Forrest (two years ago) it was standing room only.□ He gives very few public talks and is an immensely gifted speaker and astrologer.□ It is highly recommended that you plan to arrive a bit earlier than usual so you can find a parking place and get a good seat in the church.

### Open House Reiki

2nd & 4th Weds. 7:30 pm. FREE. Curious and beginners encouraged to come and discover this healing energy. Classes and sessions available, too. 711 Kimbrough St., Raleigh (off Whitaker Mill Rd.).  
Vickie Penninger (919) 828-0876

## Lightworks

*Circulation 600*

Editor: Kemp Ward  
January 2000  
Issue 140

## Community Services

### SFFI PROGRAMS 2000

- February - Josianne D'Hoop, *Energy of the Cosmos & the 7 Rays*
- March - Dr. and Mrs. Alan Whanger, *The Shroud of Turin*
- April - Suzanne Brown, *Feng Shui*
- May - Page Bryant, *Spiritual Vortices of the Great Smokies*
- June - Rachel Salley, *Platform Mediumship*
- August - Will Endres, *Wild Medicinal and Edible Plants*
- September - Maria Tadd and Marilyn Penrod, *Crop Circles*
- October - Rebecca Nagy, *Spirit In Business*
- November - TBA
- December - Tera Thomas, *Animal Communicator*

Josiane D'Hoop's talk on February 3rd is on the "*Energies of the Cosmos and the 7 Rays.*"

The 7 Rays are esoteric energies, embodied by great Spiritual Beings, that form the basis of psychology, astrology, the spirit, and every aspect of our lives. Alice Bailey discussed them in detail in her channelled works.

Josiane will describe the Rays and how they affect us personally. She will also focus on how the Rays influenced age of Pisces which we have left, the transition period which we are currently in, and the age of Aquarius which we are moving into.

Josiane D'Hoop, originally from France, then L.A. and Wilmington, recently moved to Chapel Hill and has set up a private healing practice in her home. She has studied metaphysics for 20 years. Her healing background includes Reiki, hypnotherapy, NLP, shamanic journeying, remote viewing, and body scanning (which some call medical intuition). She is currently doing energy work with several doctors in Chapel Hill and Greensboro

# Could Y2K be the End of SFF in Raleigh?

At each of our board meetings, we agonize over what we can do to better meet the needs of the community and in the process manage to stay afloat financially. □

While our goal has never been to make a lot of money, we do hope to at least cover our expenses. □ Unfortunately, for at least the last three years we have not been doing very well in that respect. □ We have been losing, on average, over \$300 a month. □ At this rate of loss, we may be forced to cease operations in as little as five or six months.

Over the last six months or so, we have made significant improvements in the newsletter by adding articles of interest as well as using a professional mailing service to insure (as much as possible) that you receive your newsletters about a week to ten days prior to the meeting date. □ We have booked speakers well in advance and published the lineup for as much as a year in advance.

SFF is a volunteer, not for profit organization that exists to serve you. □ How can we better serve your needs? □ We really want to know.

In order to bring a bit more green energy into the organization, we are instituting a few changes which will go into effect in January 2000.

- We can no longer afford to send out the newsletter for free and starting in January all subscriptions will be \$15 a year. □ If you sent in a contribution towards the newsletter since July 1999, you will be credited and your subscription will be carried forward through the June 2000 issue. □ All subscriptions will be carried forward through the March issue, but only paid subscribers will receive the April issue.
- Admission to our lectures will be \$5 unless otherwise stated. □ It will no longer be a "suggested love offering."
- We will have a "love offering" basket by the refreshments.

We are changing our subscription and admission policies because we have to. □ The bills we pay to the printer, the Post Office, the mailing service, the Unitarian Church, our speakers, airlines, etc. are not optional. □ The church sanctuary costs \$120 for our Thursday lectures. □ Printing and mailing the newsletter costs about \$400 a month. □ Refreshments, returned

mail charges, workshop space rental and other expenses average about \$160 a month and we pay our speakers \$100. □ We have been taking in about \$300 a month in combined lecture and workshop revenue, about \$120 a month in sales from our speakers books & tapes and less than \$50 a month in advertising. □ Thus we have about \$780 a month in expenses and about \$470 a month in income.

If you want the Raleigh chapter of SFF to stay in operation, we need your support ... NOW! □ We want to know if we are still of value to you, if not, why not and what we can do to serve you better. □ We have great speakers lined up. □ Our newsletter is getting better with each issue and we are striving to lower the cost of workshops.

Please send your subscription renewal to our P.O. box (address on back). □ Please also let us know your true feelings about SFF. □ It is possible that our time has come and gone and it is now time to pass the torch to other organizations in the area. □ The final verdict is in your hands and will be measured by your response (or lack of response).

Thank you for allowing us to serve you.

## Silent Auction Update

Many thanks to all of you who made our silent auction a success at the December meeting. □ We sold about \$1,230 in goods and services. □ This will help us a lot, and give us some breathing room, but we really need to have more of you come to the monthly meetings. □ If you have not been in a while, why not give it a try. □

We have a great lineup of speakers. □ Rediscover SFF □

□

# The Essence

This month we will investigate how a combination of two essences can work together.

First, "Epidendrum Ibaguense, from Machu Picchu in Peru, is called the Wiñay Wayna Orchid, which means forever young in Quecha. It promotes rejuvenation by retraining our cells to remember the frequency of life and by raising our frequencies into a place beyond disease and aging into super health and youthfulness. It is also good for regaining our childlike fun qualities. Also helpful for those times when you want to leave earth to "Go Home" (from Star Flower Essences).

Second, from Flower Essence Services, is Scotch Broom. For those who are feeling weighed down and depressed, overcome with pessimism and despair, especially regarding one's personal relationship to world events... Scotch Broom gives tenacity and strength, enabling the individual to move from personal despair to impersonal service and concern for the welfare of the world. This essence helps the soul to meet the challenges of our times as opportunities for self-growth and for helping others. In making this transition, the soul shifts from its unconscious identification with world darkness to the vision of a more hopeful, positive world future."

This combination could lead to a energized approach to positively alleviating our environmental crisis. Or, we could live through massive earth changes with a view of the new age being born. It is possible that our frequency could be raised enough to bring on the DNA changes of the fifth root race as described by Edgar Cayce.

*Larry Henson*

Larry is an Essence Practitioner. He can be reached at 661-8371, or e-mail at [lhenson@earthlink.net](mailto:lhenson@earthlink.net). He is SFFI's Raleigh Chapter Treasurer.

# Numerology

The Millennium is just around the corner, and with the Year 2000 (Y2K) computer challenge, we have every reason to believe that something big is going to happen.

What will life be like when the big hand and the little hand on the clock line up, closing the door on this century and opening up to a new adventure?

As we prepare ourselves technologically for this great moment in time we are also getting ready mentally, emotionally, physically, metaphysically, and spiritually.

Perhaps the computer threat symbolizes the time bomb that is going on inside us as we struggle to find the sacred among all the materialistic trappings in today's society. Y2K is a metaphor for the glitches in our internal operating system, revealing how we need to enhance our software and update our hardware. Taking a short cut created the perceived computer chaos so we can learn from this by being mindful of every step on the path to consciousness.

The numerological vibration of the year 2000 indicates an enhanced ability to tune into our inner guidance. Words associated with the number two energy are intuition, cooperation, understanding, sympathy, gentleness, patience, sensitivity, receptivity, femininity, and ying.

The year 2000 also has three 0's. The 0 is classified as a number and stands for all that was before creation. The 0, a circle, is associated with God, Holy Spirit, Cosmic Power and Divine Light. Indeed, 2000 will mark a sacred shift on Planet Earth assuring re-creation of a New Order.

Tick, Tock. Tick, Tock. We must awake now to the higher consciousness required to take us to an evolutionary leap. We must live our truth now if we want the sundial to reflect light and love instead of darkness and despair in the year 2000.

*Alexandra L. Lett*

**TRANSFORMATIONS**

*New phone number 919-777-9362*

*alexlett@aol.com*

*(C) Alexandra L. Lett, 1999*

# SFF Spiritual Coach

By **Dr. Kathi Ann Middendorf**

*Spiritually Based Personal and Profession Coach*

Dear Spirit Coach,

*I had major fear thru the night around financial issues. Any "pearls" on staying in the moment and trust?*

Carol

Carol,

The fear may be reflecting a belief that you are not doing enough to bring in \$\$\$\$. So, my question to you is... are you doing enough? Are you making contacts that will bring you business? Are you setting aside your "work hours" to work, or are you waiting for clients to show up before you use the office hours to work?

In your business you cannot rely solely on referrals (building business by referral only can be a slow and unpredictable method.) So, what steps can you take this week to begin to attract clients? We talked about identifying upcoming health fairs as one. Have you considered talking about creating strategic alliances with other professionals... like chiropractors, doctors of osteopathy, doctors of homeopathy, massage therapist, etc. These are professionals that will attract the types of clients that will be attracted to you. Can you put your brochures in their offices? Can you give talks to their clients?

I believe that a combination of faith and action is what's required here. It is very easy to get frozen by fear... and action is what will break through it. Have faith that God and the Universe will support you in your actions and bring you to the right place to attract clients. But this won't happen if you stay home frozen in panic mode.

"So, tie your camel and pray to Allah." Have faith in the rightness of what you are doing AND do your part. You are the hands of God on earth... the manner in which divine intention is put into action and takes form... so go for it!

*Dr. Kathi Ann Middendorf*

(919) 785-3232    dr\_kathi@msn.com

## Drew and Diana are Angels

The winner of this month's Angel door prize will receive first and second DNA activations from DNA Healing Techniques Practitioners Drew Becker and Diana Henderson.

That person may attend an upcoming 2-1/2 hour DNA Activation workshop, which includes the first activation (of the Youth and Vitality chromosomes). The second activation, performed privately at a later date, includes a message from Spirit.

DNA Activation allows us to access the subtle energies of life that exist within us in order to achieve self-mastery and quicken the journey into higher consciousness.

Drew and Diana are certified in the DNA Activation Process and trained in DNA Healing Techniques through Oughten House Foundation. A member of the *Common Ground for Living* Board of Directors, Diana is a Reiki Master and a certified Rebirther licensed by the State of North Carolina in the Art of Healing. A practicing Astrologer and Co-President of the Network of Triangle Astrologers NCGR Chapter, Drew Becker is also certified in Reiki, Level II. Both are former high school teachers who now use their teaching skills in Reiki, meditation and astrology classes as well as DNA workshops.

## Reiki Open House

Open house on first & third Wednesday evenings, 8:40 PM. Anyone welcome. Free. Mary Mooney, 5109 Holly Ridge Rd., Raleigh. (919) 420-0104

## Money to Lead Meditation

Mary Mooney, who holds a Master of Divinity degree in Spiritual Psychology & Counseling, will lead the meditation at this month's meeting. She is also a Reiki Master. In Raleigh, she has a full-time practice as counselor, teacher and holistic healer. She also travels throughout the U.S. and abroad teaching and doing healing work.

## ASTROLOGY..... A Glossary

- **Aquarius** (Jan. 21 - Feb. 18) The eleventh sign of the zodiac. Aquarius' symbol is the water bearer.
- **Aries** (March 21 - April 20) The first sign of the zodiac. Aries' symbol is the ram.
- **ASCENDANT** The doorway into the first house in a person's chart. It signifies the rising sign, or where the sun was rising at birth. The first impression given to others, ascendants dominate part of a person's personality.
- **ASPECTS** Aspects are planets within specific degrees of each other that create beneficial or negative attitudes, habits and energy.
- **Birth Chart** Also called a natal chart. It is an astrological representation of where the planets were aligned when a person was born. A birth chart acts as a blueprint of a person's life.
- **Cancer** (June 22 - July 22) The fourth sign of the zodiac. Cancer's symbol is the crab.
- **Capricorn** (Dec. 22 - Jan. 19) The tenth sign of the zodiac. Capricorn's symbol is the sea goat.
- **CONJUNCTION** An aspect, it is usually a helpful energy. It creates self-nurturing, inner strength and ambition. It also can create intensity, stress and confusion.
- **DESCENDANT** The doorway into the seventh house in a person's chart. It is the area of marriage and business partnerships.
- **Eighth House** The eighth area of an astrological chart. It represents natural changes in life such as birth and death, clearing the way for something better, self-revelations, marriage and business assets, and the resources of partnership.
- **Eleventh House** The eleventh area of an astrological chart. It represents friendships, hopes and wishes, personal goals, associations, group aspirations, cooperation, bettering the community and humanitarianism.
- **EPHEMERIS** A book containing the daily movements of the planets.
- **Fifth House** The fifth area of an astrological chart. It represents recreation, creativity, hobbies, gambling, risks, children, love affairs and the extension of the self through children or love relationships.
- **Finger of Fate** An enticing aspect, also called Yod or the Finger of God. Indicative of a special life purpose, it creates the sensation of steadiness, special passion, deep aspiration and a strong inner drive to accomplish something very important and special.
- **Finger of God** An enticing aspect, also called the Finger of Fate or Yod. Indicative of a special life purpose, it creates the sensation of steadiness, special passion, deep aspiration and a strong inner drive to accomplish something very important and special.
- **First House** The first area of an astrological chart. It represents self-opinion, the first impression one gives to others, and the way a person looks at the world. It is a dominant part of a person's personality.
- **Fourth House** The fourth area of an astrological chart. It represents religious and philosophical beliefs, the home, real estate and the person's non-dominant parent (usually the mother).
- **Gemini** (May 21 - June 21) The third sign of the zodiac. Gemini's symbol is the twins.
- **Grand Square** An aspect representing very difficult energy. It creates frustration, anger, stress, intensity and the feeling of always being on a treadmill. It promotes self-growth and endurance.
- **Grand Trine** An aspect representing very easy energy. It nourishes the continuous use of natural talents and abilities, is an area of comfort, and can assist life in being either positive or negative.
- **HOUSES** Twelve areas of a birth chart that represent specific traits and areas of life. An astrologer interprets the planets that lie within houses to forecast events or read a birth chart.
- **INCONJUNCT** An aspect, it represents a separating energy. It creates stress, unhappiness and sorrow.
- **JUPITER** The planet of abundance and good fortune. It influences Sagittarius, the Archer.
- **Leo** (July 23 - Aug. 22) The fifth sign of the zodiac. Leo's symbol is the lion.
- **Libra** (Sept. 23 - Oct. 23) The seventh sign of the zodiac. Libra is represented by the scales.
- **MARS** The planet of physical energy and assertiveness. It influences Aries, the ram.
- **MERCURY** The planet of communication and thought. It influences Gemini, the twins, and Virgo, the Virgin.
- **MIDHEAVEN** The doorway into the tenth house in an astrological chart. It is the highest point in the chart, and indicates the way each person is spiritually connected to his or her higher self.
- **MOON** The moon indicates emotions and sensitivity. It influences Cancer, the crab.
- **NADIR** The doorway into the fourth house in an astrological chart. It represents a person's philosophical or moral foundation.
- **Natal Chart** Also called a birth chart. It is an astrological representation of where the planets were aligned when a person was born. A natal chart acts as a blueprint of a person's life.
- **NEPTUNE** The planet of spirituality and unconditional love. It influences Pisces, the fish.
- **Ninth House** The ninth area of an astrological chart. It represents higher learning, which can include religious education, long distance travel, lawyers, legal affairs and publishing.
- **North Node** An area of life that promotes emotional and spiritual growth, undiscovered talents and positive ways of doing things.
- **OPPOSITION** An aspect, it is a combative energy. It creates the feeling of being out-of-balance, and can be stressful and frustrating. Opposition exposes a person's internal conflicts.
- **Part of Fortune** An area of life where one finds happiness, natural tranquility, innate abilities. It indicates an area wherein the self is easily expressed, such as a born leader or a born artist.
- **Pisces** (Feb. 19 - March 20) The twelfth sign of the zodiac. Pisces' symbol are two fish.

- **PLANETS** The different heavenly bodies that influence a person's life by their placements in the houses in a birth chart.
- **PLUTO** The planet of change and self-control. Pluto influences Scorpio.
- **Pluto Square** An aspect representing a difficult time in life which requires the release of naive ideas and habits, negative relationships and sabotaging actions.
- **RETROGRADE** The appearance of a planet moving backward. It creates frustration, delays, nervousness and the feeling that the same or a similar experience is being repeated.
- **Sagittarius (Nov. 22 - Dec. 21)** The ninth sign of the zodiac. Sagittarius' symbol is the centaur-archer.
- **SATURN** The planet of character building and restrictions. It influences Capricorn, the goat.
- **Saturn Return** An aspect that represents a difficult time in life when we feel frustrated, angry, sad, confused, tired and insecure, and a time when we become aware that we are required to accept responsibility for our actions.
- **Scorpio (Oct. 24 - Nov. 21)** The eighth sign of the zodiac. Scorpio can be symbolized by the scorpion, eagle, serpent, phoenix or dove.
- **Second House** The second area of an astrological chart. It represents money, financial and spiritual resources, self-esteem. It can indicate the way a person budgets his or her money, personal debt and material resources.
- **Seventh House** The seventh area of an astrological chart. It represents marriage, business partnerships, harmony, a person's inner self or partner, and his or her relationship with themselves.
- **SEXTILE** An aspect, it contributes positive energy. It creates happiness, an easy-going attitude, enjoyment. This area represents loving energy. It is easy to maintain.
- **SIGNS** The twelve astrological classifications: Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius and Pisces.
- **Sixth House** The sixth area of an astrological chart. It is an area of health, helping others, daily activities and the continuous harvesting or planting of positive and negative experiences.
- **South Node** It represents thoughts, belief systems or a person's old habits and activities with which a person is not satisfied. This is an area that a person needs to grow from and leave behind.
- **SQUARE** An aspect representing harsh energy. It creates conflict, intensity, stress, the feeling of being out-of-balance. It promotes self-growth. The aspect can be negative.
- **SUN** The planet representing warmth and energy. It influences Leo, the lion.
- **Taurus (April 20 - May 20)** The second sign of the zodiac. Taurus' symbol is the bull.
- **Tenth House** The tenth area of an astrological chart. It is an area of a person's reputation, career, achievements, and the person's dominant parent, usually the father.
- **Third House** The third area of an astrological chart. It is an area of communication skills, memory, brothers and sisters, local travel and the way a person thinks.
- **TRANSITS** The daily movements of the planets. It influences a person's moods or decisions. Transits contribute to personal growth. The daily movements of planets.
- **TRINE** An aspect of easy energy. It creates an ease in life,

- enhances natural talents or abilities, and is an enjoyable area of life. Trines are generally positive.
- **Twelfth House** The twelfth area of an astrological chart. It is an area of self-sabotaging thoughts, hidden weaknesses, bondage, anxieties, limitations, confinement, dreams, and the subconscious.
- **URANUS** The planet of uniqueness and chaos. Uranus influences Aquarius, the water-bearer.
- **Uranus Opposition** An aspect representing a time of spiritual growth, change and self-searching. This is the aspect that contributes to a mid-life crisis.
- **VENUS** The planet of money and love. Venus influences Taurus, the bull, and Libra, the scales.
- **Virgo (Aug. 23 - Sept. 22)** The sixth sign of the zodiac. Virgo's symbol is the virgin.
- **YOD** An aspect, also called the Finger of Fate or the Finger of God. Indicative of a special life purpose, it creates the sensation of steadiness, special passion, deep aspiration and a strong inner drive to accomplish something very important and special.

## Advertise in the Feb/Mar Issue of Innerchange

### Focus:

### Vibrational Healing Vibratory Energy

- **Article Deadline: January 5, 2000**
- **Ad Deadline: January 10, 2000**

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## Our Mission

At Spiritual Frontiers Fellowship Raleigh, our mission is to enhance the spiritual, mystical and metaphysical awareness and consciousness of our community by sponsoring programs that facilitate personal growth and development and a holistic approach to health and living.

## Advertising in *Lightworks*

### Ads (email or camera ready)

Business Card (3.5" x 2")	\$15
Vertical Card (2" x 3.5")	\$20
1/4-Page Ad (2.5" x 3.75")	\$25
1/3-Page Ad (3.25" x 7.5")	\$35
1/2-Page Ad (5" x 7.5")	\$50
Full Page Ad (7.5" x 10")	\$100

(Plus \$15 design/rekeying charge, if the ad needs to be retyped or designed).

For information on other sizes and inserts, please call Kim Kasdorf at 833-4188.

### Announcements (email or disk)

Up to 50 words: \$15  
Up to 100 words: \$20  
(plus \$15 rekeying charge, if it needs to be retyped)

### Deadline for the next issue is January 13

*Send your camera-ready ad or announcement and payment to*  
**Lightworks, 1803 Chapel Hill Rd., Durham, NC 27707** or email to:  
*kemp.ward@mindspring.com*

### Spiritual Frontiers Fellowship International

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