

Using Feng Shui to Improve Your Life

Suzanne Lewis Brown, one of the world's foremost experts in Feng Shui, says this ancient Chinese science can dramatically change your life for the better.

The ancient science of Feng Shui, practiced widely in the Orient for more than 5,000 years, is quickly becoming one of the most popular "alternative" practices in present day America.

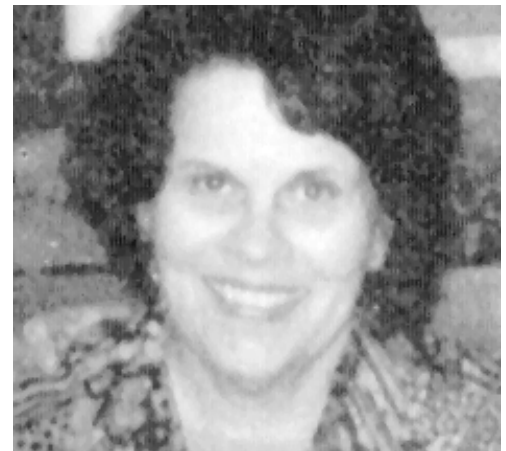
More and more individuals—and businesses—are using Feng Shui principles to improve prosperity, maintain good health, build better relationships, and improve their personal and business lives in a host of other ways. Success story after success story are starting to emerge as the science becomes a part of this country's culture, too.

And, March 2 Suzanne Lewis Brown, one of the world's top Feng Shui experts and a longtime member of the local SFFI board, will be here to help us understand this ancient science and explain how we can use it to do all the things that we've heard it can do. She will also teach a day-long workshop in Raleigh on Saturday, March 4 where we will explore Feng Shui in-depth.

Suzanne spent more than three years in the Orient studying with several of the greatest present-day Feng Shui masters and now travels the world consulting with business and industry, as well as maintaining a private practice in Raleigh where she works with individual households as well as businesses.

As a special bonus, she will reveal 10 things we can do to start changing our own energy radius—no matter our circumstances.

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/>)



Suzanne L. Brown
Thursday, March 2
Meditation - 6:30 p.m.
Lecture - 7:15 p.m.
Workshop on March 4

Lecture and Meditation Information

Lectures and meditations are held on the first Thursday of every month at the Unitarian Universalist Fellowship on 3313 Wade Avenue, Raleigh, NC. There is a \$5 charge at the door.

Meditations begin at 6:30 p.m. To respect the special energy created during meditations, we ask for your consideration in arriving on time.

Lectures begin at 7:15 p.m following the meditation. We look forward to seeing you on Thursdays!

SFFI PROGRAMS 2000

- April - Dr. and Mrs. Alan Whanger,
The Shroud of Turin
- 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

Davison to Lead Meditation

Nancy Davison, PT, MAc, LAc, an active member of Unity and Church of Religious Science for many years, will lead our meditation March 2. In her practice as a healer, she works with individuals at the mind/body/spirit level and incorporates both eastern and western medicine using her skills in Traditional Acupuncture, Zero Balancing, Physical Therapy and Reiki. She also teaches QiGong.

Lightworks

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SFFI Workshop - March 4

Learning Feng Shui

a Workshop with Suzanne L. Brown

Do more than just hear about Feng Shui, actually put what you hear into practice by attending this all-day workshop and taking back the specific information you need to make it work for you.

Some of the specifics include:

- How to bring mental and physical health—and prosperity.
- Colors, their individual energy and where to use them for best results.
- Also, colors to avoid if there is ongoing problems with depression, addiction or health.
- How to arrange personal space to attract a positive relationship.
- How to forego procrastination in personal and professional life.
- How to determine the best site in your environment to place and pay bills.
- Implementing some very basic "cures" of Feng Shui.
- Much, much more.....

Workshop rules:

- (1) 9 AM start time (doors will close and no one will be admitted after we start)
- (2) Bring a bag lunch—the energy of the group cannot be broken by going to a restaurant
- (3) Bring two favorite colors (clothing, towels) & 2 pieces of jewelry or favorite objects to check for positive individual chi
- (4) Bring a notebook & several pencils (no pens) NO taping will be allowed

During lunch, we will visit a nearly perfectly Feng Shui-ed residence.

- **When:** Saturday, March 4 at 8:30 am
- **Where:** Friends Meeting Hall on Tower Road
- **Cost:** \$102 in advance - \$125 at door
- **Information or registration:** 965-2683 or 363-8244

Drew and Diana are Angels (again)

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. 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.

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

Our New Treasurer

Our new treasurer is Steven Kabasa, a longtime member of the spiritual community.

He replaces Larry Henson, who left the board after serving a two-year term.

Steve, like many of us, works in corporate America, but has a long standing interest in the Metaphysical World. He created the *Journeys Group* whose primary objective is to explore spirituality and human potential. 676-7264
Steven.J.Kabasa@usa.dupont

Snowed Under

Our sincere apologies to all who received their newsletters late in February.

They were mailed according to our normal schedule, however, the Post Office apparently experienced significant overflow and backups resulting from the record snowfall we had.

Many of us did not receive our newsletters until the day after the meeting. For those of you who did make it to the meeting, Josiane diHoop gave a very informative talk on the Seven Rays.

As usual, we taped her lecture and if you would like to order a tape, for Josiane or any of our other speakers, please contact Charlotte Edwards at 965-2683.

Don't Miss Lightworks

Just a reminder: you will need to resubscribe in March by sending in your subscription fee of \$15 to our P.O. Box to continue receiving *Lightworks*.

If you have sent a contribution that was specifically identified as a newsletter contribution in the last year, you will be automatically re-subscribed through the June issue.

When you send in your subscription fee, please make sure to identify it as such in the memo portion of your check. Send your subscriptions to: SFF, Raleigh Area Chapter, P.O. Box 12773, Raleigh, NC 27605-2773.

We would like to thank those who have sent subscription fees already, and a special thanks to those who have sent in additional contributions ... some as much as \$100.

Your support is a tangible way of telling us that you care what happens to this organization and that we play a role of importance in your lives. Your support is very appreciated.

The Essence

The cold temperatures of the winter season have left much of the world frozen. The rivers and lakes become blocked. The snow makes travel difficult. Growth has stopped.



All are holding out for the warmth of the sun to unfreeze the world, bringing back the exuberance of life. We have become lethargic in our houses, while dreaming of that more active life.

The Cayenne pepper holds fire in itself. It strengthens the flow of our blood while clearing the debris in our circulatory system.

"Cayenne flower essence provides a catalytic spark to the soul who may be stagnating in its growth cycle. Such individuals become overly phlegmatic and complacent, not really challenging themselves with new experiences and stimulus. At other times, there may be a quality of simply feeling stuck or immobilized, unable to make real progress or change, or caught in a pattern of procrastination and resistance.

Cayenne is an important life remedy for many life circumstances, as well in many therapeutic processes. It stimulates an energetic response in body and soul, helping to overcome apparent blocks to progress and transformation. Cayenne ignites and sparks the soul with its fiery essence. The individual becomes more awake, and more capable of initiating and sustaining spiritual and emotional development."

- from *Flower Essence Repertory*

Larry Henson
Larry is an Essence Practitioner.
661-8371, or e-mail at
lhenson@earthlink.net.

Reiki

What is Reiki?

Reiki (Ray-Key) is a Japanese word that means universal life force energy. Rei means universal, all-knowing, higher power, spirit, essence, or soul. It means the cosmic spiritual energy that penetrates everything and is present everywhere, from the infinite galaxies to the smallest atom. Ki means breath or life force and the movement of this vital life force. Ki is comparable to Chinese Chi and Hindu Prana. Putting the two syllables of the word together, we can define Reiki as spiritually guided life force energy.



Reiki is the term usually used to identify the Usui System of healing, named after Mikao Usui who rediscovered the method after many years of research and meditation. Traditional Usui Reiki is the basis of all other varieties of Reiki.

The Reiki practitioner is a channel of the life force energy that flows from an unlimited source. By placing hands on the recipient this energy is transferred from the source through the practitioner to the recipient to promote healing on all levels: physical, emotional, mental and spiritual. The practitioner is energized as the life force flows through him to his recipient.

Next month: The attunement process

Vickie Penninger
Vickie is a Reiki Master
and Healing Touch Practitioner.
She is a member of the SFFI-Raleigh
Board

SFF Spiritual Coach

By **Dr. Kathi Ann Middendorf**

Spiritually Based Personal and Profession Coach

AD

Dear Spirit Coach,

I am feeling tired and confused, broke but busy working - painting and paperhanging. I feel stuck and want to get my home-based business off the ground but I lack motivation. I have candidias (for over a year) in my second chakra area (creativity). Please respond.

Thank you.

George

Dear George,

It does sound like you are stuck. I hear your frustration with your life right now, but it is hard to know what is at the bottom of what is going on. Is the home-based business you are talking about the painting and paperhanging, or is it something else? Have you priced your painting and paperhanging too low to make a profit? Are you an artist who is not expressing your creativity? Are you doing your present work just because you can... not because you love it?

If I were coaching you, I would ask you to come up with ways to improve your present work. This will serve two purposes: 1) it will speed up the task performance and improve the quality of the work (which could lead to higher pay); and 2) perhaps more importantly, it will give you the awareness that a lot of what is happening IS under your control. Frustration and depression occur when we don't feel we have any power in the situation. The key to overcoming this stalemate is to take action. If you think about a logjam, it really doesn't matter which log you move because the interrelationship of the whole pile will shift. So, are you willing to take some action?

If you move the log of "present job performance", then perhaps the log that has to do with "life purpose work" will become more accessible.

Let me know if any of this helps.

Love and Blessings.

Kathi

Dr. Kathi Ann Middendorf
(919) 785-3232 dr_kathi@msn.com

Life

Testimony From a Member of the Congregation

Back when I was a kid, my dad told me the most profound and useful thing about life that I've ever heard. He said, "Life is what happens when you're not looking."

Compact. To the point. Easy to understand. And, so, so true, as I've come to find out for myself during my years in the Triangle area.

So, after years of hearing about the ancient Chinese art/science of Feng Shui, which is, more or less, intended to help harmonize man with his environment, I decided early last year to get Suzanne Lewis Brown, our March speaker, to come over and get the energy to flowing properly in my home so that I wouldn't have to worry about what was going on while my back was turned.

Well, you'd have thought I was calling Steve Forrest or something. She was booked up for what seemed to me like forever. So, I started making changes at home with information from a couple of books on Fung Shui. But, after a few weeks of confusion, doubt and the growing fear that I'd made matters worse, I sweettalked her into squeezing my home in by promising to help her for a couple of hours with her community work, which is helping people with AIDS.

While she was doing my home, I asked her if this stuff really works. She stopped, looked me in the eye and told me she'd happily take a very small percentage of my EXTRA income for the year—the amount after my normal income had doubled—instead of her regular fee. And, she meant it.

That scared me.

So, what's the result? My income has nearly tripled, my health has been excellent, my life has been great!

Does this stuff really work? Oh, yes.

Kemp Ward

Kemp is a longtime member of the SFFI board and editor of Lightworks

Healer Joins SFFI-Raleigh Board

Diana Henderson, a Reiki Master who has become one of the area's best known healers, has joined the SFFI Raleigh board as Healing and Meditation Director.

She has pursued her interest in metaphysics and meditation for many years. Certified in DNA Activation and Rebirthing, she is licensed by the State as a healer. In addition to private healing sessions and spiritual readings, Diana's work in the healing arts includes meditation classes and DNA Activation workshops as well as Reiki.

She has led guided meditations for the past five years. In April 1995, she and her husband founded a group devoted to spiritual and psychic exploration. Diana works at Common Ground for Living in Raleigh as well as in her home. 919-552-0524 (pulsar_star55@yahoo.com)

Feng Shui

Amazing changes in health, wisdom, cash flow and relationships are not only possible—but likely with the use of this ancient Chinese art of placement. It's NOT what you have or what it cost, but where it is placed and used. Simple / powerful / wonderful! Residential and commercial visits. Hourly rates. Suzanne Lewis Brown (919) 781-8181.

Unity Church of the Triangle Office and Bookstore

524 East Whitaker Mill Road,
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For information call 832-8324.

Dial-A-Prayer 832-1020.

Office/Bookstore Hours:

10 am-4 pm Monday-Thursday

•Radio Program "New Dimensions in Spirit"

8 pm on Sundays AM620 WDNC

11:00 am Sunday Service

524 East Whitaker Mill Road in
Raleigh, between Glenwood Ave. and
Wake Forest Road. Nursery, Childrens
Church. All denominations welcome.

Numerology

In recent articles exploring the significance of letters in names, I noted that American birth name charts tend to have an abundance of 5's and an absence of 8's.

Now, inquiring minds want to know about the other numbers in the birth name chart. So, let's explore the importance of each number in the next few columns.

In review, numbers that appear in the largest quantity -- called intensification numbers or prime intensifiers -- indicate strong characteristics. This month, we will focus on the number 1, symbolized in the name chart by the letters A, J and S.

Obviously most names have at least one 1 and the average is three 1s. If you have four or more 1's in your birth name you are likely to possess the following characteristics:

- are self-centered, want own interests to be satisfied;
- tend to control and dominate others;
- lack flexibility and adaptability -- must do things own way;
- exhibit much courage, often in face of great difficulties;
- have the potential to use original ideas and leadership abilities for positive ends but must be aware of others' needs.

Be aware that your pioneering talents could be thwarted by your inability to consider group interests as well as your own.

Meanwhile, since missing numbers in the birth name offer information about lessons we must learn, a missing 1 indicates a lack of the above characteristics. If you are one of those rare individuals without a 1 in your birth chart, this reveals a lack of independence, confidence and ambition. These qualities will play an important part in your life. It's time for you to learn to make decisions for yourself or you will fall victim to other people's dictates. You will find yourself in situations where you must be able to express your needs or you will be overwhelmed by others' tendency to dominate you. A missing 1 indicates a lack of faith in one's ability and calls for developing personal power.

Alexandra L. Lett
New phone number 919-777-9362
alexlett@aol.com

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

Little AD

Advertise in Innerchange

Why advertise in Innerchange?

It's the leading source for personal, spiritual and planetary transformation. It has one of the most complete listings for local and regional events, workshops, study groups, and practitioners. Nearly 20,000 copies are distributed statewide, with over half being distributed in the Triangle area. Your advertisement reaches a targeted market!

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Find us at: <http://www.ncneighbors.com/1169/>

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 March 2.

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

Raleigh Area Chapter
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