

Is the Shroud of Turin Real?

Dr. Alan D. Whanger of Duke University, one of the world's leading figures in the study of the Shroud, will reveal some amazing new discoveries April 6

Question: Of all the historical artifacts ever discovered in the history of the world, which has been the most intensely studied—attracting extensive research from many of the world's leading scientists over a long period of time?

Answer: The Shroud of Turin, which—as fantastic as it may seem—is believed to be the burial cloth of Jesus Christ.

And, as Dr. Alan D. Whanger of Duke University, will detail for us April 6, new scientific breakthroughs are pointing more and more toward authenticity.

“Recently we have been working with two of the leading botanists of Israel to identify the many floral images on the Shroud, as well as the pollen grains found on it,” he said. “This has localized the only possible place of origin to be in the immediate vicinity of Jerusalem.”

Dr. Whanger and his wife, Mary, have devoted the last 20 years of their lives to a deep scientific examination of the 14-foot, 3-inch by 3-foot, 7-inch piece of linen. They, along with many other scientists, have put modern technology to work to solve many of the Shroud's mysteries—and they are succeeding. That the image on the Shroud is of a man who was crucified—in a manner exactly as chronicled in the Bible—is now virtually undisputed.

Was it the burial cloth of Jesus? Ask Dr. Whanger.

Over the years, the Whangers have written two books on the Shroud. The first, *The Shroud of Turin: An Adventure of Discovery*, chronicled the first 18 years of their research, going over the ups and downs of trying to find the truth about the mysterious cloth with the amazing image. The second, *Flora of the Shroud of Turin*, lays out the evidence which scientifically places the origin of the Shroud at the exact place it should be if it were, indeed, the burial cloth of Jesus.

Dr. Whanger is also Chairman of the Board of the *Council for Study of the Shroud of Turin*, a non-profit research group.

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/>)



Dr. Alan Whanger
Thursday, April 6
Meditation - 6:30 p.m.
Lecture - 7:15 p.m.

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!

Community Services

SFFI PROGRAMS 2000

- 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

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

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.

Lightworks

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Community Services

You're One of the Few

Since you are reading this, chances are that you have paid the \$15 subscription fee for Lightworks. Only about 20% of those who received the March issue have paid their subscriptions and will receive this, the April issue.

If you have friends that also attend SFF meetings or get the newsletter, please ask them if they received their newsletter. If they didn't, remind them that they need to subscribe if they wish to continue receiving their newsletters.

Thank you for subscribing and helping us stay "in the black."

Suzanne Lewis Brown gave us a great talk and workshop on Feng Shui in March. I know you will not want to miss Dr. Whanger's talk on the Shroud of Turin on April 6. He is a fascinating and highly energetic speaker and one of the principal researchers on the Shroud of Turin. This will be a GREAT talk. Tell your friends!

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.

Mountain Vortices in May

Our May speaker will be Page Bryant, a spiritual teacher and author, who will tell us about the spiritual vortices of the Great Smoky Mountains and point out for us where they are.

She will also teach a May 6 workshop, *The Ancient Practice of Starwalking*, which is based on her most recent book, *Starwalking: Shamanic Practices for Traveling Into the Night Sky*.

The book, her ninth, centers on the astronomy of ancient peoples around the world, what they knew about the stars and how that knowledge influenced them.

Facts About the Shroud of Turin

- AN ANCIENT TEXTILE

The Shroud is a linen cloth woven in a 3-over-1 herringbone and measures 14'3" x 3'7." These dimensions correlate with ancient measurements of 2 cubits x 8 cubits - consistent with loom technology of the period. The finer weave of 3-over-1 herringbone is consistent with the New Testament statement that the "sindon" (or shroud) was purchased by Joseph of Arimathea - who was a wealthy man. Also, Leviticus 19:19 speaks of the mixing of linen and cotton, but prohibits linen and wool or the mixing of vegetable and animal. In 1969, Dr. Gilbert Raes of the Ghent Institute of Textile Technology in Belgium noted that there are traces of cotton (identified as *Gossypium herbaceum*) in the linen of the Shroud.

- ANCIENT COINS DETECTED

3-D imagery of NASA's VP-8 Image Analyzer (Dr. John Jackson, Dr. Eric Jumper and Rev. Kenneth Stevenson in 1978) shows "dense, button-like objects over the eyes" about the size of a U.S. dime. Macro-photography (by the late Fr. Francis Filas, S.J. of Loyola U. in Chicago), and digitalization of the eye area (Dr. Robert Haralick -U. of Virginia Spatial Data Analysis Lab) suggest coin-lettering consistent with the Lepton (Widow's Mite) minted by Pontius Pilate between 29-32 A.D. Specifically, Filas makes a case for the letters UCAI which he makes out on the Lepton, and Haralick's digitalization appears to confirm these four raised letters. These are consistent with the U of Tiberious and CAI of Caisaros (Tiberiou Caisaros) printed on the coins.

- BLOOD EVIDENCE (vs PAINT THEORY)

The blood on the Shroud is real, human male blood of the type AB (typed by Dr. Baima Ballone in Turin and confirmed in the U.S.). This blood type is rare (only 3.2% of world population-the highest percentage found in northern Palestine). Blood chemist Dr. Alan Adler (Univ. of Western Connecticut) and the late Dr. John Heller (New England Institute of Medicine) found a high concentration of pigment bilirubin consistent with someone dying under great stress or trauma, and making the color more red than normal ancient blood. Such finds rule out

substances (paint, dye, ink, chalk, etc.) as creating the images. Dr. Victor Tryon and Nancy Tryon of the University of Texas Health, Science Center found X & Y Chromosomes representing male blood & a "degraded DNA" (approx. 700 base pairs) "consistent with the supposition of ancient blood."

- PATHOLOGY OF THE WOUNDS OF CRUCIFIXION AND THE SIGNATURE OF THE HISTORICAL JESUS

Numerous surgeons and pathologists (among the leading are Drs. Frederick Zugibe (Medical Examiner -Rockland, New York), Robert Bucklin (Medical Examiner - Las Vegas, Nevada), Herman Moedder (Germany), the late Pierre Barbet (France), David Willis (England) have studied the match between the Words, Weapons and Wounds and agree that the words of the New Testament regarding the Passion clearly match the wounds depicted on the Shroud, and these wounds are consistent with the weapons used by ancient Roman soldiers in Crucifixion. Specifically, the scourge marks on the shoulders, back and legs of the Man of the Shroud match the flagrum (Roman whip) which has three leather thongs, each having two lead or bone pellets (plumbatae) on the end. The lance wound in the right side matches the Roman Hasta (4cm x 1 cm spearwound). Iron nails (7" spikes) were used in the wrist area (versus the palms as commonly depicted in Medieval art). These marks, combined with the capping of thorns, not found anywhere else in Crucifixion literature of ancient Roman (Tacitus, Suetonius, Pliny the Elder or Pliny the Younger) or Jewish historians (Flavius Joesphus, Philo of Alexandria) create a unique signature of the historical Jesus of Nazareth. He is the only person known that matches this unique set of circumstances.

- RADIATION LIKELY

Radiation is the best explanation of the phenomenon of the image-formation, representing a scorch-like appearance (scorch caused by light versus heat as the image does not fluoresce).

The Essence

Last month the fire of Cayenne loosened our energetic blockages. An overabundance of this same fiery energy leads to impatience.

The Impatiens type is quickly bored, always in a hurry, nervous, subject to muscle strains and sprains, and is accident-prone.

Dr. Edward Bach, the developer of the Bach Flower Remedies, of which Impatiens is one, had an inclination towards impatience with others who could not keep up with his quick mind. A very irritating rash would appear as a result. Of course, a dose of the Impatiens flower essence restored his good humor and alleviated the rash.

Left unchecked the inner tension of the impatient person leads to various diseases and premature aging due to "burnout."

The Impatiens flower essence helps the impatient soul still their attention and deepen their breathing, allowing the current moment to unfold at its own pace.

The practice of meditation is very beneficial to this person, also. The beauty and fragility of life can then be appreciated.

There is a story of an impatient fairy, named Delightful, who always took everyone's work from them, for they were not fast enough with it. One day Delightful noticed a old fairy stringing dewdrops on a string for a truly beautiful necklace. Of course, Delightful took it away from the old fairy to do it faster. But Delightful ended up with only wet hands. By learning the necessary patience to work with the delicate things in life, our fairy is now truly Delightful.

*Larry Henson
Larry is an Essence Practitioner.
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Reiki

The Attunement Process



Reiki is different from other healing techniques because of the attunement process that involves the transfer of the ability to channel Reiki energy from the Master to the initiate. The attunement enables the initiate to tap into unlimited cosmic energy; awareness and consciousness begin to expand, allowing healing at a causal level. Initiation into Reiki can be a life-changing experience, opening one to spiritual growth and devel-

opment. Many people become more intuitive and sensitive to the subtle energy field surrounding the body, and begin to see positive changes in emotions and attitudes. The process opens the heart, crown and palm chakras creating a special link between the initiate and the universal life force.

Most Masters who teach traditional Reiki perform four attunements for first degree, two for second degree and three for Master level. Each attunement begins a 21 day cleansing cycle that occurs because the vibratory level of the initiate heightens and purification of mind, body and emotions begins. Once attuned, the ability to channel Reiki stays with a person forever, never lessening in power.

Initiation into Reiki is a sacred ceremony; it is a contact with the Divine; it is empowering.

Next month: The origins of Reiki

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

Dear Spirit Coach,

I am trying to make changes in my life but negative fears and thoughts keep spinning in my mind. What can I do?

Kitty

Dear Kitty,

Those who raised us often gave us messages that were intended to keep our ego under control. They didn't want us to get "too big for our britches" or to "get a big head." Unfortunately, when we are grown and on our own, we still have these old tapes and messages running in our heads.

Experts say we have 7000 self-referent thoughts a day. Imagine the power 7000 thoughts a day have to move us toward success or failure! Rather than feeling overwhelmed by the enormity of changing 7000 thoughts a day, think of it this way—you are in the process of replacing an old habit with a new habit. Habits take about 21 days to establish, so accept that the following task will take at least 3 weeks (and probably longer).

Each time you become aware of a negative thought or fear, stop and say or think something like—"You are no longer welcome, you are an old habit that I am releasing."

This acknowledges the thought without giving it more energy by fighting it. What we struggle with increases in power. Once you have stated that the negative thought is no longer welcome, replace it with an affirmative thought or statement.

For affirmations to work, they have to be acceptable to all levels of your beingness. If you affirm something that you know is NOT true, and a part of yourself observes and labels the untruth as soon as it is stated, then the affirmation will not work. So, in crafting your statement, state it in the present tense (or it will always remain out of reach) and state only what you can accept as complete truth.

In changing the way you are thinking, you will ultimately change the way you embrace and create your reality. When we anticipate the positive, that is what we create and what we attract into our lives.

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

Integrated Health and Healing Workshops Ongoing Workshops for Integrative Practitioners

Are you able to speak a **universal language** that allows you to communicate with all other practitioners on an in-depth level?

Are you able to **acknowledge all** the various approaches, perspectives and healing modalities that help people in chronic pain heal?

Do you work within a **larger framework** of health and healing, a framework that addresses and merges all levels of healing equally in order to truly heal the whole person?

If any or all of your answers are No to the above questions, then come to these ongoing educational workshops to learn how to deepen your approach to integrating the healing process. In these workshops you will learn how to align yourself to a universal model of Health and Healing which is a model that acknowledges the importance of all approaches, perspectives and healing modalities. By aligning to a universal model while at the same time acknowledging each diverse healing practice and practitioner, the door to a much larger and more encompassing healing process can be opened for all to explore. This educational program is a creative and structured, practical and spiritual, facilitative and educative program that teaches all practitioners how to gracefully and skillfully deepen the integration process on the spiritual, mental, emotional and physical levels of healing equally, in order to truly heal the whole person. You will also learn how to improve communication, collaboration, coordination, group problem-solving and group dynamics which will further deepen your own creative and healing potential, both individually and as a group.

Fee: **FREE** Workshops
Dates, Times & Location: Call (919) 828-3661
Facilitator: Charlie Craven, M.Ed.,
Integrated Health and Healing Ed.

Innerchange Online

Hello!! Innerchange is now ONLINE!!!

That's Right! Innerchange has officially landed in cyberspace. Our address is <http://www.innerchangemag.com>.

Visit our website for ad rates, writers' guidelines, archived articles, and much more! Our site is still growing and will include a list of distribution sites, a Practitioner's Directory, links to book and music reviews, and more!

Many other exciting changes will be happening to Innerchange this year. A new SERVICE LISTINGS page will be added, offering advertisers a less expensive advertising alternative. An ANGEL will be selected for each issue, highlighting someone who has volunteered to help bring Innerchange to you in a meaningful way. And there will be increasing opportunities to advertise in both the print publication and on the WEBSITE.

Consider advertising with the leading source for personal, spiritual, and planetary transformation. Your message will reach a targeted market!!

The April/May 2000 issue of Innerchange will focus on Children --spirituality, alternative healing, etc. The deadline for advertising is MARCH 10.

Beginning with the April/May 2000 issue of Innerchange (and depending on the response), we will be including a Service Listing page. The format will be as follows:

Jane Doe (or company name).....919/555-1234
123 Street Address, Raleigh, NC
Massage Therapist, Reiki Master, etc.

It does not have to include street address -- the one above is an example. Each listing, however, will be no more than 3 lines long, with the top line including the name of the person or company and the phone number (the first line will be in bold). The intent is to make the Service Listings available in either the print publication, on our website, or BOTH. Please call 919/661-2282.

*Karen W. Newton, Publisher, Innerchange Magazine
1602 S. Wade Ave., Garner NC 27529
<http://www.innerchangemag.com>
karen@innerchangemag.com*

Pain Problem-Solving Workshops Body and Pain Awareness Training for People with Chronic Pain

Are you tired of being in pain?

If you are, come to this ongoing training workshop to learn a method for 'Studying' the pain in your body so that you can learn how to unravel the pain problem-solving puzzle for yourself. Regardless of what pain problems you have or what healing approaches you are using, this unique approach teaches you how to decrease the pain in your body through a specific step by step process that taps into your own internal kinesthetic sense. Over time, you will become the most informed and knowledgeable person with regard to not just the pain symptoms but more importantly the subtler causes of the pain in your body, without relying solely on your health care team to do this for you. As you apply the tools and techniques on a daily basis, you begin to teach yourself the specific compensation patterns and misalignments that contribute to the pain in the body.

Over time, you will be able to skillfully scan your body and notice, for instance, that the pain began in the left hip, then it traveled to the right foot, then to the right hip, then to the neck and head and eventually ended up primarily in the face. Without the necessary training in body and pain awareness and in 'studying' the pain, the face becomes the focal point of the problem, and yet the compensation patterns, or the causes of the pain, stay hidden from view and only the symptoms get addressed. In these workshops you will learn how to be able to decrease the pain and intense flare ups as you increase your level of body and pain awareness and apply the problem-solving tools for tracking the chronic pain patterns.

Fee: **FREE** Workshops

Dates, Times & Location: Call (919) 828-3661

Facilitator: Charlie Craven, M.Ed.,
Integrated Health and Healing Ed.

Feng Shui

By Suzanne Lewis Brown

Feng Shui Practitioner

Spring Clean Your Chi'

□ We have all been inside with winter, especially the recent record blizzard, so there is an excess of old energy around us which needs to move on out. □

Although the pollen has begun, it is still possible to open windows, especially after a rain. □ Did you know that stuck windows mean stuck ideas and debts? □ Better open each window in your home somehow if only for a short while.

□ Anything on the floor helps us in passage, so if you have carpet, clean it, turn rugs around 180 degrees, wax your wooden floors so as to be able to move forward with your life from where you presently are to where you desire to go.

□ Beds are our support so turn your mattress 180 degrees first and then totally turn it over. □ This gives you a "new" foundation on which to sleep and thus gives you backing for your hopes and dreams. □ All this sounds so simplistic—like grandma's tips (she was right)—but it makes a difference in helping us come out of the hibernation stage of winter into the activity season of growth and change. □

□ Put away your darker, heavier things and instead get out pottery, clear and bright colors, and don't forget to bathe your indoor plants. □ If the plants are "tired" then just retire them to the curb... better to have budding limbs in a vase than a sick houseplant you've tried to salvage.

□ Feed the birds and put out little ribbons and strings for them to use building nests. □ The bright colors will help you see the nest so you can claim it next fall to bring inside for good luck and chi'. Birds and other high movement creatures increase the energy of a yard, so it is good to encourage their presence with feeders and containers of water.

□ Don't forget your wind chimes near the door and some hanging baskets with lots of red blooms and you're on your way to blooming chi' yourself. □

Happy spring!

Natural Vision Improvement Raleigh Classes

• Reversing "Middle-Age Sight"

Starting to need bifocals or reading glasses? Arms getting too short to read? Don't want to go to stronger reading glasses?

Wed. April 19th or Tues. May 16th
6:00 - 9:00 PM \$60

• Learn to See Clearly

A one-day workshop to teach you the fundamentals of Natural Vision Improvement. You'll learn techniques to apply in daily life to improve your vision and the health of your eyes. For all vision conditions.

Sat. March 25th \$110
(\$95 if received 10 days ahead)

• Focus on Nearsightedness: Help for Distant Vision

Pre-requisite: Learn To See Clearly or private classes. The nearsighted way of seeing the world is unique. In this workshop you'll discover the patterns to seeing as a myope and learn key habits to expand your vision.

Sun. March 26th \$110
(\$95 if received 10 days ahead)

Call to register:

Martha Rigney (919) 821-0000

Visit our website:

HYPERLINK

<http://www.VisionEducators.com>

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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 April 1.

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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