

# *Spiritual Vortices of the Great Smoky Mountains*

*Author and Spiritual Teacher Page Bryant says the Smokies, home to several power spots, will become a powerful spiritual center in the new millennium*

Heralded as the oldest mountains on earth, the Great Smoky Mountains of western North Carolina and eastern Tennessee contain several power spots, sacred sites, ley lines and power grids.

Our May 4 speaker, Author and Spiritual Teacher Page Bryant, will pinpoint them for us, plus explain their significance and their power. In addition, she will explain why she says the mountains will become the next powerful spiritual center of the new millennium. She says there will be a "reawakening" of early Cherokee beliefs and spiritual practices "which is a little-known, little-taught part of the current cycle of planetary changes."

In addition, Page, who makes her home in the Smokies, will teach a workshop in Raleigh Saturday May 6 based on her latest book—her ninth—*STARWALKING: Shamanic Practices For Traveling Into The Night Sky*. She and her husband, Scott, will also be available for private readings on Friday, May 5 and Sunday, May 7.

Page, a teacher, psychic and intuitive counselor for the last 25 years, and Scott, a spiritual artist, operate the Mystic Mountains Teaching and Retreat Center in Waynesville. For many years she hosted her own radio talk shows in Tampa, Ft. Lauderdale, Phoenix, Los Angeles and Pittsburg—and is thought to be the first psychic in America to host her own show.

In recent years, she has traveled the world lecturing and teaching workshops, taking time also to write articles for several of the world's leading new age publications. Her best-known books include *The Earth Changes Survival Handbook*, *Crystals and Their Use* and *Earth Changes Now!*

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## **Page Bryant**

**Thursday, May 4**

**Meditation - 6:30 p.m.**

**Lecture - 7:15 p.m.**

**Workshop, May 6**

### **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

- 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*

## Crystal Bowl Meditation

Joyce Ligon will be leading the meditations at the May SFF meeting. Joyce will perform a crystal bowl meditation invoking the healing tones of the quartz crystal toning bowl to bring the diverse elements of a group energetic into a balanced, harmonious whole.

Joyce is a Reiki Master/Teacher and Energetic Practitioner in the Raleigh area and facilitates healing and balancing with her clients through Reiki, crystal therapy, vibrational sound and intuitive guidance. In addition to three crystal bowls, she incorporates various other sound tools, including chimes, the Tibetan bell, the gong, drums, rattles and voice toning.

Joyce teaches metaphysical classes, as well as all Three Levels of Reiki, holds a monthly Reiki Open House and is available for private sessions.

For additional information or to schedule an appointment, please contact her at (919) 481-1416. (E-mail:earthglow@hotmail.com)

## Lightworks

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## SFFI Workshop May 6

### **STARWALKING:** *Shamanic Practices for Traveling Into the Night Sky*

*A special workshop with Page Bryant  
Saturday, May 6*

Drawing on 21 years of study in the science of astronomy, Page presents an overview of the role of astronomy in human culture and of the religious importance of the sky in various ancestral civilizations and times, including the Sumerians, Babylonians, Egyptians, Mayans, Aztecs, Incans and the ancient Native American Moundbuilders.

Page will explore the star knowledge of the ancient peoples and their solar and lunar ceremonies. In addition, she will explore the purpose and use of sacred mounds, stone circles, pyramids and the star-based religion of the Lakota, Skidi Pawnee, Hopi and Navajo. She will also demonstrate the art of making a personal star bundle and a star mask.

Find out if you are working this lifetime with any of the 110 fixed (karmic) stars and what that means for personal karmic responsibilities, health and spiritual progress.

Other topics to be discussed include:

- the stars and the medicine wheel
- easy methods of learning your way around the night sky
- sky omens and their meanings
- star myths

**The cost is \$65 per person,  
\$50 if registered before May 4.**

**For more information or to register,  
please contact:**

**Charlotte Edwards  
919-965-2683.**

### Personal Readings

- \$65 for half-hour
- \$100 for full hour

**Both Page and her husband, Scott, will be doing readings on May 5 and May 7. Scott's readings include spiritual artwork.** (552-0524)

## Innerchange Service Listings

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](mailto:karen@innerchangemag.com)

## Medium in June

One of this area's most favorite speakers, Platform Medium Rachael Salley, will be here June 1.

An English Medium with more than 20 years of experience, Rachel combines clairvoyance, clairaudience, clairsenscience and mental mediumship into a high-powered package.

## Vickie Leaving SFF Board

We have been blessed with great speakers and increasing attendance at our meetings. What makes it all work, however, is the SFF board.

We are all volunteers and each of us plays an important role in making each SFF event as successful and enjoyable as possible.

One of our board members who has made a real difference is Vickie Penniger, our refreshments person. I am sure that you all have noticed and appreciated the attractive and appetizing spreads that she has prepared for us at each meeting and workshop.

With her fresh flowers, attractive displays and tasty food, (not to mention her ready smiles) she has added a very pleasant dimension to each meeting.

Despite our pleading, Vickie has decided to step down from the refreshments position, and we now have an immediate opening for a new board member to step in to take her place.

If you would like to have the opportunity to let your internal Martha Stewart shine as the SFF refreshments person, please give Kathi Middendorf a call at 363-8244.

## SFF at A Discount???

How would you like to pay even less than \$5 to come to SFF meetings each month?

We are going to start a new program by making annual passes available to you. Buy an annual pass for \$45 and you will be admitted to all SFF meetings for a year ... even special events with higher admission fees.

If you are (or would like to be) a frequent attendee at SFF meetings, this will be a great value. The annual passes will be available for sale at each meeting.

# SFF Spiritual Coach

By **Dr. Kathi Ann Middendorf**

*Spiritually Based Personal and Profession Coach*

Dear Spirit Coach,

*Please clarify what we are doing in spiritual coaching, and what your role is?*

Sharon

Dear Sharon,

In response to your question: I see you as someone who has stepped actively on her own spiritual path to her unique expression of her core essence.

One of the challenges with spiritual development is that there are no maps that tell you exactly how to get where you are going since you are the pathfinder. Each individual's journey will be a bit different although there will be similarities.

One of the first things we did with you was to find those things in your life that you truly love to do (not that you were doing to please others or because you can). You committed to certain actions and were pleased with the joy that came from them. You also took steps that brought up your shadow in full force. While I didn't "fix" any of the stuff coming up with the shadow, I supported your willingness to embrace it, and forgive whatever might show itself in the process.

You asked me what my role is. As a coach it is to move you toward expressing your gifts into the world, creating a happy fulfilling life, and holding you to your intentions. As a spiritual teacher it is to be your witness, your guide, and your mirror so that you can see how you are progressing.

In closing, here is an excerpt from a note from one of my clients, "I appreciate you, and the part you have played, and are continuing to play, in my becoming ONE WITH GOD. Thank you for your patience, tolerance, steadiness, structure, ever-developing ability to connect with ME and my unorthodox process, and (last but not least) for giving me a figure of authority to push against in order to grow. What I'm experiencing is so much like child-birth. (You're the stirrups!) I am birthing a new SELF."

So, according to her... I am also the stirrups.

*Dr. Kathi Ann Middendorf*  
(919) 785-3232    dr\_kathi@msn.com

# Reiki

## History and Origins

Many of the practitioners of Usui Reiki in the United States can trace their lineage to a Japanese American by the name of Hawayo Takata. Mrs. Takata told her students the story of how Dr. Mikao Usui, a principle of a Christian school in Japan, was asked by a group of students if he could demonstrate how Christ performed healing miracles. Dr. Usui answered that he could not and began many years of study, research and meditation seeking this knowledge.

Mrs. Takata tells how he traveled to many countries and finally joined a Zen monastery and lived there as a monk. While studying ancient Sanskrit text, Dr. Usui discovered ancient symbols and rites of empowerment.

He had no knowledge of how to use this information and decided to go to Mount Kurama on a 21 day retreat to fast and meditate. On the last day of the mission he was struck between the eyes by a bright light which knocked him unconscious. Through this experience he received information about empowering the symbols and how to heal.

Dr. Usui decided to use his abilities to heal beggars for free but soon discovered that they returned to begging because they had placed no value on something for which they had not paid. He then determined that there should always be an exchange of some sort for receiving a Reiki treatment—be it monetary, a service or a gift.

Next month..... the rest of the story.

Vickie Penninger

*Vickie is a Reiki Master. She opens her home on the 2nd and 4th Wednesdays of each month to Reiki beginners. 828-0876*

# ZERO BALANCING®

Zero Balancing (ZB) is hands-on bodywork designed to align your energy body and your physical structure. It integrates the wisdom of the East with the scientific medical knowledge of the West through conscious touch at the level of the bone.

ZB helps prevent and relieve the effects of problems encountered in this harried world by creating a point of stillness where the mind quiets, energy fields organize and internal reorientation occurs. The balancing process relieves physical and emotional symptoms and often releases stress before symptoms appear. When structure and energy are balanced, dysfunctional habits, such as outmoded emotional patterns and imprints from past traumas, tend to release.

ZB was created 25 years ago by Frederick "Fritz" Smith. He is a Doctor of Medicine and Osteopathy, has a Masters in Acupuncture and is skilled in Rolwing, Yoga, meditation and Eastern philosophies. In his book *Inner Bridges*, Fritz states "the bridging of energy and matter exists in the level of the body and the mind and the spirit of a person "and or all of these levels can be addressed (by ZB)."

A ZB session takes about 45 minutes. You remain fully clothed and recline on your back for most of the treatment. The practitioner evaluates your energy fields and energy flow and balances structures by placing fulcrums at specific bony prominences and through joints. The sessions are designed to promote maximum relaxation and a sense of well-being.

This practitioner has 18 years of experience as a physical therapist, holds a Masters in Acupuncture from the Traditional Acupuncture Institute in Columbia, MD and is certified in Zero Balancing.

If you are interested in treatment or attending a class in Zero Balance, contact:

Nancy Davison, PT, Mac, LAc  
Email: Nancy@Davison.org  
Tel: 919-387-9540

## 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.

## Community Services

### 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.

#### Nancy Davison, PT, MAc, LAc

Diplomate in Acupuncture, NCCAOM

Acupuncture                      Physical Therapy

Zero Balancing      QiGong

The Water Garden - 8040C Glenwood Avenue

Nancy@Davison.org    919-387-4590

Mobile: 215-0204

## The Essence

The mayapple, also known as a mayflower, or American mandrake, has a poisonous root that is used as a purgative, emetic, and worm-expelling herb. Living in shady areas of the northeast US, an April blooming white flower produces an edible yellow fruit.



The essence of this flower has been described by Sharon McEachern, who was an SFF speaker in 1998. Here's what she says: "INDICATIONS: For opening to feel the love and support that is available to one from all dimensions. For those who, in difficult times, feel isolated and cut off from what they are needing emotionally and spiritually.

We represent the Angelic kingdom on Earth.

We carry the qualities of inspiration, upliftment, abundance, and peace.

We open the heart to assist one in attaining and receiving the love, guidance, and support that is needed in their life.

We are of help when one is feeling lonely and alone. If one consciously engages in prayer or medication when taking our essence, a direct call to the Soul, the Angelic kingdom and God is made. Help is coming! You need only open up and receive."

Larry Henson

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

### 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.

# Life

## Testimony From a Member of the Congregation

I don't know much about Spiritual Vortices of the Great Smoky Mountains. I looked all over the internet for information on that topic, so that I could put something about it into this issue of *Lightworks* for you to read—but, alas, no luck.

But, I DO know how I feel when I go to the Smokies—I feel great. Powerful. And, peaceful.

The Smokies are one of MY power places, the places I go when I feel a need to "settle" or to connect with all my "selves" again. To get in sync. But, not just any place in the big Smokies. No, indeed. MY power places are very specific. Lake Lure/Chimney Rock is the most powerful and soothing. I've been spending time there for many, many years, dating back to when I first moved to the Triangle Area and went through there on a business trip. The winding ride to Asheville from there is most charming and healing.

Maggie Valley, also just down the road from Asheville, is another power place for me. I just go there and be. It's gotten touristy in recent years, of course, but it's still a wonderful healing place.

One other place in the mountains feels healing to me, and it's a place that probably all of us have visited at one time or another: Blowing Rock. Shopping in Blowing Rock, walking up and down those downtown streets, is almost as healing for me as just about anything any of the good healers in our membership can do. Often, when I need a healing touch, I take the beautiful drive to Blowing Rock and walk those streets. It's the closest thing to visiting Heaven that I can think of.

*Kemp Ward*

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

## SFF Board

Chairperson	Dr. Kathi Ann Middendorf 363-8244 dr_kathi@msn.com
Secretary	Ruth Travers 252-478-8277 lite1000@aol.com
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Mailing List	Kim Kasdorf 833-4188 kasdorfj@ix.netcom.com

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 May 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

Raleigh Area Chapter  
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