

Platform Medium

Rachael Salley

One of those fascinating English mediums with a top-notch reputation, Rachael has been dazzling audiences for more than 20 years, and in the process has become one of this area's favorites.

A native of England, Rachael Salley is an international medium with a tremendous reputation and a large following.

Her gifts of clairvoyance, clairaudience, clairsenscience and mental mediumship combine to create an extremely popular public demonstrator, workshop leader and healer. Over the years, she has become one of the Triangle area's top attractions—when she can find the time to visit. On her last trip to the Raleigh Chapter, the auditorium was packed and her time for private sessions was filled quickly.

"She's one of the most fascinating people I've ever met," said Board Member Kemp Ward. "She can hold an audience in the palm of her hand. When she begins her work, you can feel the energy in the room do all sorts of things. She's the real deal."

Rachael is a member of the Welsh Christian Spiritualist Society in the U.K. and sees her work as "a means for providing understanding and hope in an increasingly confusing world."

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/>)



Rachael Salley

Thursday, June 1

Meditation - 6:30 p.m.

Lecture - 7:15 p.m.

Workshop, June 3

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

Wild Plant Man in August

Got weeds in your yard?

If so, don't chop them down just yet—you may be able to eat them or use them to cure an ailment.

Our August speaker, Will Endres of Prospect Hill, will tell us of the edible and healing powers of various wild plants common to our area, even in our own yards. Plants we often take for weeds.

The 53-year-old herbalist and wildcrafter, who hails from the mountains of West Virginia, has taught workshops and led herb walks throughout the eastern United States.

"For the last 24 years, I have earned my livelihood gathering, selling and teaching about wild herbs," Will said. "Living and working in the woods has given me a uniquely intimate knowledge of the natural world."

SFFI PROGRAMS 2000

- August - Will Endres,
Wild Medicinal and Edible Plants
- September - Maria Tadd and Marilyn Penrod,
Crop Circles
- October - Rebecca Nagy, *Spirit In Business*
- November - Psychic Fair and Silent Auction
- December - Tera Thomas,
Animal Communicator

Lightworks

Circulation 400

Editor: Kemp Ward
June 2000
Issue 145

SFFI Workshop June 3

Psychic Protection

*A Workshop by Platform Medium
Rachael Salley*

Can anyone take up psychic study or experimentation? What gives us our greatest protection? How has man protected himself in the past, and what laws have been formulated for taking a step into the unknown?

This workshop will address these and other concerns as well as:

- amulets
- health
- diet
- auras
- mental states
- fear
- a healthy ego

Please bring your lunch.

Date: June 3, 2000

Time: 10:00 AM to 4:00 PM

Place: Friends Meeting House
625 Tower Street, Raleigh 27607

Cost: \$75 at the door, \$65 if paid by
June 1

Call: 363-8244 to reserve your space

SFF will be taking it's traditional month off in July. Our next meeting will be in August when Will Endes, the wild plant man, will tell us how to use what we call "weeds" in healing and on the dinner table.

Consultations with Rachael

Rachael is the most requested consultant in the history of Raleigh SFFI. People call for months after her visits to ask when she will return.

During a session she may receive messages from your deceased relatives and friends as well as your guides and teachers who are in spirit.

It is an experience unlike any other you may have had.

Dates: June 2, and June 5 through June 7

Times: 9:00, 10:00, 11:00, 2:00 and 3:00 each day

Place: 103 McDole Circle, Cary, NC 27511

Cost: \$85.00 for a 45 min. to hour appointment

Call: 363-8244 for appointment

Appointments from June 8-12 can be made by calling 231-8989.

President Kathi is an Angel

As the June Angel, SFFI local chapter President Dr. Kathi Ann Middendorf offers one month of Spiritually based Personal and Professional Coaching as the June meeting door prize.

"My commitment is to empower people to design and create their lives based on who they really are and what they really want to do," she said.

"I believe that coaching is the way to achieve all those dreams that you have. It is a proven approach that goes far beyond self-help books and weekend seminars. How often have you attended a seminar, listened to a tape series, or read a book and resolved to change your life only to lose enthusiasm and slip into old patterns within a few weeks?

With a coach as your partner in creating your new life, you have ongoing support, accountability, and sustainability. We all have achieved our greatest triumphs in school, sports, or work when we had a coach or mentor working with us and focusing our efforts to be our best."

Dr. Kathi Ann Middendorf • 919.363.8244
dr_kathi@msn.com
www.coachyourspirit.com

Mediumship at Work

(The following is a report about a mediumship session by well-known medium Craig Hamilton-Parker for a man in England who was abandoned at birth and spent a lifetime searching for his "real" family)

Abandoned in a basket on the steps of a home in Stepney London, Dudley Godfrey spent a lifetime wondering what his mother was like and why she would abandon him.

"For years, it was impossible to know the truth," he said. "Perhaps my mother was unfit, a prostitute, or she just didn't want to know me? It's hard for anyone from a secure family to understand the inner anguish caused from not knowing who you are or what your roots are."

Dudley had tried to find information about his mother, his real family, but he only found out that she probably had died. Then, in 1995 at the age of 53, he read about the medium Craig Hamilton-Parker who worked in a nearby town—and quickly made an appointment.

"Immediately, as I walked into his consultation room, Craig asked me if I knew of an Uncle George who he said had been talking to him during his meditations. George, who I had called Uncle, had brought me up from the age of two. 'He died of TB,' said Craig, 'and says that his wife's name was Lotty. Also, he would have been very sceptical about mediums as he'd had a very strict religious upbringing.'

"I couldn't believe what I was hearing. Craig was reeling off the facts," Dudley said.

After several minutes of messages from George and others who had been important in Dudley's life, the medium turned his attention to Dudley's mother, who had been long dead. "I've got to give you a message from a lady with the name Grace," said Craig. "She died of womb cancer at the age of thirty, and she's so sorry for everything that happened when you were little."

At last Dudley's mother had made contact. Craig continued, "Your mum is telling me that she didn't want to give you up. It broke her heart but there was nothing that she could do. She was forced to do what she did, and she regretted it for the rest of her short life. She loves you, her only child, very much."

SFF Spiritual Coach

By Dr. Kathi Ann Middendorf

Spiritually Based Personal and Profession Coach

Dear Spirit Coach,

I want to be "in the flow" and can't reconcile this with "planning my life." How can both be true?

Pat

Dear Pat,

One of the first things to understand about living a spiritually aware life is that we move beyond either/or thinking.

Instead of thinking right vs. wrong, black vs. white, action vs. flow, we move to an acceptance of "both/and." A first step in cultivating this approach would be to monitor your own statements and look for and eliminate the "buts." Our communication reveals our state of thoughts which reflect our state of consciousness. So instead of saying, "I would like to set goals but I want to live in the flow," the statement, "I would like to set goals and I want to live in the flow," signals the acceptance of this higher order of functioning.

A second aspect to consider is the difference between planning and worrying. Planning focuses on creating solutions, and worry focuses on fear of what you don't want to have happen. Living in the flow does not require that you take no action and have no goals. It does require that you are living your truth and are open and aware of opportunities that the Universe presents to you.

By having a strong personal foundation you are prepared to accept and respond to these opportunities when they come your way. Put your house in order—your physical surroundings as well as your mental environment. Become aware of those aspects of your life that could be improved, and take action to improve them. You never know what opportunity may be opened to you at any time. Your job is to be ready by taking whatever actions are necessary to insure your readiness. Polish your environment, your thoughts, your receptiveness, and be open to possibility.

"Living in the flow" does not mean "going with the flow." As one of my teachers remarked, "the only thing that goes with the flow is a dead fish!"

Dr. Kathi Ann Middendorf

(919) 785-3232 dr_kathi@msn.com

Reiki

History and Origins

There has been an immense increase in interest in Reiki during the last decade that has led to much research being done to discover and clarify its roots.

It appears that Mrs. Takata, a Japanese-American attributed with introducing Reiki to the Western world, may have changed and embellished the story of how Dr. Mikao Usui rediscovered the healing powers of Reiki. It seems unlikely that Dr. Usui was the principal of a Christian school in Japan. He was a Buddhist of the sect known as Tendai, which originated in China.

Mrs. Takata's story told of how Dr. Usui traveled to many countries and studied many religions in those countries trying to learn how to heal. More likely, he was able to do all his research in Kyoto, Japan, where there is an excellent library with religious and theological works from around the world. Many people feel that Mrs. Takata probably "Westernized" her story out of necessity due to the political climate of the time, shortly after World War II. The fact remains that we owe a great deal to Dr. Usui for his diligence in research; to Dr. Chujiro Hayashi for his decision to train Mrs. Takata (a non-Japanese and a woman); and to Mrs. Takata for her perseverance and tenacity in bring Reiki to the West. There is a great deal more to know about the history and origins of Reiki and an excellent resource is *Reiki Fire* by Arjava Petter.

Next month.....*The different levels of Reiki training.*

Vickie Penninger

Vickie is a Reiki Master/Teacher who opens her home every 2nd and 4th Wednesday of each month for a Reiki exchange. Everyone is invited to attend. 828-0876

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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.

Mooney to Lead Meditation

Former SFFI local chapter board member 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.

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

June/July Innerchange Features Tantra/Sacred Sex

The June/July 2000 issue of Innerchange is in the works! The featured topic is Tantra/Sacred Sex, and it promises to be an exciting issue!

If you have any questions, please call me before May 4 or after May 12, or send me an email and I will respond as quickly as I can.

If you haven't had a chance to check out <http://www.innerchangemag.com>, please do so. Some interesting enhancements that will be added in the near future include:

- * a featured article on the home page
- * updated distribution site list
- * links to book and music reviews
- * columns and articles not found in the print magazine and other fabulous ideas!

Now available in both the magazine AND on our website at tremendous savings:

- SERVICE LISTINGS - A great, inexpensive way to advertise your service! A 3-line listing, with top line in larger, bold print.
- CALENDAR LISTINGS - Get "double" exposure for free! All paid calendar listings will be included at innerchangemag.com at no additional charge!

Please note that Innerchange will begin charging \$5.00 per issue for public service announcements. This is due to the popularity of the calendar listings as well as the increase in printing and distribution. However, we will provide one free calendar listing for each display ad you have. And ALL calendar listings will appear in the magazine AND on the website.

Also, we're planning our 5th anniversary issue (Feb/Mar 2001). Send us your personal story about how Innerchange has helped in your spiritual/healing journey!

SFF Board

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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 June 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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