

Those Amazing Crop Circles: Where Do They Come From?

Researchers Marilyn Penrod and Maria Tadd will give us a close look at what many call "sacred works of art"

Who are the circle makers? Or what is the creative force behind the circles? Why did they originate in Britain? Or did they? Is this a recent thing or did they start in ancient times? What are they trying to communicate?

Those are just some of the questions that Crop Circle Researchers Marilyn Penrod and Maria Tadd will try to answer Sept. 7 when they visit Raleigh to meet with us.

"We will present the latest information/theories about this mysterious phenomenon and show photos of formations from this and previous years," Maria said. "Taking a closer look at these exquisite temporary sacred works of art, we will examine their precision, their relationships to mathematical principles such as the golden mean, fractals, and sacred geometry. We will show compelling evidence that supports their authenticity."

The crop circle phenomenon first came to people's attention in the mid 70s, but was not until 1990 that the first straight line appeared in Britain. That formation, the first of the so-called pictograms, signaled an evolutionary transformation in the phenomenon, which had leapt from simple circles to complex forms. The years since have been truly years of expansion and change in the circles, the second half of the 90s demonstrating a consistency of beauty and inventiveness.

Though Britain remain the world center of the phenomenon, many remarkable formations have been discovered elsewhere, including this country.

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/>)



Marilyn

Marilyn Penrod *and* Maria Tadd

Thursday, Sept. 7
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!

Coming in October: Spirituality at Work

Former fashion designer Rev. Rebecca A. Nagy of Charlotte will be in Raleigh Oct. 5 to outline for us her plan for bringing Spirituality into our workplace and the world marketplace.

A certified Pastoral Counselor, Spiritual Director, Reiki Master, Inspirational Speaker and Trainer, Rev. Nagy is the founder of *New Directions*, a consortium of leadership training professionals, based in the Charlotte area. A post-denominational Minister, she acts as the Spiritual Director of the team and its programs.

"As we enter a new millennium, with the changes being wrought in the global marketplace, we need to refocus a bit on our individual role in manifesting that change," She said. "It is only by learning to listen to our authentic selves that we can truly learn what our work is, what our part of the Great Plan for the planet and for Humanity encompasses, and how we are to manifest that plan in the outer world."

She will also teach a workshop on Saturday, Oct. 7.

SFFI PROGRAMS 2000

- November - Psychic Fair and Silent Auction
- December - Tera Thomas,
Animal Communicator

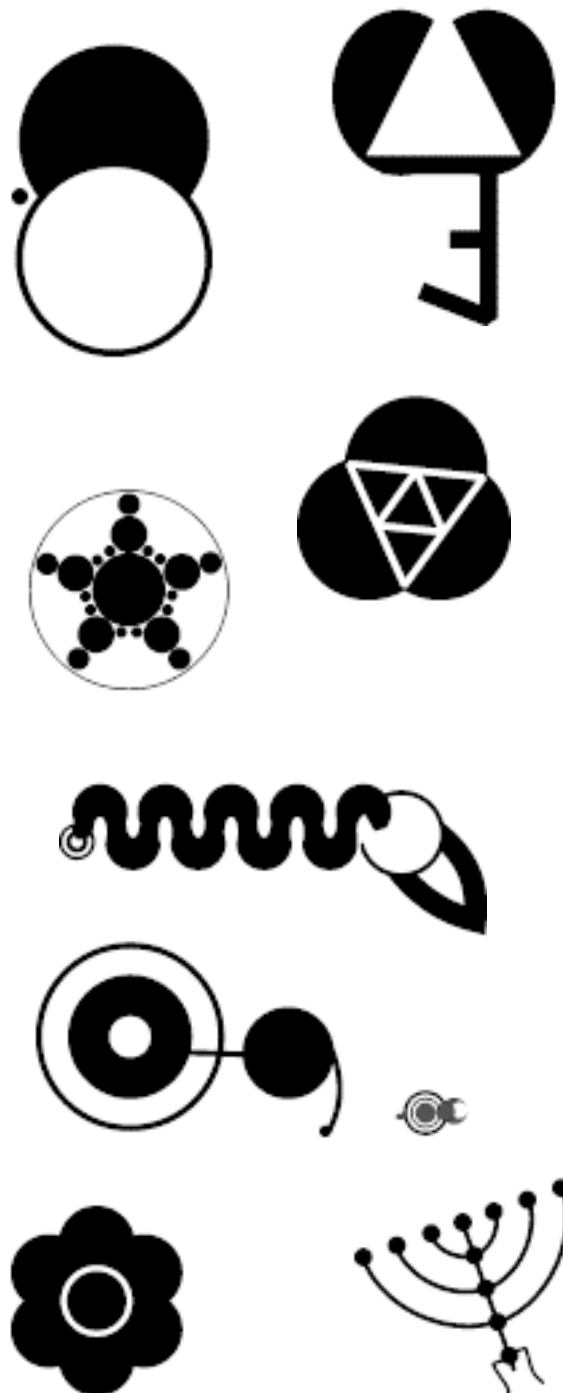
Lightworks

Circulation 400

Editor: Kemp Ward
September 2000
Issue 147

Crop Circle Shapes

Here is a look at a few of the many shapes that Crop Circles have taken.



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.

Teacher to Lead Meditations

Dee Jackson Shell, a local spiritual teacher, will lead both meditations at the September meeting.

A regular at the local meetings over recent years, she has walked the path of psychologically grounded spiritual growth for over 20 years. She has studied both Eastern and Western spiritual traditions and works to combine them in a middle path.

Supported by the palpable presence of her spirit guides, Dee brings the gift of inspired, insightful and practical guidance. She has an established counseling and teaching practice in the Raleigh area that includes astrology, tarot, Reiki, DNA Healing Techniques and much more.

She can be reached at 919-250-9948.

Miracles Day

Saturday, Sept. 23 • 10am- 5pm

Community Gathering for Triangle Area Students of *A Course in Miracles*

Rolling View Community Building • Rolling View State Recreation Area
Off Hwy. 98 near Durham

Plan now to join your sisters and brothers in *Miracles* for this special gathering, geared for those who are studying *A Course in Miracles* in the Triangle area.

Several local *Miracles* group facilitators will present experiential sessions relating to understanding and experiencing the *Course's* wisdom. There will be time after each session for questions and discussion.

At our noon meal, share some one-on-one time with other interested *Miracles* seekers, greeting old friends and making new friends. Bring a bag lunch. Suggested donation: \$15 - \$35 sliding scale

The first twenty cars arriving at the Rolling View State Recreation Area will get in free! (Mention at the gate that you are with the Janis Foundation gathering.)

There is a charge of \$4 apiece for all additional cars to enter the area, so carpool if you can, and arrive early!!

For more information, please contact:

Kris Burchett at 544-2232 or

Kemp Ward at 403-8718 or 477-4912

PRESENTED by
THE JANIS FOUNDATION FOR A COURSE IN MIRACLES

Peculiarities of Crop Circles

There are a number of observations that have been made by researchers over the years of particular characteristics that Crop Circle formations exhibit. Here's a look at some of them.

In what kind of crops do they occur?

Crop circles have been reported in many crops including barley and wheat. But, they also appear in corn, oats, oilseed rape (canola), grain, ricefields, trees, sand, and even snow.

Where do they appear? - They have appeared on every continent and been reported in over 70 countries worldwide. A large number have appeared in the former Czech Republic and the latest report is that over 2,000 have appeared in India alone.

Change to the grain - not only does the physical appearance of seem to change (it looks dehydrated), but there is change at the molecular level. Research has been conducted with samples from many seasons by the Burks-Levengood-Talbot (BLT) research team in Massachusetts. In addition, farmers have reported greater yield in the years following the appearance of formations in their fields. Tim Carson who farms *East Field* (where the "DNA" formation appeared in 1996) reported to researchers that his yield was up 30-40%.

Swirl in multiple directions - many formations have complex woven patterns of the swirled crops. Not only do the plants in the formation swirl clockwise or counterclockwise, but sometimes certain sections will swirl one

direction and layers on top are going another direction. They sometimes even have multiple layers swirled in different directions.



Woven stalks - Other times the stalks are actually woven like a piece of loose cloth on the floor of the formation. This has been observed by various researchers in the UK.

Selective swirling - Even though the edges are clearly defined, sometimes stalks from the outside edge are pulled into the formation. This doesn't

seem to be too unusual, but actually certain stalks from the middle of a grouping of plants gets pulled in. The ones closest to the formation do not. And this occurs around the entire edge of the crop circle. Very meticulous!



Equipment malfunctions - Many researchers have experienced electronic equipment failure in crop circles and magnets going haywire. This includes watches and mobile phones. No explanations for this occurrence yet.

Emit sound at 5KHz frequency - Researchers have measured a distinct emission of energy at 5KHz emanating from fresh (few days after formed) crop circles. This corresponds to reports of eye-witnesses who often claim to hear a "trilling" sound coming from the direction of the formations-in-the-make.

Formations "transform" into new patterns - There have been instances where certain formations take on an entirely different appearance as they continue to grow in the field. For example, one formation got a wavy look within the center of the circle that wasn't there originally.



Anomalous measurements - By doing a fluxgate magnetometer survey of several formations, Colin Andrews determined that the very center of these circles measured 40-50 nano Teslas. This is 10 times the radiation level of a normal field.

Aligned with natural features of the land - This isn't apparent from the ground, but aerial photographs have shown that often formations are imprinted on the earth in alignment with train lines or even darkened sections on the earth.

Sacred geometry - Researchers have discovered layers within layers of information contained in the crop circles themselves. There are sacred ratios, such as phi, that governs the growth process of all organic life.

Full page AD

SFF Spiritual Coach

By Dr. Kathi Ann Middendorf

Spiritually Based Personal and Profession Coach

Dear Spirit Coach,

Someone said that I could do automatic writing, but I don't have a clue how to begin. Can you help?

Mildred

Dear Mildred,

To tap into the level where you can “encourage” automatic writing to occur, try the following approach.

Your first task is to quiet the left brain thinking process by getting into a meditative, or alpha state. A simple approach to facilitate reaching alpha was discussed by Herbert Benson, M.D. in his 1975 groundbreaking mind/body healing book, *Relaxation Response*, that dealt with the physiological benefits of meditation.

Get into a comfortable position with a pad and pen close at hand. Be sure that you will not be startled or disturbed. With Dr. Benson’s approach, you use the word “One” as your mantra. Close your eyes and let the word “One” move through your mind as loudly, or as softly, as slowly or quickly as it will. Don’t judge it, just let it repeat—“One, One, One”. When (left brain) thoughts intrude, just bring your mind back to the word “One.” Eventually you will get to a quiet place (alpha state) and it is from here that you can do the automatic writing. The thoughts that come now are of a different quality than the left brain thoughts.

If you have a specific topic you want to explore, write it at the top of the page to use as a “seed thought”. After you have reached the alpha state, partially open your eyes so you can see the sentence and see the lines, re-read the sentence and write what comes to mind. Don’t judge anything, including the content or how automatic it may or may not feel. Write what comes, and when the flow stops, re-read the seed sentence again and write again.

This process is about your being willing to be there and accept whatever comes (or does not come) through. Think of this as a sacred moment to receive a message from your Higher Self, and honor the commitment as you would an appointment to meet with a high spiritual being or God, for indeed, that is what it is.

Dr. Kathi Ann Middendorf

(919) 363-8244 dr_kathi@msn.com

Reiki

CHOOSING A REIKI MASTER

The choice of a Reiki Master is very important. This is the person who will crack open the door to a new world of awakening experiences. Interviews with the many people in this area who teach Reiki will be well worth the time.

Good things to know include what type of Reiki is taught (Traditional Usui, Tibetan, Karuna, etc.). How long has the person been doing Reiki and what is their lineage? What is covered in class and how many hours are involved? How many attunements are given and how much time is allowed between them? Will you receive a certificate and a study manual and how complete is it? Is the study manual updated and revised with new, well-researched material?

How accessible is the Master? Does s/he return calls promptly? Does s/he take time to talk to you when you call? How will you be supported in your learning experience after class is completed? Are you provided opportunities to share Reiki with others in groups or by doing exchanges with the Master?

What kind of vibes do you get from the Master? How does the Master live life (based on faith or fear, centered around self or service to others)? Is s/he respectful of Masters of other affiliations? Listen to your own inner guidance, follow your heart and you will make the correct choice.

Remember, being a Master means having mastery over oneself.



Vickie is a Reiki Master/Teacher and offers Reiki classes and private healing sessions by appointment

Feng Shui

By **Suzanne Lewis Brown**
Feng Shui Practitioner

Purge and Prune for Blooming Chi

Just as shrubs need pruning in the fall before cold weather, so does the environment inside our homes. With cooler months ahead, we'll spend more time indoors and if the energy is low or negative, it will quickly affect us and how we think—and feel.

Clutter and dirt are the biggest enemies of good Feng Shui. This is closely followed by broken and worn-out items. All of this prevents good circulation of energy, and generally represses the positive in thought, health, cash flow and relationships.

Your best weapons are three huge garbage bags: one for things to throw away NOW and capitalize now, the second for giving to someone who needs it, and the third for things to keep that we really need/want. Now, take each room and go through it, cleaning out drawers, closets, bookcases and assigning each item to one of the bags.

In addition, most people have stacks and stacks of saved publications. When you're tired, sit down and locate the article of interest in each, clip it out and toss the rest.

Soon, you'll have a manageable box of articles to sort through at your leisure. The bulk stacks are gone and "space" is appearing everywhere. This attracts light and good vibes, which is then absorbed by you.

Next month: more ways to activate
the "good" feelings of Chi

DREAMS, INTUITION & SYMBOLISM: *Your Inner Oracle*

Kevin Todeschi
author & expert on
Edgar Cayce material.

September 23, Saturday,
9:00 a.m. to 5:00 p.m.
Wyndham Garden hotel,
4620 South Miami Blvd.
Research Triangle Park, NC.
(I-40, Exit 281.)

Pre-registration:

- Group-rate \$50/person.
- Individual \$55/\$65 door.
- Cayce Past Life Profiles
\$20/\$25 door.

Ginny: 919-383-4455.

Nancy Davison, PT, MAc, LAc

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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 September 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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