

# LIGHTWORKS

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October 2000

Issue 148

## *Spirit in Business*

*Spiritual Teacher Rebecca Nagy says that if we are to see the next Great Avatar--or the Second Coming of Christ--we need to have a reality check on how that may occur*

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.

So says Spiritual Teacher Rebecca Nagy of Charlotte who will be in Raleigh Oct. 5 to outline for us her plan for bringing Spirituality into our workplace and the world marketplace.

"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 said.

"During this time of building critical mass towards creating the next evolutionary step of Humanity, it is important to realize that, indeed, if we are to see the manifestation of the next Great Avatar, or the Second Coming of Christ, in our lifetime, we need to have a reality check on how that might occur."

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.

She will share with us her blueprint of how we may see the next World Teacher emerge out of the world of finance and business—and how we may be an integral part of the plan—"remembering that is it the planet and people who are the true measure of wealth - not profit, money and power."

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(<http://www.ncneighbors.com/1169/>)



## Rebecca Nagy

Thursday, Oct. 5

Meditation - 6:30 p.m.

Lecture - 7:15 p.m.

Workshop - Oct. 7

### 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 November: Psychic Fair 2000

The November meeting will be a very special one, featuring many of the area's top spiritual teachers, healers and practitioners in a "Psychic Fair" setting.

Each will be offering individual 15-minute "mini readings" to members for a small charge—with proceeds going to support SFF programs for the coming year. This event replaces the traditional Silent Auction that we have relied upon for many years for operating funds. The success of the Fair will go a long ways toward determining the level of service we will be able to offer in 2001.

Some of the teachers and practitioners expected to offer their services include:

- Randy Wasserstrom - Astrology
- Drew Becker - Astrology
- Jackie Gray - Myan astrology
- Larry Henson - Flower Essences
- Vickie Penninger and her Reiki Group - Reiki
- Emily McCulley - Esoteric Healing
- Debbie Prevost - Angel Healings
- Marto Arrowsmith - Energy Healing with Meridians
- Suzanne Lewis Brown - Hand Analysis
- Diana Henderson - Runes & Spiritual readings
- Cherie Lassiter - Channel/Tarot
- Josiane d'Hoop - Intuitive
- Sherry Dillard - Intuitive
- Marsha Burger - Aura Photography
- Kemp Ward - Saga Readings

## Lightworks

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## SFF Workshop

### Take Your Soul Back to Work!

*A Workshop with Rev. Rebecca Nagy*

*Saturday, Oct. 7 10am-4pm*

*Friendship Meeting Center*

*\$75/person*

Work can provide the opportunity for spiritual and personal growth. If it doesn't, we are wasting far too much of our time on it. - James Autry, Author

How can I stay creative in a hostile and competitive environment? How can I remain creative despite criticism? How can I clarify and apply my strengths to my work? How can I overcome the depression I feel about my job? How can I handle an impossible workload? How can I handle stress and fear? How can I restore my self-esteem?

The nature and meaning of work and business are undergoing a profound evolution. Two forces are helping to catalyze the momentum of this evolution - fear as a motivator and the emergence of both a more personal and widespread spirituality.

The fear is of losing our job and having to do more with less. The emergence of spirituality points to the desire that there be more to work than just survival. It's the yearning for work to be a place in which we both experience and express our deep soul and spirit. The yearning to be able to be our authentic selves, without fear of recrimination.

For Managers and employees alike, this workshop is highly experiential. We will explore spiritual ethics, creativity and risk-taking, and how developing our own, personal mission statement can lead us to facilitating the much needed changes in our life and our workplace as we rediscover our passion!

# UPCOMING PROGRAMS

- November - Psychic Fair
- December - Tera Thomas,  
*Animal Communicator*

## 2001 PROGRAMS

- January - Bernie Ashman -  
*Astrology for the Year 2001*
- February - Donna Gulick - *Channeling*
- March - Vaughn Boone -  
*Pyramids/Mayans/Space Brothers*  
Workshop - *Mysticism*
- April - TBA
- May - Su Geringer -  
*Spiritualizing Relationships :Enhancing*  
*Telepathic Rapport*
- June - Rachel Salley - *Platform Mediumship*  
Workshop
- July -No Meeting
- August - Dolores Cannon - *Nostradamus*  
Worksop - *Past Life/Future Life*
- September - TBA
- October - Carol Parish - *Walk-ins*  
Workshop - *Evolutions: human, device, ET*
- November - Ellen Spangler - *Body Symbolology*  
Workshop - *Body Symbolology*

## Innerchange

*The Resource for Personal, Spiritual and Planetary Transformation*

What our Readers are saying:

*You opened a door I never knew existed. -A.L.*

*Ads show me a lot of nice places to go browsing. -D.A.*

*What's not to like! - K.D.*

*I enjoy it all! -M.R.*

*Keeps me informed of new things going on! -A.S.*

*I'm grateful for the free spiritual magazine. -S.S.*

*Wonderful and enlightening! -J.P.*

Other things they like about Innerchange:  
diversity - local events listings - articles  
- book and music reviews - services  
available - consistent quality

For articles, events, rates & other info,  
visit: [www.innerchangemag.com](http://www.innerchangemag.com)  
or call

919/661-2282

[editor@innerchangemag.com](mailto:editor@innerchangemag.com)

Many exciting topics are proposed for  
upcoming issues! They include:

- Oct/Nov 2000 - *Ethics/Morality in Spirituality*
- Dec/Jan 2001 - *Prosperity/Abundance*
- Feb/Mar 2001 - *Personal Stories;*
- Anniversary Issue!! Apr/May 2001 -  
*Aromatherapy/Flower Essences/Essential Oils*
- Jun/Jul 2001 - *Spiritual Evolution (how people embark on a spiritual journey,etc.)*

Other upcoming topics include:

- Spiritual Empowerment for Social Change
- Children and Spiritual Principles (Ritual, how to, answering tough questions, etc.)
- Men's Issues

# Private Sessions

Rev. Nagy will be available for private sessions on Friday, Oct. 6 from 10am-5pm, and Sunday, Oct 8 from 10am - 2pm. The cost will be \$85/hr. Rebecca will work with you through a series of guided meditations, spiritual healing and spiritual counseling to help you discover - or rediscover! - your Soul work and reconnect with your passion. Sessions may be taped, so please bring a blank tape if you wish.

# NEW BOARD MEMBERS

Please join us in welcoming two new board members.

Abbie Emory will be rejoining the board in the Treasurer's position. Cecile Prince who works with Steve Kabasa will be taking the Refreshments position.

# RAINBOW JUBILEE NOV. 9- 12

The first annual *Don't Worry - Be Happy Rainbow Jubilee* featuring several spiritual teachers, including Arthur Douet, Laraaji Nandananda, Rachael Salley and Randy Wasserstrom will be held Nov. 9 - 12 in Aiken, SC.

The four-day event, to be held at the Inn of Aiken on Highway 20 South, will feature sessions on Cherokee Rock Reading, Dream Symbolology, Finding Your True Love, Aura Photography, Aroma Therapy, Massage, Creativity through art, Tarot and Astrology Symbolology and using precious stones and jewels.

For more information, please call 1-800-520-1822 or write: Aiken Rainbow Jubilee, PO Box 1428, Aiken SC 29802.

# 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

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Full page AD



# SFF Spiritual Coach

By Dr. Kathi Ann Middendorf

*Spiritually Based Personal and Profession Coach*

Dear Spirit Coach,

*I am really confused about words I am reading such as psychic, mystic, metaphysics, spiritual, religion, and occult. Are they referring to the same thing, or are they different?*

Carol

Dear Carol,

These terms are part of the vocabulary used in an area of study known variously as Ageless Wisdom, Ancient Wisdom, New Age, etc. The terms are interrelated, but have specific individual meanings.

**Mystic:** One who has contact with spiritual realms by going "within" rather than going outwardly through a teacher, guru, minister or priest.

**Metaphysics:** The literal meaning is "higher and beyond" physics. Metaphysics is the philosophical study of reality beyond the physical that accepts an underlying spiritual wholeness and connectedness to reality.

**Occult:** Originally the meaning was "the science of things hidden." In ages past the study of unseen realities without direction of the church was considered heretical, and punishable by death. This is one reason the studies were kept hidden.

**Psychic:** Apprehending information and knowledge through a means beyond use of the ordinary senses. Psychic abilities may include clairvoyance (seeing), clairaudience (hearing), clairsentience (feeling), and claircognisance (knowing) that occur within the consciousness without any external physical stimuli.

**Religion:** Belief in a power higher than oneself based on faith. Religions reflect the time and place of their creation, and are usually formulated by followers of a leader who has taught a new aspect of spiritual truth.

**Spiritual:** That which pertains to the Divine and is vibrationally beyond the physical and mental levels of reality.

Part of the interrelation of all of these terms is that they refer to the apprehension of information that comes through a means beyond the physical level of reality, and therefore, cannot be proven scientifically. In the past two hundred years science has been accepted as the only way facts are proven. One major caution in accepting science as the final arbiter of truth is that facts and truth are not the same thing. Truth is ongoing and inviolate while facts come and go with each new scientific discovery and with our increased ability to delve into the subtle levels of reality.

*Dr. Kathi Ann Middendorf*

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www.coachyourspirit.com

# Reiki

By Vickie Penninger

## REIKI FACTS

There are generally two ways your Reiki practitioner may offer to do Reiki on you. One is with her hands gently touching the physical body, the other with hands slightly above the physical body.

Most practitioners will ask which you prefer, but if you have strong feelings about a particular way then it is a good idea to make those feelings known when scheduling your session.

One method is not superior to another and it is a matter of personal choice. There may be times when it is not wise to actually touch the person as in the case of a broken bone or an open wound. The Reiki energy will be conveyed from the practitioner to the recipient approximately seven inches from the hands and will not be deterred by clothing, blankets or casts.

Your Reiki practitioner should never diagnose an illness or prescribe medication, be it herbal, over-the-counter, or prescription, unless licensed to do so. They may make suggestions to you or offer information about remedies or alternate therapies such as, "I read that Kava Kava is very calming and you might want to investigate this for yourself."

Reiki is very powerful and can possibly influence the dosage of a medication that you may already be taking. I have witnessed an insulin dependent diabetic be able to discontinue injections and maintain proper blood sugar levels by oral medication and proper diet. He attributed this to regular Reiki sessions and his ability to do Reiki on himself daily. Practitioners may experience a decreased need for medication also as the Reiki energy flows through her as well, promoting good health.

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

# Past Life Regression

By Dr. Barnsley Brown

Most people would probably agree that the past informs the present and even the future. We make decisions based on past experiences, lessons, successes, and failures.

Indeed, the past, present, and future merge as a palimpsest, an ancient parchment with layer upon layer of writing that we can scratch away and decipher as part of our soul's growth.

This palimpsest records not only our experiences in this lifetime but in other lifetimes as well. Hence our fears, talents, and abilities that usually have no rational explanation from this lifetime can be considered carry-over or vestiges from previous lifetimes.

When we access these fears, talents, and abilities through a past life regression, we become privy to the wellspring of creativity that is within us. We are able to resolve situations in our present lifetime while opening to a creative flow and awareness that brings us into alignment with our soul's highest purpose.

The past life regression thus serves as a catalyst for the lessons we need to learn as well as to live, and is a powerful tool for personal growth.

*Barnsley Brown, M.Sc., Ph.D.,  
and Reiki Master 919-967-1164.  
She offers past life regressions,  
wellness consulting, creative writing  
workshops, and Reiki classes and  
individual sessions.*

## **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**

Diplomate in Acupuncture, NCCAOM

Acupuncture      Physical Therapy

Zero Balancing    QiGong

The Water Garden - 8040C Glenwood Avenue

Nancy@Davison.org    919-387-4590

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## SFF Board

Chairperson	Dr. Kathi Ann Middendorf 363-8244 dr_kathi@msn.com
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Find us at: <http://www.ncneighbors.com/1169/>

## Our Mission

At Spiritual Frontiers Fellowship of the Triangle, 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 October 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 of the Triangle

(formerly Spiritual Frontiers Fellowship International - Raleigh Chapter)  
P.O. Box 12773  
Raleigh, NC 27605-2773

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