

LIGHTWORKS

December 2000

Issue 150

Talking to Animals

Tera Thomas says she uses telepathy to communicate with animals—and you can learn to do it, too

Telepathy is the foundation of all communication in the Universe, says Animal Communicator Tera Thomas, our December speaker.

“Whenever you say or think a word, there is an idea, a feeling, or a picture that is transmitted to others,” she says. “This unspoken language behind all language is telepathy, and it is understood by all living beings. In our unique human way, we find words to express our thoughts and feelings. Animals do not use words, but they certainly have feelings and are able to express them very emphatically through telepathy.”

Learn how animals communicate with all other species and what often prevents humans from receiving their messages. Find out how telepathic communication can help you understand an animal’s behavior, problems, needs and feelings; enhance your relationships with other species, and create more joy and harmony in your life.

Through heartwarming real life animal stories, Tera will lead you to a greater understanding of the animals in your life. You will experience a guided meditation to take you inside the body of an animal and feel through the animal senses.

Deepening your relationship with animals can enhance all the relationships in your life and develop your conscious awareness of your kinship with all living beings, Tara says.

“Telepathy,” she says, “is the language of feelings, spoken by all species in the universe. This telepathic connection can enhance your relationship with your animal companions and create a deeper understanding and kinship with all of life.”

Tera has been a professional Animal Communicator since 1996. She offers telephone consultations for animals and their people, and teaches Beginning and Advanced Workshops to humans to open their own lines of communication with animals and nature.

Lightworks newsletter is published monthly (except July) by Spiritual Frontiers Fellowship of the Triangle, P.O. Box 12773, Raleigh, NC 27605-2773. (<http://www.ncneighbors.com/1169/>)



Tera Thomas
Thursday, Dec. 7
Doors Open - 6:45 p.m.
Meeting - 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!

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*
Workshop - *Past Life/Future Life*
- September - TBA
- October - Carol Parish - *Walk-ins*
Workshop - *Evolutions: human, device, ET*
- November - Ellen Spangler - *Body Symbology*
Workshop - *Body Symbology*

Sunday Healing Service

The public is invited to a Meditation and Healing Service every Sunday from noon until 1pm with Spiritual Counselor Su Geringer. Free. Call (919) 833-5333 for more information.

Lightworks

Circulation 700

Editor: Kemp Ward
December 2000
Issue 150

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.

Miracles Party

Longtime *Course in Miracles* students Susan and Acharan Narula have scheduled a potluck dinner and party for the *Miracles* community of the Triangle area Saturday, Dec. 2 at 6 pm at their home at 107 Boulder Bluff in Chapel Hill.

Please bring your favorite dish—and a friend. For more information, call at 967-7621.

Directions: Take Jones Ferry Road exit off 54, turn away from town and go 2.5 miles, then left at Damascus Church Road and go 1.3 miles. Then, right at Meacham Road, go 300 yards and turn right at Wolf Trail. Go 0.8 miles and turn right at stop sign. The house is the first one on the left.

Coming in January: Astrological Predictions

Noted Astrologer Bernie Ashman will be with us in January to reveal the key planetary cycles set to occur in 2001.

He likes to interact with an audience so expect a lively night!

Bernie will cover the most powerful planetary cycles that people can use to express their creative talents. He will focus on the outer planets, as they tend to offer the most important future trends.

He will begin the evening by describing the cycles and their hottest months in 2001, that will prove to be either Uplifting, Flowing, Exhilarating, Frustrating, Challenging and Spiritualizing. He will then open up the discussion to questions.

Bernie speaks in plain English. In discussing the 2001 planetary cycles, he will describe the inner and outer dimensions that people may experience. He has found that individuals can vary greatly in how they might respond to the same cycle, though there are often common themes running through their experiences. Any cycle can offer it's ups and downs. Bernie will describe both.

Sometimes, he said, it's the more intense cycles that challenge us to act more passionately and even decisively. They get us to move forward.

Members may visit Bernie's website at:
www.bernieashman.com

Bernie has written three astrology books that will be on sale the evening of his talk. *RoadMap To Your Future*, has been called one of the most complete books on predictive astrology (Transits and Progressions) ever written. His new book, *SignMates*, a guide to romantic love, was released in September. The book includes a strategy section that shows how to work through issues, and finishes with the Rainbow section, showing the heights any relationship might be able to attain. The book is scheduled to be translated into Russian in 2001. His first book was *Astrological Games People Play*.

Also, Bernie has written the text for three astrology software programs. His latest, *Simpaticos*, a relationship report for couples or partnerships, written for Matrix Software, is an international best seller. He has just signed a new contract to write an interpreted Past Lives report program for Matrix.

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

or call

919/661-2282

editor@innerchangemag.com

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

- 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

Feng Shui

By Suzanne Lewis Brown
Feng Shui Practitioner

Surprise! The holidays are upon us again, and so are the many little extra stresses.

Let Martha Stewart do it all from scratch, while *you* practice some grounding to keep you balanced and give you some color to perk up your energy.

Put as much live greenery in your home and office as possible. It can be leaves and berries, evergreens or plants—as long as they're healthy. Add candles to every safe place—your desk, dining table, stove, next to the TV or next to the bed. Put matches out also, so you can light them if even for a few moments. Remember, a few positives throughout the day compound into big rewards.

If you have fake garlands or trees, use them outside if you use them at all. They look pretty from a distance, but in actuality, they don't give off any good energy.

Red, green, silver and gold should be used in abundance on doorknobs, wreaths, your car grill—and even on yourself in jewelry, beaded sweaters, ties, socks, vests and hair ornaments.

This is one of the easy times to find jingle bells in the store to string on red ribbons for your doors to the outside. Keep them there, even when the holidays are over.

Music brings back memories of past holidays, just make sure to choose something uplifting. Forget the traffic jams and long lines. Instead, concentrate on sharing something of yourself with someone else—a hug, a sincere compliment, a meal, a cheery phone call, a poem, a cartoon or a quote.

For really good chi, we suggest you be loving to yourself and others. Step away from the fast lane. It is the blessing I ask for you this season.

SFF Spiritual Coach

By Dr. Kathi Ann Middendorf
Spiritually Based Personal and Profession Coach

Dear Spirit Coach,

I don't know how I will get through the holidays. I don't have the energy now to get everything done. With all the activities coming up I feel defeated before I even start.

Sara

Dear Sara,

The first thing I am going to ask you to do is make a list of everything you are tolerating, 1) minor; 2) intermediate and 3) major items. When we have a lot of "tolerations" in our lives, they sap our energy (even if we are not conscious that it is happening).

Think about something in your home that is broken. A good example is a loose doorknob on the door you regularly use. Every time you use the doorknob, one of two reactions probably occurs. Either a sinking feeling with a thought like: "Why does everything I touch fall apart"; or a burst of angry energy accompanying the thought: "Why isn't this #@# doorknob fixed yet!" With either reaction, your energy is being jerked around.

Now think about your house, car, job, relationships, etc. and how many things you are tolerating in each. Now multiply all those tolerations by the energy that is lost every time you engage them.

A sure way of rebuilding your lost store of energy is to begin to "zap" the tolerations, one by one. Start with the small items and feel how much better life seems. Let this good feeling become your incentive for eliminating even bigger tolerations. What you will find in this process is that you have increasingly more energy at your disposal as you rid your life of things you have been tolerating. If you don't think this will work, think about how great you feel after you have cleaned out your closet!

Dr. Kathi Ann Middendorf
Personal and Professional Coach
dr_kathi@msn.com (919) 363-8244
www.coachyourspirit.com

Past Life Regression

By Dr. Barnsley Brown

Clients often want to know how you select the lifetime you will go back to in a regression. There seems to be a lot of mystery surrounding past life regressions, and many people are rather apprehensive of what they might find in a particular lifetime.

I remember being rather nervous about my own first regression a number of years ago. I was afraid that I would have to reexperience the upsets and even trauma of a former life, and wasn't sure I'd welcome that opportunity. What if I had died painfully, or what if I had hurt a lot of people? It would just be easier not to know about a difficult or unhappy past life.

Fortunately, in your regression, you may experience intense emotion—either positive or negative—but the skilled practitioner will carry you through this and into the lessons you can learn from that lifetime. Once in a while, you may experience some physical discomfort, such as cramps in your legs, but again, this discomfort passes as the practitioner guides you through the regression. Usually, the discomfort explains some physical symptoms you are experiencing in your current life.

The major points here is that you may feel the residue of emotional or physical pain from that lifetime, but you will *not* reexperience it with the force and intensity it had originally. Furthermore, you will be aware of everything happening during your regression—*You* will choose which lifetime to return to as the practitioner creates a safe, relaxing space for you to let go of fear and benefit from the helpful lessons accessed through your regression.

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

Reiki

By Vickie Penninger

Often, people speak of how relaxing and stress reducing a Reiki session can be. While this is very true, recipients can also experience what is called a “healing crisis.”

Reiki affects healing at all levels—spiritually, mentally, emotionally, and physically. Negativity, deeply ingrained toxins, present and past life trauma and fears can be released after either an attunement or a Reiki session.

Recipients can become physically ill, experiencing vomiting and diarrhea or flu like symptoms. They may be emotionally labile or irritable. The rate of cleansing and purification at all levels is intensified.

This is actually very beneficial to the recipient even though it certainly does not feel like it at the time. Usually, the best way to assist a person through a crisis is with counseling and with more Reiki to expedite the removal of these toxins.

It is a good idea to drink plenty of water, which will also facilitate removal of toxins.

A warm bath with Epsom Salt or with two cups of baking soda and two cups of sea salt added to the water will also draw impurities from the body.

The Reiki practitioner should always be available to help the recipient during a healing crisis.

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

靈氣

SFF Board

Chairperson	Dr. Kathi Ann Middendorf 363-8244 dr_kathi@msn.com
Secretary	
Treasurer	Abbie Emory 872-4409 amemory@aol.com
Programs	Maryphyllis Horn 919-542-0260
Healing & Meditations	Diana Henderson 552-0524 pulsar_star55@yahoo.com
Refreshments	Cecile Prince Princecm1@ail.com 481-1501
Fundraising & Public Relations	Suzanne L. Brown 781-8181 slewisbrown@earthlink.net
Newsletter Editor	Kemp Ward 403-8718 kemp.ward@mindspring.com
Audio Services	Annie Blair 872-4409 annie@teahousemail.zzn.com
Mailing List	Kim Kasdorf 833-4188 kasdorfj@ix.netcom.com

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 December 7.

*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

Address Correction Requested

Dated Material

Non-Profit Organization
U.S. POSTAGE
PAID
Raleigh, NC
Permit No. 1723