

LIGHTWORKS

May 2001

Issue 155

Spiritualizing Relationships: Enhancing Telepathic Rapport

At our May meeting, come prepared to experience altered states and be guided toward telepathic communication.

Most communication is telepathic in the wild—aided by sound and movement. Humans, however, are one of the only species that has learned to tune out these senses. It is this lack of awareness that separates us from nature, from higher functions and from God.

Su Geringer, PhD, CCBT, is a spiritual counselor and trance channel with extraordinary gifts. Her talents have been experienced on TV, radio and in the fine arts “with the purpose,” as she says, “of shifting mass consciousness to a new realm.”

At the May meeting, Su will guide us through direct experiences toward closer alignment with higher states which refine telepathic rapport with others. Both singles and couples are encouraged to participate.

After the presentation, she will schedule private sessions for trance work and soul readings. Psychic training tapes and books on Tibetan Buddhism will be available. For more information, see www.angelfire.com/nc/sugeringer or call 919-833-5333.

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



Su Geringer
Thursday, May 3
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!

Upcoming Programs

- May - Su Geringer - *Spiritualizing Relationships: Enhancing Telepathic Rapport*
- June - Rachel Salley - *Platform Mediumship Workshop - TBA*
- July - No Meeting
- August - Dolores Cannon - *Nostradamus Workshop - Past Life/Future Life*
- September - Cherie Lassiter - *Magic, Myth and the Celtic Tradition*
- October - Carol Parish - *Walk-ins Workshop - Evolutions: Human, Devic, ET*
- November - Ellen Spangler - *Body Symbolology Workshop - Body Symbolology*

SFF Board Position Open

The SFF Board of Directors seeks a Fundraising and Public Relations chairperson to organize the yearly fundraising event and provide publicity for programs. Because our speakers appeal to a variety of audiences, we would like to find someone who knows how to target announcements to specific groups. This board member also takes responsibility for copying and distributing program flyers each month.

Board members may attend all programs and workshops for free. They are required to attend board meetings on the 4th Monday of each month.

If you are interested, please contact Kathi Middendorf at 363-8244 or any board member. We are in a very positive growth mode and would welcome volunteers who are dedicated to enhancing the consciousness of the community through supporting the work of SFF.

Lightworks

Circulation 700

Editor: Diana Henderson
May Issue 155

Lightworks Goes Electronic, SFF Mails Flyers Only

The June issue of Lightworks will be the last full edition to be mailed. Instead, the Raleigh Chapter of SFFI will begin mailing one-page flyers as reminders of the monthly meetings. Lightworks will be available online at the chapter's new website (TBA in the June issue). Those online will be able to access the entire newsletter while snail mail will offer meeting updates only.

Thank You, HAHT Commerce

HAHT Commerce, Inc. graciously provided the use of an In Focus computer projection unit for our April 5 program free of charge. SFF would like to offer our gratitude for this generous gesture. Thanks also to SFF Treasurer Abbie Emory, an employee of HAHT, for arranging this.

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.

Coming in June:

Platform Medium Rachael Salley

A native of England, Rachael Salley is an international medium with a tremendous reputation and a large following. Her gifts of clairvoyance, clairaudience, clairsentience 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 clearest mediums I've ever encountered," said Board Member Diana Henderson. "Watching her demonstrate this talent before an audience is amazing. The information coming through from the other side may be directed to particular audience members, but it touches everyone who shares in the experience. The energy is palpable and the messages clear."

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."

Psychosynthesis ~

A Personal & Spiritual Growth Workshop

Saturday, May 12 from 10-4 in Chapel Hill with Judith Tashner, MSW, LCSW ~ Participants will explore a deeper awareness of the unique psychological and spiritual journey and what the next steps on the journey might be. We will experience techniques to strengthen the authentic self, identify and transform limiting personality patterns and connect more clearly with our Higher Self and sense of life purpose. Registration is \$60. To register or receive a flyer, call Judith at 919-968-3224.

Judith has been practicing and teaching Psychosynthesis for 20 years. She offers individual Psychosynthesis sessions in her private practice in Chapel Hill. Personal and spiritual growth workshops and groups are available upon request. Call if you would like to be placed on the mailing list.

Innerchange

Planning an event or workshop for the Spring? Offering a special promotion on your goods or services? Starting a new business?

Let Your Targeted Market Know!

Advertise in Innerchange!

The leading resource for personal, spiritual, & planetary transformation!

Upcoming Issues:

- June/July 2001 - *Spiritual Evolution*
- Aug/Sept 2001 *Men's Issues*
- Oct/Nov 2001 - *Telemetry/Psychokinesis/Stone Energy*
- Dec/Jan 2002 - *Spiritual Empowerment for Social Change*

Ad Deadlines:

<u>Issue</u>	<u>Deadline</u>
June/July	May 5
Aug/Sept	July 5
Oct/Nov	September 5
Dec/Jan 2002	November 1

Call Now to Reserve Your Ad Space!

Innerchange Pub. Co.
919/661-2282 Phone
919/779-9136 Fax
888/272-3813 Toll Free
editor@innerchangemag.com
www.InnerchangeMag.com

Sunday Healing Service

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

Shamanism

By Maryphyllis Horn

People often ask about the difference between core shamanism and the style practiced by various world tribes such as Native American or Peruvian natives. In a nutshell: religion and customs.

Each tribe around the world has its own customs, traditions, music, ceremonies and religion. These are intertwined and indelibly meshed with the shaman's healing practices. The shaman of each tribe travels into spiritual dimensions to find healing tools and insights, retrieve lost soul parts, find past and future information, obtain spiritual guidance, escort the deceased to the Light and more. To help the shaman go into trance, one tribe may use singing, another drumming, another clicking sticks, didgeridoo, singing bowl, rattles or dancing. Despite the differing appearances and means, they all get to the same healing place for their people.

This is the crux of "core shamanism," as distilled by anthropologist Michael Harner. Core shamanism is not a religion and is not connected to any specific world culture. In that way it is like music. Music is not a religion; yet it is used in all religions and non-religions worldwide. Core shamanism, like music, is so malleable that it easily adapts to any religion, ethic or focus you choose to pair it with. If you are comfortable with Peruvian shamanism, then that's for you. If you are comfortable with Christianity, Wicca or another world religion, each of these melds easily with core shamanism.

Core shamanism is not a spiritual practice. Rather it is a tool for gleaning insight, guidance and healing. Inner journeying, shamanically, does not take the place of your spiritual practice. Prayer, meditation and applying spiritual ideals in life need to be practiced in conjunction with it.

Mary Phyllis Horn,
Shamanic Practitioner, CMHt, CTFT
(919) 542-0260 soulshaman@aol.com

Past Life Regression

By Dr. Barnsley Brown

Since my last column, several clients have asked how one can know that one has energy attachments, those negative thought forms that have attached to us and settled in our bodies. My experience is that most people have two to four such attachments unless they have undergone an effective cleansing process for them. Keep in mind that these thought forms can extend back to childhood and even the womb; so it seems understandable that we would accumulate several of them during a normal lifetime.

The quantity of energy attachments is not as important as the effects that they are having on our lives, namely on our spiritual, physical and mental health. Since these attachments generally come to us during challenging periods, they can usually be expressed linguistically as error thoughts we hold about ourselves such as "I'm ugly" or "I'm unlovable." Once we make it through the traumatic period, we consciously reject such thoughts; yet, they still linger within the subconscious and are harbored in the body.

These energetic leeches can be sensed as a rather vague feeling that something is just not right. We can also see their negative effects reflected in our lives. For example, if an energy attachment has to do with the idea that you are unworthy of being prosperous, one might make an excellent salary but still experience a sense of lack in one's life.

To determine the number of attachments a client has and when they originated, I use kinesiology (i.e. muscle-testing) and dowsing. However, you may see evidence of energy attachments in any areas of your life that are not working well and feel them in your body as "stuck" energy or restlessness. Sometimes, a client is entirely unaware of an attachment until our sessions. It is, therefore, always a good idea to seek professional help to ascertain if you have energy attachments that are holding you back from living the fulfilling life you envision for yourself.

Barnsley Brown, M.Sc., Ph.D., and
Reiki Master, can be reached at
Spiritied Solutions, 919-967-1164.

Reiki

By Vickie Penninger

Color produces various psychological and physical effects on humans, and its use can easily be incorporated into a Reiki session. Color is produced by the variation in the wavelengths of light. For example, a white ray of light is broken into the seven colors of the spectrum by a prism. This creates different wavelengths or frequencies of light which manifest as colors.

Color can be used to alter the energy pattern or have an effect on our wellbeing. The color red is exciting and intense while blue is very soothing and calming. The warmer colors of red, orange and yellow are of a lower frequency or vibration while the cooler colors of blue, indigo and violet are of a higher vibration. Because our physical and mental bodies are influenced by these vibrations, color can be an important healing tool.

Each of our chakras or energy centers has a color associated with it and is therefore influenced by the corresponding color. Red corresponds to the base or root chakra, orange to the sacral chakra, yellow to the solar plexus chakra, green to the heart chakra, blue to the throat chakra, indigo to the brow or third eye chakra and violet to the crown chakra. By placing colored scarves or pieces of fabric from the piecegoods store over a chakra which is blocked or out of balance, the frequency of the color is absorbed by that chakra and clearing occurs or balance is restored.



Various stones of the same color as the chakras can also be used, but this requires more extensive knowledge since color is not the only consideration involved in choosing the correct stone. Try placing colored glass decanters filled with purified water into the sun for a couple of hours. The water will absorb the vibration of the color. Add crystals or appropriate stones for additional impact. Serve sparingly as appropriate as this can be very powerful especially to sensitive or weakened individuals. Use your inner guidance to determine whether to use the solarized elixir before or after a Reiki or energy session.

Vickie Penninger is a Reiki Master and Healing Touch practitioner offering classes and private sessions by appointment (828-0876).

Hypnotherapy

By Cecile M. Prince, CHT, CRM

Hypnotherapy is a process using hypnosis to affect one's behavior. Hypnotherapy is derived from the Greek word "hypnos" meaning sleep and the Latin word "therapeau," which means God's work. Thus, came the meaning of hypnotherapy as "God's work through a sleep-like state."

Hypnosis is an altered state of relaxation between sleep and wakefulness. Selfhypnosis is reached most often when a person is daydreaming, watching TV or driving on a highway (viewing repetitive lines).

Some frequently asked questions and misconceptions about hypnosis are as follows:

Q: What can be treated by hypnotherapy?

A: Problems such as overeating, smoking, stress, pain, insomnia and much more. Also, hypnosis can be used to enhance the learning process or depress early life memories.

Q: Can anyone be hypnotized?

A: Yes, provided one has normal physiological and psychological functioning and the ability to concentrate and relax.

Q: Can people be made to do things under hypnosis that are illegal or immoral?

A: No, one cannot be convinced to do anything against one's will. The desire and the will must be present for hypnosis to work.

Q: What will happen when I get to the hypnotherapist's office?

A: The hypnotherapist will talk to you and ask a few questions pertaining to your visit. The two of you will discuss a goal to be set and the process needed to acquire that goal. The therapist will then hypnotize you and give you suggestions to accomplish your goal.

Q: Can a person's memory be erased?

A: No. It can merely be altered to forget if that is the client's desire. Hypnotherapy will not harm you physically or mentally in any way.

Cecile M. Prince, Certified HypnoTherapist and Reiki Master email: Princcm1@aol.com
919-463-0464 (Office) • 919-481-1501 (Home)

SFF Board

Chairperson	363-8244	Dr. Kathi Ann Middendorf dr_kathi@msn.com
Secretary	859-0067	Alice Hough redearth@mindspring.com
Treasurer	872-4409	Abbie Emory amemory@aol.com
Programs	919-542-0260	Maryphyllis Horn soulshaman@aol.com
Healing & Meditations	552-0524	Diana Henderson pulsar_star55@yahoo.com
Refreshments	481-1501	Cecile Prince Princecm1@aol.com
Fundraising & Public Relations		
Newsletter Editor	552-0524	Diana Henderson pulsar_star55@yahoo.com
Audio Services	872-1104	Cindy Bowling bowling@intrex.net
Mailing List	833-4188	Kim Kasdorf kasdorffj@ix.netcom.com

Find us at: <http://www.ncneighbors.com/1169/>

Our Mission

At the Raleigh Chapter of Spiritual Frontiers Fellowship International, 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)

**Ad deadline for the next issue is
May 1. (Articles due by April 26.)**

*Send your camera-ready ad or
announcement to **Lightworks**,
2305 Valhalla Court,
Willow Spring NC 27592 or email to:
pulsar_star55@yahoo.com*

*Send your payment for ad to **SFF, P.O. Box
12773, Raleigh, NC 27605-2773.***

Spiritual Frontiers Fellowship International

Raleigh Area Chapter
P.O. Box 12773
Raleigh, NC 27605-2773

Return Service Requested

Dated Material

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