

# LIGHTWORKS

June 2001

Issue 156

## Shamanistic Creative Writing

*"Using your stories to guide you, learn your own secrets, unveil your past lives and live your future. You have a chance to shape past, present and future." Learn how at the June 7 meeting.*

Have you ever had a lucid dream—the kind where you know you're awake while you're dreaming? Well, what shamans do, says Mongolian lineage Shaman Jade Wah'oo Grigori, is just the opposite. Shamans bring the dream into waking.

That's what Colleen Rae will teach in her "Shamanistic Creative Writing" talk. "I'll show you the power that's yours when you use this shaman's tool," she says.

For over a dozen years, Rae has facilitated people's journeys through the tools of creative writing. One amazon.com reviewer of her popular book, *Movies in the Mind*, wrote, "Look through Colleen Mariah Rae's eyes as you devour this book, and you'll see your creative world in a whole new light!" That's her goal for this talk.

She'll show how we can tap our inner source of wisdom through a special form of writing that, she says, requires no talent at all! "And, yet, by using your stories to guide you, you learn your own secrets, unveil your past lives and live your future. You have a chance to shape all those—past, present, future—as experiments in parapsychology show. This is a method for taking control of your life once and for all."

*(continued on page 2)*



**Colleen Rae**

**Thursday, June 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!

*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/>)*

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Issue 156

# Whole Life Center Director Leads June Meditations

We are fortunate to have Becky Cook lead the meditations at the upcoming meeting. Those who attend the early session at 6:30 p.m. in the Old Sanctuary will take part in a special meditation involving movement and dance. Becky will also lead us in a guided meditation involving breathwork at the 7:15 meeting.

A practitioner of energy healing and sacred massage in Raleigh, Cary and Durham, Becky facilitates monthly dances of Spirit called Full Moon WomanDance. She is also founder and director of The Whole Life Center, a community of healing arts practitioners in Raleigh.

## 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  
June Issue 156

# Shamanistic Creative Writing

(continued from front page)

She stresses that it's going to be fun above all. "As one workshop participant once told me, she'd had the most fun she's had out bed. Maybe that's because it brings the joy of that realm into our day-to-day lives."

A precognitive dream "led" Rae to "Shamanistic Creative Writing." She promises to talk about that experience on June 7th as well as tell of her new book *Tales of a Reluctant Psychic: A Journal of My Summer School at the Rhine*. Rae, who is herself an empath and psychic, has for over two years co-facilitated the Rhine Research Center and Institute for Parapsychology Studies' Paranormal Experiences Group. On a volunteer basis, she's also coordinated education programs for the Rhine. Recently, Rae joined the Rhine staff as their public information officer, coordinator of special programs and museum coordinator. She will continue to co-facilitate the Paranormal Experiences Group and will be adding a weekly "quest group" for those who just want to drop by to talk about psychic subjects. As she says in the introduction to her book, the "un-hiding" of other's psychic ability has long been a passion.

"Back in the 70s, I used to sit back-to-back with friends, and while I'd look at a page from a Norman Rockwell art book, the other person would try to receive the image psychically. I never met anyone who couldn't do this."

As well as talking about "Shamanistic Creative Writing" (and "getting everyone doing it"), Rae plans to leave time at the end for any questions about the Rhine, parapsychology and what is definitively known about psychic functioning. For more information, Rae can be reached at 919-928-8987 or colleenrae@mindspring.com.

## Upcoming Events

- July - **NO MEETING**
- August - Dolores Cannon - *Nostradamus*  
Workshop - *Past Life/Future Life*
- September - Cherie Lassiter -  
*Magic, Myth and the Celtic Tradition*
- September 8 - **Psychic Fair Fundraiser**
- October - Carol Parish - *Walk-ins*  
Workshop - *Evolutions: Human, Devic, ET*
- November - Ellen Spangler - *Body Symbolology*  
Workshop - *Body Symbolology*

# Coming in August:

## *Nostradamus and the Millennium with Dolores Cannon*

Now that the millennium is here, the prophecies of Nostradamus are being fulfilled at an alarming rate. The future is upon us and unfolding before our eyes.

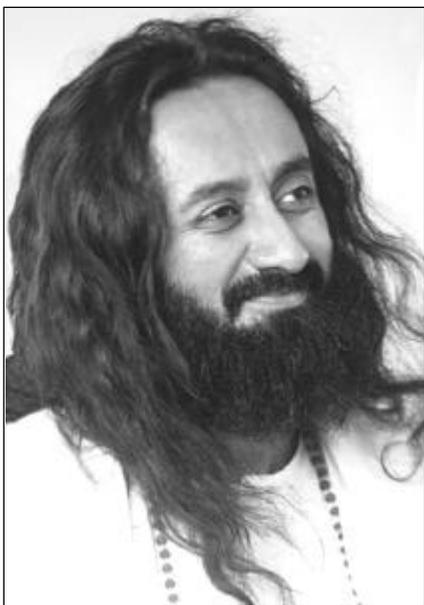
Dolores Cannon will describe how contact with the living Nostradamus was made and how this resulted in her three-volume set, *Conversations with Nostradamus*, the translation of all his known prophecies (quatrains) interpreted for the first time.

She will talk about Nostradamus' predictions that have come true since her books were first published in 1989, including new computer technology and experimental weaponry projects. She will discuss possible predictions for the next 20 years and how the worst-case scenarios can be avoided and offer information about the Third Anti-Christ; possible Third World War; which areas will survive a possible Earth shift; the Great Genius that comes after the Anti-Christ; and the role of ETs in the future thousand years of peace.

Dolores Cannon is a past-life regressionist and hypnotherapist who specializes in the recovery and cataloging of "Lost Knowledge." This internationally renowned expert on the prophecies of Nostradamus has toured much of the globe to discuss her particular brand of psychic research and was the first foreigner to receive the Orpheus Award in Bulgaria for the highest advancement in the research of psychic phenomenon. Dolores has appeared on numerous specials on the BBC, CBS, NBC, FOX, ABC, the Sci-Fi Channel and A&E television networks among others and has done over 1000 radio talk shows. Don't miss this opportunity to hear an extraordinary speaker.

## Transmission Meditation Service

Transmission Meditation of Universal Light. Join the Ascended Masters in a world service. Sundays, noon to 1 p.m. Free. Su Geringer: (919) 833-5333.



*The Art of Living Foundation Presents...*

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*An Evening With*

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BTI Center for the Performing Arts,  
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Meymandi Hall is part of the Memorial Auditorium complex, downtown on Salisbury Street. Tickets are \$15, available in advance at [www.ticketmaster.com](http://www.ticketmaster.com).

**ALSO**—There will be an Art of Living Introductory Course June 6—11. For more information visit [www.artoflivingnc.org](http://www.artoflivingnc.org) or call 785-2200 or 677-9447.

# SFF Spiritual Coach

**By Dr. Kathi Ann Middendorf**

*Spiritually Based Personal and Professional Coach*

Dear Friends,

Last week I received word that my 55-year-old sister Dolly was found dead in her home. My brother had told me that he was taking her for a biopsy since some suspicious shadows had been seen around her bronchioles and liver. He also mentioned that her voice sounded very hoarse, much like my father's had been before he died of lung cancer.

I called Dolly a few days before the biopsy was scheduled. She did not answer the phone; so I left a message saying "...focus on the most positive outcome" and "I love you." When I spoke with my mother later, she said Dolly mentioned that I had called, but she didn't pick up the phone because she was having so much difficulty talking.

She evidently died about 4 days after the biopsy never having received the results. Cause of death is unknown and, although the autopsy showed that she had liver cancer, it was not the cause of death.

Why am I telling you this?

I told a long-time dear friend recently that I loved her. I explained that I was doing so partially because of an interview I had seen with Maria Shriver in which she said that we should never miss an opportunity to tell the people we care for that we love them. She had learned that all too often lives are cut short with no warning.

So I will say the same thing to you. Please tell the people you care about that you love them.

I don't know why I was led to leave this message for my sister. She and I did not have the kind of relationship that included exchanging statements of love for each other. But some stirring or intuition led me to say the words to her at that moment....and I honored that intuition.

I am so grateful that the last words she ever heard from me were..."I love you."

*Dr. Kathi Ann Middendorf*

(919) 363-8244

dr\_kathi@msn.com

# Energy Attachments

**By Dr. Barnsley Brown**

In the cleansing work I do in my practice, it is sometimes necessary to distinguish between different types of energetic "leeches." The most common of these is what I call the energy attachment, a negative thought form that has taken root in the body in direct response to a traumatic event or period.

As discussed in two previous columns, most people accumulate two to four of these attachments during the trials and tribulations of a normal lifetime. A less common but still prevalent type of energetic leech is the entity or walk-in spirit. Entities are usually the spirits of individuals who committed suicide or suffered another type of tragedy and are caught between worlds—between heaven and earth so to speak.

Entities usually have some form of addiction—to sex, drugs, gambling, violence, etc.—and therefore search for a host (i.e. a human being) who will engage in those activities. Individuals who maintain a strong spiritual practice focused on love and light are rarely susceptible to entities. However, those who use drugs, engage in casual sex, drink excessive amounts of alcohol and/or abuse their bodies in some other way are very susceptible to entities. In effect, entities flock to these types of people and attach themselves, driving their "hosts" to more self-destructive behavior.

What should you do if you suspect you have an entity or entities? First, contact a professional who has extensive experience in clearing people of entities and make an appointment. Next, if you suffer from an addiction, commit to joining a treatment program such as Alcoholics Anonymous, Overeaters Anonymous or any of the host of twelve-step programs available to you at no cost. (You can find the telephone number for the appropriate program in your phone book or ask for it from your local mental health center.) Lastly, know that you are a beloved child of the Divine, and you have a purpose to fulfill on this planet. Releasing these entities and entering an appropriate recovery program will help you find that purpose and make it happen!

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

# Reiki

By Vickie Penninger

Dr. Mikao Usui learned many lessons about humanity in his early days of treating the residents of the Beggar's Quarter of Kyoto, Japan. From his experience, he developed what is known as the five Reiki Principles or Precepts. These are basic concepts that are not founded on any dogma or religion. They are simple rules of living that open the heart and allow healing.

The first of these principles is "Just for Today, I Will Let Go of Anger." Anger is an emotion, a feeling that we experience when things don't go like we expect, people do things we don't agree with and when we are hurt by our own or another's actions. Because we are human, we all feel anger. Sometimes we express it in appropriate ways and sometimes we don't. Many times we can look back on a situation and realize why we and the other party were drawn together to experience whatever it was that caused the anger. Every experience is a mirror of something going on within us. By acknowledging the source of the anger within oneself, spiritual consciousness can be raised to a higher understanding. Usui was not advocating denying or suppressing anger but rather acknowledging it, facing it, feeling it and then letting go of it.



In his book, *Facing The Fire: Experiencing and Expressing Anger Appropriately*, John Lee writes, "But anger can be dealt with successfully only when the mind and the body, which are more interdependent than we know, are in a balanced relationship. This balanced relationship means that both assert their rightful claims: the body to feeling and expressing feeling, and the mind to interpreting and evaluating." Once we have done this, our reward is spiritual growth and insight.

*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

Primary Directives of the Unconscious Mind - Part One

Hypnosis dates back to ancient religious practices, such as sleep temples in Egypt, where suggestions in the form of affirmations were repeated through the night, and ancient rituals like fire walking and body piercing.

The unconscious mind's domain is vast and yet integral. Its function is primarily involuntary and automatic with certain directives it performs. These directives include:

1. Store and Organize Memories: All unconscious and subconscious information is formulated from memories. Individuals store each experience they have through the conscious mind's filters, which include generalization, deletion and distortion.
2. Store and Operate Emotions: Emotions are generally created from significant experiences which are then stored metaphorically as memories unconsciously. Emotions are attached to memories causing behavior. Hypnotherapy can help benefit in changing the unconscious emotions and making these memories available in the waking state.
3. Operate and Preserve the Physical Body: This is done by the unconscious mind with thought, which neurologists refer to as the gray matter in the brain. What people say to themselves and hear in their environment directly affects the body. Hypnosis is often referred to as the bridge between the body and mind and is used to assist the unconscious mind in the operation and preservation of the physical body.

Continued next month with part two.

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919-463-0464 (Office) • 919-481-1501 (Home)

# Energy Cycles

By Dee Jackson Shell

As we approach the Summer Solstice, it seems fitting to reflect on our continuing spiritual quest. On the longest day of the year, we are filled with the desire to share our spirituality in a communal way. As we feel ourselves drawn further into the outer world, our challenge is to remain focused on the goals we set during the more inward months of winter. We are asked to balance the pull of outer concerns with attention to our inner life.

The attractions and the demands of this season are so compelling, it is important to pay attention to both the inner and outer life. Although our outer demands are different from those of our agrarian forbearers, like them, we must put energy into the outer world so that it can sustain us.

As the wheel of the year of turns, we recognize growth and change coming to early fruition. The Spring festivals celebrated the fertility of the earth and now we see the early harvest. For many cultures this time of the year is one of festivals for the first crop and the maturing of the newborn livestock. The major harvest will come at the end of Summer, but now we are grateful for the early crop with the promise of more to follow.

As we enter this time of the year, it is a time for inner reflection and outer work. We are firmly in a new year and a new millennium. We must put our dreams into concrete actions and reap our own early harvest of spirituality. I am always excited by the possibilities opening before me as summer beckons me to work, to play and to dream. I hope that each of you will take time out to do the same with hope and optimism.

*Dee Jackson Shell 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. Email dee\_jackson\_2000@yahoo.com*

# DNA Activation

By Diana Henderson

Of all the work I do, people ask most often for an explanation of DNA Healing Techniques. These include two DNA Activations, DNA Reading and DNA Healing. Activation is always the first step. It allows us to access our own DNA—that Divine spark within—to bring about self-healing and self-mastery and hasten the journey into higher consciousness.

Human DNA currently consists of two strands, known as a double helix. DNA Activation involves bringing in 10 more latent or “virtual” strands (five pairs) of DNA and stacking them on top of the original double helix. Activating these strands of Communication, Perfection, E-motion, Creativity and Immortality enables our DNA Intelligence to connect with the Divine and manifest our truest desires.

The process is performed energetically beginning in the Great Central Cell within the pineal gland, where the 12-stranded DNA is awakened later to replicate throughout the body. The activation is achieved only in theta brainwave state (deepest meditation) and with permission of the client, his/her Higher Self and the Divine. The practitioner “connects” with the consciousness of the client and generally “sees” (clairvoyantly) or senses what is taking place. The practitioner facilitates the process, which truly occurs between the client and the Divine.

Once activated, our DNA responds to our commands opening a doorway to endless possibilities for growth and achievement. By using simple meditation exercises, most people are able to achieve theta state to access and command their DNA after activation. Thousands of people have found the experience life-altering. Just a few of the reported effects include improved health and vitality, greater connection to and communication with the Divine, deeper understanding of self and others, ability to co-create and manifest.

Since the activations provide a powerful tool for self-healing, many people do not need the additional techniques of DNA Reading and Healing, which will be discussed in a later column; these are generally performed on people who have chronic or acute conditions, either physical or emotional, and/or wish further assistance beyond the DNA Activations.

*Diana Henderson, Reiki Master, certified in DNA Activation and Therapeutic Breathwork  
919-552-0524 email: pulsar\_star55@yahoo.com*

# The Rhine Research Center ~ Exploring ESP Through Science

The Rhine Research Center is a parapsychology laboratory which was originally founded in the psychology department at Duke University. Located in Durham across from Duke University, the Center is now a separate non-profit research facility and continues to be dedicated to the understanding of psychic phenomena and to the exploration of the unusual types of experiences that suggest capabilities as yet unrecognized in the domain of human potential. Research at the Rhine laboratories has progressed from efforts to prove that psychic abilities exist to achieving a better understanding of the fundamental processes that underlie these abilities.

In order to further our understanding of these important areas of human potential, the Rhine focuses on two primary areas of research: Extrasensory Perception (ESP) and Psychokinesis (PK, or the direct action of mind on matter). One of the current topics under investigation at the Rhine is the possibility of a genetic link in psychic ability. Does ESP run in families? Researchers are actively looking for biologically linked pairs—parent/child or siblings—to take part in an ESP study designed to explore this topic. This research is being headed by Dr. Kathy Dalton and interested parties should contact her at the Rhine Center for further information.

Researchers are also interested in furthering our understanding of the intuitive process in younger children between the ages of 5 and 10. Drawing on a wealth of reports by parents and teachers on the apparent ability of children to produce information that they could not have obtained through our known five senses, the Rhine Center is currently conducting a study exploring intuition in children. Interested parents should contact Bob Bourgeois at the Rhine Center for more information.

Another exciting area of study is the connection between creativity and ESP, and the Center is looking for musicians, artists and actors to volunteer for this research. Research by other laboratories world wide has indicated that creative people do very well in ESP research, and the Rhine is working to understand what makes this population so unique in its response.

If you are interested in finding out about other research at the Rhine Research Center or would like to learn more about one of the above studies or about getting a tour, please contact: Rhine Research Center, 402 North Buchanan Blvd., Durham, NC 27701-1728. Telephone: (919) 688-8241.

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## Lightworks Goes Electronic

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.

## 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
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Find us now at: <http://www.ncneighbors.com/1169/>  
Soon to be online at: <http://www.spiritual-frontiers.com/>

## 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.

## Lightworks Information

After this issue, the regular mail version of *Lightworks* will be a simple flyer with no ads. The full version with articles will be available on the internet. The Raleigh SFFI Chapter has not yet established an advertising policy for the internet site, but this information will be included online when the site is ready.

The URL is [www.spiritual-frontiers.com](http://www.spiritual-frontiers.com). The site will be up and running in a few weeks. Article submissions for the online August issue should be emailed to Kim Kasdorf at <kasdorfj@ix.netcom.com>. Diana Henderson will continue to create the flyer.

## No July Meeting!

**Reminder: There is no July meeting. We look forward to seeing you at the talk by Dolores Cannon on August 2.**

### Spiritual Frontiers Fellowship International

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