

Spiritual Frontiers Fellowship International - Raleigh Chapter
presents

BODY SYMBOLOGY

Come learn about this wonderful tool to help you interpret messages your body is sending to you about your life

From a spiritual point of view there are many reasons why we get sick or injured. The concept of Body Symbology may help us understand those reasons, but that is not its purpose. All aspects of who we are, including our bodies, try to help us live our lives more fully, accomplish the learning we intend for this life, and help us through difficult times. Body Symbology is a wonderful tool to help interpret messages our bodies send to us about our lives.

If you are good at metaphors you will learn this system quickly. "He's a pain in the neck!" is a familiar expression, but unfortunately he isn't the one with the pain in the neck! It could be *you* who carries the neck pain when he acts that way. So what is your body trying to tell you? It's not about changing him (we can't do that anyway). Your body is trying to help you see that the way you respond to him leaves you in pain (first emotional pain, then physical pain) and you can change that.

During the Thursday evening program we will explore more metaphors about neck pain. We will talk about how to form the questions you must ask yourself in order to change your response into something that works better for you. Then you can get rid of the neck pain! We'll also explore other areas of the body and some diseases as time allows. The goal is for each of you to improve your skills at seeing the metaphors and finding the questions you need to ask yourself.

At 67, Ellen Spangler leads a many-faceted life - as teacher, lecturer, facilitator, counselor, mediator, carpenter, electrician and dreamer. She believes that there is a 'good purpose' for all that happens in our lives. Body Symbology is one of those bodies of information that gives us clues about the 'good purpose' of problems with our bodies. It helps us see what parts of our lives we need to change in order to live more fully. Much of the focus of her work is learning to be more compassionate with ourselves and with each other.

Currently Ellen is living a dream she has had since the 60's - building an earth-sheltered home and living in balance with Mother Earth. She and her partner, Mary Alice, do most of the work themselves, including organic gardening, developing a rainwater collection system and using composting toilets. She is always interested in sharing ideas with those with common interests. Her Body Symbology workshops include group interaction and sharing experiences.



Ellen Spangler
Thursday, Nov. 1
Doors Open - 6:45 p.m.
Meeting - 7:15 p.m.

Workshop:

Saturday, Nov. 3, 2001, 9:30 - 4:30
Friends Meeting House
635 Tower Street, Raleigh, NC
Cost: \$65 (\$55 if paid by Nov. 1)

In this workshop we will explore what body symbology means to you. Ellen will do some lecturing but will spend more time answering questions and helping each person who attends to discover what their diseases, injuries, or chronic health problems represent in their lives. We will all learn from each other as we look at the practical application of Body Symbology. For those of you who do any kind of healing work with others, this is an important tool to add to your skillset.

To register early, please email pahoss22@earthlink.net, call Donna Champion at 639-6671, or sign up at the meeting on Thursday, November 1.

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

SFF Board

Chairperson	Abbie Emory	872-4409 <i>amemory@aol.com</i>
Secretary	Donna Champion	639-6671 <i>pahoss22@earthlink.net</i>
Writer	Alice Hough	859-0067 <i>reearth@mindspring.com</i>
Treasurer	Donna Gill	661-7482 <i>pegasus163@mindspring.com</i>
Programs	Maryphyllis Horn	542-0260 <i>soulshaman@aol.com</i>
Healing & Meditations	Diana Henderson	552-0524 <i>pulsarstar55@earthlink.net</i>
Refreshments	Cecile Prince	481-1501 <i>Princecm1@aol.com</i>
Public Relations	Michelle Alexander	462-8367 <i>michelle-alexander@nc.rr.com</i>
Resource Coordinator	Cindy Bowling	872-1104 <i>cbowling42@hotmail.com</i>
Webmaster	Kim Kasdorf	833-4188 <i>kasdorfj@ix.netcom.com</i>

Find us 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.

Readings Available Fri. 10/2, Sun. 10/4

Clairvoyant, sensitive, and caring, Ellen's intuitive readings cover everything from your aura to your inner child. She's known especially to help you find deeper compassion for both yourself and others. Focusing on healing emotional and physical pain, she does hands-on energy work for healing and balancing, always working to integrate body, mind, and spirit. Her 50 minute sessions are \$55. She will be available Friday from 10am to 4pm and Sunday afternoon from 1 to 4pm. Sign up for a session at the meeting Thursday, Nov. 1, email *pahoss22@earthlink.net* or call Donna Champion at 639-6671.

Channel and Healing Arts Practitioner Leads November Meditations

Medium and Healing Arts Practitioner Kim Spalding will lead both meditations in November. At the early session, which begins at 6:30 in the Old Sanctuary, Kim will offer a channeled meditation. Please be on time if you wish to attend.

Kim Spalding is an advanced La Ho-Chi practitioner who also works as a trance channel and medium. The beings she channels include Archangels, Saints, Ascended Masters and loved ones of clients. Kim holds monthly group meditation and channeling circles at her home that are open to everyone. To schedule a private or group session or to be added to the contact list, call Kim at 919-309-4222 or email <liftyourspirit@mindspring.com>.

Kim has consciously been in learning on her spiritual path for 23 years. Her educational background is in Social Work, Psychology and Special Education.

The Raleigh Chapter of SFFI holds meetings on the first Thursday of each month (except July) 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. Lectures begin at 7:15 p.m. We look forward to seeing you!