

Spiritual Frontiers Fellowship International - Raleigh Chapter
presents

FROM POLARITY TO UNITY CONSCIOUSNESS

The Practical, Emotional and Spiritual Implications

On an economic, political, social and spiritual front, we are truly evolving beyond old boundaries and definitions of reality and entering a new frontier.

The intention of this presentation is to explore ideas concerning our experience of change. There can be no doubt that we are no longer waiting at the doorstep of impending changes, but are fully engaged in a process of massive shifts in the way we view, experience and respond to life. These changes affect ourselves, our families, our communities and the entire world. The speed at which change is occurring leaves little time for reflection, adjustment and integration. We are being asked to experience such rapid transformation from one day to the next that we find ourselves obliged to let go of any identities, beliefs and value systems that no longer serve us and move forward in deeper and deeper states of trust and surrender.

In this presentation Art Pouchet will outline some visions, ideas and perceptions that can assist people in reducing the fear of massive global transformation, while strengthening the joy of participating in a process of planetary spiritual evolution. We will examine Polarity Consciousness which results from the nature of the electro-magnetic fields of the Earth and explore how duality-based awareness: positive and negative, good and bad, happy and sad, create the thresholds of our experience and current definitions of consciousness. We will explore how shifts in the Earth's electro-magnetic field are affecting our memory and emotions, and how social conditions on the Earth are being defined by these forces. There is the possibility that the Earth's electro-magnetic fields may actually collapse at a certain point in the future, a concept called "zero point". What are the implications of this and how can we align our hearts and minds with the positive connotations of such an experience?

Art says he hopes when you leave this presentation, that you will be inspired with a vision of the possibilities that lie ahead for the human race and will be willing to commit to your emotions and heart-centered wisdom in supporting the journey from Polarity to Unity Consciousness.

Art Pouchet is a therapeutic counselor and healer currently based out of Vancouver, Canada, and the director of the Vancouver Academy of Emotional Health. Trained in numerous healing modalities, Art has personally studied with Drunvalo, Jonathan Goldman, Tom Kenyon, Don Campbell and David Hykes among other world respected teachers. He enjoys working with groups and designing and presenting workshops that empower people with new skills and visions to transform themselves emotionally and spiritually in community.



Art Pouchet

Thursday, May 2, 2002

Doors Open - 6:45 p.m.

Meeting - 7:15 p.m.

Early Meditation - 6:30 p.m.

Workshop - Sat., May 4, 2002

From Polarity To Unity Consciousness

An Exploration of Sharing in Community

This one-day workshop is about sharing and exploring. It has been designed to offer an experiential journey into creating a bridge from Polarity Consciousness to Unity Consciousness. The tools we use to create this bridge are emotions, imagination, memory and trust. We learn to use language in a unique fashion that allows us to traverse territories of mind and spirit, thus clearing old emotional material that no longer serves our growth, aligning our Self with our inner truth and integrating separateness into wholeness. *(continued on p. 2)*

The early meditation begins at 6:30 in the Clara Barton Room. Please arrive on time.

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Raleigh Area Chapter
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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.

SFF Raleigh

When: First Thursday of each month (except July)

Where: Unitarian Universalist Fellowship of Raleigh
3313 Wade Avenue, Raleigh, NC

Cost: \$5.00 for lecture, early meditation is free

Time: Early meditation - 6:30 pm, Lecture - 7:15 pm

Workshop - continued from p. 1

The intensification of change in our lives can be destabilizing as the change strikes at deep levels of beliefs and values. Polarity Consciousness, where we experience the world as duality, has ruled our senses, thoughts, emotions and "consensus" reality. The changes in the electro-magnetic fields of the Earth along with other factors are having a major impact on the status quo. This workshop provides a process where we can begin to explore how we and others are experiencing this shift.

We do this work in a Wisdom Circle format where the innate wisdom of each participant at the soul level is recognized for the unique contribution that they bring to the whole. We will be looking to develop a vision of the possibilities that lie ahead for the human race as we move through Polarity to Unity Consciousness.

The cost of the workshop is \$120. Or enroll by Thursday, May 2 for a discounted price of \$100. A minimum enrollment of 12 is needed to hold the workshop. **To sign up, contact Abbie Emory at 872-4409 or SFFRaleigh@aol.com.**

One-to-One Sessions with Art

Dates available: 4/29, 4/30, 5/1, 5/2, 5/3, 5/5, 5/6

'I particularly enjoy one to one sessions with people. The intention and focus is on creating an experience of "meeting" at a soul level. By permitting a state of trust to evolve, we can begin to work directly with emotional and spiritual material stored in the unconscious mind. A typical session will involve *clearing* of emotional material that no longer serves one's growth and evolution, *releasing* resentments and emotional incompleteness, *alignment* and *healing* of your emotional and genetic lineage, and *integration* of multi-dimensional aspects of yourself that lead to greater capacities for self-nurturing and joy. Most often the person's Higher Self guides the sessions, and through empathy and sensitive listening, I can reflect back to them the processes that their own Self has requested.

Sessions typically last one to 1.5 hours and are nurturing, enlightening and fun. Sessions cost \$75.00, however I am open and will gladly meet with anyone who wishes to experience this work on a straight donation basis.'

To schedule a session with Art, contact Abbie Emory at 872-4409 or SFFRaleigh@aol.com.