

Spiritual Frontiers Fellowship International - Raleigh Chapter
presents

Gathering Medicine:

Working with spiritual guidance to heal the earth,
balance relationships, and transform the self

August 2003

Lightworks

Issue 179

The first step in gathering medicine is listening. We must remember to listen to the song of the earth and rekindle our own relationship to Spirit.

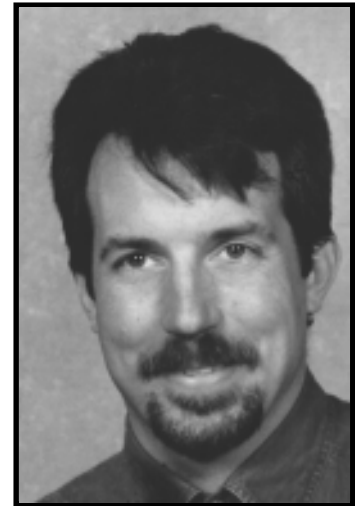
How do we learn to open ourselves to spiritual guidance and follow the wisdom of the heart? Translating guidance into daily living is one of the greatest challenges on the spiritual path. When we can reclaim the inner wisdom that affirms the sacredness of all life, we can then learn ways to transform our self and the world around us.

This presentation will offer practical tools for healing the earth and balancing relationships on all levels. From sacred geometry and spirit guides to altars and crystals, we will explore ways to gather medicine and facilitate healing. It will be a short course in practical light work in order to learn how to read and balance energies in the body, the land, buildings, relationships, groups, and the world. The same spiritual principles that shape the planting of a garden in harmony with the land also apply to how we can create peace on earth and in our daily lives. We will explore how to connect with guidance in new ways and discover the power of the heart as the gateway to greater spiritual awareness. We will explore how to work with spiritual guidance to heal the earth, balance relationships, and transform the self with specific hands-on techniques like:

- Map making for healing the earth from Black Elk (Lakota elder)
- Ancient Maori balancing technique (indigenous people of New Zealand)
- Heart alignment (meditation from Ascended Masters on connecting self to Source)
- Sacred Geometry light grid (clearing unwelcome energies from a person or place)
- Backyard Geomancy (working with nature spirits and guardians of the land).

We want to help, to make a difference in our own lives and in the world. Where do we start? We begin by gathering medicine. In native traditions, medicine is all about restoring balance to relationships with all aspects of life, not administering treatment. The first step in gathering medicine is listening. We must remember to listen to the song of the earth and rekindle our own relationship to Spirit. In aligning our true heart center with both heaven and earth, we can begin to learn practical tools for clearing, grounding, balancing, and healing.

Dan Trollinger is a spiritual counselor and healer, and holds a Master of Divinity from Yale Univ. He is a Reiki Master, Certified Healing Touch Practitioner, and Energetic Healing Instructor with a private practice in Raleigh, NC. He teaches classes on healing, channeling, shamanism, prayer and spirituality. Dan is also the author of *Voices of the Dawn: Spiritual Masters Speak about Awakening to the Birth of a New World* (Satori Press), a collection of channeled spiritual teachings from the Ascended Masters.



Dan Trollinger

Thursday, August 7, 2003

Doors Open - 6:45 p.m.

Meeting - 7:15 p.m.

Early Meditation - 6:30 p.m.

The lecture will be in the Community United Church of Christ at the corner of Wade Ave. and Dixie Trail, Raleigh, NC.

Spiritual Frontiers Fellowship International

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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: Community United Church of Christ
814 Dixie Trail, Raleigh, NC 27607

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

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

Meditation

James Beard will be leading the early meditation at the August 7th meeting. James is an innovative healer who first learned to heal himself and then became inspired to share this gift with others. He has taught a number of meditation classes at extended education centers and has personally studied many different healing modalities such as Reiki, Healing Touch, massage and Watsu. James also has an advanced certificate in Bioenergy and has studied the breath since 1992. He is the founder of Sacred Systems.

For more information about James, go to www.sacredsistemas.com - or he can be reached at 919-557-7189 or <james@sacredsistemas.com>.

The early meditation is held at 6:30 PM in the Vaughn Wing. **Please be on time** so as not to disturb the energy.

Angel Door Prize

The angel door prize for August is a month of free coaching with Dr. Kathi Middendorf. Check out Kathi's web site, www.coachyourspirit.com and come early to get your ticket!

Calendar of Events

September 4, 2003 - **Carol Parrish,**

Planetary Shift to the Feminine

September 6, 2003 - workshop with **Carol Parrish**

October 2, 2003 - **TBA**

November 6, 2003 - **Ray Johnston**

Chaos to Clarity: Understanding Crisis

December 4, 2003 - **Mary Mooney,**

The Path of the Modern Day Mystic

January 8, 2004 - **Randy Wasserstrom,**

Astrological Predictions for 2004