

Spiritual Frontiers Fellowship International - Raleigh Chapter
presents

Living the Frequency of Joy:
Reclaiming Your Home in Paradise

Join us as Author Julia Rogers Hamrick provides a practical, easy-to-follow formula for rising out of “the misery matrix” so that we can return to our vibrational origins and make the blissful realm of the higher frequencies humanity’s primary home once again.

The Creator installed a “carrot” within the human design to assure that we would always long for and seek our home above duality—our *true* home at the frequency of joy. Since the advent of the ego, described in the sacred texts of many religions as “The Fall of Man from the Garden of Eden,” we have largely been absent from the higher frequencies at which we were designed to thrive, leaving us longing for the joyful state we were intended to embody. This longing guarantees that we will never be satisfied until we reach our home frequency range once again.

By seeking joy *proactively* instead of taking the victim’s stance of waiting until conditions somehow line up to support fleeting, spontaneous joy, we can use the lure of joy to pull ourselves up in frequency to experience the sublime pleasures of the Paradise matrix *on purpose*. The rewards of embracing joy as a practice are not just the obvious, inherent one of feeling pleasure in the moment, but the magnetic response to our elevated state creates reinforcement for staying at the frequency of joy and rising even higher. The Law of Attraction dictates that joy creates more joy—not just in our personal experience of life, but for all of Creation! Our joy is what will lift and transform the planet, so practicing joy is not selfish, but a magnanimous act!

No matter where you are in your spiritual development, you will want to try on the paradigm-shifting, life-changing perspective offered by this visionary author and teacher, Julia Rogers Hamrick. She provides a practical, easy-to-follow formula for rising out of “the misery matrix,” and returning to our vibrational origins, to make the blissful realm of the higher frequencies humanity’s primary home once again.

Julia spontaneously revisited Eden in 1982 in a dramatic incident that redirected her course and left her with the mandate to figure out how she got there, and how humanity can return. She has spent the last 23 years processing that experience through teaching, writing and living what she has learned about it. Her book, *Recreating Eden*, not only tells of her visit to The Garden, but provides an uplifting new interpretation of humanity’s master myth, “The Fall of Man from the Garden of Eden,” and outlines the elegantly simple plan for restoration to our home in Paradise.

A priest ordained after the Order of Melchizedek, Julia is a North Carolina native and former resident of Raleigh currently living in Denver, Colorado. Julia’s website, www.recreating-eden.com, is a rallying point for those who have caught the vision of returning to the frequency of Eden, and hosts Julia’s Blog, “Journal of the Journey Home to Eden,” a diary of Julia’s bold reflections on living from the perspective about which she teaches. Julia writes numerous articles for publication and is currently limiting her travel and teaching schedule to work on her second book, based on new insights about the Divine Design and the power of joy.



**Julia Rogers
Hamrick**

Thurs., October 6, 2005

**Unitarian Universalist
Fellowship of Raleigh
3313 Wade Avenue, Raleigh**

**Admission: \$10
Doors Open - 6:45 PM
Meeting - 7:15 PM
Early Meditation - 6:30 PM (free)**

Workshop

Applying the Technologies of Joy

Date: Saturday, October 8, 2005

Time: 1:00 - 5:00 PM

Location: CUCC, 814 Dixie Tr., Raleigh, NC

Cost: \$55 (\$44 if paid by October 6)

This afternoon workshop is for you if, despite your spiritual pursuits, you’re finding life in the “duality reality” to be less joyful and spiritually fulfilling than you’d like it to be!

Are you at home in joy, or is joy just a place you visit from time to time when the stars align and conditions are somehow just right? For far too many of us, joy is less like home base and more like an infrequently visited vacation place. But according to the way you are designed, you are intended to live in joy. By applying a simple formula and utilizing the tools built into your design, you can return to joy by choosing to and learn to stay there longer and longer!

For more information, visit www.spiritual-frontiers.com. To register, contact Susan Johnston at 919-755-0302 or <kerrensdtr@hotmail.com>. For more information on Julia, visit www.recreating-eden.com.

Find us online at: <http://www.spiritual-frontiers.com/>.

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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.

Audio Tapes

Most SFF programs are available on audio tape – a tape catalog is available at the Thursday lectures. To order, Send \$10 for each copy with your mailing address to:
SFF Raleigh, PO Box 12773, Raleigh, NC 27605-2773.
Exceptions: The cost is \$15 for longer programs recorded on two tapes. Most Workshop recordings fit this category.

SFF Raleigh

When: First Thursday of each month (except July)
Where: Unitarian Universalist Fellowship of Raleigh
3313 Wade Ave, Raleigh, NC 27607
Cost: \$5.00 for lecture, early meditation is free
Time: Early meditation - 6:30 pm, Lecture - 7:15 pm

Personal Appointments w/Julia

Julia Rogers Hamrick is a highly sensitive, intuitive channel with “owl medicine,” the natural ability to see into people and discern those patterns which they may not be consciously aware of, and which others may not easily see. She sees energy as patterns and symbols, sharing and interpreting these so you can mine the information they represent.

Julia will be offering sessions on **Friday, Oct. 7.**
Cost: \$77 for one-hour session. To schedule, contact Susan Johnston at 919-755-0302 or <kerrendtr@hotmail.com>.

Meditation Leader

Holistic Counselor and Reiki Master Mary Mooney leads the meditations at SFF on October 6. Those who have been in Mary’s presence know that her energy is that of nurturing compassion. One of her greatest gifts is the ability to know exactly what a person needs to assist them in opening to healing. In the early meditation, you will be able to experience first-hand the blessings Mary shares as she guides us to welcome healing in our lives.

Mary has been on a conscious personal spiritual path for 30 years. She holds B.S. and Master of Divinity degrees. In addition to teaching Reiki, Mary offers classes in integrative breathwork, working with angels and guides, getting in touch with inner guidance, prosperity and energetic healing.

Mary has been active in SFF for many years. We are pleased to welcome her to lead our meditations this month.

E-mail Update

If you would like to receive an e-mail notification of the monthly lecture, please send an e-mail to SFFRaleighEmail@yahoo.com and include the following:

- Your first and last names
- Your e-mail address
- Whether you want the e-mail in addition to or instead of the mailer

Calendar of Events

November 3, 2005 - **Josiane d’Hoop**
Developing Your Intuition
December 1, 2005 - **Mary Lemons**, *Gathering of the Species: Transcend Barriers, Connect to All That Is*
January 5, 2006 - **Kelly Lee Phipps**
Astrological Forecast for 2006