

Spiritual Frontiers Fellowship International - Raleigh Chapter
presents

Seared By The Serpent: A Kundalinist's Journey

"Tissue is torn, blood vessels are severed, blood is spilled, and much fluid is lost; the heart races and the blood pressure soars. There is moaning, crying and screaming. A severe injury? No, only a relatively normal birth."

"The description sounds pathological because the symptoms were not discussed in relation to the outcome: a new human being. In a darkened room a man sits alone. His body is swept by muscle spasms. Indescribable sensations and sharp pains run from his feet up his legs and over his back and neck. His skull feels as if it is about to burst. Inside his head he hears roaring sounds and high-pitched whistling. His hands burn. He feels his body tearing within. Then suddenly he laughs and is overcome with bliss.

A psychotic episode? No, this is a psychophysiological transformation, a "rebirth" process as natural as physical rebirth. It seems pathological only because the symptoms are not understood in relation to the outcome: a psychically transformed human being."

--Lee Sannella, M.D., *The Kundalini Experience*.

For Sarah Harvan, Spiritual Emergence was the awakening of this formerly dormant, bio-nuclear energy, known in the yogic tradition as Kundalini. This awakening has elicited a physio-psycho-spiritual transformation that resulted in a total rebirthing over the last twenty-two years.

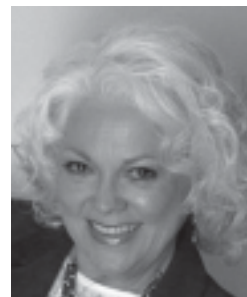
Sarah explains, "Kundalini awakening often shares the violence, helplessness, and imbalances that attend the start of extra-uterine life. During this process we come face-to-face with all aspects of the Self, from its smallest component, the ego, to its highest manifestation, the Super Consciousness, Soul and eventually, Spirit. A healthy facilitation of the Kundalini process means channeling very high frequencies of energy. Simultaneously, this energy must remove all barriers to the creation of a body/mind temple that is capable of containing, processing, integrating, and focusing, the higher faculties of Spirit.

Come and share the joy, trauma, turmoil, vicissitudes and humor of the journey down Self realization lane which, for Sarah, meant falling madly in love with traffic lights and being a two-year-old in a fifty year-old-body, plus many other zany experiences like becoming a cosmic meathook. Sarah will also share tips on how to recognise Kundalini arousals and risings and methods to help nurture, and become more comfortable, with them.

Sarah Harvan is of Native American and Celtic descent with a background in professional dance, theatrical arts, image consulting, business and mothering. She has studied metaphysics and practiced yoga and meditation since 1964.

Author of *Heart of the Hawk*, a novel about her experiences with the ghost of Grandfather Thundering Elk, she is also a published poet in *Feeding The Ancient Fires*, an anthology of Native American writers in North Carolina. Sarah is working on her second book, *Seared By The Serpent: A Kundalinist's Journey*.

Sarah holds a master's degree in metaphysics and a Ph.D. in metaphysical counseling. Coaching and supporting people through spiritual emergence processes, her specialty is Kundalini awakening and crisis management.



**Sarah
Harvan**

Thursday, April 6, 2006

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

**Admission: \$10, \$8 seniors and
students**

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

Spiritual Frontiers Fellowship International
Raleigh Area Chapter
P.O. Box 12773
Raleigh, NC 27605-2773

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Sarah Harvan

<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: \$10.00 for lecture, early meditation is free

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

Publications by Sarah Harvan

Author of *Heart of the Hawk* a novel about her experiences with the ghost of Grandfather Thundering Elk, she is also a published poet in *Feeding The Ancient Fires*, an anthology of Native American writers in North Carolina. Sarah is working on her second book, *Seared By The Serpent: A Kundalinist's Journey*.

Healing Meditation

Sananda and Ascended Masters work through Mary Keaty bringing Unconditional Love, Compassion, and Healing to our Hearts and Souls. During meditation Ascended Masters, Light Beings, and Angelic Realm will be working with us individually for our particular needs. Mary is an Intuitive Massage Therapist who works with the Ascended Masters and Higher Energy Beings in her Massage Practice, using an integrative approach for healing mind, body, emotions, and spirit. Mary's website is:

www.lunawisdom.com

The early meditation is held from 6:30 P.M. until 7:00 P.M. in the Ralph Waldo Emerson room of the Unitarian Universalist Fellowship of Raleigh (on the lower level of Peace Hall). Please be on time.

Upcoming Events

May 4, 2006 - **M. Temple Richmond**

Harry Potter: Herald of the New Age

June 1, 2006 - **Lee Stone**

Opening Psychic Ability