

Spiritual Frontiers Fellowship International - Raleigh Chapter
presents

The Shaman's Secret

"The Underworld is an amazing place! The work that is possible here can and does have a tremendous healing effect on the emotional and physical bodies."

Throughout the centuries, shamans have shared their secrets only with other shamans...until now. Jeff Cooper, a shaman and healer, will give us a glimpse into the realms in which shamans work: the "Underworld."

"For those who have not faced their shadow selves," Jeff says, "the Underworld is a dangerous place; yet, it is a place that we need to maintain." He will tell us about the entities that populate the Underworld—those that help us and those that grow on our fear and pain—and will explain how to work with these beings to transform them into energies of joy and goodness. Jeff describes the Underworld as a living place where our power animals and guides live and work for our higher good; it is where we first change and grow in our spiritual awareness and where we create the energies we will bring into the physical. "I realize the importance of this realm and feel strongly that people need to know more about this magical area where anything is possible. I feel that I am very fortunate to have been allowed to walk this path and be able to help people."

From birth, Jeff was led to follow his own spiritual path, and has been guided by shamans from this world and beyond. He has trained and practiced as a shaman for over 20 years. His teachers in the physical realm have included Standing Oak, Little Bear Lockamy, Sandy Harig, Lois Holland, and Marie Deans; he also works closely with ascended masters the Elder, Sirus, and Sara. He travels to the Underworld daily for his continuing lessons and for the healing of others. He hosts a quarterly sweat lodge, at each equinox and solstice; and he creates aromatherapy formulas to facilitate mental, physical, and spiritual healing for his clients.

Although working in the Underworld is his main approach to helping others heal, Jeff will use any of the skills and abilities he possesses to help his clients overcome whatever challenges they face.

He feels strongly that he should maintain and honor the ancient approach to healing, spiritual growth, and development, yet he has enhanced his traditional shamanic teachings by becoming a Reiki master and teacher, an herbalist, and an auricular therapist (healing energy pathways via access points on the earlobes). He has helped his clients heal such illnesses as leukemia, breast cancer, mitral valve prolapse, carpal tunnel syndrome, and depression. Find more about Jeff and his work at his website, www.ShamanShack.net.

Jeff has been led to share his experiences in the Underworld to help all of us understand ourselves and our power to change and heal. "My approach is, most times, a comfortable and efficient way to heal. I have always been guided to be original in my work." Learn why your life is moving in certain directions, or why it keeps circling back to the same issues; and get new ideas on how to protect and sustain your personal Underworld.



Jeff Cooper

Thursday, March 1, 2007

**Unitarian Universalist Fellowship
of Raleigh**

**3313 Wade Avenue, Raleigh, NC
Admission: \$10; \$8 seniors &
students**

Doors Open - 6:45 PM

Meeting - 7:15 PM

Early Meditation - 6:30 PM (free)

**Refreshments (mostly organic!) provided by
Maryphyllis Horn (www.SoulShaman.com)**

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Raleigh Area Chapter
P.O. Box 12773
Raleigh, NC 27605-2773

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Jeff Cooper
“The Shaman’s Secret”
plus Workshop &
Private Sessions

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.

Within the scope of our mission, we choose speakers who offer a variety of views and philosophies, but SFF does not endorse any speakers' statements or beliefs. You are invited to come with an open mind and depart with all that feels true for you.

Audio Recordings

Recordings of most SFF programs are available; a catalog is available at the Thursday lectures. To order, send \$10 for each copy on a single MP3 CD, \$15 for standard audio CD on 2 disks to:

SFF Raleigh, PO Box 12773, Raleigh, NC 27605-2773
Please indicate your preferred format and include your mailing address.

Also from Jeff Cooper

Private sessions:

Includes a scan for and removal of energy blocks & strengthening positive energies, through contact with your personal Underworld and power animals; suggestions for ongoing healing and improvement. **Saturday, March 3, beginning at 10 a.m.**; Whole Life Center, 1209 Ridge Rd.; 45 minutes, \$65.

Workshop: Shamanic Techniques for a Happier and Healthier Life

Through guided meditation and other exercises, learn how to meet your totem guide and maintain a healthy Underworld; make a dream catcher; and more. **Sunday, March 4, 10 a.m. – 2 p.m.** (with a brief snack break); location TBA; \$85. (For more information or to register, contact Tammy May: (919) 414-0140 or SFFRaleighEC@yahoo.com.)

Angel door prizes (Thursday):

Home Protection Shield (\$125 value); Medicine Bag (compiled with spirit guidance; approximately \$50 value).

Early Meditation

Come early and treat yourself to the gift of a healing and centering meditation. The first few minutes are focused on sending healing love and light to Mother Earth and her inhabitants. Then enjoy a powerful meditation by Cherie Lassiter. Experience dramatic energy shifting as she offers a guided meditation working with the essence of love and light. Cherie shares her light locally through psychic readings and counseling, music reviews for Innerchange magazine, and sharing her love of music. Besides performing, she is now recording her second CD. She is also on staff at Dancing Moon Books & Gifts. Contact Cherie at (919) 349-2593.

The healing meditation begins at 6:30 pm in the Ralph Waldo Emerson room. **Please arrive on time** to optimize the energies of the group.

Upcoming Events

April 5, 2007 – **Larry Burk, MD**

Success and Abundance with EFT

May 3, 2007 – **Psychic Fair**

Our annual fundraiser

June 7, 2007 – **Julie Lapham, PhD**

Spiritual Pathways for Holistic Evolution