

**Spiritual Frontiers Fellowship**  
*presents*  
**Ghosts Are Real People, Too ~**  
**Clearing the Path to Spirit**

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*Exactly what are the entities that we call “ghosts”? What ties them to the Earth and to us? Do we attract them, are they attracted to us, or both? Are they comfortable where they are? Are they to be feared and avoided, or befriended and kept close to our hearts?*

Ghosts, Earthbound spirits, the wandering souls of loved ones, the near dead, and astral travelers are all around us, explains Steven Rogat; they are just people—a lot like us!—trying to find their way through a maze of thoughts and feelings. In his talk, Steven will tell us how we can help them—and ourselves—reach a deeper level of healing, completion, and peace in Spirit.

Steven Rogat is a metaphysical consultant, adjunct university professor, licensed professional counselor, and body worker; his work as a medical and emotional intuitive and shamanic healer encompasses influences from indigenous healers of the Hawaiian, Mexican, and Native American traditions. His experiences as a trance medium, grief consultant, professional psychic, hospice worker, and “ghostbuster” lend a unique perspective to his work. At the Creative Thought Center, which he co-founded in 1987 with Marcia Rogat, he offers private sessions, training, and seminars for those wishing to enrich their life experience both professionally and personally.

Steven is the author of an online column, the “Body/Mind Health Corner™,” and the book *Healing Thoughts: Applying Therapeutic Shamanism in Your Daily Life*, which gives direction and guidance for your personal healing journey; and he is co-author, with Marcia Rogat, of *Spirit Journeys: Freeing the Soul in this Life and Beyond*, a book about wandering ghosts and Earthbound souls in search of completion. A third book, *Kid-to-Kid: A Facilitator's Guide to Empowering Students through Open Discussion*, is a valuable resource for teachers, advisors, and counselors who want to help young teens learn how to listen and speak from the heart.

In this most intriguing spiritual exploration, we will learn the telltale signs of a spirit's presence; know whether a presence is to be embraced, or if it is an opportunity to help a lost soul find its way home; explore ways to help spirits reach a state of completion, aiding them in the peaceful, loving transition from one form of life to another; and master tools necessary to help ourselves complete the past, prepare for the future, and stay in present time. Steven's presentation will include meditation and short readings from *Spirit Journeys*.

A copy of *Spirit Journeys* will be offered as a door prize at the event; it, *Healing Thoughts*, and Steven's *Meditations for Life* CD will be available for sale, with 10 percent going to SFF. To learn more about the books, Steven, and his work, go to **[www.CreativeThought.org](http://www.CreativeThought.org)**.

There are many ways of communicating with Spirit—trance, hypnosis, shamanic journeying, lucid dreaming, meditation, and visions, among others. Come and discover the best method for you!



## ***Steven Rogat***

**Thursday, September 4, 2008**

**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)**

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## Spiritual Frontiers Fellowship

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

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**"Ghosts Are Real People, Too"**  
**Steven Rogat**

**[www.Spiritual-Frontiers.com](http://www.Spiritual-Frontiers.com)**

### SFF Board

Chairperson:	April Rooker	465-1410
	Chairman@Spiritual-Frontiers.com	
Events:	Tammy May	414-0140
	Events@Spiritual-Frontiers.com	
Programs:	Rachel Rowson	678-0461
	Programs@Spiritual-Frontiers.com	
Meditations:	<b>** Available **</b>	
	Meditations@Spiritual-Frontiers.com	
Public Relations:	Lee Thompson	489-1448
	PublicRelations@Spiritual-Frontiers.com	
Resources:	Jeff Brown	923-2198
	Resources@Spiritual-Frontiers.com	
Secretary:	Marsha Tai	676-8975
	Secretary@Spiritual-Frontiers.com	
Treasurer:	<b>** Available **</b>	
	Treasurer@Spiritual-Frontiers.com	
Webmaster:	Kim Kasdorf	932-4611
	Webmaster@Spiritual-Frontiers.com	
Writer-Editor:	Amy Simpson	831-9318
	Writer@Spiritual-Frontiers.com	

### Our Mission

At Spiritual Frontiers Fellowship, 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.

### Early Meditation

**Come early for the healing meditation.** The first few minutes are focused on sending healing love and light to Mother Earth and her inhabitants. Then join **Carolyn Craft** in a meditation that incorporates the Eastern tradition of mindfulness with guided imagery and sound healing. With this method, the body's structures and habitual patterns are gently and organically opened and released.

Carolyn is a licensed spiritual counselor with over 35 years' experience and study in psychotherapy, metaphysics, and the connection of mind, body, and spirit. Her experience and credentials include Hakomi body-centered psychotherapy, compassionate and nonviolent communication, pastoral counseling, Gestalt, HeartMath, behavioral and mindfulness practices, a degree from UNC, and ordination and licensure from Unity Institute. On her Sirius network radio show, she has interviewed many well-known visionaries and contributors to the new world, such as Deepak Chopra, Dr. Wayne Dyer, Marianne Williamson, Christopher Reeve, Dr Christian Northrup, Cheryl Richardson, Gary Zukav, Jean Houston, Kenny Loggins, and more. She has a private counseling practice in Durham and speaks on various topics to education and business organizations. To learn more, visit **[www.CarolynCraft.com](http://www.CarolynCraft.com)** or contact her at 919-612-8899.

The 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

October 2, 2008 - **Eddie Conner**

*Get Your "Money Freq" On!*

November 6, 2008 - **Kala Ambrose**

*Secrets of the Mystery Schools Unveiled*

December 4, 2009 - Speaker and topic  
awaiting guidance.

January 8, 2009 - **Gary Caton**

*Saturn Opposite Uranus ~*

*Our annual astrological forecast*