

Using Plants in Your Yard For Medicine and Meals

Wildcrafter Will Endres says many of the “weeds” that you pass over—or around—in your yard or on a walk can be quite valuable as medicine—or food.

Got weeds in your yard?

Don't chop them down just yet—you may be able to eat them or use them to cure an ailment.

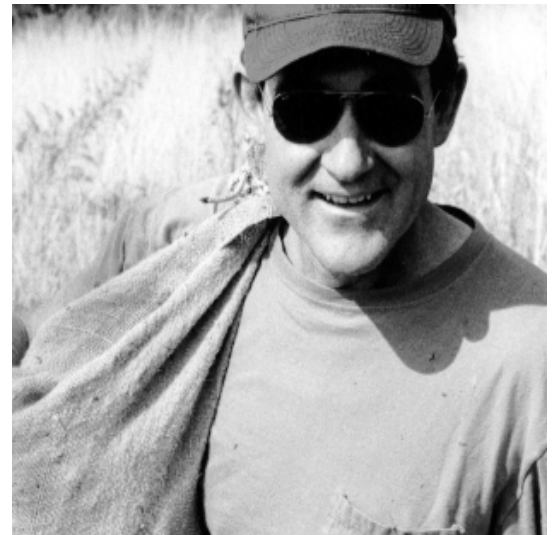
We'll let you know August 3 when Wildcrafter Will Endres of nearby Prospect Hill will be here to tell us of the edible and healing powers of various wild plants common to our area, even in our own yards. Plants we often take for weeds.

The 55-year-old herbalist and wildcrafter, who hails from the mountains of West Virginia, has taught workshops and led herb walks throughout the eastern United States—including college classes at the UNC School of Medicine's Continuing Medical Education Program, Duke University's Continuing Education and Central Carolina Community College.

“For the last 25 years, I have earned my livelihood gathering, selling and teaching about wild herbs,” Will said. “Living and working in the woods has given me a uniquely intimate knowledge of the natural world.”

Will, who sells locally-gathered herbs over the internet and at the Hillsborough Market store in nearby Hillsborough, teaches workshops locally throughout the year on medicinal and edible wild plants. He also offers professional consultations—and even apprenticeships for those who wish to follow in his footsteps. His next workshop is coming up in August.

Lightworks newsletter is published monthly (except July) by the Raleigh, North Carolina Chapter of Spiritual Frontiers Fellowship International, P.O. Box 12773, Raleigh, NC 27605-2773. (<http://www.ncneighbors.com/1169/>)



Will Endres

Thursday, Aug. 3

Meditation - 6:30 p.m.

Lecture - 7:15 p.m.

Lecture and Meditation Information

Lectures and meditations are held on the first Thursday of every month at the Unitarian Universalist Fellowship on 3313 Wade Avenue, Raleigh, NC. There is a \$5 charge at the door.

Meditations begin at 6:30 p.m. To respect the special energy created during meditations, we ask for your consideration in arriving on time.

Lectures begin at 7:15 p.m following the meditation. We look forward to seeing you on Thursdays!

New Information on Crop Circles in September

Our September speakers, Marilyn Penrod and Maria Tadd, have spent the last several years studying perhaps the greatest phenomenon of recent times—crop circles.

What causes them? Is it wierd magnetic waves from the center of the earth, sound patterns from other dimensions, mysterious forces from outer space or maybe even God trying to communicate with us?

"We will present the latest information/theories about this mysterious phenomenon and show photos of formations from this and previous years," Maria said. "Taking a closer look at these exquisite temporary sacred works of art, we will examine their precision, their relationships to mathematical principles such as the golden mean, fractals, and sacred geometry. We will show compelling evidence that supports their authenticity."

Join us as we ponder the imponderable. We will explore the many unanswered questions.

SFFI PROGRAMS 2000

- October - Rebecca Nagy, *Spirit In Business*
- November - Psychic Fair and Silent Auction
- December - Tera Thomas,
Animal Communicator

Lightworks

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Susan Kaney Donates Book

Susan Kaney of Charlotte, one of the reasons Raleigh's Spiritual Frontiers Fellowship Chapter is still in existence, has written a book—and she's donating a copy to a lucky winner at the next meeting.

The book, *Angel Crossing*, tells of a five-day hike in North Carolina's Blue Ridge mountains and a chance meeting with a mysterious "angelic" character which launches Susan into a series of transcendent experiences. While the book may seem fictional, it compresses over twenty-five years of Susan's experiences and realizations into a five-day story .

"It is a deceptively simple book that really packs a wallop," says SFF President Dr. Kathi Ann Middendorf. "In her telling of the story, Susan reacts in a most human way (at times in sheer panic) when "otherworldly" experiences start intruding into her everyday life. The truthfulness of her reactions really resonates. I could feel her human-level panic at being pulled out of her body and finding herself on the ceiling of the motel room, and could appreciate her bewilderment realizing she is face-to-face with Jesus. Susan's background as a police officer lends the aura of truthfulness to the telling of these seemingly fictitious happenings. Susan's explanations of spiritual truth are spare, clean, pure and immediately accessible to the reader."

Copies of the book will be available through the Chapter.

In addition, Susan will have an *Angel Crossing* book signing at Dancing Moon bookstore in Raleigh on August 12 from 12 noon to 2:00 pm.

She and her husband, Jerry Baberek, "restarted" the local SFF chapter in the late 80's. The organization was close to her heart, and she served on the board for 7 years.

Since 1985 she has served on the committee for the Southeastern Conference which meets in late July for a week of SFF-like programs and workshops, usually in Greensboro.

Southeastern Conference Begins July 23 in Greensboro

The Eighth Annual Southeastern Conference *Heaven On Earth: The Power of an Open Heart* is set for July 23-29 at Guilford College in nearby Greensboro.

This year's Conference includes workshops and lectures with Gloria Karpinski, Rachael Salley, Alan Seale, Vaughn Boone, Laraaji Nandananda, Jayne Howard and many more!

For complete brochure or more information, please contact Susan Kaney, 704-583-5978, or email: skjb@mindspring.com

Aug Innerchange -- Buddhism

The results Innerchange has received so far on our first Survey 2000 demonstrate that people want to know what is happening in the North Carolina metaphysical/alternative healing communities!

Feature articles are a close second to the demand to see more advertisements and calendar listings for workshops, events, worship services and study groups!

Note that all calendar listings appearing in the magazine are added to the website at no additional cost! Service listings provide a low-cost alternative to get in the magazine, the website or BOTH!

The feedback we have received from some of our advertisers is that their workshops are filled by at least 80% of those who saw their ad in Innerchange! Let us help fill your event—advertise in Innerchange! Also, be sure to visit <http://www.innerchangemag.com>. It has been redesigned to feature a new article on the homepage every month! Also, calendar listings are frequently updated on the website, and special website-only columns will begin within the next two months!!

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DREAMS, INTUITION & SYMBOLISM: *Your Inner Oracle*

Kevin Todeschi
author & expert on
Edgar Cayce material.

September 23, Saturday,
9:00 a.m. to 5:00 p.m.

Wyndham Garden hotel,
4620 South Miami Blvd.

Research Triangle Park, NC.
(I-40, Exit 281.)

Pre-registration:

- Group-rate \$50/person.
- Individual \$55/\$65 door.
- Cayce Past Life Profiles
\$20/\$25 door.

Ginny: 919-383-4455.

SFF Spiritual Coach

By Dr. Kathi Ann Middendorf

Spiritually Based Personal and Profession Coach

Dear Spirit Coach,

I have had ongoing problems with pain in my arms when at work, to the point of disability. I don't know whether I will ever find a job that I can work pain free.

Nancy

Dear Nancy,

If you are not acquainted with Louise Hay's work, get one of her books. She focuses on what our bodily manifestations are reflecting about our conscious or unconscious beliefs, and then provides affirmations to counteract particular mistaken beliefs.

To understand how this can work to heal you, a little explanation of the "bodies" will be helpful. Our physical body can be thought of as the "effect" of what we hold in our belief system. For example, when we observe figures of speech that reflect psycho-social stressors: (e.g., she looks as though she is carrying the weight of the world on her shoulders) we often see that they are actually manifested into the physical body.

So how do these move from the belief level into the body? The aura that can be seen by psychics is made up of vibrations of ever more subtle bodies. The slowest vibration, and the most solid, is the physical. It is surrounded and interpenetrated by the etheric body which is the pattern for the physical; the astral or holder of emotions; lower mental where resides our thoughts; the higher mental or causal which holds belief patterns that manifest karmically; and the spiritual.

When we look at an illness from a "spiritual" point of view, we look beyond the physical, realizing, as I said above, that the physical is the "end product" or effect of the more subtle levels of reality. So, for example, if you are having pain in your arms, seeking medical treatment and changing jobs may improve your pain level but will not heal the real cause which may be a mistaken belief (mental body) or fear (astral body) that you cannot safely embrace the world.

This is where the work of someone like Louise Hay comes in. If you can find the underlying cause of the problem and heal it, then the physical when healed by medical intervention will be more likely to remain healed.

Our physical ailments can be embraced as "roadmaps" to our mistaken beliefs. By following their signs we can discover where our understanding of reality is "off" and begin to heal our lives at the most fundamental levels of our reality.

Dr. Kathi Ann Middendorf

(919) 785-3232 dr_kathi@msn.com

Reiki

The Levels of Reiki Training

There are generally three levels or degrees of Reiki training. A *First Degree* class typically includes information about the history of Reiki, an introduction to the chakra and endocrine systems and how they relate to one another, and demonstration of hand positions on the self and others.

Four attunements are given by most traditionalists, but some Masters choose to give only one attunement for First Degree. Ample practice time should be provided during a First Degree class.

A *Second Degree* class usually involves two attunements. You will learn three symbols: the power symbol, the psychological symbol and the long distance symbol. The power symbol increases the strength and efficiency of Reiki. The psychological symbol is used to access the psyche to affect positive changes in thoughts or habits. The long distance symbol enables one to send Reiki over any distance, including the past or future. How to do a past life regression may be taught at this level.

During *Master* training you will learn the Master symbol and how to use it, how to give attunements, the sacred secret of Reiki, and other esoteric aspects of this ancient art. Some Masters have very specific requirements comparable to an apprenticeship while others do not.

These are guidelines to go by as some Masters opt to teach basically the same material but at more levels.

Next issue: How to choose a Reiki Master.

Vickie Penninger

Vickie is a Reiki Master/Teacher and offers Reiki classes and private healing sessions by appointment

Community Services

Open House Reiki

2nd & 4th Weds. 7:30 pm. FREE. Curious and beginners encouraged to come and discover this healing energy. Classes and sessions available, too. 711 Kimbrough St., Raleigh (off Whitaker Mill Rd.). Vickie Penninger (919) 828-0876

Feng Shui

Amazing changes in health, wisdom, cash flow and relationships are not only possible—but likely with the use of this ancient Chinese art of placement. It's NOT what you have or what it cost, but where it is placed and used. Simple / powerful / wonderful! Residential and commercial visits. Hourly rates. Suzanne Lewis Brown (919) 781-8181.

Nancy Davison, PT, MAC, LAC

Diplomate in Acupuncture, NCCAOM

Acupuncture Physical Therapy

Zero Balancing QiGong

The Water Garden - 8040C Glenwood Avenue

Nancy@Davison.org 919-387-4590

Mobile: 215-0204

Miracles Day

Saturday, Sept. 23 • 10am- 5pm

Community Gathering for Triangle Area Students of *A Course in Miracles*

Rolling View Community Building • Rolling View State Recreation Area
Off Hwy 98 near Durham

Plan now to join your sisters and brothers in *Miracles* for this special gathering, geared for those who are studying *A Course in Miracles* in the Triangle area.

Several local *Miracles* group facilitators will present experiential sessions relating to understanding and experiencing the *Course's* wisdom. There will be time after each session for questions and discussion.

At our noon meal, share some one-on-one time with other interested *Miracles* seekers, greeting old friends and making new friends. Bring a bag lunch. Suggested donation: \$15 - \$35 sliding scale

The first twenty cars arriving at the Rolling View State Recreation Area will get in free! (Mention at the gate that you are with the Janis Foundation gathering.)

There is a charge of \$4 apiece for all additional cars to enter the area, so carpool if you can, and arrive early!!

For more information, please contact

Kris Burchett at 544-2232 or

Kemp Ward at 403-8718 or 477-4912

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THE JANIS FOUNDATION FOR A COURSE IN MIRACLES

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Find us at: <http://www.ncneighbors.com/1169/>

Our Mission

At Spiritual Frontiers Fellowship Raleigh, 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.

Advertising in *Lightworks*

Ads (email or camera ready)

Business Card (3.5" x 2")	\$15
Vertical Card (2" x 3.5")	\$20
1/4-Page Ad (2.5" x 3.75")	\$25
1/3-Page Ad (3.25" x 7.5")	\$35
1/2-Page Ad (5" x 7.5")	\$50
Full Page Ad (7.5" x 10")	\$100

(Plus \$15 design/rekeying charge, if the ad needs to be retyped or designed).

For information on other sizes and inserts, please call Kim Kasdorf at 833-4188.

Announcements (email or disk)

Up to 50 words: \$15
Up to 100 words: \$20
(plus \$15 rekeying charge, if it needs to be retyped)

Deadline for the next issue is August 1.

Send your camera-ready ad or announcement and payment to
**Lightworks, 1803 Chapel Hill Rd.,
Durham, NC 27707** or email to:
kemp.ward@mindspring.com

Spiritual Frontiers Fellowship International

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Raleigh, NC 27605-2773

Address Correction Requested

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