

LIGHTWORKS

January 2001

Issue 151

What's up for 2001?

Astrologer Bernie Ashman will be with us January 4 to reveal the key planetary cycles set to occur in 2001 and explain what they mean for us

Bernie plans to cover the most powerful planetary cycles—those which help us express our creative talents—with special focus on the outer planets, as they tend to offer the most important future trends.

He will begin the evening by describing the cycles and their hottest months in 2001, which he says will prove to be either Uplifting, Flowing, Exhilarating, Frustrating, Challenging and/or Spiritualizing. He will then open up the discussion to questions.

Bernie speaks in plain English. In discussing the 2001 planetary cycles, he will describe the inner and outer dimensions that people may experience. He says individuals can vary greatly in how they might respond to the same cycle, though there are often common themes running through their experiences. Any cycle can offer it's ups and downs. Bernie will describe both.

Sometimes, he said, it's the more intense cycles that challenge us to act more passionately and even decisively. They get us to move forward. Members may visit Bernie's website at: www.bernieashman.com

Bernie has written three astrology books that will be on sale at the meeting—*RoadMap To Your Future*, a book on predictive astrology (Transits and Progressions); his new book, *SignMates*, a guide to romantic love; and his first book, *Astrological Games People Play*. Also, Bernie has written the text for three astrology software programs. His latest, *Simpaticos*, a relationship report for couples or partnerships, is an international best seller.

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



Bernie Ashman

Thursday, Jan. 4

Doors Open - 6:45 p.m.

Meeting - 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!

2001 PROGRAMS

- January - Bernie Ashman -
Astrology for the Year 2001
- February - Donna Gulick - *Channeling*
- March - Vaughn Boone -
Pyramids/Mayans/Space Brothers
Workshop - *Mysticism*
- April - TBA
- May - Su Geringer -
Spiritualizing Relationships :Enhancing
Telepathic Rapport
- June - Rachel Salley - *Platform Mediumship*
Workshop
- July -No Meeting
- August - Dolores Cannon - *Nostradamus*
Worksop - *Past Life/Future Life*
- September - TBA
- October - Carol Parish - *Walk-ins*
Workshop - *Evolutions: human, device, ET*
- November - Ellen Spangler - *Body Symbology*
Workshop - *Body Symbology*

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

Lightworks

Circulation 700

Editor: Kemp Ward
Januaryr 2001
Issue 151

Coming in Feburary: Channeling

— with Donna Spring Gulick

“Channeling,” says Donna, “in my definition, is opening through our souls into the Allness of Wisdom, Power and Love and receiving what we need for our highest good and the highest good of all concerned.

Such channeling may come in words, hunches, knowing, pictures, healing, kinesthetic sensing and many other pathways. No matter what our degree of fluency, each of us can still expand as channels to receive and to serve.”

On Thursday, Feb.1, Donna will speak on channeling as an every day experience, demonstrate methods, explain etheric boundary setting, and present the approach of the mystic.

Her visit will be experiential and include demonstrations. Channeling, at its highest level, Donna says, is an experience of oneness with all that is. It empowers us to know, as the ancient poet Rumi said, ‘I am not this steeply sloping hour in which you find me hurrying, I am much more.”

Take time from your hurrying to join us as we learn easy ways to discriminate inferior channeled material from that which truly serves our souls in the practicality of life. We’ll learn how to set boundaries in the ethers that bring spiritual clarity and guidance to live by. We’ll have the opportunity to know more profoundly that we are already intuitive channels.

Sunday Healing Service

The public is invited to a Meditation and Healing Service every Sunday from noon until 1pm with Spiritual Counselor Su Geringer. Free. Call (919) 833-5333 for more information.

Miracles Reunion Jan. 13

Mark your calendar for the annual *Miracles Family Reunion* on Saturday, January 13 at 5:30 PM for all students, old and new.

We will meet again at the lovely home of Mary Whittier at 402 Lyons Road in Chapel Hill (942-5041 for more info).

Our evening together will include hot-tubbing, swimming, socializing, potluck dinner, catching up and a Miracles circle.

Carolina HaHa Offers Book

The Carolina Health & Humor Association is publishing a Gift Edition of humor quotes, cartoons, and witty insights. It features a full color cover by illustrator Ethan Wenberg.

Originally published by Laugh Mobile volunteer and humor presenter Victor Williams (1953-1999), the book will be placed in cancer treatment center waiting rooms across America to cheer up all who seek peace in challenging times. For every book you purchase, a book is placed in a cancer treatment center.

Please contact Ruth Hamilton: 919-544-2370. The cost is \$7.95. E-mail at cahaha@mindspring.com or visit the website at www.cahaha.com.

Two "Oldtimers" Leave Board

Longtime Board Members Suzanne L. Brown and Kemp Ward have decided to retire from the leadership of SFF effective Dec. 31 to devote time to other spiritual pursuits, though both intend to remain active in the chapter.

Suzanne, public relations and fundraising chair for the last 10 year, will devote a great deal of her time to SourceForce, a nonprofit group which offers help to local people suffering from AIDS.

Kemp, editor of *Lightworks* for many years, plans to enhance his leadership role with the Janis Foundation for A Course in Miracles.

Though neither will be serving on the board, you'll continue to see their smiling faces at the Thursday night meetings.

Innerchange

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What our Readers are saying:

You opened a door I never knew existed. -A.L.

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What's not to like! - K.D.

I enjoy it all! -M.R.

Keeps me informed of new things going on! -A.S.

I'm grateful for the free spiritual magazine. -S.S.

Wonderful and enlightening! -J.P.

Other things they like about Innerchange: diversity - local events listings - articles - book and music reviews - services available - consistent quality

For articles, events, rates & other info, visit: www.innerchangemag.com

or call

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editor@innerchangemag.com

Many exciting topics are proposed for upcoming issues! They include:

- Dec/Jan 2001 - *Prosperity/Abundance*
- Feb/Mar 2001 - *Personal Stories*;
- Anniversary Issue!! Apr/May 2001 - *Aromatherapy/Flower Essences/Essential Oils*
- Jun/Jul 2001 - *Spiritual Evolution (how people embark on a spiritual journey, etc.)*

Other upcoming topics include:

- Spiritual Empowerment for Social Change
- Children and Spiritual Principles (Ritual, how to, answering tough questions, etc.)
- Men's Issues

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Kids Wanted for ESP Study

The Rhine Research Center (Institute for Parapsychology) in Durham, NC is seeking local children between the ages of five and ten interested in participating in a project designed to test for Extrasensory Perception (ESP).

For qualifying participants, the project requires a single visit to the Center or a visit to the child's home by a staff member.

If parents are interested in having their child / children participate, please contact Robert Bourgeois at (919) 688-8241 ext. 212 for further information.

SFF Spiritual Coach

By Dr. Kathi Ann Middendorf
Spiritually Based Personal and Profession Coach

Dear Spirit Coach,

Another year is coming and this time I want to keep my New Year's resolutions. What can I do to make sure I don't fail again this year?

Joyce

Dear Joyce,

First I would like you to think back on past resolutions. How many of them were "shoulds"—things that your family or society thought you should do? If you are trying to fulfill someone else's expectations, you are almost doomed to failure. Major changes are difficult to make, and are almost impossible if they are not embraced fully in body, mind, and spirit.

For the coming New Year, I suggest you take a different approach. Make a list of things you would like to change in the categories of 1) Health; 2) Career; 3) Finances; 4) Relationships; 5) Home; 6) Recreation; and 7) Contribution. Remember, these are not things you "should" do, but changes you would like in your life.

Everything that comes to pass in the world begins as a thought or idea. If you plant the seed thought of success linked with your desired change, you are more likely to create the changes in your physical reality.

To do this, get into a meditative state and think about past successes you have had in the category you are thinking about. For example, in the Health category, recall a time when you were feeling very physically fit and what you were doing at that time that contributed to the feeling of wellbeing. Stay immersed in the feeling of fitness, feel grateful for how well you felt, and bring that feeling of fitness and gratitude into the present moment. Focus on how wonderful you are feeling by performing the actions that bring about your physical wellbeing and how grateful you are to have a healthy vibrant body. Start each day with this meditation and it will imprint the mind with beliefs of healthfulness and success, and gratitude for achieving it.

Thoughts linked with emotion create a magnetic force that attracts support from the Universe. Be aware of people and circumstances that come into your life to support your intention for wellbeing, and respond to these synchronistic occurrences by taking the actions that will confirm your intention to bring these changes about. When she was focusing on physical wellbeing, one of my clients discovered that a neighbor had a personal trainer coming to her home before work three times a week. My client joined with a group of neighbors who alternated these exercise sessions with morning walks. Not only did she feel more physically fit, but she also deepened her feelings of community and friendship with her neighbors.

Dr. Kathi Ann Middendorf
Personal and Professional Coach
dr_kathi@msn.com (919) 363-8244
www.coachyourspirit.com

Past Life Regression

By Dr. Barnsley Brown

“Every morning, I’ve woken up with this feeling of wanting to die and talked myself out of it my entire life. It feels like this has been healed, and I feel great!”

This is what one of my clients reported at the end of a recent past life regression. In his session, he returned to a lifetime during World War II in which he had lost everything. His home had been bombed, his family killed and he was left all alone with the desire to die.

This despair and hopelessness had dogged my client through his current lifetime; therefore, in our regression, I helped him to extend healing to the man he was in this previous lifetime, the man who had lost everything and who hated the Germans for destroying his life.

The result of this healing was an immediate sense of relief for my client as well as his awareness that you can hate someone’s actions but not hate them. After the session, my client even looked different; his left eye, which would not open fully before, was completely open and bright, and his face was radiant.

His case, which he gave me permission to discuss in this column, demonstrates the powerful benefits of past life regression that I discussed briefly last month. While conventional therapy leads us to attribute our challenges, fears, and troubles to experiences and traumas in this lifetime, our issues often stretch much further back. Through past life regression, what has been stored in our bodies, minds, and spirits across centuries and even millennia can surface and be healed, freeing us to be clear, aware, and awake in this lifetime.

*Barnsley Brown, M.Sc., Ph.D.,
and Reiki Master. She can be
reached at Spirited Solutions,
919-967-1164*

Reiki

By Vickie Penninger

Quartz crystals are living entities capable of forming and holding energy patterns. Crystal technology is used in communication and in information storage and everyone is familiar with the high quality of a quartz crystal watch.

When crystals are combined with Reiki they become a powerful healing tool. They can be used by the practitioner to amplify and direct energy. If there is an energy block in the recipient’s subtle energy field, or aura, crystals can be used to focus and direct Reiki energy to the blockage. This causes the stagnant energy to disperse and begin to flow properly. I frequently use a laser crystal at specific locations for this very reason.

It is especially helpful with sinus congestion where the blockage is so severe that it is manifesting on the physical level. Eliminating imperfections in the flow of energy throughout the entire body is an essential key to perfect health as most disease begins as an energy field disturbance or blockage.

A crystal can be programmed with the intent to heal by holding it between the hands and offering Reiki to it. The crystal can then be given to the person needing healing, who can sleep with it under his pillow or carry it in his pocket throughout the day. Crystals can also be programmed with positive thought forms and held in the hands of the healing facilitator using Second Degree knowledge to send the thought form long distance to a person in need.

Crystals will also absorb negative or dark energy and must be properly cleansed regularly, especially after each use. Placing them in the full moon overnight, holding them under water at the ocean or in a stream, soaking them in dry sea salt or in sea salt water for 24 hours are ways of cleansing your crystals. Of course, you may also simply hold the crystals in your hands, offer Reiki, and ask that they be cleansed and cleared.

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

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Our Mission

At Spiritual Frontiers Fellowship of the Triangle, 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
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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 Jan. 4.

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 of the Triangle

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