

LIGHTWORKS

February 2001

Issue 152

“Channeling: Clarity and Guidance in our Chaotic Lives”

“My definition of channeling,” says Donna Spring Gulick, “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, February 1, 2001, Donna will speak on channeling as an everyday experience, demonstrate methods, explain etheric boundary setting and present the approach of the mystic. This talk will be experiential and will include demonstrations.

Channeling, at its highest level, is an experience of oneness with all that is. It empowers us to know, as 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. *(continued on page 2)*

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/>)



Donna Gulick
Thursday, Feb. 1
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!

Community Services

Upcoming Programs

- March - Maryphyllis Horn - *Atlantis Now?!*
- April - Vaughn Boone -
Pyramids/Mayans/Space Brothers
Workshop - *Mysticism*
- May - Su Geringer - *Spiritualizing Relationships:*
Enhancing Telepathic Rapport
- June - Rachel Salley - *Platform Mediumship*
Workshop - TBA
- July -No Meeting
- August - Dolores Cannon - *Nostradamus*
Worksop - *Past Life/Future Life*
- September - Cherie Lassiter -
Magic, Myth and the Celtic Tradition
- October - Carol Parish - *Walk-ins*
Workshop - *Evolutions: Human, Devic, ET*
- November - Ellen Spangler - *Body Symbology*
Workshop - *Body Symbology*

Nature Workshops Offered

Long-time mystic, ceremonialist and spiritual healer announces a workshop series to foster right relationships with nature. You will enhance your present perceptions by nurturing an understanding of western cultural dilemmas and by discovering ancient wisdom teachings and planetary myths. We will heighten our awareness with ceremony and ritual and learn to recognize the life force in all things.

February 17 Awakening to the Spirit of Life
March 24 Connecting with Trees
April 28 The Power of Language

For more information, please call Barbara-Lynn Freed at 919-942-7754.

Lightworks

Circulation 700

Editor: Diana Henderson
February 2001
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Healing Meditation

In February, SFF Secretary Alice Hough will lead a guided meditation using toning, crystal bowl and imagination to create a sacred space for relaxation and healing. Alice is an energetic healer who uses Reiki, DNA Activation, sound therapy and aura cleansing to help people find balance and connection in their lives.

The Healing Meditation begins at 6:30 in the Old Sanctuary; please be on time if you wish to attend.

For the brief meditation before Donna Gulick's presentation, Alice will be joined by Denise Gregory, a student of metaphysics and a spiritual traveler for the past 20 years who is currently exploring sound therapies. Alice will play the crystal bowl while Denise sounds a gong. The tones and music produced by this pairing of instruments is truly awesome!

Channeling with Donna Gulick *(continued from front page)*

Also available will be tapes of some of Donna's channelings on subjects that inspire, inform and transform, as well as free catalogs of over two hundred of her public channelings.

The return of Donna Spring Gulick to our SFF podium brings us a friend and popular metaphysical teacher and workshop leader. Her humorous but deeply inspirational talks at medical schools, churches and conferences inspire and transform audiences. For 18 years, her individual counseling, mentorship and classes have supported and inspired people in their spiritual passages, openings and transformations.

Donna, who began spiritual teaching in her teens, is a channel, mystic, intuitive and healer. Working with devic and angelic energies, she has led spiritual journeys to sacred places and been a conveyer of messages of truth from many spiritual paths. Donna lovingly inspires conscious healing and empowerment on physical, emotional and spiritual levels.

In the words of another of our beloved teachers, "In psycho-spiritual areas that can be bewildering or conflicting, Donna sounds an authentic, clear voice. It is the voice of a true wise woman who counsels and teaches with uncompromised devotion to universal principles and warm compassion for human challenges. She brings to lectures, classes and the counseling chamber a rare blend of intelligence, wit and practicality. I recommend her and her work fully, knowing that anyone who seeks her counsel or teaching will be enriched." ~ Gloria Karpinski

Coming in March:

Atlantis, Now?!: How Atlantis Can Help Us Heal Today's World by Maryphyllis Horn

At our March meeting, Maryphyllis Horn will tell us about the physical evidence proving the existence of a continent called Atlantis. She will share the Cayce material that describes their civilization, the turmoil that caused it to sink beneath the ocean and what the spiritual issues were that still prevail today. From her work with soul retrieval and spirit releasement, Maryphyllis has developed a unique understanding of how we can more easily heal these issues so that we don't suffer the same fate the Atlanteans did.

Maryphyllis is a Shamanic Practitioner and a Certified Master Hypnotherapist with a private practice in Pittsboro and Raleigh. She specializes in soul retrieval, soul integration, spirit releasement, past life therapy and Thought Field therapy.

Two Board Positions Open

The SFF Board has openings for the Fundraising and Public Relations position and Audio Services position. The benefits are that board members may attend all programs and workshops for free. Board members are required to attend monthly board meetings (the 4th Monday of the month).

The Fundraising and Public Relations board member is responsible for the yearly fundraising event and publicity for the programs. Because our speakers appeal to a variety of audiences, we would like to find an individual for this position that knows how to target announcements to specific groups. The board member for this position also takes responsibility for copying and handing out program flyers for the coming month's speaker.

The Audio Services board member is responsible for recording programs and workshops, making copies of tapes and sending them to the those who order and pay for them.

If you are interested, please contact Kathi Middendorf at 363-8244 or any board member. We are in a very positive growth mode and would welcome volunteers who are dedicated to enhancing the consciousness of the community through supporting the work of Spiritual Frontiers Fellowship of the Triangle.

Innerchange

Planning an event or workshop for the Spring? Offering a special promotion on your goods or services? Starting a new business?

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Advertise in Innerchange!

*The leading resource for personal, spiritual,
& planetary transformation!*

Upcoming Issues:

- Apr/May 2001 - *Aromatherapy/Flower Essences/Essential Oils*
- Jun/Jul 2001 - *Spiritual Evolution*
- Aug/Sept 2001 - *Men's Issues*
- Oct/Nov 2001 - *Telemetry/Psychokinesis/Stone Energy*
- Dec/Jan 2002 - *Spiritual Empowerment for Social Change*

Ad Deadlines:

<u>Issue</u>	<u>Deadline</u>
April/May	February 26
June/July	April 25
Aug/Sept	June 25
Oct/Nov	August 27
Dec/Jan 2002	October 26

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Sunday Healing Service

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

The Ninth Annual Southeastern Conference

**Living the Vision:
Heart of Universal Wisdom
July 22-28, 2001
Guilford College,
Greensboro, NC**

A week of workshops, lectures and fellowship with **Donna Gulick, LeRoy Zemke, Vaughn Boone, Rachael Salley, Tom Sawyer, Arthur Douet and more.** For complete brochure, contact Susan Kaney, 14440 Southbridge Forest Drive, Charlotte, NC, 28273, 704-583-5978, or email <skjb@mindspring.com>.

Sancta Sophia Seminary

CHARLOTTE, NC. DECEMBER 28, 2000 - New Directions and Sancta Sophia Seminary, educational institution of Light of Christ Community Church, Tahlequah, OK, announce a pilot program which will permit specified courses to be taught at chartered centers and churches throughout the country under the banner of Sophia School of Wisdom, an extension of Sancta Sophia Seminary.

These designated off-campus courses will be accepted as meeting the requirements toward certificates or degrees offered by the seminary: The Science of Meditation, Spiritual Science, Dream Study, Health and Nutrition, Astrology, Numerology, Spiritual Healing, and Spiritual Disciplines and Practices.

For more information, contact Rev. Rebecca A. Nagy, New Directions, 13800 Woody Point Road, Charlotte, NC 28278; telephone: 704-588-4623; Email: newdirections@aol.com

SFF Spiritual Coach

By Dr. Kathi Ann Middendorf

Spiritually Based Personal and Profession Coach

Dear Spirit Coach,

I am focusing my intentions on finding my ideal job. One of the things I am wishing for is a certain salary, but I am interviewing for jobs below that salary. Will this send a "mixed message" to the Universe? Will I be less likely to find a job at the pay level I want?

Annie

Dear Annie,

Interviewing for a lower paying job does signal to the Universe (as well as potential employers) that you are willing to work for less. If you want a job at a certain rate of pay, you obviously will not get it if you are interviewing for jobs that pay less. So that makes me question what you really, really, really want.

If pay level were your only criteria, you would not consider interviewing for the lesser paying jobs. Since you have done so, then it seems that there are other aspects of the potential jobs that you found attractive enough to pursue.

Have you created a list of "job requirements" to focus your job search? If you have, is salary at the top of your list? If so, then you should not interview for any job that would pay less. If salary is not your top priority, what did you list ahead of salary?

It could be that your logical ego mind believes you "should not" work for any less than \$\$\$\$ dollars. However, since you have been attracted to interview for lower paying jobs, it may be that your heart (right brain, Higher Self) is being drawn to aspects of the jobs that are really more important to you than salary.

My advice would be to create a list of job requirements (not a "wish" list). Your requirements should reflect what you "must have" to consider the job. Then assign an importance ranking to the requirements that reflects what you really want (not what you think you should have). The ranking will help you recognize aspects of a potential job that are the most important for you. This ranked list then becomes an asset in your job hunting tool kit as well as the message you are sending to the Universe.

I hope this helps, and good luck in attracting your perfect job.

Dr. Kathi Ann Middendorf

(919) 363-8244

dr_kathi@msn.com

Energy Cycles

By Dee Jackson Shell

The Wheel of the Year turns bringing us through each season. It allows us time to reflect on ourselves and the great cycle of life. Many traditions recognize February as an important point in the Wheel. Imbolc, Candlemas and Groundhog Day all tell us the world is beginning to sense the life stirring beneath the snow.

During the preceding season, we faced the shortest day of the year. We looked inside, our inner life mirroring the outer world. During the time of the Solstice, we celebrated the light encouraging its return. Now is a time of anticipation—an awareness of life ready to spring forth. It is a foreshadowing of the Vernal Equinox.

The story of Persephone reflects the energy of this cycle and its great mysteries. Persephone, beloved daughter of Demeter, the Earth Goddess, caught the attention of Pluto, Lord of the Underworld. Out of his passion, he stole Persephone from her mother. A grieving Demeter neglected the earth. Eventually the other gods could ignore the suffering of mankind no longer. They intervened and insisted that Pluto return Persephone. But because she had eaten six pomegranate seeds a compromise would have to be found. Persephone would spend six months on earth and six months in the underworld.

This compromise created a new paradigm on our planet. During Persephone's time on earth, our planet flowers, grows warm, bears fruit and is bountiful. While she is in the underworld, plants die and the earth grows cold. The time of Persephone's transition occurs at the Vernal and Autumnal Equinoxes. Her first step on the earth in the spring brings warmth and growth back to the earth. Her descent to the underworld starts our world's descent into darkness and cold.

In the tale of Persephone, we see the story of our own personal cycle of growth. As we await Persephone's step, let us look within for our own stirrings. Let us look to see what inside us is waiting to bloom.

Dee has an established counseling and teaching practice in the Raleigh area that includes astrology, tarot, Reiki, DNA Healing Techniques and much more. She can be reached at 919-250-9948. Email dee_jackson_2000@yahoo.com

Reiki

By Vickie Penninger

Often I am asked if a belief in the healing ability of Reiki is essential for Reiki to be effective. Even students who have experienced the warm tingling feeling of Reiki surging through their hands for the first time ask this question.

It is true that a positive belief in the healing power of the unimpeded flow of spiritually guided life force energy (Reiki) is very beneficial. Negative thought patterns can set up barriers while positive belief can open the recipient up to receive the benefits more readily and more deeply.

Occasionally someone who has had a beneficial treatment refers a person to me who expresses doubt about the whole process. These people, in reality, are taking a leap of faith despite their apparent skepticism. Somewhere, deep in their psyche, they harbor the hope and belief that Reiki does truly accomplish wondrous things or they would not be asking for treatment. I usually encourage these people to simply set aside all expectations, just relax and enjoy being nurtured for an hour or so.

But what about people who are firmly convinced that Reiki does not work? Consider that Reiki is effective on animals, plants, persons who are unconscious or in a coma, and infants. There is no conscious belief or disbelief on their part as to the efficacy of the energy; yet it is very powerful, yet subtle, working at every level to promote healing. I believe that the Divinity of the person, plant, or animal is touched by the energy and is brought forth despite an awareness or unawareness of the recipient.



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

SFF Board

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

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
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)

Ad deadline for the next issue is March 1. (Articles due by Feb. 25.)

*Send your camera-ready ad or announcement to **Lightworks**,
2305 Valhalla Court,
Willow Spring NC 27592 or email to:
pulsar_star55@yahoo.com*

*Send your payment for ad to **SFF, P.O. Box 12773, Raleigh, NC 27605-2773.***

Spiritual Frontiers Fellowship of the Triangle

(formerly Spiritual Frontiers Fellowship International - Raleigh Chapter)
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