

Spiritual Frontiers Fellowship International - Raleigh Chapter
presents

Deep Heart Listening - To Know What the Soul Knows

What is my Soul's purpose? As Way Showers who are guiding humanity's next steps in human evolution, we must develop discernment and clarity within ourselves if we wish to have clarity in our vision of the future.

As we continue to shift into this millennium, it is vitally important that we are able to integrate the compassion of our hearts with the wisdom of our minds. Our bodies hold crucial knowledge deep within us at the cellular level. To have optimal access to the energies of this knowledge, we must first learn to keep all of our energy centers cleared and balanced. In this way we allow them to open in their own time, thus bringing the energies of our Higher Consciousness (Divine Mind) into alignment with Unconditional Love (Divine Heart).

Please join SFF and Rev. Rebecca Nagy as we explore the energetic knowledge within us, along with the energies currently flowing to us from the Universe. We will discuss how to apply these energies to connect with our Soul's Mission in this lifetime. This is a highly experiential evening, so **please bring a journal**, as we will do a series of meditation exercises to help you remember Your Soul's purpose.

Rev. Rebecca Nagy is an Interfaith Minister, Spiritual Teacher, Reiki Master and Inspirational Speaker. She teaches and speaks at Spiritual Conferences throughout the country, and appears regularly on the Pathways television show discussing topics including the Keys to Ascension, The Science of Meditation, and The Children of Aquarius. Her latest CD, *Meditations for Transformation*, is now available through New Directions and Phoenix Rising.

Rev. Nagy is a graduate of The University of North Carolina - Greensboro, and Sancta Sophia Seminary in Tahlequah, Oklahoma. She is the founder of New Directions Community Church, and director of Sophia School of Wisdom in Charlotte, North Carolina. Rev. Nagy teaches classes in Meditation, Dreams, and Spirituality in the Workplace at Queens University and is a faculty member of The Phoenix Rising Center and The Blue Ridge Healing Arts Academy.



**Rev. Rebecca
Nagy**

Thurs., November 4, 2004

Doors Open - 6:45 p.m.

Meeting - 7:15 p.m.

Early Meditation - 6:30 p.m.

Workshop
***Co-Creating Abundance -
Manifest Your Destiny***

Date: Saturday, November 6, 2004

Time: 10:30 am – 5:30 pm

Location: CUCC

Cost: \$107 (\$88 if paid by Nov. 6)

Learn the universal laws of manifestation and the spiritual principles for getting everything you want.

This workshop is based on years of working with people from all walks of life on abundance "issues." Learn how to identify and then release the blocks that keep you from realizing your fullest potential. Discover the difference between wants and needs and your Soul Purpose. We will develop a sacred contract, a vision statement and an action plan of destiny, allowing you to learn how to let go of HOW it will happen and get into the FLOW of living your life as a Co-Creator.

Contact Abbie Emory at 872-4409 to sign up for the workshop.

The lecture and workshop will be in the **Community United Church of Christ** at the corner of Wade Ave. and Dixie Trail, Raleigh, NC
Find us online at: <http://www.spiritual-frontiers.com/>.

Spiritual Frontiers Fellowship International
Raleigh Area Chapter
P.O. Box 12773
Raleigh, NC 27605-2773

Return Service Requested

Dated Material

Non-Profit Organization
U.S. POSTAGE
PAID
Raleigh, NC
Permit No. 1723

<http://www.spiritual-frontiers.com/>

SFF Board

Chairperson	Diana Henderson	552-0524 <i>pulsarstar55@earthlink.net</i>
Secretary	Abbie Emory	872-4409 <i>SFFRaleigh@aol.com</i>
Writer	Alice Hough	859-0067 <i>reearth@mindspring.com</i>
Treasurer	April Rooker	465-1410 <i>SFFRaleighTreasurer@yahoo.com</i>
Programs		
Healing & Meditations	Diana Henderson	552-0524 <i>pulsarstar55@earthlink.net</i>
Public Relations	Emily Page	484-0977 <i>emilypage@aol.com</i>
Resource Coordinator	David Emory	872-4409 <i>Quikmixx@aol.com</i>
Webmaster	Kim Kasdorf	833-4188 <i>kasdorfj@ix.netcom.com</i>

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.

Audio Tapes

Most SFF programs are available on audio tape – a tape catalog is available at the Thursday lectures. To order, send \$10 for each copy with your mailing address to:
SFF Raleigh, PO Box 12773, Raleigh, NC 27605-2773.
Exceptions: The cost is \$15 for lengthier programs recorded on two tapes. Most Workshop recordings fit this category.

SFF Raleigh

When: First Thursday of each month (except July)

Where: Community United Church of Christ
814 Dixie Trail, Raleigh, NC 27607

Cost: \$5.00 for lecture, early meditation is free

Time: Early meditation - 6:30 pm, Lecture - 7:15 pm

Private Sessions

Rev. Nagy will be available for private sessions Friday, November 5. A session can be a healing session using MariEl and Reiki or a Past-Life Regression. The fee is \$85 per hour (pro-rated if session is longer).

If interested, contact Abbie Emory at 872-4409.

Meditation Leader

Please join us on November 4 as Holistic Counselor and Reiki Master Mary Mooney leads the meditations at SFF. Those who have been in Mary's presence know that her energy is that of nurturing compassion. One of her greatest gifts is the ability to know exactly what a person needs to assist them in opening to healing. In the early meditation, you will be able to experience first hand the blessings Mary shares as she guides us to welcome healing in our lives.

Mary has been on a conscious personal spiritual path for 30 years. She holds B.S. and Master of Divinity degrees. In addition to teaching Reiki, Mary offers classes in integrative breathwork, working with angels and guides, getting in touch with inner guidance, prosperity and energetic healing.

As a holistic counselor and mentor, Mary works with the whole person and the stresses that come from physical, mental, emotional and spiritual aspects of life. She believes that all counseling is spiritual counseling because all stresses actually come from lack of alignment with Spirit.

Mary has been active in SFF for many years and served on the board as Meditation Chairperson for four years. We are most pleased welcome her to lead our meditations this month.

The early meditation is held at 6:30 PM in the Vaughan Wing of Community United Church of Christ on the side of the church that faces Dixie Trail. We urge everyone to **please be on time so as not to disturb the energy of the meditation.** Thank you!

Next Month

December 2, 2004 - **Mark Malachi,**

Light, Darkness and the Divine Mother