

**Spiritual Frontiers Fellowship International - Raleigh Chapter**  
*presents*

# *Developing Your Intuition*

*Intuition is not a gift, it is a sensory skill. At the November 3 meeting, Soul Intuitive Josiane d'Hoop will guide us through step-by-step practice of several tools that we can use to elevate intuitive awareness.*

Because we are living in a time of global transformation, where adapting to the accelerated pace of change is often a challenge, each of us needs to attune to our own guidance. Our Higher-Self gives us messages all the time, but we often fail to recognize them and end up making decisions out of fear rather than listening to our insights. We may even think that we are not connected or not capable; others can do it, but not me.

Even though our times are challenging, they also bring greater opportunities than ever before to access higher realms of consciousness. In this presentation, Josiane d'Hoop will help us understand the different factors creating those conditions and recognize the signs and guidance that come to us all the time.

Contrary to what many people think, intuition is not a gift, it is a sensory skill, developed through training and practice, and therefore accessible to everyone. In this informative presentation, Josiane will help us understand the different levels of intuitive perception and give us practical steps to follow for achieving each level. She will answer questions and guide us through a step-by-step practice of several tools that we can use to elevate intuitive awareness.

Born and raised in Paris, France, Josiane d'Hoop is a soul intuitive, healer and teacher of metaphysics. She began her work as a student of theosophy and is presently teaching the Alice Bailey material.

Through dedication and 15 years of continual discipline, she has developed extrasensory skills and abilities, which allow her to help many people all over the world. A Medical intuitive, Reiki Master and Certified Hypnotherapist, she also teaches meditation, intuition development, alternative healing methods and self-empowerment. Josiane uses her knowledge and skills to help people improve emotional well-being, personal relationships, physical health and develop spiritual awareness. She helps others meet and work with their own spiritual guides and angels so that they can, like her, find direct guidance. You may learn more about her and her work at [www.walkthruithedoor.com](http://www.walkthruithedoor.com).

Because of her love for humanity and with the help of dedicated people, she has recently created a non-profit organization, Quantum Institute International (QII), with the purpose to develop human potential by raising human consciousness. The teaching she provides through the QII website and classes is accessible to everyone as the organization operates solely on donations.



## *Josiane d'Hoop*

**Thurs., November 3, 2005**

**Unitarian Universalist  
Fellowship of Raleigh  
3313 Wade Avenue, Raleigh**

**Admission: \$10  
Doors Open - 6:45 PM  
Meeting - 7:15 PM  
Early Meditation - 6:30 PM (free)**

**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*

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## SFF Board

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## 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 longer programs recorded on two tapes. Most Workshop recordings fit this category.

### SFF Raleigh

*When:* First Thursday of each month (except July)  
*Where:* Unitarian Universalist Fellowship of Raleigh  
3313 Wade Ave, Raleigh, NC 27607  
*Cost:* \$5.00 for lecture, early meditation is free  
*Time:* Early meditation - 6:30 pm, Lecture - 7:15 pm

## Healing Meditation

Come early for the Healing Meditation and experience an opportunity to get centered and release stress. Deepen your understanding of the body as energy and allow the wonderful world of sound to open up the innate healing capacity of your body/mind/spirit.

Gifted Energetic/Sound Healer, Spiritual Medium and Life Coach/Mentor Suzette Foster Anicetti will guide you directly into higher vibrational fields using sound and toning. Science recognizes the value in sound vibrations in balancing and healing the body. Come willing to release emotional stress and physical issues.

Major healing can take place even in one session. A woman's hip pain that she had had over a year went away with a 20-minute sound healing session. Another woman's back pain that she had had for 10 years went away in a 45-minute sound healing session. People also release emotional blocks that they are dealing with.

You may learn more about Suzette and her work at her website [www.suzettefoster.com](http://www.suzettefoster.com) or by emailing her at <sanicetti@aol.com>.

The Healing Meditation begins at 6:30 pm in the Ralph Waldo Emerson room. **Please arrive on time** to optimize the energies of the group.

## Calendar of Events

December 1, 2005 - **Mary Lemons**  
*Gathering of the Species: Transcend  
Barriers, Connect to All That Is*  
January 5, 2006 - **Kelly Lee Phipps**  
*Astrological Forecast for 2006*