

Angels at Work

Nationally-known for his ghost-busting and spiritual healing, Vaughn Boone will share his more than 50 years of miracles, strange happenings and mystical experiences

There's only one Vaughn Boone.

And, if he was telling the story, he would be quick to add that one would be enough. There are many, though, in the spiritual community around the country who feel that a few more would be heartily welcomed.

The nationally-known author, spiritual healer and ghost-buster, will be the featured speaker at the Dec. 2 meeting.

Boone, a North Carolina native who lives near Charlotte, has spent his life probing the inner and outer spaces for a greater understanding of our role in the cosmic scheme—and in the process has been involved in some of the most unusual, mystical, spooky and heartwarming events of our time. He will be recounting many of those happenings at December's meeting.

"My intense search for an understanding of the magic of the mind and spirit began at age 14, and 68 years later is just as intense as at the beginning," Boone says in his new book, *Angels at Work*. "My life has been richly rewarding to a large measure by having been open to a wide range of experiences bordering on miracles. The timeworn expression, 'I'll believe it when I see it,' has been reversed in my experience to, 'When I believe it, I will see it.'"

Boone, a chemist and businessman by trade, is a former *Presidential Advisor* for the textile industry. He has also served on the United Nations *World Hunger Committee*.

Considered an expert in the ancient Hawaiian system of the Huna Code, Boone has taught many workshops on the Huna System of healing and has scheduled a workshop in Raleigh on Saturday, Dec. 4 from 9am to 5pm at the Friends Meeting House at 625 Tower Street. Please call (919) 965-2683 for more information.

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/>)



**Vaughn Boone
and Silent Auction
Thursday, Dec. 2
Meditation - 6:30 p.m.
Lecture - 7:15 p.m.
Workshop - Dec. 4**

Lecture and Meditation Information

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

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

Notice to Advertisers and Feature Writers

SFF is beginning a new program which should enhance the effectiveness of your advertising. We will be focusing the emphasis of each issue of *Lightworks* on the general topic that our speaker will be discussing with us.

For example, in January 2000, astrologer Steve Forrest is our speaker. Therefore, we want to have one or two astrology related articles in this issue of the newsletter. Astrology related ads may be placed in that issue for half price.

In February, our speaker is Kathy Oddenino who will speak on The Journey Home: Our Evolving Consciousness. Articles and ads related to spiritual counseling/development will be featured.

In March, Dr. Alan Whanger will speak about research on the Shroud of Turin and ads and articles related to the integration of science and spirit, left brain - right brain or similar integration of seemingly contradictory pulls will be featured.

Our desire is to make it so each issue of *Lightworks* has an overall theme which is reflected by the speaker, newsletter articles and advertisements.

So, watch for the listings of upcoming speakers. If you would like to place a featured half price ad or write a short article (200 - 300 words) for possible inclusion in that issue, we will need to have it (in electronic file format) at least six weeks in advance of the scheduled speaker. Contact Kemp Ward, Kathi Middendorf or Kim Kasdorf for more information.

For the January issue, we need your ads or articles as quickly as possible.

Lightworks

Circulation 600

Editor: Kemp Ward
December 1999
Issue 139

SFFI Workshop

Huna: The Path to Self Discovery

A Workshop on Dec. 4 with Vaughn Boone

The ancient Kahunas of the Polynesian Culture had an understanding of the human psyche that appears to transcend modern psychology. They take a unified approach to body, mind, spirit that includes the full spectrum of the human potential.

Based upon the teachings of Max Freedom Long, we examine in depth the interaction of the different levels of consciousness. This understanding gives us the tools to achieve self mastery and assist others in their quest for fulfillment on all levels of being.

It also appears that we are joined by spiritual forces with abilities beyond our understanding. When we work with them in concert, miracles of change often take place.

Huna's simplicity is easy to follow:
"No Sin - No Hurt: Serve to Deserve."

When: Saturday, Dec. 4 9am - 5pm

**Where: Friends Meeting House
625 Tower Street, Raleigh**

Cost: \$25

More Information: Call (919) 965-2683

**Sponsored by Spiritual Frontiers
International, Raleigh Chapter**

Community Services

Newsletter Delivery

One of the persistent concerns we have involves the postal delivery of newsletters. SFFI Raleigh is now employing the services of a professional mailing firm. You may have noticed that the newsletters have your address directly printed on them and that we are now using Postnet barcodes. These changes qualify us for lower postal rates.

The newsletters are typically mailed approximately ten days after our lecture so you should have them about one week to ten days prior to the next scheduled meeting. If you are not receiving your newsletter on time, the most effective recourse is for you to file a postal complaint form.

Give Kim Kasdorf a call at 919-833-4188 and he will let you know when the newsletters were mailed from the bulk mail center at RTP. With that information, you can file a postal complaint.

Postal branches are rated by customer satisfaction levels. Postal complaints directly affect the rating of postal branch offices and are generally taken very seriously.

SFFI PROGRAMS for 2000

- **January** - Stephen Forrest, New Millennium Astrology
- **February** - Kathy Oddenino, The Journey Home: Our Evolving Consciousness
- **March** - Dr. and Mrs. Alan Whanger, The Shroud of Turin
- **April** - Suzanne Brown, Feng Shui
- **May** - Page Bryant
- **June** - Rachel Salley, Mediumship
- **August** - Will Enders, Wild, Edible, and Medicinal Herbs
- **September** - Maria Tadd and Marilyn Penrod, Crop Circles
- **October** - Rebecca Nagy, Spirit In Business
- **December** - Tera Thomas, Animal Communication

Book Signings

Vaughn Boone, our December speaker, will be signing copies of his new book, *Angels At Work*, on Dec. 3 at Dancing Moon bookstore from noon until 2 pm and Common Ground for Living from 7pm to 9pm.

STEPHEN FORREST IS OUR NEXT SPEAKER

Our exciting guest speaker in January will be Stephen Forrest, world-reknowned astrologer.



Stephen has been featured in the Dell Horoscope magazine—as well as many other publications across the world—and has written several books on astrology. His readings are so accurate and popular that

there is a two-year waiting list to get an appointment!

Recently, it was announced that he is Chairman of the Advisory Council for the newly formed Kepler College of Astrology in Seattle, Washington! It is now fully funded, fully accredited by Washington State, and is set to open in the summer.

Imagine taking English and writing about astrology, taking History and learning about the history of astrology, taking math, and learning how to compute an astrological chart, etc. and getting an accredited degree for doing so!

We are extremely fortunate to have Stephen as our speaker. He will be talking about the Age of Pisces that we are now leaving, and the Age of Aquarius that we are embarking upon.

- \$10 Admission
- Thursday January 13, 1999
- 7:30 PM
- Pullen Memorial Baptist Church
1801 Hillsborough St, Raleigh, NC
- Info. 965-2683

The Essence



The holiday times are upon us. Stress levels rise to new heights. How can we remain centered with all there is to do?

We rush to keep up with the kids, buying the

perfect present in the midst of massive people jams, keep up with work, with the crescendo rising the closer we get to the big day. The movement and activity make it difficult to maintain our center.

Flower Essence Services gives us the Indian Pink essence to help us keep our center in the midst of the chaos and pressure. Growing in dry, sunny, rocky habitat, the essence of these beautiful red flowers brings us back to our center.

Our perception of the universe is changing radically in these times. Science is showing us that instead of solid matter, our universe is made up of energetic vibrations. These vibrations appear as subatomic particles. Our bodies (physical, emotional, mental, and spiritual) vibrate in a certain pattern. Imagine a part of a song you especially like. The vibrations from those sound waves are in resonance with the vibrations of your bodies.

The vibrational remedies work through your vibrational template. Because the remedies address the larger aspects of your health, not just the physical body, they have a tendency to work in layers. The effects on a person may range from subtle to mildly aggravating.

An essence is the energy template of a flower, mineral, a star, or other forms. Water is used as the carrier of the vibration, the sun is usually used to facilitate the vibrational transfer. The moon or heat may be used in some cases. Brandy is usually used as a preservative to keep the essence fresh.

When a person takes the essence, the energy signature of the flower is understood. The person can choose to vibrate at the new level, stay at their current level, or even return to their current level after experiencing the new vibration. There is no addictive effect; the person always has a choice to change. Also, moving to the new vibrational level can take a few weeks, but at times, the change is almost immediate.

Larry Henson

Larry is an Essence Practitioner. He can be reached at 661-8371, or e-mail at lhenson@earthlink.net. He is SFFI's Raleigh Chapter Treasurer.

Numerology

Now that you understand about the alphabet and how the various letters stand for specific numbers (from last month's column), let's explore what these letters mean in your birth name.

Obviously since the meaning of an "a" is different from the energy of a "b" this offers additional information about strengths and weaknesses in the chart. Whether you have one "a" or two "a's" offers even more data in numerology.

In the birth name chart numbers that appear in the largest quantity indicate strong and obvious characteristics. They are called intensification numbers or prime intensifiers. An abundance of a particular number reveals talents and strengths and, if you believe in reincarnation, can indicate experiences that have occurred most frequently in past lifetimes. These experiences should be easy for individuals to encounter again since they have learned them well before.

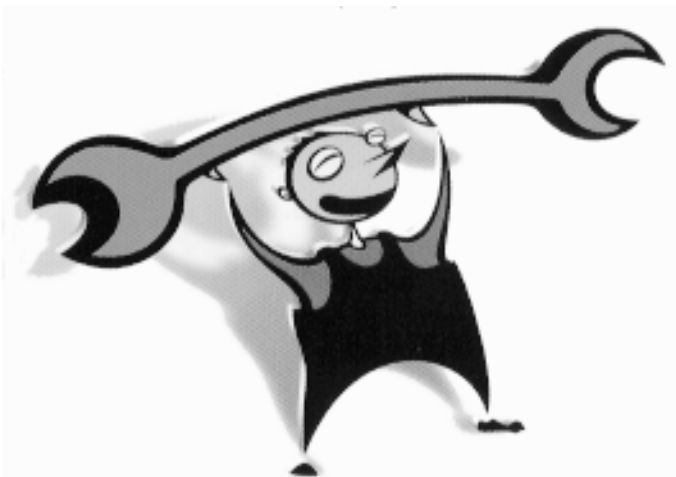
With the American alphabet the most common number is 5 since we have plenty of n's, e's and w's in our names. The number five indicates versatility, resourcefulness, impulsiveness, and need for freedom.

People with several 5s in their chart have a tendency to abandon old ways for new, exciting adventures. They are very sensual people and can overuse those senses by eating too much, indulging in drugs, or even becoming addicted to sexual pleasures. Sound like anyone you know? Now we know why the United States has the highest divorce rate in the world!

(More next month.)

Alexandra L. Lett
TRANSFORMATIONS
New phone number 919-777-9362
alexlett@aol.com

(C) Alexandra L. Lett, 1999



You Never Know What You'll Find at The SFF Silent Auction

You'll be able to buy everything from massages, psychic readings, homemade beer, a certificate for a homecooked meal, furniture and books to jewelry and crazy-looking clothes. And, they're all going to have one thing in common — they're all going to be cheap.

Our annual SFF Silent Auction, which is always vital to the organization's fiscal health, will be held immediately before the Dec. 2 meeting and during the break.

And, as usual, folks have donated a ton of stuff. And some of it are things that you probably won't find anywhere else.

The auction is important, because what we bring into the SFF treasury in December goes a long way toward making sure we can continue to meet on a regular basis. This is the way we raise much of the money needed to pay our regular expenses during the year. The "love offering" at the door does not begin to cover the cost of putting on monthly meetings, renting the meeting room, paying the speakers and their expenses and putting out the newsletter.

Your donations are tax deductible, and you will receive a receipt for your records. When you shop, you get your choice of bargain after bargain.

Full Moon Meditations

Each month meditators gather to apply their mental and spiritual energies for the upliftment of the planet. In this guided meditation, we link telepathically with Hierarchy (the planetary heart center), Shamballa (the planetary head center), and the astrological influences of the moment to draw in the forces of enlightenment and the will to good. All seekers are welcome. For directions and information, call Maureen Richmond at (919) 846 - 8554.

Nov. 22 (Monday) 7:30 PM

Dec. 22 (Wednesday) 7:30 PM

Unity Church of the Triangle

Office and Bookstore

524 East Whitaker Mill Road,
Raleigh, NC 27608

For information call 832-8324.

Dial-A-Prayer 832-1020.

Office/Bookstore Hours:

10 am-4 pm Monday-Thursday

11:00 am Sunday Service

524 East Whitaker Mill Road in
Raleigh, between Glenwood Ave. and
Wake Forest Road. *Nursery, Childrens
Church. All denominations welcome.*

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

By Suzanne Lewis Brown
Feng Shui Practitioner

Feng Shui Your Holidays

Bypass commercialism: if you insist on fake greenery, put it outside so it doesn't sap your energy. A tiny LIVE tree surpasses a giant poly monster. Tree lots give away branches, gather lots of red berries, interesting sticks, and pinecones can hold for weeks in a pail of water outside.

Make live arrangements throughout your home and add inexpensive tiny lights and bows and replace before it droops from your outside stash. Lights are wonderful chi and brighten wherever they are: clustered in bowls, wound around plants, around windows and even mixed among photo frames on a table. After Christmas, leave some of them around to enjoy through the long, cold winter nights—especially where you lounge and eat supper.

Fresh greenery scents the home nicely and will also give a lift to your car when put in the back seat. Brass bells with red cords hang in abundance from your doorknobs, most especially the ones you open often like closets, bathroom, etc. Apples and oranges pierced with whole cloves and cinnamon sticks are nature's best potpourri.

Buy yourself some red socks to wear for a ground-up boost and get out all your red shirts, sweaters, and ties to enjoy wearing each day. This is the time for sequins and glitz, and it not only lifts you up but also your daily contacts who receive a boost, also.

Resolve: I will use candles, live greenery, tiny lights, music, and a fireplace (if possible) every night of this season and collect all the wonderful chi so I can in turn share it with others. ENJOY YOURSELF!

Suzanne Lewis Brown
781-8181 lewisbrown@lynxus.com

SFF Spiritual Coach

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

Dear Spirit Coach,

I don't understand what you mean about "taking responsibility for my life." I have had many problems and made many poor decisions that have been based on my childhood wounds and scars, and since I didn't create those wounds and scars, I don't believe that the results of decisions based on them are totally my responsibility (i.e., my fault).

Wanda

Dear Wanda,

Some people who are spiritually aware and awake believe that we are much more than this physical body...that the body and mind are a "projection" of the soul into material reality in order to learn. In fact, some talk about "earth school" and "lessons." There are things that can only be learned on the physical plane...and our stay here is for learning certain truths that were pre-ordained by our souls before they took incarnation. So, when "bad stuff" happens, we look at the question of what is the lesson...what can be learned?

In teacher Carolyn Myss's "Anatomy of the Spirit," she talks about "woundology" as a language spoken by people who have gotten stuck in their wounds, and their woundedness becomes their self-definition.

As long as people cannot move beyond the woundedness, they cannot move to their next level of expression. So, my question to you about responsibility came from this point of view...instead of defining yourself as a victim of past happenings, can you view these experiences as the path your soul took in this incarnation to learn whatever you have learned to this point in time?

The other piece about responsibility is that if you are in a situation that is not ideal—know that you have the power to change it...either by leaving, by changing aspects of the situation, or by changing the way you are viewing it. Responsibility in its root form means the ability to respond. The ability to respond means that you have some power in the situation, even if it is only choosing how you will be affected emotionally.

Dr. Kathi Ann Middendorf
(919) 785-3232 dr_kathi@msn.com

Community Services

"ALASKA 2000": CALLING ALL DISCIPLES

Let servers in the Light of Brotherhood remember our world's 200 million Indigenous. A celebration--"Alaska 2000: Walk of Reconciliation"--will honor all natives of the land, worldwide. Barrow has opened its heart as host of "Alaska 2000," January 23, 2000,--the last place lit by the 21st century sun--symbol of a New Day in Man's Regeneration. Citizens around the globe will attend. Governments, worldwide, and national organizations will join in Spirit as represented by their flags.

*United in Love We Will Effect an
Ascension of the Human Soul*

Chris Marsh of British Television says this millennium event promises to be "the most meaningful celebration of them all." NOTE: Several years ago, the American Indian anticipated a governmental apology for the historic desecrations of land and people. A formal apology was withheld.

DISCIPLES: LET LOVE'S HEALING BEGIN

HISTORY OF MAN'S "WALK OF RECONCILIATION"

"The Walk" externalized in the 70's by an Englishman, George Meegan. Meegan answered the Disciples' Call to walk the length of the Americas, entrusting his life to the Indigenous — Sandanista, alike — primarily dependent upon their goodness for the basic needs of life; and for seven years--the longest walk recorded! When about to complete his walk, Meegan learned in Spirit he was to postpone the last three hours until an appointed time as the "Incar-Nation's Walk of Reconciliation."

Meegan, man of modest means — "independently poor!", he says — continues to unite the Human Family. He will complete "The Walk" to Barrow with other world citizens and regional Indian and Eskimoan, where ceremony and celebration will ensue.

For information or questions, contact:

George Meegan/ Alaska 2000
The Japanese National Maritime University --
Kobe, 5-1-1, Fuqua
Higashinada ku, Kobe, Japan 658-0022

Phone/Fax: 01181 (797) 346192
meegan@cc.kshosen.ac.jp
www.rd.kshosen.ac.jp/~meegan/

A reminder...

Advertise in the Dec/Jan issue of

Innerchange

Focus

Meditation/Reflection/Prayer

Feature

Interviews with *Stephen Forrest*
(SFF January 2000 Speaker) and
Salle Redfield!

Deadline

November 10 (firm due to Thanksgiving Holiday)

Why advertise in Innerchange?

- ◆ We're the leading *source* for personal, spiritual and planetary transformation.
- ◆ We're the leading *resource* for information on local and regional events, workshops, study groups, and practitioners.
- ◆ 20,000 copies are distributed *statewide*, with nearly half being distributed in the Triangle area.
- ◆ Your advertisement reaches a targeted market!

Call Today for Info!

(919) 661-2282 (Triangle area)
(888) 272-3813 (outside the Triangle)

Reiki Open House

Open house on first & third Wednesday evenings, 8:40 PM. Anyone welcome. Free. Mary Mooney, 5109 Holly Ridge Rd., Raleigh. (919) 420-0104

SFF Board

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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 December 2.

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

Raleigh Area Chapter
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