

LIGHTWORKS

March 2001

Issue 153

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

At our March meeting, Maryphyllis Horn will tell us about the physical evidence proving the existence of Atlantis. Using information from the Edgar Cayce material as well as personal past-life regression accounts, she will describe their civilization and the spiritual turmoil that led the continent to sink beneath the ocean.

"Many sources, including Cayce, say that all of us are returned Atlanteans, endeavoring to keep the planet from not suffering the fate that Atlantis did."

From her work with soul retrieval and spirit releasement, Maryphyllis has developed insights and a unique understanding of how we can more easily heal these spiritual and relationship issues so that we don't suffer the same fate the Atlanteans did.

Maryphyllis feels that "the way to preserve the planet is to go to the point in time where the whole key to the puzzle of world turmoil becomes apparent. From there, deep realizations reach into our spirit and enable us to more easily turn things around for the better." On March 1, she will share what she perceives these turning-point keys to be.

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.



Maryphyllis Horn
Thursday, March 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!

*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/>)*

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Awaken Your Intuition!

Join world renown Medical Intuitive Nina Zimbleman and her physician co-worker Trish Johnson for a remarkable one-day workshop designed to awaken your medical intuitive abilities. Nina has worked with intuition and energy healing for 19 years. Her studies and teachings have taken her throughout the world, including a two-year metaphysical research project at the Egyptian pyramids.

Where: Center For Creative Healing, 4505 Fair Meadow Lane, Suite 110, Raleigh, NC

When: Saturday, April 7, from 9-5. A vegetarian lunch is included. There will be a two-hour lunch break for networking.

Cost: Cost \$100. Make your check payable to The Gleaning Foundation. A limited number of individual intuitive readings will be available on Sunday at a cost of \$100.

For Further information: Call 233-8429 or e-mail mcclure@urolmd.com for further details and directions.

SFF Board Position Open

The SFF Board of Directors seeks a Fundraising and Public Relations chairperson to organize the yearly fundraising event and provide publicity for programs. This board member also takes responsibility for copying and distributing program flyers each month.

Board members may attend all programs and workshops for free. They are required to attend board meetings on the 4th Monday of each month.

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 SFF.

Lightworks

Circulation 700

Editor: Diana Henderson

March 2001 Issue 153

Upcoming Programs

- March - Maryphyllis Horn - *Atlantis Now?!*
- April - Mellen Thomas Benedict - *Living at the Speed of Light* - Workshop - TBA
- May - Su Geringer - *Spiritualizing Relationships: Enhancing Telepathic Rapport*
- June - Rachel Salley - *Platform Mediumship Workshop* - TBA
- July - No Meeting
- August - Dolores Cannon - *Nostradamus Workshop - 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 Symbolology Workshop - Body Symbolology*

Coming in April:

Living at the Speed of Light with Mellen Thomas Benedict

In April, Mellen Thomas Benedict will be back in Raleigh to tell us about some of the latest research in quantum biology. This is the study of biology at the atomic level and deals directly with the energy states of cells. Taking the concept of humans as light beings to a very high level, Mellen and the scientists affiliated with Flu-Lite Corporation have made a number of stunning discoveries about how slight changes in the electron body can have profound effects in healing and in the slowing down of the aging process.

This field, also known as bio-photonics, is about 35 years old. As Mellen discusses the role of light in our lives, audience members will gain new insights into the nature and significance of the chakras and auras.

In addition, Mellen will be conducting an all-day workshop on Saturday, April 7, in which he will be able to dramatically demonstrate the effectiveness of healing energy and the power of thought through Kirilian energy displays. He will discuss the findings and techniques that will make it possible to significantly slow down the aging process. Both the lecture and workshop promise to be extraordinarily interesting and especially relevant to all of us baby boomers. Plan now to attend.

Triangle Health & Healing Expo

March 3, 2001

9 a.m. – 4 p.m.

Sheraton Imperial, RTP

This is your opportunity to experience first hand a cadre of practices, philosophies and services for improving the Body, Mind and Spirit. For more information, contact:

Jane Duca	919-481-4680
Kathy Hendricks	919-846-7349
Mary Klang	919-363-3888

sponsored by **Common Ground for Living and Innerchange**

Shamanic Healer/Counselor Leads Meditations in March

SFF is pleased to have Steven Rogat lead the meditations this month. He is a National Certified Counselor, Licensed Professional Counselor and Massage Therapist and Metaphysical and Shamanic Healer with advanced training in Hypnotherapy, Eye Movement Desensitization & Reprocessing and Thought Field Therapy. His seminars have been well received by health, mental health, business and educational institutions internationally. A well-known facilitator and author, his articles have appeared in numerous publications. Steven's books include *Healing Thoughts, Therapeutic Shamanism*. He is also the originator of the Body/Mind Health Corner™ column appearing in various national magazines. Steven may be reached at 919-967-1306.

Steven will lead both the healing meditation, which begins at 6:30 in the Old Sanctuary and the brief meditation before Maryphyllis Horn's presentation. Please be on time if you wish to attend the healing meditation.

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.

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.

SFF Spiritual Coach

By Dr. Kathi Ann Middendorf

Spiritually Based Personal and Professional Coach

Dear Spirit Coach,

I have heard about healing someone far away. How does distant healing work? Dave

Dear Dave,

A way to conceptualize the workings of distant healing includes the following principles:

1. We live in an ocean of energy.
2. Each individual is a condensation of the energy.
3. Each individual is connected to all other individuals through the medium of that ocean.
4. Research in quantum physics has demonstrated that the activity of a particle will affect the activity of it's "partner" particle even though they are separated by great distance.
5. Focus on a particular particle with a certain intention affects its action.
6. Distant healing involves the desire of one individual for the increased well-being of another some distance removed.
7. Distant healing is done with intention.
8. The healer focuses on the person to whom healing is being sent.
9. Energy is built through a process of prayer, meditation, music, symbols, etc.
10. At the culmination of the energy building process, energy is released to the target recipient.
11. The healer ends the session with a statement of closure such as "Amen," "It is done," "And so it is" and/or an expression of gratitude.

A key understanding is that we are energy beings always exchanging energy with our surroundings. The distinction during a healing is that we build the energy with intention and send it to a specific person.

In our everyday life, we are still sending and receiving energy from everyone and everything around us but usually without a clear intention. One of my teachers long ago said that she never left home without affirming her intent to release only loving energy to everyone with whom she came in contact, and, in turn, receive only loving energy from them.

Imagine the world we could live in if everyone adopted this practice.

Dr. Kathi Ann Middendorf

(919) 363-8244

dr_kathi@msn.com

Past Life Regression

By Dr. Barnsley Brown

On my business cards, I list all the services I provide—intuitive counseling/readings, Reiki classes and treatments, stress management training, etc.—and the entry that invariably raises the most eyebrows is "past life regression." While the notion that we have past lives is widely accepted in the East, here in the West, we have a hard time swallowing it. Our American culture, in particular, is so focused on "making it big" in this lifetime that we have little patience with the "esoteric" idea of past lives.

Hence, it doesn't surprise me that quite a few of my clients come to me intrigued by the idea of past lives but not quite sure whether or not they believe in them. One question frequently asked is, "What if I don't believe in past lives? What will happen?" Fortunately, the past life regression can be of benefit to you whether or not you actually believe in prior lifetimes.

Essentially, the past life regression provides you with an extended metaphor or set of symbols critical to what is happening in your present lifetime. In Jungian terms, the regression presents personal and collective archetypes that can help you decipher and understand your fears, your patterns (both negative and positive) and your potentialities.

Since the regression puts you into a very relaxed state in which the subconscious mind is operative, you are able to bypass the conscious mind to a deeper place in which your soul's highest wisdom comes forth. Whether or not you believe your soul has lived before, you will be able to access this deep place through your session. In short, the regression puts you in touch with the information that best informs what you are experiencing *now* in your work, your relationships, your health, and so on. It is a tool to put you in touch with your *current* challenges and how to overcome them!

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

Monthly Columns

Reiki

By Vickie Penninger

Reiki is readily incorporated into the work done by massage therapists, chiropractors, physical therapists, Healing Touch practitioners, medical doctors, veterinarians and other healing facilitators. The Reiki energy enhances each healer's ability to provide an opportunity for the body, mind and spirit to heal itself. But what about those people who are not inclined to pursue a healing career or who have many medical problems of their own and for this reason believe that they are not able to offer healing to others? Why would Reiki benefit them?

Reiki is only one of many tools that empower a person to advance further along the spiritual path by increasing an awareness of old thought patterns, old habits and ideas that are restrictive and barriers to personal growth. With Reiki, one can begin to see the infinite possibilities of the mind and spirit. This is done by increasing the vibratory rate of the energy which makes up the individual. One begins to channel larger amounts of energy in a purer form since there are fewer obstructions. A desire to pursue inner work is heightened and this leads to greater awareness and a higher level of consciousness. One begins to realize that all is connected to the other. Intuition is increased because of this awareness helping the individual to tune into the Higher Self. Empathy results and we become kinder, more tolerant, more understanding of others. The entire planet benefits because the vibratory rate of the planet increases. We are empowered by the flow of Reiki from Universal Source when we place hands on ourselves to promote our own healing. We no longer feel helpless. We are then able to offer this energy to others—family, friends, co-workers. And the cycle continues....

Vickie Penninger is a Reiki Master and Healing Touch practitioner offering classes and private sessions by appointment.



Birthcharts • Current Events
Relationships • Business Consultations

RANDY WASSERSTROM, MSW
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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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Meet the Board



Kathi Middendorf, Chairperson

Dr. Kathi Ann Middendorf is the Chairperson of Triangle SFF. Since 1988 she has served two years on the national board and six

years on the local board in the roles of secretary, program chair and chairperson. Kathi has also written the "Dear Spirit Coach" column for *Lightworks* for over two years.

She is a Personal and Professional Success Coach who coaches clients in the Triangle area as well as in other parts of the state and country. Her purpose is to coach others to express their individual greatness so that the entire world benefits through all people finding and living their sacred purpose. Through her service to SFF, she is committed to enhancing the awareness and consciousness of the community.



Alice Hough, Secretary

Alice Hough, the new SFF secretary, is a lightworker who uses energetic healing to promote growth and balance in herself and others. She is trained in DNA Activation and Healing, Reiki

and aura cleansing. Her own spiritual journey has led her to explore many avenues of growth including animal and plant communication, prayer, music and sound, tarot, rebirthing and shamanic spirit journeying.

Alice says that the people and ideas she has met through SFF have had a very beneficial influence on her life and she is happy to be able to return some of that good energy to the group by serving on the board.

Abbie Emory, Treasurer

Abbie has been affiliated with SFF for some time and previously served as the programs board member. Those who attend meetings will recognize her smiling face welcoming them at the entry table. On the day-to-day side of life, Abbie has a real talent for organization and problem-solving that she puts to good use on behalf of SFF. On the spiritual frontier, she is an ordained minister in the Order of Melchizedek as well as a practitioner of Reiki II and Mari-el. She has studied a wide variety of subjects including pre-Columbian American history, the Knights Templar, tarot, the Kaballah and the Essenes—and still she feels that her journey has just begun.



Maryphyllis Horn, Programs

Maryphyllis Horn is known in the Triangle Region for doing Shamanic Healing and Counseling. She is a Shamanic Practitioner, a Certified Thought Field Therapist and a Certified Master Hypnotherapist. Her private practice in Pittsboro (also in Raleigh & Greensboro) focuses on soul retrieval, soul integration, shamanic counseling, spirit releasement, past-life therapy and Thought Field Therapy. She also teaches piano and does Feng Shui consultations.

Despite her Shamanic focus, Maryphyllis is quite eclectic. She brings to her counseling—and to the SFF program position—a wealth of background in all phases of metaphysical study and activity. For over 25 years she has been involved with the A.R.E., SFF, Life Spectrums and SFF retreats, Reiki, Huna, Unity, Kaballah, Astrology, Numerology, Native American studies and more. She is an ordained interfaith minister from Carol Parrish's Light of Christ Community Church in Tahlequah, OK. When she taught high school choral music in Greer, SC, she was the Greenville, SC, program chairperson for SFF and the Quest Metaphysical Society.

Maryphyllis loves doing programs for us! She often remarks that it's not work—it's fun and exciting! Her Gemini sun-sign, and Neptune trine Uranus, revel in diversity, uniqueness and anything that can help us all delve deeper into the mind of God!

Meet the Board



Diana Henderson, Healing & Meditations and Lightworks Editor

Diana has had an interest in metaphysics for more than 25 years. Her own need for healing led her to the study and practice of many healing techniques. A Reiki

Master/Teacher, Diana is also certified in DNA Activation and Rebirthing. In addition, she's been doing psychic readings for several years and has, through DNA Healing Techniques and other work, expanded her awareness to a higher level that incorporates spirit medium work and trance channeling. She is totally guided by Spirit while doing readings or healing work. In April 1995, she and her husband founded a group devoted to spiritual/psychic exploration. More recently, she began Metatron's Circle channeling group.

Through DNA Healing Techniques, Reiki training, meditation classes and energy work, Diana focuses on opening individuals to their own psychic and healing gifts, enhancing their spiritual connection and helping them awaken to their soul's purpose. She continues to learn and share new ways of empowering others to heal themselves on all levels.

Diana has been the Healing/Meditations chairperson for the last year and continues to enjoy this aspect of her work with SFF. She recently took on the challenge of becoming editor of *Lightworks* following her talented and dedicated friend Kemp Ward in this capacity. She looks forward to the challenge and hopes her experience as a graphic designer, copy writer/editor and English teacher will prove helpful in fulfilling this role.



Cecile Prince, Refreshments

Cecile Prince has been on the SFF board since August 2000. She is a Reiki Master with interests in dowsing, labyrinths and Native American customs and rituals. She has

two adult children, Denice and David and a nine-year-old grandson, Benjamin. She is delighted to share this news: "My wonderful daughter-in-law, Shannon and David, my son, are going to bless this universe with the birth of a lovely son in April 2001."



Kim Kasdorf, Mailing List

Kim Kasdorf has been active in the Raleigh SFF chapter since joining the board in 1988. Kim maintains the mailing and email lists, has served as editor of the newsletter and as SFF chairperson (1992-1996 & 1998) and still does

whatever needs to be done to help the chapter. He works as a mechanical engineer at a medical device firm in the RTP and received degrees in Teacher Education, Social Work and General Social Sciences.

A spiritual seeker for most of his life, significant early influences include Robert Heinlein's *Stranger in a Strange Land*, Herman Hesse's *Siddhartha*, books by Ruth Montgomery, the Seth books and the complete works of T. Lobsang Rampa, Carlos Castaneda and Richard Bach. Balancing right and left brain activities and interests is a continuing challenge and his passions bounce from fine art to computers; from trucks and chainsaws to acoustic guitar and Persian rugs. Helping Kim to maintain balance is his wonderful and talented wife Pat.



Cindy Bowling, Audio Services

Cindy is a video specialist and former instructor at Meredith and Central Carolina Community Colleges with over 15 years experience in video and television production. Currently she is teaching film and camcorder classes

for Wake Tech's continuing education program and looking for full-time employment. January 2001 was her first SFF meeting, and she immediately responded to Kim's appeal for an audio tape technician! Her spiritual journey is presently exploring—labyrinths, tarot, the Gospel of the Nazirenes and all the wonderful programs SFF plans to offer.

SFF Board

Chairperson	363-8244	Dr. Kathi Ann Middendorf dr_kathi@msn.com
Secretary	859-0067	Alice Hough redearth@mindspring.com
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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 April 1. (Articles due by March 28.)

*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.***

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