

**Spiritual Frontiers Fellowship - Raleigh Chapter**  
*presents*  
***Life as a Conscious Dream:  
Directing Life from Your Greater Self***

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*By using dream-tools, you can learn to interpret the recent events of your life in a way that brings awareness, growth, and joy to events and situations that feel heavy, frustrating, or fearful.*

Join us for the return of one of our favorite presenters, Donna Spring Gulick. Donna will teach us how to use a number of light but practical methods on everything from life's mini-events to its maxi-moments to gain new perspectives to free ourselves, to awaken our consciousness further, and to direct our lives consciously—to learn where our thoughts are not our truths, and to live from our highest clarity.

The process that Donna has developed draws from the work of Diane Kennedy Pike and Byron Katie, and from dream methods such as gestalt, Senoi dream-work from Malaysia, and metaphysical dream interpretation. Once we notice the symbols of our psyches, we can examine the underlying assumptions, see their lack of truth, and skillfully build our thoughts and attitudes to manifest our lives even more consciously. Where judgment leaves our consciousness, joy enters, and we are more playful and spirited; we receive messages more clearly, live our Soul's clarity, and grow spiritually and psychologically; we become centered in the midst of life's dramas and challenges, rather than being blown away by the "dream."

Using these creative tools, the love and wisdom of masters and teachers in spirit, her personal stories, and the stories of others, Donna and her guides will help us reach new heights of consciousness in a way that honors the light-being that each of us is. She'll lead us through the process in a meditation. With humor and a transfusion of empowering light, she brings us practical answers to our questions. Behind the words and the energy transfer is the knowing that we have what we need; we are what we need.

Donna is a mystic, intuitive, medium, and healer, as well as a popular metaphysical teacher and workshop leader. For 25 years, she has been a conveyer of universal truths that serve us in the interweaving of the sacred and the practical. As a conveyer of messages of truth from many spiritual paths, Donna lovingly inspires conscious healing and empowerment on physical, emotional, and spiritual levels. Her humorous and deeply inspirational talks at conferences, churches, and universities have turned audiences into spiritual communities. Donna facilitates loving growth and clarity with groups, as well as with individuals, through attunements (readings) and through monthly individual spiritual mentorship by phone or in person. Her individual counseling, mentorship, healing, and classes have successfully moved people through their transformations. Recently she released a series of CDs of inspiration and guidance, which will be available for sale the night of the lecture.

To learn more about Donna and her work, visit her website [www.DonnaSpringGulick.com](http://www.DonnaSpringGulick.com), or contact her at [D2Gulick@earthlink.net](mailto:D2Gulick@earthlink.net).

Larry Burk, MD, a recent SFF speaker who has taught with Donna at the Duke Center for Integrative Medicine, says of her, "Her teaching is authentic and from the heart, and students respond in amazing ways to her healing presence. Donna provides the opportunity for all to experience Spirit at a deep level."



***Donna Spring Gulick***

**Thursday**

**September 6, 2007**

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

**Admission: \$10;  
\$8 seniors & students**

**Doors Open - 6:45 PM  
Meeting - 7:15 PM**

**Early Meditation - 6:30 PM (free)**

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Visit us online at [www.Spiritual-Frontiers.com](http://www.Spiritual-Frontiers.com).  
SFF meets on the first Thursday of every month except July.

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

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Dated Material

**Donna Gulick**  
**“Life as a Conscious Dream”**

**[www.Spiritual-Frontiers.com](http://www.Spiritual-Frontiers.com)**

## 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.

Within the scope of our mission, we choose speakers who offer a variety of views and philosophies, but SFF does not endorse any speakers' statements or beliefs. You are invited to come with an open mind and depart with all that feels true for you.

## Audio Recordings

Recordings of most SFF programs are available; a catalog is available at the Thursday lectures. To order, send \$10 for each copy on a single MP3 CD, \$15 for standard audio CD on 2 disks to:

*SFF Raleigh, PO Box 12773, Raleigh, NC 27605-2773*

Please indicate your preferred format and include your mailing address.

## About your subscription...

If you mailed our re-subscription card back to us, many thanks! If it came back to you stamped “address unknown,” please accept our apologies. A mix-up with the post office led to our box being closed for 3 days, July 10-13, and items in it at the time were returned; if yours was one of these, we encourage you to send the card back to us if at all possible, or to re-subscribe by sending an email. If you intended to *un-subscribe* by *not* returning your card, but are still receiving the mailer, please let us know at [Subscriptions@Spiritual-Frontiers.com](mailto:Subscriptions@Spiritual-Frontiers.com). Our mailing address is still P.O. Box 12773, Raleigh, NC 27605.

## Early Meditation

**Come early for the Healing Meditation.** The first few minutes are focused on sending healing Love and Light to Mother Earth and her inhabitants. Then relax and enjoy the blessing of an Angelic Attunement meditation. Suzette Faith Foster will invoke the angels—messengers from the Source of all Light—for a healing on many levels of your being. In this expression of Oneness, you will be helped to release old patterns of separation and to transmute fears, anger, and blocks into pure light. Your true Divine identity will be resurrected by the energies of the Angelic Attunement!

Suzette is a channel for healing using many doctors, angels, and ascended masters in the non-physical for her clients' highest good. She is an energetic and sound healer, spiritual medium, life coach, and speaker who practices in Cary, NC. To learn more about her, visit [www.choose2thrive.com](http://www.choose2thrive.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.

## Upcoming Events

October 4, 2007 – **John Springer**

November 1, 2007 – **Don Brown**

*Tibetan Buddhism*

December 6, 2007 – **Dan Chesbro**

January 3, 2008 – **Bernie Ashman**

*Our annual astrological forecast*