



TEACHING OF THE INNER CHRIST

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OCTOBER

Evolving Awareness of Christhood

By Rev. Elaine Fuller-Zachey

I've always loved October. It's a season of Power and Change. With its progress from sleepy summer into fall comes an element of coolness and invigorating Power. It's in the air. I can smell it, feel it and it makes my blood race and my general awareness expand to see the Perfection of God everywhere I look. I go outside to see fall's coolness bloom and surge with beauty everywhere as it lifts and energizes plants, animals and all of us to expand into maturation. We can compare that surge to spiritual intensity we feel as we grow in Christ Awareness.

(continued on p.4)



Rev. Ann was happily married, mother of four beautiful children, professional opera singer and among other things a leader and vocalist in the Religious Science Church having moved to San Diego in 1954. However, she had known since she was a little girl that she was born to fulfill some great, special purpose.

In Rev. Ann's book, *Who Is with Me*, page 35, she says "Then it happened. On that never to-be- forgotten Tuesday evening of October 19. 1962, the wonderful stranger, came and sat beside me at the Rudolph Firkusny concert in the Old Russ Auditorium of the San Diego High School. That evening he opened the way for a series of events which have changed the whole world." We know the wonderful stranger was the Master Babaji. And the rest as they say is history.

T.I.C. has, since then designated the Sunday nearest October 19th each year as "Awareness Day" T.I.C.'s special holiday.

The channelings and teachings of Bajaj and Jesus through Rev. Ann changed many thousands lives, mine being one of them. I feel so blessed to have received her love, her support, her prayers, her lessons in choir and voice, the classes she taught and her wisdom. I thank you Ann for giving me the awareness that I AM not born into sin, but that I AM born into love. For love is the nature of God and all God's creatures. (continued on p.3)



We genuinely appreciate your financial support. Please remember, if you are absent we are still here, and with your continuous financial support, we always will be.

AUG 2017


Income	\$ 4358.99
Expenses	\$ - 4219.18
Net Profit	\$ + 139.81





(continued from p.2)

This year, Sunday October 15, 2017, there will be a very special T.I.C. Awareness Day Celebration, when we are honored with Marilynn and John Valenzuela and their "Oneness Kirtan Band". After the service there will be a luncheon provided. During the luncheon/potluck there will be plenty of time to share with one another your history with the Teaching.

With Love and Joy to All
Rev. Kayla Rose Carroll 



***YOU DON'T WANT TO MISS THIS OPPORTUNITY
FOR THE 2018 SPIRITUAL CELEBRATION!***

Sign up NOW for Spiritual Celebration 2018 Creating Life's Joy! This month, just send a check to T.I.C. for \$75 with a note in the memo line "SC down payment", or go on our website and click "donation" with a note on the order to be for Spiritual Celebration 2018 and T.I.C. will set up a personal account for you on our payment plan.

Making additional "donations" as ABOVE, **starting in November at \$77 per month for five (5) months** (to get the early bird price) and when Spiritual Celebration rolls around you will be paid in full and **ready to GO**. If you find later that you have a conflict with the date and can't attend, contact T.I.C. and all of your donations, with the exception of the \$75 down payment, will be refunded.

For more information, please call: (619) 447-7007.



Spiritual Get-together Meditation

2nd Wednesdays of the month

Crystal Bowl Guided Meditation

OCT 11 – 3:00-4:00 p.m.

Evolving Awareness of Christhood (continued from cover)

October is time to again thank co-founders Ann and Peter Meyer, as well as Christ teacher Babaji for bringing The Teaching of the Inner Christ (T.I.C.) to us. Through their efforts, we realize that each of us is actually a Christ. As we grow in Christ awareness, we grow in acceptance of ourselves as part and parcel with all that is the universe, including all of its ongoing diversification of Life. We can view existence as an ever-flowing, ever-changing river of Being. We are within this ever-flowing existence and the unique way in which we each express is essential to the Whole.

After all, God cannot be chopped up into discrete parts; as I heard Ann Meyer Makeever say, "God is Perfection Everywhere Now" and "If God is anywhere, God is everywhere." I also heard her say that Christ means God made manifest. I add to this, God is equal to Godself in all forms. We can see that these statements point our awareness to the Holiness of All Being.

When I meditate on this with Inner Christ guidance, I feel a sense of amazement, awe and incredible peace. I realize that we are made of God stuff, as is everything; we are equal to all of existence and each of us is essential to the Whole of Being or God. That's my awareness of Christ.

Peace & Love

Rev. Elaine Fuller-Zachey



"All spiritual practice is the art of shifting perspectives."

~Teal



If it doesn't nourish your soul, get rid of it.

"You, yourself, are your own obstacle. Rise above yourself."

Everything I need to know is inside me.

NEW CLASS

Inner Sensitivity – Starts October 10
Tuesdays: 6:30 p.m. – 9:30 p.m.
Taught by: Rev. Dr. Brigitte Heimers

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The Oneness Kirtan Band from Orange County will be playing at the Awareness Day Celebration on Oct. 15th!

Kirtan is the ancient art of singing as meditation. It is based on mantras that have strong energetic and vibrational components and serve as a bridge to higher consciousness. Kirtan is a very simple and powerful way to meditate. It's effortless and joyful: the music does the work for you. Kirtan is a means of finding our way back to the core of our Being, to our hearts, and to our connection with all of Life.

The Oneness Kirtan Band will be giving us the experience of kirtan music and sharing chants created especially for T.I.C.!



FYI: by Jeannette

Take a Deep Breath



When you're feeling stressed, do you catch yourself holding your breath? The holidays are coming up and that means travel for a lot of people. Even if you're NOT traveling, the holidays can leave a lot of us pretty stressed.

Travel can give us plenty of anxious moments, and the key to navigating them is proper breathing, says clinical psychologist Belisa Vranich, author of *Breathe*, a guide to breathing exercises.

Stress leads to shallow breathing, and that causes the brain to pump out the stress hormone cortisol, thus creating a vicious cycle. Vranich teaches people how to break it. "You can calm your neurological system in seconds by taking a good deep breath the right way," she says.

When most of us breathe deeply, our shoulders rise on the inhale and fall on the exhale. Vranich call this "vertical breathing." You can get a fuller breath by breathing from your diaphragm (horizontal breathing). Give it a try:

Sit up straight with your back a few inches from the back of your chair.

As you inhale, **rock forward**, arching your back, tilting your pelvis and letting your belly soften outward.

As you exhale, **rock back**, curving your spine toward the chair and compressing your belly toward the spine.

Horizontal breathing puts you in a relaxed state, where your body and brain are better oxygenated. Taking two minutes for this breathing exercise several times during each day can reduce stress, and even help you sleep better. – Christina Elston (Westways Magazine, AAA)

We are always healing, while on the path of spiritual maturity. When we aid one another in the pursuit of healing, acceptance, genuineness, and caring are needed. Healing others requires healing oneself, and being sensitive to one's own strengths, weakness, and truth. (continued on next page)

October is Breast Cancer Awareness month. After taking off 40 lbs. I discovered a lump and the biopsy came back as Stage III. All of a sudden there were a multitude of tests that I had to take. I was told that Stages I-III were all curable and that Stage IV was treatable. After taking the PET/CAT scan my oncology team started using the words treatable. I knew then that I was at Stage IV. I meditated on whether or not to do the aggressive chemotherapy treatment that they were pushing. I have been doing a ton of research. I switched doctors and the new doctor said he understood why I had refused the aggressive treatment. At that stage it would have caused the cancer spread throughout my whole body.

The one thing that I have learned through this journey is that STRESS is the number one cause of cancer. So, I have changed my diet, eating mostly organic, reducing stress in all areas of my life and creating joy in my life. God seems to think that I can conquer this, that I know what to do and who to call upon for help. I think that I am going to trust that God knows more than me in this situation! ☺ The one thing that I'd appreciate from people is that they don't just talk about cancer around me – I am MORE than that! Cancer is NOT a disease. When it metastasizes into a lump it is a signal that your body is out of alignment. Everyone has cancer inside their body (we get it from the air we breathe, the food we eat, the water we bathe in, etc.) – but if there is no lump, then your immune system is doing its part in killing it off! Yay!! (Jeannette)



Henry's Beach Potluck BBQ: 4:30 p.m.
LAST ONE THIS YEAR – OCTOBER 14



Henry, thank you for organizing the beach potluck/bbq days for us all to get together and have a pleasant day at the beach, and later on sitting around the bonfires! I'll look forward to your beach potluck/bbq days next summer!!

For more info, Call HENRY [619-857-7588](tel:619-857-7588)

What's Happening at Our Center!

OCTOBER 2017



- 1 Love Power Circle
- 8 LBR/IBA 12:15 p.m.
- 15 Awareness Day: Luncheon/Potluck
The Oneness Kirtan Band (from Orange Co.)
- 22 Potluck
- 29 Birthday / Prosperity Workshop



Coming October 22



Guest Speaker: Rev. Arthur Hammons
Rev. Arthur Hammons, a gifted motivational speaker, will be speaking on:
Bad Girls of the Bible – Part 3



He is continuing his talk about the women of the Bible – and this one is sure to be a crowd pleaser as well!! Laugh at Arthur's anecdotal spinning of his version of these women.

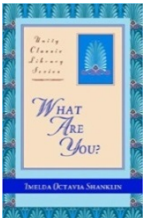
Spiritual Get-together with Crystal Bowl Meditation

- October 11. . . 3:00-4:00 p.m.
- 2nd Wednesday of the month (see p. 3)

Book of the Month: *What Are You?*







\$14.95 – 20% = \$11.96 + \$0.98 (tx) = \$12.94



This remarkable book describes what life is like if it is lived from the point of view of directly knowing our true nature, our oneness with God. This spiritual maturity then shapes how we think and what we choose to think about and what we consider real and worthy of our time and energy. It also brings into our awareness what our true resources are and how we can tap into them to create a truly fulfilling life. Finally, this book brings fresh insight into what it means to live a life of nonresistance.

October 2017

SUN	MON	TUE	WED	THU	FRI	SAT
1 Celebration 10:30 a.m.	2	3	4	5	6	7
8 Celebration 10:30 a.m. LBR/IBA 12:15 p.m.	9	10 NEW CLASS Inner Sensitivity 6:30 p.m.	11 Crystal Bowl Meditation 3-4 p.m. 	12	13 14 LAST BBQ/Potluck This year!! Saturday October 14 4:30 p.m. See p.7	
15 Awareness Day 	16	17	18	19	20	21
22 Celebration 10:30 a.m. Potluck	23	24	25	26	27	28
29 Celebration 10:30 a.m. Birthday Celebration Prosperity Workshop 12:30 p.m.	30 	31  	Awareness Day Luncheon/Potluck October 15 – After service T.I.C. will be supplying cake and sandwiches – feel free to bring any other dishes.			

Sunday Celebration! October 1, 2017

Usher/Video: Kayla Rose Carroll
Service Leader: Rev. Brigitte Heimers

Meditation Song: "We Are One" p. 28

Opening Meditation
Greetings

Prayer Demonstrations
Prayer RUCAT Card: Fill out prior to meditation

Group Song: "Joy in My Heart" p. 45

Center Events

Music performed by: Ann del Amo

Inspirational Reading Rev. Brigitte Heimers

**"Discovering the Christ Identity"
Rev. Elaine Fuller-Zachey**

Offering of Tithes and Gifts



Blessing of the Offering: With these donations, we bless the Teaching of the Inner Christ, so it may spread nationwide.

Music: "Lord I Do Give Thee Thanks"..... p. 74

Prayer RUCAT Card: Take into meditation

Meditation Music performed by: Ann del Amo

Meditation and Silence

Affirmation for the coming week: I joyfully celebrate my Christ awareness and express it in my daily life.

Closing Song: Love Is the Only Power p. 17



There is almost a sensual longing for communion with others who have a large vision. The immense fulfillment of the friendship between those engaged in furthering the evolution of consciousness has a quality impossible to describe.

Sunday Celebration! October 8, 2017

Usher/Video: Kathy Tirpak
Service Leader: Rev. Elaine Fuller-Zachey

Meditation Song: "We Are One" p. 28

Opening Meditation
Greetings

Prayer Demonstrations
Prayer RUCAT Card: Fill out prior to meditation

Group Song: "All is Right in our World"..... p. 13

Center Events

Music performed by: Marvin Dillard

Inspirational Reading Rev. Elaine Fuller-Zachey

**"Attributes and Attitudes of the Christ"
Rev. Brigitte Heimers**

Offering of Tithes and Gifts



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Music: "Lord I Do Give Thee Thanks"..... p. 74

Prayer RUCAT Card: Take into meditation

Meditation Music performed by: Marvin Dillard

Meditation and Silence

Affirmation for the coming week: I joyfully celebrate my Christ awareness and express it in my daily life.

Closing Song: Love Is the Only Power p. 17



Spiritual Get-together Meditation

Oct 11 3:00-4:00 p.m.

Crystal Bowl Guided Meditation

AWARENESS DAY! October 15, 2017

Usher/Video: Mary Ann Kelley
Service Leader: Rev. Kayla Rose Carroll

Meditation Song: "We Are One" p. 28

Opening Meditation
Greetings

Prayer Demonstrations
Prayer RUCAT Card: Fill out prior to meditation

Group Song: "It's in Every One of Us"..... p. 9

Center Events

Music performed by: Oneness Kirtan Band

Inspirational Reading Rev. Kayla Rose Carroll

"Awareness Day 2017"
Marilyn and John Valenzuela

Offering of Tithes and Gifts



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Music: "Lord I Do Give Thee Thanks"..... p. 74

Prayer RUCAT Card: Take into meditation

Meditation Music performed by: Oneness Kirtan Band

Meditation and Silence

Affirmation for the coming week: I joyfully celebrate my Christ awareness and express it in my daily life.

Closing Song: Love Is the Only Power p. 17
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Love is the undisturbed balance that binds this universe together. All perfection and every divine virtue are hidden within you. Reveal them to the world.

– Mahavatar Babaji

Sunday Celebration! October 22, 2017

Usher/Video: Tim Parr

Service Leader: Rev. Mary Ann Kelley

Meditation Song: "We Are One" p. 28

Opening Meditation

Greetings

Prayer Demonstrations

Prayer RUCAT Card: Fill out prior to meditation

Group Song: "I Love Myself the Way I Am"..... p. 38

Center Events

Music performed by: Elizabeth Brabant

Inspirational Reading Rev. Mary Ann Kelley

**"Bad Girls of the Bible – Part 3"
Rev. Arthur Hammons**

Offering of Tithes and Gifts



Blessing of the Offering: With these donations, we bless the Teaching of the Inner Christ, so it may spread nationwide.

Music: "Lord I Do Give Thee Thanks"..... p. 74

Prayer RUCAT Card: Take into meditation

Meditation Music performed by: Elizabeth Brabant

Meditation and Silence

Affirmation for the coming week: I joyfully celebrate my Christ awareness and express it in my daily life.

Closing Song: Love Is the Only Power p. 17



LIFE will give you WHATEVER EXPERIENCE is the most helpful for the EVOLUTION of your consciousness. - Eckhart Tolle

Sunday Celebration! October 29, 2017

Usher/Video: Judy Holmes
Service Leader: PT/ICC Jennifer Allen-Prather

Meditation Song: "We Are One" p. 28

Opening Meditation
Greetings

Prayer Demonstrations
Prayer RUCAT Card: Fill out prior to meditation

Group Song: "They'll Know We Are Christs by Our Love" p. 64
Center Events

Music performed by: Double Heart Trio
(Kayla Rose Carroll, Jennifer Allen-Prather & Patti Moe)

Inspirational Reading PT/ICC Jennifer Allen-Prather

"Holiness of Light, Stillness and Motion"
Rev. Mary Ann Kelley

Offering of Tithes and Gifts



Blessing of the Offering: With these donations, we bless the Teaching of the Inner Christ, so it may spread nationwide.

Music: "Lord I Do Give Thee Thanks"..... p. 74

Prayer RUCAT Card: Take into meditation

Meditation Music performed by: Double Heart Trio

Meditation and Silence

seek: I joyfully celebrate my Christ awareness and express it in my daily life.

Closing Song: Love Is the Only Power p. 17



For everything there is a season and a time for very purpose under heaven.
Ecclesiastes 3:1

 **T.I.C. Is Here For You**

An Inner Christ Counseling (ICC) assists you in contacting your Inner Christ, clarifying your life purpose, and verifying your spiritual experiences.

An ICC is a channeling session with your own Inner Christ, assisted by two Inner Christ counselors. To schedule an Inner Christ Counseling (ICC), contact one of the ministers, leader teachers/Inner Christ counselors, or prayer therapists/ICC and an appointment will be arranged for you.

Prayer Therapy sessions assist you in clarifying your desires, healing false beliefs that cause problems in your life, and manifesting your good through prayer. The ministers, leader teachers and prayer therapists listed are available for interviews and prayer work by appointment.

The T.I.C. Prayer Circle is composed of ministers, leader teachers, and prayer therapists who meet weekly to pray for any person who requests prayer. Fill out a prayer request form and place it in the prayer box at our Center. A donation is appreciated and may be enclosed.



Telephone prayer requests & taped message:

Dial - A - Healing 24/7 (619) 588-4455

Prayer Circle Leader: Rev. Elizabeth Brabant (858) 451-0031

The Prayer Circle will pray for you for two weeks, and is happy to renew your request until you have a complete demonstration.

World Healing Ministry: Rev. Mary Ann Kelley (619) 200-3639
(for people not near a T.I.C. Center) (800) 201-6722

Prayer Therapists and Counselors

All ministers, leader teachers and prayer therapists are licensed by T.I.C. and adhere to an established Code of Ethics. They understand and use the principles of Spiritual Mind Healing safeguards for pure channeling, and have clear contact with their own Inner Christ.

- Teaching of the Inner Christ Center (619) 447-7007
- Fax (619) 447-7009
- Rev. Kayla Rose Carroll, Pastor, M.M.S. (619) 447-7007
- Rev. Brigitte Heimers, Ph.D., M.M.S. (619) 464-1216
- Rev. Richard Musil, M.M.S. (retired)..... (619) 584-2244
- Rev. Mary Ann Kelley, M.B.A, M.M.S. (619) 200-3639
- Rev. Elizabeth Brabant, M.A., M.M.S. (858) 451-0031
- Rev. Elaine Fuller-Zachey, M.A., M.M.S. (619) 263-8383
- PT/ICC Jennifer Allen-Prather (619) 713-0768

Visit our Website www.teachingoftheinnerchrist.com

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EL CAJON, CA 92021-5008

619-447-7007

Address Correction Requested

The Teaching of the Inner Christ (T.I.C.) is a non-profit, non-denominational spiritual teaching which helps you to contact and experience your True Self, your God Center, your "Christ Self" within, which is your own individual inner spiritual identity.

www.teachingoftheinnerchrist.com



Place Label Here



We thank our WONDERFUL POSTAL SERVICE and all those

who care for our mail from start to finish!!!

We are really grateful for all you do.

Thank You! Thank You! Thank You!