



# TEACHING OF THE INNER CHRIST

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## OCTOBER

### Embracing the Seasons of Change

*By PT/ICC Jennifer Allen-Prather*

To everything there is a season, and a time to every purpose under the heaven. (Ecclesiastes 3: 1-8)

A season can mean literally winter, spring, summer or fall, or it can mean the season of where we are right now in our lives.

I recently changed "seasons" when I retired, (or graduated, as a friend of mine once said). Although it has been difficult to let go of my comfortable, familiar life, I find that by leaning into this season and going wherever God leads me, I have encountered miracles along the way. Since my income (continued on p.4)



Most of us know the history of the Teaching of the Inner Christ and how Babaji came into Rev. Ann Meyer's life. But, as a reminder to all here is the story once again.

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 19<sup>th</sup> each year as "Awareness Day" T.I.C.'s special holiday. This year, 2018, due to many requests, we once (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 2018**

Income	\$ 3193.32
Expenses	\$ - <u>4527.28</u>
<b>Net Loss</b>	<b>\$ -1333.96</b>






(continued from p.2)

again welcome, and honor our Christ Awareness with Marilyn and John Valenzuela and "The Oneness Kirtan Band". After service there will be a lunch/potluck.

During lunch/potluck there will be plenty of time to share your stories of how T.I.C. gave you the gift of your Christ Awareness.

See you all at the Awareness Day Celebration, October 21, 2018 at 10:30 a.m.

With Love and Joy to All  
Rev. Kayla Rose Carroll 



Dr. Ann, you are an angel of God who opened the Power Gate of Christ Awareness for all humanity. We forever give you our eternal love and gratitude.



**YOU DON'T WANT TO MISS THIS OPPORTUNITY  
FOR THE 2019 SPIRITUAL CELEBRATION!**

***JOURNEY INTO THE LIGHT***  
***The Excitement of Spiritual Growth***

Sign up NOW for Spiritual Celebration 2019 *Journey into the Light!* 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 2019 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.

## Embracing the Seasons of Change (continued from cover)

had the appearance of being “fixed”, I submitted a request to the Teaching of the Inner Christ Prayer Circle for additional income. After a few weeks of submitting my request to T.I.C. I received two opportunities to pet-sit, back to back, and another opportunity for a temporary part-time job for two months.

Rather than resisting my current circumstance, I allowed God to lead me through this new season of life, which has given me more faith in God and God’s goodness. I also allowed myself to be open to new opportunities and new ways of looking at my life. I have been meditating more, praying more and been more spiritually active than ever before. I call that good and very good. Thank God for the Teaching of the Inner Christ and the tools we learn in classes for healing, meditating and praying.

May your new season be one of richness, wholeness, faith, joy and love.

Love and Light,  
PT/ICC Jennifer Allen-Prather



“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.





The Oneness Kirtan Band from Orange County will be playing at the Awareness Day Celebration on Oct. 21st!

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.!



I am the architect of my life; I build its foundation and choose its contents.

Today, I am brimming with energy and overflowing with joy. My body is healthy; my mind is brilliant; my soul is tranquil. I have been given endless talents which I begin to utilize today.

I forgive those who have harmed me in my past and peacefully detach from them.



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 the doctors were pushing. I was guided to do a ton of research and found the perfect treatment, but it was in Los Angeles and VERY expensive, so I put in a prayer in T.I.C.'s Prayer Circle for the right people to take me each week, and the financial resource to pay for lodging for three weeks and for the treatments. *All of those prayers were answered.* 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. Between God and I we 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 I 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)



**Don't concern yourself with the faults of others. Use the scouring powder of Wisdom to keep the rooms of your own mind bright and spotless. By your example, other people will be inspired to do their own house-cleaning. – Paramahansa Yogananda, "Sayings of Paramahansa Yogananda**

# What's Happening at Our Center!

## OCTOBER 2018



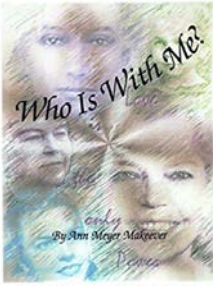
- 7 Love Power Circle
- 14 LBR/IBA 12:15 p.m.
- 21 Awareness Day: Luncheon/Potluck  
The Oneness Kirtan Band (from Orange Co.)
- 28 Potluck
- 28 Birthday



Book of the Month: *Who Is With Me?*



\$19.95 - 20% = \$15.96 + \$1.32 (tx) = \$17.28



Dr. Ann Meyer-Makeever, D.o.D, co-founder of the Teaching of the Inner Christ, tells how she miraculously received this Teaching from Babaji, Jesus and other ascended masters.



**Henry's Beach Potluck BBQ: 4:30 p.m.**

**LAST ONE THIS YEAR – OCTOBER 13**



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)



# October 2018

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Awareness Day</b> Luncheon/Potluck</p> <p>October 21 – After service T.I.C. will be supplying cake and sandwiches – feel free to bring any other dishes.</p>						
<p><b>7</b> Celebration 10:30 a.m.</p>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<p><b>13</b> <b>LAST</b> <b>BBQ/</b> <b>Potluck</b> <b>This</b> <b>year!!</b></p>
<p><b>14</b> Celebration 10:30 a.m.</p> <p style="background-color: yellow;"><b>LBR/IBA</b> <b>12:15 p.m.</b></p>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p><b>21</b> <b>Awareness</b> <b>Day</b></p> 	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b>28</b> Celebration 10:30 a.m.</p> <p style="background-color: yellow;"><b>Birthday/</b> <b>Potluck</b></p>	<b>29</b>	<b>30</b>	<p><b>31</b></p> 	<p><b>LAST</b> <b>BBQ/Potluck</b> <b>This year!!</b></p> <p><b>Saturday</b> <b>October 13</b> <b>4:30 p.m.</b> <b>See p.7</b></p>		

# Sunday Celebration! October 7, 2018

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: "Climb Every Mountain" ..... p. 21**

Center Events

**Music performed by: Ann del Amo**

Inspirational Reading ..... Rev. Elaine Fuller-Zachey

**"Embracing the Seasons of Change"  
Rev. Brigitte Heimers**

Offering of Tithes and Gifts



**Blessing of the Offering:** I go where God leads me and I am an open vessel to receive more riches and fulfillment right here and right now!

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

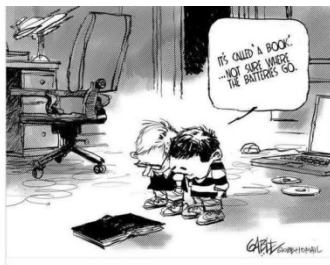
Prayer RUCAT Card: Take into meditation

**Meditation Music performed by: Ann del Amo**

Meditation and Silence

**Affirmation for the coming week:** I am ready and willing to take on more of what life has to offer me. I am a growing and aware spiritual being living as a human on the earth.

**Closing Song: Love Is the Only Power ..... p. 17**



It's called a 'book' . . . not sure where the batteries go

. . .

# Sunday Celebration! October 14, 2018

Usher/Video: Jennifer Allen-Prather

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: "Anyone Can Move A Mountain" ..... p. 57**

Center Events

**Music performed by: Marvin Dillard**

Inspirational Reading ..... Rev. Mary Ann Kelley

**"Opening Up to New Opportunities"**

**Rev. Elizabeth Brabant**

Offering of Tithes and Gifts



**Blessing of the Offering:** I go where God leads me and I am an open vessel to receive more riches and fulfillment right here and right now!

**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 embrace my life, knowing that the universe is now supporting me in whatever I wish to do.

**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

**AWARENESS DAY! October 21, 2018**

Usher/Video: Tim Parr

Service Leader: PT/ICC Jennifer Allen-Prather

**Meditation Song: "We Are One" ..... p. 28**

Opening Meditation

Greetings

Prayer RUCAT Card: Fill out prior to meditation

**Prayer Demonstrations**

**Prayer RUCAT Card: Take into meditation**

**Group Song: "Love Is All There Is" ..... p. 19**

Center Events

Inspirational Reading ..... PT/ICC Jennifer Allen-Prather

**"Oneness Kirtan Band"**

**Marilyn and John Valenzuela,  
Louie Davia, and Heather Lee**

Offering of Tithes and Gifts ... PT/ICC Jennifer Allen-Prather



**Blessing of the Offering:** I go where God leads me and I am an open vessel to receive more riches and fulfillment right here and right now!

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

**Meditation Music performed by: Oneness Kirtan Band**

Meditation and Silence

**Affirmation for the coming week:** I am aware of my true desires and I ask for them through my I AM Self, knowing their fulfillment now.

**Closing Song: Love Is the Only Power ..... p. 17**  
.....

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 28, 2018

Usher/Video: Judy Holmes  
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: "One God"..... p. 20

Center Events

## Music performed by: Richard Musil

Inspirational Reading ..... Rev. Brigitte Heimers

**"Going Where God Leads Us"**  
**Rev. Mary Ann Kelley**

Offering of Tithes and Gifts



**Blessing of the Offering:** I go where God leads me and I am an open vessel to receive more riches and fulfillment right here and right now!

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

Prayer RUCAT Card: Take into meditation

## Meditation Music performed by: Richard Musil

Meditation and Silence

**Affirmation for the coming week:** I now expand my consciousness of acceptance and willingness to give and receive God's goodness. Thank you, God!

## 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



Francois Lottering is at Kruger National Park. 2 hrs

· Phalaborwa, South Africa · 🌐



Got this from one of my ranger friends in S.A..Kruger National park; elephant helps lion cub after she and her mom got tired walking for miles to a water hole. The elephant- from nowhere- came out of the Bush and carried the lion cub for more than 2 miles to the nearest water spot. Nature is just awesome.

This photo and article was emailed to me by Maria Z. Isn't it wonderful to see how the animals in nature get along with each other – the differences don't even matter, they are not even seen, they are of no

consequence . . . when help is needed, help is supplied. ~ Jeannette

 **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:** Shared leadership

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)-305-3560

## Teaching of the Inner Christ

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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](http://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!*



