



Los Angeles/Orange County District Center Teaching of the Inner Christ

1775 Bellflower Blvd., Long Beach, CA 90815 ---562-498-9211, teachingoftheinnerchrist.com

April 2019

Essential for joyful, stress-free living:

“A consciousness that we are all precious, spiritual beings, totally worthy and without fault, just as we are, ever doing the best that circumstances and our prevailing awareness permit—ever becoming more aware and loving.” L. S. Barksdale

My bulletin message is to allow love to flow with the intent to heal what I call the five Rs: Reluctance, Resentment, Resistance, Rejection, and Repression.

We all want to feel good. According to L.S. Barksdale, a well-known author of books and essays on self-esteem, the only way you cannot feel good is to judge and resist. I choose to allow myself the freedom to allow love to flow by being willing to practice non-resistance and release and let go of the fear of judgment. When I am triggered by fear of any kind, it can cause feelings of injustice, which in turn, creates feelings of unfair treatment.

I believe love heals all concerns and feelings of injustice. Love motivates and generates fairness, kindness, joy and happiness, success and fulfillment. Love is the greatest antidote I know for healing fears and inner self-punishing attitudes.

The best way I know to release fear of any kind is to lift my consciousness into a higher vibrational state of expression. To remember to do this, I have created an acronym, LOVE, as follows:

- L: LIFT my consciousness to a higher spiritual vibration by meditating, praying and channeling
- O: Uncover OPTIONS that are revealed to me providing limitless and broadened possibilities
- V: VALUE my worth to myself and the world by affirming the Divine Truth about me
- E: ELEVATE and launch my awareness of what I see, hear and sense and feel

When we elevate our consciousness to LOVE, we change our perception and identity, thereby changing our self-image and the prevailing attitude and negative feelings.

And begin, once again, feeling good!

Blessings,
Earl Spurlin, PT/ICC

Sunday Celebration at 10:30AM

Join us for inspirational messages, music, meditation and fellowship

- Apr 7.....*Spring Cleaning***
PT Victoria Conrique
- Apr 14.....*Ways to Welcome Christ***
Maureen Welborn
- Apr 21.....*Renewal***
Rev. Vicki Walker
- Apr 28.....*The Blossoming of Joy***
LT Elizabeth Yacoubian

Happy Easter

Spiritual Celebration:

Journey Into The Light

June 20, 21, 22, 23, 2019

Vina De Lestonnac Retreat Center

Temecula, CA

Early Bird Registration until March 31st

Call a Prayer Therapist or Minister for Prayer Support

Inner Christ counseling available

Rev. Vicki Walker.....714-308-1508

vwalker714@gmail.com

LT/PT/ICC Elizabeth Yacoubian.....714-253-6783

mintmy069@gmail.com

PT/ICC Earl Spurlin.....562-439-4978

dukeoff@charter.net

PT Victoria Conrique.....562-293-6468

Victoria.conrique@gmail.com

A look at our finances:

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|---------------|-----------|-----------------|--|--------------|-----------|-----------------|
| February 2019 | Income | \$2,882. | | Year to Date | Income | \$4,474. |
| | Expenses | <u>\$2,033.</u> | | | Expenses | <u>\$4,802.</u> |
| | Gain/Loss | \$ 849. | | | Gain/Loss | (\$ 328.) |

We THANK YOU and genuinely appreciate your financial support.