



We thank our WONDERFUL POSTAL SERVICE and all those who care for our mail from start to finish!! We sincerely appreciate all you do.

*Thank You! Thank You! Thank You!*

Miracles happen all the time! And . . . sometimes . . . YOU are that miracle!

Place label here

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

The Teaching of the Inner Christ (T.I.C.) is a non-denominational teaching that assists those who choose to contact and experience their own Inner Christ - the unique identity of God within. We teach the effective use of prayer, affirmations and the healing of negative beliefs. We invite you to attend and experience for yourself the beautiful being that you are.

Teaching of the Inner Christ  
 1114 N. 2nd Street (1100 Bldg)  
 El Cajon, CA 92021-5008

Return address requested

## Teaching of the Inner Christ

1114 N. Second Street (1100 Bldg.)  
 El Cajon, CA 92021-5008

### Healing Through Forgiveness

*By Brigitte Heimers*

When we bump into someone in a crowded room, we automatically, and without thinking, say, "Excuse me." What is this saying? Excuse comes from the Latin meaning "excause" - without cause. Thus, "Excuse me" is a shortened way of saying to another; "I didn't do it on (Continued on page 10)

### Accepting Our Bodies of Light

*By Richard Musil*

I received a wonderful miracle today. When I left for work I was facing a strange electrical problem with the house I was remodeling. It had a low voltage system for the light switches. After I got home the owner called me and said, "Oh, the problem of several lights not working (Continued on page 11)

MARCH 2010  
 Healing Through Forgiveness

APRIL 2010  
 Accepting Our Bodies of Light

Join us  
 in our annual  
 Spiritual Retreat!

\$75 holds a spot for you! (Cont. p. 14)

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## What's Happening at Our Center

### MARCH



14 DAYLIGHT SAVINGS TIME BEGINS

Matinee Movie  
Free Popcorn!



17 ST. PATRICK'S DAY (Wednesday)



LBR (Leaders Only) – 12:30 p.m.  
IBA (Leaders Only) – 1:30 p.m.

19 – 21 Leader's Congress

21 Tribute to Ruth Shimeall – 1:00 p.m.

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### APRIL

4 **Easter Breakfast – 9:00 a.m.**

\$5.00 Donation



11 Movie Matinee – 12:30 p.m.

21 Dancing Bodies of Prayer  
Wednesday – 7:00 to 8:30 p.m.  
\$15

A Spirited Workout for Body, Mind and Soul  
(see page 7)

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**Love Scriptures (Pink Books)**

**Class is always OPEN – No Prerequisites**

Mondays – 6:15 p.m.

Rev. Brigitte Heimers

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### **NEW on Wednesdays – 7:00 p.m.!**

One Hour Mini Workshops Joyshops  
(Mid-week tune-up)

*Take charge of the changes in your life  
– and live in joy!*



## The Secret to Strong Willpower

In an experiment at Macquarie University in Sydney, Australia, people who were asked to follow a money management program eventually began eating healthier diets, drinking less alcohol, and smoking fewer cigarettes.

The program, it turns out, increased the subjects' general willpower reserves.

You can boost yours, too, with a few simple exercises: Try to avoid swearing or saying *um*; focus on sitting up straight; or resist checking your e-mail every few minutes. "It may sound silly," says Martin Ginis, "but it works."

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Miracle Thought: Allow Change

In long-term relationships, you want to be with someone who allows you to change and grow. And nothing's more important than having supportive relationships with others. Have faith in people and their infinite potential.

- Marianne Williamson

. . . And One More Thought . . .

By Jeannette

April and spring cleaning seem synonymous. Something came to my attention the other day. It was about gossip. And I thought . . . spring cleaning needs to be part of the mental process as well. Maybe it is time to check that the only things in our minds are that of which we are proud. If we have thoughts that fill us with a less than positive feeling – then chances are . . . that thought needs to go. TRUTH never sounds or feels negative, not ever. And since what we think and say is SO POWERFUL I would think we would want to use that POWER in wonderful ways, instead of something negative. We get to make new choices every single minute of our lives . . .

Our time on earth is limited, so avoid wasting it living someone else's interpretation of life. Avoid being trapped in dogma (a settled or established opinion, belief, or principle). Never let the "noise" of other's opinions drown out your own inner voice, and most importantly, have the courage to follow your heart and intuition, your true desires. Everything else is secondary. A book comes to mind, *What You Think of Me is None of My Business* by Terry Cole Whittaker.

The Truth of the matter is that we are ALL different, each and every single one of us. And the TRUTH for each of us may be just as different – doesn't make the other person "WRONG" just different. We don't have to agree with another's idea, and neither is it wise to disagree – just think if we all still believed the world to be flat! And God talks to and through us in MANY ways. How sad it would be if everyone, everywhere were EXACTLY alike. How could we learn and grow if we all thought alike? I believe variety is one of the things that help us to learn and grow! So . . . while doing spring cleaning . . . think about what old, antiquated ideas might be lurking in the dark. I believe growth requires change – and if that change is fast it may feel a bit uncomfortable . . . but will right itself in the end!

## *Note from your Pastor*

Are we ready to be wealthy? Do we know what genuine wealth is? Let's understand that wealth is a state of consciousness, an expanded awareness of having. When we are in right understanding of whom and what we are, we recognize that we already have.

Deuteronomy, Chapter 8, verse 18 says "And you shall remember the Lord, your God, for it is He who gives you power to get wealth". Understand that "Lord" means "Law". In using this Great Law of Life, look also to the first commandment, "Thou shalt not have any other gods before me." When applied to a prosperity teaching, this means not to look to any other source but Spirit for our good. Look within to God-consciousness for our good. If we are waiting for the cosmic tumbler to click into place so that we hit the lottery, or get the right job, or whatever we desire we are worshipping a false god of our consciousness.

Are we being fooled by the appearances of the economy, or when other people tell us that there is not enough to go around? Our good always comes from God the spirit of love and supply. Let's attune only to the God power, Life, Source and Mind where there is everything that works together for our good.

I remember years ago, I needed money to make my car payment or the car was going to be repossessed. I turned the matter over to God (through prayer and affirmations) and had faith and believed the money was already in my checking account. I even wrote the check put it in an envelope put a stamp on it and had it ready to mail because I knew that God was my provider. A few days later I "won" the exact amount I needed in a baseball pool that I didn't enter. We cannot second guess God.

Let's live on the lap of Divine Luxury. THERE IS ALWAYS ENOUGH AND IT IS ALL OURS!!!

Love and blessings

*Kayla Rose*



MARCH SUNDAY CELEBRATIONS 10:30 a.m.

March 7

LEADER: Rev. Richard Musil  
 TALK TITLE: **Forgiving Myself**  
 SPEAKER: Rev. Brigitte Heimers  
 MUSIC: Double Heart Trio  
 (Kayla Rose Carroll, Jennifer Allen-Prather, Patti Moe)

March 14

LEADER: Rev. Brigitte Heimers  
 TALK TITLE: **Forgiving Others in My Life**  
 SPEAKER: Rev. Elaine Fuller-Zachey  
 MUSIC: Elizabeth Brabant

March 21

LEADER: Rev. Elaine Fuller-Zachey  
 TALK TITLE: **Forgiving Circumstances**  
 SPEAKER: Rev. Elizabeth Brabant  
 MUSIC: Marvin Dillard

March 28

LEADER: Rev. Elizabeth Brabant  
 TALK TITLE: **Forgiving the Past, Present and Future**  
 SPEAKER: Rev. Richard Musil  
 MUSIC: Ann Del Amo



WEDNESDAY – 7:00 p.m. – As I Forgive, I Release

- MAR 03 LT/ICC Cathryne Bruce-Johnson  
Any Judgment or Blame
- MAR 10 Rev. Richard Musil  
I Open the Door to Love and Compassion
- MAR 17 Rev. Brigitte Heimers  
I Prepare the Way for Greater Good in My Life
- MAR 24 Rev. Elizabeth Brabant:  
I Create Pathways that Lead to  
Understanding and Wholeness
- MAR 31 PT/ICC Jennifer Allen-Prather:  
As I embrace forgiveness, I am filled with love,  
charity, peace and hope



**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 Counsel (ICC), contact one of the Ministers, Leader Teacher/Inner Christ Counselors, or Prayer Therapist Counselors 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 healing. 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 a period of two weeks, and is happy to renew your request until you have a complete demonstration. Please report your progress within the two weeks, as this helps the Prayer Circle members in their work.

**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. .... (619) 584-2244
- Rev. Mary Ann Kelley, M.M.S., M.B.A. .... (307) 514-3846
- Rev. Elizabeth Brabant, B.M.S., M.A. .... (858) 451-0031
- Rev. Elaine Fuller-Zachey, M.A., B.M.S. .... (619) 263-8383
- LT/ICC Cathryne Bruce-Johnson ..... (619) 713-2022
- PT/ICC Jennifer Allen-Prather ..... (619) 713-0768

Just A Thought   
By Jeannette

My life was filled with what seemed to be insurmountable problems – and I did not know how to cope . . . but I have been blessed with angels all around me. You see . . . I finally “gave over” to God. Instead of trying to run my life . . . I decided that God might do a better job of it for awhile! I put myself into prayer circle at T.I.C. and without them . . . well . . . *with* their help I am finally able to see through some of the fog. Faith in God, in myself, in the Universe is being strengthened every single day. I can feel the “old” me returning, with new insights – and it feels GOOD! If you are going through difficult times – please. . . put yourself into Prayer Circle – prayer DOES work!

And I am sure that this was all done through God’s angels in Prayer Circle. And I TRULY mean that. They have quite literally saved my life. We speak of miracles, sometimes as though they are outside of us . . . when truly they are within us. We, each of us, can choose to be part of all that God is – that miracle that is out there.

Angels are all around you! Look around . . . someone close to you may be in need of help, yet not know how to ask for it. Send love if nothing else. Those who *need LOVE the most* are most likely going to *APPEAR* to be the ones to whom you would *least likely* want to give it. Can you pick just one person . . . to whom you would *LEAST* like to send love? You can build faith by sending love to that person, and part of building that faith is for you – when you see the difference you can make.

YOU can be an angel. *Sometimes* . . . YOU **are** the miracle, the miracle of desperate whispered prayers – seeking an answer. God has MANY angels . . . Are you willing . . . ?  
Jeannette

**I easily release negativity from my life.**

I create a clear flow of energy throughout my body by regularly letting go of negative thoughts and emotions. My power to allow good into my life works best when I am free of negativity.

APRIL CELEBRATIONS 10:30 a.m.

April 4 **EASTER**  
LEADER: Rev. Richard Musil  
TALK TITLE: **The Light of Newness**  
SPEAKER: Rev. Kayla Rose Carroll  
MUSIC: Double Heart Trio  
(Kayla Rose Carroll, Jennifer Allen-Prather, Patti Moe)

April 11  
LEADER: Rev. Elaine Fuller-Zachey  
TALK TITLE: **The Light of Christ Thinking**  
SPEAKER: Rev. Brigitte Heimers  
MUSIC: Elizabeth Brabant

April 18  
LEADER: Rev. Brigitte Heimers  
TALK TITLE: **Lightness As Open Ideas**  
SPEAKER: Rev. Elizabeth Brabant  
MUSIC: Marvin Dillard

April 25  
LEADER: Rev. Elizabeth Brabant  
TALK TITLE: **Light as New Thinking**  
SPEAKER: Rev. Elaine Fuller-Zachey  
MUSIC: Ann Del Amo



WEDNESDAY – 7:00 p.m. – Our Bodies of Light

APR 07 Rev. Richard Musil: Loving our Bodies Right Where We Are  
APR 14 Rev. Elizabeth Brabant: Change Our Thinking, Change Our Life  
APR 21 Marilyn Valenzuela Dancing Our Bodies of Prayer  
APR 28 PT/ICC Jennifer Allen-Prather Our Bodies in the Image of God



Sunday, March 21, 2010

1:00 p.m.

at



**The Teaching of the Inner Christ  
El Cajon Center**

**We will celebrate the inspiring life of long  
time T.I.C. member, Ruth Shimeall. Ruth  
made her transition January 31, 2010.**

**Miracle Thought: Death to Life**

One aspect of who you were is dying and you're becoming someone new, like a caterpillar turning into a butterfly. – Marianne Williamson

Marianne talks about leaning into your future and becoming the "you" you're capable of being.

[Hear the podcast.](http://www.oprah.com/oprahradio/Life-Lessons-on-Spirit) (from your computer)  
<http://www.oprah.com/oprahradio/Life-Lessons-on-Spirit>

**Movie Matinee – March**

*A Month of Sundays* – A story about facing the past, learning to let go . . . and finding the way home. Charlie McCabe, a small town baseball announcer, rebels against being placed in a retirement home following a mild stroke. To fulfill the promise he made to his late wife, he embarks on a cross-country odyssey to find his estranged son. His beloved granddaughter, Biddy, insists on accompanying him on the journey of a lifetime, as family secrets are revealed, and old wounds healed.

**Accepting Our Bodies of Light** (continued from p.1)

is solved. I found the two loose wires and just twisted them together." Thank you God, what a relief! God is always working for us even though we don't know how a problem might be solved.

The month of Easter time is a great time to think of expanded thoughts and how the Universe of Light is creating through our Christ Consciousness.

Jesus is the wayshower with the new body of Light he manifested after the resurrection. We all have our perfect Light Body as our Etheric Body (our true human body) plus our greater Christ body that lives beyond time and space, as we know it.

It's good to meditate and think about our "Light" bodies as we grow and move into understanding our own Christ nature.

Have a blessed Easter season,  
Rev. Richard Musil

**Healing Through Forgiveness** (continued from p. 10)

Pride judges – forgiveness releases and lets go. Pride holds us captive – forgiveness releases us from a prison of our own making.

Healing through forgiveness is healing through the Christ within!

On the wings of love and blessings,  
Brigitte Heimers, Assistant Minister

**Miracle Thought: Commit to kindness**

Whoever is around you deserves your committed kindness. If you want more tenderness and mercy from the universe, show it to other people and it shall be shown to you. What you give will not only help them, it will also have lifelong benefits for you.

- Marianne Williamson

## Healing Through Forgiveness (continued from p. 1)

purpose. It was an accident.” Perhaps buried in the simple phrase “Excuse me” is the whole dynamic of what it means to forgive. It means, “Hold me blameless for what I did.” To forgive means to forestall the deadly chain of revenge by realizing blamelessness. When we release another from blame for a slight or a hurt, we cut the profitless chain of cause and effect that leads to conflict.

By releasing another – and ourselves – from blame, we are following the divine advice not to judge but to leave judgment to God, who is all-wise. Thus we become the agent of a healing process which we know that God will finish.

To the extent that we have allowed Spirit to raise our consciousness to a Christ-like state, to the extent that we have and are forgiven, we grasp slowly the truth that we have been forgiven always. Thus, we make the important equation: forgiving is healing.

One who forgives is a physician of the soul. Take the example of a broken arm. We do not make the mistake of thinking that the doctor is the healer, God alone heals. The physician enters the process as an agent who sets the bone, reduces the swelling, makes a cast, and then steps aside to let the healing take place. Can we not look at forgiveness in the same way, as part of a healing process? There is another extremely important facet of this whole act that we must not forget. It is this: Who and what have we really released when we forgive? We have in Truth released ourselves.

Anger, revenge, hatred – these are emotions that we can travel in two directions. Like fire they can be fueled and fanned to the point, at which they consume us, or we can refuse to give them fuel and they will die for lack of substance. A natural healing process in us causes neglected emotions to flicker and die out.

(Cont. on next page)

## Dancing Bodies of Prayer

A Spirited Workout for Body, Mind and Soul

Wednesday April 21st, 7-8:30 p.m.

\$15

- Deepen mind-body-spirit connection
- Awaken creative life force within
- Let your Inner Christ dance through you!

Dance Your Prayers is an integration of yoga, creative movement, moving meditation and great music. And besides that, it's really fun!

No previous yoga or dance experience required.

Just bring a willingness to move and be moved!

Bring a yoga mat or towel.

*About the instructor:*

Marilynn Valenzuela has taught yoga, meditation and sacred dance worldwide for 25 years. Her expertise lies in creating a safe and playful environment for full and free experience and expression of self.

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## Movie Matinee – April

*Michael* – Would-be ghosts, UFO voyagers. A chicken that pecks out *Moonlight Sonata* on the piano – blindfolded! They're the kind of stories that keep the *National Mirror* in the nation's shopping carts. And they've heard and seen it all! But that's before they meet Michael.

He may be a grubby party animal who knows his way around a dance floor, but Michael is very much an angel. William Hurt, Andie McDowell and Robert Pastorelli are writers sent by Boss (Bob Hoskins) to get an exclusive on the heavenly visitor. The journalists want a page-one scoop. But their subject has a far more joyous and life-affirming plan in mind.

## MARCH 2010

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Love Scriptures</b>  <b>This class is always OPEN</b>	<b>1</b> Love Scriptures Lesson 2 Open <b>Jesus' Love</b>	<b>2</b>	<b>3</b> Faith Lift 7:00 p.m.  (See p.4 for talk tonight)	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> Sunday Celebration 10:30 a.m.  <b>Potluck</b> 11:30 a.m.  <b>Love Power Circle</b> 12:15 p.m.	<b>8</b> Love Scriptures Lesson 3  Class Open  <b>Giving                      and                      Forgiving</b>	<b>9</b>	<b>10</b> Faith Lift 7:00 p.m.  (See p.4 for talk tonight)	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> Sunday Celebration 10:30 a.m. <b>Movie</b> 12:30 p.m.	<b>15</b> Love Scriptures Lesson 4  <b>Soul's Ego</b>	<b>16</b>	<b>17</b> Faith Lift 7:00 p.m.  (See p.4)  St. Patrick's Day! 	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> Sunday Celebration 10:30 a.m.  <b>Tribute to Ruth</b> 1:00 p.m.	<b>22</b> Love Scriptures Lesson 5  <b>Everlasting Peace</b>	<b>23</b>	<b>24</b> Faith Lift 7:00 p.m.  (See p.4 for talk tonight)	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> PALM SUNDAY Celebration 10:30 a.m.	<b>29</b> Love Scriptures Lesson 6  <b>God's Will</b>	<b>30</b>	<b>31</b> Faith Lift 7:00 p.m.  (See p.4 for talk tonight)	 <b>Movie Matinee</b> 12:30 p.m.  <i>A Month of Sundays</i> – A story about facing the past, learning to let go . . . and finding the way home. (see p. 6)		

## APRIL 2010

SUN	MON	TUE	WED	THU	FRI	SAT
 <b>April Matinee (see p.7)</b>  Michael – He's an angel. Not a saint.				<b>1</b>	<b>2</b>	<b>3</b>
 <b>Breakfast – 9:30 a.m.</b> Come celebrate Easter with your spiritual family!						
<b>4</b>  <b>SUNDAY</b> Celebration 10:30 a.m. Potluck 11:30 a.m. <b>Love Power Circle</b> 12:15 p.m.	<b>5</b> Love Scriptures Lesson 7  Love Scripture Classes Are Always Open  <b>Christ's of                      the New                      Age</b>	<b>6</b>	<b>7</b> Faith Lift 7:00 p.m.  (See p.5 for talk tonight)	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b> Sunday Celebration 10:30 a.m.  <b>Movie</b> 12:30 p.m.	<b>12</b> Love Scriptures Lesson 8  <b>Dawning of                      the Age of                      Light</b>	<b>13</b>	<b>14</b> Faith Lift 7:00 p.m.  (See p.5 for talk tonight)	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b> Sunday Celebration 10:30 a.m.	<b>19</b> Love Scriptures Lesson 9  <b>Love                      Answers All</b>	<b>20</b>	<b>21</b> <b>Wednesday – April 21</b> Dancing Bodies of Prayer 7:00 p.m. – 8:30 p.m. \$15 Marilyn Valenzuela	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b> Sunday Celebration 10:30 a.m.	<b>26</b> Love Scriptures Lesson 10  <b>Heart of                      God</b>	<b>27</b>	<b>28</b> Faith Lift 7:00 p.m.  (See p.5 for talk tonight)	<b>29</b>	<b>30</b>	