
COMMUNICATIONS

January and February 2017

Expanding Awareness

2017

We are nearing the end of a cycle which began in 2011 and in which we have been learning through chaos. It has looked like everything that can go wrong has. But in reality, it has been a “season” of realizing what things will look like when their “directives” are based in fear.

Fear seeks to maintain what is and keep us all small. We use this emotion as a teaching tool. We force ourselves to face what we fear so that we can rise above it. This approach, however, creates conflict and power struggles without ever arriving at constructive conclusions. We face our fears, we protect ourselves from the fear being reproduced, and we grow slowly because we are still using fear as our impetus.

For the past few years, we have watched without resolution, but now a spiritual light is beginning to shine. Now, we are in a space where we can see the glimmer of new approaches and ideas. These ideas may not be the final answer, but they are a step in a new direction that is fueled by a desire to move forward. And as we have learned, a new direction is more powerful than a concrete resolution. We are no longer seeking to resolve struggles. We will be seeking to find a new way to create greater good.

I was very fascinated with what Jesus gave me to say in my Christmas message. It was something like this:

Every year at Christmas, we should be able to stand before God at a higher Christ frequency than we were at the last year. In 2016, I could stand before God and say,

“I am brighter than I was last year because I endured many trials and did not lose my hope. I am brighter because even when people fell away from me, I did not stop loving them. I am brighter because I turned to you in every challenge. I am a brighter Christ light now.

Jesus then challenged all of us for 2017.

What if we lived this entire year following the pattern His Birth gave to us, what would we look like then? We could stand before our Father\Mother God at Christmas 2017 and say:

“ I am brighter than I was last year because I recognized my Inner Light and allowed myself to be seen by the world.

I am brighter because I allowed Spirit to move matter to support me in all of my material desires and dreams.

I am brighter because I allowed myself to be loved by Spirit and the world. And I am so much brighter because I had a year of walking in the light of God for my growth and good, loving my fellow man without taking on the problems they chose to create.”

Proactive in a New light- My love helps the whole world because it is love-unconditional.

Much love to all,
Cindy



Be Cause

Every New Year seems filled with excitement and anticipation. We are all ready to take our next step. Aren't our conversations with others colored with a greater sense of optimism and adventure? Hopefully, we are not just putting on those Rose Colored glasses again—the ones we pull out every New Year. The deal with Rose Colored glasses though is that they just “tint” our perception. Too often in life we look at the obvious—the surface level of our world. It is from this perspective that we have defined our self and our reality.

To change, we try to re-arrange our creation in this domain, using the energy of this domain. We have accepted the physical world as our reality and physical law has ruled. How often have we felt trapped by circumstance, and our response being I guess that's just the way it is?

Jesus told us to be in the world but not of the world, that God is spirit and we are one with God and he told us of the Father within.

True change or transformation is an inside job. In this new age our journey takes another turn—our path now leads us within the heart. We are being asked to consciously connect with our inner, spirit, and begin to follow this guidance. It is time to truly trust the divine plan that we are all apart of. We have trusted the worldly way and man's intelligence to be our guide—the time is now to trust God.

We all say we want to live a more spiritually aware life and yet we continue to choose to do what we have always done.

Change: to cause to be different—to transform.

We are the chooser!

What could this look like? Talking about meditation and meditating are two completely different choices and experiences. Our life can be a moving meditation if we choose to be aware.

Awareness comes from being present in each moment, then discerning what is happening, going within for guidance and then following the guidance (action). This is a way to interrupt the sequence of past patterns and begin to create a conscious life.

Being present, partnering with God, taking action with God and living as a Son of God is how Jesus demonstrated the truth of Being. He didn't care what the world thought of his life—he lived in God's will—and he asked us to follow.

Through the living of his truth, he showed us what Real change is, what Real change can do, and most importantly that change is ours to do.

This year 2017, Let's Choose to Be (cause) the change we seek.

Peace,

Patrick

Inner Quest

12830 New Providence Road, Alpharetta, GA 30004

(770) 521-2875

At **Inner Quest**, we are committed to creating Heaven on Earth. We believe in the promises of Jesus Christ - "Everything I do, you can do and Greater." We are here to take that next step in Christed evolution, and to assist all others in doing the same. We sincerely appreciate your support, your love and Your Lights. Many Blessings.

Inner Quest is staffed by:

Cindy Fuller Minister, Reiki Master, Counselor
Master Ro Hun Therapist
Patrick Abent Minister, Reiki Master, Counselor
Crystal and Color Therapist
Charmayne Scruggs Children's Minister
Bonnie Westbrook Office Manager

Upcoming Events

- Jan 12 **Meditation I Class 1** Jan 12-Feb 2 Thursdays 7pm-9 Learn to meditate, open your mind and heart to receive, and experience stillness in this four week series. — \$80 for the series.
- Jan 14 **Saturday Night—Healing Night** 6pm-8:30pm *Love Offering* Come and receive the gift of healing through Reiki. This is a powerfully gentle healing technique for everyone.
- Jan 22 **What We Believe** Sunday after service 1-3 pm This is a wonderful opportunity to come and ask any question that you might have about anything! We will do our best to give you a metaphysical perspective to any topic! The conversation is audience driven, so come and ask that question that has been bothering you for years.
- Jan 27 **Second Annual—Poetry & Scones Night** Friday Night 7pm-9 Touch your talent in a unique way. Write an original poem to share with your church family, and enjoy some hot tea and scones! This is a fun and creative way to hear your inner voice!
- Feb 06 **Men's Breakfast** Monday evening, 6:30pm All men are invited to join Patrick for a men's breakfast. He prepares the awesome food—eggs and bacon, and you bring a side to share.
- Feb 11 **Healing Night** 6pm-8:30pm *Love Offering* Come and receive the gift of healing through Reiki. Our healing team is ready to channel God's love in a beautiful gentle way.
- Feb 16 **Meditation II Class 1** Thursdays 7pm-9 Feb 16-Mar 23 This six week program will assist you in taking your meditative experiences to a new level. Not only will you feel God at a higher level, but you will learn a great deal about your own vibrations. Come and Shift your consciousness.
- Feb 17 **Friday Night—New 20's-30's Group Meeting** Friday 7pm-9. Come and discuss the hot topics of today with yours peers. Cindy and Patrick lead.
- Feb 19 **Sunday Afternoon Workshop—Energy!** Sunday after service 1-3 pm Plan on staying after church and learn to balance your mind and emotions.

Love

WEEKLY ACTIVITIES

Sunday	Metaphysical Class	9:30-10:15 am	Adults
	Sunday Service	10:30-11:30 am	Childcare /Sunday School
Tuesday	Tuesday Night Group	7:30-9:00 pm	
Wednesday	Singing (choir) Rehearsal		7:00-9:00 pm
Mon-Fri	Healing Sessions	by appointment	(770) 521-2875
Mon Evening Appointments Available			
Counseling, Spiritual Readings, Body Scan's, Reiki, Color Therapy, Crystal Sound Therapy, Chakra Toning, Chakra Balancing, Inner Light Therapy, Inner Light Therapy and RoHun Therapy			



Inner Quest

2017

Grounds- This year, we are continuing our efforts to improve our church property.

One of our first projects will be to enlarge the current entry porch. We are scheduled to begin on Jan 7, weather permitting, and are hopeful that we will complete it by the end of the month.

After that our focus goes to another layer of ground improvement. We will be adding some new sections of fencing to our prosperity corner along with some new seating there.

Then, we will be designing our new fire pit area as well. We are so grateful for the grounds committee who keep things going.

Classes-We will continue to offer workshops after Sunday services throughout the year, and will be announcing those as they are scheduled. Our seminary program ground school is on break this year, so you can use this time to take all of the other classes that are required in completing the program. Many of these classes can be found on page 7. But we will also offer Healing Class and possibly even Psychic Development III.

Sunday Services-Our Sundays are being designed by Spirit to create a comprehensive approach to Metaphysical Daily Living. Using the Aquarian Gospel and Metaphysical Principles, we will be creating a new foundation for 2017.

Church Attendance- You may not realize how important your presence is to our church family. Not only do you bring your light, but as you come consistently, you add your awareness and truth to our community and the world at large. Every member of our church can gain a solid foundation of spiritual understanding just by attending Sunday services and Tuesday nights.

Inner Quest-We are your church. Make a commitment to join us in strengthening our energy through your presence and your tithes. So many people in the world love our church, but will never be a part of our church family. But you are here. You have the opportunity to receive the healings, classes, fellowship and love first hand. You can belong to a group of light beings who love you. Think about it.

Together we can make our church so great that it surpasses all of our dreams. And we can do it by simply plugging in and being a part of a belief that will eventually change God's presence in the world. Jesus Christ leads us on a spiritual walk of Love. **Take a hand and join us.....**



***No One has to earn my love.
They just have to resonate
to it!***

Office Manager Position

We are still looking for our perfect admin assistance/office manager. We know that God is bringing the candidate that has been prepared for our church. We are looking for someone who is skilled in office and light accounting and is willing to put in a full time commitment for a 30 hour a week job.

Our ideal candidate will be able to work 5 days per week, be a self starter, able to work accurately and learn quickly. Since this person will be overseeing the weekly activities of the church, they will need to have a knowledge and interest in computer systems, typical Microsoft Office Applications, and customer service as it applies to handling clients and working the bookstore.

We are very excited to take this next step. So, if you are interested or know someone, please contact Cindy. And hold our church in the light for the perfect addition to our fabulous team!

Children's Teachers Needed- We need your help! Our beautiful children are such a pleasure to teach and we could use 4 more teachers for our 4-7 year olds and 4 more teachers for our 8-12 year olds. If you would be willing to teach one Sunday every other month this would be 6 Sundays a year, please sign up!!! Curious children await!

20's and 30's New Group Forming

Spirit recently guided me to create a space where our young people could come and discuss the issues that they face walking as metaphysicians in a world that thinks differently.

There really is no one other than your church family that can offer spiritual insights to the challenges and issues that each young person will face as they begin to build their worlds.

So, now, Patrick and I will be creating this space for 20's and 30's to come and discuss options for living life the way they want.

Each evening will begin with coffee and snacks for a little bit, followed by conversations for a little bit, and then we will gather as a group and use at least half of our time to discuss what might be up for anyone and/or everyone.

It should be a lively time filled with youthful insights and new approaches. All needs can be voiced. From the need for material support to the need to understand how to talk to your boss.... I am very excited and hope this will be a fun and useful new aspect of our church community.

Love, Cindy

Sundays at Inner Quest

2017 The Year of New Beginnings

Preparing the Soil to Grow the Christ

January

A New Foundation

Jan 01	New Year, New Light	Cindy Fuller
Jan 08	Divine Order	Cindy Fuller
Jan 15	The Age of the Soul	Cindy Fuller
Jan 22	The Two Selves	Cindy Fuller
Jan 29	Balance of Male and Female	Patrick Abent

“My world is now built on Christ Light!”

February

Aquarian Directives

Feb 05	Force, Intelligence, Love	Cindy Fuller
Feb 12	The Ancient Ways– why religion fails	Cindy Fuller
Feb 19	God Speaks to Hearts	Patrick Abent
Feb 26	The Walk Begins	Cindy Fuller

“God’s Love Expresses as Joy through Me!”

A New Reality requires a New Foundation

2017 is here and we are being asked to start at the beginning. During the months of January and February, we will be studying the teachings that were given to Mary and Elizabeth to teach their sons, Jesus and John. As you remember, Mary, Joseph, and Elizabeth were sheltered in Egypt after Herod killed all of the male babies in Bethlehem. They stayed there until Spirit told them it was safe to return to their own country. While there, they lived with Elihu and Salome who knew the mission of the Christ and taught the mothers what they needed to teach their little boys about God. These teachings are foundational in shifting your reference point about the world around you. When you truly believe that God is in charge, and that the ancestors’ perspective may not have been perfect, only then can you begin to build a new framework for your reality.

Join us as we explore these basic precepts and see how they can shift our worlds.

*You have to learn to seek first the kingdom of heaven,
the place of stillness and quiet at the highest level of which you are capable,
and then the heavenly influences can pour into you, recreate you and use you for the salvation of all human kind.*

The Quiet Mind by White Eagle

In Silence there is Power-the power of love, of all wisdom, all truth, lies within the silence.

The manifestations of life on the outer planes are created from the silence within.

Learn to seek that silence, the silence of the spirit.

Do not be mislead by the noise and clamour of the world.

Resolutely keep your eyes upon the star of love.

It will bring you wisdom, peace.

The Book of Star Light by White Eagle



Your Inner Quest Family at work!

Spirit is all around us! And in our Psychic Development Classes we explore local areas where we can touch the energies on the other side. The picture of Adriana on the left was taken during our exploration of Kennesaw Mountain. She had put her hand into a tree and pulled out a little rock and a little bit more! We, of course, left a blanket of love and harmony with all of nature as we departed.

The photo on the right is a picture of my Psychic Development III class after we explored a local cemetery in the Roswell old town area.

After a long discussion with some spirits that still call the place their home, we gathered for a picture of our group and one of the local occupants wanted to be included in our shot. We felt that it was a Minister that we had met in our work.

I share these photos just to illustrate that there is so much more to our lives here, and as we walk in love we bless so many more people than we can know.



*Sunday Services now available on YouTube– innerquestchurch.
Also check out our Bookstore for the latest spiritual books and gifts.*

Inner Quest

Tuesday Nights - Alpharetta 7:30pm-9:00pm

Tuesday evenings are set aside for the purpose of touching more intimately the presence of God within our hearts.

January

This month, we are supporting our dreams and shifting our core. Join us and let's make it happen!

- Jan 03 **Affirmation for New Year** Today we will be activating our right brains to support our New Year's resolutions and goals. Come ready to expand.
- Jan 10 **Numerology New Year** Every Year brings a new vibration to support our growth and evolution. Join us as we look at our *Universal Year* and our own *Personal Year* to see what lies ahead for us.
- Jan 17 **Balance M&F** Tonight we will balance our own inner male (drive, force, achiever) with our own inner female (intuition, dreamer, spirit, nurturer). As we balance within, we can achieve balanced relationships without.
- Jan 24 **Solfeggio Tones with Color—Part I** These are six transforming solfeggio tones. Tonight we will work with **396 Hz**. This frequency is beneficial for releasing guilt and fear. It positively effects our physical body in restoring balance and health.
- Jan 31 **Solfeggio Tones with Color—Part II** This night we will work with **417 Hz**. This frequency helps break negative cycles. On the physical level, help support the body organs with assimilation, digestion, balancing and metabolism.

February

In February, we will learn about some of the divine laws and how they work in our worlds.

- Feb 07 **Divine Order** We speak about it all of the time. But do we really understand the principle behind it? Join us as we explore the awesome concept of God being in charge.
- Feb 14 **Law of Love** Yes, this is a law. Join us as we experience love and use it to smooth the edges of our realities.
- Feb 21 **Law of Vacuum** This is a great law that creates greater good when energies are released. Bring something that you own that you are complete with and are ready to release. We will activate this law together.
- Feb 28 **Law of Grace** This is one law that we should all be using daily. Grace allows us to soften our karma, and help us forgive people and situations. Join us and learn how to soften your heart.

Every evening begins with a healing circle. Join us as we learn to lovingly and gently experience life.

If you are unable to attend, you can email your prayer requests to us. Each Prayer request is included in our Healing Circle for 30 days! The results of God's love moving through each situation is amazing!

Solfeggio Tones

I first learned of these special healing tones when I was preparing my workshop on Leading Meditations. I found that by listening to a specific frequency, my body would respond very quickly to the vibration. At first I used the tones when I was paying bills or working on the newsletter— you know times when you are confined to the computer for a while. And listening to the various tones, I was able to do my work in a relaxed way.

THEN, I recently had a small skin spot removed and was put on a medicine that I had an extreme reaction to. We were actually out having lunch when I began to shake and could not focus my mind. I did not know what was happening, but I immediately tuned into the 528 frequency on my phone and just listened. (528 Hz is the frequency of transformation and miracles.) It calmed me enough so Patrick could get me home and on my own healing table. I was scared to be so out of control and so grateful that Spirit had shown me a support that could be used anywhere.

As we continue to explore that we truly live in a world of energy, we will discover the power of our vibrations— including our words and thoughts. Please join us as we explore this healing modality during the last two weeks of January.

Taken from an article from Soma Energetics:

These tones were rediscovered by Dr. Joseph Puleo as described in the book Healing Codes for the Biological Apocalypse by Dr. Leonard Horowitz. The tones were "decoded" from the Book of Numbers, in the Bible.

These original tones can be used for: Turning grief to joy, helping the person connect with their Source to bring forth miracles, DNA repair, connecting with spiritual family, solving situations & expressing yourself and finally, becoming more intuitive.

The Six Solfeggio tones include:

- 1 UT – 396 Hz – Liberating Guilt and Fear
- 2 RE – 417 Hz – Undoing Situations and Facilitating Change
- 3 MI – 528 Hz – Transformation and Miracles (DNA Repair)
- 4 FA – 639 Hz – Connecting/Relationships
- 5 SOL – 741 Hz – Expression/Solutions
- 6 LA – 852 Hz – Awakening Intuition

These tones can assist all the channels in staying open and keep the life force (the Chi) literally flowing thru the Chakra System quite freely.



Children's Program

It has been a pleasure working with all our volunteer teachers and I think they have enjoyed working with the children. I know we love Inner Quest and enjoy seeing our church family each week. We are excited to listen to the Sunday service so we can glean those special messages God has for us. As much as we are looking for those messages to enlighten and fulfill us, our children are looking for guidance in creating their foundations. This is why our volunteer teachers are so important to us and especially them.

My parents did not attend church or even talk to us about God so I had very little spiritual support or guidance during my childhood. I went looking on my own and what I found on the surface was somewhat welcoming but the underlying energy harsh and not really filled with love. I think some of us have forgotten what it was like to be a child and all the challenges of learning about God and how God fits into our lives. Our childhood experiences create a foundation, a foundation that as adults may still not support our highest good.

What if, as a child, you were spiritually supported? What if your parents talked to you about spirit, God's energy or co-creating with God? Think of the possibilities, what would you have created with a solid spiritual foundation? How expanded would your life be?

These expanded possibilities are what our Inner Quest Volunteer Teachers offer your children each week, an opportunity to learn about God and how God fits into their lives.

I hope you take the time to talk with these beautiful individuals that give of their Christ Light each week. Find out what kind of foundation your child and the next generation of Inner Quest is building.

This last year was filled with new and exciting growth experiences learning how energy can be invisible and yet still have an effect on objects during class experiments. The children learned about acceptance of different customs, traditions, and races while creating Fairy houses. And more recently we worked on meditation in the Tee-Pee to the Stars.

Your children are learning new and wonderful things every day and as parents we want to be a part of that. It touches our hearts to see their consciousness expand and grow as their eyes light up with new confidence and awareness of who they truly are, Divine Beings of Light!

Rev Charmayne Scruggs



THE PATH I CHOOSE TO WALK

Kelly Towey

To see where things go is all that we can do.
To be right here, now in this moment, fully present,
Listening to the connection, the energy,
Seeing— the perfect and imperfectness,
Feeling the fear and uncertainty, and
Jumping in anyway because that is living.

Knowing that to define, to label, would be to limit;
What we see is only a glimpse of the possibilities.

When we choose to walk our path being open,
We invite the divine to create and enable us to see in a new way,
To understand another's feelings, to feel more deeply,
Be in connection and share a peace, laughter and love
In our ordinary and extraordinary lives,
As we grow and learn.

When one asks for certainty,
One says no to a vision greater than this moment,
Limiting the possibilities, and coming to a conclusion.

When we trust the path, knowing that all is well,
Joy and love spring forth in ways we could never imagine,
Taking us places where our heart and soul feel at peace,
Love expands there,
As we pause and bring in all of the wonder and the gifts
before us,
That only God can give.
This is the path I choose to walk.

\$\$\$\$ Prosperity? \$\$\$\$

Sunday, October 2nd, I made a last minute decision to take the Prosperity Workshop offered at the church. Now mind you, I had no idea what to expect, but I knew one thing, something had to change regarding my finances.

Eagerly, I showed up, pen and paper in hand ready to write. To my surprise, the only thing I wrote during the workshop were my 3 goals. The workshop was a series of meditations clearing the negative energy we had learned over many years. More importantly, we then meditated filling the space with future positive personal goals.

After writing down the goals I wanted to achieve in the next 18 months, we then shared with the group.

Last, Cindy gave us positive prosperous affirmations for each chakra to say out loud each day.

Feeling compelled this time to follow through with the take away exercises, I immediately drove home and wrote my goals in red lip stick on my dresser mirror and the positive chakra affirmations on my bathroom mirror.

I began and ended each day in meditation, reciting the positive affirmations and person goals. Once I released my request to the Universe, my job then was to be aware of the guidance I received and put it into motion.

Sixty days later, my first two goals have been met and I'm well into achieving my 3rd Goal! It really works!

Tamyra Cashman



Enrichment Classes and Special Workshops

Special Classes and Workshops

During 2017, we will be offering one day workshops and special classes throughout the year. Mark your Calendars for these special events!

Meditation I - Thurs 7-9 pm

Jan 12– Feb 02 \$80 for the series

Learn to Relax. Open to Your Intuition. Connect with God & Improve Concentration. This series offers many different meditation techniques to teach you the basics. You will learn to relax the body and to focus the mind so you can “go within.” Then you will find that world of peace and guidance that you always knew existed.

What We Believe—Workshop

January 22, 2017— Sunday from 1-3pm

Love Offering

Have you ever questioned why you believe what you believe? Or, what is a metaphysical belief? Any questions you might have, now is the time to ask! There is no subject off topic. Let's get understanding of our belief system.

Poetry and Scones

January 27, 2017—Friday 7:30-9 pm

Discover your inner poet. Write your own poem and share with others over hot tea and scones! A great, fun family experience. Everyone is welcome. Love Offering for the food.

Meditation II - Thurs 7-9 pm

Feb 16—March 23 \$99 for the series

This class allows you to Shift Consciousness. This 6-week series is all about using Meditation for growth. You will learn how to free yourself from the energy agreements with others. You will learn how to direct healing energies throughout your body. From Manifestation to Accessing Divine Mind, this class takes you within on a journey of self exploration and renewal. Join us and experience the depth of transformation and beauty that lies within you. (Meditation I is a prerequisite)



20's and 30's New Group Meeting

February 17, 2017— Friday from 7-9 pm

What are the HOT topics young adults in their 20's & 30's face today? Meet, greet and discuss these topics among your peers and how metaphysical daily practices can help navigate through these challenges!

God's Love is All Fulfilling!

Animal Blessing

April 1, 2017— Saturday 1-3 pm

This is the time to bring your animal to receive reiki from our wonderful reiki healers. We will be set up in the open field. Please make sure your pet gets along with others, as they will be meeting many new friends.

Love Offering

Psychic Development

April 6-May 11 7:00-9:30 Thursday Evening
\$450

This is a six week class designed to sensitize you to begin “reading” the energies of others. Whether you are seeking to expand your intuition for self or for helping others, this program will give you the tools you need to begin to focus and decode the information you receive.

Public Speaking— Workshop

June 16-18 7:30-9:30 Friday Evening
Saturday 10am-4pm, Sunday 1-5pm \$200

This is a wonderful workshop that teaches you how to present your message to the world in a way that reflects your unique truth.

You will learn about energy, how to prepare your thoughts, how to maintain focus and how to hold that positive feeling within even while you are sharing it with the world.

A fun filled interactive class that will help build your confidence whenever speaking in front of a group. It will improve your presentation and delivery resulting in a concise cohesion of your message.

Psychic Development II

July 27– Aug 31 7:00-9:30 Thursday Evening
\$450

This class teaches you how to deal with energies in the environment. . . understanding astrals, missing persons, identifying and dealing with earth-bound entities and understanding how to contact loved ones on the other side. Class will include several field trips for hands-on experience, so some class times will alter. Our focus will be spiritual work in the world. Psych I is a prerequisite.

Other Sunday Workshops and Classes to be announced

Dates to Remember

Spring Festival and Psychic Fair May 13, 2017

Fall Festival and Psychic Fair Oct 14, 2017

A Blessing

An open door before us
Can free the timid soul
To take a chance on Living Love
Completely change our "role"

It doesn't matter who we were
Or what we've done before
A gentle voice transcendent
To quicken now our core

Infinite vistas radiantly glow
Beckoning now a shift
Freeing us from fears sure grip
Its time for all to Lift

To Be the new creation
God's sacred love expressed
To truly know that we are one
And live a life to Bless.

Peace,
Patrick



Inner Quest

*12830 New Providence Road
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God Bless.....