

Inner Quest

12830 New Providence Road, Alpharetta, GA 30004

(770)521-2875

www.InnerQuestChurch.org

COMMUNICATIONS

September and October 2018

Creation

Energy. Focused thought. These are two of the elements required to manifest anything we desire. And we do it all of the time. What we focus on, we bring into being. This is relatively easy. But once created, we now have to deal with it. We are always the custodian. We must maintain what we attain. That is the job of the creator.

Metaphysically, we are all seeking newer and higher experiences than we currently have. Most of us want more financial support, or more love, or more stuff. And we know the formula— we can have it. But, what will we learn in this new experience? What further investments will be required?

The truth is that life is not as much about our manifestations as it is about us! Who we are, what we are learning and how we are investing our love, is the key. Without love, the energy we create with is somewhat sterile. Without love, the thought we use to focus this energy becomes mechanical and cold.

Without love, we are un-everything, un-us.

If we were to really think about the value of our own personal energy, our own personal vibrations and our unique expressions, we would likely do everything in our power to create stuff that supported our uniqueness. We would build soft experiences, and exciting expansions, and wonderful support for our journeys. This would be in contrast to the harder less yielding “learning situations” that we are taught to create in our material world.

We are spirit. What if we simply put that thought at the foundation of every desire? “I want to create things that support the expression and expansion of my Spirit!” Wouldn’t that idea change our perceptions?

Instead of trying to prove we are valuable to the world, or trying to prove we are worthy of greater to ourselves, we would simply allow ourselves to experience self in a new way.

Metaphysically, we will often tag this line onto the end of prayers of manifestation, “This or greater!” Perhaps, all we have to do is add “This or greater—whatever blesses my Spirit’s expression of love.” If you add this to the manifestations you are currently working on, it will put your Spirit into the center of your life.

Energy and Focused thought with my Spirit at the core. Now, what I call into being, will be one with the energy I already am. The creation will be effortlessly sustained because it came from the heart of the creator, not just the mind of desire.

Happy Creations!

Much love to all,

Cindy



The Omni’s

To “*look for the good and praise it*”, is one of those statements that is more powerful than we might think. In fact, it is in total alignment with the understanding that God is Omnipresent, Omnipotent, and Omniscient. The simple understanding that God is All and All Good can free us to be. Now, if we are the children of God, don’t we have these same qualities inherent within our being? The answer is Yes!

However, our ego too often dictates our relationship with life and we miss our truth. Our ego has made us bigger than life and it has also made us smaller than life. When this happens we separate from life. And our truth is that we are one with life and one with God.

Perhaps if we could understand that we are baby omni’s and that experience is our teacher, life would have a whole new meaning. The truth that we are spirit would be revealed.

Learning to live our new identity (spirit) takes practice and patience. Practicing the presence of God in all and exercising patience in accepting the presence of God in all are the commands that Jesus gave us to live by. To love God with our whole heart, mind, soul, and strength and to love our neighbor as our self, gives us the opportunities to develop our omni’s.

In our life when we begin to ask God to show us what we need to see in any situation, we can begin to see with our spiritual eye. The bigger picture for self, as well as the whole, will be revealed and a shift can begin.

Asking for understanding, knowing, is our next step. What within me is creating this or drawing it to me? We are asking to see the pattern of belief we are using to create with. We will gain an understanding of the role we are playing and why. Our blind spot will be revealed – and there will be light.

The power to change – what is mine to do here? We will receive guidance, even given steps to take. To follow the guidance is the action step that is needed to be taken for transformation. We will be asked to change something about our self. Our thoughts, beliefs, even our identity, are the ingredients we are using to manifest life. It’s an inside job – if we want our life to change...we must change.

Our inherent Omni’s allow us to move beyond “me” to “we” and be able to experience the unity and oneness of life.

The desires of our heart aren’t that different from those of the Race – they are just unique and the freedom to express the uniqueness of Each soul is God’s gift to Man – and it is GOOD.

Peace,

Patrick

Inner Quest

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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	Bookkeeper
Madison Ivanyisky	Office Manager

Upcoming Events

- Sept 03 **Labor Day** — **Men's Breakfast is cancelled.**
- Sept 06 **Psychic Development II** — Six Thursday Evenings, 7:00-9:30pm (dates may change based on field trips). Psychic Development I is a pre-requisite. \$450 for the series.
- Sept 08 **Reiki Night** — Saturday night, 6pm-8:30pm. *Love Offering*. Come and receive the gift of healing through Reiki. This is a powerful, yet gentle healing technique for everyone.
- Sept 21 **20's & 30's** — Friday night, 7pm-9pm. Time to gather and discuss Metaphysical topics of interest. Everyone in their 20's and 30's are welcome to join. It is always a blast!
- Sept 22 **Mother Earth Clean Up** — with Adriana Suarez. 9:00am-12:00pm. Join us in helping to clean up the Chattahoochee River.
- Sept 28 **Feng Shui Class** — *Power Points* — Friday, 7:30pm to 8:30pm. \$27 for the class.
- Sept 30 **Picnic Sunday** — Fall is in the air! Let's take some time to enjoy our property and each other. After church everyone is invited to bring a picnic and have lunch on the grounds.
- Sept 30 **Bookclub** — Sunday at 12pm. Bonnie will lead the group in discussing *Many Lives, Many Masters* by Brian Weiss. We'll be meeting on the grounds and having our picnic lunches at the same time! Everyone is welcome.
- Oct 01 **Inner Quest Fest bookings** — Call in and schedule your sessions for the InnerQuest Fest. We will be taking prepaid reservations starting at 10am.
- Oct 01 **Men's Breakfast** — Monday, 6:30-8:00pm. Come share your energy of light with the men of the church! Bring a dish to share.
- Oct 04 **Psychic Development I** — Six Thursday Evenings, 7:00-9:30pm. Oct 4– Nov 8. \$450 for the series. Learn how to read the energy of another.
- Oct 13 **InnerQuest Fest** — Saturday, 11am to 5pm. Join us for a beautiful Saturday on the grounds as we provide healing sessions, mini-readings, free classes, and lots of shopping with unique vendor items. Of course, we will be grilling and offering tasty lunches. *You don't want to miss InnerQuest Fest!*
- Oct 26 **20's & 30's** — Friday night, 7pm-9pm. Metaphysics at its most fun!
- Oct 28 **Homecoming Pot Luck** — Following our Sunday Service— bring a special dish to share. We will be gathering on the grounds to share a meal and our fondest memories of Inner Quest! It will be a celebration of our 28th year. How has being a member of IQ changed your life?

WEEKLY ACTIVITIES

Sunday	Metaphysical Class	9:30-10:15 am	Adults
	Sunday Service	10:30-11:30 am	Kids Sunday School
Tuesday	Tuesday Night Group	7:30-9:00 pm	
Wednesday	Choir Rehearsal	7:00-9:00 pm	
Mon-Fri	Healing Sessions	10am-4pm by appointment	(770) 521-2875

Call to schedule your sessions:

Counseling, Spiritual Readings, Body Scans, Reiki, Color Therapy, Crystal Sound Therapy, Chakra Balancing, Inner Light Therapy & RoHun Therapy



Inner Quest

Healing Class

We recently completed our intensive 8-week Healing Class and are very proud to announce that we have Nine Graduates now serving Spirit in the world and receiving their certificates as "Energy Healers."

Dena Astin
Lacey Bryant
Grace Doscher
Keri Giuliano
Shay Levister
Kathy Lohr
Peggy Mills
Lori Pfeil
Rachel Shively

These ladies completed a rigorous program of study and "hands on" training, and are qualified to perform: Chakra Balancing, Interactive Cradling, Silent Cradling, Psi Scans, Hand Scans, and Inner Light Therapy.

We are so grateful that God's healing love can flow through each of these beautiful Healers.



Homecoming Pot Luck Calling all Past, Present, and Future Members

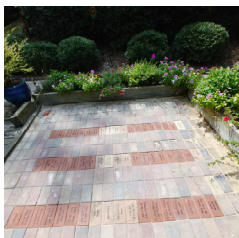
Sunday, October 28th after church.

In celebration of our 28th birthday, we will gather for a meal and share our fondest memories of Inner Quest. How has being a member of Inner Quest changed your life? How has IQ changed since you became a part of the group? We will tour the grounds, share our hearts, and feast on the fabulous food.

Bring a favorite dish to share! IQ will provide an entrée!

Our New Family Brick Garden

Many thanks to everyone who contributed to the expansion of our Family Brick Garden. It looks amazing and is holding the energies of people who love our church and what it represents. The original bricks, which were donated over 18 years ago, are now joined by our current church families, and it is beautiful!



We, also, want to thank those that worked so hard on the install. Patrick Abent, Robert O'Reilly, Jason Giuliano and also Cindy Fuller and Charmayne Scruggs. All of the physical labor and planning was filled with a great sense of love and joy for every family represented.

Please come and see Your brick and how Your Heart is connected with us all. And you can start planning what you will say in our next Garden expansion! Hopefully, before another 18 years!

A Canned Foods Drive

Thanks to everyone who contributed in our summer food drive! It was an amazing success and North Fulton Charities was very grateful to receive! Many, many lives have been touched by your gifts!



Welcome New Members!

**Karen Barski
Bella Barski
Kaia Burr
Donata Davis
Omar Villalpando**

God, thank you for bringing these beautiful souls into our church family! May their lives be enriched and blessed in every way. And may our Inner Quest Family continue to blossom in miraculous ways!

God, we thank you for making our church a heaven on Earth!

Mother Earth Clean Up with **Adriana Suarez**

September 22, 2018



Today, we will be gathering at the Murphy Candler Park -Chattahoochee River to take part in cleaning up the energies and the garbage! You can work in the water or on the land.

This effort will not only include Inner Quest people, but will also be supported by others in our community.

Please mark your calendars. We plan on beginning at 9am and concluding around 12pm.

Because I love Mother Earth

Come join us to care for Mother Earth at
Murphy Candler Park
September 22, 2018
9:00 am to 12:00pm
1551 W Nancy Creek
Dr NE, Atlanta, GA
30319

Light snacks and
drinks will be provided



Mother Earth needs
our love; bring your
loving energy to
plant new trees, pick
up trash or get into
water (canopy) to
get trash out of the
lake.

Sponsored by:
Adriana Suarez &
Inner Quest Church

I take Care of her!!!

Holiday Shopping in the Bookstore

As your mind turns to ideas for holiday shopping, we may be able to help you in the bookstore. Of course you know about the stunning and unique jewelry we carry, the crystals that are priced so reasonably, and all the other gift items here.

Books and music are also great ideas. So many of you will come in at the last minute and want to purchase 5-10 copies of a book like **The Quiet Mind**, or **You Can Heal Your Life**, or the **Aquarian Gospel**. If you plan to purchase books as gifts in quantities of 5 or more, please come see us in the bookstore. We can offer you special pricing and make certain the books are available to you. The same is true for music. We can recommend music CD's appropriate for meditation or relaxation.

Please plan ahead if you will be making these bulk purchases. We'd love to help you out, and as always, thank you for shopping at IQ where your purchases support the church.



Sundays at Inner Quest

2018 The Year of Becoming



September

Back to Basics

Sept 02	Love– the Greatest Power	Patrick Abent
Sept 09	It's all Energy	Cindy Fuller
Sept 16	Energy Follows Thought	Cindy Fuller
Sept 23	You Can Have Anything You Want	Cindy Fuller
Sept 30	Connecting Head and Heart	A Play

"I express in the Purity of God's Love!"

October

A Soul's Path

Oct 07	Where is the Purpose Here?	Cindy Fuller
Oct 14	Finding Love in Small Doses	Cindy Fuller
Oct 21	Evolve or Elevate	Cindy Fuller
Oct 28	How Long are You Going to Take?	Patrick Abent

"I am a Delightful Child of God!"

As we approach Fall, we are going back to basics. During the month of September, we will be reviewing some of the basic tenets of how thoughts and emotions are actually creating our worlds in spite of the goals and good intentions that we have. We will discuss ideas of energy so that we can consciously be aware of what we are putting out into the Universe. Knowing we can be a great light of God's love on the planet and knowing how to do it are two different energies. So, please join us as we break it down. Affirmations and denials are great, but used without an awareness of energy can take a long time to manifest. It's back to School for us all.

Then in October, we will be refocusing on our own soul's path. Each person came to this planet to learn, grow and experience. Everyone's goal is to learn to co-create with God, but how we do that is our individual choice. Jesus said, **Follow Me**, and remember *that you are a child of God. You are destined to live in harmony, love and peace.* But you choose when.

This fall, lets realign our energies and then refocus our awareness of our own personal soul's journey so that our next chapter of life will be amazing and filled with God love.

*When the will to become Christ like grows strong in the heart,
it causes an opening in the consciousness for the greater self to descend into the physical body.*

You think that your physical body is you, but it is only an infinitesimal part of you.

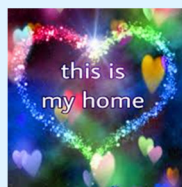
If you would contact your true self, go into a place of quiet to commune with your Creator in your heart.

Then you will rise in consciousness.

The great light to which you rise is, you will find, the Divine Self-You, Yourself, Your Own Divinity, the Real You.

*By opening your consciousness to this Divine Self,
your whole vibration will be quickened and your body becomes purified.*

The Quiet Mind by White Eagle



Sunday School Q and A Fall Program

Every Sunday at 9:30am, Rev Patrick Abent leads a discussion class on Metaphysical Principles. This fall, we will be continuing the open forum which will be a discussion driven by the questions or concerns of the class that morning.

This provides everyone the opportunity to discuss anything from a metaphysical standpoint. Bring your concerns or questions and Patrick will lead the group in exploring it using Metaphysical Principles.

And Yes, you can ask any question. If everything is a part of God's world, you will find that God is always somewhere to be found in each and every discussion. So bring your questions, and help Patrick take you all to a new space—one of a greater perspective of the Universe in which we live.

Sunday Mornings at 9:30am!

Crystal Corner

Elestial Amethyst Spiritual Healing Crystals

These unique Amethyst crystals are new on the market from Brazil. The word "elestial" means "crystal of the angels" which means this crystal has a strong connection to the angelic realms by holding energies of angels and higher beings.

These amethyst can assist in finding true love and making it a reality. They also help in the healing of karmic relationships. Since it holds the energies of truth, you can access the wisdom of the past, present and future. Communications will therefore deepen in all relationships.

Beautiful and amazingly powerful, elestial amethyst is a blessing for any home or office.



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

Inner Quest

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

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

September

This month will be a month of healing transformation. Come and experience many different ways of fine tuning your vibrations for a happier disposition and a vibrant body.

Sep 04 **Hands on Healing**— Tonight we will experience God's love moving to us and through us for the healing of another. Everyone has this natural healing ability. Come and explore yours!

Sep 11 **Star Exercise**— You are a Star. Join us as we learn to turn on our energies in an easy and gentle way.

Sep 18 **Auric Healing**— Learn how a simple touch can balance the energies of another. You will learn to feel the auric field and how to clear and balance it. Come and receive as well as giving.

Sep 25 **Chakra Dance**— Time to clear those chakras! We will use movement to open and heal our chakra system. Dress to move!

October

In October we will be learning some easy techniques to open our psychic perception! Many are not ready for the dive into a deep study of psychic development, but everyone can begin to open to "reading" the vibrations in the people and places around them. Join us for some fun!

Oct 02 **Stop or Go**—Reading the signs can be very helpful when navigating the world. The Universe speaks in Yes and No, or comfort and discomfort in the beginning of establishing communication. Join us as we endeavor to distinguish between the two. The ABC's of energy.

Oct 09 **Crystals**— Tonight we will learn to "read" the energies of a crystal. Discovering the differences in these beautiful tools can help you know which to "use and when" for the greatest benefit. Bring your favorite crystal if you would like, or use one of ours.

Oct 16 **Repeated Patterns and People**—Tonight you will learn how the Universe sends more complex messages. You will learn how to "see and interpret" the repeated patterns they send. Time to acknowledge rather than ignore!

Oct 23 **Releasing Agendas- "What is really happening?"**—We learn to "see" ...when we can release our own perception of what should be occurring. Learn how to calm the mind and open to the truth of the energies you feel. Everyone has free will, and their will does not always match yours.

Oct 30 **My Highest and Best**—Learn to "feel" energies. Once you are able to feel what is a blessing and what is taking your energy, you are on your way down a path of psychic awareness. Join us tonight as we honestly look at the energies in our world.

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 e-mail your prayer requests to us. The results of God's love moving through each situation is amazing! Love Offering.



Psychic Development II

Sep 6- Oct 11

Thursday 7:00-9:30pm, \$450

This class teaches you how to deal with energies in the environment.

You will gain an understanding of astrals, learn how to identify and deal with earth-bound entities, and also how to contact loved ones on the other side. Missing persons will also be taught.

Offered only once every few years, this class will teach you how to become an "on site" psychic investigator. 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.

Meditation, journaling, clearing, and centering are all an integral part of the preparation of the channel. This class will take you into a new space as a healer and as a Light worker. Psych I is a prerequisite.

Psychic Development I

Oct 4-Nov 8

Thursday 7:00-9:30pm, \$450

A six week series designed to teach you how to move into the energy field of another and actually do a reading for them. This is a foundational class that teaches you how to "feel" energies and interpret them. You will learn how to navigate the consciousness of another from a space of unconditional love.

These techniques not only allow you to give a full intuitive reading, but also will open your own inner guidance to the world around you.

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.

An Awesome New Beginning!



Heart-Brain Connection

Excerpts from *Into the Magic Shop* by James Doty MD

The brain and the heart, working together, can make the most extraordinary magic there is. There is a form of communication that exists between the brain and the heart through the vagus nerve. Research has shown that the heart sends far more signals to the brain than the brain sends to the heart—and while both the cognitive and emotional systems in the body are intelligent, there are far more neural connections that go from the heart to the brain than the other way around. Both our thoughts and our feelings can be powerful, but a strong emotion can silence a thought, while we can rarely think ourselves out of a strong emotion.

We see the mind and heart as separate, but ultimately the mind and heart are part of one unified intelligence. The neural net around the heart is an essential part of our thinking and reasoning. Our individual happiness and our collective well-being depend on the integration and collaboration of both. The brain knows a lot, but the simple truth is, it knows a lot more when it joins with the heart.

Mindfulness and visualization are wonderful techniques for getting quiet, eliminating distraction, and journeying inward. But without insight and wisdom (opening the heart), the techniques can result in self-absorption and isolation. When we go inward and our heart is open, we will connect with the heart and the heart will compel us to go outward and connect with others. Yes, we can create anything we want, but it is only the intelligence of the heart that can tell us what's worth creating.



There is an epidemic of loneliness, anxiety, and depression in the world, particularly in the West. There is an impoverishment of spirit and connection with one another. We are wired for social connection—we evolved to be cooperative and connected with one another—and when this is cut off, we get sick. Social connection triggers the same reward centers in your brain that are triggered when people do drugs, or drink alcohol, or eat chocolate. In other words, we get sick alone; and we get well together.

We are at the beginning of an age of compassion. People are yearning for an understanding of their place in the world and a way to be content and happy. Right now it's a ripple in human consciousness fueled by compassion, but it's a ripple that has the potential to become a tsunami. We are on a journey of connection, recognizing that one act of compassion leads to another, and so on, across the globe. In the end, how well we love each other and how well we take care of each other will be what determines the survival of our planet and our species.

The Alphabet of the Heart (CDEFGHIJKL)

C – Compassion is the recognition of the suffering of another and the desire to alleviate that suffering.

D – Dignity is something innate in every person

and deserves to be acknowledged and recognized.

E – Equanimity is to have an evenness of temperament which allows for clarity of mind and intention.

F – Forgiveness is the greatest gift you can give another and to yourself. Holding on to anger and resentment is like drinking poison and hoping it kills the other person.

G – Gratitude is recognition of the blessings that your life is – even with the pain and suffering.

H – Humility is when you are other than humble, you put yourself separate from others. We all have positive and negative attributes, but only when we look at one another as equals, can we truly connect.

I – Integrity requires intention. It requires defining those values that are most important to you.

J – Justice is a recognition that within each of us there lives a desire to see that right be done.

K – Kindness is a concern for others and is the active component of compassion.

L – Love when given freely changes everyone and everything. It is love that contains all virtues. It is love that heals all wounds. It is love that reflects our humanity.

Contributed by Bonnie Westbrook

Events

Higher Education Classes

Metaphysics I - Begins January 5, 2019

Metaphysics III - Begins January 5, 2019

Aquarian Gospel I - Begins January 5, 2019

Saturdays 9:30am-12:00m

Cost for each series is \$150

Each class series consists of six weeks of intense study. Metaphysics I is the first requirement. If you are ready to expand your life, please join us on this amazing journey.

Change your life in every way! Rev Cindy Fuller, Rev Cheryl Provence, Rev Patrick Abent

Feng Shui Classes

Friday Nights, 7:30pm-8:30pm, \$27

Sept 28 **Class Six– Power Points–** This is the last in our series. Tonight we will discuss how your power can be enhanced and how your power can be diminished simply by the energies that you are surrounded with in your world.

We will look at your home and your workplace to determine ways to create greater support for you.

You do not have to have attended the previous classes to join us tonight.

Learn how to Support Your Goals and forward motion.

**The Journey of Life is to know Oneself
The Path Begins in the Heart.**

Festival

Inner Quest Presents



Saturday, OCTOBER 13th
from 11am to 5pm

**Activities & Gifts
For Body & Soul**

What is it?

Our semi-annual **InnerQuest Fests** are fun ways to **explore metaphysical thought**. We offer mini-readings, healings, classes and other activities. The readings and healings are \$15 each, and the various classes are free!

These festivals are annual fundraisers for Inner Quest and we really want everyone to attend and encourage their friends, family and neighbors to make it a fun Saturday event.

The InnerQuest Fest is **fun for everyone**. It will be a wonderful day to explore the grounds, purchase gifts for yourself and for others, and enjoy a **tasty lunch**, freshly grilled just for you. We offer hot dogs, hamburgers, brats, salmon, and vegetarian items as well. Many come just for the lunch!

Shopping for yourself and for gifts is highly encouraged! We invite **unique vendors** to come and sell their **specialty wares**, like artisan jewelry, decor items for the home, candles, artwork, pottery, and organic or eco-friendly consumables like local honey, eggs, seasonal plants, and produce. Our bookstore and gift shop will be open where you can purchase crystals, books, cards, jewelry, and incense.

InnerQuest Fest Registration: ***Prepaid reservations will begin on October 1.***

You can call to book your sessions or make your plans in person anytime you are in the church.

For this festival we are HIGHLY encouraging you to book before the event if you want a specific reader or a specific healing. We are wanting all of our great workers to work a little and play a little, so that favorite reader you want, may not be available all day. That healing session you have in mind may only be available early or late, so plan ahead and book early.

Vendor Participation:

COST: There is a \$10 non-refundable booth fee in addition to 10% tithe on your total sales. A typical fair will be visited by 150-200 people. You will need to register with the office, 770-521-2875, and we can answer your other questions at that time.

SET-UP: Vendors bring their own tables and/or canopy and set-up begins at 9:30am, Saturday, Oct 13.

WEATHER: We have never cancelled in 20+ years due to weather, so it's a rain or shine event. The area is largely covered by trees, so use your own judgment about bringing a tent or canopy. You are welcome to come and look at the vendor area.

Special Package Deal!

\$25

for

**One Reading Session &
One Healing Session**

InnerQuest Fest Location:

Inner Quest Church
12830 New Providence Rd
Alpharetta, GA 30004
770-521-2875
(don't call during the fair!)

Kayaking

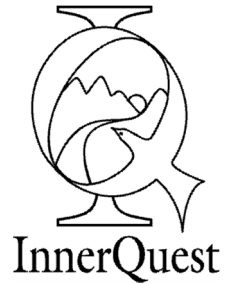
As I push off from the shore
To glide upon the water's edge
Self-importance fades away
My heart begins to soar

Allowing life to guide me
Unlocking her treasure chest
Revealing to me the story of life
Simplicity at its best

All are one and one is all
Acceptance is the key
Honoring this sacred relationship
Allows all to be free

Collective soul expressing
The uniqueness in each day
Letting go the treasure map
Is how we find our way

Peace,
Patrick



Inner Quest

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God Bless.....