
COMMUNICATIONS

July and August 2019

Christed Evolution

Recently, we were guided by Spirit to offer a class in Ego Refinement! It was presented to me as the perfect time for all of us to realign our worldly identity with our Higher Self. And as Spirit outlined each class, it seemed so easy– so Brilliant!

And then the class began. Just working with this aspect of self creates multiple layers of healing. The ego, as defined metaphysically, is a tool that we use to navigate the outer world. It is used to gather data, assess options, and offer opinions about our safety and survival. Unfortunately, in our time, the ego now makes most of the decisions without regard to the Higher Self, or the Conscious Mind. Hence, the need for refinement.

As we began the process Spirit gave us, I, too, was going through the class– doing the homework and wrestling with some interesting facts. You can imagine my shock when I realized just how much my ego was still “auto-responding” in many of the situations of my life.

Historically, Patrick would say, “Cindy you are always right.” And of course, I agreed with him. But now I could clearly see that **how** my ego responded left absolutely no room for discussion. Yes, I had good information and ideas, but how I spoke was “non inclusive.” Wow!

Just the other day, Patrick said, “*now I want to show you something, and I don’t want you to freak out.*” I was surprised at that and wondered, do **I ever freak out at him?** My Higher Self said, **yes.** Then a vision opened and I saw Patrick say something similar and I watched the thoughts that went through my head– from my ego.

“Freak Out!!! Uh-oh he is going to do something to really mess up my world. This is bad, Get ready you are going to need to Freak Out. Ok, here we go...Listen, listen...GO!!! As the thoughts flew through my vision, I was quite surprised to realize that this, in fact, was not an infrequent response of mine. Wow!

And there was more! The subtle ego expressions that were a part of my personality landscape became more visible. I had no idea how much my ego had been “taking care of things.”

Our class is now complete and our egos have aligned with our Higher Selves. I am so grateful that God brought this class for **me!** I have always asked what my next step in Christed Awareness was. And this was a giant step for my Soul.

Much Love,
Cindy



The Fingerprint

One afternoon as I was sitting on our deck just enjoying nature and all the trees that surround our home, I was overcome with love – my love for God. As I sat in the energy of love, I could feel my heart open and I felt the presence of spirit. A door in consciousness opened and I was lifted into a space of heightened awareness and a voice spoke!

“You’ve asked to feel God, to see a bigger picture, – to know God. Know that I am always with you.”

I was overtaken for an instant or an eternity, beyond infinity. I was shown the breath of God and how it breathes life throughout all creation and that it would be impossible to count the ways. That numbers often color the experiences we have and we miss the present. The many clouds that move through the sky, the heavens, are unique gifts in their own right. Their transcendent beauty is truly the stuff that dreams are made of, a glimpse of imagination made manifest.

I was taken to a river and shown how its flowing supported the continuum of life and that it is impossible to experience the same river twice when we are awake to the presence of God. The nature of life – the seasons – the cycles, all gifts revealing a presence. Birth, death, rebirth – a new born bringing with it a revelation of what’s to come.

When you see a baby bird, welcome the form and honor the divine thought and allow a space for inspiration. The bunnies of Spring – wild, free, and innocent – reveal a new cycle of warrens, dens, and community that is often unseen, but always in harmony. The plant and animal kingdom, all of nature, each a unique vibration is in tune with the one vibration of God’s love! I was shown how the simplicity of life is the truth of life. A voice repeated the words: ***“I am with you always.”***

I felt myself take a breath and I was back on my deck. I told myself to just breathe. Could the ever changing energy we call life be anything, but the fingerprint of God revealing that we all play a part?

As we ask to know God, we begin our true walk. The right and perfect door for our journey home will open, and the rest is up to us.

To rekindle the consciousness of love can be the adventure of our lifetime. As we free ourselves to be the love I AM, our expression will be in harmony with the One.

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	Bookkeeper

Upcoming Events

- July 01 **The People's Breakfast**—Everyone is Welcome! Tonight we welcome the ladies to join our traditional gathering to discuss metaphysical topics while we feast on wonderful food. Patrick will still make eggs and you can bring a dish to share. 6:30-8:00pm
- July 04 **Independence Day**— The church will be closed. Enjoy the holiday with family & friends!
- July 05 **Vision Board Night**— Friday night, 7pm-8:30pm. *Love Offering*. Come and refine your dreams. You can have anything you want. Tonight we will focus and begin the manifestation process together in a family energy of support. Bring your magazines for pictures and inspiration.
- July 07 **Bookclub**— Sunday at 12pm. Tamyra Cashman will lead the group in a lively discussion of *Becoming Supernatural* by Dr. Joe Dispenza. Everyone is welcome.
- July 13 **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.
- July 27 **20's & 30's Sawnee Hike**— Saturday morning –meet at 10:00am. Join us for an awesome time in nature. Details are in the newsletter and on our Facebook page. Inner Quest 20's & 30's Group
- Aug 03 **Metaphysics III**— Saturday Mornings 9:30– 12 pm - Aug 3–24, Sep 7 & 14
\$150 for the Series Continued Study for those currently enrolled in our Metaphysics Study Program. Bring your notebook and prepare for greatness!
- Aug 05 **The People's Breakfast**— Monday, 6:30-8:00pm. Again, the women are invited to join the men for their Metaphysical Sharing. Bring your heart and a dish to share and we will create a wonderful energy of support and Godness.
- Aug 10 **Reiki Night**— Saturday, 6:00-8:30pm. *Love Offering*. Everyone could use a healing on some level. Our healing team is ready to channel God's love in a beautiful, gentle way.
- Aug 11 **Bookclub**— Sunday at 12pm. Book to be announced at the July meeting.
- Aug 16 **20's & 30's**—Friday night, 7pm-9pm. Metaphysics at its most fun! Join this lively group of enthusiastic young people as they explore living the Meta Life.
- Aug 30, 31 and Sept 1 **Public Speaking Class**— Friday night 7:30-9:30, Saturday 9am-4pm and Sunday 1-5pm This is a weekend workshop that will teach you many elements of metaphysical speaking! A fun and informative experience. \$220
- Sep 21 **Merkaba Workshop**—9:00am-5:00pm. Learn how to build the energy body around you that will protect and set your frequency to that of only love. \$160

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

Peoples' Breakfasts July 1 & August 5 starting at 6:30pm

There has been much discussion about having fun and fellowship with those who aren't eligible for the 20's & 30's group. At the same time, the men's group has extended an invitation to any of our church family who want to come for food, fun, and fellowship. The men's breakfast is opening up to women too! All ages are welcome!

The Peoples' Breakfast will be the first Monday evening in July and August will be starting at 6:30pm. Patrick will be cooking some basics like eggs and toast, but everyone who attends is invited to bring a dish to share. (It doesn't have to be breakfast food.) Everyone deals with situations involving stress, hard decisions, time-management, and living as your best, highest self. We'll be sharing and discussing issues from a metaphysical point of view.

Join us for the food and fellowship. It should be an interesting group!



Welcome New Members!

Lacey Bryant

May God's love bless each of these in their hearts desires, and may our Inner Quest Family continue to blossom in miraculous ways!

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

Heritage Pot Luck

Sunday, September 29 after church service

Every fall we schedule a pot luck. This is a church pot luck with a theme! Wouldn't it be fun to celebrate our diverse origins?

After the play on Sunday, September 29th, we'll be having a pot luck here at the church. If the weather cooperates, we'll celebrate the coming of fall by eating outside on our beautiful grounds.

We are inviting everyone to bring a dish representative of their much distant past. It would be fun to taste some English, Irish, Chinese, Italian, French, Columbian, African, Jamaican, Scottish cuisine. If your culinary skills don't lend themselves to this type of project, feel free to bring anything as your contribution. We have never turned down good food!



Join us for a feast!

Sunday
September 29

Inner Quest 20's & 30's Group

Hike on July 13

Where:

Sawnee Mountain Visitor Center
Google maps address: <https://goo.gl/maps/wstW1gf8YEK3ZUnNA>

4075 Spot Rd, Cumming, GA 30040

We will meet at that exact parking lot.

Time:

10AM Saturday, July 13th 2019

What to bring:

Water, or light sodas.. anybody can bring their favorite food, fruit, etc (for your own or to share) We can have a light picnic at the top of the mountain. Pack light (backpack preferred if you need one) Wear light, sporty clothes, sports or hiking shoes.



The hike is nice, easy, most of it shaded. 2 miles up, 2 miles down. (approx. 1.5-2h total with picnic included)

Vision Board Friday

July 5, 2019 7:00pm—8:30pm

Time to Claim Your Dreams!

Are you ready to call in something wonderful and new? Are you feeling it's time to release the fear and control and allow Spirit to assist with your manifestations?

Vision Boards are a wonderful means to collect all of your desires and dreams into one powerful space. Also called Treasure Maps, these Pictorials will begin to work almost immediately drawing the energies you want to you.

So, on Friday evening, we will gather and begin to access all of our dreams— even if they all seem unrelated, and we will each create a picture of our intended new reality! Then we will use our collective energies to charge them with powerful co-creative love.

Bring magazines, markers, anything you think you will need. We will provide small poster boards and markers and various crafting supplies!

Love Offering



Sundays at Inner Quest



2019 The Year of Spiritual Communion

July

New Beginnings

July 07	New Beginnings	Patrick Abent
July 14	Small Steps toward Greatness	Cindy Fuller
July 21	Be Different to Create Different	Cindy Fuller
July 28	The God Ground	Cindy Fuller

“I now Graduate Myself into Greater Beingness!”

August

Asking for Guidance

Aug 04	Highest and Best	Patrick Abent
Aug 11	When the Details Don't Match Your Dream	Cheryl Provence
Aug 18	Fragments of Hope	Cindy Fuller
Aug 25	Intuition in Reality	Cindy Fuller

“I ask. I am Guided. I act!”

Sundays allow us to come together with like minded people and create a new world of love, support and joy. If your reality could use some brightening, then July is the month for you. This month it is our intention to inspire ourselves to bridge into a new world that can hold the greater dreams that are, as of yet, unfulfilled. We will learn about how small changes can actually bring about greater changes in our world. Jesus said, ***“It takes a long, long time for light to break into the shell of prejudice, and patience is the lesson you have need to learn. The constant dropping of water wears away the hardest stone. The sweet and holy incense of a godly life will melt intolerance much quicker than the hottest flame, or hardest blow. Just live a godly life.”*** Aquarian Gospel

In August, we will be looking at the connection with our prayers and requests, and the results we find in matter. Jesus taught that the answers will come, but not necessarily immediately. Some changes require our cooperation and our shifting in consciousness. This month, we will focus on how we can call forth our dreams with more clarity and how we can actually work with our guidance in specific and action oriented ways.

We advise you to love not only other beings, but also the conditions of your life.

Bear no resentment. Nothing happens out of order or by chance,

and the great law brings those very conditions in your life which you need for growth.

So accept with love all that happens. Look for the lesson that has to be learnt from the experience.

Look up to God daily, hourly, and be filled with the divine light and love.

It pours like a golden ray into the heart and head centre, cleansing, healing, uplifting, steadying, giving you control.

The Quiet Mind by White Eagle



Parable of the Seeds Levels of Consciousness Aquarian Gospel Chapter 115

1. Don't follow in the ways of your family or race consciousness. Don't follow in the Known path. It will only take you to what those before you have known.
2. Troubles are not stronger than your Spirit. Root your Identity in your Spiritual awareness of being a Child of God.
3. The Blessings in Matter, that you will receive from your Spiritual Nature, are far greater than the world can give you.
4. Commit to living as God's Child and you will experience great fruit.

Message from Spirit

The Universe vibrates in harmonious co-creative cycles of life. When vibrations on the Earth are more attuned with individual power, to the exclusion of others, it causes separation from the harmony. At these times, as the Universe seeks to bless you, the energy being sent can feel uncomfortable because it does not resonate with the separation being experienced.

Therefore, it may feel like destruction of personal limitations. But it is only seeking a reunion with harmony and love held in the building blocks of life.

So, Divine energy never harms– it can just be uncomfortable to you based on where you are in consciousness.

“Energy is never destroyed.

It only changes form.”

*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.

July

During the month of July, we will be refreshing ourselves with a review of the Four Agreements! The book, written by Don Miguel Ruiz, will be the basis of our study of these principles of self energy management.

July 02 **Be Impeccable with Your Words**— Tonight we will look at all of the creative energies our words have been calling forth into our worlds.

July 09 **Don't Take Anything Personally**— Maintaining your sense of being requires knowing a little about your own goals and intentions. Join us tonight as we realize how many of our ideas and beliefs have come from someone else's opinion.

July 16 **Don't Make Assumptions**— Learning to realize that your mind set may not be the same as those around you is an understanding that will change your relationship with the world. Let's talk!

July 23 **Always Do Your Best**— Every effort yields the results of your intention. Personal best is a reflection of your current state of consciousness. Give greater and you will see greater.

July 30 **Breaking Old Agreements**— Time to reclaim your energies! Agreements are made to achieve a goal for a time! Long term agreements keep us in relationships that can not expand. Time to grow.

August

In August, we will be experiencing the phenomenal power of crystals. Each week we tap into the energies of various crystals and feel their effects on our bodies, minds and spirits. They can be used to anchor us, protect us, enhance our prosperity and connect us with other dimensions. Come and expand your consciousness.

Aug 06 **Crystal Bowl Meditation**— Allow the vibration of the crystal bowls to free us and lift us into our pure potential. These frequencies allow the body to realign for health.

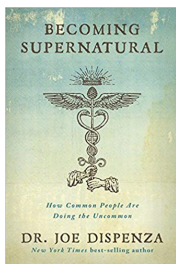
Aug 13 **Crystal Grid**— Learn different layouts to attract prosperity, love and health. Bring your favorite crystals and we will play on the floor.

Aug 20 **Crystal Vortex Meditation**— Go into the world of the crystal beings where the potential of creation lies. Touch the pure energies that can be woven into your next dream.

Aug 27 **Using Crystals for Prosperity** — Tonight we will charge our crystals for prosperity and support! Bring a clear quartz to program. Or you can buy one in the bookstore.

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, or put them in the basket on Sundays! The results of God's love moving through each situation is amazing! Love Offering.



IQ BOOK CLUB

On July 7, Tamyra Cashman will be leading our discussion of the book, **Becoming Supernatural** by Dr. Joe Dispenza.

If you are interested in seeing what the book club is all about, you are welcome to join us whether you've read the book or not. We meet at the church from noon to 1pm on a designated Sunday.

Upcoming dates this year:

August 11

September 15

October 20

Our meetings are open to everyone, and we are always looking for new members!



Crystal Corner- Kunzite

Kunzite activates the heart chakra and aligns the heart chakra with the throat chakra and the third eye. It synthesizes the energies to produce loving thoughts and loving communication. Kunzite connects one with the infinite source of love, providing for purification on all levels. It further initiates the internal acknowledgment and external expression of **self love**, unconditional love, and romantic love.

It dissolves negativity, automatically raising the vibration of the area. Kunzite produces a shield from unwanted energies. It assists one in attaining a meditative state, promotes maturity in thought and action and peace.

Kunzite is one of those special minerals that truly supports our walk as love. These make a very special gift for a loved one or yourself.



The Power of Thought

by Terry D. Lufkin

Thinking the right thing to make the right decisions for yourself: that is The Power of Thought. These thoughts are an excerpt from the commencement speech I was asked to give this year at a private school graduation ceremony.

Thoughts create, so create your thoughts to reflect truth.

- Our thoughts are raw materials for our attitudes. Thinking good thoughts will create a balanced life.
- Enjoy your work and enjoy your life! If you want different results in your life, then think different thoughts and change your mind.
- Change your thoughts and your life will change.

The road to happiness is created by thought.

- You can develop the power of command over your body and mind.
- How do you do that????
- You can go within yourself and assert your mastership over the details of everyday life.
- Think positive thoughts.
- Look at every problem you encounter from your highest viewpoint so you can see clearly how to resolve it.
- Don't waste your time wallowing in negative energy, think only good positive thoughts, which will create positive energy and actually make you smile!

Life is about choices; do your best even when you make mistakes.

- I like to refer to the mistakes, or should I say experiences, that I have made as 'bumps in the road'.
- Look at these 'bumps' as opportunities to learn something new, maybe even thank the 'bump' for putting you back on track.
- The choices we make determine our successes. From these choices, some become 'bumps'; you will learn who you are and what you love, what you are good at and what you are not good at.
- With these 'bumps' you will gain wisdom; with wisdom comes conviction, truth, and originality.

It's the hard days that will challenge you to your very core, but these are the times that will determine who you become.

- Never think you are not good enough, because you are. Remember you are only limited by yourself.
- What that really means is you are unlimited. If you can think it, you can be it.....that's the power of thought!
- Dream it...be it!!!

Match your actions with your positive thoughts.

- Conduct your life in a manner that is entirely congruent with the life you want to create.
- What you think and believe will change everything for you. Your own powerful thoughts can change your own actions.

If you are ever in doubt, be still and think on it.

- Then go forward and act with courage.
- Stay on your own path, look after yourself/don't judge others.
- Use your energy to direct yourself. Ask those you respect and trust for guidance if you need help; listen to their wisdom.

Remember these thoughts:

- Never lose sight of the power of your thoughts: remember they create.
- Love yourself; then you will take care of yourself.
- Be kind to everyone and don't judge others.
- Contribute your best to the service of your community.
- Find gratitude and appreciation with everything that comes your way.
- Lastly, find peace from within yourself.



Enrichment Classes and Upcoming Events

20's and 30's -

Friday July 27- Sawnee Hike

Friday Aug 16- Metaphysical Discussion- church

This is a group that provides space for spiritual support through activities and conversation. Every other month there will be an adventure experience and every other month, we will meet at the church for an evening of discussion and exploration of a different sort. If you are in your 20's or 30's, come and be a part of our group!

All we have heard from the elders around us are "If we only knew then what we know now!" Now you can know.

We also have a great Facebook page to keep you up to date. Check us out and become part of our group.

Vision Boards - Friday 7-9 pm

July 5, 2019 Love Offering

Tonight, we are gathering to generate an energy of potent potential. Bring your favorite magazines and we will use this group energy to help in creating a new personal vision board. Bring all of your desires, and we will set our intentions for easy, effortless manifestation.

Classes

Metaphysics III- Saturday 9:30- 12 pm

Beginning Aug 3-24, Sep 7 & 14

\$150 for the Series

This is a six week class that continues the education of Metaphysical Christianity. If you have had Metaphysics II and want to learn about the Universal Laws, this is a wonderful foundation for you.

Rev Cheryl Provence teaches.

Merkaba - Saturday 9-4 pm

September 21 \$160 for the Class

Build your own Merkaba . The energy body you will build will vibrate at the frequency of pure love and will set a vibration into motion that will draw only love to you.

Public Speaking Class - ****New Dates

Friday Night- Aug 30 7:30-9:30pm, Saturday- Aug 31 9-4pm, and Sunday- September 1 1-5pm

\$220 for the Class

This class teaches you how to energetically present yourself and your ideas to a group of people. You will learn about setting the energies in the room, empowering your audience and presenting your message in a clear and precise way. Learn how to use your own energies to inform and inspire.

Dates to Remember

Inner Quest Fest- fall
Heritage Pot Luck

Oct 12, 2019
Sep 29, 2019

Healing Corner



Crystal, Sound, and Color Sessions for Transformation

Each session blends the energy of crystals, color, and quantum frequencies. This process creates a synergy that supports the respatialization of the human form. We can live at a higher level. The time is Now.

#1 Whole Brain Activation

In this session the quantum healing fields improve the connectivity between neuroreceptors in your brain. This session promotes positive thinking, helps synchronize motor function, improves alertness, balances left and right brain hemispheres, and supports brain cell regeneration, as well as healthy brain function.

#2 Whole Body Healing

The body is engulfed in waves of quantum healing field with the intention of regeneration. During the session, dormant cells are reawakened. There is a redistribution of life force energy. This process up levels healing codes, cleanses the blood field, helps regenerate the liver and assists subtle body communication.

#3 Divine Antidepressant Music

The quantum energy therapy with color and crystals uplifts and shifts stuck energy patterns. You are cradled in an energy field of Love, Appreciation, and Support. Peace is yours to experience.

#4 Ascension - Expansion

On waves of quantum energy, sound, and color, you will be transported to mystical realms beyond time and realize new ways of seeing life, self, and manifestation.

#5 Alignment with Spirit

Quantum waves of sound and color raise your core vibratory frequency, allowing better communication with spirit, and supporting your access to higher realms and living in harmony with life on all levels.

These sessions are providing amazing results!



Knowing

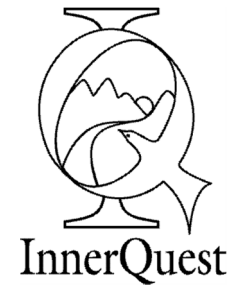
A gentle breeze is blowing
Whispering to the soul
Whose open heart is beckoning
Father – I want to know

So listen in the silence
For truth is ever here
An open book before us
Simple and always clear

Could this be our journey
If freedom is the quest
Erasing of the why's and how's
Persistence is the test

Now to be the essence
Of life uniquely expressed
The choice "to be" or "not to be"
Either way we're blessed

Peace,
Patrick



Inner Quest

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