



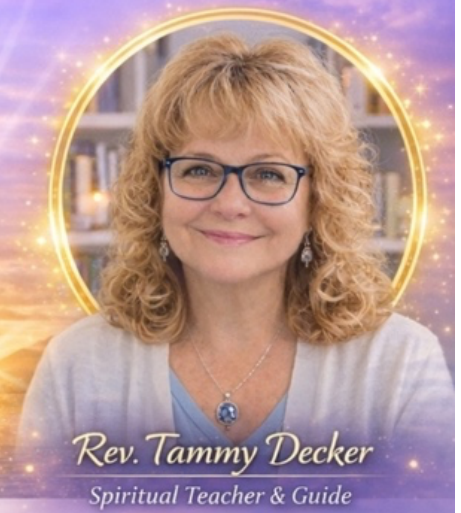
INNER AWARENESS MINISTRY

Monthly Newsletter

Embracing Your Inner Journey

Clarity • Peace • Spiritual Growth

October 2026



Rev. Tammy Decker

Spiritual Teacher & Guide

Autumn Reflections

Hello all! Happy October!

Time flies, doesn't it? It feels like this year has zoomed by. Now that we've crossed over the Autumn Equinox, with the hectic summer season behind us, the leaves are changing colors and gently falling from the trees, and the winds of change are in the air.

The kids are back in school, and it's definitely time to take a break. Can we all just pause for a moment and breathe?

I hope you're enjoying a delicious hot drink of your choice (perhaps a Pumpkin Latte or Orange Hot Tea) and having some time to reflect as you read this newsletter. Enjoy.

Namaste,
Rev. Tammy



"Mom's spider or resurrection lilies"

Photo taken and permission to use by Nancy Correro

On the Cusp of Autumn

*Certainly, there is more to do
with a beautiful day
in September than to notice
the under surface of things, like the wounded peachtree limb
mom patched three years ago,
or the swaying dead pines
riddled with beetle damage, or the leftover, empty wren's nest
she had gathered.*

*What is certain, in autumn, are the red resurrection lilies
that crested this year
in a months-long drought.
The orb-weavers arrived and built
Halloween nets around the porch.
The pearl crescent butterflies dazzle in ebbing sunlight among late
boneset.
The eastern phoebe has abandoned
her mud nest for the winter,
but she will return in spring,
along with the spring peepers
who have risen from their pond torpor.*

By Nancy Correro

Virtues, Value, and Resilience in Times of Uncertainty

By Rev. Tammy Decker



“Late Boneset” – Photo taken by Nancy Correro

Used by permission from Nancy Correro

Is it possible to maintain unwavering faith and steadfastness in one’s cherished virtues during challenging circumstances?

The changing seasons serve as a reminder: there is a time to reflect, release, reset and regroup from an intentional heart space. Now that we have crossed the threshold of the Autumn Equinox, winds of change remind us to slow down, exhale, reflect on what we value, that which we have created, and gently release with gratitude the old beliefs, ways, patterns that once served us in our pursuit of growth.

In celebration of this season, the Virtues of Authenticity, Compassion, Forgiveness and Resilience come to mind. To live authentically is a daily journey of the heart and mind. Imagine you are at a fork in the road, the author of your story. There are three paths. One leads towards reviewing the lessons learned (past). The second path reveals your current state of creation (present). And the third path is your future, your hopes, and dreams of what may come. All three paths are running parallel, and your perception of those paths is constantly shifting as we grow older and expand our perspective (broader view of the stories).

Now imagine that there are millions of other people on the planet all doing the same thing. And as spiritual beings all living a human experience with full-fledged senses, emotions and the ability to create, whether from fear (lower frequencies) or from higher frequencies of love, the world can at times feel a little chaotic and challenging. Now there is a question that is beckoning to be answered, now is not the time to stay in the chaos using push energy to get your answers, this will simply feed the swirling chaotic energy. To hear, see and feel the answer requires settling down. Take a breath and get quiet. Allow your body, mind and spirit to take a moment to simply ground and get peaceful first.

The question that beckons to be answered for us all is:

“ Who and What do YOU think YOU ARE?”

Just like the seasons change, our views on what we believed, chose, and did before also evolve. When we think about our past decisions, it's easy to see the younger version of ourselves, who didn't have the same wisdom we have now. But remember, compassion and grace can help us find our way back to ourselves, truly living with purpose and strength. It becomes more natural for us and others, and we learn to live by our values honestly and with resilience. This prompts the question:

“How does it feel and what does it look like for you to have Compassion for our younger self?”

A tool that might assist in answering this question would be that of Channel Journaling, or as some call it “Automatic Writing” ... There is a few steps that if practiced before sitting down to write, might assist with clarity. Make sure you are centered and grounded. A few ways to do this are:

- One might choose to take their shoes off and stand in the grass, in sand if at the beach, or simply take a walk in nature
- Breathe work and or visualization.
- Working with stones such as Tigers Eye or Obsidian and or essential oils for aromatherapy.

Now, from a grounded and more peaceful space, you may or may not desire to ask for support from your Angels, Guides, Master Guides, God, your higher God-Self (you choose the verbiage that works for you.), this is up to you.

There are a few ways that you can record your thoughts:

- Write your thoughts down on paper
- Use an electronic device to tap out the first insights that come to you
- Record your thoughts through speaking them into a recording device.

There is no wrong or right way to do this. The principle point is to record your thoughts without judgment or immediate evaluation. Once you have recorded your thoughts, you may want to put them away for a little while and come back to them at a later time.

By engaging in self-reflection, we can gain a deeper understanding of our own body's sensations and intuitive insights Simultaneously, we can identify what our Truth is for greater self-awareness and emotional resilience. This is living authentically.

I leave you with this thought to ponder: **NO ONE** is broken. This is an illusion caused by mental and heart felt separation from our origin. We fell asleep. The separation did not happen overnight. This disconnect some would say could be caused by distraction, lack of mindfulness, living in a default state, a sleep, due to overwhelm and clutter of the mind, a fall into lower frequency consciousness, down the rabbit hole into a denser energy.

**What are you doing to release the clutter in your mind so that you can listen to your heart?
Is your heart leading your mind or is your mind leading your heart?
To be virtuous or not.
What are you feeding your Soul?
Are you allowing guidance from your moral compass?
Are you living in alignment with your values?
These are the questions I leave you to reflect on with honesty, integrity and Love.**

Namaste and Happy Journeying.
Rev. Tammy Decker

P.S. For all interested in a creative process, working with the Virtues, please feel free to join our Saturday class offering on the website: <https://www.innerawarenessministry.com/classes>

BOOK STUDY

Hello everyone,

As we welcome another Autumn, a season for reflection, I would be delighted for you to join me in a book study that invites us to explore our inner selves. It prompts us to ask, “Are we living with awareness, or are we simply going through the motions?” If you’ve ever felt the pull to shed old beliefs and patterns by embracing a more intentional way of living, then this is the perfect opportunity for you.

This book study is crafted to be a powerful journey of transformation and self-discovery, encouraging us to reconnect with our core values and create a space to release beliefs and patterns that no longer serve us. Simultaneously, we’ll have the chance to embrace new ways of giving and receiving that can lead to profound change, all through the magic of intentional living.

We’ll be diving into “*The Power of Intention*” by **Dr. Wayne W. Dyer** every Thursday night.

Start Date: October 27, 2026 – TBD

Time: 7pm – 8:30pm

We’ll meet online **via ZOOM**.

If you’re interested in joining us for this transformative book study, please register below, and I’ll send you the ZOOM link.

<https://www.innerawarenessministry.com/bookstudy>

I’m also here to answer any questions you might have.

You can reach me at: tammy@innerawarenessministry.com.

Love in service,

Rev. Tammy Decker

TOOLS FOR MEDITATION

Benefits of Incense to the senses for calming:

Nag Champa: The aroma has a bit of a sweet, earthy and spicy scent. Nag Champa is used by many for "clearing" places, people and things of negative energy, aiding in relaxation, meditation and clearing one's mind.

Lavender: for calm and relaxation.

Sage, Sweetgrass and **Palo Santo:** have been widely used for decades for energetic clearing of spaces, persons and things and calming the mind.

These scents can be found in incense, oil and candle form.

Benefits of Focus on the Breath:

A simple yet beneficial practice that I have found to work for me when feeling anxious and when settling into meditation:

- I place my left hand on my heart and focus on my breathing (breathing in to the count of 4, holding it for the count of 4 and breathing out to the count of 4).
- Sometimes I will repeat Mantras such as : "I am Safe", I AM Love" ...
- I do this 3 times and then breathe naturally.
- A useful tool I also use externally with breath work, is "Aragonite" for aligning my chakras and calming my nervous system.

Many Thanks to Nancy Correro for contributing her art (photos and poem) to our newsletter:

Nancy Correro holds a PhD from Georgia State University and an MFA from McNeese State University. She resides in rural MS near the Pascagoula watershed where she finds inspiration. She teaches English online. She is the recipient of the Joy Scantlebury Poetry Award, and her work has appeared or is forthcoming in such publications as, *Panoply*, *Rougarou*, *Sadie Girl Press*, and *The Kenyon Review*.