

The ideal of the School of Metaphysics.....To aid any individual willing to put forth the effort to become a whole functioning Self not dependent on any person, place or thing for peace, contentment and security.

The purpose of the School of Metaphysics....To accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man.

The activity of the School of Metaphysics is Teaching Teachers.

Vibrations

A Monthly Newsletter



Manifesting Vision Interviews

begin on page pg. 7

NATIONAL TEACHERS FOCUS ON CAUSING PEACE



Teachers enhancing their visualization and manifestation skills of creative imagery

to revitalize our Peace Dome





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Words From the



These are the
National
Teachers of
The School
of Metaphysics
October 2017



BRANCH REPORTS

CHICAGO

How Beautiful it is To Let Things Go

By Lisa Stefaniak

Despite the high temperatures recently in Chicago, we celebrated the Fall Equinox by hosting a Yard Sale Fundraiser on September 23rd and 24th where we raised over \$300 dollars for our branch! What was different this time around than previous yard sales is that we placed a lot of attention on the goods. We wanted to sell items that were desirable, gently used, and high quality such as: musical instruments, electronics, artwork, furniture, etc. Many times, people walked by and commented, “Look at all these goods!” and “You guys have some good stuff!” We even had people come by multiple times to pick up more things! It was a lesson in releasing attachments to our physical possessions, knowing that these things will come and go and that what is most important is our ability to open up space to receive.

And we definitely received!

Emily Knox started a new class in September and now has 5 students: Vicky, Mirza, Eric, Gene, and Amber. Emily noted how it was surprisingly easy to draw in these curious students. She believes it was due to her relaxed approach to the class and her desire for wanting to create and have fun. All of these students are also very knowledgeable, have a lot of experience, and have a strong desire to go even deeper.



Not only did Emily's thought forms aid us, but as a school, we have been incorporating some fresh and exciting ideas for community outreach. Lately, many students in all 3 branches (Palatine, Chicago, and Bolingbrook) have been

getting booths into different festivals and markets within the area. On September 10th, Emily, Randy, Alexandra and myself set up a booth at the Jefferson Park Farmer's Market. Some students also participated in a booth at the Theosophical Society in America in Wheaton, IL. We are also planning to do another booth in October at the Independence Park Farmer's Market in Chicago. In order for us all to grow, we need to learn to expand our comfort zones and surround ourselves with many people who can share in what we teach because it is all universal and can aide anyone!

In our weekly Creative Circle meetings, we planned some exciting autumn events! On Sunday, October 15th, we are hosting a movie night and potluck event watching the first Harry Potter film to celebrate the magical and celestial beauty of the changing environment around us. On October 29th, we are hosting a school fundraiser called 'The Great Pumpkin Party!' This will consist of many Fall activities such as: pumpkin carving, Halloween costumes, a pumpkin-themed dinner spread, an apple bobbing contest, a bon fire and so much more!

The beauty of fall is that it is a reminder of releasing what no longer works for us so that we can focus on what we truly want to cultivate.

INDIANAPOLIS

Peace & Destination Meditations

by Kerry Keller

I have had this idea for community meditations in Indianapolis in my mind for about a year. It was stimulated by a trip to Miami where we went to sunrise meditations for two days. Over 200 people attended each day. We saw all kinds of people from beach bums to limos pulling up and letting out the elite. Everyone spread blankets in the sand, and set down facing the sunrise in the east. The meditation leader was standing with her back to the surf between two loud speakers on tripods and holding out a 5 gallon bucket, full of affirmations. As people approached they reached into the bucket and chose their affirmation for the day. There was about 10 minutes of introduction then a prayer, then breathing, then the meditation started for about 15 minutes. Afterwards people were encouraged to share hugs and for a good 20 minutes people of all nationalities, economic status, ages, and expressions hugged each other with great compassion and a variety of enthusiasm.

Both meditation events were so connecting. There was no separatism... allowing everyone to have great heart felt experiences with smiles, laughter, curiosity, surprise, compassion and so much giving! It is all certainly different than what has become normal expressions of chaos pervading the world today. Hence my desire was awakened to initiate something similar in Indianapolis. This presented the first challenge, we don't have beaches, beach bums, or that many elites in limos.

So I approached the IMA, (*Indianapolis Museum of Art*), in Indy last week, calling them to learn who is the events coordinator. I wanted a large and active public organization to receive my idea and partner with the School of Metaphysics. I was told on the phone that Mary Hilden would be in after lunch and I could call then. I decided not to wait and talk by phone. I watched the clock and at 12 noon I drove to the Museum, which also has large outdoor gardens, sculptures, park areas, indoor meeting rooms, and events to draw people and members every week.

I arrived a little before Mary, which worked out well, because I was introduced to her as she approached her office. I had a white shirt and tie on and immediately caught her attention. She said she had about 10 minutes before she had to be in a meeting. That was all I needed. It took me 5 minutes to tell her of my plans to include the IMA with an ongoing city focus on peace and meditation. I introduced "*Indy's Destination Meditation*" and asked her if the IMA would be one of the destination partners. My goal was to have four city organizations that already catered to the public. offer an indoor space for an hour, 2 or 3 times a week. Each week's location would be advertised and promoted by the four partners, the SOM,



community calendars, media and city government offices that agree to partner as well. I suggested an initial 3 month commitment where each organization would host one week a month. It would be a space that holds 50 to 200 people. We would ask the media to participate with on air interviews about the purpose and benefits of meditation and peace of mind in people's everyday lives. I also suggested the teachers at the School of Metaphysics could offer public presentations through each of the four hosts about the life benefits Peace of Mind, The Ten Essential life Skills, and Mindfulness offer everyone. I handed her a one page flyer that listed the benefits for her to review. I had her attention! Her eyes were staring at me intensely.

So I told her the Miami story I just shared with you. She just smiled and paid attention until she was late to her meeting. But she took the time to suggest other organizations to arrange to partner with and we will meet again then. My hope is to soon secure agreements with three other public organizations and then approach the city offices about the Universal Hour of Peace. This could and would be a great initiation of this '*Indy Destination Meditation*'. The students of Indy are excited and eagerly joining together to move this energy through Indy. Lots of Visualization and cooperation are in the works. Peace everyone!

KANSAS CITY

Being Open to Receive

by Joseph Scott

I came to the School of Metaphysics on a whim after seeing an open house event on MeetUp. I almost didn't show up, but I'm sure glad I did! I was relieved to find how "normal" the people at SOM seemed to be. You know, sometimes you walk into a group and feel/think, "This is too weird! I need to get out of here! Not at the School of Metaphysics! Well, until we got into some of the lessons.

This isn't to say that "weird" is a bad thing at all. Unique may be a better word. A challenge. That some people will accept, and that others will shy away from for various reasons. And that's totally okay.

For me, dream interpretation has helped me better understand the subtle messages of the subconscious. Making the unconscious conscious is a powerful thing. And as I'm starting to digest lesson 5, I'm truly beginning to recognize the power of my own thoughts, words, and the importance of setting intentions backed with will power.

Just this past week, I was called to give gifts to others without expecting anything in return. Within days the universe gave me tickets to a concert for my birthday, a new path to generate income and new friends. Like little seeds, we plant ideas that become things within ourselves and others. We're all contributing to this cosmic sketch pad, so let's make it something beautiful!

TULSA

Physical Transformation

by Mandie

The Tulsa School of Metaphysics is changing. It has been changing for sometime now. Not only has the school undergone a physical transformation through renovations being led by Wendy Vann, but it is energetically changing as well. The Tulsa branch was without a director for a period of time and because of this, had minimal community out reach. The school is currently infused with 9 dedicated students. It is often a topic of conversation of how to attract more students. The students desire more people to share in their learnings and the teachers desire more students to share in their experiences.

Recently, during a class break-time, the students decided it would be beneficial to place attention on creating a united Ideal, Purpose and Activity around what we desire to create for the school. The ideal for the Tulsa school branch is to attract heart centered, disciplined, open and willing students to create prosperous connections with. The Purpose is to become a whole functioning school. The Activities are to visualize daily, perform consistent community outreach and fill open lab positions.

The Tulsa School of Metaphysics has participated in 2 fairs in the month of September to connect with the community. Amy, Holly, Sarah, Kevin, Crystal, Nicole and Kami participated by offering their time and enthusiasm over the span of the 2-day fair. The Tulsa Pagan Pride and the Crossroads Metaphysical Fair were successful in gaining momentum energetically.

Amy and Mandie made calls to keep the momentum going towards attracting students. The next class starts October 9th with Amy Campbell, and Wendy Vann is starting her first class on October 23rd.



DREAM CATCHER
WEBINARS
NOW PUBLIC EVERY WEDNESDAY NIGHT



Larry Hudson and Kerry Keller host a weekly DREAM CATCHERS WEBINAR. It is sponsored by dreamschool.org and the School of Metaphysics. Until this month we have catered to the public two weeks a month and the students and teachers the other two weeks of the month.

Yet during the public webinars over the last three months, we have begun to draw attendees from across the country and the world. Our current goal is to achieve over 100 weekly attendees on a consistent basis. We have been encouraged by those who are joining us asking personal questions about their dreams or submitting their dreams for their deeper interpretations. Since we have had more students attending the public webinars, we have decided to make all our Wednesday night webinars public.

This will allow us to promote a more consistent schedule and build a greater following. The current Psi Counseling students are serving as co-hosts each week. We found this makes the webinars flow smoothly with greater activity and frequent change of subjects... all holding people's interest at a high level. Our greatest desire is to help the public learn how they can apply the meaning of their dreams into their everyday lives. The application of our learning is the strength of the 21st Century Education that the School of Metaphysics teaches.

Larry and Kerry encourage all of you to share the dreamschool.org link and encourage your friends personal growth. They can register to participate for free weekly webinars. Children and parents will also benefit 4 times a year on the fifth week webinars. These will share the meaning of children's dreams while aiding the parents to understand the growth needs of their loved ones.

**We are looking forward
to teaching how your dreams bring greater self-respect**

National Teachers

‘Vision’

INTERVIEW:

Dr. Christine Spretnjak's, (PRESIDENT)

Her thought form for the weekend.

The theme for the weekend is manifesting a vision. The things that I see, not only within myself but also within others, is that we can have such brilliant ideas and high minded ideals but manifesting them into the physical world requires discipline. It requires will. It requires conscious choice, it just doesn't happen. I think that is what we are continually developing. That is what the focus for this weekend is. Not only receiving the big vision but also manifesting it in the physical world, so this weekend we are focusing on the Peace Dome. Because the focus on peace and having peace of mind is something that is common to all of us. It is a big vision to experience peace individually and globally. What we are practicing while we do the activity of cleaning the peace dome inside and out and make repairs we are strengthening the peace within each of us and therefore the peace in the world. That explains the vision.

I noticed that the action piece seems to be a stuck point for many people. Maybe it is just my bottle neck however I see it in a lot of different places and so even waking up at 6:00 am to go and recite the Peace Covenant that requires effort, it requires willfulness. It also requires understanding of what we are doing to have the motivation to go do it. Doing that this morning was a really neat experience because I found myself. I have read the peace covenant many many times and I found myself walking away thinking, "What is speak with sagacity?", which is part of the peace covenant. What does that really meant. So when I came into the main building I looked in the dictionary to see what sagacity means. It gave me a better picture of what that really means. Speaking with sagacity means speaking with intelligence, speaking directly. The picture that I received with it was speaking honestly. I think that the more we exercise ourselves the mind, body and spirit, the more that we receive from the experience the more energy we have to continue. This weekend is an experience of aligning mind, body and spirit in the same direction and then receiving the benefit from that.



TEACHERS' EXPERIENCES during NATIONAL TEACHERS CONFERENCE



Contributed by... Sherwin Rosenfelt

As I was driving to the college I thought about my idea and purpose for the weekend. What I visualized was connecting with people and receiving them. On Friday night we received that we were going to have a day of manifesting on Saturday. Saturday we selected groups to be on and began to work on our creation projects, on the peace dome. I was on three groups. The first group was assigned the task of cleaning the upstairs in the peace dome and cleaning the carpet. The second was helping Joe paint the skylights in the upper lever of the peace dome and the third was helping clean the rooms on the first floor. This was not what I originally selected but it was what happened.

By the end of the day at the wrap up meeting everyone was talking about the great creation they worked on and how they felt so good about what they had done. I, on the other hand, felt bad because what I received was a bunch of my issues, I am working on, mostly about self-worth. I did not feel I had manifested anything. So I began to talk to people about my day to figure out what had happened. As I expressed, I began to realize that what I had manifested was opportunities for my own growth and opportunities to connect with others, about what I was experiencing. I still did not realize this, and by the time I went to the peace dome for Dr. Daniels teaching,

was angry and did not realize it. Dr. Daniel said something about the Old Testament, the Bible I grew up with, and Dr. Laurel said something to me about my cup not being allowed in the dome. The combination of these two things triggered an anger with me. I had two choices as I saw it, I could stay there and stew, and most likely not receive anything, or I could leave and address the anger in the moment, which is what I chose to do. I talked to Larry, Linda and Joe about my anger. I did not find or connect with what it was so I incubated a dream about the anger. The dream I receive was about an alarm clock going off. I did not understand this so I talk to Larry about it. He said it meant it was time for me to wake up. What I did with this was to talk to more people about this and connect with more people.

Acknowledging Teachers Who Give of Themselves to Develop Others Growth

Bolingbrook...

Jorge Candelaria... Sherwin Rosenfelt

Columbia...

Doug Bannister... Dr. Diana Kenney...

Indianapolis...

Mickey Hughes... Kerry Keller... Bonnie Darby...

Des Moines...

Mari Hamersley... Mavis Curry

Chicago...

Randy Ristow... Emily Knox

OKC...

Silvia Galvan...Michael Fabri

Tulsa...

Amy Campbell... Mandie ...

Contributed by

Bonnie Darby (Indianapolis)

Ideal = Connectedness, Purpose + Renew & Revitalize a Beacon of Peace, Activities = Giving & Receiving through Service.

I always sense the beautiful healing energy when I am in the Dome. Listening to the history and personal stories filled with the love and passion expressed of those who were there from the seed thought to completion was an awesome opportunity. My day spent in giving with others revitalizing not only the physical appearance of the dome but infusing it with love and desire for peace felt like we were all a part of reviving channels for peace. The experience of caregiving was a gift of giving and receiving. I now feel connected to the energy of the Dome and the peace it presents. I am so grateful!

Contributed by

Terrance Bellows (Maplewood)

My manifestation experience this weekend was simple and profound. Peace and the work that peace requires is always on my mind and so I am keeping my ear to the street in many different ways. This aids me to find my own peace when I remember who I am. This weekend I heard another teacher say his



school's peace pole rotted and fell to the ground. I told him I have some ideas on what he could do to remedy the situation. I had already asked Dr. Barbara and Dr. Tad about developing peace efforts in my area of Missouri. When he responded I offered him some steps that moved within me. Then Dr. Barbara added a few steps that I missed that would make my giving more whole and complete. This allowed me to see more clearly my part or role in the greater plan. I realized peace not only starts with me but also includes my efforts to include others with the whole picture.

contributed by



Contributed by
Walter Hrycaj (Kansas City)

I came to this October's National Teachers Conference with the ideal of having an open heart and an open mind. My purpose was to be flexible and adaptable while being of service. I wanted to experience the true sense of sincerity as I gave this weekend. I did not know what to expect and no idea that I would be leading a crew of seven awesome teachers to beautify the outside of the Peace Dome, I felt that this was a great honor to serve in this capacity.

Throughout the day my heart was filled with great joy even as we worked hard in the rain and cold. It really didn't seem to phase me much since my attention was on such a great opportunity to learn how to direct. Many variables and obstacles came up throughout the day, however I kept the goal holy which was to complete the beautification of the Peace Dome.

The teacher's worked great with one another, communicating, connecting, responding to the needs and sustaining their energy through out the entire project. Every person on this crew was committed and they all wanted to see the project to the very end.

Contributed by
Mari Hamersley (Des Moines)

I experienced a great deal of alignment with my crew, and I realized it was because I was in alignment within myself. I love the Peace Dome and felt so honored to be a part of its construction when I was a College Student in 2002. I remember how it had needed serious attention and repair. So as I spoke with Sandy and Jamie, and later with Joe, I discovered our ideals and purpose were very much in alignment. We focused on renewal, receptivity, love, and open mindedness. We were already aligned in common ideal & purpose and that aided us to work together as a connected unit and to very willingly receive Joe's wisdom and teaching. We all honored and practiced what we learned because of our aligned ideals & goals of giving to the Peace Dome. This alignment continued between all of us both Saturday and Sunday.

contributed by
Wendy Isley (Kansas City)

**Ideal = Master Steward of self-value, purpose
= deepen understanding of prosperity:**

In my lecture, "Blue Print for Prosperity" I ask the question; what is prosperity? The answer is for me, prosperity is experiencing the riches of connection to others with flourishing and healthy growth. That's exactly the experience I had with the Peace Dome Project at National Teachers Meeting. Prosperity is adding to what already is. We added love and care to what already existed in the physical. It was and is a beautiful thing. I was on the team lead by Walter, cleansing the exterior surface of the Peace Dome. We worked together harmoniously and accomplished what I felt at the beginning was "too big" a task. Some of the teachers faced their fears of heights and worked through the fear for the benefit of the whole. All of us worked in the cold rain for many hours using our minds and bodies to uncover the glowing beauty of the consciousness of peace.



Contributed by
Cyndi Donato, (Maplewood)

**Ideal = to open & Receive clarity
centering in my Self, Purpose = to
know inner peace and balance.**



I chose to pull weeds. As we walked around and through the Peace Dome, all the weeds around the compressor and back stair case sparked something in me. I volunteered for Walter's crew thinking at some point I would be weeding. As it happened. Devon and I were surplus from the washing crew and began weeding. This was at first a temporary assignment. AS the morning continued Devon and I spoke with Dr. Daniel and we received the assignment of finishing all the plant beds up to the front steps and in front of the healing wall. As the day went on, I realized that I was working out and clearing thoughts that have been occupying me of late... that are preventing me from going into a peaceful state of mind. By the end of the day, I felt emptied of the distraction having fully completed the assignment and due to the focused attention I had through out. I was so engaged in the activity I had little awareness of the activities going on around me. Yet I could feel the energy transforming. It was a great experience!



Contributed by
Zack Busch (Palatine)

I saw myself high up on a ladder, scrubbing the Peace Dome. I saw the ease in which I was doing it, the comfortability, the security. I saw myself, literally stretching so that I could reach hard to reach areas. I saw myself experiencing joy, knowing that I was supported by others on the ground.

I saw this before it even happened. On my way to the College of Metaphysics for our bi-annual National Teacher's Conference, I was talking with Sandy Leitner about our ideals for the weekend. I mentioned to her that I wanted to be brave this weekend. The image that I saw was me up on a Ladder. The thing is, my whole life I have been afraid of heights. This is where the bravery had to come in.

It came time for choosing groups, and I saw that one of the groups was dedicated to cleaning the outside of the Dome. Following my vision, I knew this was the group for me. Before we got started, I was talking with Emily Knox. She asked if I was scared of heights, I said 'yes'. She then mentioned that she heard that being afraid of heights is really being scared of your Inner Authority. That really resonated with me. I began to think of why I was afraid, and it came to me that I was scared of dying. The reason was because I am scared of meeting my Inner Authority and having to tell it, "Sorry for not beginning to realize it doesn't have to be that way. For if you've done what you always done, you'll get what you've always got. I am glad I chose to do something different and I am sure the Peace Dome is too.

contributed by
Linda Pecaut (Maplewood)

Ideal = to embody the complete Law for the purpose of alignment, connectedness, leadership, and communication.

As we came together, holding hands in the projection for the day, I began to gain a greater connection and understanding. As I cleared the outside of the Peace Dome with a very committed team I experienced a strong connection to others due to our aligning to our purpose and desire for completion; By releasing old unproductive thought forms and allowing the conscious life experience to flow over us. Communication was clear. We were very productive and we had fun! That experience of connection was very fulfilling!!

Contributed by
Leslie (Dallas Teacher)

I have been cleaning the windows and noticing that there is a lot of stuff on the windows and it is taking some work and effort to get them clean. I was noticing that this is symbolic, getting some of those things that are holding me back and that are what I am really focusing on as I clean the windows. I am visioning that release and seeing myself moving forward in a much easier way because of taking time to get rid of that stuff that is stuck.



INTERVIEW: Silvia Galvan
(Board Member, OKC Director...upper chamber of the dome)

I feel that the vision that I shared with Dr. Christine is coming to life (what is the vision). I can't wait for all of us to be meditating in the Peace Dome together and to be doing healing service together. In turn, I feel a real fulfillment with me occurring. A fulfillment that has to do with connectedness, has to do with integrating all of our teachers, all of ourselves into it. It is so beautiful.

We are taking care of something that came to us many years ago. It is really

wonderful to me to be continuing the growth and expansion of what people did before us.

INTERVIEW Mandy
(Tulsa Teacher)

How I see this manifesting out. Our attention this weekend is on peace and creating peace within and fostering peace within others as teachers and within the world. How I see our activities here at the Peace Dome is so closely connected to that peace. I see us putting our attention and love into this space so that we can come here and have those experiences of inner peace especially as teachers to take back to our students. I agree with Silvia, this is so fulfilling there is something about cleaning, about emptying a space so that you can fill it back up with more new, more expansive thoughts and ideas and creations. I think that is what we are doing today.

Aneta Baranek
(Kansas City, Kansas Director)

We are standing on the shoulders of giants,. metaphorically in that we are really cleaning space that was already here. It is almost like discovering parts of ourselves that have always been there in mind, and the light has always been pouring in like it is through the main skylight, but because of our habitual thought patterns that sometimes we are not even aware of or we have not been letting it all in. Through the cleaning process, we are refreshing and reenergizing what is already there to receive more light into the space and into ourselves.

Wisdom from the Oracle

Excerpt from the commentary on the evolutionary locus for the School of Metaphysics from the Superconscious Oracle given on **July 26, 2008**

The exaltation of the Self only occurs in the harmonization with Universal Principles. This is an underscored reality that exists beyond the illusions of separateness. This is the awakening that needs to occur. The power and breadth the scope and dimension of created thought is palpable in the existence of all. Therefore, in created thought, there is only permanence and profundity. The consciousness must evolve to accept this as well as produce it. The inconsequentiality of thought must be abandoned and seen for the folly that it is, for although it operates beneath these ones, there is the tendency to remain mired, and to the degree that this occurs there is a lessening of the Light, a weakening of the will and a retardation of the movement of Spirit. There is no replacement for the acceleration that must be in consciousness. There is no compromise with this. There is no question of the placement of the will in this endeavor. There is no denying the need for forethought and great expectation. The awakening of the Power of God within Man is the potential reality of the work that is to be done. There must be resolve to this end for the connections to be made. Within the many there are connectors that must be chosen. They do not just occur. They will not merely arise as a passing of time. They are the result of deliberation. They are the result of wisdom. They are the result of divinity. They are precipitated by lifting the eyes to what is beyond. The sights must be moved toward that which is out of reach, for only in the conception of the God power toward this end will success be.





PRACTICE your **WISDOM**

Each Sunday evening after Healing Service, Dr. Barbara O'Guinn Condrón convenes a Curator panel **online** in the Virtual Classroom.

The Spiritual Focus for these sessions is THE HEALING PRESENCE. Designed particularly with students who are teaching in mind, these hour-long discussions focus on the life skills taught through the first cycle of SOM lessons, their application in later studies, and how they unfold the student's Healing Presence. **ATTEND** and **PARTICIPATE!** Open to students, November's topics include:

**Enter the SOM
VIRTUAL
CLASSROOM.**

**SUNDAY NIGHTS
8:30 CDT.**

**Learn *How to Be a
Healing Presence***
from a panel of
curators - a Psi
Counselor, a
counseling student,
and **YOU!**

**Ask your director
about attending these
live broadcasts and
how to access**

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NOVEMBER 5

FOUR STAGES OF MEDITATION

From Expectant Listening to working in the inner levels of consciousness

NOVEMBER 12

VISUALIZATION

Training the Brain, Building the skill: Flower Exercise, 5 step, 5 day Reversal Exercise, Dreams

NOVEMBER 19

VISUALIZATION as the HEALING AGENT of CHANGE

Changing the Mind for Wholeness, Identifying Cause in Self, Spiritual Initiations

NOVEMBER 26

REALIZATION of Healing Presence

What is Entrainment? The Dan Tien practice.

"Each week the panel shares the benefits of their teaching experience. I have found that it helps me become a better teacher. I have started having my student practice the Five-day Five-step Exercise at the beginning of class, a direct result of Mari Hamersley's wisdom. My students are calmer and more ready to receive which makes learning (and teaching) so much easier." –Sherwin Rosenfeldt

Twin Verses from *The Taraka Yoga*

Allow expresses as Empathy in the Stargate Field of Consciousness. **Allow** comes from the Latin *allaudare*, meaning to praise. Praise within the heart is activated through thanksgiving.

Thanksgiving is the realization that we are all connected, relative. We share a common universe. Each of us are needed, valued, important to the whole which is so much greater when the sum of all the parts are seen. The expansion of consciousness that is **allowed** through this verse is the ability to understand when consent is given and when it is received. Through **allow**, we understand where all things begin and where they end. Every thought and action is devoted to the greater whole. These concepts are real in our thinking. As we live, as we breathe in and breathe out for what is greater, we experience the infinity of returning to Source. The gateway opens and closes.

cup of fine tea



The teacher's way of life is responsive.
Breathing in and breathing out, refreshment.
Chakras reverse, when all actions return to the Source.
Health and well-being are eternally assured.

Allow
31

32
Intend

There will always be paths untravelled.
The Universe itself is expanding, evolving,
Be on earth, carving your destiny of Light.
Centered in your own apprehension that it has been there all along,
calm in your knowing, it is the source, a beginning.



jade in stone

Intend brings conscious change. The word **intend** comes from the Latin *intendere* meaning to stretch out, direct, aim at. Intention causes karma. It's what sets things into motion. **Intend** is the action so it becomes important whether we are awake and aware of our intentions or asleep and not noticing. To proceed on a particular course means there is awareness of the course of action and that is part of **intend** as well. There are a multitude of choices that can be made in any endeavor. The Universe is expanding and evolving. Resting the mind with what is possible is the beginning of forming an intent. Potential is always within us. As we strengthen our core to tap the abundance in the Universe, we recognize anything is possible for ourselves and for others. **Intend** enables you to know where you begin and where you end. This is the enlightenment,—that we are capable of setting goals, setting our aims high. **Intend** envisions ideals so we can move in a way that will manifest them into the world.

Have you had the experience of someone coming to class, filled with the natural high of having found their bliss, and monopolizing class time with what they want to teach? If so... EnJOY!



by

I recently stopped by to say hello to my chiropractor. I hadn't been in to see him since early February and having a half hour open, "something" told me to see him. I smile as the memory of my SOM teacher giving instructions for our class to begin noting "INTUITIVE HAPPENINGS" and writing them down. Wow! When I think of my journey of Intuitive Happenings so far in this life, I am completely in awe and thanksgiving at the many wonders in our world.

As the doctor exits his office, he comes up behind me and says, "Hello, stranger! I was just talking about you with this lady," he points to the woman standing next to him. "I told her about the school 'out there' (he's talking about the college) and she should check it out. And here you are!!"

Just love it when that "happens", don't you?

I smile at the woman and start to reach out my hand, until I see she is a bit flustered, looking for her billfold. I pull back, saying, "It's good to meet you. My name is Barbara."

I wait and listen as Dr. Chris says to the woman, "You should go out there and check it out!" To which she replies, "What do you have going on?" Not knowing of any public events coming up at the college, I encourage the woman to investigate our Springfield branch, to which she says.....

"I would be more likely to teach at your school."

Well, even after all these years, and hundreds of such encounters, I have to admit that my heart skips a beat from the shock. However, since there have been hundreds of encounters - and each one was different because I was different - I held steady letting it pass on through. No sticky stuff, just a bit of residue of sadness perhaps in what this woman was missing and would likely never realize.

She went on talking about the story her neocortical writer team is crafting for her life, as I dropped into my heart as the Buddhists say and shined my Christ Light in pure thanksgiving for this opportunity to cross paths with one whose Chiron Factor is activated and crown chakra glowing! She is assuring herself, by my witness, of the good she will do in the world.

Her mother is standing behind her, and when I glance at her, there are so many emotions active in her etheric body that they can be easily read on her face. The connection between us is rich, for it is one of compassion. The mother and I exchange more in that moment than all the daughter's words only aspire toward.

After they leave, Dr. Chris leans toward me in a friendly conspiratorial posture saying, "You have a lot more to teach her than she has to teach you."

My brain sparks, and like the skipped heartbeat moments earlier, it passes as I remain still. "I learned quite a while ago when people want to teach

something before asking even one question, they have yet to learn that the secret of teaching is that you are always the student."

Dr. Chris nodded his agreement in a moment of silence and true connection.

Keep your INTUITIVE HAPPENINGS LOG current. You'll be glad you did, in years from now.

Contemplative - and progressive! - thought. That's one of the marks of a Master Student. •



JOHN 3:18-24



Each time we come together to create the School of Metaphysics *Vibrations* Newsletter, we open our sessions with an opening projection. Afterwards we each align with the laws of creation and open the book, *The Taraka Yoga of Kuan Yin* by Gael O'Guinn, to receive the verse that is designed for each of us individually. Here are the numbers we received. Our collective vibration is featured below

Love and Light from your *Vibrations* Staff.

Kerry Keller... #42 Exculsion

Existence emerges from a black hole in space, the Light of volition born in neutrality. Choose life in thoughts guided by honor whose progenitor - grace-tends then heavenly choir.

Dr. Sheila #79 Guardians

Peace of Mind thrives in honest communication. Truth telling is natural for those who receive and give. Remember, the Holy ones are those who are disciplined. The knowledge arising from their efforts deserves your respect.

Collective... #61 Sunshine

When awareness dawns, a living prayer sings all day. Interact with the world from a space of laughter. Perceived loss dissolves in a harmonized mind. Rejoice in the rhythm of life, it depends on you.

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