

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

Vol. 46, No. 11

♦ 14th Annual New Year Peace Vigil ♦ December 30, 2016 - January 1, 2017



A celebration to life.

*A prayer of hope.
A meditation that deepens hour by hour.*

As 2016 comes to a close, the cry for peace and stability in our world is deafening. Participating in the New Year's Peace Vigil at the College of Metaphysics is a way to "stand together" with kindred spirits and proclaim "every question has an answer, every issue a resolution."

Come for dinner on Friday, December 30 as we gather together and set our intentions. The vigil itself begins on Sat., December 31 at 4:00 am with the first lighting of candles and reading of the Universal Peace Covenant and repeats when each time zone around the world enters 12:00 midnight and welcomes 2017. With each passing hour our sacred act creates a wave of peace washing around and through the earth. The vigil continues until about 4:00 am New Year's Day



Giving ourselves some time for sleep, at noon we gather together for a meal and discussion of what we experienced during this transformative time.

Please join us. To prepare, talk to your teacher and director. Then send in your reservation with your area director third weekend of December (December 16 - 18).

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January's theme is the Law of Believing and Knowing

Visualization activates the law of Believing and Knowing. For the month of January's vibrations, we would like you to share stories as to how you and your school branch have used this law to create successful fund raiser.

It is through creating together that we are able to develop group consciousness.

*"For where two or three are gathered together in My name
I AM there in their midst."*

Bible, Matthew 18v20

T a b l e o f C o n t e n t s

BOLINGBROOK

No title

by Jorge Candelaria.

My experiences with the Complete Law have provided the most amazing understandings of how the universe responds to giving true service. I am always connecting with my own source looking for direction to give people what they need. I have faith that if I have no conditions for my giving my high Self will always lead me to what is best for others. I have come to understand more since I started my studies at the School of Metaphysics, I have been using this Law more consciously.

I have been working less hours and I'm more productive because I seek to know my inner Self and have the courage to allow it to guide me to draw the best circumstances and people to me. Some weeks I dedicate more time to the school than to my job. It has been really exciting. As I am putting myself in the flow, everything is working out the way that I want.

I love to see how the universe works with me when I need the help to improve the lives of others; every day is complete.



Stan Huber

My experience with the Complete Law of "Seek ye first the kingdom of Heaven, and all else will be given to you" was two fold. First, being born into a highly religious family (all 4 sisters were nuns), God and Heaven were taught as priorities from birth onward. I was lucky. The second part, of coming to know oneself was not

completely taught in any of the schools and colleges attended. Bits and pieces here and there, yes. But not until attending the School of Metaphysics did all the pieces of self awareness, the Universal Laws, the energies of directed thought, will power, and love, as well as the relationships of Consciousness, Subconscious and Superconscious to the Ultimate Existence become clear. The recognition that we are all souls having human experiences with divine purposes makes compassion much easier. One can not only come to understand oneself but to understand relationships with others. All else is relatively unimportant compared to those gifts. After that, you can create your own realities.

CHICAGO

Creating connections brings us closer in alignment with the Real Self.

by Emily Knox

As I reflect on how I align with the Complete Law, what comes to mind is the journey of being a student in the School of Metaphysics. I have not always been aware of the Laws of the Universe and how we are the creators of our experiences. It has been through applying the lessons that we learn, and practicing my daily exercises that I have become awakened to how I create my experiences. It is through the practice of using the will that I am able to make choices for myself that align with the Highest way of Being. When I consciously make choices to connect with my Highest Self I begin to perceive the connections made between all life.

When asking the students of the school how they understand what it means to align with the Complete Law, many responded with seeing connections made between themselves, others, and their experiences.

"If you go far enough, you see that we're all connected, everything is connected, and we all exist in mind. Considering our connection, and power as creators, we see that literally anything is achievable. All can be given unto me. Everything I see I can attain, through the Creator and my will." – Francis Runzel

It is when we are connected to the source of who we are that our lives come together in seemingly mysterious ways. Our needs and desires line up and we receive exactly what we are placing our attention on.

"When you seek God through yourself, you have everything you need to live a beautiful life." – Brenda Bennett Douse

It is through this faith and trust in God that we reach a knowing that all is taken care of. We are truly being looked after. We are in God's hands.

"When I dream of my great and perfect life, I desire to receive not only for myself but for the world at-large. The first place my attention lies with is my relationship with God, then my career and family second. When I do this, I release all limitations and I can achieve all things through Spirit, which strengthens me!!!" –Larry Kimpel

"Seek ye first the Kingdom of Heaven and all else will be added unto you." When we yearn to know the Creator within, and give attention to something greater than ourselves, we come



KANSAS CITY

The Complete Law

by Aneta Baranek

"Seek ye first the Kingdom of Heaven and all else will be added onto you..." The Complete Law is a reminder of what really matters in our worldly existence and where to put our attention. The fulfillment so often sought after in the physical manifestations is ultimately found in the Superconscious Mind. The Kingdom of Heaven is where the highest consciousness resides for each one of us. It is the source of love and LIGHT.

How does one seek the Kingdom of Heaven while being bombarded with a myriad of suggestions from magazines, television and social media of what is worthy to pursue in life? It is by seeing our life as a schoolroom and reaching for the highest ideals and intentions not only through meditation, but in every moment throughout each day. One then sees every experience as a lesson to be learnt. As Kate Ibur puts it: "When one pursues a spiritual life, they begin to see the lessons in every person and situation they attract to the Self. When one becomes aware of the lesson that is life and then assimilates and incorporates the new understandings into their being, they harmonize with all that is--people, places, universal laws. When one achieves this level of understanding, then abundant light and awareness is available to them when the lens of separateness melts away and they connect with the God consciousness that connects us all."

Harmonizing with the Complete Law often times has an element of surrender in it. Giving up our individual will onto the will of the Creator – "Thy will not mine be done."

Codie Lea Schumann shared: "My understanding of the Complete Law is about surrender – surrendering the self to the Self, to the Creator. Once we do that then truly everything moves toward harmony and healing, even when it doesn't really "feel" good."

There is also an element of trust. Trusting God, the Infinite Intelligence, that as we set our sight upon serving the highest ideals, that we will be rewarded in ways far bypassing our present dreams and expectations. It is equivalent with "putting our lives into the hands" of God knowing that all our needs will be provided for.

The Complete Law helps us to stay the course of fully realizing our potential and to accomplish our mission to fulfill the plan held in Superconscious Mind to become God-Man, a creator compatible to the Creator.

One of my personal experiences with the Complete Law occurred six years back when I was still deeply engrained in my corporate career and I could not see how I could find time to teach First Cycle to others. I remember calling upon God and asking for guidance. "If it is true that if we seek the Kingdom of Heaven all else will be added onto us, then please show me how I can find enough time and space to become a teacher through the School of Metaphysics". I do remember commanding my mind with this request and making a very strong connection with Superconscious Mind trusting that the answer will be provided to me and that all will align perfectly. Without seeing any changes with my work schedule and responsibilities I proceeded to teach.

Within weeks I was promoted at my job and had a team of people to work with to whom I could delegate a lot of tasks at hand. I not only had more time outside my work to teach, I also received more money as a result of the promotion.

Anything is possible when we live according to the Complete Law.

OKLAHOMA CITY

Searching for the "Kingdom" in Oklahoma City

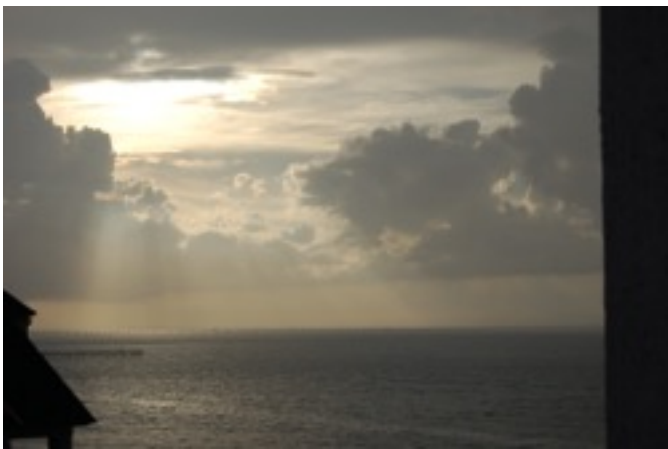
by Michael Fabri

Oklahoma City is going through dramatic shifts in the individuals and the school as a whole. One of these major shifts is realizing the impact our thoughts have in regards to the students we attract and the abundance we receive in the school. In other words, we've been putting a lot of focus on the Complete Law known as "Seek ye first the Kingdom of Heaven, and all else shall be added unto you".



The students have been putting a lot of efforts into building the school, such as hosting events like S.I.R. meetings and booths at festivals, as well as reaching out and making calls to spread the word about upcoming classes. These efforts have been beneficial; however, it seems to be a reoccurring theme that it is the thought forms we hold and the ideals we collectively formulate that really make an impact on our ability to attract what we desire. Therefore this law is becoming more and more prevalent in everyone's mind, that our attention needs to be on why these things will benefit the whole and how these experiences will grow and change us before we can expect to really experience our full potential as creators. As students experiment with ways this law may play out in their lives, the results seem to be quite fascinating...

Silvia and I were hosting a booth this weekend at the Holistic Healing Fair in Moore, OK. The festival was a bit scarce in audience at first, and at one point Silvia leans over to me, disappointed, and says "I thought there would be more people : (" I didn't think anything of it, and what came to mind in that moment is a pearl of wisdom she once shared with me which was "whether there's 10 people, or 1, give your all to every person". We continued to fully engage every person who passed by the booth, asking them what they did and informing them of what we do. In this process people filled out some call sheets, we handed out some dream journals, and even sold a couple of books! As we continued to give our full attention to every person who came by, before you know it more and more people kept coming through the door, excited and eager to learn of what we had to share and vice versa.



PALATINE

Aligning with Complete Law

Sandy Leitner

Several of the Palatine students have shared their thoughts about what the complete Law means to them, and here's what they wrote:

Mike Moffa - My choice to finally teach has given me an opportunity to see how time opens up for that which is open to me. I wasn't sure how I would find time to teach since my two sons are active in travel sports. My wife is out of town for her job several times a month so when I became clear with what I wanted and included others in my vision, the opportunity has come.

Sandy Leitner - I've noticed in my daily life that when I wake up and meditate first thing in the morning, I move through the whole day in a way that has more ease to the way it flows. I am more in tune with others and my intuition is better and I am able to create ideas more readily throughout the day.

Gino Crededio - To me, the complete law is the kingdom of heaven. In this place, all things are one, all is light, perfect, blissful, eternal. If such a being manifests in this while on Earth, how can the whole universe help but fall at That One's feet and fulfill any desire.

Sue Adams - Since I've been coming to the School of Metaphysics, I have welcomed the information given and that is continued to be given. I continue to seek within myself a deeper understanding of who I am and where I have been and where I will be going. I will continue to seek out more information to grow.

Zack Busch - An example of the Complete Law:

It was the 4th of July weekend and I had been living at the school branch for a couple of months. I was walking out to the garden in the backyard and across the way I noticed the High-End commuter condos. They were parked with people on the patios, celebrating the holiday. They looked crowded and uncomfortable like they did not have enough space. Just then I noticed how much room I had walking around the backyard. Now these condos have to be upward of \$200,000 and here I am with all this room, paying \$250 a month. It hit me in that moment, "seek ye first the kingdom of heaven, and all else will be added unto thee."



COLUMBIA**Thankful!**

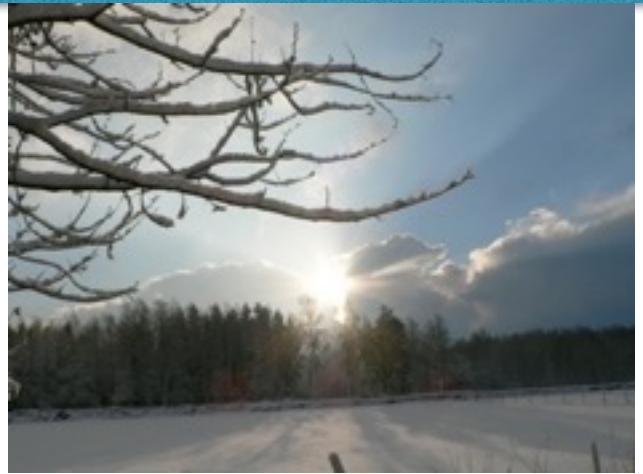
by Lisa Montgomery

Josh Stevens, student at the Columbia SOM, writes, "Doug at the SOM has impacted my life greatly at a great time to help me transform into the being I have longed to be. I am finding my mind lifting out of the fog of chaos that has enveloped it for years as a result of Doug sharing the SOM lessons and his patient, thoughtful and joyful guidance. Last night I noticed the color of my eyes has become more vibrant along with other physical changes that have occurred. Beyond the physical, changes on the inside have been greater and I'm realizing the magical powers that I have been blessed to nurture and share w my community."

Lisa Montgomery, a student on lesson 6, gratefully affirms that, "The greatest gift the school of metaphysics has given me is freedom. I have learned that I have the freedom to create my world, one thought at a time. I have learned that I am free to move in the world without fear, because the universe loves and supports me and I CANNOT FAIL! The only failure is failure to learn! I am free to embrace EVERY moment, every experience, no matter how unexpected or difficult, with curiosity and gratitude, as I wonder, "what is this experience wanting to teach me?!" I feel free to have faith in the ultimate good that is waiting to reveal itself to me in each moment. I feel free to dream, to hope, to ask for my heart's desire, and lo and behold! I find that the universe is delighted to grant it! The "Ten Most Wanted List" keeps getting fulfilled and whittled down to the "2 Most Wanted List," as my thoughts continue to manifest at rapid speed. I feel free to move and love freely in the world, because no one can hurt me, so deep is my faith in the ultimate divine purpose of each moment I live. I feel free to love people where they are, as I now understand we are each on a sacred and unique journey and we get to choose our pace and rate of growth. I feel so much joy and love that I feel an irresistible urge to share it. I am free to ENJOY relationships that have previously been difficult, because all blame is lifted as I walk through this world confident that I am responsible for me and my happiness."

James Jackson Burns, student at the school, states that he is grateful for the overall impact his learning has had on his health. "Building understanding in my spiritual life requires me to learn. Learning requires me to have experiences. I am finding more and more that keeping my physical body in a healthful condition allows me to experience more fully and learn more quickly. This motivates me internally because I know that by learning, I succeed in fulfilling the desire and purpose in my life, and I don't have to stay stuck repeating the same old mistakes over and over again. So basically, freedom and commitment inspire my choices."

Doug Bannister, loving teacher and role model at the School of Metaphysics, affirms that, "I am most grateful for learning the truth beyond intuition. I always wanted to know how the universe worked, to know about God and to find my place. The truth beyond intuition is that I AM and I understand that to mean me for (it most probably is universal) that this body, which I am also very grateful is on loan, I have it for a dozen or so decades to continue to master consciousness. All there is is consciousness. To the extent I become more aware the planet becomes more aware. As you become more aware I become more aware. Evolution steadily moves forward, some lurches to be sure. I know when I yield and allow myself to be supple I progress. When I resist I suffer. I am grateful to learn how to adapt. to stay conscious in the high winds of emotion. I am grateful for learning how to cultivate stillness so that I access my inner teacher and to also honor the teacher in others. Namaste."



How to be a Whole Functioning Being Essential Life Skills

by Dr. Sheila Benjamin

When I look at my self in the Mirror I see my soul, this is Self Respect.

When I live in the present moment and when all of my senses form the six-pointed star, I am experiencing undivided attention.

When I gaze into a flame and learn to hold my mind still for as long as I will, I am practicing concentration.

When I use my past experiences to build upon the present, I am using memory in it's highest form.

When mySelf is Respected and my attention undivided, and I still my mind through concentration. When I can remember who I AM, I am able to hear my inner Self, this is the skill called listening.

When I am practicing these five Essential Life Skills, and I cause my conscious mind to vibrate at it's highest frequency I align with the Higher Self and my body is filled with light.

What are the last 5 Essential Life Skills??????????



As he left Independence Hall at the close of the Constitutional Convention of 1787, it was recorded by Dr. James McHenry that a woman asked Benjamin Franklin this question:

"Well Doctor what have we got a republic or a monarchy?"

To which Franklin replied, "A republic, ma'm, if you can keep it."

SUFFRAGE

by Barbara O'Guinn Condon

The Timeless Inner Secrets of Your Vote

A few weeks ago, millions of citizens of the United States voted for local, state, and national government leaders. Voting is a right, a privilege, and a responsibility. It is the right of native-born and naturalized citizens. It is a privilege because exercising your right requires a sequence of events in the voter's thinking and actions. As a responsibility, the voter is expected to mature in Self government thus improving as a reasoner.

It "just so happened" that my meditation verses the week of the recent elections were 39 and 40. Kuan Yin Verse 40 is Suffrage. A rarely used word in today's world, you probably link suffrage to voting. If you research it, you'll find descriptions like this: "Universal suffrage consists of the right to vote without restriction due to sex, race, social status, education level, or wealth."

There is a deeper meaning to suffrage that will change the way you think of your right to vote. It is revealed in samadhi, during the wisdom meditation that is called jnana yoga. SOM students are initiated into this practice at Lesson Eight. When your mind is focused upon fulfilling your part of a greater plan, the inner secret of voting becomes known to you.

Suffrage is the 40th verse in the Kuan Yin Journey. Forty is a number representing an image in sacred geometry connecting ideals to purposes, purposes to activities, activities to ideals. Thus the elemental structures of creation become stable. Reliable. Consistent. Eternal. This is the beginning of understanding suffrage. If the recent election threw you on your ear - read on!

Over 500 years ago, the word suffrage described 'intercessory prayers.' An intercession is the act of praying to a deity on behalf of others. Reflect upon this. Beyond the rhetoric of "which side you are on and why" a different world exists, a world created through a higher consciousness. This consciousness has the power to suspend all that judgement long enough for a greater Truth to come to Light.

To live a Greater Truth is the original seed idea for a United States of America. Have you interpreted the Preamble in the Universal Language of Mind yet? The insight you will gain is worth your effort. What brilliant minds crafted the structure of the United States government. The three branches of government: the President, the Congress, and the Supreme Court resonate with the structure of Mind. Can you see how? The President is our national "I am". That single person represents, for a brief time, every one of our citizens. The individual in the group.

Did you know that the ideal functioning of the School of Metaphysics mirrors the constitutional democratic republican form of government in its native country?

Yes, the founding members of the US government conceived this nation on certain inalienable rights bestowed by a Creator. Legislative power is in the hands of Congress. The House of Representatives is determined by population growth, which means districts are reconfigured often to reflect the ebb and flow of people migrating. The Senate is equal representation by state, two senators per state regardless of population size. A Republic that functions as a democracy.

Why did they do this? To safeguard against the tyranny of majority.

Kuan Yin v. 40 presents an image of commitment to Self. You will want to meditate upon this verse for an experience of the stable, reliable, consistent, eternal wisdom within. Within Self is where you find the greater plan that is yet to be fulfilled. Within Self is where dream yoga reveals your part of that greater plan. This is the timeless inner secret of your voting. •



The New Maitreya

How will you welcome the New Year 2017?

Since 1995, the School of Metaphysics has invited the world to read the *Universal Peace Covenant*. Please ask everyone you know to join us because....

Peace is the breath of our spirit.

... Our world is in the midst of change.

.... We call upon humanity to stand united, responding to the need for peace. ...

World Peace begins within ourselves. Arising from the spirit peace seeks expression through the mind, heart, and body of each individual. Government and laws cannot heal the heart. We must transcend whatever separates us. Through giving love and respect, dignity and comfort, we come to know peace. We learn to love our neighbors as we love ourselves bringing peace into the world. We hereby commit ourselves to this noble endeavor.

....We vow to speak with sagacity, listen with equanimity, both free of prejudice, thus we will come to know that peace is liberty in tranquility....

....Peace and security are attained by those societies where the individuals work closely to serve the common good of the whole. ...

....We vow to live in peace by embracing truths that apply to us all.

We vow to stand together as citizens of Earth knowing that every question has an answer, every issue a resolution.

MIDNIGHT 2016-2017

**Ask everyone you know,
wherever they are, to begin the new year by
reading the Universal Peace Covenant**



the

The perfect Holiday gift for your Mom, Wife, Daughter



The Change ~~is~~ of Life

Western doctors call it menopause.
Eastern yogis call it enlightenment.
Dr. Barbara O'Guinn Condrón calls it

"The 52 Year Flip"

For most people what begins around age 12 culminates around 52. Puberty begins with a bang, 40 years pass, then a repeat of the 12-something symptoms of body changes, emotional meltdowns, and mental confusion.

What's up?!

Is there a way to navigate the waters of these fiery years?

YES!

Join Dr. Barbara Condrón online as she teaches the keys for cooling the head and warming the heart at just the right balance to master your creative energies.

The Change ~~is~~ of Life

Hour 1

A keynote designed to transform your understanding of the human journey from puberty to menopause. From the state of consciousness to ecstasy, seven initiations open the gates to a higher consciousness bringing to life your powers of co-creation. For female and male, youth and sage, share this evening with someone you love.

Hour 2 The SAT NAM Experience

Dr. Condrón explores how East meets West in this profoundly entraining exercise that clears the channel for your creative energies at every age. Her Taraka Yoga practice unites the principles taught for centuries as Buddhi, Hatha, Mantra, and Laya Yogas.

Register today online at som.org
Reservations are on a first come, first served basis.



A WEBCLASS

with author

Dr. Barbara O'Guinn Condrón

MASTERY LIVING • KUNDALINI RISING

Monday

JANUARY 16, 2017

8-10 pm CT

Register online at som.org



PASS THE WORD!

OPEN TO EVERYONE!

DREAMS ONLINE !



*Ready to change the world
by modeling that change?*

The next Global Lucid Dreaming Experiment (GLIDE) will take place at the turn of the new year. We are asking for 100% student participation. This is the simplest, easiest, and perhaps greatest experiment we are embarking upon. We will track dreams worldwide at the turn of the New Year for the next decade. Now is the time to be part of this endeavor. Register your "dream vote" today! :)

How to sign up?

Go online to dreamschool.org

Click on GLIDE RESEARCH

Click on REGISTER for the NEXT GLIDE

Complete your registration

You will receive an email from dreamschool the week before New Years Day with further instructions.



Hosted by Dr. Barbara O'Guinn Condron
EVERY WEDNESDAY
6:30 - 7:20 PM

December 7th

Dr. Laurel Clark, president of the Intl. Assn. for the Study of Dreams and author of INTUITIVE DREAMING.

December 14th

Dr. Christine Spretnjak, president of the School of Metaphysics

December 21st ... IN THE NEWS!

Last month it was the high schooler who predicted the Chicago Cubs 2016 World Series win. Tune into find out what's in the news this month

December 28th

Dr. Barbara O'Guinn Condron, dreamschool.org founder/author, goes solo as your dream whisperer

6-6:20
pm every
Wednesday

**Teachers
Guide Training**

For dreamwork with Dr.
B. Check with your
director for the link



The holidays are here and there is something you can do to support the School of Metaphysics that is simple.

- Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **School of Metaphysics** whenever you shop on AmazonSmile.
- AmazonSmile is the same Amazon you know. Same products, same prices, same service.
- Support the School of Metaphysics by starting your shopping at smile.amazon.com Just type in this link for the School of Metaphysics: **smile.amazon.com/ch/**

**Tell all your family, friends, and neighbors
about the AmazonSmile
program.**



Announcement from Dr. Daniel Condron

There will be a class at the College of Metaphysics on the third weekend of February 18-19. This class will be for those who desire to train and be conductors of Intuitive Reports in the School of Metaphysics. To apply you will need to send an ideal and purpose paper for being a conductor to the College of Metaphysics by January 31, 2017.

Talk to your director and area director concerning this.

This is a very special opportunity.

We Miss You



Maplewood:

How would I have known it would be so significant to have The Invitation performed in St. Louis at an African American High School just a few short months after the riots in Ferguson, MO? (vibration of October 2014)

Whats Happening now?

Springfield:

Celebrates the 40th anniversary of the School of Metaphysics and of the first branch of the School of Metaphysics by starting a class of 12.
(vibration Novemeber 2013)

What is happening now?



Tulsa:

This month was very full and filled with many learning opportunities ranging from first time lecturers to hosting Dr. Laurel's book tour. (vibrations April 2013)

What is Happening now?

Fort Worth:

Here at the Fort Worth Branch of S.O.M. we experienced an amazing New Years Eve celebration. It was filled with unity, music, food, yoga, community and growth through the sharing of the Universal Peace Covenant and the individual expressions of students and guests.
(vibration March 2013)

What is Happening now?



Des Moines:

On June 4th and 5th the students and the teachers of the Des Moines branch of SOM participated in the 27th annual Metaphysical Fair. Our theme was "What you think about, comes about." Our ideal was "Experiencing the playful application of Universal Laws" and the purpose was to learn to apply the Universal Laws in every day life through the activity of raising public awareness of the classes and service offered by SOM. (vibration July 2016)

What is Happening now?



Dallas:

We were invited by Medical Centre of Plano to give a talk on interpreting your dreams at their annual Women Cancer Survivor's Dinner. Dr. Damian spoke on the importance of our dreams to 100 women. (vibrations December 2014)

What is Happening now?



Indianapolis:

Later in January we held a successful Intuitive Dreaming workshop.

There was steady enrollment with individuals responding to emails, electronic calendars, media and phone calls. The most effective outreaches were accompanied by a personal touch, either phone call or face-to-face meeting. Dr. Laurel has perfected the workshop into a multi sensory experience. After hearing Dr. Laurel's lecture, the participants customized a dream journal with a collage of pictures. Then they used their sense of taste and smell to enjoy some mugwort tea. The evening ended with the participants discussing their dream journals and how they plan to use what they have learned. The evening was a great revenue generator along with continuing to grow the awareness of the school in the Indianapolis community. A local TV station, WTHR TV, is interested in hosting an interview with us in April coinciding with our Dream Awareness Month. (vibration March 2013)

What is Happening now?



No Walnut Left Behind

by Tim Gagnon

This fall Charlotte Crabaugh and I performed a miracle. We created an abundance seemingly out of thin air. For me it started with an interest in the nutritional value of nuts. I have learned in the past that walnuts are beneficial for increasing brain function. This added to my attraction to them for their wonderful taste and flavor. I started buying nuts on a regular basis and eating them, feeling my brain power expanding. Upon arriving at the College of Metaphysics I learned that there are vast amounts of walnut trees in the area, and that they are native to the Missouri region. I looked into the possibility of collecting these nuts and discovered that they became available sometime in the fall. I waited patiently and with the support of Charlotte Crabaugh, this fall we collected these nuts from the area, on the College of Metaphysics campus. We collected over 200 gallons of walnuts in just over 3 hours and brought them to a processing area to have their hulls removed. After removing the hulls, the gentleman wrote us a check for \$58 and handed us one out of the 6 bags of walnuts that were produced. We were pleased to receive the funds and to discover that abundance was so incredibly present all around us that we were practically and quite literally “tripping over it.” It was a wonderful example of how abundance can be present around us in ways that we don’t at first perceive.

You are invited to experience:

The Christmas Season

Christmas Bread Making and Caroling

December 16 - 17

Join us in this long tradition of making rolls for our neighbors and friends in Buffalo. Build divine friendships with kindred souls.

Be part of creating hundreds of rolls in one day! Put into practice the mind skills you're learning in your lessons in a loving act of joy and service.

Then be part of spreading light, love and joy throughout the nearby town of Buffalo as we sing Christmas carols and deliver our freshly baked rolls. Thought is cause, and our thoughts permeate everywhere we go.

*Bread making, Friday, December 16 starting at 6:00 am.
Caroling and bread delivery – Saturday morning, December 17.*

If you are interested, talk to your teacher and director.



Christmas at the College

December 24 - 25

Arrive Christmas Eve Saturday, December 24th for supper.

Be sure to bring a stocking to hang, and if you like bring some goodies for them.

Christmas morning is filled with fresh baked cinnamon rolls and gift opening. Gifts can be a white elephant, a service or something you've hand-made. Christmas dinner is at noon. This is a wonderful time of community as we share our handmade gifts and then gather to prepare a wonderful feast to share. The nights are crisp and clear and a million stars can be seen outside the Peace Dome. We hope you will join us.

RSVP by Dec. 18th



Wisdom from the Oracle

Excerpt from commentary on the evolutionary locus for the School of Metaphysics
from the Superconscious Oracle given on January
14, 1999



The question is asked, "How can the members of this Being fulfill their physical and spiritual goals and cause a blending of these?"

It would be accurate to respond, that the members of this Being --- to take the members of this Being --- this coordination, as they would see it, is of import. For those ones are still learning the reality of thought is cause. However,

for those who are reaching to embrace, to accept, to surrender to, to allow to outpour within them and through them the essence of what this Being is, there is no longer a recognition of what would be called member. There is the recognition of destiny. There is the recognition of what often within this group is termed personal responsibility.

But moreover, it is the recognition of a spiritual enlightenment, which most accurately would be described as teacher. Once those within this Being fully accept the authority that they have brought to themselves over eons of time and in accepting it, begin to act upon it, begin to enthuse it in their thinking and actions, there will be a transformation within the Being unlike that that has been seen before.

1-14-1999-BGC-DRC

December 3, 2016 Area Teacher's Meeting
December 16-18, 2016 3rd Weekend/Bread Baking
December 31, 2016 Universal Hour of Peace

January

January 6-8, 2017 General Assembly
 January 20-22, 2017 3rd Weekend
 January 27-29, 2017 Atlantis Spiritual Focus Session

February

February 4, 2017 Area Teacher's Meeting
 February 17-19, 2017 3rd Weekend/Conductor Class

March

March 31-April 2, 2017 National Teachers Meeting

April

April 28-30, 2017 National Dream Hotline

May

May 19-21, 2017 All Student Weekend

June

June 16-20, 2017 International Association for the Study of Dreams Conference,
 Anaheim CA

August

August 5, 2017 Area Teachers Meeting

September

September 8-10, 2017 Dharma Spiritual Focus Weekend
 September 15-17, 2017 All Student Weekend

October

October 6-8, 2017 National Teachers Meeting

December

December 2, 2017 Area Teachers Meeting



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.

The Collective: 55 Destination: The aggressive line from Superconscious Mind brings avatar. Then Heaven comes to Earth in each experience. The Master's plan will be fulfilled in the making of DNA. The I AM Consciousness allows the unfolding as should you.

Dr. Sheila Benjamin... 86 Accolade... When thought forms blossom, the joy of creation is felt. Infinite possibilities arise in a Creator's Mind. Now is a time for your moral compass to guide you. Physical choices are finite, it matters that you choose the right one.

Kerry Keller... 40 Suffrage... When night breaks, enter the time for assimilation. Inhale what is permanent, exhale the temporary. The contemplative conscious mind regards her mate. Her commitment is until the whole self's promise is fulfilled.

Cassie Ambuehl... 38 Return... Attend to the dreams that come in the night. Each holds a message for the telling. Focus your Light upon understanding that message so the dream may pass on into the new day.

Holy scriptures one for each month of the year



The Bhagavad Gita

Arjuna Speaks: Out of compassion you have taught me the supreme mystery of the Self. Through your words my delusion is gone. You have explained the origin and end of every creature, O lotus-eyed one, and told me of your own supreme, limitless existence.

Just as you have described your infinite glory, O Lord, now I long to see it. I want to see you as the supreme ruler of creation. O Lord, master of yoga, if you think me strong enough to behold it show me your immortal Self. •



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