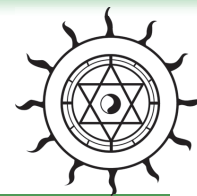


The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort, to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.

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. 45, No. 12

What do the leaders and the teachers in the School of Metaphysics need to do to open their hearts?

"The point of union - which is the capacity to breathe and to move from the point of what is called heart - is achieved within what is so frequently within this group referred to as a still mind."

A still mind produces immediately a rich heart, an active heart, an alive heart, a sincere heart.

Therefore, the wisdom for what is asked already exists. It is a matter of employing it within the reality of each"

Superconscious Oracle 1-14-1999-bgc/drc-1

You are INVITED

Graduation !

A graduation ceremony will be held

for the students in the fourth cycle of coursework at the School of Metaphysics on the College of Metaphysics campus.

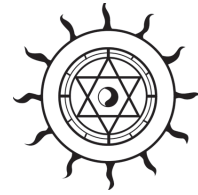
They will receive the Doctorate of Metaphysics



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THE *Holy Spirit* VISITS

THE Eighth GENERATION

In the year two thousand fifteen, the Holy Spirit moves in around and through our Being.

What is the Holy Spirit?

It is the Holy Spirit that visits the young virgin Mary, leaving its Christ seed which will incarnate as Jesus of Nazareth. In his young adult years, he will cast out demon spirits in the cause of realizing wholeness.

School of Metaphysics lessons say "Spirit is and was One" and so our ideal is to "aid the individual, willing to put forth the effort, to become a whole, functioning Self." That Self is Spirit, Mind, and Body, completely manifest.

When a student begins study at SOM, the focus is discipline in the physical level of consciousness. Through consciously directed experience, the student becomes acquainted with concentrating the Conscious Mind to unlock reasoning. Thoughts are real. Through daily mental exercises, the capacity to still the outer mind opens the space for the Inner Self to be heard. We call this expectant listening, the first step in meditation.

Power is the first gift of the Holy Spirit: the experience of creation.

The second cycle introduces the student to the etheric double. This system receives thought for development into an outer reproduction. Thought is creative. Visualization becomes a (w)holly practice, daytime and night time.

Through the third cycle, the student understands thought as cause. Self will is borne from a whole heartedness flowering in Universal Mind. The past and future find each other in the present, and the soul is fulfilled.

The creative cycle is the second gift of the Holy Spirit.

In the fourth cycle, the whole Self is realized. The Spirit now moves clearly through mind into spiritualizing its temple, the body. Self is realized. Everything arises from Source; there is nothing outside of it. It is like a candle from which hundreds of millions of other candles are kindled. Though some shine brighter than others, compared to the first light they are all the same, all deriving from that one source.

The third gift of the Holy Spirit is Self as Creator.

Source cannot be conceived, certainly not expressed, though it is intimated in every thing, for there is "nothing outside of it. No letter, no name, no writing, no thing can confine it. The witness testifying in writing that there is nothing outside of it is: 'I am that I am'."

How fitting in this **Year of the Holy Spirit** we celebrate the graduation of seven individuals from the SOM course of study in the season of Peace when we remember how the Christ child came into the world. The Presence of the Holy Spirit is made manifest through its gifts emanating from each student. – written by Dr. Barbara Condon •



"Throughout your lifetime, you have probably encountered many who possess a magnetism. Their essence seems to shine, drawing you deep within their thoughts. They seem to have tapped a limitless source of power in transmitting their ideas. These people command respect. They are people who have something to say, never fearing that no one will listen."

Charisma is the quality of such a person."

–the opening of **CHARISMA: The Art of Communication**

Charisma comes from the Greek meaning "grace". In Biblical teachings, grace is the experience arising from the gifts of Holy Spirit. These gifts belong to one who is known as a Doctor of Metaphysics.

Chicago

As you give so shall you receive:

by Emily Knox

As the month of September came to a close, we welcomed great learning for the students and guests who attended our monthly SIR Meeting on September 27th. Jorge Vina L23, Randy Ristow L33, and Lisa Kenny L23 shared their Lesson 9 Past Life Profiles. This experience gave a taste of what it will be like when the younger students receive their own Lesson 9 Past Life Profile. I enjoy SIR Meeting greatly because of the learning that continues with a report that allows us to delve deeper into ourselves with every reading. Jorge, Lisa, and Randy all shared how they have put their suggestions into practice as well as received feedback from the other guests to gain more understanding within themselves.

On October 8th Brian Kraichely presented a lecture at Infiniteus, a local crystal shop and juice bar. The lecture was about Past Lives and Incarnations. This was a lecture that drew many people and we received new students from this event. Brian shared stories of young children who were able to recall past lives with astonishing detail. These experiences woke the parents up to a reality that had not been considered before. The many stories that Brian shared with the audience also awakened us to the truth that we are souls and we exist beyond the physical. What I found to be most interesting were the stories that Brian related about his personal experience with being an Intuitive Conductor. With his experiences, he now understands the mind and life as a soul more than ever before. This excites me because, like many other students, I desire to be an Intuitive Reporter. We are always glad to have Brian give of himself so freely to the Chicago School in this way.

New energy and life has entered the school branch!! Lisa Kenny now teaches a new class of four intelligent students with very curious minds! Lisa came into the school in a very similar way of being curious; she has learned a lot about emotions and honest expression. She will be a bright light for these new students. On the first night they were in the school we spent lots of time discussing the resources of the school and they all were intrigued by the Society for Intuitive Research. We are all excited for the new students to accelerate their growth and learning through the Mastery of Consciousness and open their minds to their inner light and love.

For the past four weeks Arie Zuniga L23 has been graciously teaching the Spiritual Ethics Course! This is the second time he has taught this course and it shows! There is definitely a reason why Arie is in the lab position of Peace Ambassador, he knows and displays peace throughout his experiences as well as throughout the course. This course has drawn new spiritual seekers to the school as well as brought new opportunities of learning to the current students. Arie shares his most outstanding experience of teaching the class by saying, "I am relishing the greater learning that comes from preparing and offering this experience to others. I came to know this especially around L2: Service. In the days leading up to the event, I kept perceiving needs around me and wondered how many needs I had ignored previously due

to busy-ness. After the class, I was driving home and saw a homeless woman fall near a busy intersection. It was like the words I was studying kicked my physical body into motion and I knew I needed to act. Another homeless man and I took her to the nearest hospital and made sure she was taken care of. Later that same night, I was stranded because my car battery had died. A Good Samaritan immediately came to my rescue. I felt very fulfilled that night to know that we reap what we sow and to humbly accept the responsibility of serving humanity."

We are currently in need of a new furnace for the school branch and to raise money to purchase the furnace we are hosting a drawing. In this drawing we are offering items that have been donated to us by students and businesses. We are hopeful to receive what we need from the Universe in order to fulfill our desire.

The Chicago School Branch radiates love and light. We have a desire to expand. We have a desire to teach, to serve, and know the Self!



Bolingbrook

Fall Happenings

by Rhonda Carson

With the advent of fall, new and exciting happenings were shared and experienced at the school.

At our Spiritual Gathering Sundays, students as well as other like minds from the community have been participating in a Spiritual Ethics course facilitated by student Maria Velazquez. Through this 8 lesson course, we are learning the art of peacemaking--changing yourself, your relationships, and your world. Also, by studying peacemakers' lives, we are able to exercise peacemaking skills necessary to make life richer and more meaningful. Topics such as peace, service, and still mind have been discussed as well as peacemaker and Nobel Laureate Mother Teresa. Those in attendance have had some very

Year of the Holy Spirit

positive experiences with some of the exercises that have been applied with each lesson.

Our school also hosted a fun Dream Bingo fundraiser. This included the SOM twist on the classic game of BINGO and a bake sale, which included delicious cookies with dream symbols imprinted on them. Each bingo card included dream symbols, and the facilitators, Sandy Buch and Roberto Cazares also gave the meaning of each word. It was a great time to learn the basics of dream interpretation and, at the same time, glean insight into the meaning of your dreams.

We also enjoy having movie nights at our school! It is a great way to build fellowship with students and people from the community, while gathering insight into movies with a metaphysical twist. We enjoyed watching “Star Wars: Episode 4” and “What the Bleep Do We Know?”

The Bolingbrook school is also very excited to see all of the new students that have begun their spiritual journey with us since the last publication. We know this will be a life-changing and enriching experience for them, and we welcome them with love!

The school also continues with its regular events such as SIR meetings, Dream Catchers, and as always, we welcome and encourage new students to join our growing SOM community!

Cincinnati

Experiences Galore

By Jonathan Duerbeck

Lynn Boggio attended her first national teachers meeting! Lynn also is our SIR Coordinator and has been spending time every week with students transcribing intuitive reports. Lynn is a true pioneer and a bold example for her classmates.

Aurelia Burkett and I represented the SOM at the Parliament of the World's Religions. So many amazing people! So many great connections! I've continued to use the improved methods I learned there for connecting with new people. Recently I climbed up a steep slope into a field where I met someone interested in metaphysics, and her husband, and their dog. Aurelia showed her increasing ability to stay positive and relaxed despite minor setbacks, which is a delight to behold. Aurelia is also our sacred space coordinator and our bibliophile.

I attended Still Mind Weekend and I have been in a very good state of mind since returning. I thought there was no way I could make time for that. But it was worth it. My message: Come to Still Mind Weekend, even if you feel too busy, and then you will enjoy the busy-ness in a more relaxed way.

Our fabulous metaphysical supermom, Ryan Woelfel led our Sunday still mind gathering on October 18, and Clarence Cruz was our Spiritual Ethics teacher while I was at

Still Mind Weekend. We are having these gatherings at the Grace Episcopal Church, where we are meeting until Starfire's building is fully repaired from the flood damage of a surprise water main break this summer.

Our newest class is still forming. I'm meeting with the next new student tomorrow!

I am now sending out a weekly message of announcements and events on Sunday nights. This is one of the ideas we came up with at our leader's meeting & school meeting this month. We have some great leaders in our school with great ideas and great skills for managing things.

Also we are putting out fliers for our upcoming intuition workshop at the Mariemont Theater! They are one of three locally owned theaters here, of which they are the one playing the Steve Jobs movie. A big thanks to Kyra, the manager there.

Just about every day of the week, we get the chance to talk to people about our school who come to Grace Church for other programs. It's been great to be so welcomed here and have our own office room and space for events, and some extra publicity. But with all the youth drumming practices at the church, we are missing the quiet (and the kitchen) of Starfire. We are looking forward to buying our building, and I think we will appreciate it in a very unique way.

Des Moines

Abundance and Prosperity

by Mavis Curry



I love seeing creations manifesting into the physical. As a Libra, I have a great appreciation for beauty and take great pride in ensuring that I exercise every opportunity to love and care for the people, places and things around me.

The students also desired to improve the quality and attractiveness of our school building. For their class fundraiser, they decided to set a goal to raise money to repair the soffits and gutters.

Cathy stepped forward to lead the project. Harmony and Joy was the essence of their ideal. For four weeks they collected, organized, priced and tagged goods for sale and conducted a two-day garage sale that included baked goods and free dream interpretation. As a result of their efforts they generated over \$875 towards the gutter and soffit project. Vivienne sold more books than I had ever seen sold at a garage sale. Ashley and Donna used their charm and sincere desire to serve to attract and guide buyers to items they joyfully purchased. An old armoire sold before we even got it out into the yard. Through it all, Cathy learned to practice a new level of listening and directing that included being attentive to the needs and desires of her classmates as well as tuning into her own personal learning through the process.

Combined with our other events and savings we were

attachment to my plans for the day to listen and offer support as she shared what was troubling her. After we were done, it occurred to me that Sandy was well connected in the community and so I asked her if she knew any businesses or contractors who would be willing to help us close the financial gap to repairing our building. She said she would look into it and I invited her to a movie at Unity Church the next evening. She smiled and said she knew the presenter and was familiar with the movie. She would let me know.



The next afternoon Sandy called and said she would join Cathy and I at Unity. When she arrived, the presenter and star of the movie walked up to Sandy giving her a hug and a book about the movie saying "I hoped you would come". Sandy had helped fund the movie production. As Cathy announced she had seen her name in the credits, Sandy smiled as she looked at me, took out her check book and said "I got approval to do this" as she wrote me a check for \$2000 to repair the building. Sandy was the benefactor I was looking for.

still \$2000 short of the funds needed to do the building repairs. Winter would soon be upon us and time was running out to get the work completed. I had a strong image and desire to manifest what we needed. I knew it would happen. I just did not know how.

I reached out to Dr. Terry for guidance and ideas. I had discussed possibilities with the students and they were considering bake sales and raffles, however it would take some time to organize. As Dr. Terry, Mari and I were talking, I realized what I needed was a benefactor. Again, how and where this would occur I had no clue, I just knew that donations and assistance beyond fundraisers would be needed.

I got a call from Sandy, a former student who I had met at a Drake University event. She wanted to get an intuitive report. We had become friends and went to events at the University and other meetups together. She wanted to meet with me on Saturday. I had the day planned, however, I knew there were stressors in her life that an Intuitive Health Analysis would help her with. I met with her and as we finalized her questions and report request form, I noticed she was anxious. She wanted to talk. I relaxed and released my

Everything aligned for the good of all concerned. The project began with a desire to place love and attention on the school. Our attention was directed toward a specific need to repair the gutters. I had met with contractors and handy men to create a clear image of what we needed and how the building would look repaired. The students joined in the creation combining their personal ideal and learning for the good of all concerned. Everyone remained open to receiving and imagining the ways in which the complete manifestation of the desire would occur. The need was broadcasted in many ways through our thoughts and activities. I released any attachment to how and stayed focused on the ways I could serve and engage all the resources at my disposal and remain open to give and receive. Every step of the way we all expressed gratitude for what we received towards our goal. We also recognized what we were adding to our own personal understanding. We were grateful for the opportunities we had to serve and continue to add to our school goal as a Beacon of Light. We remained present received what the Universe gave to us mentally, emotionally and physically.



Fort Worth

Peace Begins Within

by Mel Navarro

It has been a busy month here at the Fort Worth branch. Director, Rashard Garrett, started a new First Cycle class in September and Michael Dardanes will be starting a new class at the end of October. On October 10th, Dr. Damian led his astrology workshop, "Your 12 Sacred Relationships," at the Rolling Hills Country Club in Arlington, TX. This event was a wonderful opportunity for students and members of the community to come together to learn about leading, teaching, and connecting with others.



Rashard commented afterwards, "I'm really appreciative that we had the opportunity to co-create this experience together. Judging by the thoughts that were shared in our Assimilation Meeting afterwards, there seemed to be a great deal learned about the value of people and collectively putting our minds together to create. I'm looking forward to applying all that we learned towards our next big co-creation in March, Dr. Daniel's 'Still Mind, Present Moment, Open Heart' teaching."

In conjunction with Parliament of the World's Religions, we also hosted a Spiritual Gathering where we discussed how the still mind, present moment, and open heart can be keys to living a more peaceful existence within and without.

On October 25th, in conjunction with the release of the new Steve Jobs movie, we hosted an interactive lecture on "Harnessing the Power of Intuition" given by Rashard. We had a pretty good turnout from the public and one attendee was inspired to order a Health Analysis and Past Life Profile. In addition, we will be hosting a "Come as you Were" SIR Gathering on Halloween where individuals will be encouraged to dress up as they were in a past lifetime as we gather to listen to and discuss past life profiles.

I am looking forward to my first teaching experience on November 1st when I will begin teaching the 8-week Spiritual Ethics short course. I am excited for the opportunity to learn and grow as a teacher while helping others deepen their ability to create Peace and Harmony within themselves, their relationships, and their communities. This course will last throughout the Season of Peace and will culminate with our New Year's Eve Universal Hour of Peace Gathering

As we come upon the Season of Peace, let us remember that Peace is first a state of mind. Peace begins within ourselves!

Palatine

Fall is a time for change

by Mike Duffy

This time of year in the Midwest is always pleasant. Show up for yourself. Open yourself to new possibilities as the season changes and the leaves of the trees transform the landscape into a wonderland of color for visual stimulus. Feel free to change with them and let go of old unproductive pathways and step into new more purposeful endeavors. Take a moment and reassess your experience and enjoy the ever-changing creation.

Recently at the Palatine Branch, a class field trip was taken to see 'Steve Jobs.' This movie is about the titan imaginative motivational Steve Jobs. It depicted much of his ignorance toward the human emotion while motivating creators to push themselves to thoughts of unlimited capability. Dr Barbara urged teachers and students to scope this one out. Several students and teachers gathered to see the movie. During the outing, they passed out promotional material for an upcoming talk Brian K gave at the Palatine Library. The lecture was titled "Unlocking Your Creative Genius."

The event drew a handful of students and many new faces from the general public. The event was also publicized on Meetup.com, which we here at the Palatine branch are now utilizing. Meetup.com puts to use the Universal Law of Attraction. Like attracts like. This interactive website brings together like-minded people with similar interests to learn, grow, and communicate. It connects folks who normally may not have the opportunity to interact. It also gives us the chance to reach out to the public about what we have to offer.

Offer up your highest intentions of self in this time of transformation. Be the leaves on the trees changing with the season to understand the nature of the physical. Affirm that you can do anything you put your mind to.

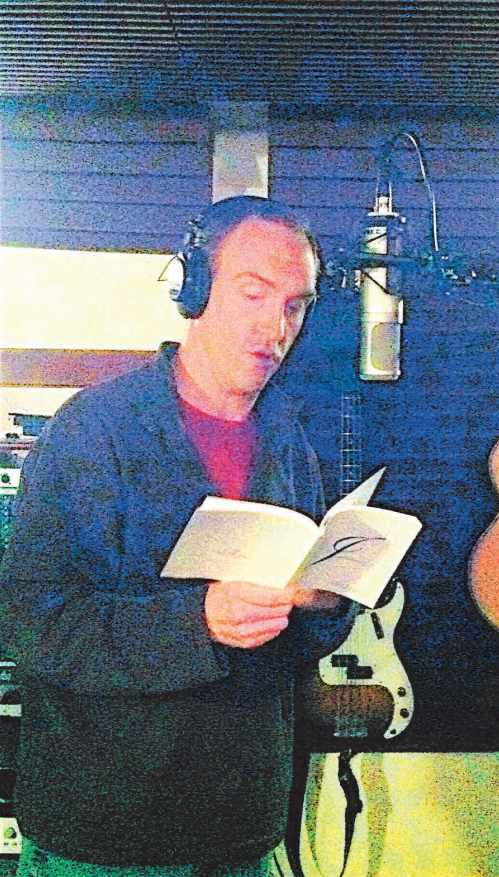


Third Weekend December 19th and 20th
Christmas Bread Baking and Delivery



How PSI Counseling Changes Consciousness

by WALTER HRYCAJ August 2015

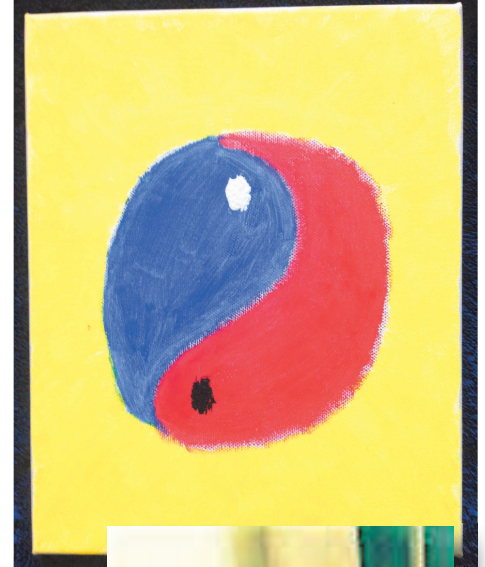


PSI Counseling has opened my mind to realize that I have no answers. The full responsibility as a counselor is to listen and allow for the unfoldment of another to move their mind in a way to come to their own realizations. This is practiced through listening and reflecting back to the individual their own words and feelings, so they can hear themselves and make their own judgments.

This amazing skill of the mind puts into practice what we learn in our SOM curriculum (in the moment) lessons 1-10. This engagement of the essential life skills through this practicum has transformed my consciousness to be a much better listener while being open to receive a person fully without prejudices and reaction to what is being said.

I have become much more neutral by holding my mind steady and simply listening to the other person. I have learned how to suspend judgement as well as stay empathetic in situations where I would want to be overly sympathetic. This has helped me to be a sounding board for another.

PSI Counseling has made me a better friend and all around better person. I would have to say that all together, it has helped me to understand more of who I AM as an individual, and to be much more centered in my core energies.





The New Maitreya

Nov 11, 2015, 11:34 PM from Corinne

Joyful texts b/t Corinne Crabtree & Barbara Condron

50 students in maplewood as of tonight!!

Nov 11, 2015, 11:38 PM to Corinne

Bravo! Absolutely Godsent. So happy for all of you.....💖🙏

Nov 11, 2015, 11:39 PM from Corinne

Yes it is so Godsent! Totally 🙏💖

Nov 11, 2015, 11:43 PM to Corinne

I love your commitment to the Real Self... That is what magnetizes the A-Field drawing souls to the Light.

Nov 12, 2015, 12:02 AM from Corinne

Thank u. I receive that :-) I feel fully the field of magnetism - I don't know what the A-Field is but it feels fulfilling and uplifting and I just feel very joyous and so so grateful, for the Self, this experience I'm in, for the students, for u, dr. Daniel, dr. Laurel, Diana, just everyone who came before me, everyone present and for everyone coming! And especially for Debbie who birthed me into this school and held an ideal for me I couldn't see, until I could. I feel strongly that this expansion through integration (that's my ideal as director) will continue ☀️ My heart is filled, my mind fulfilled -thank u 🙏💖



From the original airing of

THE INTUITIVE THINKER webinar

Bolingbrook teacher Teri Karl asked, "In my Powers of 10 report it talks a lot about how I've allowed space in my existence (the identification of the self as being separate). It says I need to "sustain my mind with the will" and to "transverse the space, bridge the separateness, enable there to be openness between me and any other that this one might recognize." And the part I wanted clarification on was: "The capacity for there to be sympatic vibratory ratios between this one and the other will be a function of this one's will. This one has yet to explore this. It will be natural when this one does so."

Do you have any thoughts/images of this that would help?

*Love,
Teri*

Hi Teri,

My first thoughts go to the exercises in the SOM classes. The practical application of exercises like the Harmony List and the Thought Form Projections, are intended for the student to become familiar with the process of What Is. What we call "the will" is the measure of separation we are willing to allow - the space we create between here and there, now and then, and in its easier comprehension, "me" and "you".

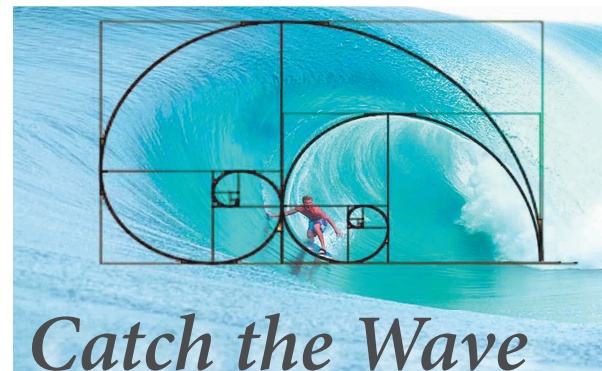
The Real Self is all of it, all of space and time. It is existence. Life.

The individual sense of Self is the mind, the creator. The separation in mind is described well as "my" will and "thy" will. This tends to create a gap - whether it is between you and your significant other or between you and your God. Holy Scriptures always stimulate the mind of the creator in the reader. This would be another way to consciously practice what your report is describing. Holy scriptures are meant to elevate your consciousness. To bridge the gap between my will and thy will.

This inner work that you are capable of is the expression of the Law of Divine Birthright.

Let me know how this strikes you. And FYI, Brian Kraichely has agreed to be the inhouse Mentor for Powers of 10 next year. Once the date is released, perhaps you can assist in letting others know the value of this session and maybe apprentice it.

I send my circle of love,
Dr. Barbara



ENCORE! on the web



The INTUITIVE THINKER 10 Powers to Spark the Genius Within You

There are 10 things people who are in touch with their intuition do differently. Learn what they are and where you stand in your capacity for immediately ascertaining Truth. From knowing how to listen to your body to seeing what other people miss, join Dr. Barbara Condon as she teaches ten ways to recognize and nurture your intuitive power.

**"INTUITION BECOMES INCREASINGLY VALUABLE
IN THE NEW INFORMATION SOCIETY PRECISELY
BECAUSE THERE IS SO MUCH DATA."**

JOHN NAISBITT

DECEMBER 1st at 8 pm

Holiday Dreaming!

Turning Nightmares into Sweet Dreams

by Dr. Barbara O'Guinn Condron

Dream sharing is part of our culture, though few are "awake" to it! Until Christmas time. The Holidays inspire our capacity to dream. It's all through the season in our stories, poems, and music. Just look!

Here's a Christmas poem you've probably heard since you were a baby. You may even know the poem by heart.

'Twas the night before Christmas, when all through the house

*Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there;
The children were nestled all snug in their beds;
While visions of sugar-plums danced in their heads...*

Clement Clarke Moore's **A Visit from St. Nicholas** is a famous poem about Christmas. Moore's description would be incomplete without its mention of dreams of sugar plums. Is that because everyone has a sweet tooth, or is there something more to the reference?

Christmas time has always been linked to dreaming. Jesus's earthly father Joseph learns of the child's coming when an angel appears in his dream. That dream makes a great difference in his life. It becomes the reason he stays with Mary. Since the beginning, Christmas has been a time when we awaken to the important messages carried by our dreams.



Nightmares are the ticket for one famous Christmas character's change of heart.



In the Spirit of the Holidays....
The Talk at Thanksgiving dinner

BYOU Magazine

fall issue features an article and dream interpretation column by Dr. Barbara O'Guinn Condron.

Will be the talk at Christmas gatherings, too.

You know this story about a grumpy, unloved man named Scrooge from movies and cartoons. **A Christmas Carol**, written in 1843 by Charles Dickens, is based upon three haunting dreams that eventually help Scrooge to become more generous and kind. This is why we dream, to become better people, to think better thoughts while awake.

Sugar plums have a starring role in another Christmas favorite: **The Nutcracker Suite**. At the end of the 1800s, a Russian composer named Tchaikovsky put a short story called "The Nutcracker and the Mouse King" to music. It's particularly interesting when you know that E.T.A. Hoffman wrote the story at the *beginning* of that century! The tale is set on Christmas Eve in the grand and beautiful Dosselmeyer house in Germany. The grandfather arrives giving the children, Clara and Fritz, presents.

Clara's present is an ornate nutcracker doll which delights everyone at the party. In a jealous fit, Fritz breaks the doll. Clara is heartbroken until her Grandfather magically repairs it. Clara falls asleep under the Christmas tree, cradling her prized doll. This is where one of the most famous Christmas dreams begins!

Find out what Clara's dream means in the Winter Issue of BYOU MAGAZINE.



Many Paths, One Traveler

Tad Messenger's journey as an ICOM Minister

When I was growing up in Rochester, NY, the church was an important part of my life. I went to a Presbyterian church with my mother. One of my best friends was the minister's son. When he left the new minister was very active in the community. Our youth fellowship went to West Virginia to paint a swimming pool to help that community.

When the first racial riots occurred in the north, they were in Rochester in 1963. My minister and I went to FIGHT meetings to support equal pay for equal jobs at

Eastman Kodak. We went in the ghetto for these meetings! Newspapers told stories about whites driving through the ghetto who had windshields broken with bricks, but they always let us pass because we were there to help. Then my sister's roommate married a black man who was becoming a minister at divinity school. We became good friends and I visited him in New Jersey where he practiced.

When it was time for me to choose schools, I wanted to go to the Colorado School of Mines. It was the best geology school in the country, but it was too far away. My second love was to be a minister. My parents went on vacation, and when they returned, I played Peer Gynt suite on the piano and my mother knew I'd made a choice to become a minister.

I went to best Presbyterian College in U.S. and earned a degree in religion. My minister told me not to major in religion. I studied all the major religions. Then I studied at McCormick Theological Seminary in Chicago. That's where I thought all the religions said same thing. I didn't know which religion I wanted to be a minister of, so I walked away, looking for something different.

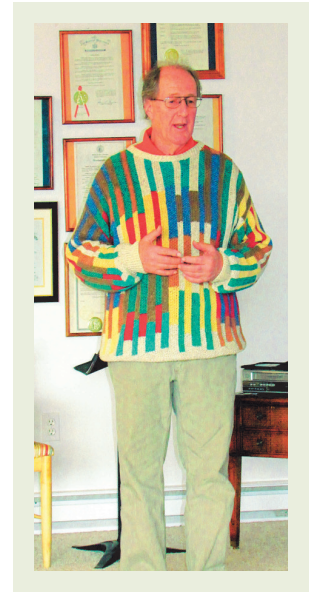
When I was recognized as minister in Salt Lake City, the strength of that desire surfaced and tears immediately rose from within. I was surprised at how strong the emotions were. I realized being a minister was something I always wanted since I was a kid. It has actually been something I have strived to be as I progressed in School of Metaphysics study. I have given sermons, served through hospice work, created PeaceMakers for the children in all of us, hosted and participated in Cantatas and spiritual theater, and represented SOM at two Parliaments.

On the *Spiritual Ethics* Course

The INVITATION by Dr. Barbara Condron and my heart is the essence of what the Peace Dome symbolizes. I had the opportunity to live in a dome for a while in Colorado, and I thought, "this is whole, rather than square cube". The ideal of SOM is to become a whole, functioning Self, and the dome reflects that wholeness.

Since participating in the first cast of *The INVITATION* influenced my life. I have become kinder, more aware of my influence, and of the influence of nature around me. I love human beings, animals, plants, gasses. It's basically seeing the creator, the divine in all of creation. My ideal image of a minister is one who brings that divine creator to the awareness of the general populace, so they see the divine not only outside but inside themselves.

This is the core of *Spiritual Ethics*: to act from that point of divinity within each of us. Basically, *Spiritual Ethics* is doing the right thing because it is the right thing to do. That is what makes it spiritual. It comes from the Universal Laws and Truths and the divine nature of our being. This speaks to everyone, and serves the Interfaith community.



What advice about ministry do you want to impart to students?

"First thing that comes to mind is the responsibility as a knower is to minister every day to everyone we meet. This is the height of being a teacher. Jesus was a teacher. He taught everywhere he went. A knower teaches what he or she knows. Teaching teachers,—it's the activity of the School of Metaphysics."

INTERFAITH COMMUNITY

Being the Voice for Peace

By: Golbahar Dadyan, Natl' Peace Ambassador

The school branches are gearing up for Universal Hour of Peace. Creativity and co-creation are bountiful among students and teachers. The practice of teaching teachers is alive as each person commits deeper to discipline, service and teaching. The season of Peace has proved to be fruitful. The Spiritual Ethics course has brought about a foundation of love, peace and integrity.

Tad Messenger, fourth cycle student and creator of the course states, "*I am happy to see that the Spiritual Ethics class is well received in the SOM branches. The movement is a natural progression to cause students to go inward and recognize that they have the tools to cause **Peace** within themselves and the world.*"

On Dec 31st, the Oklahoma City, Springfield, Indianapolis, Maplewood, Urbana, Chicago, Bolingbrook, Palatine schools, will be engaging in 20 hours and sixteen minutes of continuous meditation. This special 20-hour and 16-minute meditation with uplifting intentions will move us into the New Year as we culminate with the "**Universal Hour of Peace.**"

****The meditation will begin December 31st at 5:00 am and will end January 1st at 1:16 am.****

The Fort Worth, Dallas, Tulsa, Des Moines, Cincinnati, Columbia, Kansas City, Louisville schools, will also be honoring the **Universal Hour of Peace** with events leading up to it, such as burning bowl ceremonies, conscious acts of kindness with gift giveaways, open houses and peace discussions.

The Chicago branch has initiated the building of a peace mandala. This will occur during the 20 hours of 16 minutes of mediation.

This Mandala will be a replica of the one in our Peace Dome in

On Nov 6th, 20015, Emily Knox director of the Chicago Branch, wrote to Dr. Barbara Condon, asking for permission to build a peace Mandala. She stated,

"In preparation for, The Universal Hour of Peace, the Chicago branch has a desire to create a mandala of peace tiles, similar to the grand mandala in the Peace Dome. We would like to create our space to welcome our guests to give their attention to a thought of peace as well as lay a peace tile, and draw a Kuan Yin number, just like at the College."

This came from an inspired vision that Angela Appleby, Chicago second cycle student and teacher received during the laying of tiles at the Peace Dome. The interesting link here is that Jay McCormick received a vision for the design of the

Mandala while meditating in the upper chamber of the peace dome. If you are also inspired to build a peace mandala in your branch, send an email to som@som.org Attention Golbahar Dadyan



"According to the Map of Consciousness, a result of Dr. David Hawkin's kinesiology work, Peace calibrates at 600 on the human energy field, far above the 200+ range where humanity as a whole sits today," Dr. Barbara Condon explains. "Spending some time each day in prayer and meditation causes your thought to elevate, and elevated thought brings higher states of consciousness. It opens the mind to possibilities previously unseen.

October of 2015, students and teachers of the School of Metaphysics attended the Parliament of the World's Religions. There were, 8,900 people, 80 nations, 50 faiths present at the parliament. Attendees experienced the coming together of many people with the common ideal of connecting with something higher than themselves. This experience was parallel to the **Universal Hour of Peace**. In both instances there is a transmission of high minded thought forms to people all around the planet.



The vision of the Universal Hour of Peace is to unite all people of the Earth toward a common pursuit of peace of mind, a sense of spiritual consciousness and the unity. Individual's participating in this practice will begin to imagine how this simple act of an hour of peaceful thought and action can change the world. The potential is immense as the numbers of individuals joining in this practice increase. It is a way to continue the consciousness of the experience in Parliament as we bring the **Universal Hour of Peace** into our own cities, schools and homes.

At SOM world head quarters we are preparing for the **3rd Annual Peace Congress**, during which we will hold a 24 hour Peace Vigil. The One Voice Peace Vigil has honored the New Year around the world since the dedication of the Peace Dome in 2003 The Peace Dome is Universal site for peace.

This year during the Peace Vigil we will be completing the laying of gemstones into the *Window to the World*. *The Window to the World* is a mandala designed and created specifically for the 2015 Parliament of the World's Religions. During the parliament people who visited the school of metaphysics booth had the opportunity to mindfully place a single piece of gemstone into the design while thinking of their thought of peace. Afterwards they recorded this thought into a journal.

Representatives from school branches are invited to participate in the Peace Vigil. Arrival will be on Dec 31st, at 12:00 pm. Please talk to your director or teacher if you are interested in attending.

Let us rejoice in the connectedness of Peace!

SPREAD PEACE THIS YEAR....

Peace Ambassadors....email your pictures & stories of Universal Hour of Peace happenings

Directors....bring your Proclamations of Peace to General Assembly

Place your events on your branch's **CALENDAR of EVENTS** at www.som.org

***Vigilant among the heedless,
wakeful among the sleeping***



***ones, the
wise man
forges
ahead, as a
swift steed
outstrips a
horse of
lesser
strength.***

Dhammapda, Chapter 2

Thoughts of Peace From All Over The World

By Leah Morris

I recently had the honor of recording the thoughts of peace that were placed into the gemstones in the Window to the World during the Parliament of the World's Religions. Aligning my mind with thoughts of peace expressed by 550 individuals was heartwarming. Many of our new friends were moved by the idea of expressing peace in action and expressed their gratitude for the opportunity.



Thoughts from all over the world; Australia, Taiwan, South Africa, India, France, Canada, Israel, Guyana and more, were given from people of different races, religions, and ages.

Peace Thoughts

Never Stop Praying

Honesty

Consistency

Pax Romano

Justice

Love is My Religion

Reading a Book

Remember All Those Who Came Before

Listen

After the thoughts were reviewed and recorded, college students personally emailed each individual sharing our insights about their thought of peace. We invited them to read the Universal Peace Covenant with us at midnight during their New Year's Eve.

We have already received responses to our emails heralding that the connections we made at Parliament exceed time and space. A woman replied, "“Thanks for your kind email . I appreciate your follow up. My thought for peace was for SIERRA LEONE, a West African Country that is still recovering from over 10 years of war.” - Fr. Rocco

Another shared, “I'm in Vietnam now. As promised that I'll bring back a living stone. I'll help translate peace into Vietnamese when I get back.” - Khanh Pham

Experiencing the connectedness that is the true nature of reality has been a blessing to our hearts. As we continue to cultivate peace within ourselves as students at the School of Metaphysics, it is exhilarating to know that other people all over the world are performing their duty in like kind. In this way, Peace shall move across the face of the Earth.

A woman from Taiwan said, “Thank you very much for your email for the peace gemstone. Ven. Baoshiang told me to contact you specifically to post a special stone which can represent Taiwan and our peaceful thoughts. I am going to post you a small Taiwan Jade stone. Taiwan Jade is our national treasure. We can find it in Taiwan 6 million years ago, and it's a special kind of stone. The colour is dark green. We can still find it in East coast of Taiwan. This morning we chanted the Great Compassion Mantra to the stone, to give the stone even more power.” -Rita Chen, International Affair, Museum of world religions.”

The Christmas Season at the College of Metaphysics



Third Weekend December 18-20

Christmas Bread Making and Delivery

Learn the inner secrets of visualization and creation making the College of Metaphysics Christmas Rolls. Every year we make wonderful homemade rolls for Christmas delivery to our neighbors. You can also assist the college students deliver the gift of bread to our neighbors.

Christmas at the College

December 24 - 25

*Arrive **Christmas Eve** Thursday, December 24th for supper. There is singing, interpreting Christmas songs, understanding the Christ Seed within each of us, drinking hot chocolate, making eggnog and the Christmas cinnamon rolls and telling the story of the Cajan*



*Friday, December 25, **Christmas Day** is a wonderful time of sharing and community as we open 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. Please call to let us know that you are coming....Talk with your teacher and director about the qualifications to be able to attend this special time.
RSVP by Friday, December 18th.*

Christmas Gifts for the College

Towels and wash cloths
Large 2 gallon watering cans
Hand shovels - trowels
100 ft Flexible hose
Pitch Forks
Paint brushes
Hedge Pruners

Heavy duty pot holders
Large crocker bowls for serving
100 dinner plates and bowls
2 5 gallon pots with heavy bottom
Assorted teas or coffees
12 oz Drinking glasses
Roller Brush Replacement heads

Monetary donations to refurbish Moon Valley Ranch

Lift your Voice in Song with us....

.....as we celebrate the Holiday Season....

with the annual **Christmas in the Peace Dome**

Sunday,
December 20
10:00 am

sing favorite songs
"Silent Night"
"Peace is Real"
"Joy to the World"



*" ... so we might know
THE POWER OF PEACE
in our lifetimes.
Peace be with us all ways."*

Universal Peace Covenant

Experience the vibration of peace that fills and moves in the Peace Dome spiraling up and flowing out the apex to create a peace grid around the globe of the world.

Entrain your mind with joyful resonance through song and script that conveys "Peace on Earth and Good Will to Men."

In this Season of Peace open your heart, mind and spirit to deepen your understanding of the meaning of the Christmas story in your life.

What is the sound of one hand clapping? What is the sound that permeates in, around, and through the Peace Dome? Some say they can hear it humming. Others have sensed energy as it moves up and out the top of the dome. How does energy move differently in a spherical structure than a rectangular one? Ponder this.

The Peace Dome is a living monument of peace for all Humankind. At its dedication attendees read the *Universal Peace Covenant* simultaneously along with those on every continent of the world, birthing the vibration of peace that constantly emanates here.

Since 2003, the *Universal Peace Covenant* has been recited every morning in the Peace Dome, as well as during the 24 hour Peace Vigil of One Voice during the New Year, creating a wave of peace as the clock strikes midnight around the world. The Peace Dome is a living entity whose purpose and function is to spread peace throughout the world.

Still Mind, Present Moment, Open Heart

September 26th, 2015

Des Moines, Iowa

by Mavis Renee Curry and Cathy Slmpson

FRED MAYTAG II SCOUTING CENTER, Des Moines, IA

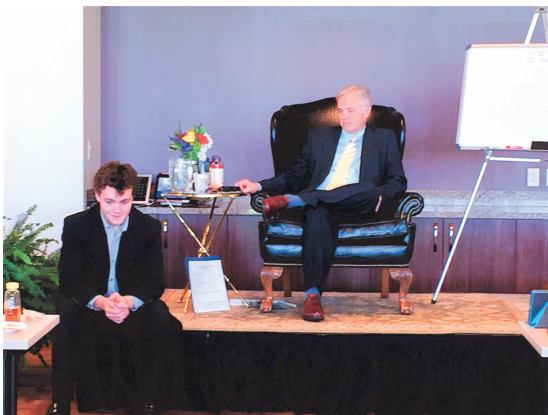
Ideal and purpose help focus and direct our attention and strengthen the image of our desired creations. Labs and events are specific places where we create the opportunity to practice and learn how to apply the metaphysics we are learning and experience creation. Large events like Still Mind, Present Moment, Open Heart are opportunities to stretch ourselves in new and more expansive ways. The Still Mind, Present Moment, Open Heart event held Saturday, September 26th in Des Moines was the largest event hosted since my arrival. It was also one of the most profound workshops I have organized and participated in, rich in learning before, during and after.

We began planning and organizing for the event in March. My first lesson in “Ask and ye shall receive!” occurred as I searched to secure a venue. Since I was new to Des Moines, locating a venue provided me the opportunity to be open and flexible with the possibilities. Though I believed I would get a wonderful venue, something was not working. I must not have been making the request right. In two months I had contacted more than a dozen locations and was unable to secure a location. As I sat teary-eyed in the parking lot of Raccoon River Park, I surrendered and prayed for help from a higher source. The universe responded immediately. My next stop, guided by an inner voice, directed me to the Fred Maytag II Scouting Center where not only was there space available, it was free for not-for-profit organizations. I then realized that a true heart-felt desire free of any attachment to how it manifested was what was missing.



The planning and activities surrounding the event mobilized the whole school around a shared set of Ideals : Increase the awareness of the School of Metaphysics, demonstrate our value as a Beacon of Light for the Community, and raise funds for new soffits and gutters. Every student was engaged in aiding in manifesting our group and individual Ideals. Cathy Slmpson helped organize the activities of the overall program, coordinated donations and setup of the venue and created text and graphics for our public outreach. Vivienne Woodson organized our contacts, updated our gmail database, and with the guidance of Mari Hamersley, painted Des Moines with event posters. Vicki Daniel aided in refining the call scripts, assisted in the phone outreach and brochure and poster printing. Donna Cheeseman set the standard for phone calls and business outreach. Donna's contagious enthusiasm and experience with phone outreach generated over 40 leads in the first week and we connected face-to-face with twenty new local business owners. Jesse and Mari led the alumni and media outreach and Jesse coordinated catering and food donations. Our preparation for the event also included a “mini” still mind experience at our class break so the students would have some experience to draw from as they communicated to others the value of the event

My greatest joy was found in teaching and observing the students in applying the metaphysics they were learning and watching as the universal laws continue to work for us. Believing we could get donations moved to knowing. We were able to get more than \$2000 worth of donations including our venue, furniture, food, printing and advertising. Students moved past limitations. Vivienne, with the guidance and encouragement from Mari overcame her discomfort in speaking to



strangers. Vicky faced limiting emotions and moved to a new understanding of how to redirect her reactions to more productive thoughts. Donna created a deeper appreciation and commitment to the changes she desired to make in her life. Cathy practiced resilience, proper perspective and persistence and was able to recharge and engage after directing a large successful garage sale with her classmates.

In directing this event, I found a new level of peace and greater capacity to allow what is to be and to trust in my ability to guide the energies of all towards a more permanent and lasting learning experience. Dr. Daniel encouraged me throughout the project to move past my own limiting thoughts and habitual behaviors and focus my attention on what I do want and what I am learning, releasing attachment to outcome. The result was a new level of understanding for all and greater confidence in our capacity to create in bigger ways

What I Have Learned at the College of Metaphysics And What I Am Grateful For

Charlotte Crabaugh

Summer 2015

In the fall of 2010 while walking on South Creek Parkway in Springfield with my friend, Ali, I announced out loud for the first time, “In July of 2013 I am going to the College of Metaphysics and be a student there”. I was still in first cycle at the time and I knew I wanted to teach and to live in the school branch before coming to the College. I never doubted or wavered from that decision for even a moment. I never reconsidered or had second thoughts. This was before I knew my dharma is described as *resolve*, or my healing quality is described as *command*, and all the other intuitive reports that have helped me identify my qualities in this life. But as soon as I decided this was me and shared them aloud it was done. I wish I could be as decisive and committed to every decision I ever make as I was to those .

I wanted to come here as a student because all my adult life I had gone to counselors, off and on, to try and fix what was ‘wrong’ with me. I wanted to overcome the beliefs and thoughts that were holding me back from happiness and satisfaction with myself and life. I believed the College could be the way that was being provided for me to finally learn to change in the ways I need to. As I leave I can say that for the first time in my life I am truly empowered. More than one recent Intuitive Report has affirmed the transformation in my consciousness-physically, mentally, and emotionally.

In July of 2013 I came here to live at the College as a student. I sold almost everything I had collected in the last 40 years so that I wouldn’t need to store it. I believed I might be staying for a long time as a grad teacher.

The thing I love the most about living here is the community. Preparing the food, sitting at the table, passing it around between us, in the Language of Mind, is exactly what we do; we nourish and learn from one another. Gathered around the food that we have planted, nurtured, and prepared, talking about our day, laughing, planning, sharing whatever is on our minds, our learning, our questions. Often I feel a rush of emotion – gratitude and affection for this family.

What Dr. Daniel teaches us at table about proper etiquette, is actually mindfulness. He asks us to be aware of why we do what we do. Why do I think it is necessary to spin my plate? If I bend over to lift a bite of food from plate to mouth because I think I might drop it, what else do I lack confidence for? Why do I place my arm around my plate? Who am I suspicious of- who do I think is going to steal my food? Why do I hold my fork that way? I learn to be aware and to ask why- to know myself.

The thing that has been the most difficult, that I have learned the most from, is the community - this family I have adopted. The poet was right, who said, “The same well from which springs your joy, also springs your sorrow.” I have learned from them. I have learned about myself just by being with them every day, day in and day out. There is no escape, just as there is no escape from myself. I learned to see myself in them and because of them; to ask why each one brings up the response I feel toward them. With each encounter I learned about myself.



I learned about my influence. Whatever one person is experiencing affects everyone else; even if I don't speak, my influence is felt. It has given me even more motivation to be still and at peace, to realize that it is for the good of all. I am learning that the best decisions I make for my own growth are also the best decisions for the whole.

I have learned to reason with my emotions. If I can discover the thought that triggered the response I can reason with it. I can even ask what is the belief behind that thought. Very often I find that I have responded to a thought that is not true or to a belief I do not want.

One important thing I learned about teaching by passing on my cheese making to others, is to stay with my student; to stay, watching and observing until I am sure they have a level of competence.

I learned the importance of communication – expressing myself clearly and often. This requires that I am aware of my own desires and feelings. I am still learning these, and maybe I always will be, but now I know the importance of it, and have the ability to evaluate myself in this.

I have learned physical skills, and become stronger and healthier. The world is the schoolroom; physical experiences are the vehicles through which we learn. During the times that I have watched five gallons of milk transform into a wheel of cheese I have learned concentration, intuition, and endurance. Milking Gladys I experienced connecting with an animal spirit in a most intimate way. Skimming milk I witnessed the truth that 'cream rises'; patience the best in me, will rise also when I surrender and wait for it expectantly. Too much of anything calls for creativity; so often too much milk can lead to the happy solution of cheesecake.

Pot Hanging 101: I am grateful for every teacher who encouraged me to stretch my five foot, two inch frame to hang pots on hooks just out of reach. It is a perfect image of going beyond what I had thought at first was not possible. I am very proud every time I stand with both feet on the floor and hang a pot on a hook that is many inches above my head.

I have learned to accept help, by being grateful even though the independence I have built over the years would tell me that I don't need help. I have learned to laugh at myself.

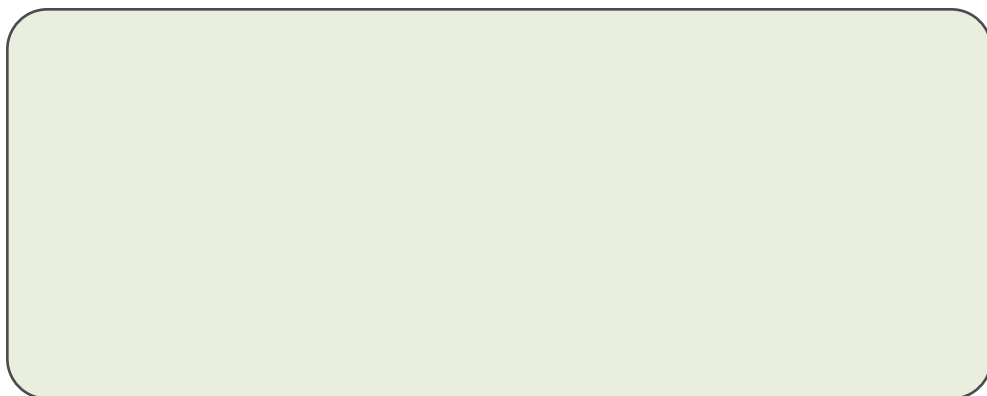
I have learned to ask for forgiveness from others—sometimes more than once in one day; to trust and accept it when it is sincerely given. I have learned to forgive myself.

When you live close to the earth the cycle of birth and death becomes quite familiar. I am grateful for the seasons and for these reminders of the transitory nature of all things physical.

These are some of the things I have learned from living in community with my classmates and teachers. Here I am with others who will love me enough to hold me accountable to myself, and who are on the same journey to higher consciousness and self-understanding that I am. Talking with them about my experiences helps me to get to a place where I can see what my learning needs to be. I am learning from bright souls who will not shrug and say, "Oh well, that's just the way she is", as so many others have done before. For the first time I am living with people who understand what spiritual growth is and who also understand that love is hard work and yet is the most natural, simple thing in all of life. I am learning from souls who love me and who will not let me remain as I am. For this reason I am learning what love really looks like, tastes like, smells like, sounds like, feels like, and is.

People who have not seen me since I came to the College of Metaphysics sometimes do not recognize me. I am different, and I believe the best part of my life is still ahead of me because now I know how to create, that I am creating, that the Creator wants me to be happy, and I have the tools to create with.

Buddha's Comic



Look At The Magic Ego Mirror
in the Panel Above



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.

Journey

Each experience is a willful vibratory creation. Self rejoices when a seed thought is placed in the Third Level of Mind in response to the Inner Urge. Forgiveness always produces perfected conditions. **(need to do another one)**

Dr. Sheila Benjamin - 93 Event Horizon... Kundalini flows through channels in the field of you consciousness. opening the crown is simple, a single thought can provide the spark. Be patient, court the time when Superconscious awareness goes supernova. Neither-Either, yet both, rules in a multidimensional universe.

Kerry Keller - 97 Liquidity... A steady Light can afford to bend in the wind. A hologram casts no shadows. Choose the world you want to live in. I Am is the reference beam for consciousness and only water bends light.

COLLECTIVE VIBRATION

95 Receiving... Daily a vision I carry in my heart sees its way into my hands. Old ways dissolve from sacrum to crown in Kundalini's arc of greater light. As I bestow value in Truth, new friends become Teachers. Prosperity, wholeness, equanimity, exalt the Spirit into its destiny.

Holy scriptures one for each month of the year

December - Chapter 2 The Gospel according to Saint John (Larry Hudson)

On the third day there was a marriage feast in Cana, a city of Galilee; and the mother of Jesus was there. 2 And Jesus and his disciples were also invited to the marriage feast. 3 And when the wine ran low, his mother said to Jesus, They have no wine. 4 Jesus said to her, What is it to me and to you, women? My turn has not yet come. 5 His mother said to the helpers, Whatever he tells you, do it. 6 And there were six stone jars placed there for the purification of the Jews, which could hold several gallons each. 7 Jesus said to them, Fill the jars with water; and they filled them up to the brim. 8 Then he said to them draw out now and bring it to the chief guest of the feast. And they brought it. 9 And when the chief guest tasted the water that had become wine, he did not know whence it had come; but the helpers knew, who had drawn the water. Then the chief guest called the bride groom 10 And said to him, Every man at first brings the best wine; and when they have drunk, then that which is weak; but you have kept the best wine until now.

11 This is the first miracle which Jesus performed in Cana of Galilee, and thus he showed his glory; and his disciples believed in him. 12 After this he went down to Capernaum, he and his mother and his brothers and his disciples; and they remained there a few days. 13 And the Jewish Passover was nearing; so Jesus went up to Jerusalem. 14 And he found in the temple those days were buying oxen and sheep and doves, and the money changers sitting. 15 And he made a whip of cord, and drove them all out of the temple, even the sheep and the oxen and the money changers; and he threw out their exchange money and upset their trays; 16 And to those who sold doves he said, Take these away from here; do not make my Father's house a house of trading.

17 And his disciples remembered that it is written, The zeal for thy house has given me courage.

18 The Jews answered, saying to him, What sign do you show us, that you are doing these things? 19 Jesus answered, saying to them, Tear down this temple and in three days I will raise it up. 20 The Jews said to him, It took forty-six years to build up this temple, and will you raise it up in three days? 21 But he spoke concerning the temple of his body. 22 When he rose from the dead, his disciples remembered that he had said this; and they believed the scriptures and the word which Jesus had said. 23 Now when Jesus was in Jerusalem at the Passover, during the feast, a great many believed in him, because they saw the miracles which he did. 24 But Jesus did not entrust himself to them because he understood every man. 25 And he needed no man to testify to him concerning any man; for he knew well what was in man.



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