

*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

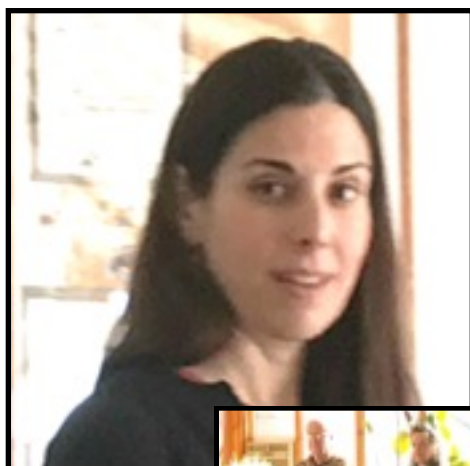
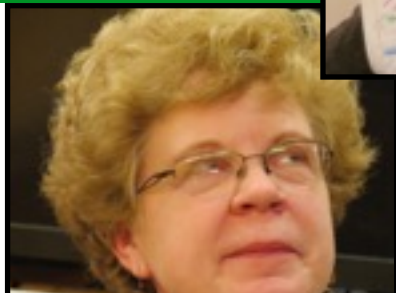


A Monthly Newsletter

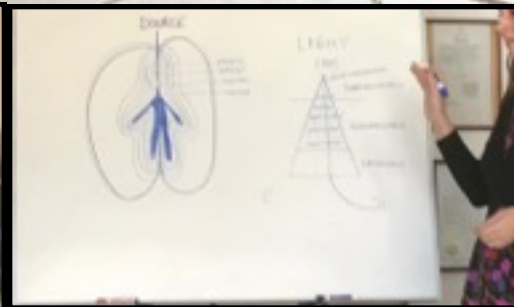
Vol. 47, No. 02

## General Assembly 2017

**General Assembly  
Friday night 2017**



**General Assembly Saturday with the President 2017**



**Peace Proclamation**



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**Attention all Vibrations Reporters !!!!**

**Dr. Sheila and Kerry Keller from the Vibes Staff will be calling you directly on the school branch phone to talk to you about the future of Vibrations to answer any of your questions and assist you in any way we can.**

**P.S. We are also open to receive new members to our staff.**



## GENERAL ASSEMBLY

by Kerry Keller

*Every January the directing intelligences of the School of Metaphysics and the Interfaith Community of Metaphysics meet at our world headquarters. This General Assembly includes but is not limited to the Branch Directors, Area Directors and Board of Governors. Everyone arrives with goals and their purpose in mind for Friday night's dinner. The weekend activities revolve around how directors can set up conditions for learning and growth. We want to learn how to give freely with awareness of how to develop understandings.*

On Friday after dinner, we began to practice looking from the student's perspective, especially how they perceive their place and experience in the school branch. Larry Hudson was leading us and shared that, "students want their school to represent what they are investing themselves in." Directors had been asked prior to General Assembly to have students walk through their schools to identify what the school needs. It aids students to create in their school, to help make decisions of what do we want the Branch to be like and how do we want the school to influence people of our community. Those directors who shared their experiences were generally surprised by the intensity of the interest and the sense of belonging this experienced raised. Our schools do belong to the students and schools thrive as the students take interest and cause amazing opportunities for others. Talk to your director and teachers about the community we are creating and your influence that makes a huge difference.



On Saturday morning Dr. Diana Kenney contributed to our growth by speaking to the practice of '*reflection*' and '*reasoning*' as a sacred service that is vital to everyone's expansion. She shared that, "reasoning builds security and creativity in empowering the Self. The key to Reasoning is being honest in the conscious mind. Critizing '*self*', is not being honest and it retards the reasoning process. Fear is our worst enemy and is imagining what you don't want and having an emotional reaction to it... this is not being honest. When we teach our students to reflect to relax the conscious mind then we can discern if we are being honest with ourselves and others. Dr. Diana, emphasized, "even excitement and success can distract our ability to reason. " She used the Stargate to illustrate the 6 Emotional Doorways to love and how honesty can be practiced with our emotions. Talk to your directors about this and your growth will accelerate.

Dr. Terry then offered a brilliant presentation about the "Value of Experiences." She told us, "Experiences are what help propel people to learn and grow beyond their habitual nature. They are the most important aspects of our growth. She shared a very creative formula of steps to follow to build greater understandings from each experience. She used the song '*Old McDonald Had A Farm*,' and the E I E I O line to emphasis the steps of learning to successfully move through your experiences. It was a fantastic experience for all of us to understand how responsibility for learning brings the freedom we all desire. Ask your director to sing their song to you and share their learning.

Before our meal Kim Knapp shared with everyone how to set up a Dream Short Course at a University or Community College. She explained the entire approach that has provided results for her several times. She provided a sample course proposal with an outline and objectives for each director to connect with the Continuing Education Coordinator at any University. You will want to plan in advance, acting now to gain a place in their education program for the next fall semester.

In the afternoon Dr. Christine Spretnjak, the president of the School of Metaphysics, opened her presentation with a video about the cultural tendencies of the Millennial Generation. The purpose of the video was to illustrate learning limitations that actually appear with students of all ages. The current generation sets the example for every one of us as to our untaught ability to deal with the addictive numbing aspects of living today. The distraction in life, emphasized by the media and social media have created a culture of people who do not know how to have deep meaningful relationships or experience job satisfaction.



The challenge is most people keep turning their attention to phones and computers when they are stressed. People become impatient because they want impactful experiences in their lives and they have not learned how to find the joy and fulfillment in the journey of learning. Dr. Christine pointed out our school is the perfect environment to exemplify leadership in teaching students how to build self-confidence, social skills, form productive relationships, and build self-trust. It's the our lack of purpose and developed will power that causes addictions to phones, instant gratification and impatience.

Dr. Christine continued after the video discussion to then describe *The Way Energy Moves* and how we individually direct it productively or not. The purpose of this talk was so we can become much better in identifying 'where I am in my growth' at any one moment. She then proceeded to describe a cycle of learning, steps to mentally practice, that require us to organize the way we receive things... to set up success and complete our desired forward motion.

Ask your director to relate where you are in the lessons to harmonize with this list we discussed.

1. High Ideals
2. Set Goals to bring you to experience your Ideals
3. If you avoid goals you don't initiate and direct the energy to meet your ideals.
4. Ideals are meant for humanity and require letting go of the small self.
5. When you do for just the self... you are in a vacuum of stagnant energy.

Being organized in the way you receive things sets you up for success in completing things. With this in mind, Dr. Christine showed everyone how to build and maintain BULLET JOURNALS. This journal aids our ability to clear the mind for knowing who and where you are in any one moment. This keeps you in the present moment and it frees the memory for other creativity. Because of this you do not have to learn in pain or rely on others.



Dr. Daniel then provided a talk about the *Keys to Life*..... He related them to the stages of growth, and life beyond the Gunas where enlightenment is possible. The Keys of Life are, Perception, Love, Concentration, Memory, Listening, Imagination, Breath-Life Force, Reasoning, Intuition, Attunement, and Enlightenment.

**SUNDAY,**

Dr. Laurel gave us a wonderful Sunday morning service entitled "THE HOUSE OF DAVID"

The theme revolved around the mental action of 'Reasoning' emphasizing everything begins and ends with the Self. She told a story about her experience with a once sentimental and important gift she discovered broken in her room one day. At first she was angry, even heart broken. She learned a lesson of self-respect that she shared with us. One where we al tend to place our value in things or others. The lesson was to be humble and honest where your Self-Value comes from. Don't depend on anything outside of you for your own value.

**SUNDAY,** Dr. Barbara spoke to everyone in the Peace Dome.

She called out to each of us to seek to understand what is real... She urged everyone to know when their spirit is hijacked by what we place our attention on. She described, "Man is the center between Heaven & Earth"... its important to know where your center is. The practice of this calls for relationships at every level of consciousness and with each other.

## TULSA

### Wrapping Up 2016

by Unknown

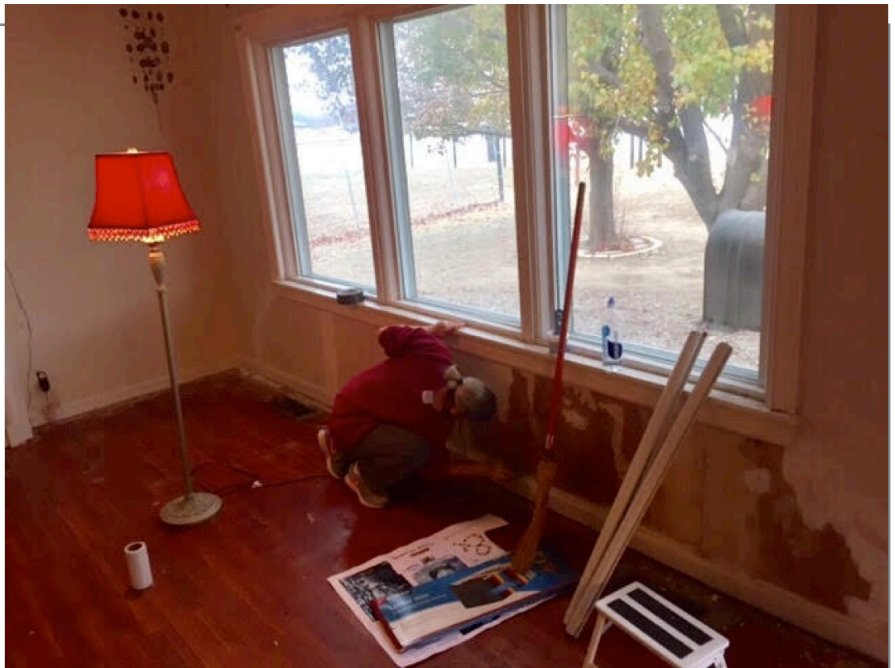
The Tulsa Branch wrapped up 2016 in a very fulfilling way. In December, students hosted a Karma Yoga weekend to begin much-needed renovation projects to the school. The intention of placing our attention on these projects was not only to take care of our school space but also to set into motion the Universal Laws of Prosperity and Abundance on our behalf. Students participated by removing old, worn carpet and revealing beautiful hard wood floors below. Additionally, applying fresh coats of paint throughout the living room and book store updated the area.

Amy Campbell is leading the school renovation projects and has developed a schedule for project completion. The schedule was designed so students can be informed of what is happening and when and so students can volunteer and take responsibility over specific tasks. The symbolism of removing the old and revealing the natural beauty that lies within is parallel to the reward we are all reaping by recognizing the Soul as truth and our innate nature of being.

A new class in the Mastery of Consciousness was started by Amy Campbell on December 19th. Amy's ideal for beginning her journey as a teacher for cycle 1 is to learn to give completely of herself for the good of all of humanity. She has had 1 consistent student attend and is excited about offering her newfound depth in learnings. Amy is learning most about what she has to offer others. There have been times where she has questioned what it was she had to offer students. She has recently come to a greater understanding about this. To aid in building her class, Amy has learned that the key is to "keep showing up and being the face of the School of Metaphysics". She has also realized that sharing her journey has been an important aspect of building a class and teaching. "People relate to stories", Amy says. "They will remember you because of how you made them feel, not because of what you tell them". She is currently looking at networking groups, social media, and face to face communication about her journey to aid in building her current class.

Alex Vann led the Tulsa's Annual School Peace Covenant New Year's Eve celebration. His ideal for the

event was to aid in making peace applicable to all. He coordinated a pot luck meal based on 'foods that represent a peaceful time in your life'. The meal was followed by board games, lively discussions, and ended with the reading of the peace covenant at midnight. One learning in particular Alex took away from the evening was related to resistance. He says he learned the most when he began "teaching others to be patient and to pay attention when they feel resistance" pop up. And, he goes on to say, that it was when he "perceived resistance that I learned the greatest about how to teach through the resistance", applying an intuitive logic rather than an "absolute logic" to his teaching approach. Well done, Alex!



## INDIANAPOLIS

### The Law of Relativity

by collective

Michelle is a student on lesson 19 and she offered this awareness of how our course of study has influenced her life and others in her life during the past 9 months. She says she has developed a sincere and natural appreciation for who she is as an individual of value. She has shared in other classes her personal and professional experiences and changes that have enveloped her. You will note how the Law of Relativity illustrates the changes in her showing up in those around her every day.

Michelle says, “I have developed the ability to integrate my mind and body to build a level of self love, trust, and appreciation that is freeing me to live my best life. My body is transforming because I am transforming my mind and who I believe I am. There is no more wasted time with my former battle between me and my body. I am discovering a greater sense of Joy! I am certainly noticing how much more I know my thoughts, and therefore know and trust myself well enough to overcome my most limiting fears. People are more responsive to me.”

“In my profession as a nurse I am in direct personal communication with patients and practitioners that care for other patients. What is enlightening for me is I have greater abilities to increase my focus and concentration when I need to and this improves my ability to hold my attention on their needs. I have seen my productivity increase along with my personal organizational habits. I have told my superiors at work that I have created 30% more time in my day to complete my goals, just because of my ability to direct my attention and slow down any of my mental, emotional distractions. I am not as distracted by others expressions of emotion and can lead them more efficiently to what they need because of this. The best part is, my co-workers and my corporate leaders have seen the change in me. They have asked me what I am doing and are actually imitating my calm behaviors. There are a lot more people taking time to breathe deeply to gather themselves. Expectations of cooperation have become very noticeably between managerial and employees as well as caretakers and their patients.”

Michelle is learning how to “manage her life” as she says, “instead of it managing you. I took my teacher to point out how the changes I was making in me were causing others to change as well. Hence I realized how I can harmonize with the Law of Relativity to influence others, just by elevating me! That is very fulfilling.





## KANSAS CITY

### A Year in Review...and Looking into the New Year Ahead

by Aneta Baranck



At the School of Metaphysics we teach and practice that it is not so much the outcome of events, but rather the learning gained that truly determines value within each experience. When we create with purpose we always receive into ourselves understandings that remain with us permanently.

In the Kansas City branch we learnt a lot this year about expansion of our influence throughout our local community. We put a lot of attention on attending events and hosting workshops and lectures to welcome people from the public. As a result we built a large following of our Interfaith Community Gatherings on Sundays. We learnt about divine friendships and communication.

We also collaborated with the community through the National Dream Hotline® and Universal Hour of Peace events. In both cases our leaders of these events expanded their awareness of how their mental and physical attitudes influence everyone engaged in the project. The direct feedback of our creations being reflected back to us is one of most valuable features that the education at the School of Metaphysics provides.

We have also established solid relationships with TV stations and local publication *Evolving Magazine* with our director having her article published. Furthermore, we have partnered up with COMMUNIVERISTY - an organization which brings together participants of the community to provide continuing education courses. Through this partnership we have been able to reach many people and share what we know about meditation, dream interpretation and superconscious healing.

Quite a few of our students had profound experiences in participating in the “10-Fold Return” when monthly our school branch delivers 15% of our donations to a person in a need of a hand-up. During these experiences our students had a chance to play an angel anonymously bringing good news and a monetary gift. In those moments hearts of both our students and the recipients have been expanded most profoundly.

Most prominent growth has been gained by our teachers Wendy Isley, Kate Ibur and Codie Schumann. All three of them have put forth the effort to build classes and consistently teach students. They have all experienced the divine love and spiritual bond that are created between students and their teacher, each student reflecting an aspect of the teacher. “The one who teaches learns” is a Universal Truth. As we practice and teach others what we know we not only solidify what we already know, but we add onto ourselves understandings that surpass our expectations. All three teachers reported having experiences of receiving guidance from the Spirit while teaching when responding to questions or providing guidance that they knew did not reside in their conscious minds. They all have found much fulfillment in teaching.

Looking into the New Year ahead we are wanting to create on a larger scale. We have many workshops scheduled. We are also wanting to host in-person Intuitive Reports in the first quarter of 2017. We are also visualizing quite a few of our First Cycle students graduating with their Responderre diplomas. And then there is a possibility of selling our current building and moving our location to a new area and a new space. Our New Year’s Eve event will be a great opportunity for all of us to set intentions for the upcoming year. We are planning to have everyone write them down and then put their lists in self-addressed envelopes. We will then in March send out those intention lists to everyone to remind them of their plans and goals for the New Year.

We are looking with most expectation into welcoming 2017 and receiving much learning and many understandings into ourselves through all the activities that we will be participating in.

We wish you all a love and learning filled New Year!

## OKLAHOMA CITY

### Turning our beliefs into knowings

by Michael Fabri

Well hello everyone! So delighted to have you reading this article right now. Read it out loud if you're with a group of people, cause this is gonna be good.

So as a school, the students turned their beliefs into knowings through a very successful garage sale fundraiser we had this month; for all the students it was their very first fundraiser, and I must say they were spectacular!

It all started with Dr. Christine bringing to our attention the need for our school to make it is next shift at break, and for the students to start giving of themselves more freely so that we could all experience the great abundance we have the potential for; it was perfectly in alignment because that night in class before break, I was talking to my students how it was time for them to construct their own fundraiser. So, we decided on something that would help move the energy in the school, make more space, and also accumulate funds... A garage sale/cookout - we would have an opportunity to move some of the stale energy that has been building in our school, as well as an opportunity to practice reaching out for food donations. Everyone was very enthusiastic, and we all started coming up with more and more things we would like to donate, and other people who would like to do the same.

We started spreading the word, meetup/facebook telling the people we knew, each day the idea developed more and more momentum, and more and more did we begin to believe in what it was that we were doing. We met up a couple nights before to start making signs, cleaning off the donated goods, and enjoying each other's company. Everyone was engaged and purposeful in the position they played, and our chemistry as a team was the embodiment of what it means to be a whole functioning school.

However... along the way we ran into something unexpected, as the universe tends to do while your creation is manifesting... We couldn't get food donations. The woman I had talked to informed me the day before that we wouldn't be able to receive the donations, and I was disappointed, didn't know what I was gonna do and started to slightly panic... But I kept my belief strong, this fundraiser would be successful and no matter what the students would grow from the experience, so I kept my head high and let go of those limiting thoughts. And then it hit me... I could make homemade soup instead! I had recipes from a previous job I could easily craft with the utensils at the school; I presented this new idea to the students and they all thought it was great, and we all agreed that a cookout in mid-autumn was kind of random anyway. Suddenly the belief in everyone was stronger then ever. We made some alterations to the info pages, bought the supplies, and we were ready for our fundraiser.

The day comes... Everyone is coordinating when they will be here to set up, I start making the soup at the school, it was a bit hectic at first; People were arriving later then expected to help, we began to realize more of the things we needed to do, this fundraiser was off to a rocky start... But everyone kept true to their purposes, and what they wanted to gain in this experience, so we continued to roll with the punches, keeping our beliefs high until our creation came into fruition.

The first day of the fundraiser was alright, a few people came and perused the goods, the students tried to engage with people as they arrived, while attempting to give them their space; the fundraiser was moving, but not at the rate everyone believed considering the work we all put in. The first day came to a close, we made a little bit of money, the students were mildly enthusiastic about the experience and shared some of the things they had learned, but nobody was fulfilled yet. However, we still had another day of the garage sale, so we kept our beliefs up high and made changes from what we learned from the days experience. We decided we would take off the price tags and turn it into a "name your price" type of garage sale, and instead of giving the public space, each student would engage every person who came by to their fullest extent, so they could put their Ideals and Purposes into play. We all agreed to regroup at the school an hour early the next day, and then parted ways.



The final day came... everyone arrived at the school, we set the stuff up the same as the day before, I directed the students in accordance with our image, while giving them space to do their own things and grow. We relocated some of the signs we put up, and all of us began telling everybody we knew of what was coming. And finally, our creation completely unfolded.

People started coming in one by one, each person heard about the event from some different avenue of advertising we had published. The students were giving it their all, engaging each individual, practicing the aggressive and receptive faculties as the bartered with people from the public, all the while I'm observing and directing and making sure everyone is engaged and aligned with our overall Ideal and Purpose, and making sure they are keeping to their individual ones. The energy was moving like never before, some people bought things, others were interested in the school and what it had to offer, overall each person, be it student or public, received what they wanted from this experience.

The day came to a close, we had sold almost all of the items we had to begin with, the students were radiating from how much they were able to be involved with their creation, and we ended up making \$220 from the fundraiser overall. Everyone was fulfilled, and though we received curveball after curveball, we pushed through all of our doubts, stayed true to our belief of how successful this fundraiser could be, and through our perseverance and determination... Our belief had become a knowing.



## DALLAS

### The Light is Bright in Dallas

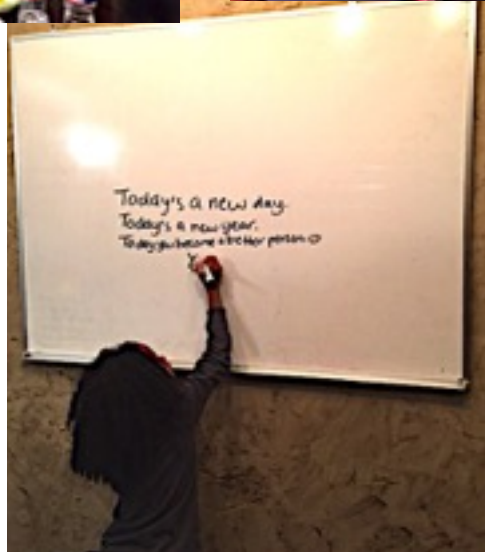
By Dr. Diana Kenney

Students in Dallas hosted a beautiful light-filled Universal Hour of Peace celebration coming together under the initiation of Peace Ambassador Tim Patterson who worked closely with Director Jamie Metzenberg. There was a constant flow of healing light as students and Reiki practioners Tcher Men, Foxye and Marcus Jackson and Lesley West formed a healing circle, offering healing energy in the upstairs classroom of the Dallas School.

Downstairs, people young and old, students, family, alumni and new friends shared food and conversations on peace and their dreams for the

new year. Tim shared his love of drumming as midnight approached. Everyone gathered together to welcome 2017 with light by reading the Universal Hour of peace. It was a beautiful start to the new year.

Jamie started a new class on Tuesday, January 10, 2017. A warm welcome to Journee Rolland, Dustin Lueders, Pita Moreria, Robert McWilliams, Jacqueline Carmichael, and Susie Hayden.





## URBANA

### Preparing the Urbana Building for Sale

by Doug Bannister

The week before General Assembly I had a conversation with Dr. Christine Spretnjak, President of the School of Metaphysics, about the status of our building in Urbana, IL. The property had been on the market since early summer and while we had a great need to sell, we had not received any serious offers. The realtor suggested improvements designed to quicken the sale involving further clean up and painting. While the Urbana property consumed a portion of our resources, Dr. Christine and I agreed that a desirable resolution involved much more than simply terminating the

utilities and paying off the mortgage. The greater importance was harmonizing with Universal Laws and honoring the principle of completion. Holy Works teach that it is our duty to place our attention and energies on whatever is in front of us. The School of Metaphysics has a responsibility to care for the Urbana property even though we no longer have classes there and the building is unoccupied. Dr. Christine and I saw the significance of completing our work there so we can then direct our resources towards other productive and worthy endeavors. We understood that another work project would bring us closer to the sale, and, through the physical and intentional experience we would all benefit through the participation and completion of the project. I made our intention known at General Assembly and enough people expressed willingness that I continued to plan the action.

While doing more planning I realized another active component to this story involving numerology. The year 2017 equals 10. The number 10 represents the power of creation. As metaphysicians we understand that when our vision is clear and our intention is pure and we include the thought of acting for, "the goodness of all concerned" the successful manifestation of our desires is enhanced. So I expanded this vision of completion to include the power available to us by the virtue of harmonizing with the energy of the "10" year and to see a happy buyer. So we began to visualize a balanced transaction, a Win/Win or mutually beneficial situation for the goodness of all concerned.

As the second Saturday of January approached, the weather forecasts included a high probability of freezing rain. I called my classmates to express my concerns about their safety. I traveled a more northern route from Columbia, MO to Urbana on Friday, hoping to arrive before the weather hit. I called area director Larry Hudson to report that I had dry roads the entire way from Columbia to Urbana. However he said freezing rain was already beginning to come down in the greater St. Louis area. A bit later in the day he and Joe Pecaut of Maplewood cancelled the trip due to the icy conditions, as did Walter Hrycaj from Kansas City. Kerry Keller, director of the Indianapolis school left Indy early Saturday morning and arrived at the Urbana school about 8:30 with Lynn Boggio from Cincinnati and Michelle Carroll. Jorge Candelaria, director of Bolingbrook, and Emily Knox, director of Chicago, arrived just a few minutes later and Lucenda Barnes came just after noon. Lucenda, a former student in Urbana, is now a correspondence student.

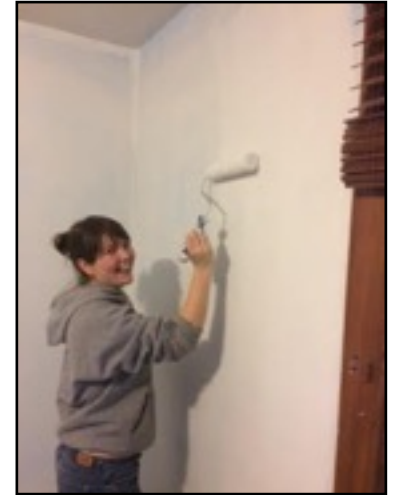
We had breakfast Saturday morning and gathered for a projection and to share our individual Ideal, Purpose and Activity. First, I shared my thoughts about completion and I also asked that we call to mind things within ourselves that we may have neglected and that we may not fully accepted or owned. These would be aspects of ourselves that we are not proud of; however as we accept and embrace these aspects we begin our own healing enroute to becoming whole functioning beings. We planned to give to the space in that loving way throughout the day.







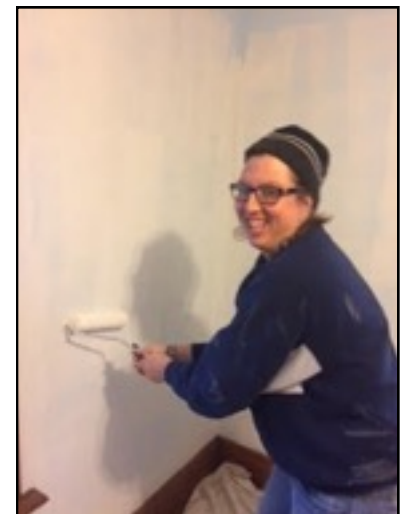
Then each of us shared our ideal and purpose. As Emily shared, she also talked of the appreciation and love she has for the Urbana building because it was there that she started studying in the School. She said she envisioned a happy family living there and children playing in the backyard. I added that we would find a professional couple, with willing parents financing the necessary improvements. All these thoughts became part of our vision – a happy family who could afford to purchase and improve the property with their children playing in the backyard and everybody enjoying the garden. We agreed that we would be complete with our work at 5:00 and then conduct a brief St Joseph's ceremony in the front yard before going to dinner. With our vision strong and our purpose resolute, we proceeded with glad hearts to bring everything to fruition.



Kerry led the painting crew with Lynn and Emily while Jorge and I went to the attic. I had identified the attic as a real energy drain with fallen insulation and junk and broken glass. I learned from my many years of concrete work to identify possible energetic bottlenecks and to go after them. Jorge and I tackled the attic head on, like two stoic plains buffalo moving

As the afternoon progressed the painting crew moved steadily through the building painting one wall after another. Lucenda joined Jorge and me to complete the attic work.

After a great dinner and hugs all around the traveling people got on the road. Lucenda and I agreed to meet the next morning to pack up my trailer and finish the work on the beautiful hard wood floors. I was up early had a lot of the packing done when Lucenda arrived at 9:00. As I was doing the kitchen floor I notice a man walking back and forth on the east side sidewalk. I invited him to come in, As it turned out he was interested in the house and Lucenda and I saw him as the manifestation of our projection. He and his wife have three children and he wants to garden! After he left, Lucenda and I celebrated the power of visualization and declared that the building would sell in February.



The minor plumbing and electrical work did not get done without Larry and Walter; however, the space is more sparkly with walls and floors looking good and with the attic organized. More buyers will be looking longer and more seriously.



## COLLEGE REPORT

### What I have Learned Living at the College

by Tim Gagnon

It has been a remarkable journey these 24 months living and learning in the College of Metaphysics campus. Much can be said about making the choice to immerse oneself in an environment centered on spiritual growth, surrounded by those who chose to make the same choice. There are many things I have learned during this time, many of which I have shared with many of my closest friends on facebook. In addition to those multiple thoughts of wisdom and steps of growth, I have set aside these lessons for myself which I have come to a greater awareness of along the way.



1. Teachers are imperfect, they have their lessons to learn too. Give them a break.
2. Everyone is in their own world, don't take their treatment of you personally – and yet consider what you might learn from every experience.
3. Let your choices be between you and your Highest Self, and let that be enough, no matter what others might say.
4. Relationships – ALL relationships come with a desire for communication and are maintained by persistent communication of desires and goals.
5. The physical world has limits which can only be transcended by creating a new thought.
6. The Grand Ultimate Principle: a little bit of progress in every area of achievement each day makes you healthy in every way. A house is built one brick at a time.
7. Prayer is the key to unlocking something greater in your life – and releasing that which holds you back.
8. Meditation is the cultivation of silence within that leads to miracles in thinking.
9. Every bit of life is created by thought. Direct your thoughts one at a time to create something new.
10. Stillness is the ability to know who you are and what you choose think.
11. Pity is the result of ignorant thinking. Fate is the result of the soul in training.
12. One who feels the need to defend their wisdom is warding off the need for receptivity.
13. Truth is owned by no man; it is the property of Spirit.
14. There are no accidents; only divine manifestation of experiences for souls in training.
15. When you don't have an answer, look within; when you DO have an answer, be receptive for the timing.
16. The only hope of something greater in this world lies within. Grace is something we make ourselves ready to receive.
17. Your joy is multiplied a thousandfold when those around you have experienced and know the magnitude of your love.
18. Sometimes the answers are beyond your comprehension – this is ok – just as long as you are in tune with the Spirit, be patient, the answers will come and you will see the pattern unfold naturally.
19. Patience is a virtue. It takes work to achieve, yet it is one of the most valuable commodities of life. Apply yourself and wait.
20. A wise man once said, "Fear not moving slowly. Fear standing still."
21. The Spirit of the Lord desires your spiritual growth more than you do. Apply yourself so you may receive His Grace. He is the only hope there is, the only meaning to life and the very core of your being from which all things wise and valuable flow.
22. Life is a process of learning the balance. Too much of anything and you get overkill, too little and you get none at all. But in between is a measure of what is "just right." Learning this is the process and purpose of life.
23. Dare to believe in something greater. It might just come true, and then you have opened a new world of possibility you never believed could be true.

# Peace Vigil 2016-17

## Memories and Imaginings

Christopher Stohrer, Friend of the School of Metaphysics

In my more than ten year association with the School of Metaphysics there has not been a more fulfilling soul experience then reading the *Universal Peace Covenant* on New Year's Eve. Reading the Covenant every hour for twenty-four hours, from, 4 am New Year's Eve, to 4 am New Year's Day has a powerful, expansive, and connective effect on each participant.



As the sun rises on the planet, the possibilities of a new year emerge. With the second half of 2016, the election, and what appears to be chaos on our planet. The School of Metaphysics its branches and world headquarters, offer the planet peace-full solutions and practices. In fact, the School of Metaphysics has been sending thoughts of peace and how to practice it for twenty years and sending Circles of Love to the ends of the universe for over four decades.

The first time I read the Universal Peace Covenant I was a student at the Chicago branch, and my teacher and some fellow students went down to Daily Plaza, in downtown Chicago, where there was a Christmas fair, and we were passing out the Peace Covenant and encouraging people to participate in reading the document as part of "The Universal Hour of Peace."

To me, this practice of stopping everything in my life, for one hour, from 11:30 pm to 12:30 am, to read this document about peace for all the planet at midnight was the most amazing idea that I had ever heard. To take one hour out of my selfish life, to focus on peace for the planet was life changing.



From that first year of participation at the Chicago branch ten years ago to the world headquarters last night, there is nothing more fulfilling or rewarding than a group of committed individuals gathering together to send peace-full thoughts and practices to every part of the planet, for a twenty-four period.

Peace be with you always, May Peace Prevail on Earth! •



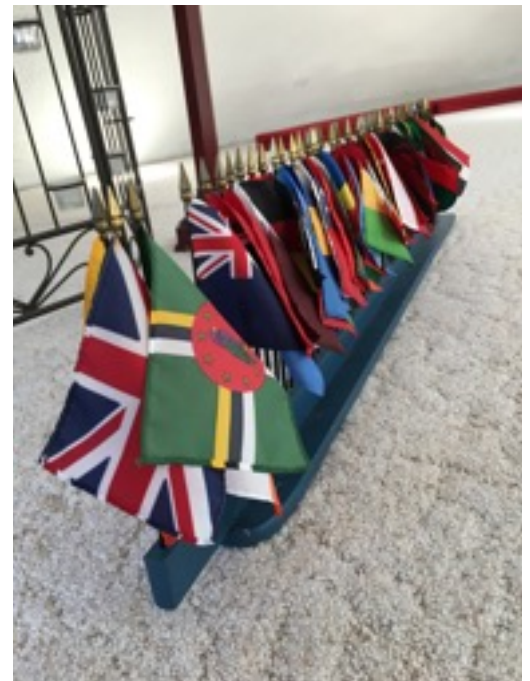
## 20<sup>th</sup> Anniversary of the *Universal Peace Covenant*

Dr. Pam Blosser

2017 marks the 20<sup>th</sup> anniversary of the *Universal Peace Covenant*. This beautiful document was written over several months from 1996 to 1997 by more than two dozen spiritual leaders in the School of Metaphysics. Initially teachers met at their area teachers' meetings to discuss and then create a document about the principles of peace. Then at General Assembly in January of 1997 directors from each area compiled a composite of all of the writings into one. The document was then handed to area directors and leaders for refinement and finishing touches.

Since then, the *Universal Peace Covenant* has travelled around the world doing its work of peace in so many ways. In 1999 a delegation from the School of Metaphysics travelled to India under the sponsorship of the People to People program. Delegates took *Universal Peace Covenants* with them and handed them out everywhere they went. That same year a delegation to the Parliament of the World's Religions in South Africa also took *Universal Peace Covenants* with them. The Peace Covenant was read at a session and passed out during a dedication at the site there Nelson Mandela was imprisoned.

During the dedication of the Peace Dome in 2003, at the opening ceremony, people on all seven continents who had accepted our invitation, joined in ONE VOICE to simultaneously read the *Universal Peace Covenant* with us at 1:00 CT. Since its dedication in 2003 the words of the Peace Covenant resound within the peace Dome daily where students and faculty read or recite it every morning.



When the twin towers fell in New York on 9/11, we sent Peace Covenants to our entire mailing list. "The Invitation" a play in four parts presents eight Nobel Peace Laureates who come together in dialogue to discuss what makes for peace. The dialogue comes directly from their own Nobel speeches and is a representation of what they might think of the *Universal Peace Covenant*.

Once again, in 2014 at the Parliament of the World's Religions in Salt Lake City the *Universal Peace Covenant* was brought to a session, introduced and passed out to the attendees.

The Universal Hour of Peace, having its beginnings in 1995, incorporated the reading of the *Universal Peace Covenant* after it was written in 1997. And the 24 Hour Vigil for Peace begun in 2003, had its 14th anniversary thus making the most recent peace vigil as its 14th.

The *Universal Peace Covenant* has had a rich history in its first 20 years. Each line uplifts the spirit by bringing hope and filling the mind with images of what peace is and how to achieve it.

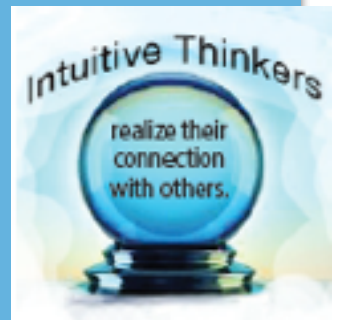


by Barbara O'Guinn

#### 4 INTUITIVE THINKERS realize their connection with others.

I have met people who I seem to have known all my life.

This realization often begins with psychic phenomena. Mind reading may seem like the stuff of fantasy and pseudo-science, but it's actually something we do every day. Psychologists call this empathic accuracy. It refers to how accurately one person can infer the thoughts and feelings of another person. It is "reading" someone.



When you watch your team play, you can get "caught up in the spirit" of the victory or the defeat. Men tend to act upon those emotions. Women tend to be moved by watching a couple embrace on television. Just about anyone will feel a creepy sensation if they see a spider crawling up someone's leg. Science studies this as mirror neurons even noting the lack of them in cases of autism. Similarly, when you observe someone reach out to a friend and they are pushed away, your brain registers the sensation of rejection.

Recognition of this kind of social emotional connection is an early stage of Intuitive Thinking. It is a reacting phase which introduces us to the relativity that thoughts can be projected and received. Our thoughts have an impact within ourselves and upon others. Eventually this sensitivity can mature into empathy, what one Intuition Analysis describes as "the ability to align the consciousness with another and to absorb their consciousness."



# Twin Verses from The Taraka Yoga of Kuan Yin

by Barbara O'Guinn Condron

*golden door*



Your incarnation is a soul choice.  
Aligning with your soul's intention increases tolerance.  
One who consciously comes to value the kingdom given.  
The authentic power of Spirit rules in such a One.

Space  
13

√13

What space do you occupy?

Your physical body affords you a locality, a place to Be. Consciousness expressing through a form of its own making. What an amazing reality we live!

How do we align with our soul's intention?

Remember what you pretended to be early in this life - before the age of 7 - when you were all by yourself. No one else around. Who were you then? Who are you now?

Each lifetime you are given a kingdom by the grace of God. What began with Solomon asking for a discerning heart with which to rule his people, matures in Jesus as the awareness that incarnation is a soul choice. That's why he taught, "Seek ye first the kingdom of Heaven and all else is given unto you."

√14

How freeing to know why you are here. This intuitive knowing fills your heart to overflowing. This purpose is not a figment of your imagination. It is not a memory. Yet its fulfillment depends on both. Glimpses of the future come in a still mind open to possibility. Memories of the past resonate in a still mind closed upon treasures laid up in Heaven.

Time opens and closes in dreams of beginnings and endings. The dreamer knows Time is horizontal in its movement, vertical in its apprehension. Time is neither, either, both when one is made in the likeness & image of the Creator.

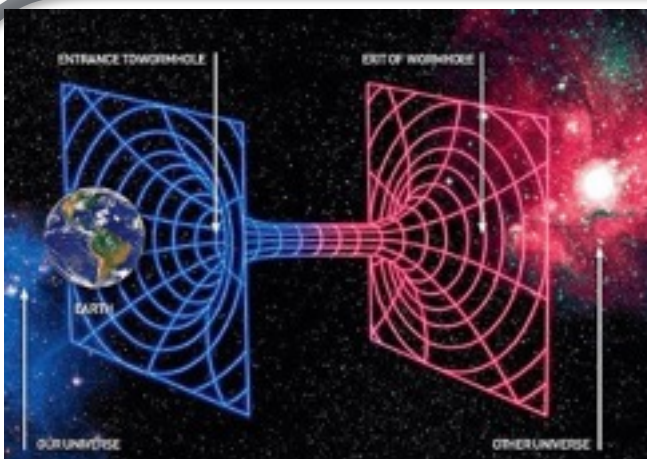
When your soul purpose reigns, you know why you are here  
and you know where you are going,  
Before you, behind you, to the left, to the right,  
Past, Present and Future become One when Kundalini rises.



*four directions*

14  
Time





*"Two nights ago I dreamed I was going back in the past using a time machine that looked like a treadmill exercise machine. I was traveling through a parallel dimension that took me into the past where I saw some relatives and people that are not physically in this world any longer. They were talking to me and they asked me to help them go back in time so that they could talk to their relatives already 'dead'." EOD*

What does it mean?

An internet short course taught by Dr. Barbara O'Guinn Condrón meets once a month.

**March:** *Dreaming as a Time Machine*

**April:** *The Past: Been There, Done That*

**May:** *The Future: Deja Vu and the Intrigue of Twice Seen*

**June:** *The Present: Tuning Your Frequency*

Sharpen your skills. Broaden your awareness. Strengthen your intuition. Advance registration for the entire course is \$75 or \$20 per class. Register online at [som.org](http://som.org).

**FOR  
TEACHERS ONLY**  
6-6:20 pm every Wednesday  
Teachers Guide Training

## DREAMS CATCHERS ONLINE!

EVERY WEDNESDAY  
6:30 - 7:30 PM



1st Wednesday TALK WITH THE AUTHOR ... Dr. Laurel Clark, IASD president, author of INTUITIVE DREAMING.  
2nd Wednesday THE DOCTOR IS IN ... Dr. Christine Spretnjak, SOM president  
3rd Wednesday 10 POWERS of DREAMS ... Dr. Barbara Condrón, weekly host & [dreamschool.org](http://dreamschool.org) founder  
4th Wednesday MEET THE COACHES ... guest dreamschool coaches & Psi

Sign up at [dreamschool.org](http://dreamschool.org) Δ Share the link



# *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 we bring ourselves to the realm of being  
where truth and love are the same?”*



*By giving the Self completely to  
a love for truth*

*that is universal, that does strive to apply  
itself to all of creation, there is brought to  
the Self the embodiment of Love. The  
seeking of truth is the highest endeavor that  
one who is sentient can pursue. It is  
through actively pursuing truth, that this  
one, particularly the one asking the  
question, will come to know the Self  
in Love and as Love.”*

*1-14-1999-BG9-DRG-9*

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## CALENDAR 2017

### February

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

### March

March 31-April 2, 2017 National Teachers

### 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 2, 2017 Area Teachers Meeting



National Dream Hotline®

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.

80 The Immortals

Immortality begins in a mind full o what is.

When you know what is, your reign begins. Your reign extends the power of Mind's Light from Heaven to Earth. Everything changes in the light of Eternity.

Dr. Sheila Benjamin... 64 Matrix: Understandings can get lost in a confused mind. Troubles with cause unknown activate fate's web. It's easy to believe that more thinking is a remedy. More thinking tips the scale; fate holds her hand.

Kerry Keller... 96 Giving: My precious temple, you serve me well. I am radiant in the ten directions. The teacher know ideal, purpose, action as One. Surrender all you have been, are, will be, and the blessing is yours.





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