

*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. 06

## Students & Public Engaging In Wednesday Night's Dream Catcher Webinars see page 14



### Applying Dream Interpretations

into daily circumstances motivates personal successes!

**St.L. News Media interested in new SOM Dream Webinars**



From the Branches pg. 3-  
 Oklahoma City.....pg. 3  
 Dallas.....pg.4  
 Indianapolis.....pg.5  
 Maplewood.....pg.6

Wisdom from the Oracle.....pg.7  
 Healing Wall.....pg. 8  
 How Intuitive Are You? .....pg.9  
 New Maitreya.....pg. 10 -11  
 Taraka Yoga / Kuan Yin .....pg. 12

The Power of Peace .....pg. 13

New Influence of Dream Catcher Webinar.....pg. 14

Student Interpretation of Universal Peace Covenant...pg.15-17

Branch locations.....pg. 18

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a  
b  
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REMINDER...  
 HAVE 5 PEOPLE  
 JOIN YOU IN

WEDNESDAYS  
 DREAM  
 WEBINARS

**‘VIBRATIONS’**  
 is a monthly history of  
 students expanding Self Awareness

**HOW HAVE YOU GROWN THIS  
 MONTH ?**

# OKLAHOMA CITY

## Oklahoma City

### “Shift Happens”

by Michael Fabri

The Oklahoma City branch has begun a steady rate of growth within the past couple of months. The core group of students and the teachers have begun to evolve in certain ways, and the school's success has been a reflection of that. As everyone begins to learn what it means to “have their hearts open”, the ambition for learning and growth has accelerated. A soon to be first cycle student, Joel Collins, is starting his own Mastery



of Consciousness course at the end of May, Silvia has been taking initiative to meet with people from the public and show them around the school and educate them just on what's going on around here. I recently had a lecture with an attendance of around 20 people, some of which signed up for the course as well as signed up to get intuitive reports. The overall shift is people are going from a mindset of “what they have to do” to what they want to do, based off what they want to learn and cultivate within themselves. It's fascinating to see the magic that happens when you allow the brain to step aside and let the heart take charge, things will begin to change in mystical ways you probably would never have expected.

Since the shifts that have been happening within the students and the school, we now have 11 students regularly attending the OKC branch. All the students are open to participating - coming to events, donating items the school needs, giving of their time to aid other students, etc. The school is also seeing improvements; Our garden out front looks better then ever, since a recent storm that hit the school, we have in the works some new renovations to be made to the exterior, and the students even volunteer of their time to do some painting on the outside during karma yoga. The OKC branch is doing amazing, and is on a fast track to being a thriving place for growth and learning.



## May Manifestations in Dallas

By Rene Cowles

The term April Showers bring May flowers has significant and symbolic meaning to our Dallas Branch this month. The blossoms of our work are not only seen within each of us, but through the completion of our class project and graduation of the first cycle at All Student Weekend. As another first cycle class continues to progress in their lessons!

Our first cycle class completed the class project with much ease and success. We all noticed that there were no thoughts of toil, only vision and possibilities of a successful event. We decided to host a community Purification Ceremony on Friday, May 12. The purpose for those attending was to forgive the past and usher peace into the future. During this ceremony participants listened to lectures regarding the four elements, forgiveness, a guided mediation, instruction and guidance regarding what to give during the burning ceremony, and following the ceremony there was a reading of the Peace Covenant and a Sacred Activation provided by Christi Markee, ND.

The project, introduction and conclusion was led by classmate Lydia Radnick. The evening included a talk about forgiveness by Tchar Men. Michael Bezdeck spoke of the use of four elements (air, water, earth and fire) and how we can purify our physical and mental bodies. I led a guided meditation to provide clarity regarding what to write and give to the fire for purification. Rachel Elliot provided instruction on what to give and forgive during the process of purification. Following the ceremony, Tim Patterson spoke of peace and a reading of the Peace Covenant. In addition, classmate Christi Markee, ND led a Sacred Activation to help release fears, anger and resentments as well as clear past, present and genetic energy blockages to aid a fresh start after the ceremony.

Patricia one of the community participants brought her 90 year old mother and had this to share regarding the Purification Ceremony: "My Mom and I truly had such a great time last night at ceremony. Even though Mama didn't join us outside she told me what a nice time she had sitting on the sofa enjoying the refreshments and conversations with so many who engaged with her. I thoroughly enjoyed everything about the ceremony! The presentations were so warm and pleasant to listen to, and the way in which every element was considered and savored was of delight for me. You were right, I do very much love just the kind of things that you all are doing there at the school! The time of day at which the ceremony began and the peaceful vibe that felt so life-affirming and electric combined in such a way as to make the experience a most beautiful and memorable one."

The next manifestation was graduation of 7 first cycle students at All Students Weekend by our teacher Jamie Metzenberg. Jamie accounts for the weekend: "The weekend was monumental all the way around. It was many of my students first time at the college and I enjoyed watching them have one enriching experience after another. They connected and formed bonds with other students and teachers and deepened their bonds with one another. And all 7 students received their Responderes! They were the first class I started and the first I graduated, so it was a milestone and celebration for us all."

# DALLAS



Graduation had significant meaning for all of us. Our class has a very close bond that was witnessed by those attending the graduation. We each bring our uniqueness yet share similarities. One of those similarities is parenthood and one parent to be.

Personally I know that having this many parents in one class and having all of them complete and graduate the first cycle is rare and significant. This speaks much to Jamie's instruction and guidance of our class.

Many of us have busy lives with careers, relationships and child rearing that provides opportunities to grow and change. How we respond in our lives with the changes created within our minds makes for success consciousness. Manifesting is not just the blossoms of the physical, it is providing the fertile environment for change that we produce within ourselves and then the growth is reflected within the physical.

# INDIANAPOLIS

## Reaching New Heights

by Future Teachers

Dreams of future accomplishments offer us something to strive for, while nightly dreams offer us superior insight as to how to accomplish our advancements. Are we listening? It's so easy to let the circumstances of life dictate our future. There are students here in Indy with big life issues, tugs, and pulls probably similar to yours in your branches, circumstances that want to dictate the way life has to be.

One student's job responsibilities and time given to those responsibilities are expanding because the business she is in is growing so fast. It's throwing her daily structure and schedules off.

And she worries how she can get it all done and go to school at the SOM too. Another student is dominated by the responsibility of looking for a job, a career that allows her to give in much more fulfilling ways. She has responsibilities to her Self, her pressing needs, and the future she is attempting to envision. Still another is experiencing differences of goal, purpose and activities from her spouse that interrupts her balancing work, family, friends, and school. Then one student is dealing with persisting health challenges, pain so strong it grabs his attention and his focus away from his responsibilities nearly 24/7. One more example is, another student is boosting her money making efforts to create an economic cushion, a security account and move from a very convenient life setting to a responsible city life in Indianapolis... so she can begin teaching at the SOM.

So if you were one of these students, where would your attention be? Creating a new focus and empowering a new future or dealing with life's current circumstances? It's not one or the other> It's a balance that only a willful state of mind can move through successfully. Creating your own path, causing your own life circumstances is the goal of all the students here in Indy. Listening to the Wednesday night Dream Catcher Webinars has given many of us a new awareness about having more control or command over our futures. Now with Larry Hudson and Kerry Keller hosting these webinars they are intentional about one important focus dreams provide; how the student best applies their dreams interpretations into their everyday circumstances.

Lucenda, Bonnie, Michell, Ken, Mickey, and Lynn are realizing support from each other is not only desired but essential. First of all to have a sounding board, to see what another does not see, to be reminded about how to focus the mind in times of distraction, and aid their awareness to make productive choices. It's a connectedness, a unity of support that is inspiring and healing. The Dream Webinar has inspired them to interpret each others dreams more often with the intent of discovering what the inner mind is advising them about creating their futures.

What is realized here is, dreams offer solutions you were not previously aware of. The application of the lesson learned in dreams is moving these students forward where they may have found themselves stuck or moving in an unproductive direction.



# MAPLEWOOD

Over the past couple of weeks, several teachers at Maplewood developed lectures as part of a series we wanted to deliver over a weekend Wholistic Fair, with Terrance Lamont acting as our guiding intelligence.

## Reflections from Terrance Lamont:

It was an amazing weekend. We were able to make a lot of leaps towards initiations for leaders of our school branch. We gave 7 lectures in one weekend and reached a large percentage of the fair participants.

I spoke on Forgiveness furthering my fulfillment of a karmic indenture regarding Forgiveness. When I received my Lesson 9 Past Life Profile, it clearly stated that I had come to this lifetime with the clear path to clear the karma. So, since then, I have been on a mission to do just that. I am currently expanding the lecture series and sharing what I have been learning from subsequent reports and life experiences.

I did a second lecture that came straight from information on the Book Remembering Atlantis. This one was powerful and fun. The subject fell on karma and the creation of the Law of Karma. What a joyful time it was to see the connections between the subjects and give in such a high minded way.

## Reflections from Cyndy Donato:

I decided to develop the topic of visualization. As a second cycle student, I have been working on the mechanics of visualization and the application of goal, purpose and activity to magnetize a thought form. As ideas developed, it seemed natural to work with visualization and the Complete Law (Matthew 6:33), "Seek ye first the Kingdom of Heaven and all else will be added unto you".

So, "Visualization and the Complete Law" became the title of my lecture. This was my first lecture! I found I was excited about my talk and anxious to see how it would go. The talk was fun and as I worked with the participants, the time flew by! This is a topic I would like to continue to work with and keep building upon...for the goodness of all those concerned!

## Reflections from Joe Pecaut:

I decided to present a talk on "May Peace Prevail on Earth" and reflect on the Universal Peace Covenant. I know that for peace to happen on Earth it must first come from inside yourself. Too many times, people want leaders of their country or world leaders to bring out peace. Many times peace is done forcefully by police action or war. I have been reflecting how peace must first happen inside yourself before you can effect the world. We need to be a person of love and not a person of revenge.

My audience was very interested in the notion of being at peace within yourself. We need to know our emotions of love rather than the emotion of anger. I need to be a peaceful person rather than a person of anger. When I change myself I can change the world.

Overall, we had students who gave their first lecture. It was a great experience to be able to reflect on topic, prepare a talk, and bring it to completion by presenting it to the public.





## *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

*Any suggestions concerning the good and the true, those souls, those spirits that have chosen to be within and aligned with this Being of the School of Metaphysics?*

*This is a most profound time within that which these ones know as*



*their planet, their world. It is essential for each to contemplate the reality of the influences that are available, not only to them but to all of humanity at this time. There is much that can and will be accomplished as these ones would see it, as these ones endeavor to unfold themselves to be as they are often fond of saying, "real," to release the attachment to the fraudulent aspects of the existence that they live and to be in God and with God who they are. By doing so all else will occur.*

# Notes From the Healing Wall

## Healing Stone #152 - Speaks of the Power of Earth

I am Macoo of the Mancun Rock Clan. While I am mainly iron barite and manganese oxide, I contain all the trace minerals of the human body and metaphysical properties of the earth core.



Several of my brethren reside at various locations atop the earth to cede whatever healing is required at that location in time. We connect the living matrix grid and ley lines of earth potential with galactic universes and unconditional love.

Medicine Park, Oklahoma, was my temporary abode when I shared the vibration of Gail Peck, who brought me to her home in Oklahoma City to help connect the healing properties of the historic Medicine Creek Indian Terra Soil with her projects.

7 Hawks Publishing Company and Earth Wind Holistic Center have brought humans to this renown cleansing area for the past four years to reconnect to the earth core, heal from the inside, rekindle ancient knowledge and forgotten wisdom and build an etheric medicine wheel over Rainbow Bridge atop the healing dome of unified creation. Drumming ceremonies have been instrumental to convey pertinent messages, refocus human awareness and bridge the gap that areas such as these utilize to harness sacred energies purifying man's spiritual connection to the Divine.

I am also a connector to the Akashic Records of All That Is. My knowledge is your knowledge; my wisdom is your wisdom; my vibration is your link to the Divine Matrix. We are all the same unified soul.

It is my honor to share time with you on glorious Planet Earth and be part of the SOM Healing Wall.

I am the love manifesting in your heart.

I am the core of creation...the mysticism of the ages...the Rock of Gibraltar...the seed of the Heavens.

That's what I'm talkin about - Love and Light - Dr. Tad Messenger

I am  
the core of  
Creation



## HOW INTUITIVE ARE YOU?

### 9 Dreams hold significance to the dreamer and sometimes many others.

The most common experience of intuition is dreams. Dreaming reveals the inner mind's intuitive range. At night, when you're dreaming, information from the subconscious mind is seeking to become known to your conscious, waking mind. When you're attuned to your dreams, you can receive information from your soul about how to live a fulfilling life.

The creative genius is mindful of dreams, seeking to incorporate nocturnal images into his or her waking work. The list is indeed impressive – from Danish physicist Niels Bohr who conceived the model of an atom from a dream, to composer George Frederic Handel who heard the last movements of *The Messiah* during a dream, from Elias Howe who received in a dream the image of the kind of needle design required for a lock-stitch sewing machine to Google, dreams have influenced the way we live.

All of our lives are enriched when people cooperate with the intuitive workings of their inner minds. Global research at [dreamschool.org](http://dreamschool.org) indicates that the increased subconscious activity prevalent in the outstandingly creative, will increasingly be experienced by all of us. •

–from the ebook... **HOW INTUITIVE ARE YOU?** by Dr. Barbara O'Guinn Condrón ... look for it @ [www.som.org](http://www.som.org)



## Dream Catchers Webinars

Every Wednesday 6:30pm - 7:30pm CDT

1st & 4th Wednesdays... Public & SOM Branch Audiences

2nd Wednesdays... SOM Student Dream Focus

3rd Wednesdays... SOM Teacher Dream Focus

5th Wednesdays... Public / Children's Dreams



# The New Maitreya in the News

by Dr. Barbara O'Guinn Condon

June 14, 2017— There is a senator from Arizona who is being interviewed on television - live. He is telling the story of what happened this morning around 6:30 during Republican baseball practice for a charity game, scheduled for tomorrow. The annual game

between Republican and Democratic Congressmen is designed to raise funds for DC causes. The senator has become the voice of an incident, something that happened, that is of interest to our entire country. It reminds me of the events in NYC on 9-11 (2001).

My mind returns to the bipolar reality (*I am teaching the Psi Counseling coursework focussing on the upgrade of a book I wrote in 1979 called **What Will I Do Tomorrow? Probing Depression***) of how adversity draws people together; it becomes a healing catalyst.

The reality of the good that can come from a single person forcing his will upon the group seems a recurring theme in the experiences of the human race. How 'bad' do situations need to be before we accept the need for change? How personally offensive do they have to be in order for us to be sufficiently motivated to rise from the sea of consciousness that "someone should do something" to the I AM consciousness that changes ourselves? And do those motivations lead us to make faulty choices whereby we relinquish freedom because we want the blanket of responsibility to fall on the shoulders of someone else?

The Arizona senator is speaking about an injury sustained by a representative from Louisiana who was on the field when a gunman opened fire. In addition to the representative, a volunteer coach and a lobbyist from a sponsoring corporation, in addition to two police officers, sustained injuries. The only one killed was the gunman who just so happens to be from Belleville, Illinois, a town across the Mississippi River from St. Louis.

In the course of the questions from the reporter, the senator tells reporters that he called the representative's wife to let her know about what happened with her husband because he did not want her to learn about it on the media. What an amazing lesson this is in presence of mind! What an amazing example the man is setting for others of how to think and conduct yourself in such a situation. The core humanity here is exponentially valuable. The senator's kindness arises from a sensitivity born from when a congressman from his own state was shot and severely wounded by a gunman a few years earlier. Wisdom comes from understanding our experiences. Wisdom is what this man displayed this morning.

During his eyewitness description of what transpired, the Arizona senator said the words, "in a situation where there is no possibility for return fire." The profundity of what he speaks arrests my attention. I see what just happened as the evolution of war. (continues on page \_)

## St. Louis Post Dispatch

June 15, 2017

### Belleville gunman wounds congressman, four others before dying in Virginia shootout

ALEXANDRIA, Va. • A top Republican congressman and two Capitol police officers were shot Wednesday morning by a rifle-wielding gunman at a congressional baseball practice, authorities said.

President Donald Trump said the shooter — identified by law enforcement as James T. Hodgkinson, 66, of Belleville, Ill. — died of his injuries at a hospital after he was shot by officers. U.S. Rep. Steve Scalise, a Louisiana Republican and the House majority whip, was in critical condition Wednesday afternoon following surgery at MedStar Washington Hospital Center.

Trump made a brief televised statement and said "everyone on that field is a public servant....."



## The NEW MAITREYA *continued from page \_\_\_\_\_*

The war mentality is woven through our media these days. Comic book hero Captain America's 2016 film is even called "*Civil War*". We, as a human race, are trying to figure out why we are constantly at odds with ourselves and each other. Now instead of battlefields, where both sides are armed, we are treated to a visual and auditory fare of seemingly innocent people going about their normal lives. Their everyday agreements are suddenly, without apparent reason, curtailed.

This unbidden attack on a basefield diamond in Virginia seems senseless to all but the perpetrator (*was he bipolar? No doubt, we will hear more about him in the days to come because we do want to understand 'why?'*.) This is an archetypal example of the individual in the group, thinking and acting according to his own desire with little regard for the benefit of the other individuals in the group. In this case, the gunman does not see that he is part of this group. His sense of humanity is nonexistent. His group is specialized. His group is small like its mindedness in him.

His group has become an imaginary enemy, in this case the Republicans on the field versus him, the loan Democratic rebel hero taking out members of the Trumpish group. How many flaws can be in one plot? How many questions need to be asked before people align with a universal truth that affirms life?

The man has chosen the wrong Field for his opposition to do any good for his cause. His actions 'sicken' the group he sought to champion and bring together, if only for a few hours, the two "sides" in his warring mind. If such a man truly wants to create change then he needs to join the fray which is found in the halls of Congress where the people he intentionally wanted to hurt work out their differences every day. Congress is an appropriate battleground where ideas are forged and opinions made the common sense. This American Congress is meant to be an example to the world of Intuitive, Spiritual Man.

What happened in Alexandria this morning is the eternal bipolar struggle objectified into and through 'other people'. A blame game feeding upon itself in a long history of believing in victimization that entitles someone to intentionally harm others in some way. That's what results when freedom and responsibility have yet to be perceived as two sides of the same coin. As long as they are separated, the value of each is diminished, like the six lives directly affected this morning.

When we choose to see responsibility and freedom as intrinsically united, the value of each becomes the common sense. Life makes sense in such a world. The *Universal Peace Covenant* says, "**Peaceful coexistence between nations is the reflection of man's inner tranquility magnified. Enlightened service to our fellowman brings peace to the one serving, and to the one receiving.**" This is my prayer today: May we be stewards of these Truths, living examples of Light and Love, a Healing Presence for all in every situation, transforming first-glance nightmares into messages that strengthen the soul of our humanity. •

### BE THE CHANGE....

#### Cultivate Your HEALING PRESENCE

**Sunday nights @ 7:30 pm at your branch of SOM**

**Join Dr. Barbara Condrón afterwards in the Virtual Classroom to turn your water (experiences) into wine (understandings)**



## Twin Verses from *The Taraka Yoga of Kuan Yin*

by Barbara O'Guinn Condron

### √23 CHARACTER & √24 REPUTATION

When I think of these twin verses, a poem by William Hersey Davis flows through my brain. I was 17 years old when I first read it, and it changed how I perceived the meaning of life. Perhaps it will do the same for you.

*The circumstances amid which you live determines your reputation;  
the truth you believe determines your character.*

*Reputation is what you are supposed to be;  
character is what you are.*

*Reputation is the photograph; character is the face.*

*Reputation comes over one from without;  
character grows up from within.*

*Reputation is what you have when you come to a new community;  
character is what you have when you go away.*

*Your reputation is learned in an hour;  
your character does not come to light for a year.*

*The circumstances amid which you live determines your reputation;  
the truth you believe determines your character.*



*Reputation is what you are supposed to be;  
character is what you are.*

*Reputation is the photograph; character is the face.*

*Reputation comes over one from without;  
character grows up from within.*

*Reputation is what you have when you come to a new  
community;  
character is what you have when you go away.*

*Your reputation is learned in an hour;  
your character does not come to light for a year.*

*Reputation is made in a moment; character is built in a lifetime.*

*Reputation grows like a mushroom; character grows like the oak.*

*A single newspaper report gives you your reputation;  
a life of toil gives you your character.*

*Reputation makes you rich or makes you poor;  
character makes you happy or makes you miserable.*

*Reputation is what men say about you on your tombstone;  
character is what angels say about you before the throne of God.*

Terrance Bellows experiences;

THE POWER OF PEACE and

# WHY GOD ALLOWS EVIL IN THE WORLD

There are very few things that I am as passionate about as I am for the cause and Power of peace. This story is an illustration of what can occur when you are open-minded with the proper set of boundaries present in the mind to create the desired results of fulfilling a need.

While it seems we are in a constant struggle ourselves and with that of our brothers and sisters conflict seems easier than cooperation there are those who are focused on peace.

After moving to the St Louis area and beginning my studies in The Maplewood School I was struck with the bug to find places to do lectures and expand my presence here as a leader. I have an expertise with public speaking. I began to check communication boards around the city and noticed a flyer for an event called Peace Dialogue brought by the Heavenly World Peace Restoration of Light. A world wide group that is quite focused on the eradication of war through constant dialogue of peace subjects with leaders of religious institutions and other groups and organizations.

They wanted to gather those who are familiar with Holy Works and what they say concerning why God allows evil in the world and if there is a way to curb hate among humans.

It was highly enlightening discussion with myself and others who were all religious leaders. I explain to them that I am not a member of any particular religion and that I consider myself a spiritualist and a metaphysician. I also gave them info about the Universal Language of Mind and that some of the problem in the thoughts of many in the finalizing literal interpretation of the Holy Works, especially the Holy Bible. They seemed intrigued and still did not completely follow me. So I asked for permission to use the white board perfectly present in the library meeting room. The discussion was filmed and archived so this was an awesome opportunity for me sincerely share what I had learned as a Peace Ambassador of the School of Metaphysics as well as my years long portrayal of the Rev. Dr. Martin Luther King in the Invitation. If you are unfamiliar with the Invitation please ask your teacher. It is an extremely important part of the mission of peace within SOM.



## POWER OF PEACE

On the white board, I drew a Mind Triangle and illustrated how thought works and how we draw events, people, places and things to us through the Laws and Universal Truths. After this, I realized I had fulfilled my desire to give lectures and share what we teach in such a way that it would endure. So much so in this case that the group HWPRoL has continued to invite me to participate in further dialogues.

They are fully aware that my presence at these meetings is offering a more complete look at the world wide view of peace. I am able to bring a very different perspective than those who are more fully focused on religion only. It has become an important part of my work in the world and I encourage you to keep your mind open with alignment with the Law of Proper Perspective for opportunities to share what you are learning as a student and teacher of SOM.



## DREAM CATCHERS WEBINARS

### Hosted Wednesdays

### Empowering Students in Causing Self Growth & Self-Excellence

Hello everyone!

Larry Hudson and Kerry Keller, are inviting you to attend and experience the newly formatted Dream Catchers Webinars offered by the School of Metaphysics and Dreamschool.org

We have several goals and school wide benefits these webinars will initiate and inspire. It is our desire that you have fun and grow profoundly as you participate in them ;

1. to experience a greater understanding of the significance of your dreams, your dream circuit, and empower your ability to cause your own learning, growth, changes and personal excellence.
2. to create with students, teachers and the public while empowering you and each branch to develop a public following, building new personal relationships.
3. to create with students, teachers and directors empowering you and each branch with opportunities to develop new media relationships
4. to host traveling webinars hosted by each of your individual branches.

We have already begun communicating with your branches and look forward to creating with you.

Four Type of Webinars each Month.....

1. Public....  
1st & 4th Wednesdays.... speak to general knowledge, symbols, meaning, benefits, life changing benefits...  
guests will be PSI Students / Dream Coaches (Aneta, Mavis, Kim, Mary, Silvia, Doug, Walter, Linda)
2. Student....  
2nd Wednesdays of the Month... speak to needs of students in branches as advised by directors & teachers  
Guests include ( Dr's Diana, Terry, Laurel, Barbara, Pam, Karen, Tad, Daniel)
3. Teacher....  
3rd Wednesdays of the Month... speak to methods of teaching dreams, symbols, meaning, benefits of application. Guest will be Dr. Christine S. / President of SOM
4. Children / Public ....  
5th Wednesdays of the month speak to what parents & children can learn from Children.s dreams.  
Guests for Children's Dreams are Dr. Sheila B and Debbie Hudson



Joe Picaut,

Reflects on the

# UNIVERSAL PEACE COVENANT

On June 9, 2017, I gave a talk on “May Peace Prevail on Earth.” I included the Universal Peace Covenant in my talk. This is my reflection on the Universal Peace Covenant and what it means to me.

The Universal Peace Covenant came about because representatives from School of Metaphysics were at the Parliament of World Religions. They listen and heard from the speakers that there is a need to bring about peace for the world by using forceful (violent) methods. Many individuals from SOM wanted to have created a Universal Peace Covenant that is built on love and change, rather than force. So they gather as doctors of the school of metaphysics, teachers and students for several months and discussed what is peace. And they developed the Universal Peace Covenant. These are some of the major points and my reflection on those points.

## PEACE IS THE BREATH OF OUR SPIRIT.

Breath is life. We cannot physically live without breath. It wells from within us. God gave us his breath, which is his energy inside of us. Because of this, We can speak; we can inspire; we can heal; we can refresh.

## PEACE IS OUR BIRTHRIGHT.

Everyone deserves peace in their life. People should not be born into a country of civil war. They should not have to fight to get basic necessities for life. If we don't have the basics in life (food, water, clothing, shelter, basic education), a person cannot focus on developing himself. We personally need to have a vision of where we want to be in life that is peaceful and loving.

## OUR WORLD IS IN THE MIDST OF CHANGE.

The world is growing. We know everything that is happening to people in an instant. If a bomb goes off, anywhere in the world we will know about it instantly. If we need to find information or facts in this world, all we have to do is go to Lord Google and Lord Google will give us the answer. It will contain the facts, but it will not contain the emotional information. We will have to reason the information from the facts.

**YET THE CAPACITY TO SUSTAIN PEACE ELUDES US.** We must transcend our own limits of thinking. Many times, we don't look beyond what we see in front of us. We live in our five senses. We just see the negative and not as an opportunity to change things for the better. We will live in the status quo.

**WE MUST ACKNOWLEDGE THAT PEACE IS MORE THAN THE CESSATION OF CONFLICT** It is not something that is exterior, our physical, but it is also a state of being. Who we are and who we want to become as a person, a community, a nation, and a world. What do I want to create this world to be. The creator gave us tremendous ability to develop and we can develop a world of peace, but we need to focus our attention on it.

## WE AFFIRM THAT PEACE IS AN IDEA WHOSE TIME HAS COME.

Each individual needs to create and foster a personal vision of peace. It begins with us, and from us, we bring peace to our family. And from our family, we bring peace to our neighborhoods and cities; from neighborhoods and cities we bring peace to our nation: And from our nation we bring peace to the world. We call upon humanity to stand united, responding to the need of peace. We call upon each leader be they in the private home, house of worship, or place of Labor to be a living example of peace. We call upon ourselves to be this person of peace.

Joe Picaut,  
Reflects on the

# UNIVERSAL PEACE COVENANT

## WORLD PEACE BEGINS WITHIN OURSELVES

It must come from within us. Government and laws cannot heal the heart. We learn to love our neighbors as we love ourselves bringing peace into the world; "Being" peace for the world. By our actions of getting to know other people we are able to love them and not fear them through misunderstandings. Changing ourselves is the first endeavor to changing the world. We hereby commit ourselves to this endeavor.

## PEACE IS FIRST A STATE OF MIND

Peace affords the greatest opportunity for growth and learning which leads to personal happiness. By being self-directed to "Being" the best person you can be, to be Christlike; to look into our own lives and see the changes that need to be made, the growth that I want to do; this promotes inner peace and therefore leads to Outer peace. When we vow to heal ourselves through forgiveness, gratitude, and prayer, change can happen. By being this type of person, We become committed to helping others, and by helping others, we help ourselves, which I call sacred service.

## PEACE IS ACTIVE, THE MOTION OF SILENCE, OF FAITH, OR ACCORD, OR SERVICE.

Peace doesn't happen in peaceful accords through government channels. It happens in the hearts of men and women. Peace is built through communication. It is easier to get angry or blame someone I don't know, that it is to blame someone I love. I have to learn about forgiveness. I have to look at myself and see what I need to learn about myself as to why I am carrying this notion of anger or hate. When I discover the reason, and forgive myself, working on improving myself as a human and spiritual being, I no longer have to blame the other person for who they are. I am actively seeking change and forgiveness in myself, the other, and the world.

## PEACE IS ACHIEVED BY THOSE WHO FULFILL THEIR PART OF A GREAT PLAN.

Peace and security are attained by those societies where the individuals work closely to serve the common good of the whole. Too many times, we want others to change so we don't have to change or work on improving ourselves. By making a personal commitment to peace, we work with society to change, to care for the other person, to love, which in turn affects the whole of society. By doing sacred service with the goal of peace, we affect society by being committed to peace and the society affects us providing a peaceful and loving place to live.

## LIVING PEACEABLE BEGINS BY THINKING PEACEFULLY.

We come together, people of all ages, nationalities, faith based, sexualities, to realize that we are creators of our world. The earth is a gift from our creator to us and in turn made us creators of how we want the earth to be. Every problem can have a peaceful loving solution, we just need to create it. We hereby commit ourselves in thought and action so we might know the power of peace in our lifetime.

Joe Picaut,

Reflects on the

# UNIVERSAL PEACE COVENANT

## WHAT CAN I DO TO BRING ABOUT PEACE IN THE WORLD?

Begin with yourself. Become a more peaceful person. You can do this by mediation, calming the crisis in your own life. Being more reflective; acting in life rather than reacting. Becoming more loving instead of reacting out of anger because you did not get your way or do not understand. You need to forgive yourself before you can forgive the other person.

Begin with a smile to another person that is not like you. Talk to others in a friendly way, Joke and laugh with them; get to know them. It is easy to kill a stranger, it is hard to kill a friend. Mediate, pray on peace in the world or in your city. Start a group or join a group that will meditate on peace. Someone just the other day said to me, what would happen if 400 people gathered together and meditated on peace. What a difference that would make.



## CONCLUSION

So when the seas are rough in our life, and we are in panic mode and think that we are going to drown or our society and our earth is going to drown, calm yourself, center yourself, and create peace in your life, and create peace in the world. Have faith that you can make a difference just by being a peaceful person.



May peace be with us all ways. May peace prevail on Earth.

Listen - watch for details about the

## Transformation Book

We are collectively creating a  
powerful School of Metaphysics publication  
full of stories, illustrations and testimonials about life  
changing growth students have caused from the  
lessons they have learned.





## College Vibrations, July 2017

By Charlotte Crabaugh

I usually pause outside the Gatehouse as I leave in the morning, to do the life-force exercises. Sometimes the resident mockingbird serenades me. His heart is full of every song he has ever heard. Isn't he just like all of us, whether we are aware of it or not. I receive his gift with joy.

My day begins with going to the barn and feeding cats, pigs and birds – chickens, ducks, guineas, and Lady Tess, the peahen. I then return to the main building where those of us who maintain headquarters and the College gather around the table and talk.

I actually marvel at this moment. I reach for what each one of these remarkable souls brings to my experience, and send love to each. From recent or anticipated events we have created talks about everything from glaciers to world economics, from Atlantis to recent super-hero movies. We are all from the same generation, so sometimes we reminisce about how we used to be. We have shared stories about our travels and work experiences; in this way we have come to know and understand one another better. Each time I realize that nowhere and at no time in this life have I had such a rich opportunity to share and learn from persons with such high ideals and consciousness. Recently I asked Dr. Daniel, "Why me? Of all the people who could be here receiving this bounty, why am I so privileged?" He reminded me that it was my choice.

After some time at the table Dr. Pam and I go to the Peace Dome and recite the Universal Peace Covenant. We state our ideal, purpose, activity and Stargate of consciousness goal. Sometimes Sam (dog) and Lao Tzu (cat) will follow us and peer in the window as we give peace to the world.

Every day I spend time in the greenhouse and garden. Most of the time Dr. Daniel will work with me as we nurture one fourth of the garden that we have when there are College students. We have many tomato plants, potatoes, squash, onions, and greens in the greenhouses. I think of weeds as unproductive patterns of thought in the subconscious mind. If I don't get to the root of them they will return stronger than ever. The potato bugs eat the leaves of the plant, just like my own negative and false beliefs that can prevent the growth of permanent understandings.

We at the College are pleased to keep the heartbeat strong. We continue the weeding and feeding, mowing and growing, praying and keeping the faith. This month we have joyfully welcomed helpers from the larger SOM community who have come to help with mowing and other tasks. It has been fun to welcome Doug Bannister and Larry Hudson to the table when they have come to help with mowing. Christopher Storer, a member of SOMA, comes frequently and helps with a variety of tasks. These visits revive our spirits along with the service they provide.



In the Universal Language of Mind animals are compulsive habits. Anymore I like to call them 'varmints', and my life is full of them. I leave a trap set in the barn next to the feed sacks. Three mornings I have returned to the barn to find a possum in the trap. Tad and I put them on the truck and take them several miles away and let them go near the river. As the possum meanders off to set up housekeeping in a new place, I admonish him, "...and don't come back". Other critters I have become acquainted with are potato bugs, deer, black snakes, and mice. The varmints contribute to my understanding of undisciplined wild habits. They detract and destroy the permanent understandings I am trying to build.

That is the great new learning I am undertaking with the help of my teacher, Dr. Daniel. For some time I have been realizing that I have erected some serious barriers to my own learning. Dr. Daniel is showing me how to uncover the hidden beliefs and unconscious habits of thought that prevent me from progressing. Using an energy clearing system that utilizes muscle testing, he has helped me to identify and heal issues that have prevented me from being committed to Self. Each session includes a meditation based on one of 72 Kabbalistic Names For God and a Hexagram from the I Ching. It is astonishing how the muscle testing will reveal exactly which of these relates precisely to the issue being addressed and therefore is an important element in the healing.

It takes awhile to assimilate each of these truths. There is a kind of recognition, something like you experience with a Health Analysis. It is like seeing yourself in a mirror –"Oh yeah, that's me!" The most recent one revealed a very limiting belief that I have harbored for 50,000 years. I was incredulous. "But Dr. Daniel, that is part of my soul after all that time! Can that really be healed?" He responded, "It will help if you can believe it".

This is a part of the wisdom, healing energy, and most of all love that is part of every day here at the College. I want to share all this experience with others. My meditation for this week states, "I will get out of the way and let the tree of life lift me up".



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.

### #79 THE GUARDIANS

Peace of Mind thrives in honest communication.

Truth telling is natural for those who receive and give.

Remember, the Holy ones are those who are disciplined.

The knowledge arising from their efforts deserves your respect.

Thank you, Kerry Keller

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