

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. 44, No. 10



65 The Change

Most live on what has been, draining Karmic reserves.

Live today impartially, for all situations are neutral.

Sublimate will in Divine grace to be whole.

To leave reaction behind, live beyond the web.

Week as a College Student

"This is the dream." Emily Knox - Chicago

"This is the best vacation I've ever been to." Tarak Uday - Louisville



"It's true. Individuality is best fulfilled in unity." Davi Brown - Cincinnati

From Top Left to Right: Roberto Cazares-Bolingbrook, Tim Gagnon-Springfield, Tarak Uday-Louisville, Kera Everett-Dallas, Sherwin Rosenfeldt-Bolingbrook, Brian Hoover-Springfield

From Bottom Left to Right: Danielle LeBeau-Maplewood, Davi Brown-Cincinnati, Emily Knox-Chicago

(article on pages 10-11)

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. The front cover reflects our collective vibration. Here are the numbers we received.

Love and Light from your *Vibrations* Staff.

Return:(#38) Attend to the dreams that come in the night. Each holds a message for the telling. Focus your Light upon understanding that message so the dream may pass on into the new day. I have learned through my studies how valuable my night time dreams are in giving me clarity, guidance and recognition. - Dr. Sheila Benjamin

In recent weeks I have been faced with decisions made by another, contrary to my desires, yet very influential to my future. In between my emotional reactions, I have experienced a polarized state of composure where I have been able to go within to receive understandings of cause. Today I selected #58 Composure, which reminded me to suspend judgement so I can make my own choices. By allowing myself to embrace emptiness and enter the breathing space, those choices have moved past my judgments to receive the truth --Kerry Keller

Last weekend I went to the Dharma Spiritual Focus Session. Through finding out my Dharma, I am more secure in what it is I bring to every person and every experience. I drew 99, Nirvana. It states, "Timing is everything, when to stand still, when to move. Give and receive, act or wait, learn the lessons of eternal living. Tend the sacred fires faithfully in each level of consciousness purifying and restoring a suitable vessel for Holy Spirit." -- Michael Dardanes



**LISTEN OR SING ALONG.
CONTRIBUTIONS WELCOME.**

CHRISTMAS IN THE PEACE DOME

**Saturday,
December 20th at
7pm and
Sunday, Dec. 21st
at 10:30am**

Meaningful songs and
carols of the season,
interwoven with words
of peace from the
Universal Peace
Covenant.

Bolingbrook

Summer Growth

by Teri Karl

This has been a summer of great change and growth! The Bolingbrook branch continues to grow and thrive under the new directorship of Rudy Arena, who is excited about our school events and about growing and developing Bolingbrook's Lab positions. Sandy Buch is our new Bibliophile and started up our Book Club, beginning with a great discussion on Concentration, and Marie Zubinski will be teaching the next Superconscious Healing Class. Kerri Jung had her first experience at the

college during 3rd weekend. Roberto Cazares has introduced/re-introduced the Peace Covenant to the students, reading it with us before class. New student Ricardo Martinez has begun working with Marie Zubinski to make improvements to the exterior landscaping of the building. Rudy Arena gave a lecture on the 10 Essential Life Skills, sponsored by the Romeoville Library. Golbahar's class – Marie Zubinski, Christine Dillingham, April Kelow, and Michael Searles, and I had our "Taste of Metaphysics" mini-lecture series on such topics as "Concentration", "Divine Friendship", "Visualization", "Forgiveness", and "The Four Stages of Growth". Also, many of us have had great experiences from the Spiritual Focus Sessions this summer: the Healer's Portrait, Powers of 10, and Atlantean Session – with greater understandings of Self and renewed purpose and direction.

This summer I, Teri Karl, started my first class and attended my first Teacher's Conference. I really appreciate all of the opportunities the school provides for growth and change. Through my experiences I have begun to make connections between where I am and where I need to go. My intuitive reports from the spiritual focus sessions have pointed me toward selfless service. I am coming to understand this and self-respect through my lessons, through my participation in the various events and fundraisers at the school, and especially through teaching. I appreciate the difference between believing and knowing, between hearing and understanding. I have learned so much in my one year in Bolingbrook, and with the continued application of these experiences, my knowledge is becoming understandings. It makes me laugh when I remember that when I started classes a year ago I said I would never be a teacher again – and now it's one of my favorite parts of every week!

Our branch has enjoyed our SIR Meetings, Dream Catchers events, fundraisers, movie nights, book club, Karma Yoga sessions, lectures, garage sale, and beautification projects. We look forward to new experiences and continuous growth! •



Chicago

I Have a Dream

By: Leti Chavez and Angela Appleby

We began the month with a class project called, "I Have a Dream." The weekend was full of light and love when beginning to prepare for the Garage Sale at 7am on Saturday. The garage sale brought awareness of the School of Metaphysics to the public allowing students to give of what they know to other people. We offered free dream interpretation for those who attended the fundraiser event. There was a lot of joy and laughter moving throughout the event inspiring us all to practice divine friendship and group consciousness. Along with the garage sale there was an eco-friendly carwash that we provided as part of our fundraiser. The carwash is a developing business idea that was created by two students in our school branch that was used to help educate others about our school. The goal for our class project was \$1,000 for the purpose of raising money to purchase a new building. We received \$478 towards our goal throughout the fundraiser. The learning for this class project was to have better communication to keep the thought form consistent with our classmates. There were a lot of expansive thought forms that were created throughout this class project. We have created a stronger belief within ourselves as to what we are capable of, and this has aided all of us to become more directed and focused upon our Ideals as individuals and as a School.

We have a new Teacher at our Chicago Branch, Emily Knox! Emily is currently on lesson 17, and has had a wonderful time building her new class! She is a very giving soul, and is very open to learning!

We also have an upcoming Movie Night and Potluck which has been blossoming like a flower! More and more students and people from the public are attending the event as Angela Appleby (Lesson 29), and other students continue to keep their attention on

it! We will also be having a potluck with a cultural theme. Everyone is open to bringing food that is from their own culture, or a food inspired by someone else's cultural background.

There is an upcoming 2nd Cycle class project that is occurring this month! Randy Ristow and Kathy Carpenter (Lesson 29) are the class project leaders. The event will be at the Bucktown Arts Festival where Dream Interpretation will occur, along with making Dream Catchers! More to come next month as we continue to practice the Universal Truth, "You are where your attention is." Stay tuned! Love and Light! •



Palatine Community Outreach

Joe Latuszek



Here at the Palatine branch we have been concentrating our attention on a variety of initiatives with the intention of building a stronger community within the school. This past weekend however, we

have switched our focus from within our walls to the neighborhood outside. Fostering our relationship with our local neighborhood has kept us busy to say the least! We held a garage sale over the weekend in tandem with a sustainability festival, as well as running a booth at the Palatine Street Fest. While the rain ended one of our days short, we were still very successful in reaching out and making new connections!

Zack Busch, a First Cycle graduate and new SOM teacher was busy at the garage sale meeting and greeting new faces and recruiting interested individuals for his very first class as a teacher of Applied Metaphysics. During the rush Zack made mention that he could feel the positive and excited energy from the community funneling through the garage sale. Not only were we successful in shaping new impressions within the neighborhood, but we were also successful in raising over \$500 towards our fundraising goal to aid in the School's mission to acquire new solar panels. Many new and curious faces turned up to ask us what we teach at the school, and we were grateful for the opportunity to share our knowledge.

Our sustainability festival was led in part by our Field Director - Brian Kraichely, where Brian shared insights about the Aquaponics system he has been hard at work on within the school. Few people are as passionate about sustainability as Brian is, and for those in attendance, the energy was infectious! We had the opportunity to learn about various skills and steps necessary to take to become more sustainable, and our awareness was expanded in new and exciting ways.

The Palatine Street Festival is always an exciting event each year. We have the chance to meet many new faces and pique the interest of those who are open to learn and receive. The dialogue opened by many of our visitors at the booth was both surprising and refreshing. We welcomed the opportunity to connect with others near us that are hungry for awakening.

Our community outreach goals have met and exceeded our expectations each time we have opened our hearts fully to receive what the Universe has to offer. As much as this benefits the growth of our school branch, we know it is of even greater value to our community here in Palatine. All was in Divine Order as the right people were showing up in the right places at the right time. The Universal Law of Attraction was visibly operating within us all, just another reminder that "like attracts like" – and we really like

that!

With lots of love, gratitude and Light from our Palatine location, we wish you community connection-filled September! •

Urbana

Anticipating Bright Time Ahead

by Aubrey Wachtel

The yard sale fundraiser we held on July 26 was successful in raising enough money to cover the cost of insurance for our school.

Brian Kraichely officiated at a Unitarian service here on July 27 and was very well received. The title of his presentation was Cultivating the Garden of Your Mind. He mentioned about Dr. Daniel Condron coming to host his experiential seminar Still Mind, Present Moment, Open Heart in Urbana during March of 2015. Many members of the congregation approached Dr. Pam Blosser and Brian for more information about the seminar.

Coco Isenhardt led a Relationships themed SIR meeting. During the meeting she described her crossings with her sons. Attendees at the meeting included members of the public and students. Many participants expressed an interest in getting intuitive reports in the future.

Katrina Parsley gave a lecture on dreams to a group of young women with Community Elements. They were very interested in the subject and asked lots of questions. Katrina will be giving another lecture to another group of young women there about goals in the near future.

Scott Hilburn from Chicago is moving to live in the school here. He will be training to direct this school. Scott is a young and vibrant member. We are preparing space for him here, and we look forward to welcoming his creative enthusiasm to our community.

We are in the process of organizing our 8th Annual Spiritual Health Fair. It has always been successful and we are looking forward to it being even better than before. Look for more news about this event coming up in October. •

Cincinnati

Raising Our Vibe in Cincinnati

by Davi Brown



This month has been active with the Cincinnati School of Metaphysics. It is awesome to see students creating

events with their unique consciousness through the laboratory of our school. Two of these events came

from the idea of my student, Clarence Cruz. Based on Clarence's lesson nine past life profile it is important for him to remain positive in order to successfully create. His first idea was a metaphysical art critique this past Sunday at the Taft Museum of Art in downtown Cincinnati. We each chose a piece of art to interpret in the language of mind as if it were a dream we have had. At the end we visited the pieces we chose, and we each described our experience with it followed by discussion. Clarence did a wonderful, professional job hosting his first public event. Jesse Reece has been teaching a five-week concentration workshop on Wednesdays. He and Clarence created this event, originally, to target students and athletes and articulate the benefits of concentration on performance. The audience was different than what they had expected, so Jesse used his reasoning skill to formulate a better-suited objective. The workshop shifted into using concentration for the purpose of memory, and then reasoning.

Erin Payne, with the help of her teacher, Jonathan and our area director, Jesse, is leading a BIG event coming up this weekend: Raise Your



Vibration Celebration. She has a clear vision that she is giving to all of the students. This educational, feel-good festival will be held at a local urban farm called Sacred Earth Farms and will feature vendors, presenters, a kid's station, a petting zoo, food trucks, musicians, and a fire with drumming in the evening. We intend to raise the vibration of Cincinnati and enough money to pay off our supply debt, send a thousand dollars to headquarters for solar panels, and purchase a school computer! Stay tuned.

Jonathan and Nick Wysel hosted our monthly potluck and discussion with Starfire this past Saturday on out-of-body of experiences. Erin Payne kicked off teaching the Superconscious Healing Course this Sunday, attended by myself, Jonathan and Aurelia. I hosted our S.I.R. meeting this month on second Sunday at Coffee Emporium and Jonathan worked the SOM booth at Second Sunday on Main, a festival attended by many people downtown. We held an Astrological Comedy fundraiser recently in which

we took a light-hearted approach to learning and teaching about the different signs of the zodiac.

Teacher's meeting this month was another fine-tuning experience, I love to be present to experience and learn through the refinement of our teachings. I am grateful to receive from Dr. Christine, Dr. Laurel, and all of us who are eager to teach. On Wednesday I am starting my second metaphysics class, again.... Stay tuned!! •

Louisville

Clearing The Mind

By: Tarak Uday

It's amazing how much clearer things can become once you clean out, organize, and make space within the basement of a school center. This past month I have had the pleasure of experiencing this amazing occurrence. We have opened up more than 80% of the space within the basement here and scrubbed it down entirely. Only days since that has happened I can feel a shift within my mind, within the feel of the school, and within my interactions with my classmates, teacher, and the students. I could actually perceive it immediately. I feel that there is a greater level of conscious awareness in the state of the school as well as the current needs of the school within myself. It has been very interesting to see and examine the effects that this clearing out has produced. I look forward to our next phase of creating a finished basement with walls and rooms!

I am also excited to have met the new students in the two new classes that have started this month. I look forward to much more growth and sustaining that here in the near future, as we all continue to apply what we are learning, we incorporate the things that we received at this month's teachers meeting. I also look forward to sharing with all of you how our experience goes with hosting the President of our organization, Dr. Damian Nordmann in his visit to the school branch where it all began for him!! •

Columbia

Laying a Foundation

by Jeannine Anderson & Walter Hrycaj

On August 4th, we began a new class and welcomed Jason Youngquist and Larry Wiggington. Larry has a background in business, uses goal-setting on an everyday basis, and loves the teachings of Napoleon Hill. Jason has a fascination with consciousness and is intrigued by the dream experience, specifically lucid dreaming. Because of

his practice with the mirror exercise, he has already begun to make certain changes in his life and in his self expression.

Jian Jiao, on Lesson 6, from the Tuesday night class, has taken the laboratory position of Sacred Space under her own wing. Working together with Walter and Diana on Thursdays, Jian provides her services by helping repaint the exterior walls of the school. Through her weekly practice, she is building concentration, and living in alignment with the Law of Prosperity. This provides her with a sense of relaxation and accomplishment.



The quality of the giving and the attentiveness of the students is providing the opportunity for the abundance of the months ahead. We are grateful for the students who have established continual giving, and for the new faces and wealth we have attracted through the work done up to this point. We are building a sense of stability and solidifying a foundation from which this school branch can grow. •

Maplewood

by Joe Pecaut



How would I have known it would be so significant to have The Invitation performed in St. Louis at an African American High School just a few short

months after the riots in Ferguson, MO? The Creator knew I should be at 40 for 40 reunion last year to see Walter Hrycaj embody the Dalai Lama. Right then and there I knew I wanted to bring The Invitation to St. Louis! The Universe aligned everything for the performance on November 17th and 18th at Cardinal

Year of Kindness



Ritter College Prep where I teach Theology and Business.

Our school year was ready to begin when an unarmed, 18 year old African American man was shot in Ferguson. Approximately 20% of the student body at Cardinal Ritter live in Ferguson. We also have a few faculty members who live in Ferguson. One faculty member was not allowed to go back to his home which was just 200 yards from the gas station that became the rallying point for many protests. He was told by the police that he needed to get a hotel room for the night but, after three hours of discussion, he was finally allowed to return to his home. Another faculty member's cousin was just down the block when the shots were fired and he came around the corner to see Michael Brown lying in the street.

This is the time for conversation. A time for us to make a difference - to change the consciousness in St. Louis. At the first faculty meeting at Cardinal Ritter, we read the Universal Peace Covenant as our opening prayer. On the first day of classes for students, the administration and faculty organized a Peace March around the Grand Center area surrounding our school. Then, students were encouraged to verbalize their concerns and ask questions of a panel of experts before classes actually began. These are the conversations that need to continue in St. Louis and The Invitation provides us a great opportunity to do just that!

As we gather every two weeks in Maplewood to finalize details for The Invitation, much of the discussions center around how to expand the peace consciousness in the area. We talk about how to unite the existing fragmented peace organizations, the inter-faith groups and churches of all denominations, public and private high schools, and the many peace loving citizens who are looking for ways to productively respond to what happened in Ferguson. The discussions have allowed many of the SOM students to direct their energy towards manifesting The Invitation in St. Louis - to experience their seed thoughts moving through consciousness while visualizing the peace that

hosting this event is already creating. There have been many opportunities to share the Universal Peace Covenant with people - our families, our businesses, our organizations, our churches and summer events in the city. In St. Louis, we affirm that peace is an idea whose time has come! •

OKC

by Ghost Writer

Our branch is growing every month that goes by. It's exciting to create growth in the branch and watch it occur in every single student studying here.

Goals are powerful! As a new director, I am learning how it is so important to have goals in creation and manifestation. It's so exciting to me! As I am learning more about my own mind, I am seeing how I can have a greater affect on the whole; every student here, as well as the people out in the community that receive my vision and are drawn to it.

My experience with starting a new class in July was a new one. I must say it was very fulfilling and exciting to apply new steps and strategies. I have set a goal. I want there to be 25 students in OKC by August 31. I held that vision and that goal strong in my mind. Watering it daily without giving it too much attention. When I felt discouraged or distracted I would bring my attention back to it and apply a powerful tool my dharma report suggested 'Expectation'. People kept calling and signing up, people from meet-up.com were emailing, people would just happen to "drop by" always wondering what "this place" was. It was amazing to watch. I could see my thought form spreading to other people in need. By the time the class started every single person who came was filled with light. They were all so excited to be here and the building was full!

We just recently merged 3 classes together which brings our senior class, 6 people, on Lesson 12. They are currently in the process of planning their class project. So far... seems like we are going to have a huge metaphysical festival right here at the school!!! More details coming soon! :-)

Circle of Love from OKC

Springfield

Intuitive Happenings

by Brian Hoover and Joe Sturgis

This month had us all reflecting on the very special live session of intuitive reports hosted here in the Springfield branch. A lot of thoughtful

preparation went into the event and the energy was high upon the night of the reports. Two full sessions provided a wealth of wisdom and revelations for the attendees, both for those receiving reports and those merely along for the ride. A full house, a huge turnout, students, friends and family, as well as others from the community were rapt with attention as Dr. Daniel and Dr. Sheila demonstrated the power of consciousness. Personally, I was lucky enough to both receive a Past Life Report and witness several of my friends and classmates receive reports. There was an air of joy, interest, and contemplation present and I have often thought back to the amount of light that was shared by all who attended that night with sincere gratitude. We are truly blessed to be able to share in events such as these and we look forward to having more in the future!

With our minds now directed towards intuitive reports, we have been gaining more and more momentum with transcribing. This manifested in new daily transcription sign-up sheets and an all-weekend Transcribathon that have allowed the students to become more easily involved in transcribing on a regular basis. The sign up sheets help both to visualize and achieve our goal of daily transcriptions, and Transcribathons are always a great way to experience the student community while gaining a fair bit of knowledge. This month's Transcribathon was kicked off with movie night in which we watched "Spring, Summer, Fall, Winter... and Spring." This South Korean movie about the life of a Buddhist Monk was ripe with universal symbols and allowed us to come together and have some fun while putting our skills in Metaphysics to use.

Ancient Wisdom Fireside Chat, hosted by Dr. Sheila, a question and answer based discussion provided the opportunity for the students and the community to ask any question they seek ancient wisdom upon. Insights from experienced eyes. What a pleasure to have a valued, wise, and experienced doctor shed some light on subjects and roads not so traveled. Thank you, Dr. Sheila.

Dr. Damian will be staying at our Springfield branch this Monday through Friday. He has events, booths, and lectures planned all week; this will be an incredible week that I anticipate sharing, all of which will be discussed next month in Vibes (teaser!). •



Last month we were preparing for our Friends and family day. It was a success! We had new individuals who were excited about "seeing what this place is about" as well as former students and leaders. To see generations working together really brought about a sense of community: Dr. Ivy Norris- Christine Spretnjak- Emily Ashley- new teachers at our branch- their student's- and the children of these families, all gathered here at our school branch in great conversation sharing BBQ and Homemade sweet potato pie. What a complete Image!

Group Expression is valuable!

That day we also kicked off Sean Lombard, Ashley Ashton and Mandie Renner's class project! They came together and set up a painting station at the event. It was a great connecting place for individuals to express themselves. We now have paintings available for sale that will make up our new art gallery edition to the gathering room in our school center!

The community garden is producing fruit!

We have harvested very large yellow squash and ever growing watermelons! This garden really is a great edition to the school because it so clearly shows the process of manifestation. What we place our attention on grows. Plant the seed with love, give attention and water and complete the creation by sharing the fruit with friends! The completion of that is well balanced in that an individual has the tangible opportunity to give and receive in like manner. A first time fruit day feast is unmatched when there's fresh fruit from a garden loved on by the community! Not only was it a treat it was a desirable event for students to look forward to as they find the excitement in becoming more aware of their bodies and control them via the fruit day practice. It's been Dreamy on Monday nights in Tulsa!

Tulsa

New waves at the Tulsa School of Metaphysics branch bring a sense of community!

by Jillian Bergman

Ashley Ashton has been leading a short course on dreams, which has proven to be transformative for everyone involved. One student, Alana Young, described the class as being the tool needed to connect her with her true self and innate nature once again. She looks forward to starting the main course of study now to deepen her understandings. Another student, Robert, described the course as being the confirmation needed for the study of dreams he was currently doing in his chosen faith. He described the gaps being filled in for him and the sense of community being profound.

The phones have been ringing!

New students inquiring about classes! Building a class begins long before the month it is held. Community outreach, like the Law of Attraction Meetup Emily Ashley is leading, or the time designed for fellowship here at the school, is essential to developing a continual flow. We look forward to welcoming an eager new edition to our school branch allowing us to fulfill Ideal, Purpose and Activity for success, both individually and collectively. •

Fort Worth

Next Steps

By Leah Morris (Lesson 66)

Lots of fun happenings in Fort Worth as students begin taking their next steps in learning and growth!

A new second cycle class has begun taught by Leah Morris . Students Carol Bulbrook, Joe Easton, and Brynn Byrne (studying Lesson 26) are all beginning to teach short courses as we speak. In the month of September, we will begin a visualization and a dream short course taught by Brynn and Joe respectively.

Carol began teaching the Superconscious Healing Powers class this week and had 4 wonderful students present!

In addition to this, each student has been asked to raise \$50 each to contribute to the solar panels at the College of Metaphysics. Once each student raises their \$50, we will have \$1,000 to give! This is a fun experiment that is helping us to get set up to raise money for a down payment on our building. This will be a great activity to build group consciousness!

Rashard Garret (studying lesson 33) has accepted the role of Director in training and has been coming over to Fort Worth on a weekly basis to learn how to Direct. •

Dallas

Growing Through Service

by Brenton Harris

As the summer winds down, we are working to build momentum for growth during the latter third of 2014.

Our SIR lab continues to thrive with large gatherings and consistent transcription. We are also excited to send Lesley West, Rashard Garrett, and Charrie Sledge to serve as apprentices for the Dharma spiritual focus session. These sessions are catalysts for growth, and having advanced students eligible for the Dharma session helps to build the consciousness of sacred service in the school branch.

In between his travels as president, Dr. Damian spoke at the annual Crimes Against Children Conference, held in Dallas this year. There were over 3500 people in attendance at the conference, and it included sponsors like Facebook. In other words, this was a big deal and a great opportunity for the School of Metaphysics! His lecture about dream interpretation for kids and therapists was given to an audience of over 100 people. From police chiefs to counselors, the people in the room asked great questions and received a lot. In the future we want to bring more SOM representatives into town to speak at the conference, as what we have to offer is needed by many!

Our lecture thought form is building as more people are moving into taking consistent action behind the leadership of Renee Adams. Likewise, 1st Cycle student Kent Ladewig began teaching the Superconscious Health course—his first teaching role since becoming a student. After leading a school-wide fundraiser to support new solar panels at HQ,

Kent was ready to take the greater leap in his lab (Healing Class Teacher). This progressing through the stages of growth is absolutely integral to our growth in this course of study. Lab positions exist for this reason! Time and again it becomes obvious that the people who are guided through experiences of leadership and service are those that transform and harmonize with universal laws to greater degrees. There's a reason the first lesson in the second cycle speaks so much to service...

And in regard to service, one of the highest callings is to serve as a teacher. Lesley West begins a new first cycle class at the end of the month. Her goal is 12 students and she already has 9 on the sign up sheet! We are excited to welcome new members to our SOM family in Dallas.

We send you our circle of love! •

This week was a great week for me. I was not sure what to expect. Once here I had activities to do from start to finish. Everything we did had purpose and meaning. I had so much fun with everyone at the college for me to be open and receptive. In the morning we read the peace covenant, then fourth root race laboratory, then other activities. My ideal for this weekend was to be in the present the whole time. I did achieve this from the animals. I was able to approach them without scaring them. Working in the garden where you have to watch where you step. A big one was being around the bees and not being stung and not use the bee gear. That was my week as a college student, a week of purpose and understanding.

Roberto Cazares



This is my second time experiencing a week as a college student. My fellow students were amazing. We had a great group consciousness. We worked together, ate and slept together. We connected and exchanged Love and Friendship. We had fun and we learned a lot about ourselves and the workings of the College of Metaphysics. This class was bigger than the first year, more students and this made the experience much more fun and a lot more opportunities for learning. We had classes: class with Dr. Barbara, garden class, dream class, bible class. We worked on projects and mine was installing an ERV in the peace dome. We did karma yoga when it rained and we had time to do our exercises. What a fun week and lots of learning too!

Sherwin Rosenfeldt

One of my doubts of becoming a college student is being allergic to animals. Of course, my first day began in the enclosed earthship with 30 chickens and their poop. I found my thoughts vacillating between "I am a healthy, whole human being." and "I am going to die here in this chicken coop." Luckily, Christine Spretnjak shared her experience of healing her allergies and asthma while she was a college student. She was ready and determined to move forward and be done with it. She asked her dreams what this health issue was trying to teach her, she kept her attention where she wanted it, and she said positive affirmations. I felt better and more hopeful just hearing her story. We also had a kung fu class with Hezekiah that showed me another tool. He had us partner up and try to bend the other's arm before and after expanding our light body. The difference was amazing and I used that during the week when I began to have limiting health thoughts.

Kera Everett



What an amazing bee day! I helped Hezekiah, Laurie, and Roberto extract honey from a bee hive that had been cultivating for months. We discovered that one of the hives had been infected by honey worms and had destroyed the harvest. Fortunately, the other hive was completely intact and we derived three and a half jars of honey! It was a lot of fun to see the process of how honey was made, from the hive to our table to the extractor that ingeniously delivered the honey to us in good time. I learned that bees die if they sting you and that smoke causes them to move closer in to the depths of the hive. It gave me a new appreciation of an insect that up until this day had brought a feeling of fear. I now consider myself a bee-tamer of sorts, becoming quite adept at collecting bees that had flown into undesirable locations with my hands. It was quite an adventure.

Tim Gagnon

This week I had the opportunity to willfully put my Dharma, described as interaction, immediately into action and begin to identify and work through fears of intimacy that I have had for some time. My sincere gratitude for the doctors and students present to nurture this immersive experience. I cleaned the chicken coop with Silvia and Emily while drawing connections between individual Karma and Dharma, and I observed Tad mentally lead a 325 pound hog into a barn. I learned to identify the movement of energy and good in each process from my outstanding mentor, Larry Hudson, and received a clearer picture of what the School of Metaphysics offers the world. Each day I learned more about the power of my mind to cause and create, and developed a deeper understanding for the Grand Ultimate Principle of putting forth daily effort for growth, maturity, movement and cooperation toward a goal. Thank you all.

Davi Brown



During The Week as the College Student, I became a person who became aware of and listened to my Inner Self. My Ideal for coming for this week was to be Self-reliant to build accountability, reliability, and independence in my Self. By having a receiver for my thoughts in conversations and experiences at the college, I built awareness, understanding, and knowing of how to rely on my higher Self. I heard my own wisdom and the voice of the inner authority. I had limited my wisdom by keeping it in the shadows of misconstrued humility. This week, I attracted a crucial tool in becoming a whole Self, not dependent on any person, place, or thing: the awareness of my inner authority and the ability to listen to it.

Danielle LeBeau

Coming into this week's experience at the college, I had no idea what to expect, though I knew that through the high-minded people here, learning and assimilation occurs at an accelerated rate. This week, I have been blessed with the opportunity to receive truth, knowledge, and wisdom from the beautiful people who I've interacted with here at the college. I feel home. Each experience provided me with a great foundation to begin building and creating what it is that I want to share with the world. My purpose for coming to the "Week As A College Student" experience was to build self-respect, balance, strength, and confidence. Each one of these qualities have been built within my Self and it is now my duty to use these qualities to aid others, to create, and to build permanent understandings. I feel fearless, limitless, and motivated to give freely and to receive openly! The Divine Friendships that have been cultivated assure me that we all have the love and support to create wholeness within the world. By working together with similar ideals the possibilities of growth are endless. We are one!

Emily Knox



My Ideal for this week has been to encourage peace within my environment through being humble in all moments. My purpose has been to understand receptivity, connectedness, unity, and wholeness. My activity to bring that to life has been listening and learning from every experience in life. Working with this continually throughout the week has produced an expansion of my attention to have the capacity to perceive the whole within every moment. Allowing me to see the microcosm from within the macrocosm, to see the interconnectedness between everyone and everything within my environment. There is a quality of clarity and stillness within my mind that I have yet to experience anywhere else in my life.

Tarak Uday

It's interesting to reflect back and see the waves of progression, and flow of the different aspects within the week that made up the college student experience. Most notably, the wave of the relationship dynamics I experienced. The exciting part is observing that some are built up naturally as you would expect within the passing of a week, some relationships flare up completely unexpected then quickly limit themselves as the mental barriers abruptly expose the relationship boundaries through all the subtle energetic ways we say "no" to life within our interactions. Some other interactions held a high degree of resistance, and tension which the natural tendency is to disengage from, but once the realization of how truly alike we are is actually made, relief accompanies and the relationship begins to flourish.

All of these scenarios happen for a reason. Every drop of it was a necessary part. All part of the great show, the Divine play, the mystical, spiritual journey we are watching unfold as we share this intense experience of life that was magnified by a week, a week as a college student.

Brian Hoover

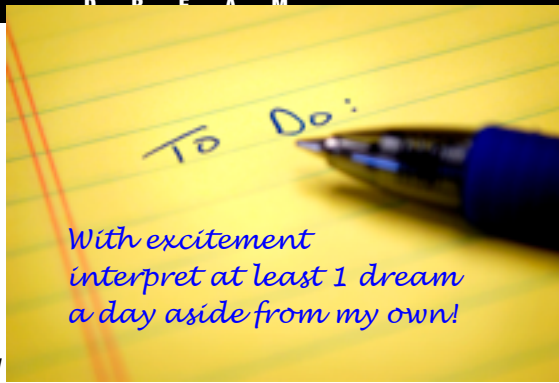




As promised in the last month's article, alongside with unveiling the 10 Most Wanted List for the National Dream Awareness Coordinator during our All Student Weekend in September we are also revealing it here in our monthly *Vibrations* segment.

[...] Drumroll please...look to your right...here it is!!!

This list is a physical representation of the Universal Law of Proper Perspective. The 10 Most Wanted List is a Metaphysical tool which is introduced early on in the Lessons to aid each student in understanding what needs and desires are the most important to him/her in the nearest future. Similarly, after defining the vision for this national lab position, now we have set forth 10 clear and measurable goals to use as guidelines towards tapping into the power of nightly dreams in order to create universal connections. The list reflects the global and outward reach that we want to engage in with others both in close proximity within our local communities as well as through utilization of the Internet and other tools to reach people all over the world. What is crucial on the individual level is to keep in sight that by **setting a purpose** (singular or multiple) **for the items on the list each one of us individually will evolve inwardly** by learning more about ourselves and building permanent understandings to be treasured within our Subconscious Mind.



*With excitement
interpret at least 1 dream
a day aside from my own!*

THE 10 MOST WANTED LIST FOR THE NATIONAL DREAM AWARENESS COORDINATOR

1. Weekly Dream Webinars – create a consistent attendance of 12 or more attendees every week at each SOM branch.
2. Monthly Dream Catchers – establish consistent group of 10 or more attendees on a monthly basis for each meet-up and have 2 new meet-ups created in the next 12 months.
3. Annual National Dream Hotline®– have expansive media coverage prior to the Hotline with 2 national stations and 10 local TV/radio stations. Have a goal of each SOM branch interpreting 101 dreams throughout the weekend.
4. Dream Bingo Fundraiser – hold one such fundraiser in every SOM branch each year. A great opportunity to teach about dreams while having fun raising funds.
5. Media Presence – consistent media presence throughout the year. 2 national appearances within next year aside from the National Dream Awareness Hotline.
6. Dream Course – taught outside of each SOM branch at least once per year.
7. Published Articles – have 4 articles on dreams published in magazines and websites outside of the SOM throughout the year.
8. Mobile Apps – 10% increase/popularization in user base within next 9 months.
9. Group Dream Incubation Event – host national or branch-level incubation event to feed the IASD presentations or other dream related.
10. Dreamschool.org – 5% enrollment increase in the Dreamschool Scholar Program in the next 9 months.

DREAM

Immediately after the All Student Weekend in September we will collectively and individually in each School branch begin to utilize the 10 Most Wanted List in order to manifest items placed on it. It is going to be a very exciting endeavor, which will activate our inner and outer potential to have practical application of all that we know about the process of creation.

In the upcoming weeks I will be reaching out to every Dream Coordinator in every branch to foster our connection and to feed the vision of what is possible for all of us. Be on a look-out for a set of cliff notes based on the keynotes Dr. Barbara and Anna Steely prepared for us earlier this summer.



I look forward to all of us creating a strong and elevated group consciousness, which will aid the world in discovering the power, which lies laden in the nightly dreams. If you have any questions or comments please feel free to contact me via email abaranek@som.org. You can also call me at the Palatine branch at 847-991-0140.
May your dreams illuminate the INNER YOU!

The Kundalini is Rising

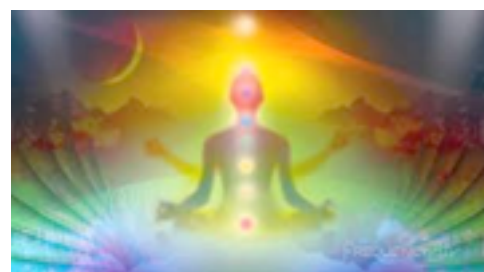
On the weekend of November 7th, 8th, and 9th you will have an opportunity to experience spiritual growth and transformation in ways that most people rarely even glimpse. The Kundalini Rising Spiritual Focus Session will be held at School of Metaphysics World Headquarters and the campus of the College of Metaphysics.

The Kundalini Rising Spiritual Focus Session is a special weekend set aside for anyone who wants to understand the relationship between consciousness and energy and how to become a master of both. Participants and apprentices attending this Spiritual Focus Session receive one of the School of Metaphysics's creme-de-la creme intuitive reports called a Transference of Energy Report. This intuitive report describes how the seven major energy transformers or chakras are operating within the individual, how the chakras relate to one another, and how the individual can attain the highest use of all of them working together to become a creator in spirit, mind, and body.

Throughout the session participants will also learn what Kundalini is and how it relates to their state and content of consciousness. This knowledge then dovetails with experiences to understand the ancient wisdom of what activates each chakra and causes the kundalini to flow fluidly through all levels of mind.

Talk to students and teachers in your school branch who have attended this session to receive their first hand experiences for more details about how this weekend will change your life for the better. Act today because this session will fill up quickly.

Sincerely,
Dr. Damian Nordmann



7th Generation of Psi Counseling Students



Dr. Barbara O'Guinn Condon is the teacher of 14 new students in the Psi Counseling Class. This class is offered to students who have completed the second cycle of lessons and are studying in the third cycle of lessons. This program is one that is offered to those that are interested in extending their services in the healing art of counseling. She is also guiding 8 counselors in furthering their skills as each of them guide the students through the practicum part of their study.

Mentors are: Karen Mosby, Tad Messenger, Dr. Terry Martin, Dr. Christine Madar, Dr. Laurel Clark, Dr. Sheila Benjamin, Dr. Pamela Blosser and Jesse Kern.

Students are: Leah Morris, Emily Ashley, Golbahar Dadayan, Jesse Reece, Matt Valois, Brenton Harris, Diana Kenney, Walter Hrycaj, Doug Bannister, Kerry Keller, Christine Spretnjak, Debbie Hudson, Brian Kraichely, and Larry Hudson

List of the Healing presence that is actively creating an healing web each time they gather together.

Dr. Laurel: **Devotion**
 Karen : **Gentleness**
 Dr. Sheila: **Challenge**
 Dr. Christine: **(to be discovered)**
 Tad: **Sustainability**
 Dr. Terry: **(to be discovered)**
 Jesse Kern: **Precision**
 Dr. Pamela: **(to be discovered)**

Brenton : **Light**
 Brian: **Engagement**
 Doug: **Stability**
 Debbie: **Sincerity**
 Diana: **Resistance**
 Golbahar: **Receiving**
 Kerry: **Inclusion**

Emily: **Graciousness**
 Leah: **Dissolution**
 Matt: **to be discovered**
 Walter: **Excitation**
 Christine: **Stillness**
 Jesse Reece: **(to be discovered)**
 Larry: **Insight**

Students practicing active listening



Meet those Studying in the 4th Cycle of Lessons

Diana

Kenney



Kuan Yin Verse 36 TROUBLE

Interpretation by Gael O'Guinn

The image for this verse is the "monkey". In China, animals are respected for their individual characteristics and natures. In the Chinese zodiac, people born in the year of the monkey are witty, intelligent and have a magnetic personality. They demonstrate mischievousness, curiosity, and cleverness. In the Jataka tales, the Buddha teaches the prideful Monkey King the lesson of humility. In a qui gong exercise, Monkey is the fourth of five animals that inspire movement. Monkey relates to the Fire Element, the season of summer and therefore the Heart and Small Intestine. The Heart is considered the most important and therefore the 'Emperor' of the internal organs. It relates to the emotion joy and its main function is to govern and circulate Xue in the vessels to nourish tissues and house the Mind (Shen). Shen is used to indicate the entire sphere of mental and spiritual aspects of a human being. Similar to the Heart, the Monkey is forever moving like the flickering of a flame.

36
Trouble

This is the blessing I received on my initiation into the Adam series. It is perfect! As I enter the fourth cycle of lessons, I am building inner peace, security and contentment, the qualities of a whole functioning self. This is the intended and expected result of being a student of metaphysics, synthesizing and integrating the permanent understandings I have already developed and those I am currently developing (my treasures of the earth).

As an Adam student, I am building and fortifying the mind pathways to have these treasures in my hand, to wield, at will (my investment in Heaven's bank). I am creating the state of being that allows me to intentionally enter and be awake in Superconscious mind. This is done through choosing experiences and learning from them. While not always comfortable, the experiences are always rewarding and fulfilling when I choose to learn from them.

Every experience brings with it the opportunity for learning and growth. The exercises and laboratories we do as students in the School of Metaphysics give me the tools to stay centered so that I can learn from every experience. I have always admired the strength and flexibility of dancers, surfers, gymnasts and martial artists. I am now grateful to be able to acknowledge that I am developing that same strength and flexibility in the way that I am.

The Kuan Yin verses are presented in Yang Yin format. Dr. Barbara writes on p. 70 of *The Taraka Yoga of Kuan Yin*:

The art of life is to keep yang and yin in balance. . . .When Avalokitesvara and Kuan Yin stand side-by-side the wholeness is seen. This is why these Kuan Yin verses are presented in their Yang-Yin form, to make it easier for you to divine the whole image that is at your service.

The Yang cosmic energy to my [Yin] Kuan Yin blessing is "Love." Perfect. I am grateful for the choices that have brought me here, to the School of Metaphysics as an Adam student, ready to learn to exemplify the balance and wholeness that is Love/Trouble.

Bio:

Diana Kenney practiced law in Chicago for over 20 years. She is also a mediator with a certification in family law. She became a student in the School of Metaphysics in September of 2006 and was a teacher and director of the School of Metaphysics Branch in Chicago. She recently received her Doctorate of Divinity and is presently enjoying the quantum shifts in consciousness she is experiencing as a result of her choice to be a College Student at the School of Metaphysics. Diana has been accepted into the Psi Counseling program offered at the School of Metaphysics and expects to be ordained as a Minister in the Interfaith Community of Metaphysics upon successful completion of the Psi Counseling program.



After the seven students received initiation into the Fourth Cycle of lessons, each drew a Kuan

Yin Verse. The numbers chosen were in a broad range beginning with number 1 and spanning to 98, just two short of the 100 span.

1 Commencement
Jonathan Duerbeck

2 Compulsion
Karen Mosby

9 Roots
Tad Messenger

24 Reputation
Jesse Kern

36 Trouble
Diana Kenney

96 Giving
Laurie Biswell

98 Wavelengths
Christine Spretnjak



The Creator Knew, and the Universe Aligned Everything

by Joe Pecaut

How would I have known it would be so significant to have **THE INVITATION** performed in St. Louis at an African American High School just a few short months after the riots in Ferguson, MO?



The Creator knew I should be at 40 for 40 reunion last year to see Walter Hrycaj embody the Dalai Lama. Right then and there I knew I wanted to bring **THE INVITATION** to St. Louis! The Universe aligned everything for the performance on November 17th and 18th at Cardinal Ritter College Prep where I teach Theology and Business.



Our school year was ready to begin when an unarmed, 18 year old African American man was shot in Ferguson. Approximately 20% of the student body at Cardinal Ritter live in Ferguson. We also have a few faculty members who live in Ferguson. One faculty member was not allowed to go back to his home which was just 200 yards from the gas station that became the rallying point for many protests. He was told by the police that he needed to get a hotel room for the night but, after three hours of discussion, he was finally allowed to return to his home. Another faculty member's cousin was just down the block when the shots were fired and he came around the corner to see Michael Brown lying in the street.



This is the time for conversation. A time for us to make a difference - to change the consciousness in St. Louis. At the first faculty meeting at Cardinal Ritter, we read the Universal Peace Covenant as our opening prayer. On the first day of classes for students, the administration and faculty organized a Peace March around the Grand Center area surrounding our school. Then, students were encouraged to verbalize their concerns and ask questions of a panel of experts before classes actually began. These are the conversations that need to continue in St. Louis and **THE INVITATION** provides us a great opportunity to do just that!

As we gather every two weeks in Maplewood to finalize details for **THE INVITATION**, much of the discussions center around how to expand the peace consciousness in the area. We talk about how to unite the existing fragmented peace organizations, the inter-faith groups and churches of all denominations, public and private high schools, and the many peace loving citizens who are looking for ways to productively respond to what happened in Ferguson. The discussions have allowed many of the SOM students to direct their energy towards manifesting **THE INVITATION** in St. Louis - to experience their seed thoughts moving through consciousness while visualizing the peace that hosting this event is *already* creating. There have been many opportunities to share the *Universal Peace Covenant* with people - our families, our businesses, our organizations, our churches and summer events in the city. In St. Louis, we affirm that peace is an idea whose time has come!



Joe Pecaut
Maplewood SOM



On the Road to Wholeness: Inertia and Consistency by Mavis Renee Curry

At brunch one morning we began discussing our understanding of inertia, particularly prolonged inertia, and what it meant. Some of us had heard the term “prolonged inertia of the creator” used in our lessons, so I was curious why some of the people at the table considered inertia as something unproductive. It seemed to me that if we desired to be like the creator and prolonged inertia was a quality of the creator, it should be something desirable. My curiosity sent me in search of additional insight.

I found on wikipedia the definition of Newton’s Law of Inertia as “the tendency of an object to resist a change in motion.

An object will stay at rest or stay in motion unless acted on by an external force.” I also found this definition: Cognitive inertia refers to the tendency for beliefs or sets of beliefs to endure once formed. It then occurred to me that inertia is like Karma. Karma is created by intention and can be what some might refer to as good or bad; productive or unproductive. For inertia, it all depends on WHAT is being put into motion. And, if it is not what you desired or intended, how do you change it? This is where consistency comes in.

In first cycle lessons we learned, with the help of Will Bowen and his book *Complaint Free World* that it takes 21 days to form a new habit. This means it takes time and consistency to overcome inertia and affect change. We can achieve what we desire by consistency, making sure what we put into motion, stays in motion or not.

I asked each college student to share their perspective on the value of consistency.

Consistency leading to Prosperity and Abundance: Doug Bannister

Consistency is described by the Webster’s New Dictionary as the conformity in the application of something, typically that which is necessary for the sake of logic, accuracy and fairness; the condition of holding together.

When I think of consistency I image steadiness, the pattern of regularly repeating an act or series of actions to manifest a goal. An example in my life was my approach to business. I knew that by doing something every day I was maintaining and ideally growing my business. For example, when we had a delay caused by a concrete truck being late, I would join my crew in cleaning our tools or organizing our trucks. On rainy days I would call prospective customers or visit with recent ones. By taking consistent action throughout my business career I learned that consistency developed momentum which is what is necessary to keep a body in motion when it is met with resistance.

The other principle of inertia is that a resting body tends to stay at rest. In the School of Metaphysics we are interested in continual forward motion, so by taking regular and productive action we are building what we want.

The term, “prolonged inertia”, appeared in one of my Atlantean profiles. I understand this to be an ideal form of consistency. We know that it takes less energy to maintain a rolling ball than to roll one from a dead stop. A rolling ball has momentum. With our attention and occasional gentle actions, we are able to maintain or even increase the momentum. We see this in our own spiritual practices, our soul development and in the vibrancy of our schools. Identify areas in your inner or outer environments where you want to see growth. Image your ideal, have purpose and take steady action and watch the improvement and fulfillment consistency brings.

Consistency in the Garden: Larry Hudson

I am always in awe of the garden and all that it produces each day, each week and each month. I think about why this happens. Why does the garden continually produce fresh produce for all of us at the college to eat and enjoy?

Dr. Daniel has garden class with the college students every morning at 7:30 am. We have class no matter the weather conditions. All of us college students spend time planting, weeding, watering and harvesting the produce from this bounteous garden. It is this continuous effort day after day, week after week and month after month that produces the food we eat everyday.

This is similar to the exercises that I practice day after day, week after week and month after month as a student in the School of Metaphysics. It is this consistent effort toward my desire to be a whole functioning Self that produces results. As the lessons say “it may take a year or longer”. This has been true for me. Some of the results I have desired have taken a while to manifest. I continue to persist because I know the Laws work if I continue to align with them.

I am just glad the garden doesn't take as long to produce the abundance of fresh vegetables we eat everyday!

Achieving Consistency - One Step at a time: Silvia Galvan

I have been living at the College of Metaphysics for about two months now and have the honor to be the Intuitive Report Coordinator. I recognize the value of consistency in this lab, which has to do with discipline. Consistency is taught in our lessons from the beginning and I am now receiving a deeper understanding of why it is important and how it aids me in my day-to-day life. We receive intuitive reports on a daily basis from our school branches and directly from the public. Part of my responsibility is to check the report forms for accuracy when they come in. It is the most important task because the accuracy of the information on the forms can affect the accuracy of the responses given. I am learning that when I respond in the moment to any situation it frees my attention and gives me more time to place my attention on other tasks. Consistency plays a major role in all disciplines; it is important with any endeavor. Remembering to perform at least one thing towards your goal every day will get you closer and closer to what you desire to achieve in your life.

Consistency, Variance and Vigilance: Charlotte Crabaugh

The most consistent thing about the College of Metaphysics milk production is the quality. I have never known our gentle cows to give anything less than the very best milk. How much they produce can vary from time to time. One day several months ago Dr. Daniel asked "What is your plan for this milk?" A wheel of cheese requires five gallons of milk and even though we were making a wheel of cheese every day, sometimes even two, we were also bringing ten gallons of milk each day up from the barn. We make lemon cheese for cheesecakes, yogurt, yo-cheese and butter, and even with all that activity we were getting far more than we could use. Fortunately we found other ways to put the excess milk to use, including making milk available to students for a small donation. Reaffirming that "every issue has a resolution" (see Universal Peace Covenant).

One lesson I gain from this ebb and flow is vigilance. I must be consistent in watchfulness; ever aware of how much milk there is. I learn to think ahead. How much milk is there today, and how much will there be tomorrow?



Rhythm of Consistency: Francine Babrel

Consistency is a rhythm that is necessary for success or fulfillment in any endeavor. Any ideal or goal requires patience and persistence. Even if its small steps taken each day. It is easy to become distracted or discouraged, however, the continued effort to do or achieve something despite difficulties, failure or opposition produces transcendence. If you want something you have to keep taking action consistently. The discipline of daily thought, word and action directed in that direction will produce the desired results.

Consistency in Serving our Community: Mavis Curry

I love it when someone I have not seen in a while says "I remember you!" and then demonstrates knowledge of my preferences and needs. I feel an immediate sense of caring and trust. I have learned that the greatest honor I can give to any soul is my attention, the quality of that attention reflected in what I remember.

One way to demonstrate that we care as a school is in maintaining consistent, up to date contact information on the individuals who are interested in the school's services. This information includes our vendors, benefactors, alumni, students and general public. This requires consistent attention to what people share with us, whether directly with the branches or with Headquarters.

My goal is a functional and sustainable database. Sustainability is achieved by consistently attending to the care and maintenance of the database. When we do, the universe responds in kind, and we receive our tenfold in the form of new students, intuitive reports, dream scholars and most importantly, a network of friends and benefactors, people who care about us. •

You are invited to experience:

The Christmas Season at the College of Metaphysics

Thanksgiving Dinner

Friday, November 28th, 2014 at noon

This is a day for sharing good food, divine friendship, and wisdom. Come for dinner then stay for the weekend to transcribe intuitive reports. Transcription of intuitive reports offers the opportunity for soul growth from the universal wisdom of the Intuitive reports. Please RSVP by Friday, November 17th.



Christmas at the College

December 24 - 25

Christmas Gifts for the College

12 oz short glasses
Towels and wash clothes
5 gallon pots with heavy bottom
Large 2 gallon watering cans
Heavy Duty Can Openers
Hand shovels
Square thick potholders
100 ft Flexible hose
Pitch Forks
Paint brushes Hedge Pruners
Roller Brush Replacement heads
Flash Drives - 4 gigs

Arrive Christmas

Eve Thursday, December 24th for supper and then share singing in the Peace Dome as we lay tiles for the Season. Afterwards there is the hanging of the stockings and drinking hot chocolate and telling the story of the Cajan Christmas.

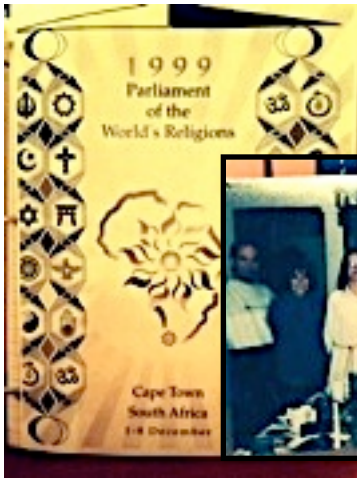
Christmas dinner on Friday, December 25 is at noon. This is a wonderful time of sharing and community as we share our handmade gifts and then gather to prepare a wonderful feast to share. The nights are crisp and clear and a million stars can be seen outside the Peace Dome. We hope you will join us. Please call to let us know that you are coming....
RSVP by Friday, December 25th.



"What we need is such a reinforcement of the gentle power of religion that all souls of whatever color shall be included within the blessed circle of influence." – Fannie Barrier Williams, the only official African-American presenter at the 1893 Parliament



COUNCIL FOR A
PARLIAMENT OF THE
WORLD'S RELIGIONS



The Peace Dome, a sacred structure, was dedicated in October of 2003 as a site for World Peace.

It was at this Parliament that Dr. Barbara O'Guinn Condron received the need for a document to express what peace is. She gave the teachers of the school the assignment to develop a document to communicate thoughts of peace. Nine month later the Universal Peace Covenant was birthed for the world to receive.



**Dr. Sheila Benjamin, Dr. Daniel Condrón,
Dr. Barbara O'Guinn, Dr. Laurel Clark**

The Universal Peace Covenant is the gift that Dr. Sheila Benjamin offered the world on the School of Metaphysics behalf at the 1999 Parliament of World's Religions

Our presence was missed at the Parliament of the World's Religions in 2004.



2009 Parliament of the World's Religion in Melbourne, Australia

The SOM Australia Delegation included Paul Madar, Christine Madar, Daniel R. Condron, Vivienna Madar, Jesse Reece, Barbara Condron, Hezekiah Condron, Alexandra Madar, Pam Blosser, Sheila Benjamin, Loral Clark, Elena Dubinski, Erin Collins, Tad Messenger, Laurie Biswell and Jess Kern.

In 2009 Dr. Daniel Condron presented The Still Mind, Emptiness, and Divine Love lesson.

Dr. Barbara O'Guinn Condron presented The Search for Inner Peace as well a presentation entitled The Crown Jewels in which she included several of the other members of the delegation as they lead dream circles.

Several of the delegates gave of their time in service during the Parliament.

The School of Metaphysics gave the gift of The Invitation, Intuitive Reports, The study of dreams as well as the Still Mind, to this Parliament.



What: 10,000 attendees from 80 countries and 50 religious and spiritual traditions

When: October 15 – 19, 2015.

Where: Salt Palace Convention Center, Salt Lake City, Utah, USA

THE 2015 PARLIAMENT WILL BE IN SALT LAKE CITY, UTAH IN OCTOBER



After 22 years the Parliament of the World's Religions returns to USA.

The School of Metaphysics is planning to have a large presence at this years Parliament. Will you be one that will attend? There will be additional information giving as time goes on, so you will want to make sure that you receive your vibrations.

Projected gifts of the School of Metaphysics from our attendance at next years Parliament are completion of the Healing Wall, Build a Healing Center, Increase friends and Benefactors of the school to name a few. What do you imagine will happen when more then three dozen of the School of Metaphysics' leaders, teachers , students and alumni attend the more the 10,000 people event

Welcome to this month's excerpt from the first Peace Congress. 12-31-2013

Love is...



During **Vision Quest**, 2014, Sean Lombard a student from Tulsa, OK meets Pravi, the COM campus dog.

a
powerful four letter word representing the most desired gift of every man, woman, and child. It is unconditional, given freely without attachments. Love is what binds. It is the cure for most social ills and disease for when it is present there is no soil for hatred, greed, anger, or jealousy. It shows itself in many ways and many forms. It can be expressed as a simple hug, or act of kindness, or find itself expressing in nature in forms of beauty in the land or conduct and caring shown by animals. Love is timeless. Once present, it never truly dies, though at times our brains chatter makes it difficult to hear. Its most preferred expression is divine Love, the love of the souls of all of creation, regardless of race, creed, color, or any other differences. It is Eternal.

Ma'is R. C.

Love is... having patience and compassion for all peoples. When others can no longer dream of having a vision for themselves. You then step up and find new ways to create a vision for them. Love is being able to take on the weight of someone else's problems and try to find ways to solve them. Love is being able to lend a shoulder for someone to cry on when they are hurting within. Being a good listener and being a true friend. If your neighbor or anyone needs food, you then find ways to supply the food for them. That is love!

Willeto Javis

THE PEACE DOME

Still Mind Weekend

October 24, 25, and 26th, 2014

Spend a weekend devoted to stillness in the beautiful autumn at the College of Metaphysics!



If you are wanting to participate in this weekend and experience the stillness of your mind please write a paper entitled: Why I Want A Still Mind. Be sure to mail it in so that it is at the College on or before the 22nd of October. Your tithe of \$100 should also be sent along with your paper.

All attendees are asked to arrive on Friday by 5:00 pm and stay until after brunch on Sunday. Participants should have participated in a prior event at the college to be eligible for this event.

This is a weekend like no other at the College of Metaphysics. Some report having the deepest and most astounding meditation ever. --Daniel R. Condon

October 3 - 5 -- National Teachers Meeting

October 24 - 26 -- Still Mind Weekend at COM

November 7 - 9 -- Kundalini Rising SFS

November 17 - 18 -- The Invitation in St. Louis



School of Metaphysics Branch Locations

email to (cityname)@som.org

World Headquarters • 163 Moon Valley Rd. • Windyville, Missouri 65783 • (417) 345-8411

ILLINOIS

345 Manor Court • [Bolingbrook, Illinois](#) 60440 • (630) 739-1329

5021 W. Irving Park Road • [Chicago, Illinois](#) 60641 • (773) 427-0155

222 West Wilson • [Palatine, Illinois](#) 60067 • (847) 991-0140

1009 E. Main Street • [Urbana, Illinois](#) 61802 • (217) 344-2270

INDIANA

6138 North Hillside • [Indianapolis, Indiana](#) 46220 • (317) 251-5285

IOWA

3715 University • [Des Moines, Iowa](#) 50311 • (515) 255-5570

KANSAS

4323 Rainbow Blvd • [Kansas City, Kansas](#) 66103 • (913) 236-9292

KENTUCKY

2704 Hikes Lane • [Louisville, Kentucky](#) 40218 • (502) 452-2501

Missouri

103 West Broadway • [Columbia, Missouri](#) 65203 • (573) 449-8312

1033 E. Sunshine Street, [Springfield, Missouri](#) 65807 • (417) 831-0955

2606 Oakview Terrace • [Maplewood, Missouri](#) 63143 • (314) 645-0036

Ohio

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