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

The purpose of the School of Metaphysics....To accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man.

The activity of the School of Metaphysics is Teaching Teachers.

Vibrations



A Monthly Newsletter

Vol. 45 No. 01



71 Lead

I AM in powers of ten has eyes inside and out.

This woman never marries for she returns home.

Only one option in a field of infinite possibilities.

Creating a universe occurs beyond the time of separate wills.

.. The Taraka Yoga of Kuan Yin by Gael O'Guinn



Cardinal Ritter
College Preparatory
High School

Presented
November 17th and
18th, 2014

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.

Dr. Sheila Benjamin- 80 *The Immortals* "Immortality begins in a mind full of what is. When you know what is , your reign begins. Your reign extends the power of Mind's Light from Heaven to Earth. Everything changes in the Light of eternity." In the dream spell calendar my key word is endlessness. I have been tapping into my true essence and am sharing it with others. I have decided to activate dream circles with the teenagers that I work with. They will be resting their mind on the thoughts of peace each night by reading the peace covenant before they go to bed and share the dreams they have. The desired result is an awakened consciousness.

Kerry Keller -40 *Suffrage* "When night breaks, enter the time for assimilation. Inhale what is permanent, exhale the temporary. The contemplative conscious mind ever regards her mate. Her commitment is until the whole Self's promise is fulfilled." Awakening my right to move forward from the temporary has increased recently. It's exactly like my right to vote. I am coming to perceive emotions, the role of the ego and how they block our experience of higher levels of love. This is a much more whole perspective.

Davi Brown - 64 *The Matrix* "Understandings can get lost in a confused mind. Troubles with cause unknown activate fate's web. It's easy to believe that more thinking is a remedy. More thinking tips the scale; fate holds her hand." I am coming to understand that when lost in over-thinking my greatest tools can begin to feel like limitations. It is the objectivity of a still mind that affords me the opportunity to see and feel clearly, connecting with intuition and the deeper pulse of life.

Michael Dardanes - 97 Liquidity "A steady Light can afford to bend in the wind. A hologram casts no shadows. Choose the world you want to live in. I AM is the reference beam for consciousness and only water bends light." I have been experiencing indecision in the past two weeks with what I want and what I feel is my purpose or duty. There are big decisions that need to be made that will ripple throughout the rest of my life, perhaps lives. This verse reaffirms the need to stay balanced and choose I AM, the consciousness that is the only Truth for my individual essence.



You are welcome to come join and support the 2015 Delegation to the Parliament of the World's Religions. Below you will find the link that you can go to to register. We will be having an exhibit booth were you can pour your love and light at, as well as meet hundreds of people from around the world. The Parliament of the World's Religions is also open to accepting individuals that would like to volunteer at the event itself. Please find the links provided for you to find out more information.

As always make sure that your teacher, director and area director are aware of your desire. Please also communicate to SOM World Headquarters, attention 2015 Parliament of the World's Religions so that we are aware of all that will be coming to Salt Lake City in October 2015.

Also there may be additional housing available to you. Let us know. •

http://www.parliamentofreligions.org/index.cfm?n=35&sn=3&mc_cid=39fa0b7cd7&mc_eid=Tvbxei8Q5Y (For Registration)

http://www.parliamentofreligions.org/index.cfm?n=35&sn=5&mc_cid=39fa0b7cd7&mc_eid=Tvbxei8Q5Y (For Volunteering)

Palatine

Gratitude for and within Our Community

by Sandy Leitner/Brit Moroney/Eileen Zywiciel

The coming together of SOM students is always a wonderful thing. We organized a Gratitude Dinner the other night and invited current and former students with their respective family members. It was great to have everyone gather to share this special event. Our Director Aneta Baramek shared some "hand-picked" quotes of some famous people on the subject of gratitude and it was a very moving, and thought provoking time of reflection as we all pondered this great subject. Everyone brought a dish to share, and the food was amazing. The evening was a wonderful success as we enjoyed each other and the gratitude that we became present to in our lives. This is such a rich topic that it can be transformational when reflected upon daily. We are all committed to focusing on a different item that we are grateful for each day throughout this week and weeks to come.

This sense of our community continued into the following weekend when the Wednesday night class hosted their very first fundraiser. The fundraiser was a hybrid of a bake sale and Dream Bingo. Brit Moroney one of the students organizing the fundraiser shared: "I learned how to ask for support from my fellow classmates, community and family. I put myself in situations I had never been in. An example of this would be asking local business to support our School by donating a gift, or promoting our flyer in their establishment. I also learned that it is just as important to support as it is to ask for support. Next fundraiser that comes along, I will be attending. I learned that it is OK if we get turned down, no hard feelings. It was also very nice to meet other students from the school that came to show support even though we had never met." Brit's classmate, Eileen, had the following realizations: "At first I was weary thinking if such a small effort could pay off. I also have trouble asking for support from others. Our teacher, Sandy, demonstrated how easy this was by asking for donations in the community. She hit 3 for 3! I was impressed. I was also impressed by how supportive other students were in showing up and having fun learning about dream symbols. The money we earned will be used for something at our School and I was struck by the possibility of how what started as a small effort paid off in many ways."

The purpose of a class fundraiser is to build class consciousness. It is an opportunity to teach each other what we know, to share our love, to draw out and solidify our permanent understandings and to open ourselves to receive.

As the Thanksgiving Holiday is approaching we here in the Palatine branch have our hearts filled

with immense gratitude for each other, for our evergrowing awareness and for all the opportunities to give and receive. "As we give, so we receive". And we continue to receive so much! We send all of you much love and gratitude for your presence in our Spiritual Community. •



Chicago Abundance

by Angela Appleby

This month has been filled with love, learning and abundance at the Chicago Branch. At the last SIR meeting two students, Manu (lesson 20) and Christian (lesson 10), were asking Mirka (lesson 32), the SIR coordinator and teacher at the school, about how to eliminate certain foods from their diet. These questions were inspired by suggestions they had received in a recent health analysis. Mirka is very knowledgeable about the subject of healthy eating. She decided to give a four part series of lectures about this topic. Her first lecture was about the process of having a gluten-free diet. Mirka did a wonderful job of guiding the people who attended the lecture to become empowered to make healthier choices regarding their physical health allowing them to harmonize with the Law of Cause and By harmonizing with the Law of Cause and Effect individuals can become empowered to establish better eating habits, feel better and to create positive changes in other areas of their lives. This will assist them to become whole functioning and accelerate their spiritual growth.

I had the opportunity to be the event coordinator for the Halloween party on October 31st, 2014. I was recently given the steps to visualization in a lesson that I received in class and I was able to implement these steps while in the planning stages of this event. Many students gave of their time and talent in this creation process. Twenty-three people came to our Halloween party, eight of which had never been to our school before. As a part of the night, we had a fall themed potluck. We received an abundance of food to eat, even having leftovers for people to enjoy at an upcoming school event a couple of days later. Abraham, who is a very talented musician and who was at our school for

the first time played a song for us on his guitar as well as sang an original song that he had written. We are always connected to the Law of Infinity, there is abundance and beauty all around us, we just need to be present and take the time to notice it.•

Springfield One Busy Month

by John Matthews and Brian Hoover

At the beginning of the month we held a very successful movie night with 10 students and members of the community. Brian supplied the movie, "The Shift", by Dr Wayne Dyer. Chris, John and Samuel provided refreshments. Dr Dyer talked about allowance in this movie, the importance of service, and to look beyond the physical to find true satisfaction. This movie stimulated much inspired and directed conversation afterwards. Undoubtedly there was something profound for each of us to walk away with and apply to our lives. Highly recommended movie!

We had an All Student Meeting proceeding a breakfast of pancakes and cheese grits. Here a new activity designated, "Flyer Friday", was conceived for attracting new students; students will visit local establishments that have public bulletin boards to post the school brochures, and personally connect with people about the school along the way.

SIR meeting this month was fantastic. Very growthful for Samuel (Past Life Profile) and Brian (Powers of 10) as they presented their intuitive reports. It's always so helpful to fully express your experiences and thoughts related, emoting the image. To hear them out loud solidifies the learning and offers gems for others to implement as well. I encourage all to host a SIR meeting and give your report, for the growth is immediate.

Our school was very busy this month, putting lots of energy into two new classes, several lectures this month, a fundraiser, Karma Yoga's, Dream Catchers -- a calendar with something for the students and members of the community to do throughout each week. The positive energy and growth was reflected in the Healing Service on November 23rd, when the largest group of students yet, assembled for dedicated healing.

The Full & New Moon Meditations this month have been drawing a surprising number of members out from the community. Even resulting in one new student, Rebecca Ledig, of which Jennifer Duffey invited. Thank you Jennifer, and welcome Rebecca! Following one group meditation evening, Samuel presented this Fireside Chat; "Purpose to Activity, The Way to Success". Samuel offered a very comprehensive and personal experience to support his concept. Afterwards, students knew how to

implement purpose into their activity creating more peaceful lives, directed action, and accomplished goals.

Bolingbrook

Leadership in the Bolingbrook Branch

by Teri Karl

The Bolingbrook Branch is full of budding leadership! Every week Rudy introduces a new lab position during announcements, describing the activities and opportunities for growth that the lab positions provide. Our lab positions are thriving, and new students are participating in events.

Teacher! Teacher! April finished up her Concentration short course, and she loved the experience so much that she has volunteered to teach the next Mastery of Consciousness Class! Both Christine Dillingham and Roberto Cazares are now immersed in their new experiences as short-course teachers! Christine is teaching the Visualization short course, and Roberto is teaching the Spiritual Ethics short course. When asked about his experience thus far, Roberto had this to say about starting out: "When I first learned that I was going to teach, I was OK with it. When the day came to teach I woke up sick and weak. I told myself that nothing was going to stop me from teaching, so I got up and started to change my thoughts about the physical. For me to become a teacher I must look and feel like one. I spent hours reading the lesson, book, and teacher guide. Before the gathering began, everyone was giving me their love and light, my classmates and teachers. The feeling of expressing in front of everyone was great. I learned that we make our limitations as heavy as a ton or as light as a feather. As the second gathering passed, I was enjoying it and having fun. I'm looking forward to the rest of the gathering."

We're so excited to witness the continual growth of our students in our Bolingbrook community!



Fort Worth The First Month

by Rashard Garrett (L36A)

My first Past Life Profile suggested that I extend my Self to more people and I'm understanding more and more the benefits of doing so. My first month as Director of the Fort Worth branch has been such a rewarding experience thus far. The students here have been supportive and have welcomed me with open arms! Our focus has been on increasing the purposeful activity.

We started a new First Cycle on Wednesday night that I am teaching. This night also includes a Second Cycle class taught by our illustrious president, Dr. Damian, as well as a First Cycle class that is nearing Respondere, taught by Melissa Castloo. Needless to say, Wednesday nights are pretty live here at the Fort Worth branch!

Our Peace Ambassador, Charlie Guajardo, has been enjoying his first experience in teaching as the teacher of the Spiritual Ethics short course. There have been at least eight participants each week, mostly from the public. I shared with Charlie that I think he has a strong attractive presence. Later, he responded saying, "I've had the experience of it being easy to attract students who are really committed to learning when I'm clear on my purpose." He went on to say, "This is something that I've been envisioning for awhile, attracting people who are around my age, and who are really ready for this experience, like I was when I began the First Cycle. I feel as though I am living my purpose."

We've been experiencing more participation from students in transcribing intuitive reports, as well as participating in Sunday's Healing Service. This is something that Carol Bulbrook, our Healing Service director, has been wanting for some time now. She received helpful advice from Dr. Damian in "closing the deal" when attempting to inspire students to participate in Healing Service. She says, "I simply had to learn how to ask for what I want."

I'm looking forward to even more purposeful activity in the months to come. - #LovingFortWorth! •

Kansas City
The Breath of Inspiration

by Leah Morris (L67A) and Ammar Al-Turk (L8)

Peace is the breath of our spirit. It wells up from within the depths of our being to refresh, to heal, to Inspire. Inspiration is of the spirit and it is received by breathing with our spirit. In order to

receive inspiration, we must learn to fulfill the needs of the Whole Self.

Each student in Kansas City is receiving their own inspiration into themselves. We have been giving attention to beautifying the building and preparing for teachers meeting (also a real need as we only have one functioning bathroom!)

Christopher Stohrer and Leah Morris have been diligently taking action to acquire our goal of at least 10 Peace Proclamations from cities in our area. We have been inspired by the Invitation performance in St. Louis and by what is happening in Ferguson. The need is real.

Ammar Al-Turk received his own inspiration as he represented the Kansas City branch at his first Spiritual Focus Session this month.

He says, "As I was driving toward the main campus of the college, a mix of fear and thriller feeling invaded me. I was thrilled because of all the great things that I have heard about it and fearful of the change and getting out of my comfort zone, but I knew that in order for me to grow I have to proceed toward what puts me in that state. I was the last one to get there. I was welcomed with warmth and Love, and for the 2 days that I spent there for the Kundalini Rising Spiritual Focus Session I got to share and meet new friends and exchange knowledge. I learned about Kundalini energy and how it rests in the body, and an extensive explanation of every single energy transformer (chakra) in the body and it's boundaries. I got insight about the energy qualities that I operate off of in my daily life and how it is affecting my consciousness, my well being, and my whole life. It also showed me what I need to work on in order to be more aligned with my source. The staff at the college were so amazing. I felt like everything was at my finger tips, I literally did not want to leave and I was the last person to pack and head home. It changed the perception of my entire life and I'm forever changed. Thank you."

As the Universal Hour of Peace approaches, we send Inspiration from our hearts to yours! •



Oklahoma City Love and Light

by Sydney Kasner

We have had a very wonderful month here in Oklahoma City. A lot of our attention has been putting on events here at our branch and out in our community. Our monthly Dream Catchers was held at a local coffee shop. There were about 10 people to attend this meet up. We had a lot of fun, everybody was very engaged, and we are all looking forward to the next one! We also held a Society for Intuitive Research meeting here at our branch. In this meeting we went over Past Life Profiles. Anna Steely and Michael Fabri both shared their Past Life reports. It is a very inspiring experience to listen to how individuals have caused significant changes in their consciousness through these reports. Michael Fabri, a student on Lesson 19, shared openly with other students and the public about his report for the first time. It is so fulfilling to experience the activity of the School of Metaphysics- Teaching Teachers! It's what we do here: give, receive, and pass it on to others, sharing our Self and our understandings. Anna Steely also hosted a Full Moon Meditation at the school branch this month. That was a great turn out! She discussed with everyone a little bit about what has been going on astrologically and universally, and we all shared and discussed our experiences. The topic seemed to revolve around "Receiving your own Value." After the discussion, everybody experienced a very deep and peaceful meditation.

April Harrington our amazing Peace Ambassador has been expanding her consciousness in many ways this month! She is our teacher for the Spiritual Ethics Gathering we are having on Sunday evenings held at our branch. This is her first experience teaching at the school. She is very excited and is doing a really great job! This past week April also put forth a lot of effort toward the Peace Proclamations, we sent our 20 proclamations to mayors in surrounding cities. We are really looking forward to hearing back from them and to uniting our community in our effort towards peace. •

Cincinnati

Maturing for Our Next Step in Evolution

bv Davi Brown

We have shifted this past month to make space for transition and evolution. At the last National Teacher's Conference Dr. Daniel asked the teachers to share how many students they are teaching. A few people had shared when it was my turn and I said, 'I have 5 students'. At that point he halted the process and addressed the idea of having students. The word

"have" is possessive, the word "teach" is not. Later in the day Dr. Barbara shared her feelings on teaching under six students as "tutoring" and six or more as a class. She said that when there are less than six in a class that the class is still about the teacher, and when there are over six the class is more about the students; they begin to teach themselves. This made sense to me in relation to the possessive word 'have' I used in relation to my students. After these moments with these great teachers I decided that by next area teachers meeting I would be teaching more students. We set the date for a new class December third and scheduled events to help build that class.

Erin Payne, Jonathan Duerbeck and I attended the Still Mind Weekend, which was enriching to say the least. Here, Dr. Daniel held and offered us space to be. Meditating close to him had a profound affect on my energy and vitality. For the leaders at our branch to be there together, it was a magical time of stillness and calibration for us, and we returned home together with that.

There have been some class mergers this month and I feel we have transitioned in maturity individually and collectively to take our next step in evolution together. It is important to actively address each individual's place, learning, trajectory and make shifts where it is due. Watching Leah Morris play Betty Williams in *The Invitation* in St. Louis, I was inspired by her love for humanity, and I responded to the militancy and direction of her message. I am realizing more and more that the more I love my students the more they respond to my direction. This is a freeing realization for interacting with others in any circumstance.

We are having a lot of fun in Cincinnati. I am more pleased than ever to be here now. Karen Overbeck, lesson 19, had an opportunity to guest-teach our spiritual ethics course, and she did a wonderful job. Two students signed up for our next class that night. We (finally) received our new internet computer after raising the funds from The Raise Your Vibration Celebration back in August. We have received a proclamation from the Mayor of Cincinnati and are awaiting more from around the state! Looking forward to our transformations over the coming months as students are stepping into lab positions and we reach into our community! •

Tulsa Changing to Achieve

by unnamed Spirit of Tulsa

Dylan Tucker, a student on lesson five was having trouble at his job and wanted a new one. I talked to Emily about it and she told me to "write a gratitude list every day before I went to work." After agreeing to the assignment, he applied it. What he found was "there are a lot of things I like about my job. Like I can wear what I want and I actually like my boss." By changing his

FROM THE BRANCHES

perception he changed his experience. He described, "it's like having a new job!" We can create a new experience for our selves by transforming our thoughts. Which is exactly what this course of study is about. Application is key.

We had students moving more into more of their true selves this month with Sean Lombard and Mandie Renner both giving lectures. Cody and Crystal gave their time, love and attention to our school grounds. By giving we prepare space to receive. Balance is achieved in this continual motion. The shift is apparent in the way our school center feels when people enter. We are experiencing that when more community giving takes place, this helps to maintain a healthy school center.

The new class is off to a great start. break we went around the room and connected with the passions and talents of all our new divine This exercise was a great way to first friends. connect, and then guide individuals on how to plug in. Teaching prosperity and abundance through the process of connecting people with their desires and showing them ways to act and give as they are receiving. Elana Stafford has a desire to move more into creative endeavors that support her dream of a full time artist. Linking her in with different artistic ways like creating our new chalkboard, a place to now display our upcoming events and announcements, allows her to see readily the importance of her gift. It also has encouraged increased confidence and creative thinking as to how she can align purpose and desire.

We had our first "Paint My Number Numerology" and metaphysics workshop here at the Tulsa Branch. People of all ages joined to learn about their life path through numerology and how it relates through color. During Paint my Number, the Student determines their numerology for 4 different factors then paints the number equivalent on a blank canvas. One student, Alana, described her painting being a great tool to reflect upon as a reminder of what was learned. Thank you. •



Urbana

(S)He who Teaches Learns

By Aubrey Wachtel

Courtland Louie and Michelle Morneau each had their first experience of guest teaching a class for a night while Scott Hilburn and Dr. Pam Blosser were away in St. Louis participating in a performance of the The Invitation at Cardinal Ritter College Prep High School. Both reported having a positive learning experience from the process.

A local computing company, Wolfram Industries, hosted a health fair that Scott, Courtland, and Sydney Kasner attended to represent the School of Metaphysics. They passed out school brochures, copies of the Peace Covenant, and flyers for the upcoming Still Mind, Present Moment, Open Heart teaching that will be taking place in March. Scott reported that Courtland got out of his comfort zone many times throughout the day as he talked to people and handed out brochures.

On November 6, Scott, Courtland, and Dr. Pam Blosser held a Dreamcatchers Meetup at a local Panera. The group encountered some especially interested restaurant staff. One employee, hungry for knowledge, kept coming over to our table to hear what we had to say, even sitting down for a short time to listen and ask questions. Additionally on November 25, Scott hosted a potluck and movie night showing the film "I Am" for students and members of the public.

Our branch hosted past life profiles for Urbana students receiving their class reports, members of the public, and a group of students from the Indianapolis branch. Tad Messenger and Dr. Pam gave the reports and they were provided with support by Brian Kraichely who aided in hosting the event. It was my first experience receiving a Past Life Profile. I found it a poignant and moving experience.

Repairs and upgrades continue at our location. This month Scott Hilburn and Courtland Louie repainted the dining room. Courtland learned a lot about sacred space with Scott at the helm. •



Indianapolis Spiritual Ethics Gathering

by Kerry Keller

We here at Indy want to thank Tad Messenger for writing this Spiritual Ethics Course. There was some hesitation originally on our part with how to promote it. We were insecure in how to share its purpose to the public. In our discussions with students, we wondered who would be attracted beyond their own distractions in life. We were concerned that everyone had their own ideas of what ethics were, and especially some confusion over pin-pointing what spiritual ethics is.

We attracted a class of 6 people, that have attended all four weeks of the course. They have been engaged, and very attentive. After our third lesson on love, they did not want to leave!!!!! They stayed around for about 90 extra minutes, talking and asking us how they can make a difference. What could they do in this community? Two of us went to hold healing service and these Ethics students were still there when we completed. They were talking about what they could do to aid others to see the good in life and aid others to change and help others experience peace. Of the 6 people, 2 are our students on Lesson 3. The rest are from the public. The videos took the spark already within them and expanded those sparks into flames. At week four's lesson, they came back with even more enthusiasm and curiosity. 30 minutes after class they were still here and discussing more specific options of becoming a student or partnering with the school to aid the community. They each decided together to aid in promoting the 2015 meditation and events we are having here on New Year's Eve, **Universal Hour of Peace and New Year's Day**

We decided to hold a review Spiritual Ethics class on Dec. 14th, same time, after a Holiday Ice Cream Social from 5:30 to 6:30 where they enthusiastically declared they are bringing friends. They suggested that we change the name to "I CREATE PEACE" Ice Cream Social and so we did. They agreed to pass out flyers and place them on activity boards in restaurants and stores. Some are promoting it through their personal e-mail lists and facebook pages.

For the past several months we have been having students donate cases of water bottles and then we replace the labels with our own bright colored paper saying..."I Create Peace" labels. So they are donating more water bottles this week and helping us to place new labels on them. They want to hand them out to the public with the flyers about "I CREATE PEACE" the Ice Cream Social.

Nathan also pointed out, that in addition to the three dimensions of sustainable development in life, (environmental, economical and social), there is a fourth dimension: a shared vision of ethical and spiritual values that inspires cooperative action for change, peace, and harmony. This requires cooperation and collaboration. He quoted this from one of his sources that said, "the vision of a sustainable future as an inclusive social and ecological ideal that is good, right and just is needed to inspire strong commitment and drive change. A spiritually ethical consciousness supporting this transition to a just, sustainable and peaceful world is what we desire the most." We are going to use that in our promotions.

I told them we would like to build a larger spiritual community and hold interfaith/spiritual family & friends events at least twice a month on Sundays. We have one scheduled on the 28th of December. As I spoke to each of them they committed to spreading the word for this and bringing as many people as they could share with to come. Our two students, Etta Williams and Carl Brown are going to assist me in organizing and promoting them to the community.

So thank you again Tad and Dr. Barbara for inspiring him. As you have proposed and discussed, this course is re-kindling a culture of goodness and I can see it serving as a foundation for and building blocks of strong interest within the community. It should aid our efforts to teach this next class to a large public group. Thank again. •



We will be Creating Castles in the Sand as we attend the 32nd International Study for Dreams Conference June 5-9, 2015. Several Drs of the School of Metaphysics have submitted speaking proposals. If you are interested in being a part of this delegation, which will be traveling to Virginia Beach, Virginia, here are the steps to follow:

- Go to the IASD website and find out about what the IASD is, who the people are, and what it is that you will be attending. http://www.asdreams.org/index.htm
- 2. Talk with your Teacher, Director, and your Area Director about your desire to attend.
- 3. Write your Ideal and Purpose for wanting to be a representative of the School of Metaphysics at this conference. Include the activities you have taken to this point (lesson number you are at, laboratories that you have used to practice your studies through, leadership positions you have been a part of and also what you will bring to the delegation as your strengths as well as what it is that you are wanting to learn and how you will aide your local branch of SOM when you return.

Include in this what you imagine being a representative of the School of Metaphysics is. Make sure that your Teacher, Director and Area Director review what you have written. When they approve your paper have your Director mail it to our World Headquarters, Attn: Board of Governors by Feb 12th 2015. The Board of Governors will review the applications and I, Dr. Sheila Benjamin will be in touch with you.

Peace Dome Poetry

by Dr. Barbara Condron Gateway to Peace

Peace is Truth transcending

Character first in the mind of the individual, then with the action of the individual one then in the whole world.

Justice Justice for all

Seed thought clear, objective sacred Selfish.
Peace is the love of Jesus.
Standing up for what is right with love and understanding.
Love is all we need.
Release Reverence for Life
Giving freely for the benefit of humanity.

Peace is achieved by those who fulfill their part of a greater plan.
Trust in Self.
May this be the defining moment to transcend illusion to peace.

11-16-14 Peace thoughts of THE INVITATION cast, impressed in the Peace Mandala, before departing for St. Louis to give three performances at Cardinal Ritter College Prep School

The New Maitreya

The Individual in a Group

On November 17 and 18, the Maplewood School of Metaphysics hosted THE INVITATION, a play about peace. From initiation to fulfillment, it illustrated the Universal Truths of what SOM teaches.

"The Maplewood school put in a lot of effort. Everyone rallied around each other and contributed a helping hand. Our goal was to increase the awareness and commitment to peace to St. Louis and I believe we achieved that. I know we have affected many students at my school. I know that we have planted seeds of peace in many people in the community not to mention ourselves. We have also created a good educational opportunity that can be used for future events in other cities. We have improved our relationships with other peace organizations in the city. We have become better known in a very positive light throughout the city.

"When I reflect on my learning as being the coordinator of bringing THE INVITATION to St. Louis, I see many changes in myself and many areas where I can grow. I am more comfortable about being in charge. I realize that my vision is very important. I just thought everyone had that ability and now I know that I must always tell people my vision so they can realize the possibilities. Even when I was frustrated, I kept the vision of what I wanted to accomplish and why it was important. I was amazed at how many compliments that I received on

being a good teacher and how I am present to the students at CRCP. I was also complimented on how well everything was organized. This is definitely a work of an organization and not just one individual. We have made a difference in bringing peace to St. Louis."—from Joe Pecaut's Reflections on The INVITATION



"Connecting students from the SOM with yours at Cardinal Ritter following the performance Tuesday morning was the zenith for us all. All of our lives were changed. You knew this would transpire. It is why you, a Caucasian male, teach African-American kids on the brink of adulthood. The Universal Peace Covenant says, "We come together, all of humanity, young and old of all cultures from all nations....As we stand, united in common purpose, we hereby commit ourselves in thought and action so we might know the power of peace in our lifetimes."

I saw my students grow exponentially every moment of the 78 hours we were in the Gateway city. Your efforts and the willingness of Principal Michael Blackshear, opened CR's doors to the message in our play. By accepting THE INVITATION, we became a calm center in a storm of controversy." — from Barbara O'Guinn Condron's letter to Joe Pecaut, Nov. 27

For more read the SPECIAL EDITION VIBES "Q&A THE INVITATION" and read the stories about Ferguson at peacedome.org.



Super Conscious Healing Power



When the Super Conscious Healing Power coursework became available for students on Sunday evenings the power of a single thought made itself known. This exploration of the karmic factors inherent in DNA, introduces the public to Intuitive Health Analyses. For the student, it provides the practice ground for reasoning and intuition to flourish. The course is fashioned from Rev. Karen Mosby's thesis for the Doctorate of Divinity and designed to be taught by Psi Counselors.•

Sphere of Healing



The Sunday evening Healing Service took a quantum leap as it became centered in what Intuitive Reports describe as "a healing presence". Over a decade of STILL MIND, PRESENT MOMENT, OPEN HEART teachings presented by Dr. Daniel Condron flourish in the individual as a healing presence. Through stilling the body and brain, the mind quiets. Spirit can then flow through the mind directed toward channeling Light through the **Emotional Doorways** to Love. The Pranic **DNA** Transfiguration provides the keycodes to be that healing presence, sustaining

PSI COUNSELING PROGRAM



Fourteen student-teacherleaders of the School of Metaphysics, all studying in the third cycle of lessons, are accepted into the twoyear Psi Counseling program. The coursework, designed and taught by Dr. Barbara O'Guinn Condron for 35 years, explores entrainment practices that strengthen the individual's core of equilibrium and humility in the service of the Creator and humanity. Drawing upon dreams, healing, intuitive reporting, and the Emotional Doorways to Love, students develop their counseling skills. So many advanced students shining light on ministry quickens ICOM development. •

The 'Gateway to Peace'



The presence of THE INVITATION in St. Louis during mounting tensions over the Michael Brown Grand Jury deliberations, changes how we see ourselves as individuals, as students, as neighbors, as citizens. A real peace movement begins. Cast members and Maplewood Teachers met with local youth in the center of the storm to hear their concerns for themselves, their homes and families. Those meeting with the Cardinal Ritter students in the library on November 18th experienced what will be repeated in libraries, schools, meeting places around the country, and perhaps the world, throughout this century. It is how we are learning to "make peace" so we may "know the power of peace in our lifetimes."•

2015 PARLIAMENT of the World's Religions



Spiritual Ethics reflect the tenets of the Interfaith Community of Metaphysics. A course (fashioned from Tad Messenger's D.D. thesis) that guides participants to develop their ethic launches the Sunday evening ICOM offering of the **SPIRITUAL** GATHERING. This coincides with THE INVITATION in St. Louis, strengthening the akashic field at 600 pvf: Peace. The announcement of a 2015 Parliament in Salt Lake City makes it possible for many ICOM members to attend. Proposals, including one for THE INVITATION, are being drafted and sent even now. •

The Interfaith Community of Metaphysics came into being in 1976 as a response to students wanting to share what they were learning with family and friends. Its existence has proven to be a study in where spirit and matter meet, how religion and science can serve humanity's evolutionary growth through peaceful coexistence among nations.

INVITATION



Timelines- THE INVITATION in St. Louis

November 16, 2014

"Walk as if you are kissing the Earth with your feet." –Thich Nhat Hanh
As the cast gathers in the teacher's breakroom to await their time of entering into the room to deliver their laureate's speech, we come together.
Individuals, in a group. It is the "new Maitreya" as Vietnamese Zen Buddhist

Individuals, in a group. It is the "new Maitreya" as Vietnamese Zen Buddhist monk Thich Nhat Hanh has recently observed. I tell the cast I want us to dedicate this giving of THE INVITATION to him. The 88-year-old monk, teacher, author, poet and peace activist is in a French hospital following a brain hemorrhage just days ago. And so we create this akashic healing field for someone from half a world away who is so close in our hearts and in our minds. Spirit reaches out to connect us.

Tomorrow we give THE INVITATION to the youth here in St. Louis. Tomorrow, we commit that offering to Malala, the 17-year-old who will receive the Nobel Peace Prize in December. • - Barbara O'Guinn Condron

November 18, 2014

THE INVITATION performance with the students of Cardinal Ritter was extraordinary! It went far beyond expectation. As the performance began, I sat back overlooking the full room of over 200 students. I welled up with tears. The laureates were at their best giving with love and passion.

The students received as only high school students would, some with awe and enraptured attention and others with a restless and self-conscious response. Overall they were friendly, warm and polite, realizing there was something very special to regard.

Hearing the laureates share their experiences in the classrooms there was excitement in their voices and light in their eyes. They knew they were received and they in turn realized how much they had to give.

This was a Circle of Love experience, one of giving and receiving and I am grateful and better for it. • - *Debbie Hudson, Maplewood Director*



November 20, 2014

"The play planted the seeds of peace in many individuals. People want to be heard. These students were given the opportunity to be heard as they talked about the effect the last three months has had on them. These are bright, intelligent young people who are making a difference in St. Louis. Let us all join together to make St. Louis the Gateway to Peace." •

- Joe Pecaut, teacher at Cardinal Ritter College Prep and at Maplewood SOM, who brought THE INVITATION to "his kids"

Send the play to the PARLIAMENT OF THE WORLD'S RELIGIONS in 2015. Support SOM at Salt Lake City!



The INVITATION, a review

by Erin Evans, Maplewood Student L11, 11-26-14

When I first saw THE INVITATION, I

remember thinking how amazing it was for each of those individuals to inspire hope and kick start change. I was most struck by Martin Luther King Jr. and Betty Williams.

I admire their strength and conviction, their ability to lead and voice their concerns for the future.

I've been putting off writing this. Times have changed,

people have changed. There's a quote I like to use from my favorite movie, "But there is another kind of evil which we must fear most, and that is the indifference of good men."

I'm still struggling to keep my head above water, to rise above the collective pool of pessimism and integrate myself wholly in the teachings of the school. This week was particularly hard on me.

One of the things Betty Williams said that continues to fi ght its way into my thoughts is, "It is much harder to kill your

near neighbor than the thousands of unknown hostile aliens at the other end of a nuclear missile."

I hear that line ringing in my head and I think how a mother lost her son. How her grief is being used as an excuse to reek havoc. How much focus people have given this issue. I can see that most people are protesting peacefully, but to what end? What is it they're really reaching to accomplish?

Why are we putting so much attention on how the authority of this nation behaves and not how ourselves and our neighbors behave? To solve a problem you must start at the root and that does not lie with our government. We kill each other every day and it's only ever a blip on the

news because we're acclimated to it. We give little thought on how our own actions are affecting this nation. The cops, the government, wouldn't have power if we didn't give them an excuse to use it.

A friend of mine lost someone close to him. He had gotten robbed over a quarter bag of weed and was shot and killed. A quarter bag is, at most, \$120. A young man lost his

life for a little over one-hundred-dollars. That story never reached the news, like many other tragedies never do. What caused this? Why did he shoot? Why did he have a

gun in the fi rst place? Most of these questions can be answered if we were able to examine the neighborhood this kid grew up in. Were his parents involved in his life? Did they teach him how to be kind and care for others? Was he considered dumb and insignificant, forgotten by

the schools?

1'm still struggling to

keep my head above water,

to rise above the collective

pool of pessimism and

integrate myself wholly in

the teachings of the school.'

I have so much I want to say, but I don't know how. I want to speak inspirational words, provoke change in the masses just as the people at THE INVITATION did. I'm

not a lost cause, I watched them relight their candles. I watched as the light burned on in their eyes, in their words. I took away a lot from the experience, but I lack the faith to set anything in motion.

That's why I've waited so long to write my review. It feels wrong to share feelings and thoughts so downhearted as these. The school worked so hard to instill motivation and hope. I feel as though by sharing my thoughts I'm taking away from that.

I believe that THE INVITATION should have had a much bigger audience at a much bigger venue. I feel like the world needs inspiration. With the internet and media holding so much information, good and bad. I think the words of the mighty often fall on indifferent ears. That maybe that's just another person of the infinite amount of people who have something to say. That it's just another perspective to add to the melee.

I'm hopeful for the message that was delivered to the students the most though. I would like to see this reach other schools. Maybe have a student open up with their personal perspective. So that the student body observing can relate to it, so it has their attention from the get go.

I'm grateful for my opportunity to be a part of the process and to see the people who were touched by the experience. I can only hope that peace resonates.

Sorry for stalling and taking so long to reply. I hope I haven't said anything to take away from the experience because it truly was

'I feel like the world needs inspiration... I would like to see this reach other schools.'

inspirational.•

Psi Counseling Class

November, 2014

Members of the counseling class are expanding their practice and understanding of counseling by mentoring and assisting with Spiritual Focus Sessions in 2015. On Friday evening we gathered in three groups, mentors with their students, to set ideals, purposes and initial plans for these sessions. In 2015, Spiritual Focus Sessions will be given in groups of two: The Healer's Portrait and Powers of 10, Creative Mind and Transference of Energy, and Dharma and Meditation. Counseling



students and their mentors will be responsible for these sessions.

Saturday's class began with Dr. Barbara Condron, teacher, posing a question to the group which was why does a student need to be halfway through the third cycle of lessons to be ready/eligible for the counseling class. "Master teachers are counselors," said Dr. Barbara. "By knowing how thinking occurs you can move in the world as a healing presence wherever you go."



She also had each of the members of the class write down a simple one line definition of release. After each student read their definition they discussed the commonality and differences in the definitions.

Self-counseling is a major factor in being a good counselor. "Make friends with yourself. Get comfortable with you. Therefore, your level of self-counseling must go up." A valuable self-counseling

tool in the first cycle of lessons is the Seven Year Cycle form. Through this form students can identify karmic and dharmic patterns and themes running through their lives. Understanding these themes the individual can turn cycles into spirals, unfolding intentionally through the stages of information, knowledge, experience, understanding, wisdom, and transfiguration.

One of the core mind skills of a psi-counselor is listening --- listening to the words of their client, listening to their emotions, listening to their thoughts. Through giving full attention to the other, listening and offering feedback, one draws out what is going on and a deeper skill is developed: being with. Students are deepening their understanding of listening by practicing such skills as active listening and reflective listening.

Sending my 0 of love, Pam Blosser

Meet those Studying in the 4th Cycle of Lessons

Karen Mosby

Compulsion

Inherent in each seed the urge breathes Receive the pulse of life with a ruler's steady hands. When neutrality reigns in your thought, perception is clear. Breathe the mind of Creator in breathless bliss.



Kuan Yin Verse 2 Compulsion

Interpretation by Gael O'Guinn

The image for this verse is "whales". Marine science classifies whales (along with dolphins and porpoises) as cetaceans. Cetaceans are descendants of land-dwelling mammals. Scientists say a split from a common ancestor believed to be semi-aquatic and deer-like, occurred approximately 54 million years ago. A mammal having adapted to life in the open oceans, whales live their entire life under water. In the Universal Language of Mind, whales remind us of the limitations of youthful creative consciousness, that until we employ god-like creative powers, man is restricted to the land. As Mind pushes out to claim the scope of the physical world, multidimensional consciousness can make itself known. The return voyage encompasses land and sea, both subconscious and conscious minds. Until then, the fullness of conscious life experiences remains largely unexplored, a compulsion just beginning to

'surface'.

My dharma report states I perceive needs and fulfill them in the people around me, oftentimes before the people can identify their own needs. It goes on to say when I become judgmental or resentful I close down my perception because I won't allow myself to merge with another to know them. This verse reminds me of the rewards that neutrality will bring. I came here to the college to gain peace of mind. I stay because I am learning to stay connected to my core self, my Real Self, then I can perceive the mind of God. It is in the stillness of mind that I can perceive his thoughts. This gives me great security and strength.

Revelation Chapter 11 says to measure the temple of God. This is what I desire. My ideal is to know the mind of God, to think like God, respond like God. I need to really improve my meditation so that I can receive more

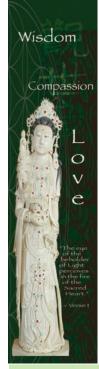


readily from my highest source and breathe the mind of Creator.

Short Bio: In May of 2000, I started my study of Metaphysics in Des Moines, Iowa. I was really full of gratitude for the changes I was experiencing and also for the changes I was seeing in my children. I began teaching in 2001 so I could pass on the opportunity for others to learn and grow. When the director of the Des Moines school moved to the College of Metaphysics, I started directing. I had often avoided the opportunity for leadership preferring to let others take that responsibility. However, I learned the value of learning to aid greater numbers of people would ultimately lead to working with the Spiritual Focus Sessions at the college. In 2005, I became a college student at COM for 18 months before transitioning in the position of Graduate Teacher at the college. My desire is to live the opening projection where students and teachers live together applying the principles of metaphysics to their everyday life.

I am currently instructing students how to teach the Accessing Your Super-Conscious Healing Power class, a step in becoming a psicounselor. The course was developed from my thesis required for receiving a Doctorate of Divinity. I had the privilege of working with Dr. Barbara O'Guinn Condron to develop the course that is now offered in all school branches and can be taught by psi-counselors in their cities.

I received my Doctorate of Divinity in October 2011 and was ordained a minister of the Interfaith Community of Metaphysics in 2012. In June of 2013, I was elected to serve as International Secretary where I am learning about the Law of Attraction, corresponding with people about the services offered by the School of Metaphysics. I was initiated into the fourth cycle of lessons in May 2014.



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.

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

Е

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by

Aneta Baranek

Recently I went through the exercise of going over my dreams from the past year. An inventory, if you will, of my subconscious existence in the dream state within the last year. I have noticed more honesty in my dreams in recent months. I also noticed that my dreams have become much more lucid. Introducing breathing exercises and becoming more aware throughout my day-to-day life has helped me experience myself as an observer of my own dreams. I have also experienced the amazing feeling of freedom while flying in my dreams.

In recent months I have also noticed that I have many more Superconscious symbols in my dreams. I take it as an indication of my awareness of the Creator. What I appreciate my dreams telling me with regards to my perception of the Superconscious existence is reflected

in how I am interacting with my mom in my dreams. In the past my dreams would reflect a lot of turmoil and conflict between the two of us. These days we are enjoying being together, having a good time or simply taking care of one another. This is a direct reflection of my progress of harmonizing with Superconscious authority within my life.



Some of my favorite dreams involved students of the School of Metaphysics that I have taught. I appreciate those dreams because they reflect authentic feedback about the nature of connection between us. To express this clearly – it is my connection with the aspects of myself that they symbolize.

Dreams are invaluable when it comes to self-growth and expansion. Early on in the Lessons we are taught that our subconscious mind never lies and that our dreams will always provide us with truthful direction. As I completed my "Dream Inventory" I realized that through daily recording of my dreams I created a priceless and individualized database of feedback and guidance for myself. I felt immense gratitude for this opportunity and I felt compelled to encourage every single person to create such a source of Self-reference for themselves. And what a better time to start creating something new than a beginning of a new year!

As 2015 approaches let us make a pledge individually and as a group to utilize dreams to their full capacity. I am committed to this personally as a student and as National Dream Coordinator. With the New Year coming, I am reflecting upon my own 10 Most Wanted List and seeing how I might better serve my inner self and others through dream sharing. My New Year's resolution is to share one dream each day with someone. Whether I tell the dream or I listen to a dream, I want dream awareness every day in 2015!

I look forward to 2015 and us creating together a strong and elevated dream consciousness, aiding 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 <u>abaranek@som.org</u>. You can also call me at the Palatine branch at 847-991-0140.

> May your dreams illuminate the **INNER YOU!**

FROM THE COLLEGE

Peace Season at the College of Metaphysics

Charlotte Crabaugh



From Thanksgiving through Christmas is one of the busiest and happiest times for us here at the College, just as it is for most people. We have put together a collection of reflections on Thanksgiving, Toys For Tots, Birthdays, and other significant events this month.

A wonderful resource we have at the College is the joy of sharing this home with the Madar children. On Vivienna's birthday in December, I was honored to have the opportunity to make the cake for the dinner celebration. Karen and I agreed that a 'cat cake' would perfectly express Vivi's spirit and something she really likes a lot. So I devised a way to cut up different sizes and shapes of cakes and put them together to form a pretty nice cat shape. After I spread chocolate icing on it Dr. Paul very artistically added the face. It was amusing and delicious. Vivienna was delighted and she had a very happy birthday.

One of the greatest strengths of the College of Metaphysics that has been cultivated over the years by Dr. Daniel, the teachers, and students here is the beautiful relationship we have with the larger Buffalo and Dallas County community. We send our circle of love out into the world daily and the Christmas Season is a time we connect with tangible friendship and love. On December 8th and 10th we happily spent the day helping to distribute toys with the Dallas County Toys For Tots. On Monday, the College Students, Matt, Walter, Karen, Alexandra and Vivienna Madar traveled to Buffalo.

At the Court House we helped a group of high school students load many boxes of toys onto an enclosed trailer. At the DAV building we unloaded the boxes and began to distribute them to the designated tables. We unpacked dolls, games, and activities of every sort and arranged them.

After that, we enjoyed eating donuts, chili, and many varieties of cookies. I felt anticipation and great satisfaction in knowing that I was helping to make Christmas a happier day for many parents and children.

On Wednesday we returned for a day of joy, meeting and connecting with our neighbors. The parents came in shifts every fifteen minutes with a slip of paper that identified how many and what ages of children they were shopping for. There was something present in the room that day as these parents filed past that I could not name. Emotion rose in me that caused me to choke on the words, "Merry Christmas". I made a new friend who worked beside me at the table for 4-5 year old girls. During the lulls we shared stories of our lives. She told me that it might be the last Christmas for her husband, who is receiving chemotherapy treatments. I wanted to be able to reach for something for her and for every distracted, distraught parent I met, that would renew their spirit, that would bring them comfort and joy. I am glad I was there; I am grateful for the opportunity to help create the Christmas spirit. The spirit of Santa Claus is alive and well in Buffalo. "Yes, Virginia, there really IS a Santa Claus".

I am pleased to be identified with the School of Metaphysics whenever we go into our town. The people there know and respect us. I anticipate enjoying this connection again next week as we return for the annual Caroling at businesses in town who we relate to throughout the year, and for the delivering of our own homemade bread to our neighbors all over the area. In this way we extend our Circle of Love, and it returns to us ten-fold.

At Thanksgiving I was grateful and overjoyed to share this home and family with my daughter, Charmaine and her friend George. Sitting around the table and sharing in the abundance, getting to know the people I live with, was an enormous blessing.

Before the day was over George, born and bred in New Jersey, totally unfamiliar with the country or farm animals, found himself face to face with some of our escaped cattle, helping to direct them back home. I am sure he nor my daughter will ever forget what I believe was consciousness raising encounters of many kinds while here at the College.

Doug Bannister

Helping with Toys for Tots was an openhearted experience for me. Serving in this way gave me opportunity to work with a special needs high

school student from the Buffalo schools. The young man was one of a group of students that helped this year. He and I put a small bicycle together. I benefited by being called upon to be patient, considerate and generous. I entrained my mental process with his as we methodically followed the pictures and written instructions. I laughed to myself because I really did become calm and enjoyed the process. On this occasion I really transform my dharma of passion to compassion. As we tightened up the last bolt on the bicycle I shared the benefit of completion with my young friend by putting the instructions and Allen wrenches back into the original box and closing it up. Reflecting now upon the experience brings thankfulness to me for new friends, the value of setting intent and trust in the Universal Laws.

Another highlight of the month at the College has been the group effort of maintaining the barbed wire fences that surround our several pastures. Our miles of fences serve to keep our dairy cows where they belong, our beef cattle in their spaces. Well-maintained fences also maintain good relations with our neighbors. When I am not vigilant my thoughts tend to wander. Cows in the garden can be destructive. Attention is needed to make sure my thoughts and actions are congruent with my ideal and purpose. Life here at the College provides me continued opportunities to evaluate my thoughts. It is the way of life here, to continually improve by being aware of our thoughts. Have my thoughts supported my purpose? There are so many benefits of being a College Student; the daily application of Universal Laws is priceless.



Larry Hudson

Once again I was able to see the School of Metaphysics in action when I had the opportunity to assist with Toys for Tots in Buffalo. The students always shine in giving and serving in the community. I was able to observe my fellow students when they helped assemble and hand out toys. It was in the joy of giving that brought out the best in the students. Everyone was willing to help in any way that they were needed. As a college student I have the opportunity to be the face of the School at these events. This helps me to hold everyone's highest good in mind.

Silvia Galvan

The last several weeks have been very exciting at the college. We enjoyed a wonderful Thanksqiving celebration with about 22 people joining us for dinner. Everyone made his or her favorite Thanksgiving dish. We all enjoyed a wonderful dinner and then some people gathered to play music. It was a beautiful day so others were able to be a part of our bio dynamics process and tend to the orchard and garden.

I was also able to serve in our community by helping with Toys for Tots in Buffalo. I learned about the importance of teaching through example as we had a group of high school students helping as well. I felt immense



gratitude as everyone connected and came together to load, unload, and set up the toys in each table. We all had a common ideal so we connected and came together in the spirit of giving to accomplish the ideal. I learned from this experience that having a common ideal is important and it brings people together to create and give freely and openly.



STILL MIND WEEKEND

Still Mind Weekend at the College of Metaphysics

- by Daniel R. Condron D.M., D.D., M.S.

Three times each year I offer a still mind teaching in a formal setting. Every six months I offer this teaching called Still Mind, Present Moment, Open Heart in cities where a School of Metaphysics branch is located. In addition, once a year, I offer the Still Mind weekend held on the campus of the College of Metaphysics. This weekend is a unique time at the College of Metaphysics as students focus on "being" instead of "doing." They spend all day Saturday in silence striving to achieve the still mind.

The following are some of their thoughts about their experience in consciousness during still mind weekend that they wrote in the guest book in the Peace Dome. They are given in the order that they were written in the book.

Daniel R. Condron - Beyond

Terrence L Bellows, Louisville, KY - Peace

April Harrington, Oklahoma - Calm

Jonathan Duerbeck, Ohio - Everything is enough in the Now. Now is good.

Alan McCall, Illinois - Peace is the beginning.

Debbie Hudson, Missouri - Stillness

Brian Hoover, Missouri - I and my Father are One.

Caterina Williams, Missouri - Peace is being in the moment.

Emily Ryan, Illinois - I am full of Peace and full of Happiness.

Larry Hudson, College of Metaphysics - Peace is Active.

Davi Brown, Ohio - In peace we receive the planet.

Erin Payne, Ohio - Listen through the Heart.

Yani Vozos, Kentucky - May peace be in everything we do and think.

Sylvia Galvin, College of Metaphysics - Still Mind

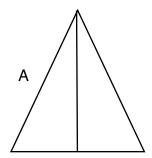
Doug Bannister, College of Metaphysics - Peace comes through the heart.

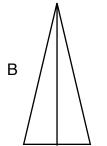
Charlotte Crabaugh, College of Metaphysics - We are connected.

Mavis Curry, College of Metaphysics - Peace begins with me.

I, Daniel, wrote "beyond" because I know the still mind brings one's consciousness beyond peace, beyond everything. The still mind creates peace. The still mind is the key to world peace.

The still mind turns the mind triangle into a mind line.







In the still mind the conscious and subconscious minds are aligned and attuned to superconscious mind. As the still mind brings enlightenment there is less need for mind as mind is fulfilled by omnipresent consciousness of LIGHT.

Jonathan's comment of the "now" reflects the realization of conscious from the still mind to the present moment. Debbie's comment of "stillness" follows her experience of still mind. Erin's comment "Listen through the heart" echos the third step of Still Mind, Present Moment, Open Heart as does Doug's comment of "Peace comes through the heart."

In the stillness one comes to know the truth of Brian's statement, "I and the Father are One." May the still mind be yours.

Daniel R. Condron

The Season of Peace is in full swing and many students and teachers of the School of Metaphysics are out in the world sharing their Light and spreading the Word of Peace.

There are brilliant ideas being generated throughout the School, which is energizing the Intuitive Chakra of the Planet Earth. Brenton Harris (Third Cycle Student and Director of the Columbia, MO Branch) created cards with "Thank You" notes and handed them out to the members of community. He shared that people were very grateful to receive the cards and thankful for his efforts.

Leah Morris (Third Cycle student and Director of the Kansas City Branch) was able to obtain a **Peace Proclamation from the Mayor of Kansas City** which contains verbiage from the Peace Universal Covenant. Leah reported that it was very easy to obtain the proclamation and that the Mayor was intrigued and became interested in learning more about the School of Metaphysics. When a few students asked Leah for some pointers on how to obtain Peace Proclamations this is what she said: "Follow-up and consistency is absolutely key! Many people really appreciate this, especially if you admit that you know you keep calling them."

We are continuing to grow the Interfaith Community of Metaphysics. Sunday evenings are becoming the time to commune in a spiritual way with people in the community of all ages, races and backgrounds gathering together to connect with one another while discussing things that really matter in life such as: love, connection, gratitude, understanding and sacred service. As Betty Williams said it so wonderfully: "We as Peace People go much further: We believe in taking down the barriers, but we also believe in the most energetic reconciliation among the peoples by getting them to know each other's fears and beliefs, getting to know each other physically, philosophically and spiritually."

We, as human beings, have a need for human contact, for human love, for friendship, for understanding. We thrive off of these experiences and through them grow to soaring heights within our consciousness. Studies show that when people have a connection to each other and something bigger than themselves, they are more resilient and the most happy and powerful. Our Sunday evening ICOM

Gatherings is a place to nurture and promote this type of experience.

Sunday Nov. 30th Peace Ambassadors taught the 4th Lesson of the Spiritual Ethics course. This completes the first wave of the gatherings. "We have a class of 6 people that have attended all four weeks of the course," writes Kerry Keller (Third Cycle student and

Director of the Indianapolis Branch). "They have been engaged, and very attentive. After our third lesson on love, they did not want to leave!!! They stayed around for about 90 extra minutes, talking and asking us how they can make a difference. What could they do in this community?

"Two of us went to have healing service and these Spiritual Ethics students were still there when we completed. They were talking about what they could do to aid others to see the good in life and aid others to change and help others experience peace. Of the 6

people, 2 are our students on lesson 3. The rest are from the public. The videos took the spark already within them and expanded those sparks into flames.

"This week they came back with even more enthusiasm and curiosity. 30 minutes after class they were still here and discussing more specific options of becoming a student or partnering with the school to aid the community. They each decided together to aid in promoting the 2015 meditation and events we are having here on New Year's Eve, Universal Hour of Peace and New Year's Day."

To bring 2014 to completion each School branch will be hosting 20 hours and 15 minutes of Meditation starting on Wednesday, December 31, 3:45am through Thursday, January 1, 2015, 12:00am. This will be a synchronized event with all 16 branches and the Headquarters participating. This will create a Unified Field of Consciousness and will influence the entire Planet Earth, as all the participants will go within for stillness and connection to the Highest Part of Self. School branches are reaching out to all people in the community and inviting them to join. There will be singing bowl ceremonies and spoken word poetry as well as potlucks and talks on peace and connection. Meditation affects all aspects of the Self: mental, emotional and physical. Of all the things that you can

SEASON OF PEACE con't. on page 20.

2014-15

Season of

PEACE

by Natl Peace Ambassador

Golbahar Dadyan

SEASON OF PEACE con't, from page 19

do to know yourself, nothing will serve you as well as developing the practice of meditation. Everyone is very excited and ready to welcome the New Year in such a high-minded way.

Simultaneously, we will also be hosting the Second Annual Peace Congress at the World Headquarters. Peace Ambassadors will be representing their respective 16 Schools branches spending 24 hours in the Peace Dome sending out thoughts of peace to all the continents and reading the Peace Covenant out loud as each time zone welcomes the New Year. This year we will have in attendance alumni who are graduates of SOM course work. We welcome Reverend Ivy Norris (Graduate of the Fourth Cycle with a Doctorate in Metaphysics) and Rory Colgan (Graduate of the Second Cycle of classes). This fulfills the vision of having the Peace Congress open to people from all over the world and creating a place where peace makers come together to commune and unite in mind and heart bringing forth the consciousness of peace into the New Year.

In the year 2015, I see the role of the Peace Ambassadors as a vital part of the heart of our School and the world. As Peace Ambassadors, I would like for us to have more of a community presence as we share of ourselves in a generous Spirit. I commit to practicing and understanding others, being a calm and peaceful presence for them and a beacon of Love and Truth. Every year I set an intention for how my year will unfold. This year I set the intention of the Year of Peaceful Co-creations! What will you set as your intention for the New Year?

Peace Congress Time and Date Arrival Dec 30th at 1:00 PM till Jan 1st at 2:00 PM.







Fourth Cycle Class Report - November 2014



Christine Spretnjak

Superconscious Mind. Heaven. Ascended Masters. Archangels. Wholeness. Holyness. This is the best time I've experienced to date, and I know that I've needed everything that preceded it to get here.

Karen Mosby

I am learning that being in the 4th cycle of lessons is about receiving from the Self. We have been reviewing our journey as students through the First, Second, and Third Cycle of SOM classes. Using the Celtic Bardos, we have been exploring what we have learned and what we will still need to learn. It is similar to the end of life review that many people go through as they approach dying and after dying. I have learned that when I try to do everything, fix everything, that I am playing God. I need to pause at these times, breathe, so that I can re-align with God.

Laurie Biswell

The experience of the fourth cycle is magnetic. I am learning how to synthesize my experiences, all the lessons that have come before and truly examine what it is like to be seeing myself from the inside out. Learning more about the Still Mind, the Open Heart, and the Present Moment directly from Dr. Daniel is a blessing and simple. Life is simple. It is only my imagined fears and limitations that make it seem complicated.

Diana Kenny

The thoughts of yesterday, watered and nurtured, built this temple's foundation-tongue and groove, receptive and strong. The secret teachings of the ages live in me, as I practice bringing heaven to earth, gratefully concentrating on sacred geometric shapes and heaven's portal. I am thankful to all who have helped me keep my feet on this path that has brought me to this day where I create the beauty that is tomorrow.

4 T H C Y C L E C L A S S

Jonathan Duerbeck

We have been assimilating our past journey as students. From my student experience, I have pulled out my main learnings and the patterns that I have repeated. From ordering my memory impressions and discerning how I got to where I am, I can spot the places where I need to self-correct, I know what I need to learn, I know better how to make my next steps. I am continuing to concentrate, meditate, and visualize. I am continuing my efforts to perceive metaphysical things. I have received new ways of using breath and movement to become clear and receive spiritual help. I am beginning to understand how changing my experience of "self" changes everything.

Tad Messenger

Recently, I went on a drive that took several days. Usually, this is a time when I reflect on my life; what I am learning, how I am progressing, any pattens of thinking or being that need changing, etc. I had driven almost to the edge of the Missouri/Iowa border when I realized that I had not done this. When I evaluated the state of my mind, I realized that I was empty. There were no thoughts to consider. There were no thoughts to observe or analyze. I was simply still, and it was good. Later, as I reflected upon this, I realized that it was a result of the exercises I have been practicing in the fourth cycle.

When I returned from my trip and we had our Adam class, there was a point where we paired with a mentor and discussed the work that we had been doing on transitions/bardos in our study in SOM. I was paired with Dr. Daniel Condron. After talking to him and presenting my work for one and a half hours, I felt fulfilled. When it was time to present what we learned to the class, there was nothing there. I was empty again. And it was good.

Jesse A Kern

In the Fourth Cycle Class I am experiencing love and simplicity as well as the subtleness of energy and perception that is Superconscious Mind. From spinning the chakras that return energy to those levels of mind, to the symbol to enter there and now concentrating on the basic forms of creation, I am experiencing and identifying the energy of this highest division of mind. It is simple. It is love. It is truth. These experiences are aiding me to simplify my life and my perspective on life in general--not taking things so seriously and feeling the love and joy in even the simple things. I am more relaxed on a regular, day-to-day basis and I have a broader, more expanded perception of the reality of all existence, my own and what is universal for all sentient beings.

January

Dec 31st - Jan 1st -- Peace Vigil....20 Hours and 15 minutes of Meditation

Jan 2nd - 4th -- General Assembly

Jan 16th - 18th -- National meeting, 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

February

Feb 7th -- Area Teachers meeting

Feb 20th - 22nd -- Dream Awareness coordinators meet as well as National meeting, 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

Feb 27th - March 1st -- Spirit of the Healer Spiritual Focus Session

March

March 1st - 3rd -- Powers of Ten Spiritual Focus Session

March 20th - 22nd - National meeting, 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

<u>April</u>

April 3rd - 5th -- National Teachers Conference

April 17th - 19th -- National meeting, 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

April 24th - 26th -- National Dream Hotline®

May

May 15th - 17th -- All student weekend as well as National meeting, 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

May 29th - 31st -- Vision Quest

June

June 5th - 9th -- IASD (in West Virginia)

June 19 - 21 -- SIR Coordinators meeting as well as National meeting, 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

<u>July</u>

July 10th - 12th -- Genius Code Spiritual Focus Session

July 12th - 14th -- Kundalini Rising Spiritual Focus Session

July 17 - 19 -- Peace Ambassadors gather as well as National meeting, 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

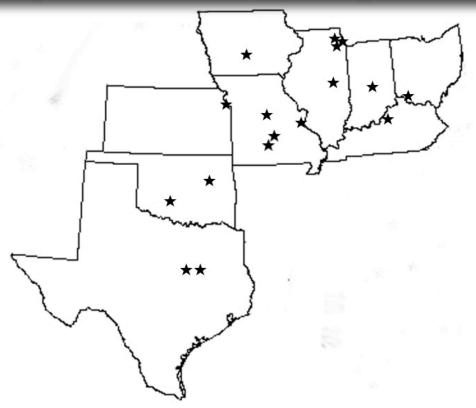
December 31st - January 1st -- Universal Hour of Peace, 20'15" Meditation

January 3rd - 5th -- General Assembly

February 7th -- Area Teachers Meeting

February 27th - 29th -- Spirit of the Healers, SFW

March 1st - 3rd -- Powers of Ten, SFW



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