

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. 48, No. 08

CHANGE Is In The Air!

Area Teachers Meetings Aug. 4th

MEASURING CONSCIOUSNESS !



How Conscious Are You?

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Editorial Column:

by, Kerry Keller

Change / Concentration Skills

In my desire to engage and introduce the education of the School of Metaphysics to business professionals, leaders, teachers, and parents, I have approached them with the transformation qualities of the Ten Essential Life Skills. My desire is and has been to see through their eyes to determine how they see the value of these skills changing and elevating their personal abilities and their influence on others. I believe you will enjoy the responses here.



As I converse with people, I am careful to move them away from their memory impressions of what they think metaphysics is to show them the applications available to them. Most people who have some familiarity, have some intellectual understandings, but most lack the experiences of what transforming insights may take place within themselves or with others. I have purposefully focused on first asking them questions to understand their needs. Then I can review what we offer to them, share how any of these Essential Skills, when practiced and honed can change the way they think, express, behave and excel in their desires.

Lets take the example of the *Concentration Skill*. With two weeks of practicing daily, I suggest they can begin to experience greater personal command of their attention and what they focus and hold their attention on. This is tremendously self-liberating! This experience provides personal security and greater self-confidence in making daily decisions of productivity and performance. Within two weeks people can begin to experience less stress, distractions, and emotional overwhelm with their current situations. This is very self-empowering to people as it creates new curiosity in what they perceive is possible in their day! They gain a new or revised sense of what they are capable of causing.

We know that this skill enables us to receive more clearly because of our increased ability to push away distractions. Within a three or four weeks of concerted practice we encourage them to consider the personal advances they want to experience. For instance; the ability to have more time in their day. Their increased clarity offers them less cognitive wandering because they are more focused. This turns into minutes, even hours of newly available time to do what they desire and seldom have time for.

When I was teaching in Bolingbrook six years ago, I was grateful to have two middle school teachers in my class. They fell in love with the concentration skill. One was a Band teacher and the other an English teacher. When they saw their personal changes they began to introduce their own students to *Concentration*. Soon the kids were scoring better on tests, and performing better in their tasks. The English teacher curiously shared with me that the teacher morale in her school was low and asked how concentration might be practiced to help them.

She said their were three problems, 1. teacher's complaining about balancing personal home time with so much paper grading after school. It created stress in their own families when they had to take grading papers home. 2. Teacher's were stressed daily in receiving students arriving in emotional states they experienced in family dynamics. The teachers had to deal with the child's stress, calm them and give them a direction, while they remained calm, focused and centered themselves. No easy task! 3. The culture in the teachers lounge was full of gossip and negativity. There was little peace of mind and had all the teachers on edge.

When I introduced the *Complain Free World* book to my two teacher students, they were excited! They asked me to go with them to the principles office and introduce 'Concentration' and this book. The principle originally reacted that there was no time to burden his teachers. Then he read the book and his interest became profoundly insistent. He requested all his teachers read the book in the next 30 days. To their astonishment they observed the gossip and complaining went away. Their focus and attention practice relaxed the teachers so much, they were teaching their students to concentrate on the second hand of the class room clock.

Not only did the culture of the teachers in the school dramatically change to being happier, positive, relaxed, their performance changed, their social interaction changed, and their relationships with their families changed. What they were not expecting was, their students began to change when the teachers changed and the consciousness of the school change to a more fun and productive environment. Concentration is priceless!

Chicago

By Lisa Stefaniak

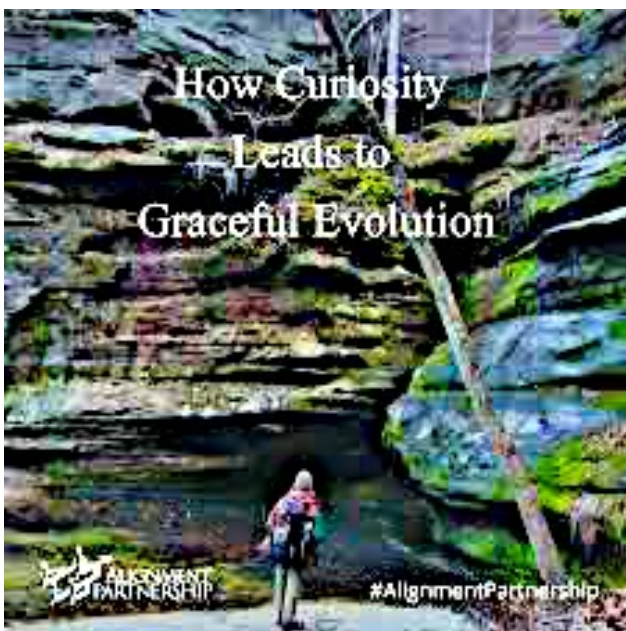
The Nature of the Physical is Change

The nature of the physical is change. What I am currently learning is how to become adaptable and flexible in my experiences with others and within my Self. I have talked about this before, with classmates and schoolmates, that I tend to struggle with change as they always seem to occur one after another. I become easily overwhelmed and I take it to a place where I feel like I cannot function, physically and mentally. I believe that this is exactly why I am drawing these experiences to myself - to learn how to change and adapt and most of all, to surrender.

The Chicago Branch is also dealing with many changes. Leaders in our area have moved on and we hold on for dear life in what seems to be a rollercoaster ride. My new thought now is to simply "Enjoy the ride!" Allow everything to change. Allow yourself to change. This is why we are here. We are here to overcome our limitations and to recognize that we have the ability to call upon our minds to create whatever it is that we truly desire. And as we all know, this requires concentration, discipline, and a willingness to learn in all of our experiences.



When I first started in the school, I was working 2 jobs, 7 days a week, and commuted 2 hours to the school every week. At first, it seemed impossible, but I did it. I did it because I wanted to change! While at some times it was challenging, eventually, I left the one job I was unhappy with and kept the other that I loved. I created the work and leisure schedule that I desired. I moved into an apartment that is now only 10 minutes away from the School. All of this happened because I embraced the change, the flow and opened myself up to any and all possibilities.



So, bring on those changes! Because I can handle it. It is easy to think that we are alone in all of this, but we are not. There are other aspects of our Self that we can reign in when times are desperate. We are connected in Subconscious mind for a reason! Sometimes we need to be reminded of this. There is always another way, another route, another idea. There is always a choice.

We can power through the seemingly difficult times and come out on the other end with a newfound awareness of who we are. I am a creator, and so are you. •



COLUMBIA ART in the PARK

Steffi Suzann Sandbothe

After such a success with our Earth Day booth in April, we here in Columbia all decided to do it again! On June 2nd & 3rd, we set up a booth for ART in the PARK. This is an annual event in Columbia, Missouri, drawing thousands of people. Drawing our dreams with Kids of ALL ages. Doug Bannister and I made a whole day of it, setting up the tent and tables, coloring signs and saying hello to all who passed by. I was very energized, and could hardly stay seated at our booth. So I went out and visited with the artists at the other booths. There were so many talented individuals. All of them were accepting of me and let me share with them what I have learned from the School of Metaphysics.

Back at home base, Doug had kids in the tent coloring up a storm with dragons, mermaids, unicorns and rainbows. It was great to see the “adult kids” coloring and sharing their dreams too! We discussed life and gave out love and laughter. Almost everyone to whom I talked was grateful that we received all and let them come and draw for free. Doug brought holy bamboo he said it wasn’t free: you had to listen, talk or draw your dream first. This made everyone from our School laugh. Doug is a very intriguing communicator, and nearly every time I left and came back he had some one immersed in conversation. One lady even said she lives right next door and

has been wanting to know what we are all about. I shared with her: “That’s why I started going to the School of Metaphysics. I WANTED TO KNOW.” She was pleased to hear we were starting two new classes, Monday June 4th and Tuesday June 19th.

Overall day one was a complete success. Doug and I learned to receive others and that we make a great team. Day two was even more of a success with Diana and Jennifer showing up to help the team. Our new class list had 10 new students signed up. We made calls and Monday night we had 4 new students registered and we are looking forward to expanding our light to fill our Tuesday class as well. Joining our light here



Kansas City Proper Perspective

By Wendy Isley

I am writing this article from the beautiful North Shore of Lake Superior in Minnesota, where my 84 year old mother lives in the summer and fall. I have always enjoyed this part of the world. My parents were born and raised in Minnesota and I spent my childhood summers hiking, playing on the rock beaches and trying to swim in the icy waters.



When I had children of my own, I had fun watching them do the same activities. Now, my adult children and stepchildren enjoy the Creator's natural wonders of rivers, waterfalls, forests and this amazing lake alongside me and my husband. Life changes and yet this place seems timeless. Over time, however, even the rocks become smoother and the decades-old cement dock where I played as a child has been nearly swallowed by the inland sea. As we learn in the SOM, the nature of the physical is change.

The Kansas City branch of the SOM has been in existence for several decades now. It has seen growth and contraction, students and teachers come and go. Many have walked through the doors hoping to find a way toward creating a better life. Many have discovered tools within themselves to help them improve their lives in ways large and small. Many have learned how to respond to life's ups and downs in a more peaceful way. Addictions have been overcome. Deeper joy and connection with Self, Truth and the Creator have been established. Minds have been trained and hearts have been opened. Some students are a part of the school for only a short time, yet they carry with them the wisdom gained from the lessons learned. Others remain students for several years and grow into teachers. These are the ones so richly blessed. A teacher never forgets the teaching experiences. The lessons learned and the memories of students' growth become a permanent part of the soul.



As I write this during my vacation, I am re-minded of the importance of rest, rejuvenation and assimilation. Studying the Universal Law of Proper Perspective helps me remember that it is okay not to "do", not to constantly work, not to take action. It is vital to create the time and space to reflect, meditate, assimilate, contemplate and receive the peaceful blessings of self awareness. I and the Father are One! •



INDIANAPOLIS

Disabling Energy / Great Learning

Kristy & Bonnie

A new energy source has invaded the Indianapolis Branch. It's a consciousness that had to get our attention the hard way. During the last two months two students and a teacher experienced their physical forward progress come to an extreme stop for days at a time. "It's a threatening sensation," said Kerry Keller, director of the Indianapolis Branch. "One minute I was moving forward, making changes and causing new experiences and the next thing I knew was the world was spinning so fast that I could not move!"

This disabling source of consciousness has caught three people, each on a morning that they were waking up. Kerry first noticed this energy early one morning upon coming out of a dream and rolling over in bed. He instantly felt his head swirling so fast he held on by putting his hands to his head to steady it. He then noticed his severe need to throw up. When he tried to sit up, his head was incapacitated. He could not get out of bed. Three weeks later Bonnie Darby, (second cycle), woke up in the morning trying to go to the bathroom but could not walk. Her head was spinning so profoundly she crawled to the bathroom floor with the whole room spinning. Her grandson ended up calling 911, and they took her to the hospital in an ambulance. Then this last week, Kristy Cragen, (first cycle) awoke and could not move. Her entire room was swirling so fast it made her sick. She too could not get out of bed for days.

To emphasize this even more, two doctors and a hospital staff, when asked said, "This is not a transferable disease, it's not infectious." So what is happening? My chiropractor admitted his business is seeing a great increase in people coming in for treatments because of their experience with VERTIGO. If it is not caused physically, what is the cause?

As you know: Thought is cause! What consciousness is being created that is contributing to the increase of Vertigo? What's the learning for people drawing their attention to a complete halt. The permanent healing book and Kerry's health analysis have both verified a trend of conscious problems breaking out across the nation. It describes those who are trying to control certain circumstances in their lives cause stagnation of energy flow, forward progress. Yet all three Indy students discovered more specifically that the mental cause is the need to create the condition of mind best needed to cause their inner most desires.

As you can imagine the topic of discussion in Indy has become; *Do you know what inner most desires you are wanting to create?* Kerry started pondering this as soon as the spinning stopped. I want people to be able to create better lives for themselves. I cringe when people get stuck in life and spin in their fears. Ever since I was a child, I remember giving people advice, because I did not want them to hurt or suffer or be in pain. Yet in the school I have learned that pain is a great growth stimulus. I have always used my imagination to aid others to move forward. At the same time we always have to look and observe ourselves. Vertigo stopped all three of us in our tracks to get a hold of our attention! Stop trying to control circumstances in your life and create the conditions of mind that you desire to create your inner most desires!

Ask your self, do you know what your inner most desires are? Each student at Indy is contemplating, concentrating and reflecting on their inner urges to establish clarity on what their inner urges are? We urge you to do the same! •

The people of the world need a sense of hope that they will be okay. SOM offers an avenue for people to find the answers that bring freedom from doubt and separation and move into awareness that they are creators.

Doug Bannister --- Columbia, Missouri



A sense of and experience with purposeful, supportive community centered in evolution of the Whole Self
Aneta Baranek - Kansas City

*Most people are fear thought driven.
Mindless.*

*SOM provides: Thought is cause
Learn a valuable lesson in every situation
Space*

Brian Hoover - Springfield, Missouri



The world needs to understand that they (people of the world) absolutely have the power to create anything they want. The power lies within! The world also needs to greatly understand how thoughts and emotions work and how they are connected. Everything begins with thought! And thoughts are powerful. The greatest understanding needed is "Thought is Cause."
Jamie Metzenberg - Dallas, Texas

CAMPUS CREATIONS / THE SHED

I joked around while we were building the shed, that we were building an ark, like Noah. For some reason, it is the first thought I have whenever I look at it. I don't have much woodworking or construction type experience so my references are limited, but none-the-less Noah's Ark always comes to mind. I think I know why. Just like Noah received a message from God to build the ark to help save humanity, we at the School of Metaphysics,, received a message that we were to build this shed in order to save the school. From my recollection, there has always been some sort of creation going on at the College of Metaphysics, and I believe that if we are not creating something together we can be in danger of stagnation and no growth. This shed for the time period is our growth point. I observed many people coming and helping throughout day to leave their mark on the shed. It was a great thing to see. I saw our directing intelligences as patient and determined, which were refreshing qualities to see and reminded me of how I want to be as a leader. For me my purpose was support and encouragement. Studying in the school for over 5 years now I have come to learn my strengths. I am loyal, steady, and concentrated and wanted to bring these qualities to the creation process so that we could reach our goal of getting the roof put on the shed. We didn't quite reach the goal but we made a lot of progress. It was a hot day and being so we needed to take turns on some of the more daunting tasks. I observed very good entrainment between the group, where one person would get tired the next person would step in and take their place. I learned a lot about teamwork and working together. I also learned the importance of presence and being there for one another, it reminds me of how when geese fly in a V they take turns as the lead the goose so they can preserve their strength. I am grateful to be a part of an organization that gives us opportunities to practice this. - **Zack Busch**



I've been understanding my self value in new ways, and it has expanded my awareness of self respect. I think self-respect could be defined as one's ability to honor the process. What process you might ask? The process of everything from the seemingly mundane of brushing your teeth in the morning, to honoring the process of driving to your destination, to honoring the process of shifting from one level of consciousness to another, no matter the "time" may take for the process to unfold, Granary granting yourself the space to experience the process without judgment of whether it should be over yet. This process has been in the forefront of my attention more and more over the last 3 weeks. And yet another layer reveals itself through leading a crew as we continue the process of creating a space that houses the necessary tools to aid in creating a stable community unified through expanding one's knowledge and awareness of self. This space we call the shed. Through leading this I am able to create and express clear images of the task at hand and the end goal. Then I get to experience the process of learning to occur in others who have never used power tools, nail guns, and possibly never swung a hammer before.



Patience is the name of the game when it comes to "the process". It's through being patient with yourself when learning or applying yourself in new ways. Patience is induced out of love and, therefore self respect. Permanent change will not occur out of fear, anger, hate, judgment, or shame, but it will occur in the space filled with love. The change may be stimulated by the lower vibrations, but the shift will only come full circle when Love enters the picture. Then you begin to recognize your innate value and self-respect is born. - **Jeremy Ragan**

I had the experience to work with a crew of beautiful people at the COM. My intention when I work at COM is to be part of the consciousness of the project and to connect with the directing intelligence to serve better, to have and understand the picture. When I do that , I fulfill my purpose easier. The weather was not helping because the temperature was over 90 degrees, and I had driven the night before, so my body was a little tired. I decided that I was going to do my best and focus on the purpose of the project and the service of the building is going to fulfill when it is done. I put myself in service and did what Jeremy asked as he was the crew leader. We complete most of the of the project but what I appreciate is the willingness of the crew to serve in these weather conditions. The

hot day is a reminder that all the people at SOM are here because they are learning and are willing to make the difference in themselves and others . - **Jorge Candelaria**

Wisdom from the Oracle

Excerpt from the commentary on the evolutionary locus for the School of Metaphysics from the Superconscious Oracle given on **January 8, 2011**



It is now that the possibility for the recognition of eternity is possible within the mind of many. Therefore, there is the capacity for there to be a connection, a resonance with eternity. The confines and limits of the finite mind cannot conceive this, nor can it be bestowed by something outside of the Self. This must be internally generated. The capacity for

receiving is growing. The requirement for it is being recognized by those who are within the realm of consciousness itself. The dawn has arrived in the expectation; the day must be faced by initiation. Imaging must match determination. The Source and Origin must be within the consciousness of Being, in the awareness of the present, not as a memory, not as an image of something that has yet to occur. The Source, the Fount, is within what is. The acceptance is in the present and is the presence.

International Association for the Study of Dreams 2018 conference

By Laurel Clark



Since 2008 I have been a member of the International Association for the Study of Dreams (IASD.) The first year I attended a conference in Montreal, I served as a volunteer at pre-registration, setting up the badges and bags for all participants. Then I volunteered at the registration table, greeting each attendee as s/he arrived.

These positions gave me the opportunity to meet many prominent people in IASD. Because of my many years' experience with SOM, the volunteer coordinator told me I was the best of all the people working on her team. I know how to pay attention, how to listen, how to respond.

Since then, I was nominated and elected to be Secretary of the Board (2 years), Vice President (1 year), President (1 year) and now I am serving my second year as the Board Chair. It is a great honor to serve in this capacity, being an integral part of decision-making and cooperating with the international community to fulfill IASD's mission.

"IASD was founded in 1983 and is a non-profit, international, multidisciplinary organization dedicated to the pure and applied investigation of dreams and dreaming. Our purposes are to promote an awareness and appreciation of dreams in both professional and public arenas; to encourage research into the nature function and significance of dreaming; to advance the application of the study of dreams; and to provide a forum for the eclectic and interdisciplinary and cross-culture exchange of ideas and information. Our membership represents over 40 countries and people from all disciplines, including psychologists, academic scholars, therapists, anthropologists, dreamworkers, researchers, artists, educators, and writers, all sharing dream experiences."

This is the 10th conference I have attended. Each year I make a point of attending sessions that will educate me about how to better spread the word about our School of Metaphysics dream work and to learn about the needs of the global community

This year I attended many research presentations. I have wanted to bring dream education into corporations and large institutions. In my communications with such organizations, I've learned that many of the decision makers want "hard facts" to support the validity of dreams; in other words, how and why it would benefit their company to learn about dreams.

Much of the current research on dreams focuses on the need for sleep for human beings to be more creative, to have better health, and for emotional balance. Some of the sleep researchers are beginning to recognize that sleep deprivation becomes a problem for the psyche and emotional well being because the lack of sleep means a lack of dreams.

In addition to running board meetings and the annual membership meeting, I gave a presentation on a mutual dream experience I had last fall at the online PsiberDreaming conference. A dreamer I had never met (until this year's conference) had a dream in which I featured as a "dream character." His dream had information that helped me with a health issue I was facing, even though he had no conscious knowledge of my health problems. The intuitive connection was remarkable!

Dr. Larry Burk, a holistic radiologist who is skilled with intuitive diagnosis, hypnosis, and EFT (tapping), was in the audience for my presentation. He was instrumental in aiding me with the health challenge I faced. I had called him to ask for a recommendation for a holistic radiologist in St. Louis, and he generously offered to read a chiropractic X-ray for no charge. His perspective was informative and gave me clear knowledge, not fostering fear and alarm.

Dr. Burk became interested in dreams when a patient who had recurring dreams of breast cancer came to him for a second opinion. Her doctor would not test her for what he considered a crazy idea. Dr. Burk believed her, and his tests confirmed what her dreams were telling her. Together they were able to make an early diagnosis and to treat the cancer.

Connecting the School of Metaphysics with people like Dr. Larry Burk is one of the reasons I love attending these conferences. At a previous conference I introduced him to the school's intuitive healthy analyses and gave him a copy of the book *First Opinion*.

Last year, at one of the board meetings, we formed a task force to review and establish ethical guidelines for schools and programs that offer dream certification. Because of my involvement and investment in dreamschool.org (I have written some of the course material) I volunteered to be on the task force. We met every month for a year and at this year's meeting the board adopted the guidelines we established. The task force compiled a list of organizations and schools around the world that offer some kind of certification program. Dreamschool is on that list.

Some other presentations I attended included one on "big dreams," after death communication in dreams, drawing dreams as method of dreamwork, and the fantastic presentations of Dr. Barbara Condrón, Dr. Sheila Benjamin, and Dr. Karen Mosby.

If you are interested in learning more about IASD, the online Psiberdreaming Conference takes place September 23 – October 7. I will be giving a presentation on the intersection of dreams, telepathy, clairvoyance, and virtual communication (email.) Go to www.asdreams.org for a schedule and abstracts of the 24 presentations from dreamers in seven countries. If you are not a member of IASD and become one before October 6, you can attend the conference for free. •

The Presence of the School of Metaphysics at the IASD 2018 conference

By Sheila Benjamin



I have had the pleasure of attending all ten of the conferences with Dr. Laurel Clark, and have also volunteered at each of the conferences. I have as well offered presentations at each with the exception of one.

The major members of the IASD boards recognize the value of many of us in the School of Metaphysics, for our abilities to still our minds, listen, give our full attention and go beyond what is expected of us.

It was only last year when one of the key organizers was unable to attend the conference due to health issues that I received a call from Richard Wilkerson (one of the key organizers of the conference) and asked to be his assistant at the 2017 conference. I was honored that they chose me. This opportunity placed me in a prime position to get to know many of the elders within the IASD in a deeper way.

This year I arrived a couple of days early to help prepare the registration desk to receive those that would be attending. This was another way of being in a prime position to meet with the key organizer in a relaxed setting.



Dream Weaver... a Tapestry of Dreams

The idea of my presentation was stimulated at the ending of the 2016 IASD conference.

I have a working ministry (as I like to call it) where I work as a recreational therapist with troubled and at risk teens. Some say that these children have behavioral problems; I like to think of these youths as needing a meaningful direction to bring out their brilliance.

In the beginning of this year I met with 18 girls who were/are in residential treatment. We met for about 3 months, once a week, and we would talk about their dreams. They started out with writing down their most memorable dream and met with me individually to talk about what insight I saw in the dream and what the dream meant to them.

Each of them then drew an image that was symbolic of their dream. After that step they drew and painted their images on an individual canvas material. For the presentation I pinned each of their images to a tablecloth as a symbol of weaving each these ladies dreams together.

I honored each of the girls and their insights by creating a power point presentation that showed the images these girls created with the words from their dreams as well as their thoughts. I ended my presentation using a version of the song Sound of Silence, sung by the group Disturbed, which played in the background as I slowly went through each of the slides.

This was a profound experience for me as well as for those who attended the presentation. It was a way that I personally saluted the divinity within each girl that shared their soul with me, and it provided the audience an opportunity to have an immediate moment with each of these girls.

I have learned through my 40 plus years within the School of Metaphysics, that I live the teachings of the school and share it wherever I go. I thank the IASD for allowing me to share.

I hope to be able to share this slide presentation with each of you that attend the Dream Webinar on August 29th. Please invite any counselors, teachers, parents etc. that can benefit from this information.





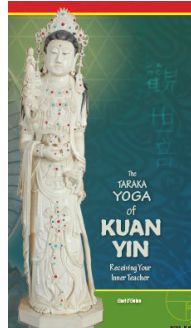
bird landing



Beauty is an expectation arising in the finest substance in Mind,
Carried along by the will responding to the inner call.
Leadership arises unbidden in one caught up in rapture.
Being, is the teacher; presence, the lesson.

Landing
47

Twin Verses from The Taraka Yoga of Kuan Yin



A single thought can mobilize the will in adulthood.
One thought leads to another within Self and within many.
A whole thought extends through eternity.
Echoing in space far beyond what you will ever know.

dragon clouds

During the Beijing Olympics (2008), China opened herself to the world, and what she gave was stunning. She displayed the level of art and science her numbers can produce. In the opening ceremonies, over 15,000 performers captivated viewers with precision movements reflecting China's people, culture, and history. The image of hundreds of people, portraying disciples of Confucius, reciting excerpts from his teachings, The Analects, lingers in my mind. With lines like *"How auspicious to have friends coming from afar"* and *"All men are brothers within the four seas"* meeting the estimated 175,000,000 attendees, the 2500-year-old prophecy was fulfilled.

The openness and the drive to be the best, exist in the Chinese people as readily as they have in the American. We are not so very different, even when governments may determine otherwise... In the Tao Te Ching, Stanza 17, Lao Tzu addressed the dynamics of external leadership as created by people and between them, the brilliance in Lao Tzu's thought is in the Self-government image it provides. This Self-government echoes the thinking of Plato, his Greek contemporary, in the necessity for rulers to "truly become philosophers" for troubles to be resolved and the dream of republican government to exist. The Universal Truth here has little to do with external forms of government, and everything to do with the causal thought that makes governing possible.

At any time, in any place, the capacity to trust Self is essential to peace of mind, health and longevity. When Self-government is practiced, harmonious coexistence with neighbors and with the land we inhabit follow. These interpretations of Kuan Yin's Verses are a way to practice Self-government. They present causal thoughts worthy of a creator. Lao Tzu described the vast potentiality for creation in this way:

*The Tao is eternally formless
If rulers and leaders were to live it
everyone would change and transform naturally
If after being transformed should their desires arise
The ruler would still them with formless simplicity
Being stilled by formless simplicity
they would not desire
not desiring they will be at peace in stillness
In stillness one finds the anchor of the universe
within Self*
—Tao Te Ching, Stanza 37

[pg 40 of text]

Union within Self does not just happen, it is caused. You are that cause. The choice you are about to make will set into motion a path, an event, a world, a universe. The scope depends upon you. You will live what your thought creates. Since you are bringing about your view of the world, you will want to know how to use your capacity for creative thought wisely. This is where divination enters into your thinking.

Because this is so, your divination begins in gratitude for this opportunity for illumination. In Step 1, your intent is to align the whole Mind, to call upon all aspects of Self to work toward the same ideal. What makes Spirit holy is the intent to clearly conceive the whole, all at once. You want to activate God-thought, therefore, it is appropriate to receive the Divine through prayer and meditation.

Canadian dowser Susan Collins teaches an affirmation of intent many dowsers employ at the beginning of their dowsing work. I present it here since you will be using a form of deviceless dowsing to harmonize with your divining mind. These words can serve as the opening prayer for your protocol. Place your hands in the classic prayer pose, both palms touching with fingers pointing to Heaven and thumbs toward the heart within an inch of your body and forearms parallel to the ground. Inhaling, invite the Divine to fill your Mind. As you exhale, offer this affirmation:

***"For the best and highest good of all creation
I ask to align my Infinite Being in resonance with Divine
Good.
So be it."***

This directed thought now pervades the consciousness that is your mind.... You will learn through practice, to refine your prayers and the resulting sense of inner peace and tranquility will become your true nature. In times of extreme thoughts and emotions, should you have a specific concern, a matter weighing on your heart or pressing on your head, you can bring it forward in light. Give it to your Inner Teacher, for here there is wholeness, where dark and light lovingly embrace in the dance that is your life.

[pg 200 of text]



THE NEW MAITREYA

Master Students make Master Teachers
with Dr. Barbara O'Guinn Condon



The QUESTION:

Good evening Dr Barbara. Can I ask you a question?

In my most recent PLP, I asked about **"balancing the being with the doing of life"**. As you can know and can imagine, 3 kids, husband, household, full time job, SOM student and director is a full plate. The response I received was that "this one's being is infinite". That it is important that I recognize that there is "infinite time and space" and that it is only limited by the conscious mind. I am curious what you think "infinite time and space" looks like? I often feel a direct opposition in thought and desire when i am balancing soul growth and the chosen responsibilities of my life. I stumble on overcoming the "things that need to be done" with the infinite. My thought is that if I can borrow your picture of infinity, maybe it would help me build my own. With Much love and appreciation, Mandie Renner

The RESPONSE:

I have contemplated "balance" all my life, personally, as well as attending others as they "labor" to understand the ebb and flow of life. In my late teens and college years, balance was introversion and extraversion. I struggled with what was inner and outer, all the way through an ego cleanse of facing my own mortality. Once I had crossed over to the other shore as the Buddha taught, I "found" SOM.

In my mid-20s as a director of a school, I delineated balance as "business" and "personal". This came through my **real need** to separate "my own stuff" from my "students' stuff". I think you probably know what I mean. I wanted to be as objective and truthful and loving as possible with all the students, whether I was their teacher or someone else was. I found this meant, again, shedding a few more layers of ego to perceive more clearly. For me, it was about responsibility.

I have had a tendency to take on other's responsibility throughout my life, the legacy of being a sole child in a household of four adults. So I had to learn that when someone does not perceive what I see, does not want to put out the effort to change in some way, does want something different that it does not mean I have failed as a teacher. It was during this period that I learned, through experience, that students do not reflect the teacher, nor do they reflect what the teacher teaches. They do reflect their understanding of what they have learned. May sound like a small difference, but it is actually deep and broad concerning responsibility. It helped me to "own" my own duty, as the **Gita** teaches. Such a simple and important teaching, that.

Certainly, later as a wife and mother my challenges were many. It was helpful that Hezekiah's father was of like mind, which is to say we were both invested in Self exploration - discipline, service, teaching. I admire you for your resilience. I have not met your husband and do not know how he views your desires regarding SOM.

Oh Dr Barbara. I am grateful for your response. Thank you for sharing your story with me. I will keep this email and refer to it often.

Your story caused me to reflect upon my own. When I did, I immediately realized many ways in which I have lived in extremes of perfectionism and hyper-responsibility. This type of "all or nothing" and "proving myself" thinking and action has kept me out of balance the majority of my life. I completed the 1st cycle of study and then took a year off because I didn't know how to balance a new baby, my mother passing away and everything else that I was juggling at the time. It wasn't until I came back the 2nd time to SOM, that integration and Proper Perspective began to rise within my consciousness and importance within my life.

I have contemplated the infinities of life for decades. It led to Kuan Yin, the healing field (Stargate) teachings, and is furthering the work with the Living Hologram.

The **Vedas** teach 3 infinities: **Infinite Intelligence, Infinite Energy, Infinite Manifestation.** For me, it describes the abundance available to us in the universe. There is always enough time to do what we truly want to do.

Some of a human being's learning in the adult years - the years of parenting and providing - is about discerning need and want. This was a major learning for me in my 30s. Rich and well worth every moment. I wanted (funny!) to live within my needs....not means, **needs**. In understanding visualization, I felt led to distinguish real need and imagined need. That was incredibly enriching as a student of Universal Law and mind, and in my teaching. Doing so narrowed my path. I could align my wants with my soul needs - the way I understood real needs. This enabled the entrainment of mind that opened me to a fourth infinity - Infinite Being. I wrote about this in ***The Wisdom of Solomon***.

I love the play on words of "living within your needs", which is brilliant.

You have clearly described the stage of life that I am currently in, which was why I thought of you originally to start this conversation. I knew your life experience would relate to my own.

So what would I offer you now?

Something very simple, and doable. **Interpret your life as a dream.** To master your mind think its language. Fluently. You are choosing to "have it all" in your everyday life. Affirm the individual parts of the whole you are creating. It is like unto identifying and interpreting the symbols in a dream. This will immediately align your conscious and subconscious minds, which makes it easier to meditatively open yourself to the infinite possibilities in Superconscious Mind and beyond.

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Kerry Keller 42 Exclusion... Existence emerges from a black hole in space, the Light of volition born in neutrality. Choose life in thoughts guided by honor whose progenitor - grace - trends the heavenly choir.

Dr. Sheila Benjamin 63 The Compass... Recognize opportunities for astral travel in any locality. Want to navigate the inner level waters from conscious desire. Bilocation frees the attention from physical boundaries. The soul's compassion is what keeps you alive.

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