

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



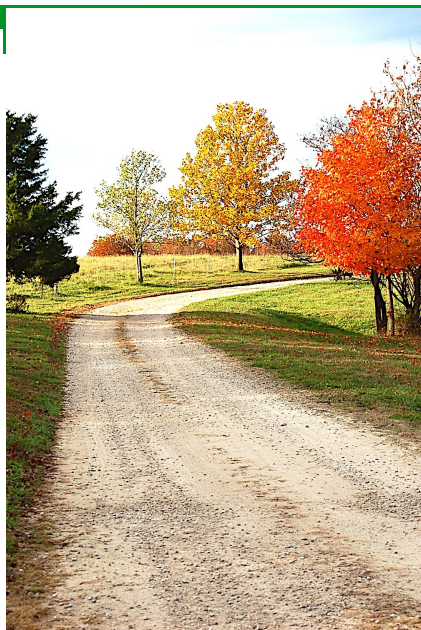
A Monthly Newsletter

Vol. 48, No. 09



Still Mind Weekend

October 26th, 27, and 28th 2017



Being in silent stillness in nature with the sacred geometric forms and in the Peace Dome. Meditate in all these places.
Have fun, enjoy and be fulfilled

A Weekend Devoted to Stillness

in the beautiful autumn at the College of Metaphysics!

This weekend is for you and open to School of Metaphysics students at lesson 10 and above.

If you are wanting to participate in this weekend and experience the stillness of your mind, please write a paper entitled: **Why I Want A Still Mind.**

Be sure to mail it in so that it is at the College on or before the 20th of October. A tithe for the weekend should also be sent along with your paper.

All attendees are asked to arrive on Friday by 5:00 pm and stay until brunch on Sunday.

Participants should have participated in a prior event at the college to be eligible for this event.

This is a weekend like no other at the College of Metaphysics. Some have reported having experienced their deepest and most astounding Meditation ever!



Find your
silent seat

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TULSA

Expanding our Field of Influence

Wendy Vann

This summer has found the Tulsa School of Metaphysics in an expanded field. Two new classes have begun by teachers Wendy and Alex Vann and continued growth in Mandie Renner's class. Alex stated learning about being present and the connection with others. He is honoring his students own paths and amazed how the interactions among students are helping them expand and grow. Alex Vann also taught a short course on meditation. My journey with teaching has been about giving and receiving. I am observant of the influence my words and actions have on others and how they support and care for each other. I am open to the love and learning that is occurring. Mandie shared, "My experience building my latest cycle 1 class has been an exciting and interesting time. The excitement comes from knowing that you are the cause of new experiences which will be followed by often times, profound learning. It is also interesting because limitations in thinking often arise which can create doubt. I experienced doubt when developing my latest class, which formed in early March. However, through this process I learned the importance of developing clarity surrounding the intention of building a class. The intention I landed on was that I desired to build the knowing quality of creation within my Self through this experience. I desired to co-create this class with the vision of sharing all the learnings that I have acquired with incoming students. I saw my Self aligned with the deepest parts of my inner being and using this as a magnetizing force to attract vibrant, dedicated students. I learned that when I can align my thoughts and actions to support my developing intention and creation, the process is smooth, fulfilling, and successful."



We had the pleasure of Dr. Tad teaching a short course on conscious ethics. This was truly a delight to witness a man of wisdom share his knowledge. We made steady progress towards our intuitive report backlog. There have been many lessons learned through this process. Each and every report always seems to have just the right message that you need to hear that day. Isn't it amazing how the universe works.



Some of our new students jumped right in to helping beautify the outdoors. Vicky Barbour created a flower bed around the peace pole. Cassandra and Justin along with David Vann kept the grounds mowed and weeded. Their enthusiasm and energy were welcome blessings in our Oklahoma heat. We continue to work on improving the inside of our school with the addition of a hallway linking are two bedrooms to the main house. This was especially important when summer hot temperatures hit. The insulated hallway made a better transition.

We are continuing to grow and expand. This has helped the Tulsa school not only financially also with more lessons spiritually. We are understanding that there are really no true difficulties. We grow and learn from each event, person, and place. We are opening our hearts to Universal love and practicing daily the giving and receiving.

KANSAS CITY

Learning to Love Myself

By Jennifer Dixon

I began my studies at the KC School of Metaphysics approximately four months ago because I wanted to find a group of like-minded friends. What I have gained during this short period of time has been way more than I expected. Just in the physical, I have manifested a great job that I begin in a few days. Well, let me back up just a bit. I have not worked for about six years. The bottom fell out of my life and I've had to start all over at age 50. I had been suffering with major panic attacks, severe (constant) anxiety and depression, really not sure if I could do this "life" anymore. So, needless to say, with all the fear and self-hatred I'd been living with for years, I was terrified to go back to work!



Today, I can honestly say, I'm beginning to love myself which is absolutely the best blessing I could have ever hoped to have. This Course of Study has allowed me to begin to see how I do have choices, how self-discipline is a beautiful thing and that I am always supported in this life and never alone. I'm beginning to find out just who I really am and my purpose for this life. It is very exciting and yes, scary at times. But never the type of fear I have been living in up until now. I no longer have panic attacks or live in constant fear and anxiety. I look forward to my life and what I can accomplish. I'm excited to learn how I can increase my intuition, extra-sensory abilities and numerous other abilities, some of which I have dabbled in at times in the past.

We all have a purpose for this life. I'm learning about my soul, who I am. This is the most exciting learning I've ever done. All my college work does not come close to this. Truly learning who I am, how the Universe works and all that I can be, experience, and give in this lifetime lights my heart on fire. Love to All.

Beginning to Love Myself

INDIANAPOLIS

Starting New Energy is Harder than Continuing

by Lynn Boggio

Does life just keep happening? It sure is interesting how life just has its own idea of what is more important. When we initiate starting a new class then something at home seems to get in the way. Have you ever had this happen? Then we reschedule the start up of the class and something else happens. What is this? What is the learning here?

Then we started a class where several students began, and within two weeks each of them had a significant circumstance...family emergency, loosing a job, becoming very ill, or totaling their car. As fast as the class started with some excitement, suddenly it was gone! Now we have gone two months without new positive energy filling in the school and our growing has been stopped!

On top of this now it seems harder than ever to start a class up again! Then Kerry said, one of the lessons is creation always is a continual movement of change and we must always be committed to causing forward progress. It's a big example of the candle concentration exercise. When you don't practice the candle for a day or three, suddenly it's harder to hold your focus.

The other lesson Kerry suggested was: how efficiently and consistently are we focusing our attention? Distractions are a test of our ability to hold our attention on what we want to give others. It's hard to blame new students for getting caught up in life, but now when we say we are committed, karmic lessons are larger than we anticipated. We are finding we want to be focused, no matter what the size of the interruption. With a little imagination we decided to aid each other to best handle distractions together.

We all made the list of our goals, personally and collectively, and there are six of us encouraging each other to focus on what we want to manifest. Like the candle, you don't take your attention off the flame, so we have learned even in emergencies, if we want to keep growing and causing our forward progress we must hold our attention on our goals.

That's hard when your car breaks down or a family member needs some attention! Yet the universe does not care about our assigned levels of importance. The soul perceives everything as neutral. this is why our emotional attachments get in our way so easily. As we learn to release them, our efforts to manifest goals becomes easier.

To emphasize the importance of the two essential life skills that seem to empower all the rest, our teacher has us reviewing and studying the Master Living book by Dr. Barbara. This book makes it obvious: your ability to focus your concentration with single pointed attention allows you to focus on creating your desires and goals without stopping.

How brilliant!



CHICAGO

The Strange Chicago Movie Night

By Cameron Omnia

This month at the Chicago branch of the School of Metaphysics we hosted three successful events. These included a movie night showing and discussion of Doctor Strange, Dreams Around the Fire and a Gratitude Barbecue event. These events were all successful in bringing together students from our Chicagoland area. Although, we did have a few interested people from the public stop by, we did not reach our goals for how many people we envisioned being drawn to our events. Much of this I believe was due to the recent shifts our school branch has gone through. We have recently had both a new branch and area director and this change of leadership is still being adapted to. Each event on its own was a success, but since our overall turnout was less than expected, I believe we can learn a lot about working together, utilizing each of our individual strengths in order to achieve our goals of both drawing more students to our school and people from the public to come and enjoy a community of love.

Our most successful event was our Doctor Strange movie night. Everyone seemed to really enjoy the movie and snacks provided. The storyline of the movie follows a world-class neurosurgeon who is involved in a car crash, leaving his hands permanently disabled. Despite all his use of his mind, money, and current medical technology, there is nothing that he can do to return to his profession. The character of Steven Strange is then directed across the world to a mythical place called Kamar-Taj where his skepticism of alternative paths to healing is blown away by meeting with a spiritual leader known as “The Ancient One.” This leader gives Strange a first hand experience of the astral realm as well as visions of other cosmic realities. The humbled doctor's only response to his altered state of reality is “Teach Me.”



This Marvel movie adaptation of the comic book story is surprisingly filled with parallels to many metaphysical practices that are taught in our schools. Strange is taught how to transport himself to any location with the use of a device called a sling ring. This fictional apparatus allows characters in the movie to transport to any location on Earth by practicing concentration combined with the use of visualization. Strange also learns through practice and meditation to enter into the astral plane, in one scene, he is even seen studying an ancient text while outside his physical body. In viewing this movie for the second time, I was pleasantly surprised by how many similarities I could draw between actual spiritual practice and this fantastic work of fiction. Our discussion after the movie helped to raise everyone's awareness of how the practical application of spiritual exercises can aid any person who puts forth effort to a more fulfilling and rewarding life. Strange's journey ultimately changes his character from an arrogant, egotistical mindset to a more productive one of acceptance, becoming a hero with responsibility for the good of all mankind.

As we continue on our journey through life, it is wise for every individual to see the good in any situation that is encountered. By questioning the greater understanding of the challenges we face, whether it is an unfortunate accident or financial difficulty, it is important to always use our reasoning combined with our power of imagination to see these situations as an opportunity for learning, rather than an unfortunate situation to which we are helpless. It is equally important to remember the nature of the physical is one of change. When we are open to new opportunities by letting go of ways that no longer serve us, we can forge new paths forward, adapting to the change only by changing our perspective. With use of our consciousness, partnered with the love we find in our community of divine friendship, we can be open to new ways of working in harmony with our ever-changing world.

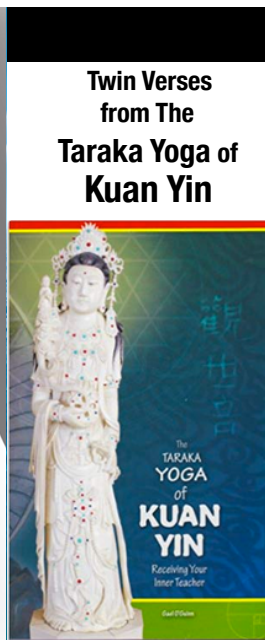
Wisdom from the Oracle

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



The electronic emissions which are occurring within the present both generated from without and from within allow there to be a kind of magnetism that has not been present previously. The activation of this comes from within. It comes from within the Self. It comes from within the group. It comes from within the Being, and is the factor which is available. It is the profundity of

what has been produced over time and space within this group that has produced the availability. Therefore the understanding that has been brought into the group, that is part of the group and part of what it is, needs to be acknowledged in the work in the present. For in doing so there is a strengthening of the magnet. There is repolarization of the electrical currents that do allow for the vrittis to resonate and to vibrate in accord with the essence of the Being itself.



Soothe is from the Old English sothian meaning verify, show to be true. The common use of the word resonates with the sphere of Tolerance. Soothe means to reduce pain or discomfort.

When I think of soothe, I think of the *Prayer of the Four Directions*.

“Great Spirit of Light, come to me out of the East (red) with the power of the rising sun. Let there be light in my words, let there be light on my path that I walk. Let me remember always that you give the gift of a new day. And never let me be burdened with sorrow by not starting over again.

“Great Spirit of Love, come to me with the power of the North (white). Make me courageous when the cold wind falls upon me. Give me strength and endurance for everything that is harsh, everything that hurts, everything that makes me squint. Let me move through life ready to take what comes from the north.

“Great Life-Giving Spirit, I face the West (black), the direction of sundown. Let me remember everyday that the moment will come when my sun will go down. Never let me forget that I must fade into you. Give me a beautiful color, give me a great sky for setting, so that when it is my time to meet you, I can come with glory.

“Great Spirit of Creation, send me the warm and soothing winds from the South (yellow). Comfort me and caress me when I am tired and cold. Unfold me like the gentle breezes that unfold the leaves on the trees. As you give to all the earth your warm, moving wind, give to me, so that I may grow close to you in warmth. Man did not create the web of life, he is but a strand in it. Whatever man does to the web, he does to himself. “

May you transcend the dreamworlds of Heaven and Earth, rejoicing in the Spirit which gives all Life!•

When I first read *The Secret Place*, I realized just how much I had kept my God away from me. God had always been multidimensional – hearing everyone’s prayers, guiding new births, blessing lives, healing the sick, comforting the dying. God was love, expressing through all life. I felt God was in everyone, even when I might object to another’s actions.

Yet, I had to admit that much of my God remained outside of me, separate from me. I knew that sometimes my love weakened in the face of a perceived injustice or my own fear of loss. My Godhead disappeared when I became polarized by my own frailties, my own limitations. The riddle spoken by the God of Wisdom, “Because, I Am, and neither-either, yet both” changed all that. I felt like I didn’t have a clue what that meant. Frankly, it sounded like doublespeak to me.

In time, I learned that idea was just a product of my busy brain, a temporary delay device obfuscating the Truth. This riddle would not be solved through logic. This riddle would resolve itself only through direct, and personal, mind experience. I was receptive to a greater Truth, so upon that first reading of *The Secret Place*, the door to my Inner Teacher opened, and I have been receiving the divinity of my Godhead ever since.

Within you is the power capable of guiding your creative thought through all the elements of creation. This intelligence follows the line of your attention. This power is intelligence, the spark of the Creator.

Within you, is a peace that surpasses the boundaries of your creative mind. This peace opens the gates of heaven where you will stand in the presence of the Creator. The moment you accept It, you will come to a conscious realization of the creative force within you. That great force, that untapped power, that unconquerable soul, that dynamic something within you is yearning for expression. It waits for the opportunity to lift you up to what exists beyond your imagination.

Man stands at the center of the universe. The Native American Sioux call this Wakan Tanka, the Great Spirit, the Godhead dwelling at the center of the Universe. That center is everywhere. It is within each of us. That Great Spirit is the Inner Teacher. •

THE NEW MAITREYA

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

Recently I turned on the radio hoping to catch weather info. Two DJs were bantering in ADD-fashion about all kinds of current news. Then there was that piece that spoke to me – “this is why you’re listening.”

They talked about a Nobel prize winner (I did not catch the name and haven’t been able to locate so if you do, please tell me!) who I believe is in the psychology field. His research boiled down to data that says 80% of humanity is motivated by the same thing. Know what it is?

A fear of loss.

I’m still turning that over in my mind. Fear rises in proportion to one’s unconsciousness that the essence, the crux, the challenge in life is to align with change. Fear, of any kind, is a reaction to change.

I received a text on this day from a student who is coming to terms with a loved one’s suicide. In part she wrote:

“I have a not-right perception about the way love moves that I’m trying to fix. I took mental responsibility for loving her with ‘good-enough’ love to make her want to stay alive - to see that there was still something good in the world to live for. When

To Dream Big is a Matter of Choice
To reach that Dream is a matter of discipline

my limitations must somehow diminish the Divine Love that I want the person to know, to receive... that as a conduit, I fail. When I’m around you, and while I’ve been reading this book, something is stimulated in me that feels like a drawing to Divine Love, and there’s this fear thought that comes up: ‘The last time I tried that, someone took her own life!’ You’re right - it’s a fear of loss. Not a loss for me, but for the person I want to love.”

I responded: In “opening to” which is another way of saying letting go, it is an illusion that we are diminished. For in truth, dear heart, is not the nature of prosperity to share our abundance? Do we not gain every single time that we give with our whole heart?

A tidbit from the next 7 days of this teacher’s life shows that there were 6 people signed up for her Mastery in Consciousness course. When the night for came arrived, 13 new students registered. Then, the next week 18 came! Divine Love. Abundance. Overcoming the illusion of fear of loss and the attachment to winning. Now classes are growing the second week, rather than shrinking. What an upward trend!•

“In our physical bodies, the heart is the tireless muscle working, receiving that spark of life in the womb, long before that body can sustain itself in the outer, physical world. Could that spark be the soul itself, whose intent to live springs into action, even now, with every beat of our hearts?”

Perhaps this is why poets speak so highly of training our ear to our heart strings. Or why monks chant Sanskrit words over, and over, and over again until every molecule in the body is brimming with loving kindness.

What does your heart say? Are you listening?

Does your heart beat with a cadence of the ocean whose watering fingers reach ashore, again and again, melting the sands of time? Your heart’s desire arises like the tide in a timeless sea that has no beginning, no ending. Just here, and now.

Your heart never rests in a lifetime. It is rest-less, until you become the sea.

So how do we do this? How do we become as water, fluid in our thinking, graceful in our action? We realize we are consciousness. Life renewing itself through the gift of desire. Too often, we are afraid of desire. Fears we may claim are often adopted ones. They enter the space between our heartbeats.

“Oh! Be careful, love will break your heart!” Have you shied away from love for fear that your heart will be broken, all the while neglecting to note the crack that allows such a thought to take root? Fear can only grow in the dark where we refuse to bring light.

There is a connection between the wanting in your heart and the fulfillment in your light. That connection is desire. Choice - the light working in your head - is what activates that connection. Awareness, then, is witness to the beginning of understanding and to its ending. All of this rests in the heart.

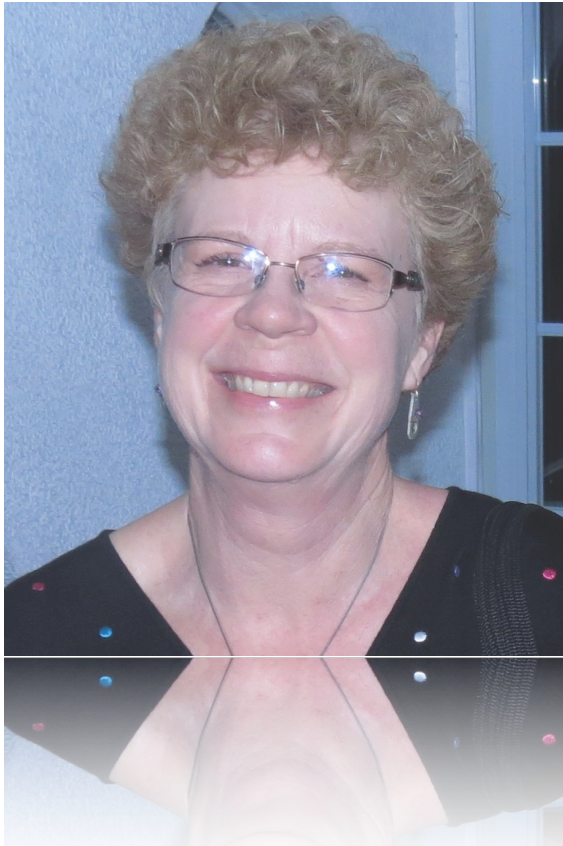
The 10 Most Wanted List is heart work of the highest order. Transformation of the heart is its function. To know its secret, you must create your own. You must unite thinking and feeling, feeling and thinking, attuning these to the vital essence that makes you, YOU. To be conscious, is the only way to open your mind to your heart’s desire.

Shall we begin?”

*– from the ebook, FULFILLMENT
3 Ways to Prosper in an Ever-
Changing World*



What the world needs that the School of Metaphysics has.



I believe people need to understand they have the power to change their lives. To understand what starts with and within them. To believe they are responsible for their lives. And to understand everything in their life is about learning. It's not good/bad/right/wrong, it just is and to see; and to be grateful for those opportunities to learn and grow.

Linda Pecaut — Maplewood, Missouri

Well, as Dr. Pam said, the world is undergoing huge shifts. There is a tremendous amount of anxiety in so many people. People are distracted, angry and addicted to behaviors that provide temporary relief. The world needs to meditate, to learn concentration, and every individual needs to know that he or she has the capacity to create a better life for themselves. There is a real need for purpose. There is so much aimless shopping, working, surfing the internet. Purpose will give people somewhere to place their attention.

Wendy Isley - Kansas City, Kansas



DREAM CATCHER WEBINARS

NOW PUBLIC EVERY WEDNESDAY NIGHT



Each time we come together to create the School of Metaphysics Vibrations Newsletter, we open our sessions with an opening projection. Afterwards we each align with the laws of creation and open the book, The Taraka Yoga of Kuan Yin by Gael O'Guinn, to receive the verse that is designed for each of us individually. Here are the numbers we received. Our collective vibration is featured below

Love and Light from your Vibrations Staff.

It is the voice of your Inner Teacher. The Taraka Yoga comes in service to you!

Kerry Keller 74 shadow... Desire is a trap for the sleeping soul. Envy and jealousy surface in a mind that want. These twins become a black hole swallowing the light. Compressing desire until the conscious mind awakes to a new I AM.

Dr. Sheila 56 Journey.. Each experience is willful vibratory creation. Self rejoices when a seed thought is placed in the third level of mind in response to the inner urge. Forgiveness always produces perfected conditions.

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