

*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. 11

## National Teachers Conference read more inside.

*Individuals Living the Ideal, Purpose and Activity of  
the School of Metaphysics*



**Go to page !0 to receive the ideals of the individual Teachers and Leaders who attended the National Teachers Conference in your School of Metaphysics.**

**CONTENTS: ( November)**

**From the Editor: .....3**

**From the Branches.....4-10**

**Maplewood.....4-5**

**Tulsa .....6-7**

**Columbia.....8-9**

**Indianapolis.....10**

**From the President .....11-12**

**National Teachers Conference... 13-14**

**Kuan Yin.....15**

**The New Maitreya.....16-17**

**Global Lucid Dream Experiment... 18**

**Matthew Interpreted in Classes ....19**

**Teachers Ideals.....20**

**Wisdom From the Oracle.....21**

**Area Teachers Meeting in December....22**

**December Festive 3rd Weekend.....23**

**Taraka Yoga .....24**

**2019 Calendar of Events.....25**

**Branch Locations.....26**





I was in a restaurant a few years ago and came upon this message that was hanging on the wall. I found it refreshing, filled with wonderful and kind thoughts to live by. I felt moved today to share it with all of you.  
Sending you my circle of Love  
O Dr. Sheila

### *I Promise Myself*

*“ To be so strong that nothing can disturb my peace of mind.*

*To talk health, happiness, and prosperity to every person I meet.*

*To make all my friends feel that there is something worthwhile in them.*

*To look at the sunny side of everything and make my optimism come true.*

*To think only of the best, to work only for the best, and to expect only the best.*

*To be just as enthusiastic about the success of others as I am about my own.*

*To forget the mistakes of the past and press on to the greater achievements of the future.*

*To wear a cheerful expression at all times and give a smile to every living creatures*

*I meet.*

*To give so much time to improving myself that I have no time to criticize others.*

*To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.*

*To think well of myself and to proclaim this fact to the world, not in loud words, but in great deeds.*

*To live in the faith that the whole world is on my side, so long as I am true to the best that is in me.”*

*Christian D. Larson*





## Maplewood

### Candle Concentration

By Steve Thomas

We all start off at the School of Metaphysics looking at ourselves in a mirror for 10 minutes a day. I soon found out

I had determination to do the exercise, and some willpower to sit for the whole ten minutes and resist the temptation to look at the time when you think the ten minutes are up as I'm sure we have all done. Just my luck,

as soon as I was getting excited about what I was experiencing during the discipline it was replaced with a candle mark discipline. I was shocked, and my teacher was there to reassure me that as we move through the lessons disciplines are replaced by other disciplines and each lesson builds on the next lesson.

Now being used to looking at myself for 10 minutes a day, there needed to be some adjustment to focusing on a candle flame for 10 minutes a day. The candle concentration exercise has been very interesting. There

was some resistance to the exercise in general although the new exercise was not putting me to sleep

like the mirror exercise had, but there was an occasional eyes closing. One of the doctors kindly pointed out, "when one starts to still the mind, it is natural to slip into a sleeping state" and, yes, if your eyes get heavy and you start feeling sleepy it does count as a mark. I became stuck, feeling it was more about focusing on distraction not knowing the true purpose. Only after reading [A Complaint Free World](#) did I have the understanding of how

I was looking at the exercise, and I really started to see it's true purpose of building

focus, determination, and willpower. The moment of true understanding opened a brand new door to me.



Being an artist, the habit of looking at all the details started to appear in the exercise and it became difficult to look at just the flame of the candle. There came a point in time doing the discipline I found it hard to not look at the burning wick and see the detail as the flame sat upon it like a bird on a branch, and the glow of the melted wax or seeing how the top of the candle became almost transparent in color. I soon found out that every time I did that, someone kindly pointed out, "it should be counted as a mark and you need to be focused on the flame itself, not the candle."

Having previously painted a floating candle inspired from a drawing I did back in high school, a fellow student asked, “was that inspired by the candle concentration?”

My response was “no,” but the seed had been planted and missing the point of the exercise for several days I paid attention to detail wanting to get every detail to paint a new candle. Once the candle was painted, I still looked at the details, and saw room for improvement on my own artistic creation. Until one day I said, “No, you can do this after the exercise.” So as I sat focused on the flame there was a flow of creative thoughts that entered into my head. After the timer went off I sat and observed every detail, but something else stirred within. The next thing I knew, I could feel a slight stillness within and some creative force stirred and slowly came out and two hours later I had written my artist statement.

It just so happened I was trying to write an artist statement for my portfolio, and holding the intention to do so in my 10 Most Wanted. Coincidence? I think not. I would have never imagined it would come to me through the candle concentration

It writes:

It is such a pleasure to bring beauty into this world. Not only is it an opportunity to turn my pain and suffering into things of beauty. It is an opportunity to make this world a better place. As an artist looking into the world it has become an amazing experience seeing more and more beauty in every tree and every blade of grass.

In this world full of hate, it has become an enlightening experience to see so much beauty, whether in nature or the city. It is my greatest wish that my art can add to the richness of your life, and inspire you to be the best you that you could ever be.

Since then there have been experiences where I have been in the stillness and entered into a higher state of consciousness. And it was after witnessing the stillness after several experiences that I found the discipline to be not only a discipline but also a tool to measure one's own consciousness. For me it was an amazing understanding, and to this day I'd say the candle concentration has to be one of my favorite disciplines. Although I'm only at lesson 11, I'm sure there is more exciting disciplines ahead and I am looking forward to the growth they have to offer.





## Tulsa

### What we are learning?

### Friendship and Visualization

by Vickie Sings Like the Wind

For years I dreamed, journaled, discussed with anyone who would listen. I took classes, did small scale versions of this in towns where I lived. Did everything in my power to have the skills and abilities to support one idea. That idea a house on a couple of acres that was debt free. It would have new electric, new windows, new roof, new a/c, new doors, plenty of insulation. It would have a wraparound porch. Inside there would be a great open floor plan. Room for my large kitchen and pantry, with a stove that would work when there was no electricity. That way I could heat and cook with no issues. There would be a water generator, wells and water catchment to supply water in all situations. I would have orchards, gardens, my chickens, a few pigs and goats, outdoor kitchens. I would have large tables on the porches and lawn so I could host family get togethers. The kids and poodles would play in the yard and on the swing set always kept there for them. It would be exactly like my grandparents place. I would put back my own food, spin and weave, do lots of real art.

I had no idea if I would ever get it which made no difference. I made it essentially anywhere I lived on whatever scale I could without even realizing it. My desire and heartfelt love for this idea was so strong, I instilled it in others like my husband. We co creatively danced this wonderful dream of mine. In 2015 we decided to buy a farm after a lot of looking and putting our house on the market. After finding very little in the way of farms and only 3 people viewing the house in 25 days. I told the realtor take the house off the market. I laughingly said unless you want to tell our one interested party if they want to buy the house make an offer now. She did and they did. Full asking price is what they offered.

We looked and looked for a farm everything fell through for one reason or another. Fifteen days before we had to be out. This little 2 acre farm just west of downtown Tulsa in the county came available. It had been under contract and it fell through. When I saw it I said absolutely no, it was so ugly inside. Then though I read the specs, new windows, new roof, new electric, new doors, new a/c, wells, 2 porches. It read like my journal entries I mean exactly as if someone had taken my requests and simply swished their magic wand and made it appear. Must note it was still ugly. But then I had said it can be ugly as all get out as long as it is sound. Of course we said yes.

I never pictured after that point in my journals and wonderings. Never really saw us happily ever after or living a long and prosperous life there. Perhaps at that time if I had known about visualization and manifestation I would have. This house, this land, this ideal soothed my soul, nourished in a way I had never felt before. My husband not so much. We would divorce the next year when I came to realize he was only doing it for me. Only co creatively dancing with me to engage in my joy. I kept getting happier and dreaming about the future. Started learning about active manifestation and visualization.

Then the first week in February 2017 it was all gone. Yankie my wonderful poodle got out while I was working got herself hit and I had to put her down. She was my only friend and companion. The next night my house burned to the ground, In less than 30 minutes. My Mr Coffee had faulty wiring and it was just gone. As I walked out of my house at 1:27am on February 3, 2017 for the last time I had a complete knowing everything would be fine would be better.

By this point I understood manifestation, visualization and conscious living. I practiced it as best I understood. Fast forward to today.

I've built a new house that was exactly what I wanted for all those years and so much more. I have my 2 acre farm in town just west of downtown. It checks off every box of that picture I manifested years ago. I admit not quite there on paid off, all the other bills in my life are gone. This one is dwindling quickly. The weird skills that I developed over the years are starting to serve me well. I am a transient and mixed media fiber artist now for more than 14 years. I have been a reverend since 1994, got my Masters in Religion in 2016 and my Holy Fire Reiki Master this year. Kefir, Kombucha, Kultured foods and conscious living feed my soul. I have a core group of friends that love me unconditionally and support me in all ways.



I joined the school of metaphysics this year to fill in the gaps and give me a community that I can belong to and grow with. The classes we recently had in friendship and visualization have helped me to understand friendships better and to visualize better. The school has taught me to stand in my own light and to be comfortable there. This is the most powerful thing I have learned that has helped me in these areas. I look forward to co creatively dancing with the SOM for a long time.





## COLUMBIA

### Learning From Our Experiences in Columbia

By Tabia Jones, Africa Baker, Dave Brown, Doug Bannister and Diana Kenney

One of the many opportunities available to students in the School of Metaphysics is group creation. *We create with the intent to learn and to grow, with people who are committed to learning and growth, and who are learning to take responsibility for the quality of their lives.* The result of these group co-creations is accelerated growth. This way of being with others is so powerful, so valuable, and so rare! Let's be awake to this!

The students at SOM in Columbia practiced learning together when we decided to create an all school yard sale fundraiser, pulling it together in a week. I (Diana) loved watching the students who chose to participate receiving the benefit from their experience. Here are some of the experiences from a few of the students who participated.

From Tabia Jones: "Giving and Receiving". Before the sale Saturday, we met Friday night to price and organize some items. We did a projection for what we wanted to accomplish and our personal gains. During this, our teacher Diana said, "We are giving to make room to receive." I didn't think or really want this to be in the form of a physical item, but Sunday at the pumpkin fest I found myself receiving. A man that I see there every year with his booth, Martin, had some new items this year, two of which were very nice drums. I had my 15 month old in the Tula carrier on the front of me. I picked up one of the drums and Martin started to try to explain how you want to keep the bottom open to get the best sound, etc. But I have some experience with these drums and flung it between my legs and began drumming a song. "Oh, a drummer!" Martin said. He had this drum priced at \$65. I set the drum back on the table as my husband and I have



a really tight budget in the wintertime. Martin said "I'd like to sell you this drum for \$50." I explained our financial situation and began to walk away. He called me back to him, drum in hand and said if I did not take the drum it may sit for another year in his garage, that it wasn't about the money, he wanted ME to have it! He gave me his email and said if I am able in the next year to send him the \$50, great, otherwise, enjoy my drum. I never could have imagined such a thing happening before coming to the School of Metaphysics and all the work I've done with Myself. With the yard sale in particular and all the things I donated and the work I put in to help raise money for the school, even so, this was a "reward" that I never could have dreamed of. It really taught me a lesson in the importance of projections, manifesting our dreams, and taking our positivity everywhere we go. If I had been negative or grouchy about not being able to afford the drum, it is much less likely Martin would have even spoken to me. I am looking for a way.

From Doug Bannister: "Self-Evolution." Diana Kenney and I led a fundraiser yard sale at the Columbia branch. We have major projects identified for the school's makeover. The first and most pressing need is a new roof. We are invoking the Universal Law of Proper Perspective. We all met on Friday night, shared a potluck dinner and our Ideal and Purpose for our participation in the yard sale. We agreed to identify our common goal in terms of fundraising, \$1,000, to help fund the new roof as well as our own personal benefit. We got started early Saturday morning with a few people from the public arriving a few minutes early. My Ideal was to make Divine Friends and experience Divine Friendship. I was challenged early that morning with this experience.



One of our early customers was a man expressing his offer to pay \$2 for the power cord to a gaming device that we had valued at \$20. He told our student he only had \$2. She came to me with that scenario wanting to know what to do. I immediately felt a wave of indignant heat, anger, loss and probably a bunch of other ugly emotions, all of them unpleasant. I admit in that moment that I was a victim of my own emotions. I breathed and expanded my thinking, reminding myself that life is not about the money. All this took place within a few seconds. The student and I agreed to accept his offer, however, I hadn't completely reconciled this within myself and I knew there was still more work to be done. I continued processing, sorting through the emotions and feelings. Yes, I reasoned, we want physical things and most times for very good reasons. I continued reinforcing the balance by focusing on the Complete Law: Seek Ye First the Kingdom of Heaven and the All Else Shall be Given Unto You. About this time the man was making his way out the driveway when he stopped at our Free Basket and scooped up most of the items there. To his credit he said, "Thank You." I was able to hit the pause my "conclusion button". I put the judging on hold. I thanked him in my mind for bringing me another opportunity to practice "the walk to match the talk". The rest of my day was enriched by that early experience and I went on to have several other experiences with students and sharing our space with dozens of Columbia residents. We raised almost half our goal (almost \$500) and are pleased with our first real fundraiser, all of which reinforced my unwavering faith in this mantra, "Trust in the infallible workings of Mind."

From Dave Brown: "Experiencing Compassion". I had a fabulous day Doug. Thank you very much. The "desk experience" taught me that I shouldn't underestimate value. I perceived the desk as junk. And yet the lady saw it as a treasure. The experience has also made me realize that maybe I'm not as humble as I thought. I felt compassion for the woman. The struggle she is enduring is real. I honestly cannot relate. It makes my own trouble seem minimal. She's a very strong woman and I feel like I should reach out to her if I have anything else to give. What an amazing day. I had the opportunity to help the school and a complete stranger. I am blessed. (Detail from Diana: A woman from China to Columbia two weeks ago with her young daughter. They had literally nothing in their apartment except a mattress. Our yard sale items, sold to her at reduced prices, helped her and her daughter create their new home. Our students delivered the items, which included a leather couch, to her third floor apartment for free.)

From Africa Baker: "The Ego in Full-Effect". This past Saturday, I had the opportunity to experience both sides of the conscious ego during the Columbia Branch's yard sale fundraiser. On one hand, we have the motivating force of our conscious ego, that when paired with imagination, can help us accomplish marvelous things, and on the other hand, we have the not so motivating, limiting part of the ego.

Before starting the event, we worked on creating a goal and purpose and followed that with the activity of collecting items to sell, organizing and pricing them, and then setting up shop! This would be an example of how we can benefit from the ego, helping to push us along, encouraging us each step of the way. We used our imagination by connecting with the people that came and stopped by, even if only for a little while. I remember one man in particular who came to visit. He was wearing two layered, worn sweaters and a pair of dress pants with boots. After letting him look around for a bit, we approached him and asked if there was anything in particular he was out shopping for today.

"No," he answered. "It's a fantasy to come to a garage sale. I have no money."

His response was interesting to me because it reminded me of the lesson I had just received three days earlier in class. In Lesson 5, The Conscious Ego, we learn that just as our ego can help motivate us, it can also limit us with excuses and procrastination. When we operate from the level of a weak or inauthentic conscious mind, we are overcome by limitations such as the one the man identified with of being too poor. A Marxist literary critic would call this "*interpellation*", meaning that the person has become so accepting of his circumstance that he doesn't even see the truth of the matter or what lies beyond it.

I can identify with the man who visited us that day because as a college student, I have also had

thoughts of not having enough. However, I've learned how thinking positively can help shift the conscious ego from limiting to motivating and towards the fulfillment of creating my ideal Self.

**Coda: It is wonderful to learn and grow with people committed to knowing the Real Self and who are willing to put forth the effort to do so. We serve ourselves as we serve others and we serve others as we serve ourselves. We are filling ourselves with Love and Gratitude in Columbia.**

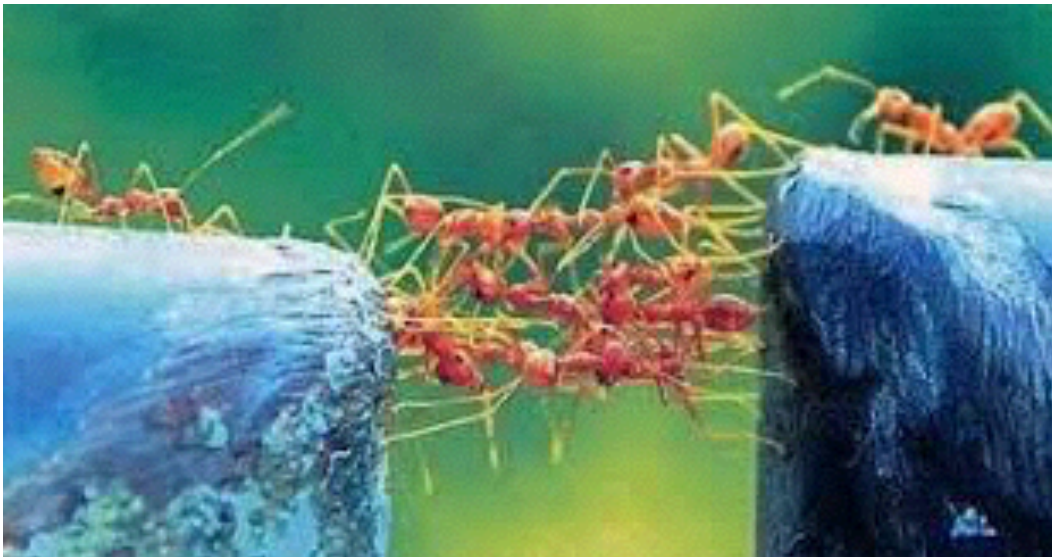
## INDIANAPOLIS

### The Art of Cooperation

Bonnie - Mickey - Lynn

COOP

If this world is all about cooperation then why are we competing? Why are we separate? Why are we not eager to create with others without worrying about what others think about us? At Indy we are leading a movement.



We decided that people make life too hard, too challenging, too scattered, and too painful! Creating together allows us to meld our mind's attention with another to learn how another thinks, responds and makes a new choice. Wow! Is that wild! Have you ever walked someone through your mind? We started doing this in our class by taking turns in teaching portions of the lesson. Then we ask for other perspectives in the class. When a classmate speaks up and gives their perspective, it's like walking into a new store to see what is available. We ask each other to explain their reasoning. We have gotten good at it too, leaving out the judgments.

So we decided to expand our cooperation skills and set a goal for a grand community awareness event! The goal is to have a minimum of 5000 people experience cooperation for the greatest cause... "PARENTS EMPOWER PEACEFUL CHILDREN"

Our goal is to hold a rally at the Indy Public Library, Art Museum or Children's Museum on Thursday Night January 3rd. We will promote individually, through groups, organizations, networking and media. The rally will take donations for children's trafficking, and we will sign parents up for Empowering Children Workshops in December and January. Our goal is to partner with organizations and media for the rally and parental education. We will provide 20 minute intro lectures for organizations who desire and fill social media with videos promoting the event. Workshops will be held at the Indy Public Libraries.

## President; Christine Spretnjak ALL STUDENT WEEKEND

On Friday evening during All Student Weekend in September, Brian Hoover led students through a guided visualization. Everyone had the opportunity to visualize their ideal and intentions for the weekend. On Saturday, after a full day of activities, those same students came back together to assimilate their day and to document what they learned through the process.

The following are some accounts of the active learning process. These students are investing in the purpose for our existence: to make and create themselves in the likeness and image of the Creator.

Much love and gratitude,  
Christine Spretnjak

### Mike Moffa 9.15.18

Today, at the fire the crew meeting first thing this morning, Dawn spoke to us about what we needed to do and the time frame we had. She then asked, “who wants to build up the fire?” I quickly said, “I will” and went into action. I began to carefully select different size logs and place them on the fire, making sure the logs would produce hot fire so we could later use the hot embers to cook breakfast. It didn’t require much thought. I went to a place in mind where I felt secure about what needed to be done. At the time, it didn’t seem like a big deal. Now that the day is coming to a close, Dawn said, “I had “mad fire skills.”” Something interesting happened: I received the compliment with gratitude and said, “thank you!”

What I now see is I fulfilled my ideal “to see my value in every experience” and also fulfilled my dharma which is “Rulership.”

Through this experience, I see that I have the ability to add value in group experiences. The key is to be receptive first then aggressive second. I’ve had plenty of experiences where I’m aggressive first and people don’t want my help. So, by stilling my mind, I can receive what is needed in the moment and if I’m able to provide value then I can be aggressive; if I don’t see where I can provide value then it’s best to stay receptive.

### Lynn Boggio 9.15.18

Ideal: My ideal is to be expressive and courageous

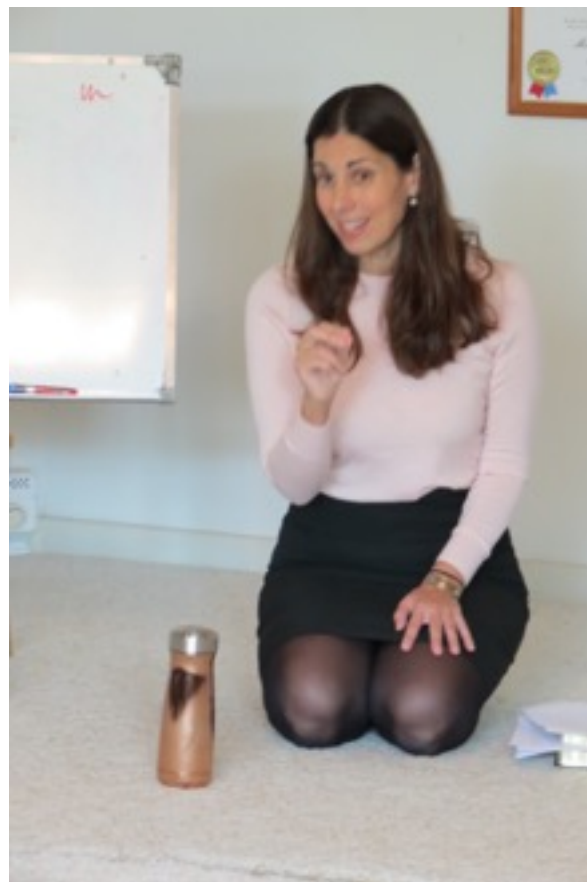
Intentions: To connect with others and be my authentic Self

Visualization: Having deep conversations with others. Laughing and being happy

When I was in my crew in the afternoon, my stomach hurt. It was actually around my uterus. I told my crew member about it and she suggested we sit down and talk. She got out *Permanent Healing* and looked up uterus. In *Permanent Healing*, it talked about having difficulty receiving. This was very appropriate for me today. I was starting to feel resentful because it felt I was giving without receiving. My crew mate encouraged me to name some of the ways I was receiving throughout the day. She shared some of the ways she had received from the day. This really helped me to share this experience with her.

### Mari Hamersley 9.15.18

My ideal for the weekend was to draw forth – both from within myself and to draw forth from the ones I worked with -- what they knew or wanted to realize about themselves. My purpose was to become and learn how to be a counselor or minister.





My intention was both to serve and to learn. I visualized that last night by picturing me being with many people, being active, moving in and out of the composite. Today, I led the cooking crew all day long. Now that I think about it, my visualized image manifested very closely, almost exactly in fact how I saw it in my mind.

Throughout the day, I worked with several people in my groups and aligned with the fire crew and other crews. It was like breathing the in breath and the out breath of service, of connection, of cooperation. There was much emphasis on proper perspective realizing what was needed when. This I realized is something I know, and I drew upon that as we prepared the food in a step-by-step manner. I also drew forth my understanding of fluid motion and efficiency. Each meal was prepared and complete on time. We also finished early before dinner with time to take a break so all could go on the tour with Dr. Tad.

I recognized that as I worked with my own authority – which at times I felt I was in infancy with, as this was the first time I had led a cooking crew at an All Student Weekend. And I wanted others to have their own authority. People are so capable when they act with their own reasoning, intuition, giving and cooperation with other minds. So, I had giving and cooperation with other minds. I had them work in pairs for lunch on some specific part of the meal, and everyone did so well! The taste of the meals was a testament to their creativity. Though at times I felt insecure – we all kept giving our Selves and fulfilling our ideals. In this way, the ideal was fulfilled in the end in spite of the heat, the tiredness, the unknowing – we all continued to give service with devotion and love and harmony. I am so grateful for these experiences

### **Jeremy Ragan 9.15.18**

My ideal is to place my mind in my heart and to perceive and experience from a place of silence and space. My purpose is to remember Self which means to remember that I have a body and exist with it for a time. I am here now. When I am here now, my attention is grounded in the body for this is why I chose this earth walk among other existences. The activity is to then observe.

The large part of the day leading the crew -- creating the shed -- I remained in this space and in silence fully honoring and respecting everyone's learning as they used tools they haven't before and installed materials they have only used for convenience. I allowed them space to learn and remained silent and still within myself despite the day moving by fast. It was only the initial thought that I had to replace with "its not about the outcome" never having to do so again. The rest of the day I remained in my body until we were almost done. The anticipation was building and the day was coming to a close. I could tell others were experiencing similar things so I had us stop and take some deep breaths and to relax back into ourselves. I came to realize through another experience that labeling produces for a specific season and then it becomes counterproductive. It's similar to a child's defense mechanism then useful for a time. Entering back into my heart, I experience the spaciousness and silence of my existence. This is my experience -- shift from a good mood and bad mood way of life to sustainable equanimity.



### **Amy Campbell 9.15.18**

Ideal: Open, participative Purpose: Grounded to develop a strong commitment to growing in the physical to complete

Pulling weeds in the orchard: My job was to pull weeds around the trees in the orchard. I had a very clear vision while pondering why I was weeding around the trees. I would grab a handful of weeds and grass and remove it out of the earth. This allowed more space around the tree, the tree could get all the nutrients instead of the weeds taking some. Also, sometimes a big clump of dirt would come with the weeds. I shook the dirt back to earth. I thought, this is like reusing subconscious mind substance to be recycled and used again.

The understanding: I saw how my whole life I didn't really participate in physical team things that required reasoning. 1<sup>st</sup>PLP Lesson 9: This one had a hard time being in the physical. This one would come into and out of the physical form. In this life-time, I see the whole picture easily and had no patience for those who couldn't. I can see how things fit together.

I would carry out the trash myself rather than try to explain it to others. I realized as I was pulling grass that I was participating and slowing down, enough to grow and teach others. I realized how much more fulfilling this is than doing things by myself. I think the realization was because I had committed to teaching and followed through. I at first didn't want to come to ASW but did so happily out of duty. This was a commitment. Deciding to participate because I want to continue to grow and doing it leaves me wanting more.



## NATIONAL TEACHERS CONFERENCE OCT. 2018

All teachers came together as one; to become secure and content on what we are giving to our students.

Lessons Learned :

1. Observe your self and your ability to give freely without expectations. The objective in teaching is to release expectations, observe a students response, and lead them to the next level of learning. Each teacher seeks to be aligned with this as their own ideal... then don't get serious about how you receive it. Giving is not trading for some reward. **GUIDELINE:** If I can't let go of my expectations in giving - what am I holding on to - my need to be in control?



2. Law of Abundance is what you already have... claiming your gifts, talents, experience, wisdom, and then giving them to others. Everything will come when you place your attention on the highest clearly, then your desires will come to you!
3. Lesson Objectives: How you should implement the new lesson objectives? Teacher should tell stories that illustrate the objectives of each lesson... this explains change. Stay with students to have their own experience. This is the most important!
4. The Mirror exercise is the first opportunity to insure the student has an experience of self-awareness.. This sets the stage for students to learn how to describe their experiences. Some people are good at this, many need to practice. Help to draw them out.

The ideal of the mirror exercise is to open the perception... the ultimate experience of this exercise is stillness. To move through the veil of stillness aids one to experience the purpose of life found within.

5. Teacher should practice in giving their student their undivided attention. That's when students respond the best and become interested in communicating. The teacher should always have the consciousness of - what can I give to you and how can I help?
6. At the beginning of each class, ask students what expanded awareness did they attain during the recent week pertaining to their lesson and exercises? Share that our purpose is to help the student open their mind though discipline and mastery of attention, (10 Essential Life Skills).

We want them to stop operating on autopilot.

7. Teacher must prepare for the first night of class... and every night of class... preferably start preparing one week in advance to allow the inner mind to help produce the best results.

On registration night and every night a teacher should share four points of where I am in my consciousness and what I am moving into. Each week this will help remind students to understand their commitment to how they will benefit from the process they are learning.

Example: Learn to push your self... as you develop greater will power through the concentration exercises... push your limited self and go with that to

excel... letting go of resistance, stubbornness of what you are not.

8. Teacher aids students looking for structure to commit to developing the self... They need to know how to work with self, to learn, grow, change and how to excel. We are teaching people how to create their world, not react to it.
9. Developing the "will; is an ongoing process. It continues through the lessons. This is what every teacher should use as a theme for their classes. with a strengthened will 1. you access parts of the self you did not previously perceive. 2. Your increased will allows access to the focal point of reasoning. 3. Will is a way to relax. 4. advance the will to let go of emotional attachments. 5. Aids willingness to change.

## NATIONAL TEACHERS CONFERENCE OCT. 2018

**Defining a Will Buster** = Anything that takes your attention out of the present moment... causes interference with judgement, reasoning, meditation, productive imagination, alertness, the ability to be generous, and low expectations.

**EXAMPLES:** drugs, drinking, smoking, too much regular sleep, emotional attachments, fear based resistance, selfishness, food-sex-other addictions .

We build a strength of individuals with no limitations!



### Teaching the Books of Matthew

It is all about you and the changes you are making to become a knower.

Allow 20 minutes of Class Time:

Summarize what's in the chapter... what are the main symbols. Describe the intentional picture or images of the chapter.

Chapter #1. All the names show the steps of reasoning to move from Abraham to Jesus to produce or become more conscious.

Abraham = Honesty      David = Reasoning  
Babalonian Captivity = Ego

## WHAT MUST BE PRESENT FOR CHRIST CONSCIOUSNESS TO BE BORN ...

States of mind are represented by:

Mary = Love & Innocence, receptivity, Openness

Joseph = Perception to make choices,

Joseph wants to do what is right when Mary becomes pregnant and he was not the father - senses something is wrong, yet he has an aha moment - he receives a message from super conscious mind. Since he has the desire to understand the whole mind he perceives there is more to life. This desire to understand creates a consciousness to be born into you.

Teachers relate to students that.. the steps in our lessons relate to Bible and soul progression.



bamboo spring



The aggressive line from Superconscious Mind brings avatar.  
Then Heaven comes to Earth in each experience.  
The Master's plan will be fulfilled in the making of DNA.  
The I AM Consciousness allows the unfolding as should you.

## Destination 55

The Kuan Yin Sticks of Fate descend from the world's greatest divination system, the I Ching, the Book of Changes. The I Ching is the most significant book in traditional China, and each re-interpretation of its use marked a change in the culture. It was China's first book, made from interwoven bamboo slats that bear a great resemblance to Kuan Yin's sticks. A special group of diviners known as the bamboo shamans or men of the book.

In Chinese culture, bamboo symbolizes strength, acceptance of the natural flow and openness to wisdom in emptiness. Commitment to continuous growth and living a simple and straightforward life.

The history of Chinese people planting and using bamboo can be traced back 7,000 years. As early as the Shang Dynasty (16th-11th century B.C), bamboo was already used in various aspects of ancient Chinese people's daily lives. It was used for food, clothing, housing, transportation, music instruments and even weapons. Before the Eastern Han Dynasty (25-220) when paper was invented, strips of bamboo had been used as the most important writing medium more widely used other materials, such as silk, animal furs and rocks. China's first books were crafted from bamboo strips on string. Thus bamboo played an important part in the daily life of ancient Chinese people, and its role as a writing medium helped keep history records and traditional Chinese culture for us to study today.

In traditional Chinese culture, bamboo is a symbol of Oriental beauty. It represents the character of moral integrity, resistance, modesty and loyalty.



## 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 Unge.  
Forgiveness always produces perfected conditions.



flower stream

The I Ching, the Book of Changes, reveals the tao. The Tao is the Way, the journey of Life, symbolized by the winding river. Kuan Yin verses are signs and symbols along that river. Each verse describes a point where individual and universal fate meet. Consulting a Kuan Yin verse attunes you to a moment in your journey when life flowers in the stream.

Carl Jung wrote, "When I was working on the stone tablets, I became aware of the fateful links between me and my ancestors. I feel very strongly that I am under the influence of things or questions which were left incomplete and unanswered by my parents and grandparents and more distant ancestors. It often seems as if there were an impersonal karma within a family, which is passed on from parents to children.

It has always seemed to me that I had to answer questions which fate had posed to my forefathers, and which had not yet been answered, or as if I had to complete, or perhaps continue, things which previous ages had left unfinished. It is difficult to determine whether these questions are more of a personal or more of a general (collective) nature. It seems to me that the latter is the case. A collective problem, if not recognized as such, always appears as a personal problem, and in individual cases may give the impression that something is out of order in the realm of the personal psyche.

The personal sphere is indeed disturbed, but such disturbances need not be primary; they may well be secondary, the consequence of an insupportable change in the social atmosphere. The cause of disturbance is, therefore, not to be sought in the personal surroundings, but rather in the collective situation."





## THE NEW MAITREYA

Since we initiated 2018 with the powerful message conveyed through the *Universal Peace Covenant*, I have been reflecting on what creates a Compassionate City. You may not be aware that there is a global movement to encourage citizens to come together in the cause of compassion for their fellow citizens. There is.

It began after TED granted Karen Armstrong's wish to gather people to create a Compassion Charter in 2008. The document was unveiled shortly before the 2009 Parliament of the World's Religions where I first learned of it and briefly met Dr. Armstrong, signing the charter. That action meant everything to me. Not for any temporary ego reasons, at this moment I doubt Dr. Armstrong even knows I am in the world. It meant everything to me because of my investment in another document of great importance – the *Universal Peace Covenant*.

From the time I was a young girl living in middle class, middle America, I have been grateful to live in the United States. This country, its principles and intent for being, is one of the greatest experiments in ***consciously living together with all people*** attempted in the history of the world. As a child, I learned this as the idea of a “melting pot”. I grew to see that what was melted were all the differences people could claim, melting in our humanity so we could more readily realize and honor each other as our true selves – souls in physical experience.

This respect for people and the country we build together, is ingrained in me. I do not have to think about it. It is an intuitive understanding, and so when I “found” the School of Metaphysics at age 22 and heard its ideal and purpose, it was a natural fit. “Intuitive”.

Through the years of study, there have been times when I would visit America's “secret” destiny as it is sometimes called. The carrying forward of esoteric teachings, not open to the masses, for a variety of reasons that you can google and decide for yourself. You don't need my opinion on that. What I gained from my study was an appreciation for how our country is crafted. Living those high-minded ideals that result in a democratic republic defined by a constitution unique in the world is the task of every generation.



It was during the 1993 PoWR that a “proactive thought form, the need for a declaration of peace, a concept of what peace is, rather than a negation of what it is not” arose in my heart. An image of the Constitution of the United States with all the signatures stood right beside it, my heart and head in harmony. I dreamed for years of a calligraphied **Universal Peace Covenant** signed by all the teachers who met in congress to fashion it that could hang in the Peace Dome. That’s how highly I prized the work our teachers did.

Fortunately there are always those among us who know how tender and fragile democratic republics and metaphysical schools that openly teach the practice of Self revelation are. Because they are so new. These people uphold the ideals.

In the early years, sometimes there were talks about who the current leaders of SOM. In the early 1980s a seminar was held in Kansas City. Its theme was Atlantis and its messagewas the rise of Intuitive, Spiritual Man. I was honored to speak to the future possibilities. In part I used the *Preamble to the US Constitution* as a guide, interpreting it in the Universal Language of

Peace and security are attained by those societies where the individuals work closely to serve the common good of the whole.

Mind, as if it was a dream for, in Truth, I believe it is just that,– a dream for all souls. You know the

*Preamble*; it reads:

**We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.**

These words thrill my soul! How precious are the freedoms to experience and understand and grow in wisdom that those living in the United States are allowed. Beyond any political opinion or stance, the level of holy scripture in these opening words describe the whole, functioning Self.

I feel the same way each time the words of the **Universal Peace Covenant** flow through me. It is a healing balm that reminds me of the ground on which I stand, literally and figuratively.

This country was founded to move forward. It became an American Revolution.

***The School of Metaphyscis was founded to move inward. It is an American Revelation.***

A profoundly personal experience, understood through acts of co-creation, worthy of a mental Creat

Dr. Tad Messenger - author of the *Spiritual Ethics* course. - takes SOM teachings to the 2018 PoWR in Toronto next month!



That's the question 50+ dreamers are answering by participating in this year's Global Lucid Dreaming Experiment. One of the participants is a SOM correspondence student graduate from Indonesia. Here is his first **MONDAY MORNING DREAM**:

*In a dark building top floor. Two of the detectives went down to track dangerous criminal. I was afraid of confronting the criminal. I stayed behind and prepared obstruction as I think this way the only way out if the criminal got chased by detectives. Over turned tables and mattress to slow down while I held gun. I saw detectives went by but no sign of criminal. Got curious; I went down myself.*

*The building was lit again. There were people. It was like a mall a library. I went down the stairs very quickly. Sliding down not really stepping. At some point met a baby. Controlled the baby to go down also. Hard to control crashing everywhere everyone. At last crashed to another baby. There were two nannies and one grand mother. They said thank you for bringing the baby. Did the baby originally theirs. Yes. So I left it.*

*I continue going down. Kept thinking is the baby really theirs?*

EOD

Early next year the responses will be examined on several fields of evaluation. Stay tuned!

The **Global Lucid Dreaming Experiments (GLiDE)** seek to gather a collection of world dreams, arising at specified times, to capture the shifts in consciousness occurring on Earth. They enable a forum to prove that lucid dreaming occurs around the world across cultures, religions, races, ages, and nationalities.

How does what we remember dreaming

(or don't remember)



Monday Morning

HOW WOULD YOU  
INTERPRET HK's  
(male)

Read project  
director Barbara  
Condron's counsel  
on page \_\_24.

## NATIONAL TEACHERS CONFERENCE

OCT 2018

**Chapter Two, the Book of Matthew:**

- \* Everyone in the Bible represents an aspect of you. This chapter is about you birthing a new idea, a Christ idea. Any one wants to ask them self... what's after birth?
- \* Herod = Big Ego - Wants to be in charge - threatened by this new thought and has to protect himself from what seems more powerful and authentic.
- \* Star = Awareness - your authority comes from the inner you.
- \* Herod contacts our brain pathways and the physical aspects of serving God . Herod identifies with what old prophets know as Misiiah. He calls upon the wise men to find the child
- \* The wise men recognize the Christ child and Mary's qualities ... and then realized it's more important to move in a new direction.
- \* Faced with a new part of self, how will the ego motivate you and measure your progression.
- \* Herod says kill all the babies until the one you have chosen to focus on . Wise men choose to move beyond this ego pattern of thinking. Representing our elevating thoughts and our conflict with the ego perception.

**Chapter Three, the Book of Matthew**

- \* taught with our weekly lesson #16 = about how thought manifests in your body.
- \* Chapter three is a story about eating from a tree that produces bad fruit. Awakening to the awareness of good and evil.
- \* John represents the 'belief' we can be compatible with the creator, to God
- \* Jesus knows this because of the experiences to know the Self.
- \* Pharisees represent aspects of our selves that are devoted to Universal Laws... Actually just the ideas, they don't live them.
- \* Saducees pick and Choose Laws they want to believe in . They are the aspects of ourselves that are not fully committed to change and live a high life



*Wendy - Experience receptivity*  
*Gino- Power through humility*  
*Brian – Releasing resistance and moving forward*  
*Mike – Learn from everybody, be a better teacher*  
*Mari – A Spiritual Teacher*  
*Dawn – Heart fullness*  
*Jorge – Experience Unconditional Love*  
*Doug – Expanded Attention*  
*Linda – To be happy, healthy and holy*  
*Cyndy – Receive with an open heart*  
*Mike M – Full Awareness*  
*Mavis - Open and honest heartfelt connection*  
*Sherwin – To be aware and awake to tools in present*  
*Aneta – Open Heart*  
*Wendy I – Imaginative , qualities of leadership*  
*Zack – To be a Supportive Leader.*  
*Larry – To experience, know and be light*  
*Dr. Diana – Be awake in all levels of mind to know God*  
*Dr. Pam – Be in oneness*  
*Dr. Terry – Willingness to put forth the effort.*  
*Dr. Karen – To be still, receive pictures*  
*Terrence –Limitless Love*  
*Kerry – To Be a Whole Functioning Self (Balance)*  
*Marsha – To be Present*  
*Amy – Balanced Aggressive/Receptive*  
*Michael – Clear Communication*  
*Jamie – Know thy Self*  
*Lesly – Curious, Adventurous Spirit*  
*Mandy – To Breathe*  
*Jeremy – Spaciousness in the Heart*  
*Devon – Emotional Ease*  
*Danielle – Releasing attachment to outcome*  
*Jessica – Divine Love*  
*Mickey – Communication*  
*Lynn – Expressive and courageous*  
*Walter – Keep mind and Heart Open through supportive giving*  
*Randy – Open to receive, actively evolve*  
*Nikki – Understanding Service*  
*Dr. Tad – To be a Divine Friend*  
*Dr. Laurel – Soul resonance and spiritual connection*  
*Dr Sheila – A sense of importance through humility (living Dharma)*

**Teachers' Ideals for their attending National Teachers  
 Conference October 2018**



# Wisdom from the Oracle

Excerpt from the commentary on the evolutionary locus for the School of Metaphysics from the Superconscious Oracle given on **October 23, 2011**

*It is asked for suggestions for attending the heart.*



*The stillness, that some of this group experience allows the space for the connectedness of the inner mind to take hold. That which is referred to as Heart is not an organ of the body, nor is it a chakra, or a center that is isolated from the whole. The Heart is the root of the matter; it is the Essence, this Wellspring, the Source of what occurs; and when the whole Being is invested, the Heart is known.*

*Therefore, attending this essence of Self, this causal point of creation is what is being directed toward. Therefore not allowing the Self to rest until this casual point is known, until the Source is revealed, is the essence of attending the Heart. Through this work Creator is made known, for Creator is the Source of all Being.*

# Area Teachers Meeting Assignment for, Saturday, Dec. 1st



Prepare, type and bring to the teachers meeting  
a description of an experience where you actually caused change...  
Articulate how you have caused yourself to be different.

Ask your Area Director for details and how to submit to Vibes Staff in  
December.



# December Festive 3rd Weekend at the college.

Join us for our annual bread making on  
Friday, Dec. 14th.

We will be caroling, and delivering hand made  
bread on Saturday morning.

Send your money (\$30), for the students who  
will be coming in December by November third  
weekend.

Enjoy the giving of a Christmas  
Exchange this weekend...

To receive the thrill of this giving  
environment bring a gift in the price  
range of \$10. or something you already  
own and want to release in life. ...



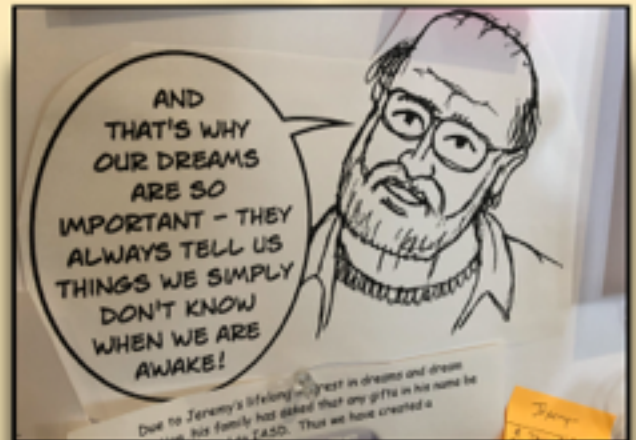
# Global Lucid Dreaming Experiment

from page 18

Project director Barbara Condron's counsel addresses timely for many of us in humanity's struggle to wake up to a Truer Reality.

This dream is about where the dreamer's mental attention was the previous day. There was something he was "in the dark" about that he initially did not want to assume responsibility for, even though he has the capacity to change it.

By staying with the "problem" he accessed his resources - aspects of self, universal mind, information - which produced a new idea that



A tribute quote from Rev. Jeremy Taylor, co-founder of the IASD, co-founder and director of the Marin Institute for Projective Dream Work, and the author of four books including *Where People Fly* and *Water Runs Uphill*, who



*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!

**Dr. Sheila 78 Servant:** Create your experiences in moderation. Allow the passing of time to work in your favor. In this way, one masters natural laws, through responding to a higher calling that is Heaven's way.

**Kerry Keller 62 Atman:** To be awake means to dream day and night in the presence of the first dreamer. His clear light is carried in every cell Buddha, Christ, Lao Tzu, Quetzalcoatl, Mahavira. Incomparable richness awaits the one who knows how to dream.

**Collective: 70 Opportunity:** Awareness follows a peaceful night in the language of the soul. Patterns of thought are illuminated in its glow. Capture the images reflected off cave walls. Before they become shadows of their former life!



# 2019 Calendar

**December 31st, 2018**

**at 11:30 pm - January 1st, 2109 at 12:30 am Universal Hour of Peace®**

**January 4 -6 General Assembly**

**February 2nd Area Teachers Meeting**

**April 5th-7 th National Teachers Conference**

**April 26th-28th National Dream Hotline®**

**May 17th -19th All Student Weekend**

**August 3rd Area Teachers Meeting**

**September 20th -22nd All Student Weekend**

**October 4th-6th National Teachers Conference**

**October 25th -27th Still Mind Weekend**

**December 7th Area Teachers Meeting**

***Every Third full weekend of the month is when the National Directors and Board of Directors meet.***

***Also 3rd and 4th cycle classes are taught on this weekend***



UNIVERSITY OF THE PEACE 10244552

## School of Metaphysics Branch Locations

email to (cityname)@som.org

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

### **ILLINOIS**

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

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

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

### **INDIANA**

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

### **IOWA**

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

### **KANSAS**

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

### **Missouri**

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

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

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

### **Oklahoma**

908 NW 12th St • [Oklahoma City, Oklahoma](#) 73106 • (405) 228-0506

429 S. Memorial • Tulsa, Oklahoma 74112 • (918) 582-8836

### **Texas**

5832 Live Oak Street • Dallas, Texas 75214 • (214) 821-5406