

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. 12

Universal Hour of Peace



World Peace begins within ourselves."

Sending you our circle of love as we
close one year and open another.

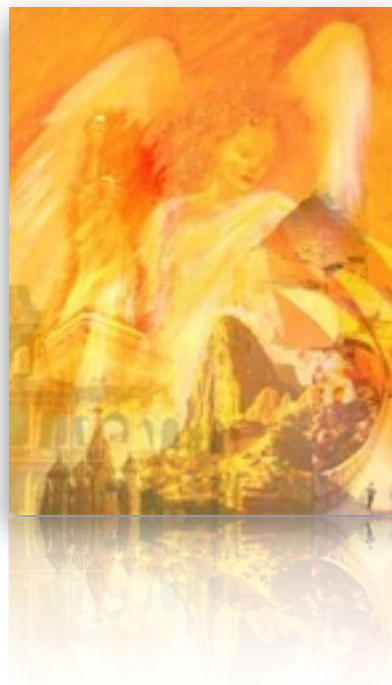
*Through giving love and respect, dignity
and comfort we come to **know** peace."*

During this Holy season, join your family with
families around the world as we
create a wave of peace at
midnight December 31st.



*"For only in this way can we expect peace to
move across the face of the earth."*

Read the Universal Peace Covenant online at www.peacedome.org



CONTENTS: (December)

From the Branches.....3-4

Tulsa3

Indianapolis.....4

Still Mind Weekend5

Speaking at the Parliament.....6 -7

The New Maitreya.....8

Peace.....9

Kuan Yin.....10

Hosting High School Students.....11

Wisdom From the Oracle.....12

December Festive 3rd Weekend13

National dream Webinar Schedule....14

2019 Calendar of Events.....15

Branch Locations.....16



TULSA

A Summer to Remember

by 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 is 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."

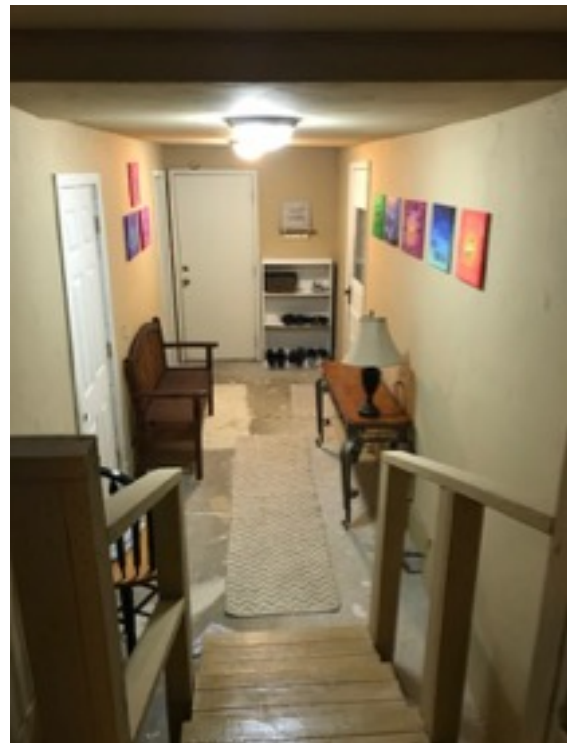


Mandie shared, "My experience building my latest cycle 1st class has been an exciting and interesting time. The excitement comes from knowing that you are the cause of new experiences which will be followed by often times, profound learning. It is also interesting because limitations in thinking often 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 Superconscious 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 jump 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 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 but 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.



INDIANAPOLIS

The Art of Cooperation

Bonnie - Mickey - Lynn

If this world is all about cooperation, then why are we competing, arguing, and complaining? Why are we feeling so separate? Why are we not eager to create with others without worrying about what others think about us or what others have done to us?

At Indy we are leading a community movement of COOPERATION !!!



Recently our neighbors left an old worn out, three level shelving unit next to our out door trash. The back was coming off and the finish was non-existent. There are 10 efficiency apartments next door to us, and they often use our large trash. We don't complain, and most of the time they deposit small things. Yet this time Kerry discovered this deteriorating shelf unit and just took the rest of the back off and dismantled the sides from the shelves and placed it in he large container.

Then 30 minutes later one of the neighbors was knocking at our door in anger, expressing that we destroyed their shelving unit and demanded we buy them a new one. The said they placed the shelf unit there to paint it.

Mickey went to get Kerry, and he began to listen to our neighbors trauma and accusations. He ended up helping them put the shelf unit back together under their protests. Soon all the neighbors had been told how horrible we were for destroying the shelf unit and that we would not cooperate in buying a new one. Most of our neighbors in this apartment unit are very nice, but the alarm and emotions got out of hand this time.

A week earlier we had approached the owner of the apartments, telling him his tenants were using the walk space between the buildings to repaint their furniture and left over sprayed areas on the walkway and the siding of both buildings. He said he would speak with his renters. Unfortunately ,this neighbor did not get the message.

In a couple of days Kerry found a beautiful used shelf unit at Good Will and purchased it for \$16. When he delivered it to Gail our neighbor she was surprised and grateful. She apologized for her reaction and realized she was mad at herself for not speaking to us before she started to paint. The beautiful thing is the next weekend, 7 neighbors got together to clean and remove all the paint over sprayed marks from past efforts. They were laughing and joking during the whole experience. We invited them to a presentation in two weeks and several came. It's amazing what can be accomplished with communication, a vision and cooperation.

2018 STILL MIND WEEKEND

What a great experience! A wonderful group of people gathered at the College of Metaphysics and the World Headquarters of the School of Metaphysics to participate in a one-of-a-kind experience known as Still Mind Weekend.

A perfect late October all autumn day was experienced by all. Beautiful, fall colors on the maple-tree lined lane. Sugar maples, red maples, silver maples exhibited their beautiful golden, red, orange and yellow brilliance.

The students from as far away as Oklahoma City and Cincinnati gathered as we read their papers of Why They want a Still Mind. Wonderful papers and expectations were shared by those who had traveled from afar.

Then Friday night all went into silence. Preparing to achieve the great goal of a still mind that all spiritual aspirants have strived for throughout the ages, since time immemorial.

All day Saturday was spent in nature in the woods, for rest among the trees with time also inside the sacred geometric forms planted at the intersections of the ley lines making this 1,500-acre campus one of the top 5 sacred sites on planet Earth.

At the hours of 8:00 am, 12:00 noon, and 5:00 pm we gathered upstairs in the Peace Dome for group silent meditation. This experience was very powerful for all.

On Sunday morning we gathered one last time upstairs in the Peace Dome. Then we laid a peace tile in the Peace Mandala.

Next we began speaking again around the table with everyone sharing their experiences of joy, bliss, enlightenment, fulfillment and peace.

A blessed experience unlike any other on planet earth and a quickening of Self evolution for those who participated. Divine love supreme.

Enjoy, engage.
Daniel R. Condrón

In picture
left to right.....

Paul diZarenga
Cindy Hayes
Connie Bevirt
Steve Thomas
Jessica Leathers
Daniel R. Condrón,
Nicki Koenen
Jeremy Ragan
Lynn Boggio





Speaking at the Parliament of World Religions 2018

by Tad Messenger

I recently got back from attending the Parliament of World Religions in Toronto, Canada. I drove with Zack Busch, director of the Palatine SOM. It took us 13 hours to drive there from Chicago in the pouring rain with heavy traffic in Canada. It only took 10 hours to drive from Toronto to Chicago on our return trip.

The whole conference was tremendous. The consciousness from hundreds of spiritual leaders from around the world pervaded the whole atmosphere. What I want to do is give you a glimpse of the POWR in this article and then go into more detail with stories from my experience in following Vibrations. All in all, I highly recommend everyone give themselves the opportunity to attend this conference when it is available. For some it is life changing as you will read later on. Zack even told me after one day that he would like to lead the next delegation and be a presenter.

I fortunately was a presenter at this event. I had originally proposed offering a session on the course I wrote for my Doctorate of Divinity called *Spiritual Ethics*. It had been turned down. Then two months later, the coordinators of the POWR asked me if I wanted to be a presenter on a panel for the topic of *Interfaith Contemplative Practices*.

I said yes, and then began to correspond with the moderator, Neil Gaiser (United Methodist Minister), and Margaret Somerville (Presbyterian Minister). As we progressed, it became clear that Margaret and I were on the same page - we wanted to approach the subject with practical application, giving examples and experiences from our daily activities based on the topic.

When I looked up the word *Contemplative* in the dictionary I noted that it came from the Latin word *contemplatus* which means *to gaze intently* or *observe*. As used in meditative practices it enables one to receive a mystical, spiritual experience. It became clear to me that I would talk about *Concentration, the Mind Triangle*, and the different ways that we can cause the Conscious and Subconscious Minds to align and attune to the Superconscious Mind to have divine experiences, or connect with the Light of the Creator.

As we talked our session began to come together. In the process, I had a dream where *I owned many parcels of land*. I awoke in the dream and *decided to sell the parcels and buy one big piece of land*. *This worked. I sold the parcels and received a great deal of money. I bought the land and gave it to the Indigenous Indians, but they did not want it as it bordered a National Park and many people would be driving through their lands. Then, being lucid in the dream, I decided to give the land to the Creator. EOD.* This made sense since when I give to my highest self and serving humanity, then everything is as it should be. (Seek ye first the kingdom of heaven and all else will be given unto you - paraphrasing the complete Universal Law).

There were 35 people who attended our talk. Walter Hrycaj handed each one a *Universal Peace Covenant*. They all stayed, asking questions, sharing their work, and receiving the *Peacemakers* book by Dr. Barbara Condron, that gives many Interfaith Contemplative Practices that we did in the Peace Dome. They loved that we were giving them practical things to enhance their relationships and their spiritual practices. It was a refreshing experience to be on this panel and reminded me of the opening of the UPC, *Peace is the Breath of our Spirit. It wells of from within the depth of our being to Refresh, to Heal, to Inspire.*

I thank the Creator for the opportunity to share, for the opportunity to be a voice for what I love and desire for humanity.

Rev. Dr. Tad
Messenger





THE NEW MAITREYA

by Dr. Barbara O'Guinn Condrón

What effect does mindfulness practices have upon individuals, groups, and communities?

Because "Peace is achieved by those who fulfill their part of a greater plan."

**– Universal
Peace
Covenant**

I want to answer this question.

Gathering experiential data for our collective insight into why SOM teaches people how to concentrate on a candle or sit still in meditation every day is the purpose of the **GLOBAL LUCID DREAMING EXPERIMENTS**. Did you know the first experiment (2008) tested remote viewing, otherwise known as astral projection? You can read more about that online at dreamschool.org.

This first person science - individual practices & results as part of a larger group - is the keystone to SOM's mission. Each of us do our own consciousness work, karma-dharma you might say, then together the impact is magnified. In other words, the calibration of the field between us vibrates at a higher frequency. It also illustrates perfecting what it 'looks like' to live the New Maitreya.

I have been studying this effect all year while in St. Louis, the specific focus being SOM Healing Service. What began with a dream during the 2018 Peace Vigil, led to the Monday Morning GLiDE this fall. In between were the weekly experiences of chanting OM, 108 times. Like the musical score of your favorite epic movie, the Om is the underlying vibration that enthuses every living thing. For this reason, it is the bedrock of healing, and our individual and collective experiences were showing it.

How to measure this so others might be inspired to organize local groups?

The answer became **SIX WEEKS OF SERENITY** (see below).

As Cyndy Donato, Linda Pecaut, Dr. Karen Mosby, Joe Pecaut, Terrence Bellows and I designed the perimeters of the experiment, discussion of control groups surfaced. There were two groups within "Serenity": Members of the Healing Class and those invited to attend the six week study. That's how the Monday Morning GLiDE became a control group for this study. The Law of Relativity in motion!

We are just beginning to organize the data. It ranges from established self-report questionnaires to blood pressure readings to peace equations created by participants (ref. **PEACEMAKING** book). That's for the 23 participants in the Serenity study. Then there are the Monday Morning dreams and follow-up reports for the 31 GLiDE participants, a completely different group. Already we are finding amazing contrasts regarding near and remote presence.

Keep watching in VIBRATIONS for future articles and papers that you might use in your local outreach. •



"Six Weeks of Serenity"

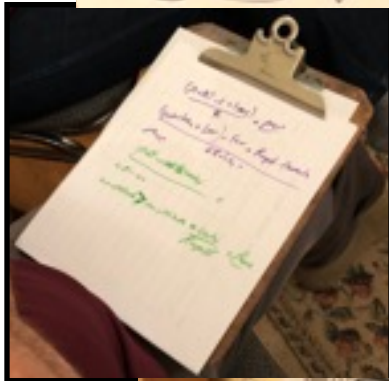
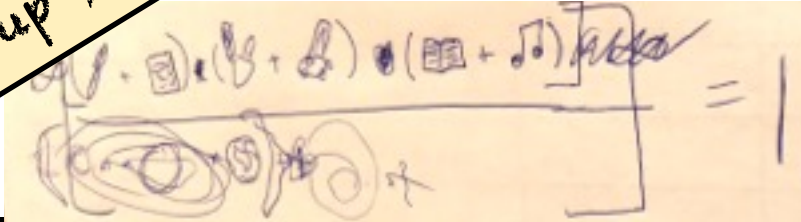
is a Global Lucid Dreaming Experiment testing the effect of consistent mindfulness practices, in a group setting, over six consecutive meetings on the same day at the same time.

The purpose of the study is to document effects of mindfulness (specifically sphering, breathing, and chanting) in a group. The first study conducted in Maplewood at the School of Metaphysics September 23 through October 28 is now complete.

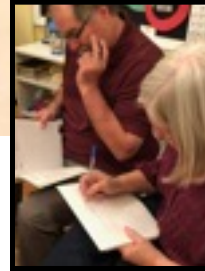
Might this Serenity practice be used by others to support and encourage **Compassionate City** participation? This is what our research may provide and contribute to global efforts working in the world today," said organizer Barbara O'Guinn Condrón.

How does peace add
up for you?

because **"P E A C E**



**IS AN IDEA WHOSE TIME
HAS COME"**

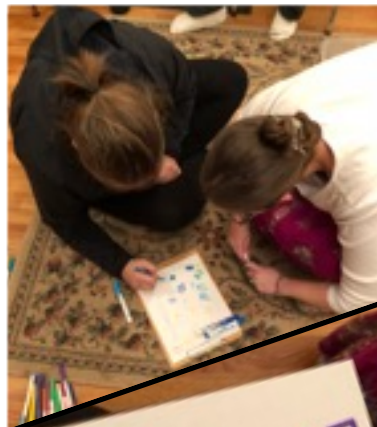


WEEK 6

Part 2 of 3
MIND

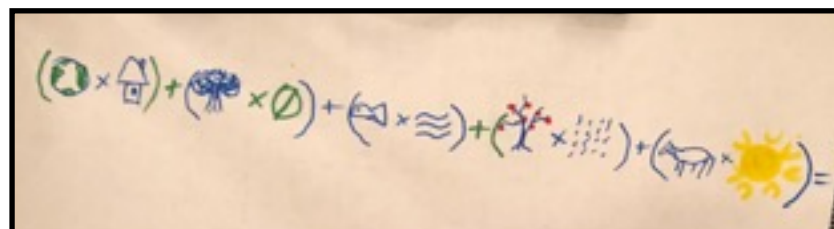
*Universal
Peace
Covenant*
exploration

ref. **Chap 4**



Share the **UNIVERSAL PEACE COVENANT** WITH EVERYONE YOU MEET

on Linus
Pauling's
"Peace
Equations"





Typically, **SOBRIETY** means not affected by alcohol, not drunk.

An alcoholic is sitting on the side of his bed, beside himself with misery and fear, thinking to himself aloud, "I'd do anything to get sober." Suddenly, he hears a voice saying, "This is God. How much money have you got in your wallet?"

"Twenty dollars" says the man.

"Good", says God. "For \$20 I'll give you sobriety."

Man: *"But I need the \$20 to buy gas for my car."*

God: *"You have a car? The price of sobriety is \$20 and your car."*

Man: *"But I need my car to get to work."*

God: *"You have a job? The price of sobriety is \$20, your car and your job."*

Man: *"But if I don't work, I can't pay my mortgage"*

God: *"You have a house? The price of sobriety is \$20, your car, your job and your house."*

Man: *"But where will my family live without a house?"*

God: *"You have a family? The price of sobriety is \$20, your car, your job, your house and your family."*

The man presses his head into his hands and says no more.

God: *"Do we have a deal for the price of your sobriety?"*

Man: *"Yes, you can take everything in exchange for sobriety."*

When we read this story in the language of mind, we come to understand **the true cost of SOBRIETY is being sensible**; knowing what is authentic. The true cost is emptiness.

Middle Eastern alchemists were more concerned with medical elixirs than with turning lead into gold. The vapor given off and collected during an alchemical process (as with distillation of alcohol) was called a spirit of the original material. It's like the difference between I AM and conscious mind declarations of "(I am) "this" or I am "that." Conscious mind declarations are temporary creations. They come and they go. They fill and they empty.

What adds to the composition of the soul, is the True Reality. Authentic. To surrender everything to the whole Self is to experience the equanimity that manifests as **COMPOSURE**. Jesus taught surrender as: *"Seek ye first the kingdom of Heaven and all else will be given unto you."* Perhaps, we can better keep the truth of the **COMPOSURE** that **SOBRIETY** affords through reading the rest of this parable....

As the man turned to walk away, God said, "Something else."

The man stopped. Waiting.

"The \$20 is mine now," God affirmed. "I want you to spend it as I would spend it. The car is my car. Use it to do my will. Go to work, earn a paycheck, and support your family. Care for them the way I would, since it's now my job and my family."

The man nodded. "Okay, it's a deal."

COMPOSURE is knowing your origin. Being grateful for that which you are temporarily given custody.

Then God said, "I will let you drive My car, as long as you remember it's MY car. You can have the job, but remember you're working it for ME. It's My house but I will let you live in it. And as for the family, they are MY family but I will trust you to take care of them. Here it all is, back for you to take care of for me. Here is your sobriety."

The next time you drive your car or enter your house or hug your loved one, recall this story appreciating all that is given you. When you lie in your bed tonight, in composed sobriety, as you breathe the last breaths of your day, may your final thoughts be giving praise to That which gives you breath so you may experience a Truer Reality. •

LEBANON HIGH SCHOOL PSYCHOLOGY STUDENT



VISUALIZATION

On October 17th the students of Lebanon High School Psychology class took a tour at the College of Metaphysics. The anticipation of the students coming was well worth the wait. Before I knew of the students' desire to come to the College, our class here just started going in-depth into the lessons on visualization. Being able to observe the Doctors at the College talk about what they wanted to happen helped me have a steady image of how I could best serve in this experience. I visualized being one of the students at each sacred place with an open mind listening to the stories that made up each place. I have never been on a tour at the College of Metaphysics so what Dr. Pam presented was mostly new information, and being as there were 50 people on the tour, this was a completely new experience for me. All in all, I learned that my visualized thought of how I could serve was fulfilled by being a part of the group.

By Dawn Mays

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 withstanding the unbearable lightness of Being?



To exhibit kindness, to fill the mind with it; for in the kindness is the strength to remain steady until the bear-ability arrives.

The darkness which descends upon the Spirit when something is unknown is a temporary condition. It is not a judgment upon the Self. When Self is caught in judgments that are erroneous, that are piecemeal, the Light becomes unbearable, and the temptation to turn away is strong.

Remain steadfast, for this is temporary. It is the response to what has been asked for, what has been hoped for, what has been intended, and what has been prayed for. Do not turn away from the gift that is being given. Do not be concerned with being blinded by the Light. The Inner Eye can always see.

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. ...



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 52 Excite : All of creation mirrors the Self, each to its own level. We can only be what we accept and allow. Attend to what you speak, own the thought and the action. For as you create them, they work their magic in you.

Kerry Keller 66 Mind... Future firestorms disturb the dedicated will. Disciplining aspects of Self make one a creator. Waters of pure consciousness feed the Inner Fire. Temporary creations have their moment, then time moves on.

Collective: 59 Equanimity ... Fortify your care, it is consciousness that ascends. As the endless possibilities of what 'could be' stir around you, the inner Teacher holds the scales of time. Sowing and reaping are one in the present moment.

www.dreamschool.org
Wed. Evenings

Live Weekly Webinars
7:30pm EST

Dreams In the Universal Language of Mind

Three Month... Dreamologist Host Schedule

Nov. 14th Mari Hamersley

Nov. 21st Paula Bridges

Nov. 28th Tad Messenger

Theme: Dream Messages Inspire the Future

Theme: The Real Language the Mind

Theme: Dreams that Define Stress & Anxiety

Dec. 5th Brian Hoover

Dec. 12th Mari Hamersley

Dec. 19th Paula Bridges

Dec. 26th Tad Messenger

Theme: Dreams - Your Highest Intelligence

Theme: Dreams that Define Your Happiness

Theme: Dreams that Define Your Health

Theme: Dreams Teach How Life Unfolds

Jan. 2nd. Brian Hoover

Jan. 9th Mari Hamersley

Jan, 16th Paula Bridges

Jan. 23rd Tad Messenger

Jan. 30th TBA

Theme: The Doorway to the Inner Mind ?

Theme: Dreams: Messages from Your Soul ?

Theme: Value in Sharing Your Sex Dreams ?

Theme: Dreams Reveal Mental Efficiency

Theme: The Human Purpose of Dreams

2019 Calendar

December 31st, 2018

**at 11:30 pm - January 1st, 2019 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

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