

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.

Vibrations



A Monthly Newsletter

Vol. 49, No. 01

DECEMBER AREA TEACHERS MEETINGS



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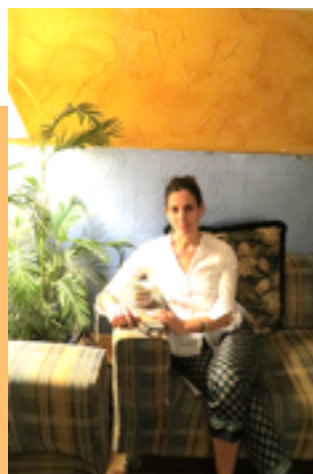
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Thanksgiving at the World Headquarters of the School of Metaphysics in Windyville, Mo.

Love, Gratitude and Enjoy
Daniel R. Condrón

What a wonderful time we had. People came from as far away as Oklahoma City, Oklahoma.

What great food! What great communion! What great Love! What great joy!

We ate and shared for hours in the great hall. Thanksgiving is all about giving thanks for each other and this great country that was created by those brave patriots and founders who gave us the Declaration of Independence and the Constitution of the United States of America.

President Abraham Lincoln set the date for Thanksgiving as National Holiday (Holy Day). Always remember to give Thanks

You are joy!
You are Blessing!
You are Light!
You are Real!
You are Love!



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 11 Desire : Values change in the temporal world. Sometimes what you desire is drawn to you. Sometimes you must push. All times your desire remains steady, unwavering. Learn this skill from one who knows how.

Dr. Diana Kenney 50 Imagined Space: The whole Self moves the teacher providing the vehicles for experience. The Voice speaks and its breath enters cascading through levels of consciousness where treasures await.

^D
Kerry Keller 33 Presence: Understand this: everything here matters. To understand present space release you physical sense. Welcome and embrace the inner teacher. Among experiences it is, the epitome.

Collective: 31 Allow: The teacher's way of life is responsive. Breathing in and breathing out, refreshment. Chakras reverse, when all actions return to the source. Health and well being are eternally assured.

Springfield

The Fear Shall Set You Free...

by Brian Hoover

I want to talk about fear in this paper, and so I will. I think a lot of my journey in Metaphysics can be stripped down to me facing my fears. I have two examples of me facing fear in two different capacities and am not sure how they connect quite yet but I am sure it will be revealed to me as I complete this assignment (for this is why we write: to figure stuff out)!

So before getting into the examples it is important for me to paint a picture of who I was before studying in the School of Metaphysics. I was, and I guess still am to varying degrees, a humble, passive, timid, well-mannered guy. For as long as I can remember, I kind of just went with the flow, never too voicetrous in what I wanted and what I thought. That way of being led to some undesirable life circumstances such as not having a clear career path, me not having strong relationships with others, and me becoming a drug addict. Safe to say, I wasn't in a good spot before coming to the school.

All that began to change as I started studying in April 2013. Shortly after practicing the mental exercises taught at the school, I started to see my life change pretty significantly. I started gaining the confidence that I needed to make changes in my life. I started dropping "friends" that I realized were only kind of using me because I was a timid, passive, walk-all over-me type. I started to claim what it was that I wanted. I started facing fears, which brings me to my examples.

The first one is a pretty easy one to identify within myself. I started to speak up. For much of my early adult life, I didn't say much. I didn't fancy myself as a talker and usually surrounded myself with people who would do most of the talking. The thing is I had good things to say! And the people I usually let do the talking, didn't. So after a year or so of studying Metaphysics, I consciously made the choice to take Improv and comedy classes at the second city in Chicago to help hone my speaking skills. Being in Metaphysics class every week I saw that I needed to get better at expressing myself so I decided the best way to do that was put myself in the most uncomfortable position that I could think of. It is usually the things "that we don't want to do" are the things that we need to do. I faced my fear of expressing myself in front of strangers through the Improv classes and also by giving talks and lectures through the S.O.M.

The next example of me facing the fear came early on in my studying. I was back living at home with my Mom and Step-Dad. My Step-Dad has a rough personality and was constantly clashing with my younger brother and really wanted him and I to move out, which in retrospect completely made sense. We were in our younger twenties and by that time in his life he had been out of the house for years. My brother was always eating his food and taking his things which added to it. One morning I was up early with my Step-Dad and we were in the kitchen. He went to make himself some breakfast when he realized that my brother ate his food. He began muttering something under his breath and I heard him. Now! My normal pattern would have been for me to pretend like I didn't hear him and try to make up for my brother's transgressions later on, but in that moment I decided I was going to say something. So I said, "What are you saying?" He preceded to tell me with a lot of animation and a lot of "F-Bombs" Again, I could have coward away but I chose to step up to him. I honestly thought he was going to hit me and I was okay with it. I was very conscious, I distinctly remember thinking if he hits you, don't hit back. It worked out well because he got to express what he wanted, which was for me and my brother to move out and for me, I think it was in the act of me stepping up that I got to be initiated into my manhood.

Facing fear is never an easy thing to do and that is why we are rewarded when we do. Another way of looking at it is karmically. There is a reason we are scared of certain things, whether it from choices we made in our current life or past lives, there are lessons that our fears are teaching us and the more we can face them, the more we get to know our true Self. For me, I learned two valuable lessons from facing the fears mentioned. First, I learned that Life is an improv class, and there is not one set way to express myself, I learned to initiate conversation and how to build a conversation. Second, I learned that it is important to stand up for myself because I am valuable, it may not always come out pretty but airing your feelings is an important part of life. I am grateful that I will have these learnings with me forever.•4



MAPLEWOOD**I will trust in the infallible workings of mind**

Nicki Koenen

I had a recent experience that expanded my awareness and deepened my trust that the Universe is truly one of infinite opportunity. I developed an understanding that even if I cannot see the why or how something happens with my physical conscious mind, if I open my mind and heart, I can receive.

The story: I was made aware of at work that the family I nanny for would be going out of town and they would not need me to watch their kids for an entire week. It was very last minute, and in a different time or place I could see myself getting frustrated about this. But in this experience, when I received the information, something different happened. In a moment where the brain chatter could have had a field day, I paused. I breathed. And instead of reacting, I chose in that moment to just be still. I decided in that moment to just let it go, for now. I decided to quiet my mind. I began to ask what learning this experience could be providing me or what opportunity might be available. For the next couple days, I explored these questions.

It was a few days later when I received a text from my partner saying that I wouldn't believe what just happened. A friend of his had booked a cruise for two and was no longer able to go. The friend had asked him if we would want to go for free. Immediately, he told his friend no because he only had 2 vacations days left and would not be able to take off work. For curiosity, I asked when the cruise was and he reported that it was the same week that I had just been told I would be off. I was intrigued.

I began bringing up all sorts of possibilities, most seemingly far-fetched to him, and even to me, at first, but still not completely impossible. Then something clicked, and he thought, what would be the harm in at least asking his boss. He texted his friend back, asked for a little time, and immediately emailed his boss. When the response from his boss came in, it wasn't a yes, but it also wasn't a no, and our minds opened a little more. A lot of things began to happen that took me on a roller coaster of having faith and then feeling it begin to slip away. There were a lot of unexpected roadblocks. It was a lot of up and down, but ultimately the learning from everything became so rich, that even if we did not get to go on the cruise, it was still a powerful experience. I had to make a very intentional choice to stay open when doubts continued to creep in. I had to stay in faith long enough for all of the pieces to come together. Needless to say, all of the pieces finally did come together, and I spent my week off work on an all-inclusive cruise in the Caribbean!

Through this experience I saw the value in staying open. I saw the value in staying curious. I saw the value in expanding beyond limiting thoughts, fears, worries, and doubts. I saw the value in believing in the infinite possibilities of the Universe and the infinite potential of the Mind. •

COLUMBIA

Doug Bannister and Steffi Sandbothe

Columbia hosted the West Area Teachers' Meeting Saturday, December 1, 2018. In the two weeks leading up the meeting I (Doug Bannister) talked with students about the value of service and the opportunity to be with people who have studied and taught in the school for years. Leading up to Saturday no one had openly committed to serve. I visualized several students coming to the school and on Saturday morning I texted everyone to remind them of the serving opportunity and how it could be of benefit to them, their high Self and the Whole.



Dr. Terry and I began preparations Saturday morning and she asked me who I was expecting. A very old thought pattern made itself known, which is the feeling of coming up short, not meeting the mark. I experience this as contraction and I knew from experience to take a breath and invite an expansion of thinking. In that moment of remembering to take a breath came a sensation of freedom and then a feeling of being secure enough to honestly say to Dr. Terry that I was not sure who was coming. About thirty minutes later a smiling Africa Baker (L 5a) arrived at the school. She said she appreciated the text reminding her about the opportunity to serve that I had sent earlier that morning. A short while later Florence Hicks (L20) arrived. She said that she knew upon waking up that morning that she wanted to serve in some capacity, even before receiving my text message. I was feeling pretty good about this time and we all cooperated to complete the final preparations to the lunch meal. Both Africa and Florence enjoyed the delicious lunch with all of us and did dishes afterwards. We moved into the afternoon session with my not knowing if any other students were going to join us for the dinner meal. Lo and behold, Amber Edwards (L 6) came to serve. All three of these students understand the value of service to themselves and others and they added to themselves this day. My learning included another confirmation of the power of the simple and profound affirmation, *I trust in the infallible workings of Mind*. Doug Bannister.

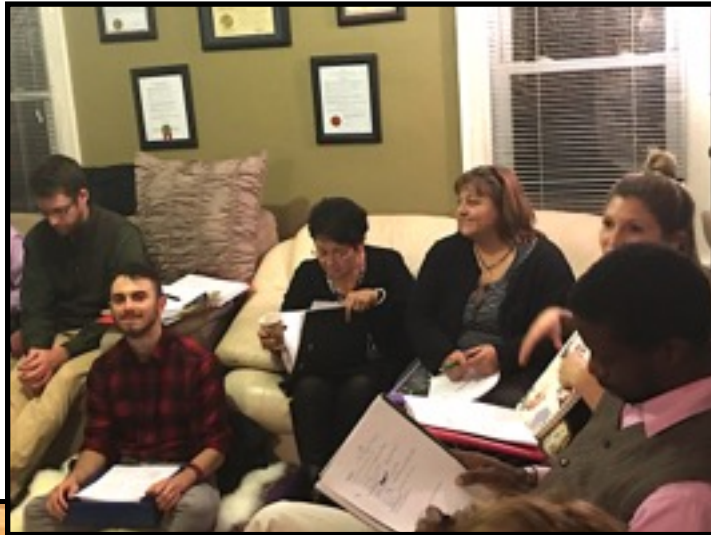


From Steffi Sandbothe: During the month of November, my class started talking about doing an event fundraiser. Being close to the holidays an ornament and card decorating party seemed fun. I (Steffi Sandbothe) made cookies at the school and my classmate, Jennifer Cramer, set up all the craft tables with the help of Doug and her twin sons, Andrew and Jesse. There was hot cider, coffee and tea along with water for our many anticipated guests.

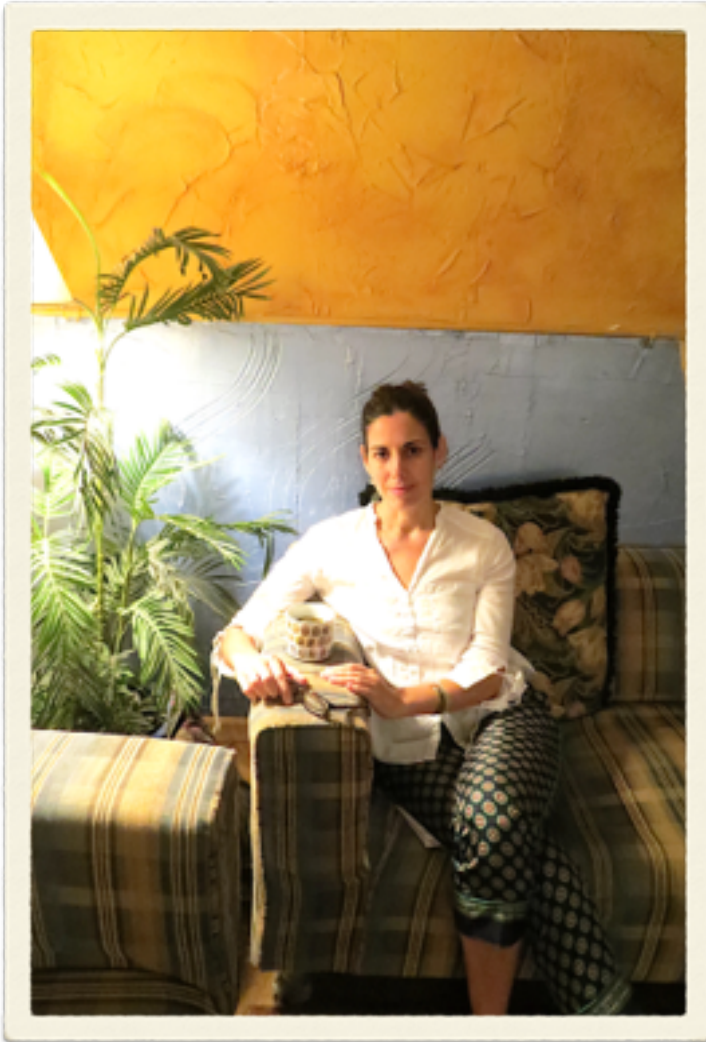
We were almost ready to do our centering exercise when former student Sharon Becker showed up to be our first guest, followed soon after by another student Tabia Jones, who brought her son, Kason. My friend, Courtney, also came and he enrolled for the next class. Over all it was a success. We put together a good event and raised ½ of our goal of \$100 and got our name out in the community again.

I learned that even if you play big or small, as long as you follow through and learn from your experience, you are successful. This is something I need to work on. •

DECEMBER AREA TEACHERS MEETINGS



Awakening



During National Teachers meeting in October 2018, I was particularly inspired by a story that Mike Moffa, teacher in Palatine, generously shared. The story demonstrated his sustained practice of singular attention, memory, and imagination all integrated into reasoning to produce a result that improved and evolved his own life and the life of those around him. Mike's choice to share his story, and awareness, stimulated me to ask all teachers to write a paper due at Area Teachers meeting in December 2018 to describe an experience that each of them willfully reasoned through to cause an awakening where they were previously asleep. The following represents a handful from those who chose to respond:

Look forward to me sharing other teachers articles in future vibrations issues.

by Dr. Christine

Mavis Curry

My continued awakening is in expanding my understanding and appreciation of conflict. I have been making decisions and moving into situations where I know there will be conflict. This opportunity has accelerated with the decision to be on the board of directors. This decision has afforded me the opportunity to have “uncomfortable” experiences, including a recent event and sequence of activities that allowed me to see the value in conflict.

Making decisions for change are not easy. They are particularly difficult when there are a number of people with diverse personalities and needs as well as perceived authority, experience, consciousness or understanding. The board of directors as well as the elders of the school are evolving and engaging with the school and each other in new ways.



Third weekend in November was packed full of experience with what I perceived as conflict. I say perceived because it is all a matter of degree. This particular weekend I was reminded of my need to feel wanted. A simple question stimulated some inner turmoil. “Should I be in this meeting?” It was innocent enough and had a simple answer yet within me my mind and had emotions started to churn. My thoughts went to a dozen places and that was an improvement over what I normally do. Often my thoughts become words that I regret later. I made an initial statement and then decided that I should be quiet and observe. I chose to limit my engagement and allow myself room to process.

The movement was the perfect storm that resulted in the revelation that I had changed. I had chosen to listen when I would have in the past either continued to speak and wish I had not or left the scene of the conflict.

Later that afternoon I continued to observe and listen as tension emerged and was released. It was very interesting that some how I was able to observe and be more neutral than I had ever been. Usually I would take sides. The situation fortunately did not allow that opportunity even if I had felt the urge to speak. I just listened.

As I reflected later, I began to appreciate even more the insight that being silent could bring. I knew what had triggered my original stimulus and when I reflected on why the “perpetrator” created the irritation I realized not only could I see what I could change in me, I could also see how I had stimulated my “adversary”. It all made even more sense. I began to ponder different possibilities of how I could respond beyond the silence. I began to consider situations where I could move into and explore and practice responses that would help me learn what would be productive. All I needed was a greater willingness to move into experience and expand my openness to explore possibilities. That’s what it is all about isn’t it?

Conflict is not inherently good or bad. It is the response or reaction that takes it to the painful places. I want to practice being more present and neutral. I want to learn more than just how to be a better listener. I want to learn to engage more productively and create a greater understanding of



**Mari Hamersley
Des Moines**

Topic: “An experience that I willfully reasoned through to cause an awakening where I was previously asleep.”

One of the most profound experiences I caused in my life was overcoming shyness. Actually, it was really an ongoing set of experiences that truly was an awakening for me.

All my life I had been painfully shy. I held back from sharing myself thinking what I had to say wouldn't be good enough or clever enough or maybe wouldn't be accepted by others in some way. So I didn't put myself forward very much. It hurt. And

the worst part was that I was asleep to the possibility that I could ever change that. I thought it was just the way I was and always would be.

When I came to the School of Metaphysics at age 34, I really wanted to be different. And through the lessons I learned I could be. Learning that we are all here to cause ourselves to change and grow through our life experiences was the first time in my life that I had hope I could be different. When I received my class past life profile, it really hit home. My karmic lesson was all about communication, so now I saw the opportunity and the need. I had to respond. It would be my duty, and it was my motivation as well, because I wanted to fulfill my soul's karmic obligation. I had work to do.

In this desire to change, I recognize that I did use a great deal of reasoning and much will achieve the growth. First, I recall looking at where I was on a daily basis in terms of communication using my developing skill of undivided attention gained through the SOM exercises. I identified where I felt a charge when I said something. I identified what was needed in a situation. I saw opportunities to give. I stilled my mind to a greater and greater degree to become more neutral with what I said. I also listened better, with greater awareness of how I was being received, and through that was able to have a more accurate perspective of the truth of the situation rather than projecting my insecurities into a situation where the interaction didn't even show evidence of those. I began to evaluate the experiences I had more clearly in my daily life.

In the process of causing the awakening, I drew upon memory as well. I could recall times in my youth when I was teased, as I saw it, by the people I loved most just for being quiet. My family members were all great and prolific talkers. In my own eyes, I was inadequate in comparison to them. In looking at these memories, I began to update who I was in the present rather than replay old sensitivities. And it changed how I felt about my family members. After all, I the soul had chosen to incarnate into this family. So there was value in the choice. Maybe they weren't telling me I was less than them. Maybe they were just being who they chose to be. Maybe they were stimulating me in some way, too. I began to accept them for who they were and be at peace with my soul choice. And besides, maybe they needed the quiet me to listen to them. This I could give with my keen attention and caring.

I also used memory recalling times when I said something I saw value in which aided or stimulated others in some way, and that helped me to recognize my own self-value. That's when I began to teach metaphysics, nervous as I was about it.

Perhaps the skill I employed most was imagination. Every day, and I do mean every day, I would imagine how I wanted to be—confident, wise, secure, insightful, even charming at times, etc. I practiced that image and took the mental, emotional, and physical steps with will to place myself in situations that challenged me. I began to give SOM lectures with the purpose of learning to give more of myself. I talked about my learning. I invited people to come to the School so they could grow. I taught more students. I began to share my opinions. I forgave people. I spoke words of gratitude

and appreciation on purpose. I built new relationships and healed existing ones. I freely and sincerely told people I loved them. And I willingly received people for who they were, without the silent, mental criticisms of myself or others I had done so much of previously. This has resulted in me reaching out to people so much more freely and lovingly than I ever have and liking and loving myself also. I even learned that when I spoke up about what I wanted, I could have it. People were willing to share the vision and contribute.

I realize I may always be more quiet than super-outgoing or noisy, and I accept that also. I feel I have caused self-acceptance with freedom. All of this has taken time and effort, and I am still working it. Yet, I now know I have overcome shyness and communicate much more ably and freely. And how great a change that has been for me, for those I touch, and for the world I live in. I know the power I have to be my real self because I have caused it. Moreover, I know now how to help others to use reasoning to learn to do this for themselves. It has been a life-altering awakening. •



Lynn Boggio

Before I came to the School of Metaphysics, my thinking was much more scattered. I had many ideas and goals about things I wanted to achieve. I was a good starter but not always a good finisher. For example, I wanted to earn more money and pay off my debts. I could never get ahead. My debts would keep getting larger. Since I have started studying, at the School of Metaphysics, I have learned

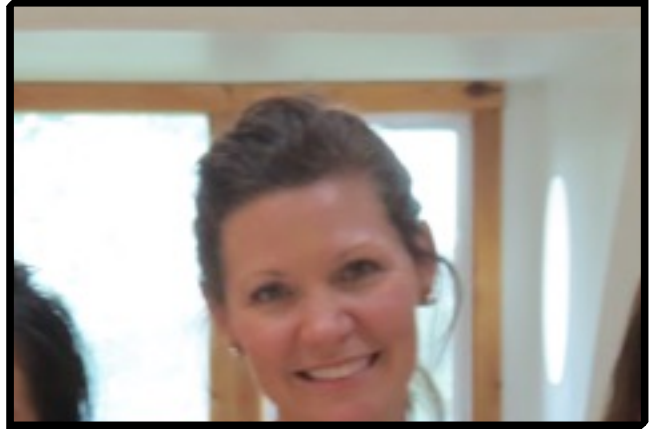
about Universal Laws. One of these Universal Laws is referred to as The Law of Proper Perspective. This law states “First Things First.” This Law encourages me to look at my goals and decide which one is most important now, second most and on down the line. I applied this law to paying down my debts. I now have only one debt left, which is my student loan payment. I am current on the debt and paying it down on a monthly basis.

The Law also helped me organize a recent class assignment. This assignment was to create a Mind Map, of my current goals. The purpose of this assignment was to bring clarity of where I wanted to go in the next year. When I created my first Mind Map, I saw I had too much on my Mind Map. •

Mandie Renner

Where I have willfully and actively caused a change —disrupted a habit—how have I willfully caused myself to be different and how have things around me changed as a result?

This has been a slow, gradual change over many hours of practicing exercises and many years of devotion. However, I recently emotionally, energetically and physically have seen and experienced the reward of finding a peaceful place within. Before I started at the School of Metaphysics, I had been conditioned in a way that taught me that what I had to share wasn't important, held no value, and that I should be seen and not heard. This created a child and young adult that was timid, yet defensive, that was scared, yet angry, and was fearful, yet controlling. I would often feel as though I needed to defend, not only my thoughts, but felt like I needed to defend my very existence. As you can imagine, the habit of acting small and needing to protect my thoughts and self, created emotional suppression and defensiveness around every corner. Over the years, I have continued to hold a strong desire to create a space within that was deep, safe, loving and connected with the Creator. One that was still and responsive. I questioned whether I was deserving of such a sacred space. I questioned whether I could create such peaceful place. Then, I questioned how I was going to bring about such an elevated, still place of inner peace. There is a line in one of the cycle 1 lessons that says "you don't have to be successful each meditation period, the intent is enough". I held onto this belief tightly. Believing that the intent alone would reward me in some way. And so, I continued practicing my exercises, often questioning if they were producing the Ideal that I held so closely in my mind, but continuing to practice.



Fast forward several years, this past month, I have had many opportunities to move ever deeper into triggers and emotions that I absolutely would have shrunk in the midst of in years past. I have caused change by becoming keenly aware of my own thoughts, loving my attention inward as a primary state of existence and awareness, moving deeper and deeper into my own state of being, which is stillness. I have found myself actively choosing to move into the emotions and discomfort that I have spent years hiding from and avoiding. I consciously have made these changes— all while slowly building a quiet, resting space within. The changes I have experienced as a result have been life changing to say the least. I feel centered more often than not, I feel connected more often than not, I feel grateful for uncomfortable interactions and emotions more often than not. My husband recently gave me feedback of bring a good listener, not reacting, being gracious with forgiveness and attention.

As a teacher, I have grown because my students and the classroom are now a learning tool for me to go deeper within my own realm of knowing, healing, and inward experience. The relationship I have with students and with the school as a director, isn't one where I feel the need to control and cerebrally "figure out", but can let go and practice trusting more and more. My relationships with friends have expanded from seeking what I could gain, to seeking how I can best give and serve another. In summary, things around me have changed, my outward expression has change, but the real, lasting change has been within.



Jessica Leathers

How have I willfully reasoned with an experience and cause change in an area of my life where I have been asleep

Recently my sister asked me if she could borrow some money. This tends to be a common thing with her occasionally. I talked to her about it and decided to give her the money without resentment or attachment. She asked me if it was okay if she used some of the money for a particular activity. I told her that I appreciated that she asked but once I gave the money to her then it her to decide what to do with it.

A couple weeks later she sent me an e-mail and was asking for more money to borrow to pay for tuition in order to return to college in January. When I received the email I was having a bad day and chose not to respond to her until I was calmer. I didn't want to take something out on her that had nothing to do with her and didn't want it to interfere with my decision about loaning her money. I also wanted time to be still to know whether or not to give her more money and what was best for her and myself.

In about a month she had asked for more money than I make in one month. Physically speaking, I wanted to make sure that I was okay with pretty much working for her during that month if I were to give her that money. Ultimately, I was okay with it because I love her and want to help her. However, as I sat with it, I realized me giving her money wasn't the help she needed. It also wasn't good for me to just swoop in and save the day when she asked because by doing that I wasn't really receiving her and not necessarily listening to me and in some unconscious ways looking to be the hero for her.

Since she is my younger sister and because of how we grew up, typically I want to step in and give her help and fix things for her like I'm her mother. Through the opportunities presented to me the last couple of years I've become more aware and conscious that helping and fixing things for her may have been what both of us needed as a kid but isn't what we both need as adults.

So I reasoned with myself and the situation and decided that I could give her the money but I wasn't going to and I told her that. Instead of giving her the money I offered the idea that she could get a loan and I would help her to fly home for Christmas if she wanted. She got mad and frustrated and didn't know if she could get a loan in time to return to school in January. I recognize that this was her problem and not mine and that I should not take it on as my own problem. I have followed up with her one or two times to see if she got the loan and have gotten no response. I have considered meeting her half way and giving her some money but only if she makes the rest of the money. I also haven't told her that I have considered this auction. I am waiting for her to reach out because only she can decide what she wants to do.

The area that I have been asleep in is giving help in fixing things for others, especially my family, when that may be what they want but is not necessarily what they need. I have been taking learning away from others and making their stuff my stuff by not receiving them. There are similar stories that involve my grandma and Dad this year that have given me the opportunity to work in this area as well.

The area I'm working in is to be still and neutral and receive the other person and keep my expectations out of the situation. Receiving them really allows me to listen and to do what they are asking, even if it's not what they need, or to give them what they need, even though it's not what they're asking. This intern helps me to see the power of my mind and how to use it. Also by not taking on their stuff as my own then I am not as stressed and learn to love them where they are currently at in their life. Throughout this year my ideals have been focused around neutrality, stillness, and receptivity. I really feel like I'm getting opportunities that I've been asking for in order to build my understanding in neutrality, stillness, reception, and in addition, compassion. •

Willfully Reasoned to Become More Awake

Paper

Amy Campbell

Describe an experience that I willfully reasoned with that caused me to become awake where I was asleep before.

A few days ago, in the height of my work busy season, I wasn't sure if I could meet with one more person.

Setting the Scene

It was now almost December and I had been working with very few hours of sleep or relaxation since the beginning of October. I'm so raw.

I had been sick during this time, first with a virus and then with laryngitis. I'm extra sensitive to emotions.

I'm not producing as much business as I had last year. I suck.

I'm building a new territory in the OKC area which consisted of learning new networks, plans and learning how to get around the city and area. I'm uncomfortable.

I'm also driving a loop now from OKC, Kingfisher, Tulsa, Muskogee, Claremore, Chelsea, Okemah and then OKC. I feel so alone.

The girlfriend is becoming irritable because I'm gone so much and not available to help with things I was able to previously and she's also feeling shuffled to the bottom of the pile of importance. Not only was this our first busy season living together, it's our first Thanksgiving and Christmas living together. I'm a people pleaser so she will love me. I have so many responsibilities right now.

My mom is living alone since May of this year for the first time since my step-dad passed away in 2008 and her mother just died. We're so emeshed, I worry about her.

Her youngest brother is drinking alcoholically again and won't go get a melanoma taken off of his head. My family is so small and this is really working on my mom.

My grandmother passed and we won't be going there for Christmas. There's an alcoholic brother/uncle and then there's one whose wife isn't keen on the Oklahoma family. Who's going to be there for me when I die?

And finally, I'm having to face the dilemma of whether to celebrate Christmas with Cathy and her ex-husband with the grandkids which for me seems like a strange and awkward thing to do because she's still very attached to him. It would mean leaving my mom alone until Christmas evening. I have created the perfect storm for myself. My biggest obstacle in life is overcoming my perception of being on the outside looking in.

This is what happened:

I was in Dover, OK sitting outside of a trailer that looked like it was going to cave in any moment and thinking, "I literally don't think I can bear the weight of my own 'stuff' let alone walk into a place like this and absorb more." I immediately got a message. "What's your purpose?" My response was helpfulness. I felt immediate lightness. I got out of the car, knocked on the door. A man answered as he was yelling at the top of his lungs for the 3 dogs to quit barking. I don't like yelling. Helpfulness. There was a lady lying in a recliner by the front door in a contorted position who was inanimate but alert. She had had a stroke. I have a difficult time with un-whole. Helpfulness.

He cleared a small space at the corner of the table where I proceeded to educate him about insurance. As I talked I saw him squash a few bugs on the table. Then he reached across and flicked one from my book. They were roaches and other bugs. Helpfulness. I stayed focused and calm for almost 2 hours holding helpfulness in mind.

I have 2 new clients. My new clients will have vision, dental and hearing insurance with many more needed benefits at no cost to them because I was able to fulfill a duty.

I believe I embodied purpose.





In mythology, fire appears both as a creative, cleansing force and as a destructive, punishing one. It all depends upon your point of view.

It is popular nowadays to use language like "I want to feel it! Live it!" indicating the desire to be present. "I couldn't see it because I was in it" indicating the desire to be present. These desires create fire in the brain, the electricity Eastern writings speak of as enlightenment.

Isn't it interesting how thoughts of the future and thoughts of the past all stem from the same place.? The only place we can ever be? Here and now? Both are addressed in **Firestorm**.

A Firestorm's determining characteristic is a fire with its own storm-force winds from every point of the compass. This is the attractor field activated as the Kundalini rises. The "potential energy" is stimulated. How will you use this energy - right now?

The image for Firestorm is house fires. House fires in the language of mind are symbols for expanding the mind. The interpretation tends to lean toward the destructive side of fire. What if you pause until your reaction is neutralized? Perhaps then, the open mind revealed in surrender will be clear. Then the cleansing of the open heart will be made sacred. The True Self will shine! •

Equanimity translates two separate Pali words used by the Buddha. Each represents a different aspect of equanimity.

1 The most common Pali word translated as "equanimity" is *upekkha*, meaning "to look over." This is the equanimity that arises from the power of observation, the ability to see without being caught by what we see. It is what is behind perception.

2 A second word often translated as equanimity is *tatra majjha ttata*, a compound made of simple Pali words. *Tatra*, meaning "there," sometimes refers to "all these things." *Majjha* means "middle." *Tata* means "to stand or to pose." Put together, the word becomes "to stand in the middle of all this."



As a form of equanimity, being in the middle refers to balance, to remaining centered in the middle of whatever is happening. This balance comes from inner strength or stability. The strong presence of inner calm, well-being, confidence, vitality, or integrity can keep us upright - the benefactor of an honest ego surrendering its will to the Divine. Thus we are prepared for the Firestorms to come. •





THE NEW MAITREYA

*Master Students
make
Master Teachers*

*with Barbara
O'Guinn Condor*

An interesting point of enlightenment comes as twelve of us gather for a sixth week followup to the Serenity Study (see previous Vibes) held last fall in St. Louis. I want to share the story because it brings light to the New Maitreya.

A bit of background....

The Serenity Study itself is a remarkable exploration of how to awaken, encourage, and support a Compassionate City. Its unfolding is a constant source of surprise, a true expression of the process of living a life. Have you noticed this in your life? How life is consistent in its offering of change? And that we are given opportunities every moment to be flexible and willful, insightful and forward thinking, to be both internally and externally perceptible, to harmonize the inner and outer self to resonate with the Master Plan of creation? To be, in SOM-speak that whole, functioning Self.

Perhaps, like me, you first heard of the Master Plan of Creation in SOM lessons when the diagram of the mind is presented. That night in class my mind opened and I surrendered to its revelation. This Master Plan is what SOM people talk about when they reference Superconscious Mind. Those revelations have taken many forms throughout my life - Universal Peace Covenant, Spiritual Focus Sessions, dreamschool.org, all expressions of what SOM teaches has allowed me to engage with hundreds of people in the creating and thousands in the serving of others. It has made for repeated experiences of community and how the calibration of a group of people *can be elevated.*

The greatest return in wisdom for me is manifested through the Master Living Blueprints. One of these (which you may be familiar with) is the "Emotional Doorways to Love". Through responding to a series of multiple choice questions an individual can obtain a profile of where she or he is in fulfilling that plan. This is one of the evaluation tools used for the recent GLiDE experiment and for the Serenity Study.

Back to the story....

One participant is baffled by one evaluation question that concerns occupation. She is bemusing two of the six choices: self-employed and business owner.

“They’re the same!” she says. I encourage her to express her thoughts. In doing so, the idea that she holds, her own thoughts seek to become more defined but she ends up at a temporary loss for words.

“May I offer something that may help?” I ask. She nods. “Self employed revolves around one person, the individual owner. All initiative and movement comes from one person and returns to that person. They can be themselves with a different name, in legal terms that’s called dba or ‘doing business as’. A business has a structure with a cooperative makeup, called a corporation. Corporations usually have at least two officers a president and secretary, sometimes more. Each state has its own way of creating those structures that people then choose.”

Others added their thoughts as well. It was another insight into community.

I went to sleep that night, reflecting on what had transpired. I knew the woman didn’t understand and. I had not been as crystal as I could in communication. I turned it over in lucid dreaming. The next day, I ‘awoke’ with clearer sight from dreamwork. A business employs others toward accomplishing the same aim. It hires others. To be self employed means others are hiring you. A business owner means you are not only providing a service to clients and customers, you are also employing other people so they might flourish. The business can be handful of people, a family, or a top Fortune 500 company. How simple are the Universal Laws of Creation woven into the fabric of our daily human lives for any who want to see.

What I saw that morning from the night’s dreamwork was the trinity. The movement of Self, Others, and Humanity, or as some describe it God. I am in love with the beauty of 3s. Everywhere I look people are caught in polarity. The polarity of being in the body, often confused or befuddled, not really knowing how or why. Three is the structure that allows creation to occur. It allows the two to come together and produce a third.

I recall one of the teachings from a Master of old, “Where two or more are gathered, there I am in their midst.” That is the Truth of the Self that is whole and functioning. That is the creation behind the Truth “as above so below”. That is the manifestation of the master plan, the Optimal Blueprint for each individual to Master Living.●

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 on ways to share ourselves in order to build School of Metaphysics branch locations of 150 students and more in each one?



Throughout the underworlds this has been reflected as an edict to know the Self. This remains. In the cause of giving and receiving --- the sharing, the capacity to heal the Self becomes essential, for there are many who hold onto disorder and disease and destruction. They have yet to experience the death of the little self, the carnal self, the temporary self, whose nature is not sharing. Therefore, the transcendence requires knowing the Self beyond the animal body, beyond the human existence, beyond the reasoning capability, for it is when there is intuition active, when the Truth is directly grasped, that sharing becomes the means by which one interacts with all of nature, a fount, constantly drawing to it those who are thirsty.

www.dreamschool.org
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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



The first day Zack and I went to the POWR we met Walter and attended an Indigenous session in the large auditorium that you see above. It began with two hosts introducing themselves and the format. Then some dancers came out in full costume and performed a ceremonial dance. These dancers set a tone of joy and peace for the session. Then two young children came out and in their own language shared a beautiful document about the many creatures of nature. There were several speakers that shared their wisdom and heritage.

Then Jim Dumont came up to the stage. He was ushered by the two hosts and introduced, as he was thin and frail. He wore a beautiful black vest adorned with large hummingbirds on each side. His hair was long and streaked with white and gray. As he began to speak, I could barely hear him. Then his voice became clear and perfectly coherent.

Jim Dumont is Chief of the Eastern Doorway of the Three Fires Midewiwin Lodge. The Midewiwin or the 'Grand Medicine Society' is a secretive religion of some indigenous peoples of the Maritimes, New England and the Great Lakes of North America. These are the peoples that have kept the inner secrets passed on from the Atlantis civilization.

He talked about his Creation story. It is a story from the oldest known indigenous tribes of North America - the Anishinabe. He began before creation when there was only darkness everywhere. His words were slow, carefully chosen. His pictures were clear and transposed me into a different time and place. He was magical, inspirational. We could listen to him for hours. Zack and Walter gleamed a glance over toward me with thumbs up acknowledging that this is what it was about. Yes, yes, yes.

He made two major points. The first one was that all peoples deserve to feel good about who they are. The Creator does not make mistakes. This reminded me that we are not born in sin. We are born whole and complete.

The second is to receive and enjoy what the Creator has given us. When we receive the first ripe strawberries of spring, take the time to taste the sweetness and life force of the fruit. If we take the joy that we receive in eating the fruit and multiply it by 100, that



is the joy the Creator receives in watching us appreciate what he has made. In the fall receive the beauty of the colors and take in the magnificence that the Creator has offered. In each and every experience of nature and life, for there is life in everything, appreciate it; receive it; care for it; love it. For multiplying that care and love and appreciation by 100 that is what the Creator receives from us.

Jim Dumont is teaching the secrets of the 'Grand Medicine Society' to others so that what was learned in Atlantis may be kept alive.

What a beautiful message. What a way to begin our journey and adventure at the Parliament of World Religions.

I continued to follow the Indigenous leaders throughout the Conference. They were amongst the most intriguing of all the leaders. Their message was strong and clear. Their ceremonies held value and thought.

They had a long house made inside the Metro Center and many of their speakers held ceremony and talks in it. It was called the Lodge and reflected the Iroquois Nation as the Canadians call them; the Haudenshaunee, as they call themselves which means the peoples of the Long House.

Rev. Dr. Tad Messenger



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