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

# Vibrations



**A Monthly Newsletter** 

Vol. 49, No. 02

# ORGANIZERS of GENERAL ASSEMBLY





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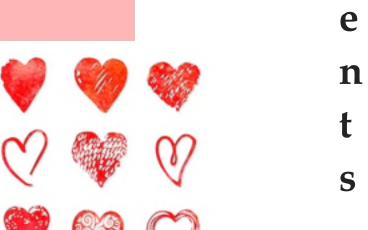
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COLUMBIA
The Benefits of Teaching
By Doug Bannister

Sharing the Past Life Profile reports is one of my favorite classes to lead. Recently I was the guest teacher for Dr. Diana, who, as the Area Director for Columbia and Maplewood, was in Maplewood. I was looking forward to teaching this class, having

discussed and prepared for the

experience with Dr. Diana.

At the start of class, I led a discussion focusing on the reasons we ask for the information contained in the reports and why it is that we seek guidance from the Akashic records. The information given in the Intuitive Reports greatly accelerates spiritual development as the student is able to receive and use the report. The reports are presented in a neutral fashion, neither complementary nor condemning. To assist the students to receive the reports, I guided them to a relaxed state and asked that they be as



objective as possible when hearing their report. I also suggested they allow their minds to be balanced, to take in the stories from a neutral perspective, to refrain from making good or bad kinds of conclusions, and to listen for Universal Laws and Truths. Isn't this the state of being we aim for in our lives all the time?

We listened to the reports in the order they were given by the reporter and conductor team, Dr. Pam Blosser and Dr. Tad Messenger. I paused after the past life portion of each report, inviting students to share what they heard. I was delighted with the quality of the comments the students made, especially regarding the Universals they heard. One student observed that one of the reports could have easily been her own.

Teaching brings me opportunities to share what I know. This claiming is important as it forms the foundation from which to reach higher. Teaching also allows me to see myself in others who are aspiring to improve themselves. I want to affirm their efforts, just as I appreciate encouragement. I am in a better place to acknowledge my progress and to encourage myself than I was years ago. I believe it is important for a student to feel validated - not as being perfect, but in wanting to learn and grow. As class progressed that evening I could see each of the students relax into offering insights about their own reports and their classmates' reports. I like to take time to appreciate the opportunity we each have to progress our consciousness with others of like mind in the School of Metaphysics. Regardless of the number of years studying and/or teaching, we are in this together, with common goals and ideals and we can help each other open our hearts and learn from one another. I saw these students open up to themselves and to each other in a way that warmed my heart. I look forward to hearing more about what they have gleaned from the reports. I am even more grateful for the privilege to teach and to grow.

# INDIANAPOLIS How I am creating change in my life! by Bonnie Darby

When I first became a student at the school, I had issues about self-worth, I didn't truly value who I was or the abilities I have as a medium. I also had lot of fear-thinking to work through. I am grateful that my curiosity is and was stronger than my fears. What I've learned in the lessons from the school: I no longer live in my self-imposed box. My dream or vision is and was to write and teach spiritually my inner knowing's. I can't tell anyone exactly what lesson stood out to me; it's all been part of the whole journey. My teacher would be leading our class and there were small triggers in the lessons where I sat up and listened; I recognized me in



the lessons, and I was learning to move forward to be the person of my vision.

Today, I am working with a book promotor on a book. I have a year into my training as a reporter and at the same time I have trained as a direct voice trance medium. I am working with someone who is guiding me through the process of branding self; promoting my work as a medium, creating spiritual internet classes and internet readings as a medium. I have rented booth space at surrounding holistic expos to do readings for a fee. I have publicly demonstrated direct voice trance mediumship and have more demonstrations lined up. The biggest change the classes have given me is self-love and self-worth; this is the greatest freedom anyone can experience.



**INDIANAPOLIS** 

One of the most important changes I have been working on since attending the School of Metaphysics is Self-Value. Before I became a student, I would regularly engage in negative self-talk. Through the practice of concentration exercises and

regular meditation, I have been able to perceive myself in a new light. This has also helped me stay in the present moment and create a new identity for myself.

My new identity has enabled me to create new ideals of what I want to attract in a new relationship. I want to attract someone who wants to build trust. I also want to attract someone who values himself as well as others. In my previous long-term relationship, I had a lot of learning. I learned I have value and deserve and expect someone who is also on the same level of learning. I am looking forward to more areas of growth in my School of Metaphysics Education.

In Gratitude Lynn B. Indy

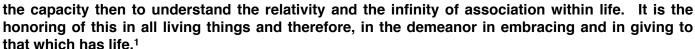
# In Bonds of Divine Friendship (Part One)

Dr. Pamela Blosser

The information in this two part essay comes from the wisdom in Intuitive Reports (mostly Past Life Crossings) particularly in regards to divine love and friendship. It is my hope that through the reading of this article, you, dear reader, may come to a new understanding of divine friendship and how to cultivate it in your life. It is through relationship that we come to understand and commune with the Whole.

#### What is divine love and friendship?

Divine love is that which comes from the Source of Being. It is that which is of creation and of the Creator. Divine love is



Love is our inherent birthright.<sup>2</sup> It is based on Universal Truth<sup>3</sup> that answers the urge to wholeness.<sup>4</sup> Love exists regardless of the belief that one harbors,<sup>5</sup> and it expresses in many ways.
<sup>6</sup> It is always present. It is false to think that it lacks or ceases to exist.<sup>7</sup> It is never absent; it is present. It exists and either is magnified or diminished according to the understanding of spiritual purpose. Therefore the source is within, and it is everywhere. How each one vibrates with the energy of love is individual.<sup>8</sup> The common desire for divine friendship is strong. As this is honored and noted and explored, then the magnetism of love resonates more strongly.<sup>9</sup>

Strong bonds between individuals are a kind of resonance based on mutual respect<sup>10</sup> and common ideals about what is most important in life, what gives meaning to life, what is the essence of life.<sup>11</sup> The strong affinity you feel for another is built through time and space and in



essence transcends time and space.<sup>12</sup> There is a finiteness to the physical world --- things begin and things finish and then they begin again. The fluidity of this has to do with the inner realms of consciousness, and this is where bonds exist, beyond time and space.<sup>13</sup> Divine friendships are ones of longevity. When apart, there is still friendship existing in the mind.<sup>14</sup>

Having an affinity for another, recognizing mutual attraction, ideals, and views of life, is a source of comfort, a source of strength, a source of inspiration, and at the same time gives each a sense of destiny. <sup>15</sup>

How we come together with another is offering



each of us a way to understand Divine Love, a love not only for a personality or even a human, but love for a spirit, love for a soul that goes beyond the physical. The deep bond that we experience with each other is an understanding we have of one another. A divine friend supports the other's strengths and brings out the best in the other.¹6 We experience acceptance, allowing, and truthfulness.¹7 We experience affection and admiration.¹8

There is a strong sense of Bakti (devotion). There is a strong sense of adoration. It opens the cells to soul awareness with the attention being directed toward one another, more importantly being allowed to be with one another. The movement of the attention being placed upon the other --- when this action occurs, there is the devotion of the physical self in a way that is palpable. It is completely experienced in the senses. Then there is the opening within the self to allow on a soul comprehension the essence of being. And so there is the capacity within each to become what they adore; therefore, they derive a great deal of inspiration, strength, courage and sustenance from one another. This is dense. It is very real. They have invested in it. They have nurtured it. They have created it. It is more than a structure to come and go in. It is the identity of the Selves, and therefore the intertwining of the selves is complete in that there is nothing held apart or separate. All is sacrificed or given, and there is the opportunity then in the intertwining for a high degree of surrender. What is understood by the other is understood by the one. As one grows, the other grows. They do not even have to be in physical proximity of one another. Because of the construct of how they have used their minds, it happens. This is the nature of how they have entwined their living, their being. It is the nature of the reality they have made. 19



The connection, the care, and the loyalty that has existed in previous lifetimes is still present. Each carries a strong soul urge within to uncover, surrender, and make known and whole. It is a sacred duty that each one holds not only to support the other in causing change but moreover to insist upon it. <sup>20</sup>

## The Beauty of Your Free Spirit

by Kerry Keller

The question is, HOW FREE ARE YOU? Do you still allow the free spirit you were gifted to dominate the way you express life? Or do you hold back from things you really desire, concerned about what people might think, say, or do to you?

Let me remind you when a child is born into our lives we easily observe and we are quickly taken aback with his or her totally free nature. It is so common for adults to be struck with the beauty of spirit a young child displays and we are suddenly reminded how free our spirit once was. Even before babies begin talking we notice their freedom of thoughts, attitudes, and expressions. They are curious, so trusting, vulnerable and innocent. Why is it when a child displays their openness, their connectedness, that we get the chills and we are filled with joy? We might even become jealous, sometimes even asking, what happened to me? I want to experience my own innocence again! I asked this question over and over before I started in the classes at the School of Metaphysics.

There is another special reminder - we notice too! Children seem to have a tremendous power in believing he/she can explore and discover themselves as if they had no limits of doubt or fears. Then I see the programming I have accepted! Their lives are not limited or complicated by the fears of circumstances, conditions, opinions, or expectations of others. They have not formulated new self-images based on their reactions to unexpected experiences. Babies and young children are so happy and joyous. Their free spirit just exudes out of their skin, eyes, nose and mouth!



The question is, HOW FREE ARE YOU? Think of a time where you have experienced a young child explore you, face to face, just sitting there mauling your face with their hands, without being shy or hesitant, just laughing. It's like they just came from the kingdom of heaven. There is no sense of restriction. Their whole sense of purpose in infancy, is to be free, always willing to absorb, discover and add to their learning and growth. It's our divine intention!

Now, after this reminder ask yourself... what's your purpose in studying at the School of Metaphysics? Better yet, what is the purpose of your life? It does not take much for me to realize I want to experience being innocent again! Don't you? I want to be open, free of fear and doubt, I want to learn how to be vulnerable and expect nothing but connectedness with others. That's it, that's it, That's it! You are studying at this school with me to regain your true nature! You want to perceive through the eyes of a child to create because thats the most natural state of mind for creation to take place. You can hold on to your wisdom and experience and still choose the preferred states of mind to create your life from.

Then too, you might say, after all these years and all these experiences... how could I ever be innocent again? I know too much! I see the fear in people! I feel the separation and reluctance in people's expression. It's sad to watch people think and act as if they are restricted.

But then I stop and remind myself... It's in their minds! This school teaches us we can return with wisdom to those states of mind where innocence prevails, vulnerability and openness unlock the doors of our creativity. It's the curiosity in us that suffers with our learned fear based thinking because we became programmed to perceive the conditions in life as obstacles. Your freedom is unfolding as you realize everything is a choice... even changing your perspective and changing the way you think in those states of mind that are so productive.



Welcome to my third day at the Parliament of World Religions. Have you ever had one of those

days when you have a feeling in your gut, a warm feeling that you are about to open to the wonders that will unfold during your day; wondering what marvels await you, what magic will occur, what things will happen that you may not expect?

This day began with Zack and I doing our morning routines, taking the subway to the Metro Center, greeting the people we met, talking about our learning, and then going to a secret place I had found for our morning meditation. The artistic women at the conference had made a sacred sanctuary that was hidden in the corner behind several large banners on a floor that not too many people frequented. It was a beautiful space that was draped with wonderful crimson fabric, and had pillows, chairs, and rugs. It was a perfect spot for our morning exercises.



(Picture of Zack meditating in the sacred space).

After our meditation, Zack went to his volunteer area (the children's section with many fun booths for kids old and young to learn about the religious communities around the world) that was adjacent to the exhibition booths. The day before he had bought a hat at one of the booths from Nepal. I had wanted one exactly like it so I went to that booth first. When I got there I found my hat and my eyes became riveted on the turquoise pendant and earrings that the lady from Nepal was wearing. Every time I engaged with her my attention went to the turquoise. At first it was distracting, and then I realized that there was someone there with me - it was my grandmother who was half Iroquois. She had mentioned that after she passed, I could contact her by simply focusing on turquoise. When I realized what was occurring I immediately went to the Indigenous Long House to see what was transpiring.

# Wisdom from the Oracle

Excerpt from the commentary on the evolutionary locus for the School of Metaphysics from the Superconscious Oracle given on **June 4, 2012** 

It is asked for suggestions for overcoming fear of receiving love and light.



The recognition that the state of fear is a reaction to that which is unconscious. There are choices that have been made and continue to be made, that choose the reactions of fear. Therefore, other choices can be made. It would be helpful when one is afflicted with this dis-ease, to align the Self, to affiliate the Self, with those who are in opposition to this one's experience.

When the experience is one of rebelling and rejecting then the juxtapositioning the Self with those who are in alignment, cooperating, and allowing, will temporarily neutralize the discord. The work, however, must be chosen and completed by the Self; merely being around others who are different will not cause the difference in the Self. Therefore, the seed idea of the choice is essential in the development of the evolution. This is a matter of reinterpretation of energies for the one with such affliction.



Twin Verses from *The Taraka Yoga of Kuan Yin* commentary by Barbara O'Guinn Condron

# When awareness dawns, a living prayer sings all day.

In the universal language of mind, the sun represents Superconscious Mind.

Shamash, the solar god of the Babylonian people of the ancient Near

East, was known as "the sun with healing in his wings." Celtic peoples had Belenus, the god of sunlight. Besides driving away the predawn mists and fogs each day, Belenus could melt away disease from the sick. When the Romans conquered the Celts, they identified Belenus with their own sun god, Apollo, who was also a god of healing.

When you interpret the dream that came to you in the night, consciousness from the soul moves into your day eclipsing awareness otherwise left unknown. In the waking mind, quite conscious of the inner worlds, the light of the sun is constant. It burns brightly day or night. Only our attention shifts to and fro.

Hold your attention in the rising sun. Listen for that One sound vibrating throughout all of creation.•

When awareness dawns, a living prayer sings all day.
Interact with the world from a space of laughter.
Perceived loss dissolves in a harmonized mind.
Rejoice in the rhythm of life, it depends on you.

Sunríse 61 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, Quetzakcoatl, Mahavira.

Incomparable richness awaits the one who knows how to dream.

**That First Dreamer**, the dreamer that existed long before your current mind and body, that first dreamer is Brahman, the transcendent Self.

To awake - in the present time, with your own mind thoughts, in your own body - is to realize the true self (Atman) is a dreamer.

In the Vedanta school of Hindu, Ātman is the first principle, the *true* self of an individual beyond identification with phenomena, the essence of an individual. This direct perception of what I call the Infinite Being is an experience of liberation. What are we liberated from?

Our own tendency toward sleep.

For millennia, all over the globe, humankind, mankind has struggled with its animal nature. And so, the human thinking began by dividing the whole into parts. Yang and yin. Yet the journey through Light and dark has been an unknown one met with either courage and surrender, or fraught with fear and doubt.

Dreaming only during the day, requires time to rest, to be relieved from the efforts of creation, to sleep. Such a one stops dreaming in the night. Dreaming only during the night, leaves one in the hands of fate in the waking hours. Such a one is tossed upon winds of origin unknown, living a dream unaware.

To be awake means to dream day and night..



#### **INSIGHTS into the IMPACT of THREE**

In this year when mastering creation is supported, a pleasant surprise is rising from research conducted at **dreamschool.org.** The six-week study asked participants to submit their dreams on Monday morning, then give a report at the end of each week. Researchers are studying how what people dream about is related to the experiences in their waking lives.

During the course of the experiment, several evaluation tools were employed. One of these is known as the Meaning in Life Questionnaire (MLQ). This is widely seen in the academic and professional worlds as a test used to help people understand and track their perceptions about their lives and their sense of fulfillment.

In early analysis of data with a metaphysician's wisdom eye, Dr. Karen Mosby, SOM Intl Sec'y, and I are struck initially by two conditions:

- 1] The study reveals how participants consciously see themselves, "Who am I?"
- 2] Responses reveal the dreamer's **approach** to thinking, how they strive to answer that question.

Like solving a mystery, it becomes clear that the information indicates the individual's relationship with change. This questionnaire measures the locality of a person in time/space. In everyday language, it describes the person in one of 3 positions:

- 1 **RESISTANCE**, the participant reacts to change.
- 2. **SUPPORT**, the participant responds to change.
- 3. **NEUTRALITY**, the participant denies change or is immune to it.

This test measures resilience. Those who are resistance-dominant focus on TIME. Those who are support-dominant focus on SPACE. Those who are neutral collapse into forced change or transform through it.

2019 =

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How will these findings reflect in our dreamers' dreams? Bear in mind that time reflects the dreamer's state. Space reflects the dreamer's content. And neutrality is shaped by the context of the dreamer and his/her dream. That's what we will be exploring in research during the winter. Stay tuned!•

The Global Lucid <u>Dreaming</u> 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 demonstrate that lucid dreaming occurs around the world across cultures, religions, races, ages, and nationalities. about how it all started online at dreamschool.org •



Monday morning dreams

Type to enter text

#### IEW MAITREYA

### How does

"a really cool map on that dome"





### become a HEALING WALL?

I have been cradling a rock in my hand this morning throughout meditation. It is a stone Sangita Patel gathered a few weeks ago when she went home to India. Doctor of Traditional Chinese Medicine Dr. Fred Weaver says that if you move away from the place where you were born, you should return there once a year to reboot your system. I know this is the inner secret of why Sangita makes the yearly pilgrimage. I recognize its symbology,— we do best when we stay close to Source.

The Indian stone in the palm of my hand and the Chinese tradition meet in me this morning, in my mind where a vision of 18-years duration lives. A dream in the making. A vision that I heard come through the lips of Jonathan Duerbeck during 2002's General Assembly. A vision that for me was so real I could touch it.

Not yet possessing physical properties, all I could do at the time was endorse it. Keep feeding the thought into formation. Create it, as we say. Others who saw the vision, did this, too. The next year, the

thought form moved through the minds of Paul Madar and Paul Blosser, and into the hands of four young people at our summer camp.

The vision.... is the dream of a Healing Wall at the Peace Dome.

My head wonders where is that dream now? After 18 years, I find it fascinating (being trained an 'old school' journalist) that instead of the concept of a Healing Wall that unites the earth in one place lighting up all forms of media, the US president's version of building a Great Wall on the southern border is in the news. Seems a bit ironic, until I return to the source which is the ideal and purpose of SOM, affirming that all the work of creation is inner work within each individual. "World peace begins within ourselves."

No vapid and vacuous gesture, the thought form of the Healing Wall immediately recalibrates human consciousness to a higher vibration. "Peace is first a state of mind."

Attraction. Synchronicity. Relativity. Prosperity. Infinity.

Beyond the still mind world of vision, all the laws dance in harmony. "Peace is active, the motion of silence, of faith, of accord, of service."

In the busy brain of humankind, we are all wannabee dancers seeking a cosmic Arthur Murray or a Martha Graham to develop our raw potential. "Peace is achieved by those who fulfill their part of a greater plan."

So in a time filled with talk of walls that divide, I wonder where that Healing Wall vision of uniting the world is in its inner level creation?

Like peace, it lives "in the hearts and minds of men and women" a testimony to the New Maitreya. It lives in the hearts of 400 people from all over the world who have sent native stones for the Healing Wall. It lives in the

hearts of a hundred people at the 2015 Parliament of the World's Religions who helped "light up!" the world with their pledges. It lives in Sangita's heart when she insists, "You will tell me when you are going to do that wall?! I want to be there."

I look at the stone in my hand. The 'source' of the vision. And what is that source?

When at the college ask
Dr. Tad Messenger,
chief geologist on
campus, to hold
that AUM
stone!



Sangita tells me that the people of her country call these rocks "AUM stones". She says it is because "you can see AUM" carved into them by nature.

Sitting here after the morning meditation, I see and feel AUM cresting in my palm. I hear the sound resonating in all the cells of my body; the overtones sweep out from my core.

I chanted AUM every day of 2018. The shortest period was 10 minutes, the longest extended over 36 hours August 23-24. The average was probably 25. Throughout the year, I invested 1000 hours. AUM is in me, now, carved into my body by nature.

Why, did I do it? Because Master Students make Master Teachers.

Perhaps you will reflect upon this before today's

AUM can be in you, too.

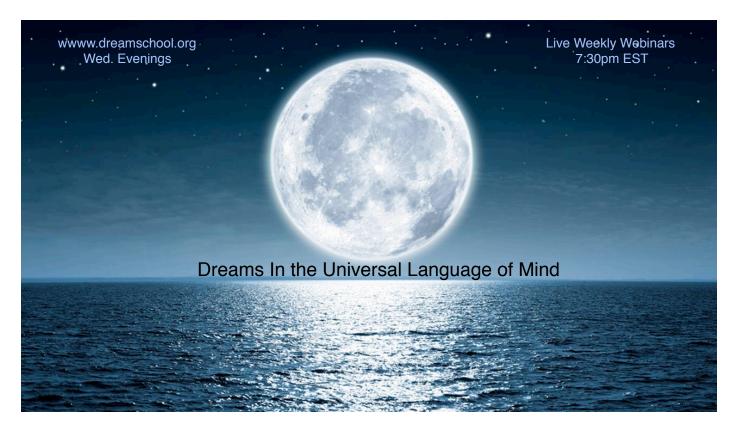
## Sunday evening Healing Service is where it is happening.

The wisdom that AUM so generously affords carries healing impact. Not just thinking about it in the head. Nor speaking about it with the mouth. Rather, to understand through making the experience personal. To come away from distant, observation states - to drop from the head into the heart as the Tibetans teach. To make the Taoist connection between head and hara. To fill in the gap. To collapse the wave.

To connect so a greater image comes to light!

**That** is liberation. The way "out" is through.





Three Month... Dreamologist Host Schedule

Feb. 6th Brian Hoover

Feb. 13th....Mari Hamersley

Feb. 20th....Paula Bridges

Feb. 27th....Tad Messenger

March 6th Brian Hoover

Mar. 13th....Mari Hamersley

Mar. 20th....Paula Bridges

Mar..27th... Tad Messenger

Apr. 3rd.....Brian Hoover

Apr. 10th .... Mari Hamersley

Apr....17th....Paula Bridges

Apr....24th....Tad Messenger

**Theme:** Listening to Your Inner Self

**Theme How Love Creates Miracles** 

Theme.....Does Your Soul Talk To You?

Theme:....Why Are We Here?

Theme.....What Is The Present Moment?

Theme.....Do Dreams Provide Truth?

Theme.....Proving: You Become As You Think

Theme.....What is the Most Productive State of Mind

Theme.....Does the Mind Direct the Brain

Theme.....How Do You Dissolve Fear?

Theme.....The Purpose of Emotions

Theme.....Is This a Receiving Universe?

G E N E R A L A S S E M R L Y O II O T E S

#### **GENERAL ASSEMBLY**

#### Kerry Keller

On Saturday Morning session Directors were asked to create their River of Life Mind Map. This aided everyone to look at their journey in the SOM and reflect on their learning, how they arrived to be directors and what they saw as their futures. Ask your director what he/she discovered about themselves.

#### Pam Blosser

What incredible stories each of the directors told of their journeys to where they are now. We can honor the choices that have guided them to this moment. Accepting greater responsibility and authority is expansive. The power to create rests within the hands of each one. May we come together to serve the world in their spiritual growth in even greater ways this year.

#### Diana Kenney

The joy of co-creation is the predominant gift I received the weekend of General Assembly. One of the purposes of General Assembly is to "feed" the creative minds of the Directors The area directors, along with Dr. Pam, developed the seed thought of creating the space for the Director's to receive themselves fully, to center in how they cause change in themselves, and then to set ideals and goals for themselves moving forward. It truly was thrilling to watch each area director add something which grounded the seed idea, and then to watch the thought form coalesce throughout the weekend as the planned activities unfolded..



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.

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

Dr. Diana Kenney - 34 Discernment. Make your Truth that which is universal. Will your thought and your actions to align. Purify your heart, freeing it from clutter. Stand at the center in a shaft of Mind Light. Universal Language of Mind Image: sun.

Kerry Keller 64 Matrix Understandings can get lost in a confused mind. Troubles with cause unknown activate fates web. It's easy to believe that more thinking is a remedy. more thinking tips the scale; fate holds her hand

Collective: 49 Real Time; Frozen Consciousness draws Heaven near. Temporal fame pales on the Cosmic Conscious Mind. Arrest the temptation to cling to the now. past and future strike the match of Clairvoyance.



## **School of Metaphysics Branch Locations**

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

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

#### IOWA

3715 University • <u>Des Moines, Iowa</u> 50311 • (515) 255-5570

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