

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

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LEARNING HOW TO LEARN

Photo from the North Area Meeting. From left to right: Sherwin Rosenfeldt, Mike Moffa, Jorge Candelaria, Zach Bush, Gloria Millare, Randy Ristow, Amber O'Brien, Cameron Omnia. Back Row: Bonnie Darby, Gino Credidio, Micky Hughes, Kerry Keller and Lynn Boggio.

See page 11 Stories/testimonials that exemplify learning

Unifying the Self was the ideal of our recent teachers meeting on February 4, 2019. As President Christine Spretnjak observed, "It's our ideal to encourage the growth of the still, small voice -- the truest version -- of the soul that is our student."...We made great progress, and experienced substantial success in that direction."

In general we practiced learning how to learn: setting ideals and goals for the highest purposes we can imagine, choosing to engage in experiences that serve these ideals and goals, and then reasoning with the experiences to produce understanding. Specifically, teachers shared their stories of learning based upon their personal experiences.



See page 11 stories/testimonials

Zack Busch, Director of the Palatine Branch expressed a common sentiment when he wrote: "This was a very experiential, fun teacher's meeting. I really enjoyed practicing introducing the new style of questioning with the other students. It brought to the surface a lot of real-life scenarios and how one may navigate through them. Cyndy Donato, from Maplewood noted: "I am grateful for the reinforcement of application and experience, being at the heart of bringing about true understanding. Thank you for the opportunity to practice being a teacher!" Devon Westpheling, from Springfield shared: What struck me the most this weekend was the tremendous honor that it is to aid our students in their work of Self-discovery. The process of active listening helps to move us from a problem-solving "truth" point of awareness to a heart-centered "love" point of awareness.

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CHICAGO

Fruit Day Legal

BY Cameron Omnia

On lesson five of study, “The Conscious Ego”, all students enrolled in courses at SOM schools receive a new discipline that is practiced weekly. This discipline is the practice of exercising control over the conscious ego by consciously choosing to eat fruits and vegetables. Foods that come from nature are closer in compatibility with creation. Because they are not processed or altered these foods may more easily be digested, allowing the body to more easily focus energy on spiritual endeavors.

The definition of a fruit, from the fruit day cookbook is, “ ...any food with a seed(s) on the inside, flesh/pulp around that, and skin around that.”

At our school branch in Chicago students had various opinions about fruit day.

“It restores connection with the Earth , gives you a new perspective on eating, and also forces you to learn how to cook.” Amber O’Brien

“It helped me be aware of how much I eat on impulse. How I just eat to eat. A lot of times you know instead of being conscious of what I’m eating.” Nicole

“Why is coffee an exception? ... If coffee is an exception strawberries that are nutritious and beneficial should be [allowed].” -Abraham Hernandez

“ Well I’m really excited I haven’t done it yet, but I’m really excited to be able to like stick with something like eating fruits and vegetables is going to keep my mind more clear since I won’t be eating all the junk [laughs] ... sugar. ” - Alejandra Gonzales

Randy Ristow, our branch director had this to say, “I know for myself, that initially I was really resistant and so I just did fasting when I first started. I just wouldn’t eat , and if I did, I would eat very little. And then I eventually started to experiment with different things and that’s when I really started to like fruit day, because then I would be creating different things. So if you practice creating different things on fruit day I think it will be a lot easier for people.”

My own personal experience with fruit day has been full of many learning experiences. Much of this learning comes from realizing that with everything I eat I have a choice in the food that I consume. The choices I make in what I eat has a definite effect on my physical body and even my emotional state. I can either decide to eat food with low nutritional value, which will not do my body much good, or I can choose to eat foods that will provide me with the proper energy and nutrients to keep myself strong and healthy. In the past I considered my diet to be one that was healthy but I did not know exactly what was healthy. I would consume large amounts of empty carbs from pastas and bread and not many fruits and vegetables. When I received my health analysis report I was surprised how my body was described. My body was very out of balance, highly acidic and inflamed. The suggestions that were given centered around drinking lots of water, researching and implementation of an alkaline diet. I have actually become extremely grateful for having the practice of fruit day as a weekly discipline. Without the will power and ability to resist cravings my body was having, I would not have been able to succeed in changing my diet.

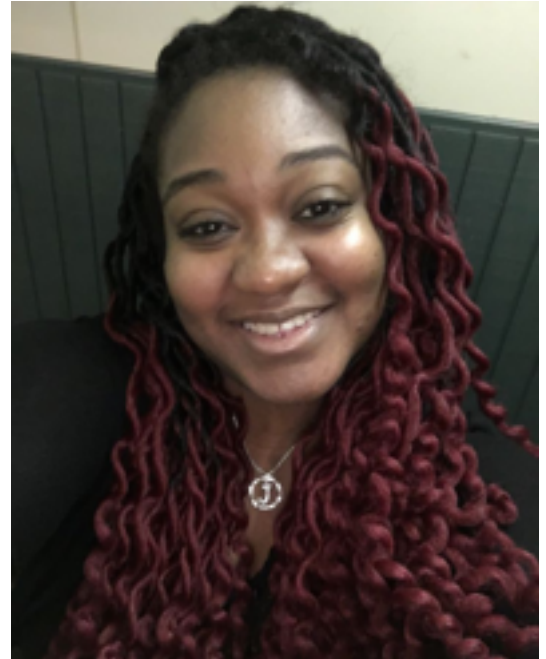


COLUMBIA

Power Life Power

By Jamaica Scott

As I embarked upon the journey of self discovery I found myself asking the paramount question, Who am I? I mean, of course I knew who I thought I was but outside of outdated belief systems, traditional cultural and moral values I started to realize that most of the beliefs that I held were constructs of thought patterns outside of myself. Some of these included strong beliefs that I had not ever felt the necessity to question, and some of which were definitely no longer serving me. This was a daunting moment of realization, and while sifting through ideas about where and how I fit into society, identity became the supreme theme. I began to formulate ideas based upon my own soul's resonance. I learned to unlearn. I began to recognize the true infallible power of intuition and other mind tools that are available to us at will such as attention and concentration. I began to secede from linear thinking and aim to take a more expansive viewpoint.



During my time at the School of Metaphysics, I am often drawn to our large book shelf. One day while leisurely passing it, I just so happened to be drawn to a book "Universal Healing Truths," and to my surprise the particular page I had opened to provided the answer to which I was searching for. Isn't the Universe mysteriously amazing? The book reads in quote number 234 that "The true identity exists between the thoughts" (Condron, 2010). I had an aha moment. The spiritual connection is the origin of identity, and if the origin of identity exists in the mind then everything that is to be known about myself from many lifetimes of permanent understandings are always present. My mind was at ease because no matter how many books I read, or how many times I sent my DNA off to be decoded, this third dimensional reality can only go so far or offer so much. Therefore it is suggested that I come into alignment with the truth of my being to receive divine guidance. I believe that the closer one gets to developing a working relationship between the conscious and subconscious mind that this will yield the closest proximity to true identity.

Upon the completion of lesson 9, and receiving my past life profile I concluded that I am creating my own identity through my thoughts. I am a creator. As I watched my other classmates receive their reports there was a collective sense of excitement that permeated the room. I even went so far as to dress up like I was going to a job interview. I felt more closely connected to my environment and a little more trust came seeping through. By the summation of the class everyone had a lot on their minds. Realizing that with these insights, we have the capacity to unlock dormant gifts and change our lives. My past life profile aided me with practical steps to initiate right now on my journey to becoming my greatest version. However this will not come without enduring effort and diligence.

The idea of neuroplasticity is challenging to me, nonetheless I know that it is of upmost necessity. So now, the question is what do I truly want? I am free; you are free; and we have the liberation to create our own lives. What will I choose? What permanent understandings will I build in this lifetime? Going within paves the way to infinite source and possibilities. Ultimately putting in the work serves myself and the greatest good of all. The Universe honors that. This relates to the Universal Law of Relativity, because we are all connected. Jiddu Krishnamurti said it best: "It is no measure of health to be well adjusted to a profoundly sick society." We all must put in the work to create the changes we wish to experience in our own realities, and I close with a poem written by me. Thanks for reading.

Life Source for Humanity

And I will be like a walking tree. Some will need a little shade, but we all need to breathe. Like a tree I was created to share my very essence because we are all connected. Every tree has fulfilled their divine purpose. The bark, the leaves, the branches. We have so many tools within us to enhance the lives of others. Like spray painted trees, people abuse us, like chopped down rain forests, people have tried to destroy us...yet like these very trees we breathe and create life in every moment. If trees could walk I'd be a tree. But since I chose humanity, I travel within to be free. And for the sake of humanity that tree will be me.



IMPACT of Monday Morning Dreams on the week ahead...

Case Study from one of 32 participants in the online Global Lucid Dreaming Experiment (GLiDE) 2018.

This six week study documented Monday morning dreams with an extensive follow-up on Saturday detailing waking week events, emotional calibers, conflict points, and dreamer insights. This account from a female dreamer (652) in the United States illustrates the impact conscious dreaming has upon who we are and who we want to be.

—Barbara
O'Guinn Condron.
project coordinator

“It has taken a long time to rise above grief and a need to hold onto the past.”

THE DREAM

(My deceased spouse) D and I were married. We lived in an old farmhouse where I once lived. D* came home and said what would you do if I told you I cheated on you. He proceeded to tell me about his girlfriend and that he met her at a ball game. He said his girlfriend had two very young boys. He told me he had invited the girlfriend to our house. Upon meeting her I warned her that D* never liked my daughters so good luck with her having kids. I told D* I needed car keys so I could find a job and a new home. I tried to explain to D* to think through what he was doing. He gave me an evil grin then stated we could always still get together and have sex once in a while. At this point I told D* to get out of the house. The last thing I remember was the awful grin on D*'s face. EOD*

The dreamer described the dream atmosphere as “sadness, surprise, shock.” When asked what she thought the dream meant, she reported:

“I believe the dream is about me finally releasing my old way of thinking and doing. I have made a commitment between conscious and subconscious minds to fulfill my desires (no more old way of thinking). My old way of thinking relied heavily on physical solutions.”

THE CONSCIOUSNESS

On Saturday, she reflected upon the events of the previous week, finding two particularly relative to her Monday morning dream. The first related to the death of a friend's son on Monday. “He had been in an accident and lived many years as a paraplegic and in constant pain.” She added that her friend is a past life regressionist, trained at Edgar Cayce Foundation, “so even in grief, she understood soul growth and learning.”

On Thursday, Oct. 11th, the dreamer planned to attend a dinner with a group of widows and widowers. However, when it came time to go; she was reluctant ending up not going.

“The dream helped me to understand that I no longer desire to be identified as widow,” she said putting words to the shift in her consciousness. This was more than just deciding not to go to a gathering. This was letting go of those “old ways of thinking” she saw because of a dream she had on Monday morning. “I am who I am becoming not who I was.”

THE CIRCUIT

The dreamer described the emotional quality of her waking experiences as “Joy, Sadness, Surprise, Satisfaction”. Her nighttime dream and the day's events connected, cooperating to transfigure the dreamer's sense of Self. She described it perfectly as “that widow identity no longer served who I am becoming.”

Recognize opportunities for astral travel in any locality.
 Want to navigate the inner level waters from conscious desire.
 Bilocation frees the attention from physical boundaries.
 The soul's compassion is what keeps you alive.

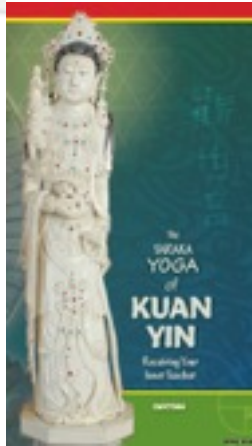
The Compass 63

Last year while attending a conference, I was trying to figure out how to move from the hotel lobby to my room. The resort was a complex of more than half a dozen separate buildings with landscaped outdoor walkways. I was happy when I found a freestanding map. You know like the ones typically at malls. I quickly located my destination, but where was I now? I scanned the map, once, twice, looking for the familiar STAR or arrow where I might find those important words **YOU ARE HERE!**

There was no star. I didn't know where I was. Sure, I could guess and logically deduce, but the real lesson the map didn't help was because I had no reference point. I didn't know where I was! This is the value of **The COMPASS**.

On the surface in the everyday world, a compass is an instrument for navigation. It shows direction relative to the geographic cardinal points of N, W, E, and S. It tells its owner that in the personal scope of the infinite possibilities of space, "**You are here!**" on a finite point. The first compass was one of the Four Great Inventions in Chinese culture. The magnetic compass actually came into being over 2000 years ago as a **device for divination**, a means to identify the unseen forces that influence our lives.

Kuan Yin Verse 63, viewed in today's world of GPS, is a reminder that we are multidimensional Beings existing in many planes of existence simultaneously. And that we fare well when we know the difference between what magnetizes us and what is True. When these are aligned, we attune to **CONSCIENCE**.



In the 1999 movie, **The Matrix** is a computer-generated dream world designed to keep humans under control. Humans are kept sedated, effectively living a virtual life. They are sleep walking.

Verse 64 encourages us to stay awake while in the body. And should we instruct the mind to dream, to sustain awareness of who we are. We are the creator who thinks, "Let there be Light!" And a new dream begins.

The word **MATRIX** comes from the Latin *matr* meaning 'mother.' Matrix is the environment in which something develops. It is the Map in the hotel lobby or mall. It is the vast heaven of stars in the night sky. It is the canvas of your life. The Stargate Field of Consciousness. The womb of any creation.

Verse 64 encourages us toward four spheres of consciousness:

- 1 **Appreciate** the opportunities in the present.
- 2 **Affirm** each choice with aware will.
- 3 **Allow** awareness to do its work.
- 4 Be **vigilant**, in knowing the Source of your creating.

To observe God dreaming is to equally embrace the dawn and the dusk, the light and the darkness. The are all part of creation. •

64 The Matrix

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

Type to enter text

WHY Friendships Mean so Much

At SOM, a consciousness-evolving exercise called the Harmony List teaches the willing student the life lesson of forgiveness. Forgiveness reveals to us how we give and receive. Harmony tells us why we might find that valuable.

Recently, the Greek philosopher Aristotle crossed my path. (Aristotle is called the Father of Metaphysics because, well, he did more than think and talk about it; he wrote about it.) In a book on ethics, he talks about friendship and his writing sparked a taraka yoga exercise you might want to practice for deeper understanding of the draw of socializing.

Here's a simple accounting to evaluate why you harmonize with others. You will need 20 minutes, a pen and paper, and a timer.

Ready to devote time to this? Then read on.



The SCIENCE of RELATIONSHIP

Most people want relationships with others yet don't stop to reflect upon why. They hope to meet others, to have meaningful conversations, to be loving and compassionate, then leave the how up to chance or fate. Or the Law of Attraction.

Attraction makes us aware of magnetism. Relationships are about other universal laws, too. Like.... the LAW of RELATIVITY! ;)

If you want to delve below the surface in your relationships try the following mind exploration. Draw two vertical lines on your paper so you have three equally-wide columns. At the top of column one, write **STEP 1**. Top of the middle column: **STEP 2**. On the far right column: **STEP 3**.

Step 1: Set your timer for 5 minutes. Now, think of the mutually beneficial relationships in your life. These might be business partners, colleagues, neighbors, even relatives. Write down the names of the people who come to mind. Keep writing until your timer sounds.

Step 2: Set your timer for 5 minutes. Think of the people whose company you enjoy, you 'hang out' with them! These might be people with similar hobbies or common interests sports or the arts. Write their names until your timer sounds

Step 3: Set your timer for 5 minutes. Think of the people who share your values, they have a similar vision in life. Write their names until your timer sounds.

The ART of Self Discovery

Now, step back and look at what you have created!

Before you is a picture – 'painted' in the form of the names of people. This picture conveys deeper insight into the relationships in your life. Reflecting upon this will encourage access to WHY these people are in your life.

Receive that immediate impression. A quick glance will tell you if the columns are equal or uneven. With concentration, keep your mind still. Just observe your work.

Take a moment to review what you have written.

Come closer. This is your first challenge: seeing your list free of judgement.

Identify the gender of each person. You might sketch a graph of their ages or the time period you have known them.

Seeing patterns yet?

How about reading the list and noting each person's outstanding qualities,— similar to what you might do to identify an aspect in a dream. Are they unique or do you find repeats, or qualities that are similar.

Poise your mind on a single point. Undivided attention focuses your mind in still-pointed awareness. There's no right or wrong here because you are simply exploring your own thinking, not praising or condemning it.

Now, step back and perceive what you've written as if it was written by someone else. What thoughts come to mind now? Write your ideas, awarenesses, conclusions, goals. Find a classmate or friend who will also do this exercise, then talk about what you are discovering.

You may be pleasantly surprised.

And next time we'll return to Aristotle, fleshing out his ideas and advancing him 24 centuries to entertain what he might think about his own ideas if he became a School of Metaphysics student!•



Parliament of World Religions

Have you ever been in the presence of greatness? Have you ever experienced someone who is wise, enlightened, and visionary? That was a truth for me when I spent a week in Pennsylvania receiving the Dalai Lama's teaching on *The Great Treatise on the Path To Enlightenment*. It was also true when I spent time with Oren Lyons at the POWR in Toronto.

I first met Oren Lyons in Melbourne when he presented at the POWR in December of 2009. At that time he was the chief of the Iroquois Nation. During his talk he explained that the Iroquois called themselves the Haudenshaunee which meant people of the Long House. They convened in a house that was long similar to the greenhouse that we have at the COM. Most of the tribe would sit at one end (about 75% of the long house). The elders, leaders, and speakers would sit at the other 25%, and that is how they honored their roles and positions. He also said that the Iroquois were also called the Peacemakers of the earth known as Turtle Island. When he said Peacemakers my ears perked up and I began to see the SOM in a new light. After the presentation was over I went up to Oren Lyons, introduced myself, gave him the book *Peacemakers*, and told him that the SOM endeavored to be Peacemakers as well. I told him about the Peace Dome and the Universal Peace Covenant. He said he would look at the book and get back to me on it.

When I got back to the COM I wondered how he would get back to me. He had said that when they brought up a subject during their collective meetings they usually confer for sometimes years before any decisions are made. I began to wonder how long that would be. One year later about the same time - December, he came to me in a dream and with a smiling glimmer in his eye gave me the thumbs up.

When I went to the POWR in Utah I went to his presentation. However, he had been called away to the Climate conference in Paris as one of the five representatives of Indigenous culture. At first I was disappointed. However, the speaker was a wonderful Hopi Elder who was also on my wanted list for Utah.

The first presentation that he was to give in Toronto was another no-show. He had been delayed and was hoping to make it to his long house speaking engagement. I did get to learn more about him from the speakers who filled in for him. One was a lacrosse player who had been inducted into the Lacrosse Hall of Fame. He told the story that Lacrosse was invented by the Iroquois Nation.

Oren Lyons had received a scholarship to play lacrosse from Syracuse University in upstate New York. At Syracuse he became an all American player and earned his degree as a lawyer. Lacrosse had grown as a sport and had reached many countries around the world. They had even developed a world Federation Lacrosse Tournament that had 50 countries represented. Oren had gone to their governing board and asked if the Iroquois Nation could have a team in the tournament because they had invented the game. For the Iroquois it was more than a game, it was a spiritual practice involving the body becoming in harmony with nature. The federation turned them down saying that the United States already had a team. Oren continued to persist with the request and the Federation finally admitted the Iroquois Nation as a team. The first year they finished third and the second year, they finished second over all 50 teams. He is now the representative of Indigenous Peoples to the United Nations.

When I did see Oren Lyons getting ready for his presentation in the Long House I approached him and said that I had met him in Melbourne and gave him the book about SOM's work of *Peacemakers*. He said that was a long time ago, however he remembered the Peace Dome. I asked if I could sit in the Long House for his talk. He had that same twinkle in his eye I saw in the dream, and said that I could sit here, about four seats from him. This was a great honor and I gladly accepted.

During his talk, he spoke of honoring all of life - whether it be minerals, or gases, or plants, or animals. Our inheritance of Turtle Island (the Earth) is a great value. We receive, appreciate, and honor what we have been given. This is our care, our joy, our responsibility - to honor each other and all of life. As he spoke I could feel the clouds parting, the seas clapping, the angels singing. I felt the vision from Revelation, of all of the elders and all the angels bowing down and singing to the One, the Creator in all. It was a wonderful moment. A moment I will cherish forever. The moment exemplified the simple beauty of the Complete Universal Law - *Seek ye first the Kingdom of Heaven and All Else Will be Given Unto You*.

May Peace be with you all ways,
Love and Light,
Rev. Dr. Tad Messenger



NORTH AREA TEACHERS MEETING

02/02/19

At the Chicago Branch

LEARNING HOW TO LEARN

**Teaching People How to Grow
Beyond What Has Limited Them Previously**

Zack Busch, Palatine (teacher/director)

This was a very experiential, fun teacher's meeting. I really enjoyed practicing introducing the new style of questioning with the other students. It brought to the surface a lot of real-life scenarios, experiences, and how one may navigate through them. I also learned a lot about the other teachers through sharing our stories on the exercises. Overall, the vibe of this meeting was very warm and comfortable. I am really grateful to be a part of such a loving organization and am excited to see the future with these great souls!

Mike Moffa, Palatine (teacher)

My experience at this teachers meeting was one of feeling much gratitude for all the work Kerry has been putting into updating how we teach the 1st cycle of lessons, in particular the 1st 10 lessons. I really like the interactive roll we all took to practice using and teaching the new objectives. I left with a deeper sense that it's most important that I ask more questions so I can know the student, rather than over speak my knowledge of the lessons which my very well leave a lack of connection.

**Metaphysicians Learn What it is To Be Real
by Expressing their Experiences**

Gloria Millare, Bolingbrook (teacher)

This was a great meeting where even from the start, I experienced oneness. I experienced guidance through experience by being a teacher with focus on objectives and drawing from students the learning experience they have had. Best of all was the sharing of individual experiences that were related to the exercises. Each story was inspiring. My overall experience was learning with fun!

Gino Crededio, Palatine (teacher)

Have you ever noticed that when you join the SOM you constantly find yourself changing yet in the end you are more yourself than you have ever been? Today I saw myself how that man had changed and how he had come more fully into his own. I saw the good and the bad, the left and the right, the one way and the other. What came for me today was an opportunity to be vulnerable and introspect on all sides of my nature and how that affects not only me, but my students. I think I want to give being different a try. I want to draw them out now that I have seen what I look like when I've been pulled out. The SOM is a place to grow – to grow into that great being that we already are.

**Experiences, Not Information
are your stimuli for growth**

LEARNING HOW TO LEARN

Teaching Metaphysicians How To Cause Change Within Themselves

Bonnie Darby, Indianapolis

Today was a wonderful of experience of working with teachers learning to be better teachers. Teachers seeking ways to teach the lessons in a way that we can bring more students into our schools. Sharing our own experiences of the progress we each have made in spiritual growth. The day has been a blessing those here and will benefit those we teach.

Sherwin Rosenfeldt, Bolingbrook

Today at this teachers meeting, we added some new tools to our metaphysical tool belt. We added objectives for each lessons and some new ways to ask questions about what the students are learning. I think this will allow the students to go deeper with their understandings of their inner Self, which will help me to be a better teachers

Jorge Candelaria. Bolingbrook

Thank you for the experiences today in this teacher's meeting! I greatly appreciated the opportunities of going deeper within myself during these exercises. I get excited in the chance to hear how other teachers stimulate students to grow and be better teacher.

The Skills We Practice Enable Anyone to Develop Their Will Power

Amber O'Brien

My favorite exercise is meditation because it helps me feel more connected to my body. I have learned very real things about me through my body and I couldn't have done that without meditation.

Cameron Omnia

Shazwow I had a blast! I did not have much of an expectation for the day but my experience was one of immense learning. I feel a new sense of reinvigoration in my conscious thought from receiving so many wonderful and enriching stories from fellow students. I hope to see a book of experience minded stories from students available to read soon. Kazaam what a day I feel satisfied. Woosh!

Lynn Boggio, Indianapolis

I really enjoyed, when we shared our personal stories, with the exercises in the first ten lessons. It took me back to all the different learning experiences I have had with the lessons. The shared laughter was very soothing. I learned so much from my classmates experiences. I will take the learning I received, on this day, into my future teaching experiences.

TEACHER'S EXPERIENCE WITH 10 ESSENTIAL LIFE SKILLS

Cameron (Chicago teacher)

CANDLE CONCENTRATION [TESTIMONIAL 1]

One evening recently while I was performing the candle concentration exercise I noticed that the flame of the candle shrank down to an unusually small size. I learned through this exercise that once I quieted my mind and focused my attention on the candle flame, I could hold that attention and clarity of focus for an extended period of time on only the flame. In this state of undivided attention I found a state of peace and calm.

However this particular evening I began to wonder if the flame might actually get to the point that it would go out. Still I held my attention and just as the flame got to it's lowest point I felt some voice speak to me. This voice was not audible it was more of a thought that came up out of the stillness. What it communicated was this: "You can have what you wish for, truly anything that you really wish for, when you can put this amount of attention on what you really want, make a wish". Then, the second this flood of thought ceased, suddenly the candle flame sprang up expanding out to a large flickering flame. Soon after, I ended the 10 minute exercise, feeling as if I had come across a powerful insight.

TOP TEN LIST [TESTIMONIAL 2]

The Top ten list is one of the exercises that I struggle with the most. Many times after I have thought a great deal about what I wish to populate my list with, I do not follow through with performing steps daily to bring my desire into manifestation in my life. Fortunately, the subconscious mind is a powerful part of our mind and its duty is to help us fulfill our desires. Several times I have had people on my list whom I have had some past unresolved conflict or disagreement I wished to have closure on. I expected that my list would perhaps draw these people back into my life so that I could see them again and resolve situations I did not feel complete with.

The Law of Proper Perspective has much to do with this list and the lesson I have learned is that despite my conscious desire for resolution, I must admit that the resolution itself may not have been what would be best for me. Some of the people I wanted to meet again could have brought up past situations that I actually didn't want to go through again. Indeed some of the people that I wished to meet again may have not wanted to meet with me. The experience that I drew to myself was that I did not see these people in person whom I had a desire to meet with again, but rather, I was able to ask for forgiveness and understanding with these people in my dreams. These experiences of resolution in subconscious mind have helped me to let go of some old ways of thinking that were counterproductive.

DREAMS [TESTIMONIAL 3]

One of the first exercises that is taught to students is how to remember and interpret dreams. I know that since I have begun the study of Metaphysics and began keeping a dream journal, my dreams have been more memorable, vibrant, and given me tremendous insights into my mind. I have started to have many more dreams in which I become lucid in my dreams and I am able to steer the dream in a different direction. I have had many instances of my dreams hinting at things that were soon coming into my life. Through the interpretation of my dreams I now have the ability to know myself in a much deeper way which has given me the ability to receive the messages from my subconscious mind. Using these messages I feel that I have a much broader picture of the things I want out of life and how I want to express myself and live my life.

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**



Are there suggestions for the students and leaders of the School of Metaphysics, to receive the School of Metaphysics as it is, and identify how through their own evolution they can be part of the School of Metaphysics's evolution in aiding it and in aiding themselves?

The Spirit can only be received in the mind. It calls forth the Spirit within the individual and when that Spirit does respond or answer, then there is a synergy that is produced that is long lasting. In ways it is permanent and it is sustainable. Therefore, the conditioning of the mind to respond to itself is the essential factor in being able to resonate with Spirit within as well as without not in reaction. It is not in wonder. It is intention and should be honored by all as such.

In Bonds of Divine Friendship (Part Two)

Dr. Pamela Blosser

The information in the following 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.

How can the love between two individuals be cultivated to flourish into divine love and friendship?



Realize that you are love.²¹ and that love goes beyond the body and even the mind. Recognize the essence of what this energy is through creation.²² Love the Self.²³ Become familiar with the nature of divinity itself,²⁴ and have an active recognition of divinity within your self.²⁵ Practice steadiness,²⁶ and sustain an ideal;²⁷ be clear in what you are giving all the way to the point where it is actually released.²⁸ Let go of expectations,²⁹ and focus upon acceptance.³⁰ Forgiveness will aid.³¹ Receptivity.³² Truthfulness.³³

Commit to serving the Self. As you align to the highest part of your Self, then you are able to serve not only yourself, and another; you are also able to serve many others as well. This magnetism is due to the strong inner command and inner desire for communion and connection to the Highest Self.³⁴

On a daily basis open your heart to each person you come into contact with and recognize that each individual, each part of creation is a part of God's love; therefore you are part of God's love.³⁵ Give attention to what is easy to love, and give attention to what is difficult to love. Then find the spark of humanity in that which is viewed as unlovable.³⁶ Remember your influence on the whole.³⁷

Receive the one of the other into your heart³⁸ and give attention to how the heart is opening.³⁹ Focus the attention on that which is considered higher heart as the meeting place for the devotion.⁴⁰

Develop an inner connectedness through communication that is honest, truthful and is sharing the depths of your being. Creating a type of sacred interconnectedness will deepen the depth of love.⁴¹

Connect telepathically throughout the daytime, to share thoughts, and then to come together and identify what those thoughts were.⁴²

Be willing to cultivate the consciousness in the waking mind for there to be sincerity, clarity, and purposefulness in interactions.⁴³ Be purposeful in your communications.⁴⁴ Be willing to stay with one another, to resolve, to bring light, or clarity to situations that at first seem dark. This is how strength continues to build.⁴⁵

Align your consciousness with forces that are natural and rhythmic in nature.⁴⁶ Attend a retreat together where there is guidance or counsel for self-exploration. Anything that will set the stage for deeper insight or a higher vibration will aid to unlock what is desired.⁴⁷

Explore the nature of the spirit through meditating together, creating a common ideal and creating circumstances where this can be manifested, or can be moved toward.⁴⁸

Share your desires, your goals, your loves, your fears with each other as a way to create a foundation for this relationship. Pray together, have silence together, meditate together, read inspiring works together.⁴⁹ When you pray ask for inner guidance in how you may use this relationship for growth for each of you.⁵⁰



Face each other and look into each other's face with the right hand upon the heart of the other as a way of giving to the other, and then place the left hand upon the heart of the other as a way of receiving from the other, and then share what has been experienced. The opportunity for Divine Friendship here is very profound.⁵¹

Solitude, quiet, contemplation, meditation, and prayer strengthens the abilities to be centered within the purity of light, within the purity of love, and therefore be able to make choices that are in alignment with the evolution of the soul, the evolution of Self, for the highest good of all⁵²

Release grief, sadness or misunderstandings in the present or from past lives. To do this exhale relief again and again and again until you experience that throughout your entire being. Do this together. Facing each other and holding hands, exhale together until you are free of any sadness or grief that may have been pent up to bring forth a new kind of consciousness and relationship. This may require more than one time; this may require several times. This is not important. What is important is the practice, the process. The mistakes of the past can be left behind. The closeness has never left. The closeness that exists will never part, will never separate from you --- individually or together. It is eternal.



Divine friendship, divine love recognizes the soul in the other, recognizes the soul in the Self, recognizes the process of building understanding, character, and the identity of Self as creator. Come to your relationships with a sense of sacredness, a sense of the possible. The potential for divine friendship, divine love is profound --- like a flower opening up into its full bloom.⁵³ What lies ahead is the joy in discovering deeper connections that can be forged together.⁵⁴ This is all.

21. 5-16-2016-BGC-DRC-3
22. 6-20-2016-BGC-DRC-5
23. 7-4-2016-BGC-DRC-3
24. 8-7-2014-BGC-DRC-8
25. 11-12-2015-BGC-DRC-1
26. 1-24-2009-BGC-8
27. 10-2-2016-BGC-DRC-5
28. 7-11-2009-BGC-6
29. 3-30-2011-BGC-1
30. 11-1-2015-BGC-DRC-2
31. 7-4-2016-BGC-DRC-3
32. 5-16-2016-BGC-DRC-6

33. 12-2-2013-BGC- 2
34. 12-18-2015-GD-BMK-2
35. 11-27-1999-SMB-1
36. 7-4-2016-PEB-TWM-7
37. 3-16-2005-DOW-1
38. 2-28-2013-CAM-6
39. 6-20-2016-PEB-TWM-4
40. 10-12-2014-CAM-4
41. 8-6-2012-SMB-2
42. 11-13-2010-MSH-13
43. 6-13-2009-CAM-6

44. 2-25-2005-SMB-11
45. 4-23-2008-SMB-4
46. 7-16-2008-CAM-4
47. 8-24-2012-CAM-4
48. 1-30-2011-TBM-10
49. 5-23-2016-PEB-TWM-5
50. 6-20-2016-PEB-TWM-4
51. 6-9-2016-PEB-TWM-3
52. 4-5-2010-SMB-4
53. 5-23-2016-PEB-TWM-5
54. 7-16-2008-CAM-4



Three Month... Dreamologist Host Schedule

Feb. 6th Brian Hoover
Feb. 13th....Mari Hamersley
Feb. 20th....Paula Bridges
Feb. 27th....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?

March 6th Brian Hoover
Mar. 13th....Mari Hamersley
Mar. 20th....Paula Bridges
Mar..27th... Tad Messenger

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

Apr. 3rd.....Brian Hoover
Apr. 10thMari Hamersley
Apr....17th....Paula Bridges
Apr....24th....Tad Messenger

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

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

Theme.....The Purpose of Emotions

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

May ALL STUDENT WEEKEND

May 17, 18, 19



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 - 80, Immortals. Immortality begins in a mind full of what is. When you know what is, your reign begins. Your reign extends the power of Mind's Light from Heaven to Earth. Everything changes in the Light of eternity.

^D
Kerry Keller 79 Guardians peace of Mind thrives in honest communication. Truth telling is natural for those who receive and give. Remember, the Holy ones are those who are disciplined. The knowledge arising from their efforts deserves your respect.



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