Volume 55, No 12 , December 2025

Nourishing

A MONTHLY NEWSLETTER

Ideal: 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

Purpose: The Purpose of The School of Metaphysics is to accelerate the Evolution of Humanity by ushering in Intuitive Spiritual Man.

Activity: Teaching Teachers.

Indianapolis

Tammy Jackson

Nourishing

For me, nourishment goes far beyond food – it's about caring for my mind, body, and spirit. When I feel truly nourished, I feel connected and purposeful. I've learned that tending to the soul through spiritual, mental, and emotional practices is just as important as physical health.

Meditation has become one of my favorite ways to connect with both my inner self and something greater. I love the candle and mirror exercises and diving into metaphysical books – they give me clarity and guidance when I need it most.

Relationships are another source of nourishment for me. Spending time with loved ones and giving back – whether through small acts of kindness or volunteering – fills my "love bank" and gives me a sense of purpose. Nature also plays a big role; a quiet walk outdoors always refreshes my spirit. And when I write, dance, or listen to music, I feel alive and happy.

Even everyday habits can become spiritual practices. For example, I set aside certain days to eat more fruit and vegetables as a way to care for my body. Exercise is essential too – walking workouts and Life Force exercises have become meaningful parts of my routine.

Self-reflection is something I treasure. Dream journaling and keeping a positive mindset help me clear mental clutter and strengthen my intuition. Each night, I write in my journal with the intention: "I will remember my dreams and write them down." This simple ritual has made a big difference for me. I've learned that even tiny fragments matter – what's important is capturing whatever you can remember.

The rewards of nourishing the spirit are incredible: inner peace, happiness, and a clear sense of purpose. This is not something you do once – it's a daily practice. Start small. Meditate for a few minutes, take a walk, or jot down your thoughts. These little steps can lead to a more meaningful and nourishing life.

Nourishing

By Karen Kaul Thomas Croft

What does nourishing mean? To nourish is to do or provide what's needed for someone or something to be healthy and to grow and develop. The word is most commonly used in relation to food. Nourishing food is filled with nutrients that help us to grow and stay healthy,
however, nourishing can be used in many other contexts, including those that don't involve food, as in a nourishing atmosphere. Example: providing that which can be physically, mentally, spiritually and emotionally nourishing.
It's no accident that the image of food in the Universal Language of Mind, represents knowledge. There is a connection between having nourishing food and receiving true knowledge that will nourish souls. Dreaming is the primary means for the intuitive subconscious mind to communicate to the waking conscious mind.
Consider a dream in which you are attending a sumptuous banquet and you need will power to make a good choice of which foods you will select. If you use the Universal Language of Mind to interpret this dream, the food represents knowledge and is providing you with a choice of what you will absorbe.
The School of Metaphysics is dedicated to providing service which is the key to nourishing the inner Self. As we nourish ourselves, we have a duty to nourish others. Enlightened service to our fellowman brings peace to the one serving and to the one receiving. By teaching universal truths that apply to us all, we must take action to live these truths. As humans, we have developed reasoning power which can and must be used to nourish both bodies AND souls. Could this be our challenge for 2026?

Intuitive Reports Coordinator

Mari Hamersley

What does it mean to nourish the Self and others? We c an often identify how we do it as we give it to others, for example, ;in the giving of a mother's or father's love for a child, a partner, or a good friend. However, often times it is more challenging to nourish the Self. Many people put themselves last in their efforts to demonstrate their love and caring. Yet it is v very important that you know you are worthy of nourishing and that you can show love and care for the whole Self, mentally, emotionally, physically and spiritually. Intuitive Reports offer very powerful suggestions and common sense practices in how to practice this skill. The Intuitive Health Analysis often tell of the need to nourish the physical body by consuming the most beneficial whole foods to provide the body with the nutrients it needs. Physical exercise and movement are presented as a necessity to move the energies through the body for health and wellbeing, as well as for the ability to create the life one desires. Suggestions are often given for natural practices for healing and also for cleansing the body.

Emotionally, we are all nourished by the higher love, forgiveness, joy and those inner states where we cause ourselves to be valued, respected, honored as the worthy, divine beings we all embody. In that knowing, we have more to give and receive from others. Even when's the emotions you become awakened to in a report seem less than positive, they are a pivotal point for understanding needed. This is so new emotional states can be created.

Mentally, nourishing the Self is provided by having positive, creative thoughts, imagining, reasoning, embracing and living the consciousness that c creates the ideals and purposes that give meaning to life in the present.

Spiritually, the alignment with the inner Self, the Creator, and all of existence through mediation, prayer, and other spiritual practices are what enhance the whole being and bring a peace to the whole Self.

So in the New Year, go forth and resolve to nourish the Self in new ways everyday and discover the many ways your life is enhanced.
Light, Love, and Blessings to All.

*How **does** a retaining wall become a HEALING WALL?*

It may depend upon YOU!

by Dr. Barbara Condron

Windyville, MO, 01.2003. As the leaders of the School of Metaphysics met in the upper chamber of the partially finished dome, they discussed the months ahead. It was determined by concensus that the structure would be dedicated to the world as a “universal site for peace”.

Peace is one of the states of mind named in SOM’s ideal and it had been developed richly in daily meditation over years producing the ***Universal Peace Covenant*** in 1997. The Universal Hour of Peace, initiated in September 1995, was spreading across the world at the turning each New Year, and now we could have an in-common physical place to gather in the cause for peace.

Dedication day was slated to be October 11, 2003. Three days after the 30th anniversary of the School’s incorporation as a not-for-profit educational and service organization. Proclamations would be requested from leaders around the world and individuals around the world would be invited to participate in the dedication by reading the ***Universal Peace Covenant*** at 6pm UT.

On the East side of the dome, a ramp had been constructed from the south with steps on the northeast side to allow the only entry into the second floor chamber. In this way, a concrete wall almost 50 feet long was created.

Part of the discussion on this January day concerned how this space could be used.

It was during this meeting of SOM Directors that the idea of a **HEALING WALL** was first proposed by several in attendance. Paul Madar (who was representing HH the Dalai Lama in new play *The INVITATION*) and branch director Jonathan Duerbeck were notable.

"It has always been the prime function of mythology and rite to suply the symbols that carry the human spirit forward, in counteraction to those other constant human fantasies that tend to tie it back."

-20thc historian and mythologist

Joseph Campbell

In the summer, the idea began to take shape as Paul, assisted by Paul Blosser, led Camp Niangua youngsters in the creation of the 18x9 foot relief map of the world. This map immediately became a mecca for COM visitors, inviting them to touch the earth.
Young and old are drawn to the map.
Some come to give to the people in other parts of the world – relatives abroad or those suffering from natural or manmade disasters. Others receive. People are energized through the wall, family relationships are mended and individual health and well-being is transformed at this wall.

Even before the world's stones are in place, the HEALING WALL is manifesting its higher purpose.

The VISION continues pulling us forward.

Some day ... some **future** day ... **likely before the 100th anniversary of the Peace Dome** ... the generations then will invite people from around the world to embed the stones from their native lands into the HEALING WALL. Activating in reality what thousands have imaged over the generations that came before them. *"Only in this way can we expect PEACE to move across the face of the Earth."*

When that day comes ....

Those in attendance will witness the manifestation of **the dreaming** of **generations** that came before them.

Those with eyes to see will hear the sounds of thousands of gatherings over the years. Sounds of words spoken. Sounds of Silence. The OM.

They will touch that HEALING WALL with their hands. ∞

Jan: Joy

Feb: Peace

Mar: Bloom

Apr: Spring Cleaning

May: Intentional

June: Sunshine

2026 MONTHLY

THEMES FOR VIBES

July: Ideal

Aug: Purpose

Sept: Activity

Oct: Peace

Nov: Gratitude

Dec: Thankfulness

Calendar of Events 2026

General Assembly January 2,3,4.
January Third Weekend-16,17,18
Area Teacher's Meeting-February 7
February Third Weekend 20,21,22.
March Third Weekend-20,21,22
National Teacher's Meeting April 17,18,19
National Dream Hotline Online April 24,25,26
All Student Weekend-May 15,16,17
June Third Weekend 19,29,21
July Third Weekend 17,18,19
Area Teacher's Meeting-August 1
Third Weekend August 15,16,17
All Student Weekend September 18,19,20
October Third Weekend 16,17,18
Still Mind Weekend 23,24,25
National Teacher's Meeting November 6,7,8
Third Weekend November 20,21,22
DecemberThird Weekend 18,19,20

Calander 2027

General Assembly January 8,9,10

BRANCHES

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

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

A KUAN YIN BLESSING

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. Love and Light from your Vibrations Staff.

Stella Lynn Boggio: #80 The Immortals Immorality begins in a Mind full of what is. When you know what is, your reign begins. Your reign extends the power of Minds Light from Heaven to Earth. Everything changes in the Light of eternity.

Thomas Croft: #36 Trouble When disagreements flare, your comfort is questioned. You are not here for comfort, you are here to inherit the treasures of the earth and invest them in Heavens bank.

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Universal Peace Covenant Reading

Join us for the daily reading of the Universal Peace Covenant every morning at 7:30 AM, EST.

Check out this link for one of our most recent readings.

https://www.youtube.com/live/ajhehvSZ4ag?si=RN9eEOiK576e-GIb