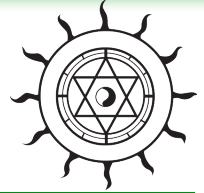


*The ideal of the School of Metaphysics.....To aid any individual to become a whole functioning Self not dependent on any person, place or thing for their peace, contentment and security.*

*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

**Teachers teaching Teachers...fulfilling the activity of the SOM**

*Read how one teacher is using the position of teaching to increase his souls grow*

**Page 7**

**Still Mind**  
*Attend the next Still Mind, Present Moment, Open Heart all day teaching.*  
**Page 11**



**Venus Transits June 6th**  
*read more on*  
**Page 12**



**Highlights from 2011**  
**Page 13**

## Generosity of Spirit

by Dr. Laurel Clark  
(continues on page 9)

As we draw near the end of 2011 and approach the beginning of 2012, it is a good time for reflection and for envisioning our future. Contemplating and meditating upon the most recent Superconscious Oracle is a good way to align with the essence of the School of Metaphysics.

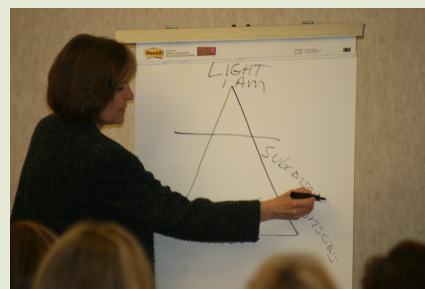
This vehicle seems increasingly remarkable to me ... providing infinite opportunities for growth and learning, for sharing and communion. It provides the means to know the Self, to create and associate with others who have compatible Ideals, while offering opportunities to teach. Where else can one find such a perfect combination of resources, both inner and outer?

Dr. Daniel Condron asked in the Superconscious Oracle,

*"Why is it that some teachers and directors are able to aid students to draw out the inner teacher and these people become teachers and directors, while other*

*teachers and directors do not seem to be effective at this?"*

The Superconscious Oracle responded,



Dr. Laurel Clark teaching about the structure of the mind

*"Those who possess acumen in prophecy; those who exist within the inner levels with confidence and security, are those who can perceive what is and what will be. These ones influence others on those planes.*

*Others try to convince, as they are trying to convince themselves."*

It seems that most students go through a period of trying to convince family and friends to become students of the school until they (the students) develop the confidence and security of knowing themselves. Then their example

radiates light and they become generous in sharing truth with love.

This transformation comes through exercise. We have only two rules, one of which is to do your exercises every day. We call these practices "exercises" because they exercise the mind. With exercise one gets stronger.

Think about it ... physical exercise makes the body stronger. When one does sit-ups every day, he or she can increase from being able to do 5, to 25, to 100. When one walks every day, his or her endurance increases. She improves her lung capacity, his legs get stronger. They increase their speed and may be able to walk a few blocks in the beginning, then a mile, then a few miles. Step by step, one gets stronger with exercise.

The mind is the same. When we exercise the will, we develop a stronger will. Our concentration increases with exercise. For example, when I first received the candle concentration exercise, I had about 200 marks for each 10-minute exercise! I was diligent, striving to steady my mind, and to practice the action of concentration throughout the day, not just during the exercise time. My concentration improved as I exercised it. My marks went down.



## Dreams

### Tech Advancements make Dreamschool.org membership a SOM Educational Benefit

One of the benefits of man's experiment as a creator is the technological boom that has created a virtual reality where people can play, and possibly accelerate learning! That's our view at SOM HQ where progress continues on the continuing education programs and courses that will teach the world how to speak one language – the language all minds speak!

Each student learns this language in the first series of lessons, and, as with any language, what you learn depends upon your eagerness and willingness as a student and the experience and practice of your teacher. That's why as a student, you will receive all the privileges of membership to dreamschool.org. Hundreds of dreams interpreted, weekly study plans, Q&As, and interviews await you. It's a great way to introduce your family and friends to what you are studying.

### TIME TRAVEL is the Focus for this Month's Dreamschool Webinar Series

What makes us dream of that first love from grade school? When we experience *deja vu* in a dream, is what we perceive destined to happen? Why do dreams repeat themselves over months, even years?

Past, present, future. How do these appear in our dreams, and why? Find out beginning Saturday, Jan. 14th at 9-10am. Pass the word. These webinars are hosted by presenter Dr. Barbara Condron and guests, and offered on a contribute-what-it's-worth-to-you basis. So work with your classmates and make it a way to begin a great day at your SOM. •

## Society for Intuitive Research

"Your time is limited, so don't waste it living someone else's life...have the courage to follow your heart and intuition. They somehow already know what you truly want to become." – Steve Jobs

The purpose of the SOM is to accelerate evolution by ushering in INTUITIVE, Spiritual Man so this quote can do a great deal to help YOU introduce ANYONE to our studies. It also reminds us of the real work we do in this world because iphones, internets, and laptops are a virtual reality and need to be respected and treated as such.

That's just one of the reasons why making SIR meetings available in your city is a great community service. With the information age coming at us full force just about everywhere we go, people need to be in the presence of Truth. That's what Intuitive Reports provide for everyone who attends. It's easy....1] set a time and date to meet, 2] send out invites to everyone on your mailing list who has received a report last year, 3] make a few posters to put up around your local university/college, and 4] talk with your classmates about who wants to share a report and talk about them. When the event arrives, share the Truth from your heart!

SPIRITUAL FOCUS SESSIONS for 2012 are listed online at [www.som.org](http://www.som.org). First up is the much in demand KUNDALINI INITIATIONS February 17-19th. A participant from the Dec. session said, "Of all the retreats I've been to, now I finally understand where to begin – with concentration. I can finally say I've gotten my money's worth!" These weekends are held at Moon Valley Ranch at our College and are mentored by three individuals who hold doctorates, psi counseling credentials, and are intuitive reporters or conductors. The BEST! •

## Words from the Editor

Vibrations has a new look. We are using the program called I-Pages and expect that you will join along. The font that we are using is called Helvetica Neve Bold at 10pt.

Each of the branches will have one and a half columns to tell us all about the events that are happening in your branch. This space will include text and pictures. I do encourage that each school take pictures and send some with your articles. You know the saying, "A picture is worth a thousand words." Pictures help us to experience what your words are describing, it also allows the whole school to meet you and your students.

Here are the guidelines

1. Your branch's report arrives at our World Headquarters on or before the 1st of the month.
2. We receive a hard copy of your school's report.
- 3 We also receive a digital copy that will be on a jump drive. We have had difficulty receiving jump drives. Make sure that your jump drive is clearly marked with your school's name. Make sure that you place all of these items in a padded envelope that you send to World Headquarters no less than five days before the 1st of the month. Make sure that you identify the vibrations article with a title on the jump drive
4. Having your report laid out so that it is camera ready, meaning exactly as you would like it to appear is a real plus. •

## Bolingbrook

### Sharing Our New Awareness with others

All the Students of Bolingbrook

We are roughly four months away, as we write this vibes report, from hosting Dr. Daniel and his teaching of the Still Mind, Present Moment, Open Heart. The benefit to us as students of the School of Metaphysics and this Bolingbrook community is already smiling boldly at us and our opportunity.

In the last few weeks we have been reading Dr. Daniel's book Still Mind, Present Moment, Open Heart, during the break and we are receiving excerpts daily by e-mail. There is an energy growing here now that we all recognize as our opportunity to give something larger than ourselves. Because the mind is the origin of thought and thought is the cause of everything, how we think is the universal source for everything we experience. People need to begin to realize their thoughts have created what they currently have, and what they determine they desire. We are a part of this energy to bring this awareness to our community.

Our desire is to give a new awareness to over 100 people attending this teaching and 1000's more who we meet and share the purpose of our education with, during the next 4 months. To initiate and track our goals, purpose and activities we have created a large pushpin mind map in our front foyer. It displays an open heart graphic opening up to Dr. Daniel's image, teaching over 100 people. Within this open heart are labeled the activities we are causing to introduce ourselves to the public, organizations and media. We have a photo of each of our students and the activities they are causing. The fun part is as we meet people to share our enthusiasm for this March 24<sup>th</sup> teaching; we are asking each person if they will take a photo with us. It is cool because it immediately allows them to feel being a part of this and connected to us. With our

pushpin mind map we are pinning all these photos of people. We are collecting more and more photos to represent the growing consciousness of what we are giving to others. Our ultimate goal is to have over 100 photos of those who will be attending and 100's more photos of who we talk to when giving lectures, interviews and other school activities between now and March 24<sup>th</sup>.

Lissette is a student on lesson 8; she is a school teacher and a vice principal by profession. She has taught high school students how to do interviews, write, make documentaries, and television reporting. She is adopting our school video camera and asking our students before and after classes to practice describing their ideals, goals and activities on film. She is sharing her expertise as we share the universals of what our minds experience in the moment. The result, is that each of the students are finding it easier to talk in public and are practicing our 30 second intros on film so we are a stronger presence when with strangers.

We are expecting students from each of the branches to attend Dr. Daniel's teaching here in Bolingbrook on March 24<sup>th</sup>. We want to add you to our consciousness and place your photos on our mind map.

Happy Still Mind!!! •

## Chicago

### Abundance in Chicago

By Diana Kenny

Chicago was blessed with helping hands from the surrounding school areas, alumni and friends of the school in protecting and preserving the school center. Chicago's exterior has needed repair and paint for some time. Also, a soffit on the east side of the building had been opened up and was being used by pigeons as a home, creating a noisy nuisance!

Alumni Bill Kelly and Michael Searle helped with the project. Friends of the school Tom Kenney and David O'Neil helped with the scaffolding and painting. Brian Kraichely helped us to use a paint

sprayer and Kerry Keller spent a day with us scraping the east side of the building. This was a big project, due to the height of the building and the soffit. We are grateful for the donation of time and talent.

Chicago has also received new students and the return of a former student. Welcome back Oscar and welcome to Ludwin, Tom, John and Ellen! Chicago is also grateful to have a new teacher Kim Knapp, who is building a class. We look forward to the growth of our community as we serve the City of Chicago. •

## Palatine

### Learning and Growing in Palatine

Linda Kleyman

Hello from Palatine! From new classes and fundraisers, to karma yoga and canoodling squirrels, there is plenty of movement occurring here at the school.

We kicked off this month with sprucing up the building to host the North Area Teachers Meeting November 5<sup>th</sup>, with 21 teachers from the Palatine, Bolingbrook, Chicago, Urbana, Des Moines and Indianapolis schools attending. Palatine students gave much time and thought into transforming the basement and other areas of the school into a cleaner, more welcoming living space, to which we are all grateful.

The school also launched a phone campaign to continue raising funds for new (much needed) heating and cooling units and an electrical system upgrade. With the ultimate goal of \$12,000, we have already raised over \$7,200 thanks to the generous donations from students, friends, and contacts. Since November 7<sup>th</sup>, many nights have been dedicated to reaching out to the community, with many heart-warming, inspiring, and surprising responses! We will continue to receive donations through December 9<sup>th</sup>.

In addition, two new classes began this month, with Second Cycle student Aneta Baranek attracting 3 students, and incoming director Brian Kraichely receiving 5

new students. Join us in a warm welcome to Jim Czerwinski, Olga Lis, Theresa Giltzow, Kim Pohlmeier, Jessica Mirauski, Lorna Cless, and Vince Solis. We are thrilled at the expansion of our school community! This is a true testament to our teachers and the collective desire to expand in giving and receiving.

With the holiday season upon us and so much activity occurring, there are many great opportunities to embrace gratitude for all of the gifts we have and continue to receive. Beginning with outward action to stimulate this continual flow of giving and receiving, there is a wealth of opportunities to engage our soul growth. May we continue to learn and grow in the joy and blessings of the season. Hopefully, without the squirrels. •

## Urbana

### Community Outreach Debi Allen

The Urbana Branch has been lively this month. We'd like to welcome Jan, Amy, Josh, TJ and Marela to a new first cycle class. We hosted our second dreamtalk and SIR meeting this month. Interest is slowly building, and we plan to continue these events into the new year. Katrina and Dr. Pam have been contacting residence halls, churches and other organizations to show "Ten Powers of Dreaming" and Dr. Daniel's lecture on "How to Use your Mind to Make Better Grades and Study in ½ the time." So far one residence hall is interested in showing both films, one this fall semester and one in the spring semester.

We are preparing for our holiday baked goods sale to raise money for our new computer system. And of course each goody will be infused with intentional thought. Katrina, Courtland, Debi and Dr. Pam laughed and sang Christmas carols to come up with creative descriptions of the goods we're selling. Here's an example: "Cranberry Orange Bread made with care in hopes that St. Nicholas soon

will be there! Set out a loaf for Santa this year!" A Law of Attraction moment was when we were telling our new student, Jan, about the purpose of our sale, and she said she had a MAC laptop she would donate to the School. We are checking to see if it meets the requirements for all-school compatibility.

Our Christmas Open House will be Saturday, Dec. 3. Katrina has designed an invitation that we will deliver to 100 neighbors. Just delivering these invitations will bring much light to the neighborhood around the School. We look forward to what Universal Law will bring us. •

## Columbia

### Opportunities A-Plenty

By Katherine Hayden

This time of year is one of great events and opportunity. It's important that we maintain a proper perspective of our festivities and whole minded thought forms while planning. What I find even more important across the board is our exercises. They are the heartbeat of our spiritual growth and development. I'm stressing to my current students and others in the school that our efforts in that manner are where we see the changes we want. The challenge of working multiple jobs and putting myself through college wouldn't be possible without my discipline and command of will. In the whirlwind of attending family functions, working more hours in our free time, and riding the wave of life, making time for exercises can be difficult. We remember to be conscious of how we spend our time and to be fully present with wherever we place our attention.

Our exercise room looks fabulous. There is such a feeling of unity and love throughout the room and our entire front entrance. This welcomes all those who drive and walk by to come in and find themselves. At the moment, we've decided to stay with the lavender color on the wall and keep the white trim for a feeling of unity with the

rest of the building. So many students and people have brought in rocks and tokens to place about the room. Everyone has touched the room in some way. Elsewhere in the school, we are merging current classes and working on building bigger classes in general.

This month's Area Teacher's Meeting of Kansas City and Columbia was very enlightening. Dr. Christine Madar, Dr. Terry Martin, Matt Valois, Walter Hrycaj, and Katherine Hayden were in attendance. We were all very fortunate to gain more practice in Ten Minute Talks and learn the importance of knowing the essence of the lessons. I learned that giving a Ten Minute Talk is very simple so long as we stick to three main ideas and have many real-life stories to share in relevance. This was also my first experience of hearing the Superconscious Oracle. I was blown away by the beautiful and poetic words and symbols mentioned. I am still pondering the part of "angels being among us." Those words really stick out in particular because we are a wonderful school filled with plentiful creators and very high ideals in mind.

Let us give thanks for the many opportunities and avenues of creation readily available to us. Stay warm, peaceful, and merry. •

## Maplewood

### The Holyday Spirit

By: Brian Reinhardt

As family and friends travel near and far to stuff themselves with turkey, potatoes, and pie, the very air we all breathe seems to become imbued with a palpable sense of warmth and reflectivity on what we all have to be thankful for.

Maplewood student Linda Spradling lost her job in April and was unemployed for seven months until a job she desired became available. Utilizing the Law of Attraction, she was steadfast in her resolve that the next job she took would be one she enjoyed; she would not take a position knowing

she would hate it. After interviewing for a sales position, which she turned down as it would be unfulfilling, a job with the same company in a different role became available. During the interview process, she was candid and stated sales was not for her at this point in time, but if another opening became open in a different role, she would like to be considered for that. By voicing her desire, this came true and she starts a career as a branch manager in just a few days.

And while there is a certain stigma, often self conceived, when it comes to being unemployed, Linda is thankful for the School and its teachings, as she states there is no way she would have been able to handle the stress without putting into practice what she has learned in class.

Melissa Mesch has also changed direction in her professional career. She has started as a substitute teacher in the Maplewood School district, putting her teaching degree to use after serving as a hairstylist for the past couple of years. This will allow her to spend more time with her son, who will be attending pre-school within the district at a reduced tuition rate.

On a more personal note, I am thankful for the growth I have experienced with my son and his mother. A year ago, it seemed as if our family was destined to be added to the tally of broken home statistics. Now, with a mutual desire to heal and become successful together, things, while not for certain, are looking upward with continuous effort and investment in our relationship.

However, this attitude of giving thanks needn't be reserved for six weeks at the end of the year with an unofficial kickoff of cornucopias and Pilgrim decorations. There are an infinite amount of things for which to be thankful on an everyday, every minute basis.

Difficult as it may be this time of year to not become ensnared in the physical, by becoming more in tune

with our higher Selves, we can open up to the infinite possibilities life affords us.

We send our Light and Love. •

## Tulsa

### Giving And Receiving For A Greater Purpose

By: Rian Montgomery

Hi! I am Rian Montgomery and I'll be reporting for the Tulsa branch in order to fulfill my new laboratory position. I'm looking forward to moving through the stages of growth with this experience.

This month the Tulsa school and students have joyfully practiced giving and receiving through projects, planning, and events. Emily Ashley, our new Director as of November 2011, created a structure for students to gather together purposefully each month. Every 2<sup>nd</sup> Sunday we now hold a Potluck and School Meeting where all students are encouraged to attend. At this month's meeting, we collectively planned the 2012 Meditation and Universal Hour of Peace event. Following this we created a new Laboratory Positions Board, which has been eagerly embraced by the students.

This month, we reached completion with our most recent class fundraiser, which brought in over \$700 and enabled us to purchase a new I Mac computer! This creation allowed us to see that commitment to a goal can reap big rewards and fulfill our part of the greater whole.

In preparation for the 2012 Meditation For Peace event, students went out to ask for Proclamations from city officials. We enthusiastically received a Proclamation from our very own Mayor, Dewey Bartlett, which proclaims that citizens of Tulsa practice a whole hour dedicated to

living peaceably. We created an invitation for our neighbors announcing this good news and inviting them to read the U.P.C. during this time.

Since we have been collectively breathing life into a shared thought form, we anticipate the 2012 Meditation for Peace event to be a great success. Students have continually added ideas and energy into the planning process. We have many fulfilling and exciting activities lined up for the day. For example, we've invited local yoga teachers to help participants successfully prepare themselves for meditation through stretching, yoga and breathing practices. We have also planned introductory and advanced level practices for different areas of the building along with preparatory guidance from students and teachers.

Terrence Bellows hosted several events this month, including two lectures, 'What is the School of Metaphysics?' and 'The Crown Jewels of Consciousness'. He also led a movie day featuring Rumi: Poet of the Heart that included a group meditation along with Chi Gong movement. Autumn Purdy, who attended these events and enrolled in our next class, remarks, "It [the lecture] gave me ideas on how to focus and how to attain things in my life."

Tulsa branch teachers Emily and Terrence have been working with the Law of Proper Perspective and are learning to implement the completion of projects. This month we completed the painting of the front room ceiling and continued renovations for the garage room, which is scheduled to be finished in February 2012.

Overall, November has been a productive and expansive month for the Tulsa branch. We continue to work together for common goals and are learning to purposefully express our ideals through various projects and events. •

## Dallas

### Internal and External Growth-Building towards an Ideal School Center

By: Theresa Pittard and Golbahar Dadyan

As we step into the fall season we begin to receive the completion of yet another prosperous and growth filled year. There is a hustle and



bustle that is happening at the School of Metaphysics in Lakewood Dallas as we prepare for the New Year.

Brenton Harris and Can Turkyilmaz the Custodians of Sacred Space are in full force as they held yet another successful and expansive Sacred Space event. They are applying the principles of Feng Shui and Universal Laws and Truths to enhance and upgrade the interior expression of the school center.

The activity that they have put forth is showing and shining through as you walk into the school center. It is also good as I feel, well I guess that really is a wonderful definition of Sacred Space.” In my perception this is the true definition of having students involved and coming to events outside of class night. They get a chance to bring to light what they are learning from attending classes at the school as well as why and how they can apply it to their lives.

As we continue to build the interior as well as aiding current students to create a stronger spiritual foundation, we are also preparing to receive a new wave of students that are to step into the Mastery of Consciousness First Cycle course and begin their journey of self-transformation and growth. Jennifer Turkyilmaz (second cycle student) started her first Mastery of

Consciousness class in October and is experiencing her own value as she is able to aid others towards self-mastery and transformation. We will also be starting three First Cycle classes in a matter of three months.

Brenton Harris will start us off November 28<sup>th</sup> then following suit Golbahar Dadyan on Dec 29<sup>th</sup>. To begin the new year, Jeff Everett will be starting his first class on Jan 31<sup>st</sup>. In addition to the new classes there are some merges happening as well. These mergings are intended to provide the students new perspectives as well as a chance to experience an acceleration in growth and learning as they’ll have more classmates to share insights, giving and receiving and sharing divine friendship.

I am grateful and humbled to be able to be a part of this amazing group of people as we all are striving to know our own divinity and bring forth our creative genius. We give our circle of love! •

## Fort Worth

### The Excitement of Sharing and Co-Creation is becoming known in Fort Worth!

By: Sheryl Robinson, Natalie de la Giraudiere and Leah Morris

There are multiple creations brewing in the minds of the many in Fort worth as two first cycle classes are progressing at the School of Metaphysics. Charrie Sledge has had the honor of presenting Lesson 3 to her class of 9 students while Leah Morris led her class of 8 in receiving their Lesson 9 Past Life Profiles. Students in Leah’s class are going deeper with group consciousness in creating their class project and the Universal Hour of Peace event with the intentions of making our presence known in the community.

Our 2012 Meditation will be in collaboration with Dr. Kari Rollins, D.O. who is a kundalini yoga instructor and the owner of The Wellness Center in Fort Worth. We received our first Peace Proclamation from The City of

Mansfield in preparation for the Universal Hour of Peace, and expect to receive more to meet or exceed our goal of 10. We are excited about our plans to involve healing centers, community leaders and the citizens of Fort Worth, creating infinite avenues for receiving new students on an on-going basis. We expect the School of Metaphysics Fort Worth Branch to double in size before the end of the year, taking us over 30 students!

Leah’s class has taken the initiative to gather the new students monthly outside of class for the purpose of deepening divine friendships and group consciousness. This will aid us in co-creating a successful class project, attracting new students and locating a building to call home. We have taken this initiative of creating our school center from the beginning as an exciting opportunity for each of us to grow through co-creation. The first event was a potluck on November 12<sup>th</sup> at the home of a student, Natalie de la Giraudiere. “I feel that closer bonds among our class will increase our understandings of divine friendship which is the purpose for our fledgling class project. It is also vital for our class to reach out to Charrie’s new class to express our gratitude that they are students and to give words of encouragement related to our developing understandings through the lessons. The students present shared a meal and stimulating conversation, listened to Past Life Profiles around a fire pit, and shared their insights and personal experiences in response. It was a wonderful learning and growth opportunity that the students are looking forward to continuing on a monthly basis.

With the intention of completing the class project by January, Leah’s class is meeting weekly to collectively add to the creation. The ideal and purpose for the project is to “demonstrate our understanding of divine friendship through co-creation to know that thought is cause”. The students have the desire to transform their shared belief that thought is cause into the

New Year, and resolutions. The event will be held in a coffee shop along Magnolia Street, the neighborhood where we all imagine our school center will be located,” says Sheryl Robinson. Caroline Jones is the leader for the class project. Some of the planned activities include dream interpretation and a vision board activity that enables people to express their desires for 2012. There will also be a mural for dreamers of all ages to illustrate their day and night dreams. We anticipate this first group project of The School of Metaphysics Fort Worth Branch to be a stimulus for growth for all individuals involved. Sheryl Robinson, Peace Ambassador for the Fort Worth Branch shared, “Through activating the Law of Relativity, Law of Self Expression, and the Law of Attraction in all that we are creating, we recognize this deepening of group consciousness will accelerate our individual growth, attract new students, quicken the process of locating the ideal building for our school center, and raise the consciousness of the planet. We have undoubtedly arrived. What an exciting time it is to be here – NOW – indeed. •

## Indianapolis

by Renee Curry

This has been a season of growing in many ways for the Indianapolis school. We are continuing to learn new ways of expanding the school and aiding new students in applying the education and exercises to their lives. Students continue to learn and have experiences that affirm the value of the study. Andy, after just 3 lessons is already beginning to recognize the change in his ability to direct his attention more effectively and choose the thoughts that are more positive and aligned with his personal goals. We welcome Andy and the other students that have joined the school in the past month: Megan, Sheri, Debbie, Tanner, Geena, David, Scott, and Felicia.

Teachers too are learning how to apply their minds and the metaphysics they have learned to building classes. Gratitude and desire to share how we have personally grown is an important part of creating a strong attractor for souls searching for what the school has to offer. For new teachers, building a new class provides an opportunity to apply visualization and move from believing to knowing. It offers an opportunity to apply what we are learning in second cycle in new ways that will lead us to understanding. It also aids us identifying the changes we need to make and skills we need to develop or enrich. We see reflections of ourselves in our students, in our laboratory position and in our events. We create with every activity an opportunity to recognize who we are, where we are, and what we need to change to continue to move towards our ideal self.

We have just confirmed our first event for January with the 10 Powers of dreaming. Lindy is working on the school’s version of Meditation 20’12” and reaching out to get peace proclamations. Ben is establishing his monthly dream team assembly. Douglas has been sharing the books and lecture capabilities of the school with local book stores. We look forward to the New Year and continued expansion of ourselves and the school. •

## Teachers teaching Teachers: The Activity of the School of Metaphysics



The Value I Gain from Teaching by Jesse Kern

In the beginning of teaching at the School of Metaphysics, I did it because I believed and knew it would accelerate my evolution as a soul as well as aid others to abundance. I had a kind of blind obedience to my soul urge and a lot

of conscious fears about drawing students to classes. Over the years, (I have been consistently teaching since January of 2003) I have persevered and continued to teach and have learned much about how to draw students, how to hold the students best interest in mind first and the School's best interest second as well as have become more proficient in understanding and teaching the Universal Language of Mind.

What I can say that has fulfilled me the most about teaching however is the joy and love and warm hearted feeling I have inside while, during each class, I receive my students' progression and evolution and feedback about how they are evolving, changing and finding greater strength and love in who they are. From students who have learned how to be both mentally and physically committed to discipline and Self, to students who have improved their lives by finding healthier relationships or the courage to create a new job or living situation, it brings me personal joy knowing that I have aided another on their journey and evolution for our race is quickened. •

## From the College



Bountiful Gifts of Creation By Ariadne Conner

Life at the College of Metaphysics affords two kinds of learning: observation and activity. November has been a time of thought coalescing into the physical, the point in a creation where vision is starting

to take a specific form yet is still malleable to the dictates of the creator. Through discipline in action, students engage in the deepening of concentration, visualization, and mind-to-mind communication every season of the year.



This

comes to life when hosting Third Weekends each month. November's weekend brought Cantata members from Kansas City, Springfield, Dallas, Columbia, Tulsa, Chicago, and Palatine, to the College campus for "Christmas in the Peace Dome" rehearsals. Since 2004, students have gathered to give the gift of consciousness through music and telepathy. Those portraying angels and shepherds, Mary and Joseph, Magi and Merchants received the bounty of mental discipline through communing with this living dream.

Cantatas are COM's Theater Arts Department in the making. The majesty of the production comes from the mental attention and skill of the performers. It is beyond rote physical practice. The Universal Peace Covenant says, intuitive "Self direction promotes inner peace and therefore leads to outer peace." With only three group gatherings cantatas require a high level of personal responsibility for self direction in practice and visualization.

I have found "Christmas in the Peace Dome" a meditative experience. In meditation, we are trained to go within, expectantly listening. The expectation of communion, to the exclusion of all else, is the path to producing spiritual growth. This is the foundation for those in the Cantata as well. Whether front and center or in the proverbial wings, all who are participating must give their full and expectant attention to the movement from beginning to end.

This mental support of the whole, weaves the fibers of the gift being given to those in audience. Cantata members get to experience living meditatively as a reality.

One may ask, "How does practice actually occur to produce such a meaningful work as this?" The answer comes from aligning with the Truth of subconscious mind, knowing that we are all connected. The effects of this can be far reaching. For example, last year a discovery of the depth of the mental connection between members was brought to light through the sharing of dreams in the Mind Linguistics Class. Imagery, nighttime meetings, and spiritual experiences of the message were shared between dreamers which led to a paper on "Group Dreaming-How Chorus who sing together Dream Together." This showed that those who create together dream together!

The findings made their way to the Netherlands gathering of the International Study for the Association. This year the choir is awake and intentional steps are being taken with members recording their dreams everyday into a database and dream incubations. This intentional experiment is sure to illumine, once again, the profundity of ind

Heather Hunt and I experienced mental union while practicing our roles of being angels with COM graduate Emily Ashley. This required two dances being created and shown in one day's time. The second of the two was only partially



completed. When it came time to rehearse with the whole cast we relied on mind-to-mind communication to move together as one. Heather and I shared a moment of mutual awareness of what was happening and there was

a thrill a how easily we were sending accurate messages back and forth. This kind of experience is the result of practice with the mental skills of concentration and inner listening. It is an exhilarating experience to become awake to a deeper reality. Be sure to ask those participating from your school branch about their experiences and awakenings during this year's Cantata

Outside, real progress has been made on the Earth Ship. Affectionately known as the "Gratitude Ship," Scott Hilburn, Christopher Stoher, and visiting Louisville Student Declan McAuley worked diligently from Third Weekend through Thanksgiving to put the roof on the future chicken house. Many people commented on the visible progress being made. "It looks like a real building!" said Elizabeth Horton.

Horton joined with other students whose mixers and tinkle of glass made festive music as an ensemble of cooks gathered in our Thanksgiving kitchen. Thanksgiving was a buzz with culinary creations as preparations were made for celebration with spiritual family. We were grateful to share in this celebration with our friends from the Louisville, Oklahoma City, Tulsa, Springfield, and Maplewood branches. It was a pleasure to have you here!

As the effects of all the turkey, cornbread stuffing, cranberries, mashed potatoes, sweet potatoes, salad, pumpkin, pecan, chocolate, apple, blueberry, and shoo fly pies began to wear off a satisfaction settled over the College of Metaphysics. With creations in motion, fulfillment alive, and spiritual growth expanding there is much to be grateful for. With "Christmas in the Peace Dome," Christmas day, and the Peace Vigil coming up, we hope to see some of you during this holiday season.

We send our Circle of Love..•



## Accept What IS

By Jesse A. Kern, Peace Ambassador

The following quote from a Creative Mind Intuitive report speaks to how one individual will cultivate genius. It gives universal clues of how to enter tolerance as an emotional doorway to love and then peace.

"This would be in practicing mercy - the capacity for this one to own his own experiences, to rectify that which is not satisfied, to draw upon levels of understanding which bring compassion, are the essence of this one; to be honest in this and accepting rather than judgmental. The cultivation of this level of acceptance will produce the necessary tolerance whereby this one can begin to open to the limitlessness of Creation. Then this one will empower the Self with choice." (CM 06-09-2011-BGC-DRC-09)

Attending the One Voice Peace Vigil is an opportunity to practice mercy with oneself and the world. As disciplined students of the mind, we must own our choices to feed the Light within us with concentration, meditation and visualization. When the world we live in is one in which we are not satisfied, such as our country at war or simple conflicts within our own mind, we must rectify (correct) it. The first step in doing so is to accept what is.

Though it may not be what we desire, we must accept the situation for what it currently is. Judgment only procrastinates honest change. With repeated practice, accepting what is will produce the emotional tolerance that will open our minds to the infinite possibilities of what can be. For in accepting, we surrender, put down our weapons and no longer see the experience as conflict. Neutrality (250 on the Hawkins calibration scale) has set in and we are ready to move forward with our will power to reason, create and love. Sooner than later we are at peace.

In the world today, many refuse to accept what is – instead they go on fighting. Peace, "liberty in tranquility," as the Universal Peace Covenant describes it, remains an unknown thought, much less an experience. When we as individual, disciplined students accept that our world calibrates at 208 on the Hawkins scale, we will begin to see the possibilities of what we can do to change it.

In the spirit of the One Voice Peace Vigil, let us practice being and accepting so that we will enter the emotional doorways of love, a predecessor of peace. In this way we will aid humanity and others to change by realizing the value and importance of our own personal consciousness relative to the whole of our race.

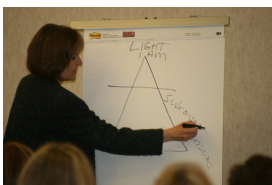
"Let peace move across the face of the Earth." (Universal Peace Covenant) •

### Generosity of Spirit

(continued from page 1)

racing with thoughts that kept me awake for hours.

With exercise, our dream recall gets better. With exercise, we develop the ability to clear the mind at will. With exercise, our meditations get deeper and deeper. Get the picture? When we exercise, we improve.



With exercise, we develop the capacity to have inner level experiences. We build the confidence and security the Oracle describes.

A simple example: tonight I was at an SOM branch. There was a potluck dinner before healing class.

Several students shared good food and good discussion.

We were in the classroom, about 10 minutes before healing class was to begin. I "heard" someone and said, "Did someone just come in?" The director went to the door, and as he arrived at the front door, a student walked in. She was approaching the school when I heard her. It was not a physical sound ... she was excited about coming over and had projected her attention to the school. I received her, and that was how I knew someone was coming. More important, I knew that it was a mind-entrainment, not a physical sound I heard. Many years of practice with concentration exercises, meditation, intuitive happening logs, exercises with thought projection and reception, with entraining my mind with another, all went into the "knowing" of the mental happening.

These are all exercises we teach through this study. Every exercise pays off with dividends: experience in the inner levels of consciousness! Knowing the Self as a whole, functioning self, in all levels of consciousness. It is the most delicious kind of experience there is ... and I want everyone to have it. All it requires is effort, the effort to do the exercises every day and to reach out to share it with others.

The Superconscious Oracle describes the joy of ... "those who know, sharing; those who have, sharing; those who are, sharing. The generosity of Spirit will be the first obvious sign of man's dominion.... The generosity of Spirit only comes from the connection with the inner Self, the intuition."

May we all be generous and share our joy! •

# PRO\$PERITY CONSCIOUSNESS LEADS TO EXPANSION

Bolingbrook, Illinois	
Urbana, Illinois	
Chicago, Illinois	
Palatine, Illinois	<b>\$100.00</b>
Indianapolis, Indiana	<b>\$200.00</b>
Des Moines, Iowa	<b>\$100.00</b>
Kansas City, Kansas	
Louisville, Kentucky	
Columbia, Missouri	
Springfield, Missouri	
Maplewood, Missouri	<b>\$550.00</b>
Cincinnati, Ohio	
Oklahoma City, Oklahoma	
Tulsa, Oklahoma	<b>\$250.00</b>
Dallas, Texas	<b>\$749.00</b>

*“Abundance is having extra. Abundance is possessing more than you need. When you have more than you need you have extra to give to someone else, in other words having more than you need so you can give to others from your abundance.*

*Prosperity is the ability to physically produce extra all the time. A Person who can always improve each day on his or her situation is constantly breaking records of productivity, is always going beyond his previous limitations, and is always producing an increase. This is a person who has an awareness and use of Prosperity.”*

*The Seven Secret Keys to Prosperity and Abundance by Dr. Daniel Condron*

by Dr. Sheila Benjamin

One of the things that I have been learning throughout the years and it has once again been brought to my attention, is the importance of having mentors in my life who demonstrate the qualities and the abilities that I want to emulate in my life. Years ago, one of my teachers told me that people can say a lot of words however it is in their actions that they demonstrate their thoughts.

Abundance as Dr. Daniel states in his book is having extra. The extra is after all of your debts are cared for. Debts are like karmic lessons. You need to build understandings so that you have the more to create with. It is when all of the Karmic lessons are fulfilled that you are completely compatible with your Mental Creator.

This column is to communicate the facts and to help all of us to identify those that have the extra to give and to ask questions and listen to how they have been able to created an abundance in their branches so that we all can have abundance in our school.

With the money that is sent into Headquarters for expansion we are able to build building such as the Great World House, the Pyramid, open new schools, put a down payment on a building in Fort Worth etc. We are able to serve the World in Big Ways

Be one of those people who reaches to improve themselves everyday. Help make sure that your branch is adding to the student body each and every month. If your branch is in debt, create a graphs such as this one in your school so that everyone can help decrease the debt and increase your abundance. Set monetary goals each month as to the amount of money your school expects to receive.

Tithing is a great way for all of us to practice abundance. The same teacher told me that I owe 10% of what I receive to God. I began to increase my ability to receive by giving 12%•

**“For to everyone who has, more will be given and he will grow rich; but from the one who has not even what he has will be taken away.”  
Matthew chapter 25 verse 29**

## The Still Mind Weekend

By Dr. Daniel Condron

Each year a Still Mind Weekend is held at the College of Metaphysics. Each year students say this is their favorite weekend of the year at the College of Metaphysics. From listening to the students talk about their experiences and what they received during the weekend helped me to explain this time together.



This is the best time-event the School of Metaphysics offers for being in the mind instead of engrossed in the brain and for discerning the difference in the Self. This is where all the exercises pay off for this is the direct experience of the Truth of Being I the mind and the mind not the brain is the vehicle to know the Self.

The following are some of the amazing illuminations that the attendees received:

### Still Mind Weekend by Heather Hunt

I had a glorious weekend. Glorious because I received more of the glory of Truth and Beingness. On Friday night I had decided that I would be Okay, accepting, of my experience whatever it may be. I had set my ideal and purpose in motion and knew that goal of activity- Goal: Still mind : activity : stilling my mind by focusing on the space between my thoughts- so all I needed to do now was receive my learning.

I found myself choosing to be neutral most of the time with the fact that I was thinking. Sometimes I wanted to stop thinking, other times I didn't, and other times I just didn't know how to stop and then there were moments of space and stillness. Sometimes the quiet and peaceful states would lead to joy and the joy would lead to thrill and my thoughts about the peace and joy would cause my stillness to cease. I wondered, "How will I ever overcome this?" I prayed that I would overcome and then expectedly waited and observed this process throughout the day.

Each Still Mind meditation period was a task. During the 9 am meditation I had trouble staying awake. During the 5pm meditation I had trouble concentrating on the space between my thoughts. I remained neutral and forgiving, continually observing the motion of my mind.

By Sunday morning I felt a renewal. During the 8am meditation I took a seat up near Dr. Daniel- just where I wanted to be! I noticed that I was able to control my mind more easily, especially when Dr. Daniel said "still the mind." I could still my mind much more easily than the previous day. The image of a dripping faucet came to mind in that moment. When I felt more thoughts rolling through then the image would change to a faucet turned on fully. I began to use this image to control the ebb and flow and stopping of thoughts. This was helpful.

I moved my attention to Dr. Daniel and he said, "Be in the present moment." "OK!" I thought. "I can do that." All of a sudden I felt the beauty of my physical form and then the glory of my soul. I attempted to rest my attention on my understandings and my heart opened up more.

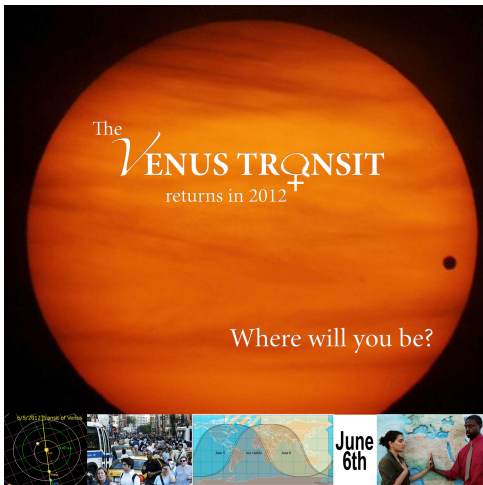
An image of a warrior came to mind whereby I was given tools to use only when needed. The tools were memory and imagination. As my thoughts would wander to an unproductive memory or fantasy I saw the error in the use of memory and imagination. I only need to use these at certain times, so I must remain alert to when those times come. I appreciated this warrior image briefly and realized that it is not a warrior I want to be with these tools, but a chef who knows how to use these tools for preparing (food) knowledge.

As I sat in stillness watching the movement of my mind I heard Dr. Daniel say, "Open your Heart." I focused on my heart I felt like the Buddha under the Bodi tree. I was truly an observer of all sorts of distractions-pain in my body from sitting, memories, fantasies- everything was dancing around me and I couldn't help, but smile and feel blissfully at peace because I knew what was happening. I knew I was more than a physical body. I knew I had many understandings. I knew that I was on my way to overcoming all obstacles to enlightenment and to one day experiencing Nirvana.♦



You may attend the next Still Mind, Present Moment, Open Heart day long teaching by Dr. Daniel Condron in Bolingbrook, Illinois on March 24, 2012. Contact the Bolingbrook branch of the School of Metaphysics or the World Headquarters to sign up.

The Still Mind, Present Moment, Open Heart teaching in Bolingbrook will help prepare you for the Still Mind Weekend held in October at the College of Metaphysics♦



***This Once in a Lifetime Opportunity comes courtesy of the Solar System***

by Gov. of International Education Dr. Barbara Condron

*A man should hear a little music, read a little poetry, and see a fine picture every day of his life, in order that worldly cares may not obliterate the sense of the beautiful which God has implanted in the human soul.*  
~Johann Wolfgang von Goethe

Transits of Venus, when Venus passes between the Sun and our Earth, are celestial moments that carry some cosmic influence. Just as the moment you plugged into the Universe reveals your destiny in ways that can be described by qualified astrologers and magis, so the Venus Transit has something to communicate to all of us.

The transits come in pairs, eight years apart. The current one arrived in June, 2004, which means it will return June this year. Esoterically speaking, we have all been on a journey to open the receptivity of our essence, to receive from our core. Think of everything that has occurred in the world in the past eight years. How we experience reality has changed in so many ways, and values are being tested, challenged, and reinvented.

For those studying and teaching metaphysics at SOM, this has been a journey of the heart. 2004 was the Year of the Open Heart, so aptly named, and we have all been on the trek to bring understanding worthy of subconscious permanent memory into ourselves. This is what makes intuition, and where there is intuition, there is the real probability of seeing God face to face.

At the Peace Dome, we greeted the first transit meditatively. We expect to greet its mate June 5th, the same way. How we celebrate the weekend before is now beginning to manifest. For those who experienced the Living Peaceably event on campus in 2009, your desire for "another one like this" is coming. Plan to be at COM now!

***In 1761 and 1769 – the transit coincided with the European "Age of Enlightenment"***

Captain Cook voyaged to Tahiti to study the 1769 transit as part of hundreds of scientific expeditions sent all over the world by many nations.

***What has the 2004 and 2012 brought into our world?***

New technologies, like the [Transit of Venus phone app](#), will allow individuals to send their observations of the 2012 transit of Venus to a global experiment to measure the size of the solar system.

***What was happening in your world in 2004? Where were you, and most importantly, who were you?***

***In the past 8 years, who have you become?***

***Learn more at [www.peacedome.org](http://www.peacedome.org)***

You've been hearing about "it" for quite a while....2012. It's finally here!

**What will be your first dream of this legendary year?**

At the College of Metaphysics, faculty are conducting another GLOBAL LUCID DREAMING EXPERIMENT (GLiDE) and you can participate in the research by going to [www.dreamschool.org](http://www.dreamschool.org). Do it today, and pass the word to everyone you know!





The Invitation was offered at The Peace Chapel in Dallas in the month of February 2011

The School of Metaphysics sponsors Amy Hardie the Director of the Movie The Edge of Dreaming in March in the Chicago Area



The School of Metaphysics takes a Delegation of 6 to the IASD Conference in the Netherlands



23rd annual Dream Hotline



May All Student Weekend in May we had fun at the Cheese cake fund raiser

October 2, 2011, certificates were given to students who earned their Responderes', Qui Docet Discut, Doctorate of Divinity and Doctorate of Metaphysics honoring all four levels of our course of study.



Still Mind Weekend in October at our World Headquarters.

Tom's of Maine's 50 States for Good Program. Our Proposal to build a Joplin Peace Garden was one of 20 projects for the World to vote on.



Christmas at the College: Helping with toys for tots, Caroling in the community and celebrating Christmas in the Peace Dome with the choir.



Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan 2012	1 20'12" Meditation until 1:12 am PEACE DOME VIGIL until 4 a.m.	2	3	4	5	6 General Assembly begins in the morning	7 General Assembly
	8 General Assembly concludes in the afternoon	9	10	11	12	13	14 TIME TRAVEL dreamschool webinar 9am
	15	16	17	18	19 7 pm National Meeting	20 3rd Weekend @ COM!	21
	22	23	24	25	26	27	28
	29	30	31	1 FEBRUARY	2	3	4 Area Teachers Meeting

## LOOKING FORWARD

Feb 17-19th Spiritual Focus Weekend *Kundalini Initiations at COM*

March 24th in Naperville, Illinois

Dr. Daniel Condon teaches *Still Mind, Present Moment, Open Heart.*

April 27-29 NATIONAL DREAM HOTLINE® - 54 hour dream live marathon

## School of Metaphysics Branch Locations

email to (cityname)@som.org

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