



June 13, 2008

Dear School of Metaphysics Staff:

I would like to take a moment to express how much the information I have received from the School of Metaphysics and the Powers of Ten conference has benefited me both personally and professionally.

Professionally, from these teachings, I have been able to envision the destiny of my volunteer program. I am finding an abundance of volunteers! These lessons have given me clarity of vision and a roadmap to success and abundance. We are required by law to maintain a volunteer to staff ratio of 5%. Last month I had a volunteer to staff ratio of 54% in the state of Missouri. The average for most programs is 10% or less.

This professional roadmap was developed from envisioning a goal and the purpose that goal will fulfill. I have also learned how to identify the activities that will lead to this success. I have been singled out by auditors in the state of Missouri and Illinois for my successful program and told that I should become a teacher in this area. I believe this success stems from techniques I learned from the School of Metaphysics. I know the lessons I have received from the school will help me to empower other Volunteer Coordinators to be successful as well.

I have also benefited personally from the school and conference. In the past, I had an undisciplined mind. I believed I was "at the mercy" of the mental images that continually inhabited my daily thinking process. From the concentration exercises I learned at the school and the Powers of Ten conference, I developed the skill to direct those thoughts. I now understand I have the ability to give permission to attitudes that cause growth and deny unproductive thoughts.

I also now understand the power thoughts have on my physical being. As a previously diagnosed ADHD individual, my thoughts were scattered. Through exercises I received from school, my mind now has direction. This has helped me to be attentive to others, which has helped me to develop strong personal ties.

I suffered from eating disorders for over 35 yrs of my life. I have been through counseling many times in my life. Due to the learning I have received from the Powers of Ten and lessons from the School of Metaphysics, I have been healed of this negative thought process. This change in attitude has come from a learning that has moved from a "mental understanding" to a "knowing" that is wholly understood in my spirit, body and mind. I now have a life that is free to enjoy the beauty of the moment instead of being tied down by negative thoughts I was having about myself. I feel as if I have been released from a prison of negativity. I also now understand I always had within myself, the key to unlock those prison doors.

Thank you so much for the time and effort you have given to help develop this internal strength in me. You have empowered me to go out and help empower others in the much same way. I believe this is the way we make a positive change in this world.

Sincerely,  
Brenda McGarvey, Volunteer Coordinator  
Unity Hospice