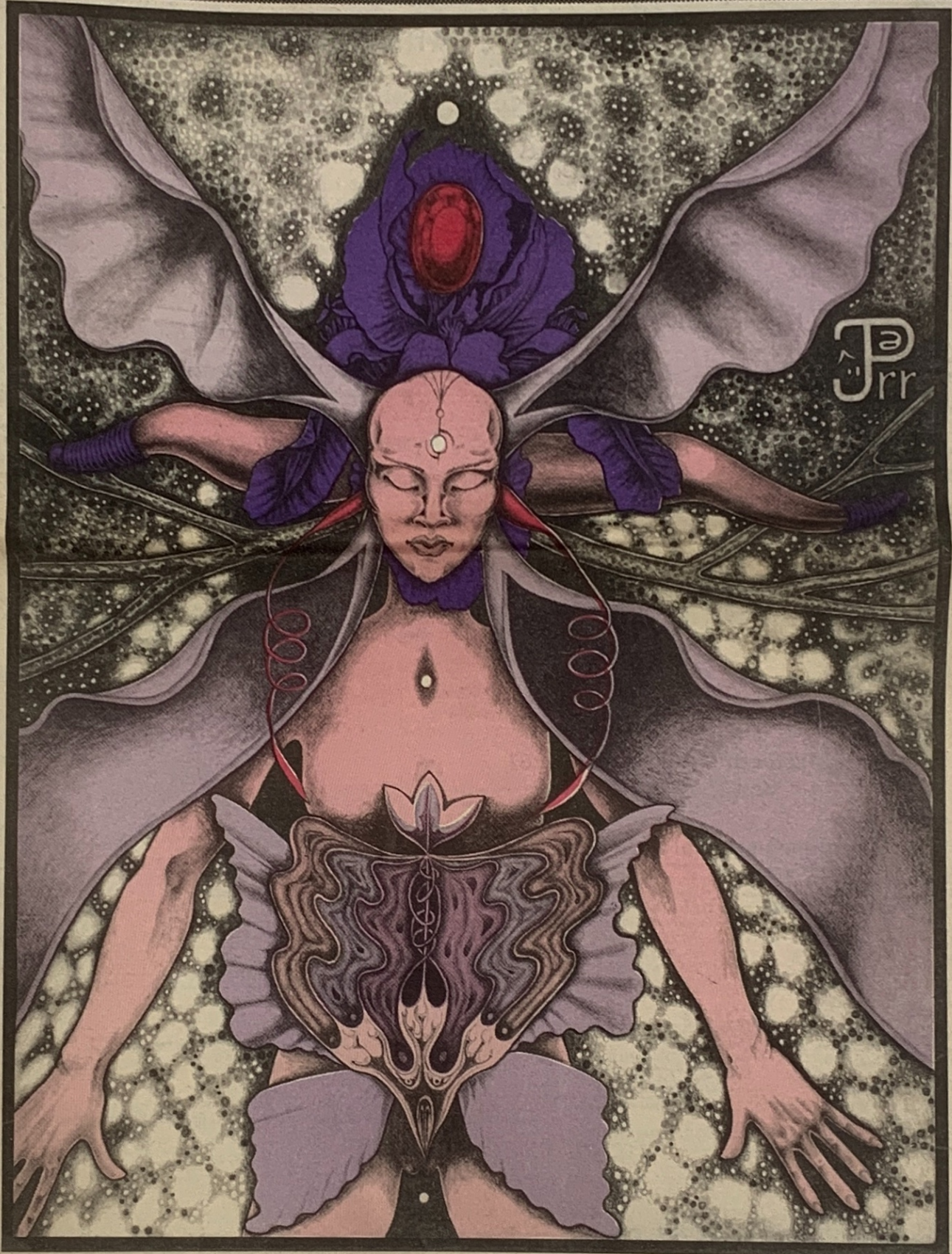


INNER-CONNECTION

THE PUBLICATION FOR PERSONAL DEVELOPMENT

DISTRIBUTION 15,000

JULY 1987 FREE





SANDMAN

By Denise Rodgers

Special Events

Oklahoma City

SEND IN YOUR DREAMS TO SANDMAN

Do you have a dream you would like to have interpreted? Just send an outline of it to SANDMAN, % INNER-CONNECTION, P O BOX 1288, LEWISVILLE, TEXAS, 75067. The response will be published under a code name in the INNER-CONNECTION on a space available basis. Send a SASE for a direct response.

Denise Rodgers is Field Director-in-Training for the Norman and Oklahoma City Schools of Metaphysics, a National non-profit service and education institute offering classes, lectures, workshops and readings to the community. There are presently 33 schools located in 16 states throughout the greater midwestern United States. Plans are currently underway to expand into Texas. Additional information can be obtained by writing to the School of Metaphysics, 845 Monnett, Norman, OK 73069, or by calling 405/364-1229.

WEDNESDAY, JULY 1

7:30PM; EVENING WITH THE ABBOT. Holy Protection Orthodox Monastery, 3500 Coltrane Rd., Oklahoma City, OK. For more information call 405-427-5005.

SATURDAY, JULY 4, INDEPENDENCE DAY

SUNDAY, JULY 5

10:00AM; MYSTICAL WORSHIP at Holy Protection Orthodox Monastery. Lecture and free vegetarian lunch afterward, 3500 Coltrane, Oklahoma City. 405-427-5005.

TUESDAY, JULY 7

7:30PM; Silva Mind Control Method. Free introductory seminar. Holiday N. W., 3535 N.W. 39th St., Oklahoma City, OK. For more information call 405-793-7800.

WEDNESDAY, JULY 8

7:30PM; EVENING WITH THE ABBOT. Holy Protection Orthodox Monastery, 3500 Coltrane Rd., Oklahoma City, OK. For more information call 405-427-5005.

7:30PM; Silva Mind Control Method. Free introductory seminar. Holiday N. W., 3535 N.W. 39th St., Oklahoma City, OK. For more information call 405-793-7800.

SATURDAY, JULY 11, FULL MOON

10:00AM - 7:00PM; PSYCHIC FAIR sponsored by Psychic Arts Festival. Two days. Trade Winds Central (Reno at Eastern), Oklahoma City, OK. For more information call 405-685-0716.

10:00AM - 9:00PM; PSYCHIC FAIR sponsored by OPRY. Two days. Holiday Inn N.W. at I 44 and NW 39th, Okla City, OK. Adm \$3. Free lectures. Gladys Maloy 405-321-4682.

SUNDAY, JULY 12

10:00AM; MYSTICAL WORSHIP at Holy Protection Orthodox Monastery. Lecture and free vegetarian lunch afterward, 3500 Coltrane, Oklahoma City. 405-427-5005.

Noon - 7:00PM; PSYCHIC FAIR sponsored by Psychic Arts Festival. Two days. Trade Winds Central (Reno at Eastern), Oklahoma City, OK. For more information call 405-685-0716.

Noon - 9:00PM; PSYCHIC FAIR sponsored by OPRY. Two days. Holiday Inn N.W. at I 44 and NW 39th, Okla City, OK. Adm \$3. Free lectures. Gladys Maloy 405-321-4682.

MONDAY, JULY 13

7:30PM; Silva Mind Control Method. Free introductory seminar. Holiday N. W., 3535 N.W. 39th St., Oklahoma City, OK. For more information call 405-793-7800.

TUESDAY, JULY 14

7:30PM; Silva Mind Control Method. Free introductory seminar. Holiday N. W., 3535 N.W. 39th St., Oklahoma City, OK. For more information call 405-793-7800.

WEDNESDAY, JULY 15

7:30PM; EVENING WITH THE ABBOT. Holy Protection Orthodox Monastery, 3500 Coltrane Rd., Oklahoma City, OK. For more information call 405-427-5005.

SUNDAY, JULY 19

10:00AM; MYSTICAL WORSHIP at Holy Protection Orthodox Monastery. Lecture and free vegetarian lunch afterward, 3500 Coltrane, Oklahoma City. 405-427-5005.

MONDAY, JULY 20

6:30PM - 9:00PM; "Skilled Touch" massage techniques. Sponsored by New Life Programs. July 20 - Aug 24. Each Mon for 6 weeks. Call Linda K. Young for more information, 405-947-3519.

TUESDAY, JULY 21

6:30PM - 9:00PM; PREPARED CHILDBIRTH. Classes for pregnant woman and coach. July 21 - Aug 25. 15 hrs/6wks. Tuesdays, \$30.00. Moore-Norman area. For more information call 405-947-3519.

WEDNESDAY, JULY 22

7:30PM; EVENING WITH THE ABBOT. Holy Protection Orthodox Monastery, 3500 Coltrane Rd., Oklahoma City, OK. For more information call 405-427-5005.

SATURDAY, JULY 25, NEW MOON

10:00AM - 7:00PM; PSYCHIC FAIR. Sponsored by Psychic Arts Festival. Two days. Trade Winds East, I 44 and Harvard (behind Shoneys). For more information call 405-685-0716.

SUNDAY, JULY 26

10:00AM; MYSTICAL WORSHIP at Holy Protection Orthodox Monastery. Lecture and free vegetarian lunch afterward, 3500 Coltrane, Oklahoma City. 405-427-5005.

10:00AM - 7:00PM; PSYCHIC FAIR. Sponsored by Psychic Arts Festival. Two days. Trade Winds East, I 44 and Harvard (behind Shoneys). For more information call 405-685-0716.

WEDNESDAY, JULY 29

7:30PM; EVENING WITH THE ABBOT. Holy Protection Orthodox Monastery, 3500 Coltrane Rd., Oklahoma City, OK. For more information call 405-427-5005.

DEAR SANDMAN,

I have many dreams where I am running from or being chased by someone. Sometimes I see the person I'm running from and know who they are. In real life these people are not people that I am afraid of.

SCARED

DEAR SCARED,

When you are running from people in your dreams, you are actually running from or avoiding yourself and situations in your life. When you recognize these people you are running from, you are beginning to recognize what part of yourself you are avoiding. With those you recognize in a dream, identify the first two or three characteristics that you see that individual has having. These qualities would be the qualities in yourself that you are running from. If the person chasing you is assertive and confident, then these are aspects of you that you do have but are trying to ignore.

Identify these qualities in yourself, admit that they exist and determine if they are qualities you see as productive. If so, create situations where you can bring these qualities out front. If the qualities are undesirable or unproductive, look at how they may be hindering your progress and determine how you can change these qualities in yourself.

SANDMAN

DEAR SANDMAN,

I am a man and had a dream that I was pregnant. I did not find this alarming in the dream, nothing seemed unusual. I was excited about having a baby, and was preparing the baby's room for its arrival. Other people were also excited about the new baby. I was then deciding upon a name for the baby.

PREGNANT MALE

DEAR PREGNANT MALE,

Babies represent new ideas. You were pregnant which means that a new idea was growing in your mind. You were excitedly making a place for it in your life. Other aspects of you were also anxiously anticipating the arrival of this new idea. Deciding upon a name was identifying this new manifestation.

This sounds like one of those pat-on-the-back dreams. Your subconscious mind is telling you that something new is about to manifest in your life. Maybe it's a new job, a new car or perhaps it's new way of thinking. Regardless of what it is, you are excited about its arrival and are preparing a place for it in your conscious waking state.

DEAR SANDMAN,

I don't think that I am dreaming because I remember very few dreams. When I do have a dream I only remember bits and pieces. What should I do? I want to remember them now.

SANDMAN

DREAMLESS

DEAR DREAMLESS,

First of all let me say that you are dreaming all night long. Not remembering your dreams can be for many reasons. In the past you may not have realized the importance or significance of your dreamstate. Therefore, you have practiced "shutting off" remembering. You have indicated a desire to remember your dreams which is the first step. Concentration exercises would be helpful in building your ability to recall the images in your dreams. I would also suggest writing down in your Dream Notebook ten or so times before you go to sleep "I will remember my dreams". Your subconscious mind will go to extreme lengths to fulfill what your conscious mind desires. Remember to record even the bits and pieces, it's all significant. Build your foundation.

SANDMAN

On-Going Events

Audio

THE OPEN ROAD
New Age Music
Noon ea Sat. & 11pm ea Sun
KOCC 89 FM Radio
Oklahoma City, OK

Churches

HOLY PROTECTION ORTHODOX CHURCH
3500 Coltrane, Ok. City.
405-427-5005
Service 10am ea Sun
Vegetarian lunch afterward.
Classes 7:30pm ea Wed.

Classes

AKIDO CLASS
(Martial Arts)
Sponsored by Aiki-Macrobiotic Wellness Center, Inc.
5:30pm ea fri
7am ea sun
Solar Yoga Center
4133 N. W. 23rd St.
Oklahoma City, Ok.
405-942-0042

READER:

Let me remind each of you that recording and interpreting your dreams is only half of the procedure necessary to gain the full benefits from your dreamstate. The other half is seeing how the message applies in your everyday life and their acting on the information presented in the situations and circumstances you create each day. As these messages are implemented, understandings are gained and growth occurs, creating new awareness in your life.

Until next month, Dream On!!

I send you my circle of love
Denise



ASTROLOGY CLASSES
5:30pm ea Tues.
Solar Yoga Center
4133 N. W. 23rd St.
Oklahoma City, Ok.
405-942-0042

CRYSTAL HEALING AND PENDULUM WORK With Billy Bradic
7:30pm ea Monday
Years to Your Health
2400 S. W. 59th St.
Oklahoma City, Ok.
405-682-5531

MACROBIOTIC, ACCUPRESSURE & YIN/YANG CLASS
Sponsored by Aiki-Macrobiotic Wellness Center, Inc.
7pm-9pm tues
8:30pm-10:30pm sun
Begin Jun 15 for 8 wks
Solar Yoga Center
4133 N. W. 23rd St.
Oklahoma City, Ok.
405-942-0042

THE SCHOOL OF METAPHYSICS
1210 NW 36th St.
Oklahoma City, OK.
405-528-4310. Courses in Applied Metaphysics
7:30pm-10:30pm Mon - Thurs

THE SCHOOL OF METAPHYSICS
815 Monnett, Norman, OK.
405-364-1229. Courses in Applied Metaphysics
7:30pm-10:30pm Mon - Thurs
(See Sandman Article)

Meditations

MEDITATION
(for psychological gains)
8pm ea thurs
Solar Yoga Center
4133 N. W. 23rd St.
Oklahoma City, Ok.
405-942-0042

TAI CHI CHIH
(moving meditation)
10am & 6pm ea tues
Solar Yoga Center
4133 N. W. 23rd St.
Oklahoma City, Ok.
405-942-0042

Support Groups

MASTER MIND GROUP
Meets ea thurs at 7:30pm
Call Steve Bradley
405-495-1633 for more information.

Yoga

BHAKTI YOGA
10am Ea Sun
Solar Yoga Center
4133 N. W. 23rd St.
Oklahoma City, Ok.
405-942-0042

EXERCISE & HATHA YOGA
5:30pm - 7:30pm Wed
6pm - 8pm Mon & Tues
9:30am - 11:30am Sat
6am Tues, Wed & Thurs
Solar Yoga Center
4133 N. W. 23rd St.
Oklahoma City, Ok.
405-942-0042