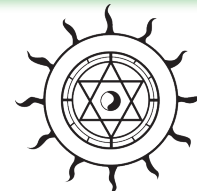


The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort, to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.

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

Vol. 45, No. 04



74 Shadow

Desire is a trap for the sleeping soul.

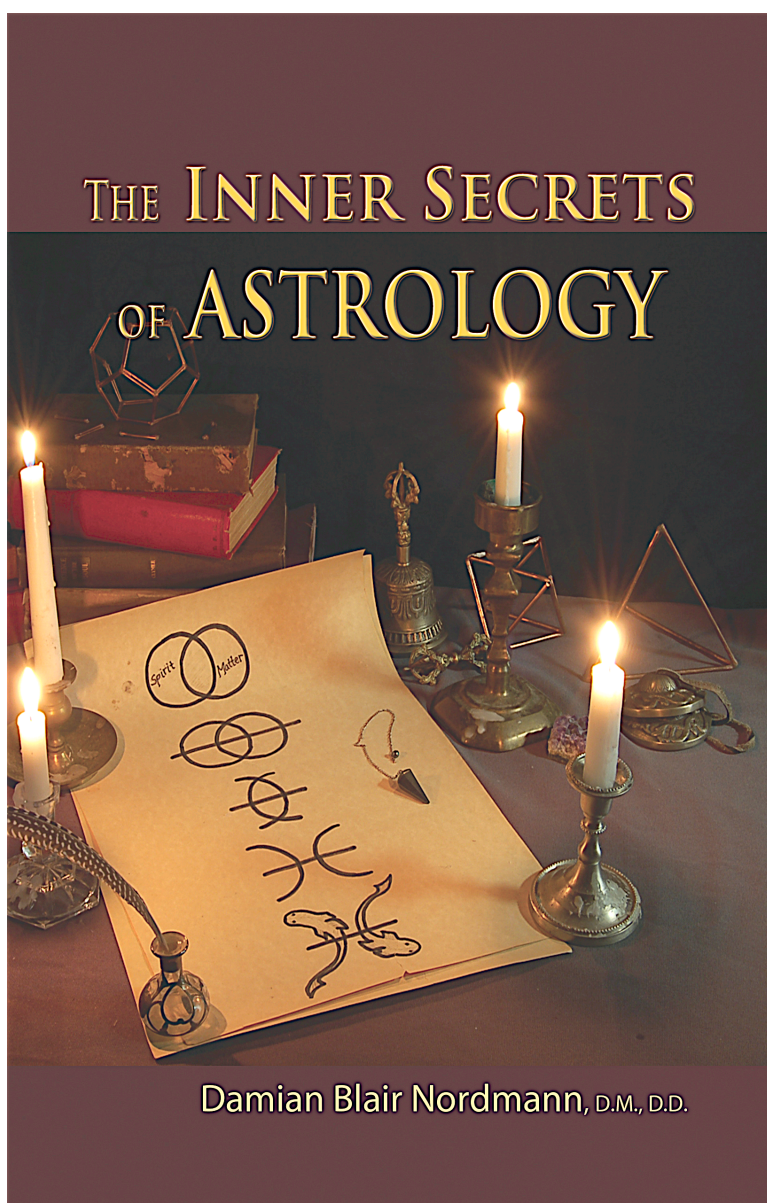
Envy and jealousy surface in a mind that wants.

These twins become a black hole swallowing the light.

Compressing desire until the conscious mind awakes to a new I AM.

..The Taraka Yoga of Kuan Yin by Gael O'Guinn

"The Secrets to better understand your friends, your spouse, your lover, your boss, your co-workers, your children, quite literally, every person you will ever meet."



"The Inner Secrets of Astrology transcends stereotypes by describing specific areas of strength and challenge that people of each sign face every day of their lives."

Read about it
on page 15!

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. The front cover reflects our collective vibration. Here are the numbers we received.

Love and Light from your *Vibrations* Staff.

Dr. Sheila Benjamin-

Kerry Keller - 56 - Journey - Each experience is willful vibratory creation. Self rejoices when a seed thought is placed in the Third Level of Mind in response to the Inner urge. Forgiveness always produces perfected conditions. My current lesson is about perfection and the steps we must take to propel our forward progress to return to light. It all begins with will and desire, then becomes our purpose.

Michael Dardanes - 95 Receiving - "Daily a vision I carry in my heart sees its way into my hands. Old was dissolve from sacrum to crown in Kundalini's arc of greater Light. As I bestow value in Truth, new friends become Teachers. Prosperity, wholeness, equanimity, exalt the Spirit into its destiny." Recently, I gathered my intuitive reports together and listed the understandings I have built within myself and the qualities I wish to attain to achieve Self realization. This helps me to understand who I AM in all situations and also to be more humble in receiving from others, knowing I can receive from all experiences

Davi Brown - 52 Excite - "All of creation mirrors the Self, each to its own level. We can only be what we accept and allow. Attend to what you speak, own the thought and the action. For as you create them, they work their magic in you." The image for this verse is Moon in Water ...consciously experiencing subconscious awareness. This reflects my growing awareness in my holographic universe, accepting all that moves through my widening field as tailored/created by me. And my current adventures into the emotional level of mind- the inner levels are becoming more real and less fantasy as I observe the magic in creation and accept my responsibility in wielding it. Excite! Celebrate!

Holy scriptures one for each month of the year

April – The Upanishads (Dr. Laurel Clark)

May we hear only what is good for all.
May we see only what is good for all.
May we serve you, Lord of Love, all of our
life.
May we be used to spread your peace on earth.
OM shanti shanti shanti

Bolingbrook

Sunday Night Spiritual Gathering and More!

by Gloria Millare



The Sunday Night Spiritual Gathering is a time of the gathering of souls, focusing on its essence -- radiating light and positively affecting others. We started with the Peace short course to make us aware of the importance of inner peace.

The Taraka Yoga, Keys to your Heart, opened our minds to the encompassing concept of love. Attended by many people from the community mingling with a lot of SOM students, altogether about 25 people. The room was packed. Our field director, Golbahar Dadyan started off with asking each of us what love meant to us personally. Through this sharing the atmosphere of the room became more loving. Even younger high school participants freely expressed from their hearts. We all expressed our individual concepts of love while using the talking stick. Initially forming small groups, then progressing bigger until we became one whole group, each time we added on to our experiences. The combined effect was a totally positive flow of energy that surely expanded, not just within Bolingbrook, but to the rest of the world. The succeeding meeting was about the stargate, the emotional doorways to love. The fundamental virtue is humility. On top of the star was empathy, kindness and harmony, as taught and mastered by the Buddha; at the bottom was forgiveness, tolerance and gratitude, as taught and mastered by Jesus. Once more, we were asked to find the people in our lives that represented each virtue, and ended up examining ourselves and what virtues we need to work on. It was a truly enlightening event.

During another Spiritual Gathering event Frank Dillingham led a lecture on the art of listening. Listening is not just hearing. At SOM, to listen is to accurately receive and interpret messages in the communication process. It is really the communication of the heart. When you listen well, you can become a better marriage partner, a better parent, a better employee, a compassionate friend, a wise counselor, or just a better you -- a magnet for others.

Besides our Spiritual Gathering Nights, we also had a fabulous class fundraiser that added to our monthly SIR meeting. Andy and Hilde Yep led the meeting with enlightening talks on the mind triangle and quantum physics. They also created a yummy sweet to sell: "Karma Corn" -- homemade caramel popcorn in heart bags with specially chosen snippets from intuitive reports.

We continue to invite new people to come and experience the wonderful community at the School of Metaphysics, helping us all to grow together.

Chicago

Receiving Connection Through Giving

by Angela Appleby and Emily Knox

We are fulfilling the School's activity of teaching teachers! A new class began February 11th, with Emily Knox (L24a) as the teacher. The school drew three new students who are ready to grow and continue on their path of spiritual development. Emily is glad to be teaching and loves to give, she has become more fulfilled through the teachings from the school and wants to give others the same opportunity to learn and love. For 2nd registration, we are imaging six committed students who are open to change!

Mirka Majernikova (L34) led SIR meeting on January 25th where we listened to and discussed intuitive reports that were received from students during Spiritual Focus Sessions. We listened to Mirka's Healers Portait, Randy Ristow's (L34) Creative Mind report, and Manu Khalikov's (L24a) Transference of Energy report. From these reports, we went deeper with our own understandings, knowing that we are all aspects of each other and recognize our potential for growth. These reports introduced more information on the different reports that are offered by the school. We are abundant in resources to grow! We will have our next meeting on February 15th, where Mirka will lead us into deeper understanding with the Health Analysis. The school is grateful to have Mirka discuss health and healing because it is truly her passion and she enjoys giving to people in this way.

The School of Metaphysics values connectedness and awareness, and on the weekend of February 28th, we will be joining with the Palatine and the Bolingbrook branches to share our school with the public at the Body Mind Spirit Expo! Brian Kraichely is the directing intelligence of this event; he is a wonderful teacher and is giving people the opportunity to learn more about connecting to the public and spreading the awareness of what the school has to offer. Brian is a great example of connectedness and we are blessed to have him leading us. At the booth, we will interpret dreams which gives students the opportunity to assimilate what they are learning from the school by expressing what they know, allowing them to Self-sepect.

Speaking of sharing what we know! Angela Appleby (L35) will be giving her first lecture to the public on March 6th, about dreams; this lecture will be titled "Every Dream is About the Dreamer." This experience will allow her to build confidence in her Self, her ability to teach, and to learn more about dreams and dream interpretation. She will shine her light and love, and through her experience she will bring awareness to others about connecting to the Real Self through dreams and dream interpretation. As we have learned, when we connect deeper with our selves, we connect on a deeper

Tulsa

Creating Our Deepest Friendship

by Jillian Bergman-Martin

'Those we create with forge our deepest friendships.' This principle was experienced as we connected through the creation of our new years event. 'May peace prevail on earth' was modeled throughout our school center beginning at 5am. A mighty few gathered in meditation to usher in the presence of peace in our hearts. Throughout the day we welcomed students and individuals from the public to join us with vision boards and Taraka Yoga sequence. We found that having these two workshops together proved to be very effective. First,

individuals assimilated there year month by month. Then, we released, updated and set new goals. The new goals were then placed together on a board to create the visual interpretation of this year's direction - using words and pictures to make a whole and complete point of focus. A couple weeks later a couple who attended the event from seeing a flyer in a local grocery store came and signed up for our new class starting in the month of January.

This month, Sean Lombard led his first day long transcrib-a-thon as part of his lab position as our SIR Leader, which served as a great way to connect and also meet goals. "The wisdom that comes from transcribing intuitive reports came alive at this event," Sean said about his experience. "More than just a way to clean up our transcription station and meet goals, this event created the space for students to share their deepest visions of their lives. It was a time for student to share how studying at SOM has helped them to evolve into more of themselves. New friends were made, great love was shared and a strong quality of connectedness was experienced. I personally felt great joy in being a part of this event. My heart opened by those who give of themselves so freely." We are looking forward to more as our school continues to grow and the awareness of reports is known.

The New Year has brought in new beginnings as Elana Stafford, Jessica Meyers and Sean Lombard take steps toward leadership by teaching and bringing out more of their true selves. We look forward to sharing more about this progression within the next months. Thank you.

Springfield

The Nature of Divine Friendship

by Brian Hoover

We finished our basement! The first faze of the expansion project is complete! The wall for this new room, of which a future teacher will live in, is trimmed and finished with a fresh coat of white paint, a new door and lighting as well. This fresh coat of paint extends out into the main basement room and into the main entrance of the school building. All this bright white paint will shine awareness on our previously brown and dark unconscious basement, making this level of mind a new favorite hangout for students to do exercises.

Larry Hudson and Walter Hrycaj, our masterminds behind the actual construction, continued this momentum upstairs to the attic for the last faze of the expansion. The attic now has about ¼ of the walls framed up and the drywall laid. Larry and Walter are so amazing with the students who have come to help; everyone agreed we are so fortunate to be in the company of 3rd cycle students imparting their knowledge and wisdom to us as we apply metaphysics to the activity at hand. They are so giving of their time and of themselves, and we are ever grateful for this. Thank you, Walter Hrycaj and thank you, Larry Hudson.

I started a new Thursday night class on 22nd! These two incredibly talented and successful students have an excitement and curiosity for what they are learning at our school, and I know you will all be hearing much more from them as the months go on and the far reach of their talents and ambition become known. Thank you Katie and Cindi, for being apart of our lives as we unravel the mysteries of the universe together!

Our SIR meeting this month was focused around the Spirit of the Healer report coming up at the end of the month. This is always a perfect event to introduce new students to our unique and highly regarded intuitive reports. Energy was stimulated as the students are excited to know my healing quality and had fun guessing what it might be after listening to Michael Dardanes' report. I will be attending as an apprentice in the end of February. Exciting!!!

A very special event debuted last Saturday as we collaborated with a local "Meetup" group, "The Ozarks Law of Attraction" Meetup.com group, to bring a now monthly discussion group to fruition. We are using the Law of Relativity, and the Law of Attraction (no pun intended), to bring like minds to a place where they can experience what we have here at our school, get a better idea, and feel, for what we do here at the School of Metaphysics and how unique this course of study is. We are very excited about this, as they are a very large group and growing with many passionate people excited to apply metaphysics.

Urbana

Learning From Teachers

by Scott Hilburn

On January 31st at the Urbana Branch of SOM I gave a "Vision Board Workshop". This was my next step in the lab position of Public Communications. I had given a lot of lectures in 2014 and started to build some confidence, however whenever I thought of workshops I didn't think I was ready for that now. I saw it in my future much further down the road. Thanks to my teacher Brian Kraichely for stretching me by presenting the idea to me. Brian was here at the Urbana Branch for the New Year's Eve event when we had 17 people here mostly from the public for our Vision Board creation time. The turn out and response of the vision board creation on New Years was the stimulus for Brian to suggest that I give a workshop. And so I did! It was an amazing experience! There was about 5 public people, and Dr. Pam Blosser and Hezekiah Condron both attended as well. I wanted to be prepared for the lecture with an efficient amount of time. I sat down, weeks before the workshop and created a simple mind map for the workshop. What I realized is a workshop is simply a lecture that gives assignments for them to do throughout the lecture. I created the mind map and practiced it all in less than an hour. I practiced it a few more times the few days leading up to the event, and visualized my self feeling, being, and giving in the way I desired. The day of the vision board workshop I felt great. I felt connected to my high Self and the words were flowing freely. We had a blast. Hezekiah Condron one of my favorite Divine friends attended and really received a lot out of it. He said his concentration level was high during the workshop and he had a lot of fun creating the vision board. We charged 10.00 for each person to attend the workshop, and two of the 7 people decided to each donate 20.00 which was really nice and appreciated. The workshop was 3 hours and consisted of a 40 minute lecture about visualization, creating images, Universal Law and taking action. I taught how to get clear on what you want and how to actually manifest your goals and desires. The remaining 2 hours and 20 minutes was time, space, and materials provided for the attendees to create their vision-boards. We found this to be just enough time. We had coffee, tea and some light music in the background. I am so grateful for the opportunity to give in this way, and now have a knowing experience that I am capable of giving a workshop. In my opinion, the workshops I once feared were actually easier than the lectures.

We did a Fast Good Fundraiser (FGF) to raise 300 dollars for the lens rental for "The Invitation" Film. About 2 weeks before the filming we realized that the Film Equipment Rental company was not going to donate the rentals. We needed those specific lenses to achieve the Cinematic quality that we desired. We stay committed to our goal of having the lenses. On a Sunday a week and half before the filming we decided to go out and ask local business to donate gift-cards or an item. Within 4 days we had over 20 items donated. Also a few people from the community wanted to make monetary donations towards the film. We did a silent auction to raise the money and raised over 300 dollars with a grand total of 344.00. This was so neat because our original idea was to ask students to donate the money. I received a higher perspective that led to much growth in me and our school. We were able to raise the money while meeting several people out in our community. Thanks to Brian's encouragement I also let every manager that I talked to know about the Still Mind, Present Moment, Open Heart teaching that is coming to Urbana in March and asked them to put the flier in their break room for their employees.

Dr. Pam has been teaching the Interfaith Community of Metaphysics on Sunday evenings. It has been a wonderful experience as everyone who has attended has given great feedback. We really see great potential in this gathering and look forward to all the growth and connection that will occur for the people who attend.

Dr. Pam started a new class and we welcome our new 1st cycle students Chrissy, Dan, Ryan, and Sherry. They are a wonderful group of people who are eager to learn. We are grateful and excited to learn, grow, and create together.

We are grateful, honored, and growing as we are hosting the "Still Mind, Present Moment, Open Heart" Teaching on March 28th in Urbana. The momentum is building. The registrations are beginning to flow in. Dr. Pam is heading up the donations of food for the event and is working with Jesse Long a first cycle student studying lesson 8. Dr. Pam contacted several local businesses and we now have all the food donations confirmed. The hotel for Dr. Daniel to stay in is pending. Thanks to encouragement from Dr. Daniel and Brian we are taking daily action, contacting people and poster. The excitement is building within me. I feel confident that we will fill our SMPMOH teaching to capacity of 100 people. This is a valuable experience and we strongly desire to serve the community by hosting this teaching.

Kansas City Generosity Draws 4 Student

by Christopher Stohrer

Kansas City has four new students, Nichele Hilt, Evette Williamson, Elaine Hinderks, and Grant Hickes in the Wednesday class that I am teaching.

As I began to reflect and contemplate the kind of class that I wanted to build and the type of students I wanted to draw, the ideal of generosity came to me, from inner guidance I received.

I have been working with the quality of generosity since my father's passing back in August. Generous with time, attention, support, money and love, was the way he lived his life. I am following his example.

To draw giving students I need to be giving freely of not only my time, talent and treasure, but to also be generous with my experience, knowledge, and wisdom. This meant sharing freely what I know with others. Knowing that I possess all of this amazing wisdom I began sharing the truth that I know with others.

Eric was a class mate from an entrepreneurs course that I was taking. When I told him I was a teacher of metaphysics he was interested in the classes. The students that we drew for this class include a chiropractor, a nurse, a business owner, and Tarot card designer.

Our student Codie Lea, and teacher Wendy Isley, were responsible for introducing Elaine and Nichele to the school. Evette was a student over twenty years ago and was ready to re-experience the school. Grant found out about the class the afternoon of registration day.

In past classes I have drawn unemployed or underemployed people, or people who are not in a position to give their contribution. Nichele, Evette, Elaine and Grant seem to be naturally giving, cleaning up after themselves, and giving their donations on class night.

Generosity is a powerfully attractive force and the Kansas City School branch has four new students to prove that. Through harmonizing with Universal Laws I drew to me more and different students. I can now see how changing my thoughts drew a new kind of student.

Palatine

Evolution

by Mike Duffy

In the month of March we begin to feel the initial kicks of Spring from the deepest womb of the Mother Earth. March represents a kind of reigniting of the hearts and consciousness of humankind. March signifies time for new growth.

We recently decided to initiate a monthly study groups of the Superconscious Oracle Intuitive Report. The Superconscious Oracle is a very specific intuitive report that is given for the School of Metaphysics as a whole. The report gauges the ideals held in Mind for the School and in what ways they are being expressed in the physical plane of existence. It presents to the school as an organization the steps to take to attain the next stage of evolution. It states that it is very important for us to acknowledge our physical senses and at the same time use them properly to interpret the energies of the physical creation to "see things for what they are and not for what we want them to be". Second cycle student Jim Hegarty expressed that the last meeting "was a great occurrence being able to meet with fellow students and experience a very majestic group meditation. As we chanted "Rhoam", it felt and sounded like we were in the presence of a thousand angels. As we analyzed the Superconscious Oracle Report it helped reignite that divine spark of gratitude I have for the School of Metaphysics and what it represents."

We are also preparing for the Mind, Body, Spirit Expo. This is one of the largest expos we have been a part of to date. The Mind, Body, Spirit Expo features a hundred and twenty exhibitors, which cover the latest findings in natural health, personal growth, and Metaphysics. It highlights healings, massages, readings, and lectures and is in support of self-exploration, self-empowerment, and self-improvement. The Palatine, Chicago, and Bolingbrook branches of the school are each involved. First Cycle student Tony Bazdor proposed the idea of obtaining a booth at the Expo and gave a substantial donation to the cause. We could not be more excited for the

opportunity to represent the School of Metaphysics at this wonderful exposition.

In an effort to expand our aquaponics operation, a fundraiser dinner is being held on March 13th. Aquaponics is a food production system that combines conventional agriculture (raising aquatic animals such as snails and fish in tanks) with hydroponics (cultivating plants in water) in a symbiotic environment. For just twenty dollars, the fundraiser includes dinner prepared by teachers and students and a presentation by Brian Kraichely on the topic. The Palatine branch has been experimenting for quite some time with aquaponics, which promotes healthy living and sustainability in order to bring our knowledge of this subject matter to the College of Metaphysics. We are raising these funds to develop this operation at the College. As we study the Superconscious Oracle, we embark on our journey to one of the largest expos the school has seen and increase the possibilities of living healthier and more sustainable existences. We look to Spring 2015 with heightened and expanded awareness, forever growing, forever evolving, forever loving.

Blessings to all!

Louisville Momentum

by Tarak Uday

We are increasing momentum here in the city of Louisville. Momentum in the number of students, momentum in the number of events, in the success of events, momentum in harmony and balance as a branch and among leaders and students, and most importantly momentum of manifestation as we accumulate more mind substance to the thought form of aiding individuals to become whole-functioning Selves! It is exciting watching our collective creations begin to take form. Tatiana made her first trip out to the College of Metaphysics this month as our Dream Awareness Coordinator and had an amazing experience! Our new students are excited about what they are learning and eager to begin to further their learning through the laboratory positions. I am excited to continue holding the vision for this branch and have raised my expectations of myself as well as the students studying and am excited to witness what that shift will produce....I think I am already beginning to see the fruits of that seed sown.

Cincinnati Cycling through the Stages of Growth

by Davi Brown

This month of February we have an individual preparing to begin teaching. Erin Payne will begin teaching her first class on March eleventh and we are very excited. This will cross one of our ten-most-wanted list goals off the list..... 3 teachers!

Also, Jonathan Duerbeck is leading us all to hold the vision of a building in mind by putting away enough money each month that we would be putting forth for a

mortgage. The thought of buying a building is becoming more tangible and perceivable in mind.

This month was a big month for lectures. Jesse Reece and Jonathan offered a workshop, "The Science of Intuition" at Modo Yoga. Aurelia Burkett and Ryan Woelfel assisted with that. The week before that Jesse gave a talk to the Modo staff and owners on concentration, meditation and visualization. Lynn Boggio and I assisted with that, it was a great opportunity to connect with like-minded organizations in our community. Jonathan offered Keys to your Heart to the public on Valentine's Day. Kirsten Giacci and her daughter Maya assisted him. Maya is 11 and helped set up and take down the workshop—talk about cycling through the stages of growth! A different form of Keys to your Heart was offered in a two-part series as part of our Spiritual Gatherings on Sunday nights by Jesse. Erin Payne offered her first lecture outside the school as well, she was assisted by friend and classmate, Karen Overbeck. We are thankful to have the strong presence of a fourth and third cycle students as leaders!

Erin and I are preparing a team to lead us through National Dream Hotline@! After a wonderful weekend at the college we are inspired and driven to aid others to fulfilling greater Self awareness and growth in such a joy-filled way.

Jonathan is teaching a class of four on Tuesday evenings(L3), Clarence Cruz, Kirsten, Jim Burkett and Jess Davis. He is also teaching Karen Overbeck and Erin Payne, nearing the end of the first cycle, on Mondays. I am teaching a class of seven on Wednesday evenings (L7), Ryan Woelfel, Julie Davis, Marilyn Bakie, Narek Manukyan, Aurelia Burkett and Lynn Boggio. There are 15 students in our school. We have monthly dream catchers meetups, SIR meetings, and metaphysical art critiques. There is a level of maturity that I would call adolescence that we have been sustaining now for about a year and I see that as Erin steps into a teaching position we are making steps into greater maturity as a school. I am looking forward to our communion and growth around the corner!

Looking toward Adulthood with a 'prolonged inertia' that has been slowly burning and building!



Oklahoma City Growth and Expansion

by Justin Clarke

This past month in Oklahoma City has been an eventful one. We are currently learning about growth and expansion within the school. Every month the school is starting a new class, encouraging the public to participate in a new journey of self development. Also, we have been

actively engaging our students to participate in laboratory positions and we almost have them all full!

On January 30, 2015 we had a movie night in which we showed the documentary "Happy" followed by a group discussion. This is a movie about how different cultures and societies view happiness. The discussion was led by Jon Quiver. This was his first time leading movie night and the event turned out great! There were 12 people there, including 5 from the public! It has been our goal to have 20 people in attendance at every event.

Every month we have been hosting a different lecture that is part of the series, "12 Months of Ego Development". This month we explored the productive use of reasoning through looking at the Aquarian archetype. It then led into how we can harmonize with our personal power to cause lasting change in our lives. Participants left with a greater sense of how to engage their imaginations to create a better self and a better world.

On February 15, Michael Fabri started his first class – a 4 week Concentration Short Course where he is teaching students how to develop a deeper concentrated mind in order to live their full potential. On February 19, 2015 was our monthly Society of Intuitive Research Meeting (SIR). This month's meeting we discussed Past Life Profiles students received on Lesson 9. Of course it's always intriguing to hear about people's past life, but to hear about what makes that person unique in this immediate lifetime is always fulfilling!

In the school building we are learning to direct our attention to rooms and areas that need new and refreshed energy to aid in welcoming new souls in our life. We are working on getting new carpet and refinished hard wood floors as well as making an upstairs office. We have also been focusing on Intuitive Reports for the purpose of empowering and growing the individuals already present in our lives. This thought form has been attractive because we have already had 7 ordered through our school this month. We are noticing when the thought form is whole and complete it aids in

Coming April 24, 25, 26

NATIONAL DREAM HOTLINE®

**sign up now to work with the Dream Coach
who will be teaching in your city.....!**



We will be Creating Castles in the Sand as we attend the 32nd International Study for Dreams Conference June 5-9, 2015. Several Drs of the School of Metaphysics have submitted speaking proposals. If you are interested in being a part of this delegation, which will be traveling to Virginia Beach, Virginia, here are the steps to follow:

1. Go to the IASD website and find out about what the IASD is, who the people are, and what it is that you will be attending.

<http://www.asdreams.org/index.htm>

2. Talk with your Teacher, Director, and your Area Director about your desire to attend.

3. Write your Ideal and Purpose for wanting to be a representative of the School of Metaphysics at this conference. Include the activities you have taken to this point (lesson number you are at, laboratories that you have used to practice your studies through, leadership positions you have been a part of and also what you will bring to the delegation as your strengths as well as what it is that you are wanting to learn and how you will aide your local branch of SOM when you return.

Include in this what you imagine being a representative of the School of Metaphysics is. Make sure that your Teacher, Director and Area Director review what you have written. When they approve your paper have your Director mail it to our World Headquarters, Attn: Board of Governors by Feb 12th 2015. The Board of Governors will review the applications and I, Dr. Sheila Benjamin will be in touch with you.



INTERFAITH COMMUNITY

by National Peace Ambassador Golbahar Dadyan

I recently apprenticed The Spirit of the Healer Spiritual Focus Session Weekend. This was part of my practicum for becoming a Psi Counselor. I had already received my healer's portrait, however, I wanted to ask a question to see how my healing quality had evolved. I asked is how have been able to evolve my healing quality and how can I draw upon this in the Practice of Psi counseling?

"This one is developing a greater peace within the self concerning the healing quality. This aids this one to be an Oasis of Peace and to prepare the space for others to experience the quickening that this one does allow. The capacity for this one to act as a stimulus, the presence of the self to act as a stimulus enables others to come forward. To be invited to come forward. It does cause there to be a drawing effect that enables there to be a kind of comfort in disclosure. This is in proportion to the peace that this one can experience within the self." [HLP 2-26-2015-BGC-DRC-9]

I see that this report is a direct reflection of all the peace work I have been doing with the Peace Ambassadors as well as my portrayal of Shirin Ebadi in THE INVITATION. In order for each person to build an understanding of something, they must create certain conditions for them to be able to practice. By giving themselves enough experiences, their practice of productive choices builds that understanding.

My vision is for the Peace Ambassadors to see the work they do from the inside out. See that every step towards creating peace in the world comes from causing peace within you. So go forth and practice!

The Spiritual Gatherings are off to a great start as each school branch is building the thought form of the School of Metaphysics as a Spiritual Community. School Branches have come up with many creative ways to engage the student body as well as people from the Community.

Sunday nights are becoming a place for people to experience Spiritual connection and communion. As we start to move our thoughts and attention to April's Dream Awareness Weekend, Sunday nights become an opportunity really feed the growing thought form of National Dream Hotline®. This is aligning with the Universal Law of Relativity.

Here are some fun and creative ideas that can be implemented on Sunday Nights leading up to Dream Awareness.

∞ *Giving a talk on how interpreting our dreams creates inner peace*

∞ *Hosting a Dream Bingo game night*

∞ *Dream circles with students interpreting dreams for anyone that comes from the public*

∞ *A discussion or lecture geared towards the most common dream symbols*

∞ *Having people come and share their most vivid or interesting dreams.*

Spiritual gatherings are an opportunity for connection, growth and evolution. All the work that you are all doing as Peace Ambassadors is aiding you to build greater peace and connection within yourself.

Please email Spiritual Gatherings experiences and pictures to me by March 29th to gdadyan@som.org.

That way I can write about your experiences and include them in the next vibes.

Remember Peace is built through communication.



**The Right Person,
Right Place,
Right Time**

SOM President Dr. Damian Nordmann LOVES working with media. His experience on radio and television in the Dallas-Ft. Worth area extends over six years including weekly venues highlighting dreams.

He is a polished media personality who has presided over a decade of very successful Hotlines (some with up to 300 calls. As one of the stars of THE SECOND LIFE, perhaps his most captivating claim - sure to immediately grab media attention - is his personal investment in dreaming.

What do you think will happen as Directors throughout SOMland contact local media with a single question.....

HOW WOULD YOU LIKE TO MEET THE MAN WHO HAS RECORDED and interpreted!

6518 DREAMS?

“Hear the Call. Make the Call.”

by Aneta Baranek,
Natl. Dream Coordinator

The computer room at the College of Metaphysics was filled with leaders and technology mavens. We met on Saturday February 21, 2015 to discuss how we can best dedicate our

technology resources such that we can best serve the National Dream Hotline®. Dr. Barbara Condon led the discussion while capturing its evolution on a dry-erase board (see the image). Like any ideas created by humans, mental creators, we began with the blank canvas. The blank canvas were those of our minds as well as the dry-erase board.

The initial brainstorming began with seeing how the image and functionality of a phone has changed during the last 15-20 years. 26 years ago when the National Dream Hotline® began we used the standard analog phones. At that time, very recently mind you, being able to call someone 24x7 was quite a phenomenon. Being able to call throughout 54 hours non-stop to have your dreams interpreted was an offering like none other!

We are continuing the same tradition in 2015 and yet the technology and cultural landscapes have changed so rapidly and dramatically.

Nowadays everyone is carrying a mobile phone in his/her pocket. Connecting with others has never been easier and yet humanity is experiencing a decline in creating meaningful connections despite all the tools in the palms of our hands...



Dr. Damian Nordmann, Brenton Harris, Dr. Barbara Condon, Sherwin Rosenfeldt

HEAR THE CALL.. con't from page 9

WHAT is the
NATIONAL
DREAM

As Metaphysicians we wanted to grasp the benefits of the technology we have been gifted with and yet to bless it, make it whole, by showing how to utilize the mobile phones via the National Dream Hotline® for the purpose of dream education. It was **Brenton Harris** (director of the Columbia branch) that first captured the essence of what we wanted to accomplish. He pointed out the need of showing people how to utilize their mobile devices to gain UNDERSTANDING.

This was the spark that we all needed to ignite our creative energies in search of the most perfect catch phrase for this year's Hotline. It was finally Dr. Barbara who came up with its final format: **"Hear the Call. Make the Call"**.

This catch phrase summarizes the essence of what the School of Metaphysics has been teaching for decades. We provide the platform for so many to hear the call of the inner Self and then we guide them how to follow through on that inner call. This year our mission remains the same: to help as many as possible hear their inner call expressed through their dreams and to act upon it by making a call to our National Dream Hotline®.

Dreams are such a rich medium of connecting with others. The 40 years of research and study of dream interpretation equips us, as students and representatives of the School of Metaphysics, with much to share with those from the public. We have a gift and we want to share it with all! And it is free! Just imagine how many lives can be changed in a 54-hour period? Can you see all the facial expressions softening as those receiving dream interpretation on the other end of the phone connection can finally let go of a burden of a recurring nightmare, fear of an illness or misinterpreted dread of upcoming death of a loved one?

During the February 3rd Weekend through the dream creation stations all who attended gained a variety of skills and much knowledge on how to make this year's National Dream Hotline® a full success. Just to name a few examples: we role played to practice answering the phones during the Hotline, we made Dream Journals to be given out to the public, we discussed how important working with the media is for us to benefit from "free publicity", and we created outstanding posters which we can use to advertise the Hotline! Most of all, we all had a first hand experience with how profoundly interpreting our dreams can aid us in our everyday lives.

This year, as we ask people from the public to "Hear the Call, Make the Call" we need to do the same! We must answer the call to service through dream

**April
24,
25,
26**

Our mission remains the same: to help as many as possible hear their inner call expressed through their dreams and to act upon it by making a call to our National Dream Hotline®.



Scott Hilburn (l) runs creative keyboard while Cherrie Sledge (below) describes her "dream" flyer as DACs envision this year's Hotline.



education. We must dedicate ourselves to connecting with as many as possible during the National Dream Hotline® of 2015 and help them “Hear the Call” and “Make the Call”.

We are truly blessed with what we know, what we have built in ourselves through the study at the School and with all the incredible resources we have to share: dreamschool.org, mobile apps, numerous books and CDs, webinars and Dream Catcher Meet-ups. We have all that we need to make this year’s Hotline an incredible growth opportunity for our School as a whole and for each individual branch! So let us “hear the call” and **ACT** so that we can shift the consciousness of this planet by educating hundreds one dream at a time. I vow to talk with everyone I meet about the National Dream Hotline® and to encourage them to “Hear the Call” and “Make the Call”.



Aneta Baranek (fourth from R) looks on as Dr. Damian Nordmann (2nd from R) speaks to coordinators about engaging media during National Dream Hotline®. People can call your local number or SOM National Headquarters at 417-345-8411 anytime from Friday Evening April 24 through Sunday midnight.



Did you know....

✓ Participating in the National Dream Hotline® fulfills one of the requirements for becoming a SOM certified Dream Coach.

....Be at your school from the start. 6pm Friday. Stay as long as you will. Make quantum leaps in your awareness of Self!

DREAM COACHES onboard for 2015 HOTLINE

The National Dream Hotline® is a proven transformer for SOM students. It functions as a consciousness chakra for understanding the nature and purpose of dreaming. How many of us have seen the metamorphosis of a timid, reluctant student who "doesn't know enough to answer a call" into a dynamic, heart-centered teacher coaching callers toward Self awareness? To serve as a branch's Dream Coach during NDH®, is to witness and support these transitions in people. This is why Dream Coaching is a step in the Psi Counseling Program at SOM.

This year each SOM branch will have an in-house DREAM COACH. She or he will work with your director and Dream Awareness Coordinator as a team to make sure at least two people are awake and *lucid* at all times during the 54-hour hotline. The Dream Coach will model how to answer calls and assist as students "take the plunge". Coaches may hold training sessions as students come onboard throughout the weekend. They may offer individual counsel to students concerning dreamwork. They will be able to clearly describe what Dream Coaching is and how it serves a community. They will also be able to answer questions about requirements for the Psi Counseling Program and specifically for Dream Coach certification. Get to know your Dream Coach April 24-26, right in your own backyard! - BC

WHO WILL YOUR DREAM COACH BE?

Brenton Harris, Columbia • Debbie Hudson, Maplewood
Jesse Kern, Des Moines • Leah Morris, Kansas City
Dr. Terry Martin, Psi Counselor • Springfield
Golbahar Dadyan, Bolingbrook • Diana Kenny, Chicago • Brian Kraichely, Palatine
Dr. Pam Blosser, Psi Counselor, Urbana • Kerry Keller, Indianapolis
Jesse Reece, Louisville • Jonathan Duerbeck, Cincinnati
Emily Ashley, Dallas • Laurie Biswell, Ft. Worth
Tad Messenger, Tulsa • Doug Bannister, Oklahoma City

serving SOM HQ and dreamschool.org will be
Matt Valois, Larry Hudson, Walter Hrycaj, Hezekiah Condron

What is it like to remember your dreams?

Would you like to meet a man who has documented 6518 Dreams?

We think everyone will be curious.

We know everyone will learn about themselves because that man is....



SOM President Dr. Damian Nordmann

*Let's all Project
another "Red
Hot" year like
1998!*

"National Dream Hotline® is a perfect example of the New Maitreya," says creator Dr. Barbara Condron. Here's a look at how and why.

Evolution of the NATIONAL DREAM HOTLINE®

Fall 1985 § A small scale Dream call-in in Springfield, Missouri.

Early 1987 § Successful Dream Hotline in Norman and Oklahoma City, Oklahoma.

August 1988 § Dream Hotline went statewide in Oklahoma and was a huge success.

October 1988 § Dream Hotline in five schools in the Colorado Area.

December 1988 § Dream Hotlines in Detroit, Michigan and South Bend, Indiana.

April 1989 § The 1st National Dream Hotline® was conceived and birthed.

March 1990 § *USA Today* nationally syndicated television spot gives Hotline its first widespread exposure

April 1990 § Vision of National Dream Hotline® shared by Drs. Daniel and Barbara Condron.

April 1992 § National Dream Hotline® mentioned in *Glamour* magazine and in *USA Today* newspaper. § Broadcast around the world on *Voice of America* radio stations.

April 1993 § BBC interviews Dr. Barbara Condron.

October 1994 § Dream Education Day is SOM's first offering for the annual "Make a Difference Day" sponsored by *USA Today* newspaper

November Understanding Your Dreams, a primer for dream interpretation in the Universal Language of Mind, is published.

April 1995 § **Dreamer's Dictionary** is published becoming a resource book for dreamers everywhere

April 1996 § First dream surveys mailed to thousands around the world § Radio shows in Hong Kong, Russia, and Australia help our research span the globe

April 1997 § Paul Harvey talks about the National Dream Hotline® for the first time.

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April 1998 § *The Today Show* broadcasts a live remote interview with Dr. Daniel Condron from the College of Metaphysics on the Saturday of the National Dream Hotline®. § *Seventeen Magazine* publishes the Hotline number in its new "Calendar". § This year Paul Harvey calls the dream interpreters "Dreamologists". § Dr. Daniel Condron interviewed live on Japanese radio. § NY Bureau Chief of the Japanese newspaper Asahi Shimbun travels to Windyville, Missouri to interview Drs. Barbara and Daniel Condron § Dr. Barbara prepares "A World of Dreams", a 25 year film retrospective

April 1999 § www.dreamschool.org makes its debut as the website for interpreting your dreams

April 2000 § lifetimetv.com chooses **The Dreamer's Dictionary** for its dream decoder

April 2001 § **Interpreting Dreams for Self Discovery** is published to aid others to utilize their dreams at every stage of life from birth to life after death

April 2002 § Dream interpretation focuses on dreams about September 11th, 2001

April 2003 § First radio interviews in Scotland and Ireland, John Tesh announces NDH on his weekly radio show and posts it at his website, Associated Press Radio Syndicate airs 2 minute interview that is played on radio and television stations coast to coast

September 2003 § Dream of the Month Club initiated at www.dreamschool.org

April 2004 § **Every Dream Is About The Dreamer** is published. It has over 100 dreams interpreted in the Universal Language of Mind.

School of Metaphysics ©2005, Thresholds Quarterly ©1998 Vol. 16 No. 3&4



Into the Mind of a Teenage Student

by Larry Hudson

As I reflect on all the written responses by the students at Cardinal Ritter College Prep in St Louis, Missouri that I have had the privilege to read I am once again reminded of why I decided to become a teacher in the School of Metaphysics.

The first line in the significance of my first lesson 9 Past Life Profile said it best, "this one desires to do great things in the life". I believe one of the greatest things that I can do is aid others to evolve and this aligns with the purpose of the School of Metaphysics, which is, *to accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man.*

As I was reading the responses I couldn't help but wonder what I would have said if I had the opportunity to attend *The Invitation* when I was a young High School student. Would I have said, "This performance did not influence me at all because straight up I did not have any interest for it" as one young man responded or would I have responded the way this young lady did, "The play itself was very powerful, and was an inspiration for me".

These young High School students responded from where they were in their life. That is very important to me as a teacher in the School of Metaphysics because the students I teach are much the same. We all have different life experiences that we bring with us in life. These experiences tend to color everything that we do. It is my privilege and responsibility to respond to my students where they are in their life.

The thoughts that were running through my mind as I received the words each student expressed on their papers were, what would I say to this student if they were my student, what is this telling me about this student, etc.

The young man that was not influenced by the play went on to say, "the only part I paid attention to was Dr Martin Luther King, Jr part". Now I have something to talk to this young man about. This gives me an opening to go deeper into the whys so I can find common ground to work from.

I find that often when I think the student is doing great and they are having a great experience something else could be happening at a deeper level as was the case with the young lady that said, it was an inspiration to her. She went on to say, "you must have peace in yourself, and that is a constant battle for me. I want to help people, I also want to bring peace into my community, but I do not have peace within myself".

Here is a young lady who had a powerful experience of the play and it also brought up her own inner turmoil and struggle to create peace within her-self.

What would you say to this young lady if you were her teacher? What would you say to this young man if you were his teacher?•

TEACHING TEACHERS

It's SOM's activity. What does it mean?

Larry Hudson gives us insight into what it means to be a privately-schooled teen in the wake of

internally televised controversy. When SOM took THE INVITATION to St. Louis last November, our unified field of peace made a difference in over 350 "kids" lives. It also made a difference in our own. Joe Pecaut, CR teacher and the

driving force behind bringing the play "to my kids", asked

his senior students for essays on THE INVITATION. Larry read them all. Here's a glimpse of what he sees it means to us all.



The New Maitreya

The Individual in a Group

On Saturday, Feb 14, 2015 Dr. Barbara Condron

"I can't wait to see the final form! I had a blast working with you all and watching the making of a movie. Definitely count me in for future projects :)." Brenton Harris after filming *THE INVITATION*



The Peace Dome has become a movie set. Half production. Half stage. A mirror for life. The future unfolds before my eyes as a 26-year-old man from Texas who bought cases of yoyos and sold them at school for a profit when he was ten and a 20-year-old Indigo from Missouri who got his first camera at four and premiered his first film at 10, walk into their destiny. They live a dream, they are creating one with a cast of eight and crew of 16 who have come here from the north and the south, the east and the west.

The power of We consciousness. The New Maitreya breathes here today.

The people drawn to this core, this INVITATION, have become a Living Hologram. They are living a dream while making one. Each Separate Self, so long reviled by men of letters, finds a greater purpose this day. Each focuses into a common point, the desire to serve a greater whole.

Some sacrifice themselves. 'Teach me, I want to learn', they say, their eager attention given to a cause that can at last exceed their reach.

Others surrender their will. 'Heed me, I want to teach' sets the rhythm

of their steady concentration, the needed bridge to the higher consciousness of service. Still, others are meditative witnesses writing this marriage contract of mind into matter captured in the \$5000 lens of an \$800 camera.

Desire, once fearful bane of the holier than thou, mobilizes a mastery of the senses. They, too, are no longer separate. The sound man bends his will into digital streams of fire. Refracting rays of light shift the scene to the panorama that is an illumined thought. Those present-minded folk allow the sense of separation to dissolve like morning dew in early sun's light.

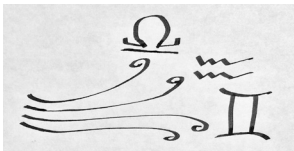
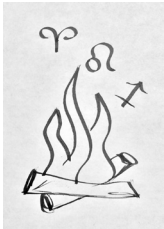
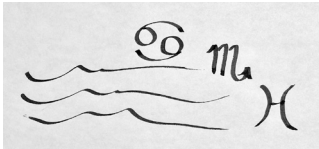
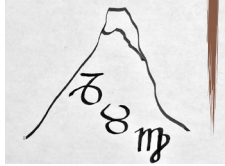
Only one ideal grows here. Only one purpose is fulfilled.

Maitreya lives here today in each heart, silenced by a call for 'action!'

Maitreya in hands engaged in still readiness to hold boom mikes and cameras and storyboards for recording this dream that awakens the sleeping consciousness of a pretty blue planet even as we breathe. All, brilliantly reflecting the music of the spheres. The individual lights merge, one thousand petals of a sacred lotus burn brightly, a new crown chakra radiates from the world's Peace Dome as an INVITATION to stand together as citizens of the Earth. •



The
Secrets
 to better
 understand
 your friends,
 your spouse,
 your lover,
 your boss,
 your co-workers,
 your children,
 quite
 literally,
 every person
 you will
 ever meet.

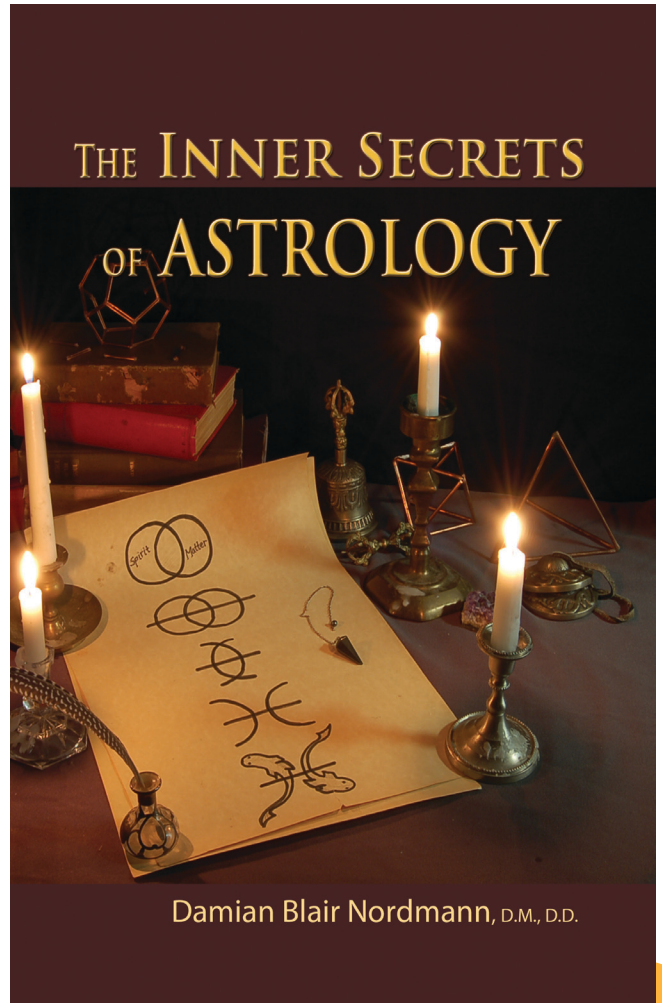


We are all on a quest to know our true nature.

Astrology is the ancient science that shows us where we come from, who we are now, and what our destiny may be. Its highest use is to know the tendencies of Being in order to understand the true Self. Often astrology is misunderstood and generalized into canned phrases and vague generalizations.

The Inner Secrets of Astrology transcends stereotypes by describing specific areas of strength and challenge that people of each sign face every day of their lives.

- How your inner sense of divinity expresses through three distinct modalities of astrology
- How each sign's essence reveals the hidden lessons in life
- Three karmic tendencies guaranteeing your spiritual growth
- Three dharmic advantages defining your life's purpose
- The four elements of the natural world flowering inside you
- Why the number twelve is relevant to you and necessary for humanity's evolution



Damian Blair Nordmann, D.M., D.D.

*How does
 she think?*

*Why does
 he feel
 that way?*

*How can
 we work
 this out?*



COMING THIS SUMMER

experience your **YOUR TWELVE**

SACRED RELATIONSHIPS

with Dr. Damian Nordmann, President of the School of Metaphysics

This was a wonderful weekend of expanded personal perceptions of how our natural healing qualities influence others. Imagine recognizing the quality that is described as the *'oasis of peace'* that Golbahar Dadyan has developed within her Self to where she can prepare the space for others to experience the quickening that peace allows! Or place your attention on Emily Knox and her healing quality that is *capable of reconfiguring the physicality to force miraculous healing*.

Of course, these qualities are individual to the person perceiving them clearly, maybe for the first time consciously, because these are built over time and effort through many experiences. This weekend allowed people to see deep within them selves to realize their experience, their value, and their gifts.

"The session went wonderfully," Golbahar said. "The part that I loved the most was the type of connectedness that the participants started to develop with one another. And after they all became aware of their healing quality they all started to be more like that with themselves and others. It was a beautiful experience of love and connection. There was tremendous healing that was experienced by all involved."

Many current Psi counseling students apprenticed the entire weekend to serve and offer their growing skills in counseling, aiding others to receive a much grander identity beyond our brain limits. Golbahar stated, "So many of us have attended and apprenticed at many sessions in the past few years and this by far was the one that brought the most healing on all levels. I had been experiencing some deep karmic learning about a week prior to the session and by the time I got to the College I was in the thick of it all. It was my first time assisting a mentor and I wanted to do my best. The learning was rich from the very beginning. We first had a meeting with Dr. Barbara and all the Psi Counseling students and mentors and I was able to watch Dr. Barbara be an example of counseling someone to a point of resolution. There was much that moved between us in the room and there was greater clarity in my mind in terms of why I was there and what I was to give throughout the session. I had decided my ideal was to be an elevating healing presence for all."

Our student counselors also interpreted dreams as Dream Coaches, teaching people to practice what they learn in their experiences and making it valuable in how they move in the World. Christopher Stohre's healers portrait says he "experiences an attachment that is imperfect." How strange that might sound as a healing quality, but it is *a keen sense to identify what is missing, wrong, or what is out of sync*. One of the things Chris has done very well professionally is to organize people's homes or offices. His healing quality brings him a lot of gratitude from his clientele, because he saves them so much time and space to function better.

As those who attended and received their reports, they became very curious and wondrous of how they might practice their qualities. Danielle Lebeau received her report and set the standards for all of us. It said, *"This one has developed a strong sense of idealism that enables this one to create a positive field that is solution oriented."*

One key element that is very different is that The School of Metaphysics teaches permanent healing. We guide people to get to the core of their belief system and to then change it to match closer and closer with their true essence. The Spirit of the Healer has set into motion the field of healing and now we expect that the rest of the sessions will each go to the next level and ultimately we will all be able to have a greater influence in aiding in the growth of ourselves, each other



Go on a Spiritual Vision Quest this Year!

In indigenous cultures, adolescents went on vision quests into the wilderness as a rite of passage to becoming adults. Since 2015 is the Year of the Holy Spirit, the theme of this year's Vision Quest is to ***"Let the Spirit move you."*** We will open ourselves to receive the Holy Spirit through ceremonial rites in the beauty and stillness of nature. As a group, we will embark on a spiritual journey into the wilderness to receive more of the vision of how we can fulfill our destiny of becoming Intuitive, Spiritual Man.

This year, the School of Metaphysics is offering the opportunity for students who have previously been to the COM to be a part of a Spiritual Vision Quest. As a group, we will embark on a spiritual journey into the wilderness to receive more of the vision of how we can fulfill our destiny of becoming Intuitive Spiritual Man.

Come and join us for a weekend of experiencing nature through hikes, a canoe float and cave exploration. We will be camping, cooking and living as a group on the river. Jonathan Duerbeck, Hezekiah Condron and Brian Kraichely will be leading fun, educational and spiritual experiences designed to aid us in our transformations.

When: 5:00 pm Friday May 29 – 1:00 pm Sunday May 31

Cost: \$100.00 - Proceeds to go towards building a lake at the COM

Ideal & Purpose paper turned in to COM with payment by 3rd weekend April

For more info, send email to som@som.org with "Vision Quest" in the subject line

Shift from Self to service

An Experience at a Spiritual Focus Session

by Brian Hoover

As I witness myself thinking, "These Spiritual Focus Session reports are VERY expensive," I click the 'Send Payment' button at SOM.org to sign up to apprentice the Spirit of the Healer. Excited to receive my healing quality I trek off to the college on Thursday afternoon. Arriving late afternoon we are immediately asked to aid in preparing the meal for that evening. I ask Charlotte if I can take a moment to bring my stuff in from the car and unroll my sleeping bag. As the sweetheart she is she said yes.

After unrolling my blue and red bag on the floor I took a moment to do a concentration exercise as I felt quite scattered and not in the moment as I often do around people I'm not completely familiar with. After doing the exercise I conveniently passed enough time, missing out on aiding in the preparation of dinner. Ding! Ding! Ding!

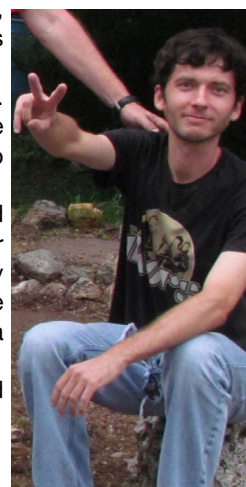
As the weekend treads on, I start to see just how much really goes into bringing one of these Spiritual Focus Sessions to life. Cleaning, cooking, aiding the participants, talking with them, keeping your awareness expanded as to encompass the fulfillment of them while keeping an eye on what is being done and where the attention needs to be shifted to next.

This weekend began to change something within myself. As I noticed resistance within my body I knew I had two choices. Be miserable, holding the thought "I wish this was over so I could just relax/go home/tend to my own needs", or, allow myself to move with, what I now perceive as, what has been carefully orchestrated for the apprentices experience. ***A release of the Self.***

Halfway into the second day I'm holding a broom with thoughts of how I paid \$300 to work my butt off. A moment later, I'm freed! From my own limiting thoughts, fears and self doubts; an attitude of mind I've inadvertently trained myself to hold, always focused to and looking for what is wrong in myself (in hopes to correct it).

As I noticed my self disappear I noticed a new Self arise. This Self was fearless, articulate, curious and purpose driven. We spent so many days in this state of mind without a moment for it to collapse, five days after the weekend ended—and as I write this, I still see the permanent color from the Spiritual Focus Session brilliantly mirrored in an image of liberation on the walls in my mind. This new identity doesn't need to constantly be checking back with the self to see if its feeling okay. This new Self id focused on the Law of Relativity to create a better life for the Self by focusing on creating a better life for others.

I now see that even receiving the actual report was secondary. Secondary to experience and understandings gained. I now see Service for what it actually is...Freedom.



From the 4th Cycle Class..... On the road to peace, contentment and security.

by Diana Kenney



When I asked my classmate, Christine Spretniak, how her study in the 4th cycle class is affecting her life she replied, "Everything is different now." I resonated with these words. Everything is different now because I am different now. I am going through another growth spurt. At times, this brings discomfort while I get used to the "new" me. I believe I am integrating permanent understandings and building upon them. The end result is a quiet joy and greater security.

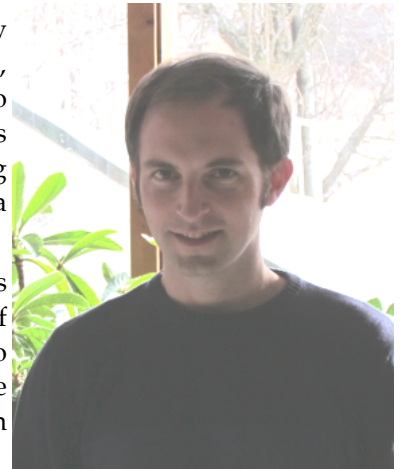


As I listened to my other classmates speaking I saw that there was a common theme - liberation, inner peace, security, self-respect. Jesse Kern reported that he was able to quickly and clearly see the relationship between what he has manifested in his life and his thoughts. He is enjoying extended periods of stillness, fulfilling meditation and a connectedness to his spiritual path.

Jonahan Duerbeck finds he trusts himself more. He is able to receive his experiences with greater equanimity. One of the ways he experiences this in his life is in a greater ability to take his own ego out of the way when teaching people so he can focus on their needs. Neutrality has helped him reason better.

Tad has discovered a newfound desire to surrender through humility. Tad knows that true greatness comes from being the lowest, surrendering to the highest which is I AM. He is awakening the entire mind as he learns to function from the perspective of I AM. Karen is being urged to walk into her own inner authority. She is learning to bring out what she knows in interpreting the energy around her.

We are on a spiritual path. The goal is to grow up spiritually, so that we walk the path of righteousness. When we receive our Doctorate of Metaphysics we will have many years of practice of thinking and living in harmony with Universal Laws for the purpose of knowing how to navigate the path of the whole functioning Self.



"We are on a spiritual path. The goal is to grow up spiritually, so that we walk the path of righteousness."

Charlotte Crabaugh



In January the College received the gift of two remarkable new students, Tim Gagnon from the Springfield Branch, and Sydney Kasner from Oklahoma City. Maybe it was helpful for us to have some time of coming together, learning to fully appreciate the resources they bring, and experiencing as a team, before sharing with the larger SOM community all that these two have come to mean to us.

The youthful enthusiasm and commitment of both Sydney and Tim is a welcome breath of fresh air for the College. Any new student must first enter the stage of infancy here, whatever their experience in serving has been in their School Branch. Tim and Sydney have received and are receiving their teaching from classmates and teachers with willing, gracious, open-eyed curiosity that is greatly appreciated. As a grad student, I am grateful for their example of receptivity.

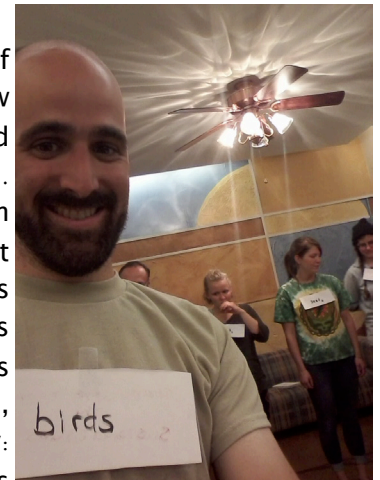
We have long awaited the arrival of Sydney here at the College. She is a most willing and capable team member; already a seasoned teacher with experience as Director at the Oklahoma City Branch. I enjoy the questions and perspectives she brings to discussions and to our life together. Welcome, Sydney.

Tim and I share some history together from the Springfield Branch of SOM. I was a teacher there when he first come to a new class with another teacher. I have an appreciation of his humor and exuberance. I am inspired by the earnest serious direction he brings to his activity. I am already gratefully learning along with Tim. It is so good to have you here, Tim.

With the coming of our new students Doug and I moved into a new phase. We have passed on our Fourth Root Race duties and wisdom to them. This passage has been a lesson in non-attachment for me. At times it is difficult to see another doing what is so familiar to me, but I am proud of being the teacher and watching them grow as I did just a short time ago. I develop trust as there is peace in letting go.

Tim Gagnon

Infancy. Many of us probably relate this word to our experiences with babies. What of its deeper meaning? What is the actual experience and purpose of infancy? As a new student at the College of Metaphysics I have had the opportunity to explore and develop my understanding of this stage of growth. The instruction given: just observe. For two weeks I was asked to observe silently without participation or input. This can be very humbling for a person who constantly seeks ways to improve. It was brought to my attention a few times that I had missed what was right in front of me when it was presented to me. So what does it mean to be in infancy? Reflecting on my experiences I become aware of a few qualities that I could have used to fully take advantage of this stage of growth. Trust: allowing those who came before me to set the example, knowing that their decisions are the result of endured experience. Curiosity: discovering each activity for the first time, wanting to know the details of how things work. Absorption: as each mentor passes to me their learning, I must endeavor to receive the complete picture of what they are offering. These are the elements of my learning. I readily admit I have much to learn of this stage of growth, which does not bode well for my growth and evolution. As the book of Universal Healing Truths clearly states, "All learning occurs through receiving. It is the power of the receptive quality." So what will I do with this lesson? When living I will endeavor to trust. I will endeavor to be curious. I will endeavor to absorb. This is a lesson in humility. How else am I to learn?





Living the Ideal, Purpose, and Activity of the School of Metaphysics: A History of Global Delegations to The Parliament of the World's Religions and Other International Endeavors

by Dr. Sheila Benjamin

When I rest my mind on how the School of Metaphysics has evolved throughout the years, I am reminded of my early experiences as a student. I remember when my Branch Director returned from our Annual General Assembly and brought with her an audio recording of a recent Baldra report. (Baldra was the name that School of Metaphysics Founder and President Jerry Rothermel's spirit guide used when the School once did spirit guide readings). We listened to it as a school branch.

In the report, Baldra spoke of greatness and how individuals in the School of Metaphysics were great souls. I remember thinking to myself, in secret, that I was one of those great souls. Baldra continued to report that, until this time in history, only one great master walked upon the earth at a time, and now there existed the ability for there to be many.

I learned early on in my studies that the conception of the School of Metaphysics came from the Masters at the council table at an annual, inner level event called We Sak (often know as Buddha's birthday, which occurs when the sun is in Taurus and the moon is full in Scorpio). I knew, through my studies, that I was connected to an amazing vehicle established to usher in Intuitive, Spiritual Man.

I am still centered in these thoughts, which is why I have been present on several of the School of Metaphysics' delegations to the Parliament of the World Religions.

In 1893, Swami Vivekananda, an Indian Hindu monk, came to the United States, to the City of Chicago, where religious leaders of a variety of faiths assembled on September 11 of that year in the first Parliament of the World's Religions. This was a milestone for the world when the east and west came together.

In 1993, another Council for the Parliament of World's Religions convened to celebrate the 100th anniversary of the original peace movement, also in the Chicago area. Through Dr. Daniel Condrón's connections and Dr. Barbara O'Guinn Condrón's research and perseverance, the School of Metaphysics had a significant presence at this 1993, 100th anniversary event: Dr. Barbara presented a lesson on the goddess Kundalini; Dr. Daniel introduced the idea of thoughts affecting your body through the research of Permanent Healing; and Dr. Pamela Blosser lead a portion of our delegation in a musical cantata entitled The Power of Prayer Around the World.

Additionally, in 1999, People to People, an organization initiated by former president Dwight D. Eisenhower on September 11, 1956 to enhance international friendship through education, culture, and humanitarian activities, contacted Dr. Barbara to lead the first delegation of Metaphysicians to India from the United States of America. The ideal of People to People is to encourage the exchange of ideas and experiences directly among the people of different countries and cultures. Although Dr. Barbara was honored and felt a deep obligation to the School of Metaphysics, her priority was caring for her toddler son, Hezekiah. So in generosity she handed the honorable mission to Dr. Christine Madar. During this time, I was President of the School of Metaphysics and participated in our organization's first global movement out of the country.

Due to the friendships and relationships that the School of Metaphysics established in 1993 through our presence at the Parliament of the World's Religions, we discovered that a peace gathering was taking place in New Delhi at a Jain Ashram while our People to People delegation was in India. Dr. Paul Blosser, a member of our delegation, and I joined the peace conference, and I was asked, as President of the School of Metaphysics, to sit on a panel of leaders from other countries. While on that panel, I read from the Universal Peace Covenant. I also sat next to one of Gandhi's students. Dr. Paul Blosser was invited to lead a workshop where we taught others the Universal Peace Covenant in greater detail.

Also while on the People to People delegation, Dr. Pam asked me if I would attend the third Parliament of the World's Religions being held a couple of weeks after our return to the United States. This Parliament was in South Africa. Dr. Pam knew the importance of our presence and believed that the School of Metaphysics' President should be there.

I accepted her offer and began to correspond with the Council for the Parliament of the World's Religions when I returned home. Because of our previous influence in 1993, space was made for the School of Metaphysics to offer a workshop, which included reading the Universal Peace Covenant and a guided meditation.

During a gifting ceremony held at and for the South African Parliament, the School of Metaphysics gifted the Universal Peace Covenant. The relative significance for this gift is as follows: during the 1993 Parliament, a document called "The Global Ethic," which describes a great lack consciousness within the world, was officially presented and proclaimed by that Parliament. "The Global Ethic" served as the stimulus that, through the guidance and encouragement of Dr. Barbara, teachers and leaders of the School of Metaphysics convened over nine months and authored the Universal Peace Covenant.

In 2003 and 2004, Dr. Laurel Clark led School of Metaphysics delegations to The Alliance for a New Humanity in Puerto Rico. Our members met former Vice President Al Gore, Deepak Chopra, Noble Peace Prize recipient Betty Williams and other influential individuals.

A few years later in 2008, Dr. Laurel Clark and I attended the International Association for the Study of Dreams' (IASD) annual conference in Montreal, Canada. We each presented the School of Metaphysics' scientific data collected on the moon's effects upon nighttime dreams. We also presented information and research about the mentally ill's lack of nighttime dreaming and an interpretation of visual hallucinations.

Our presence as volunteers at the IASD captured the attention of many of its members. Our calm, attentive presence as well as the power of our focused attention created long lasting friendships with others from around the world. This organization is often referenced by many national publications when experts in the field of nighttime dreams are sought.

Since then, the School of Metaphysics has attended and presented workshops on dream related topics at the IASD's annual conference. We also continue to make our presence known there: for the past two years Dr. Laurel served as Secretary of the Board of the IASD and will now be severing as the organization's Vice President.

In 2010, a School of Metaphysics delegation, led again by Dr. Christine, attended the Parliament of the World's Religions in Melbourne, Australia. Living our School's purpose, "to accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man," Dr. Daniel and Dr. Barbara gave Intuitive Reports in Australia. This fulfilled a long-standing vision to offer our intuitive research in person on another continent. Members of the delegation also presented The Invitation, at a Unity Church in Melbourne.

As workshop presenters, Dr. Daniel presented an abbreviated version of "Still Mind, Present Moment, Open Heart" and Dr. Barbara taught the Crown Jewels of Consciousness: concentration, visualization and nighttime dream interpretation, the core of our education.

As School of Metaphysics students and teachers, we continue to be leaders evolving the consciousness of the planet in so many global ways. This October, another School of Metaphysics delegation will attend the Parliament of the World's Religions in Salt Lake City, Utah, for which each School of Metaphysics elder has submitted a proposal to educate about nighttime dreams, spiritual and emotional wholeness, as well as offer the Universal Peace Covenant in the living prayer entitled The Invitation.



April 3rd - 5th -- National Teachers Conference

April 24th - 26th -- National Dream Hotline®



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