

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. 47, No. 04



pg. 10

NEW
MONTHLY COLUMN

Talking in Public
about
'what you are learning'



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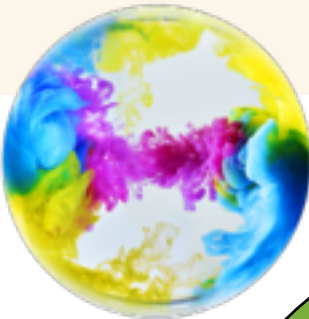
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NEW
MONTHLY COLUMN

Talking in Public
about
'what you are learning'

share your stories

KANSAS CTY

Growth in Our City

by Josh Stephens

Our apology
for not
placing this
article in last

During my time studying at the School of Metaphysics, I have experienced a tremendous amount of growth and joy. Several years ago, I suffered a brain injury that nearly ended my life and for years struggled with understanding and processing that event. Recently, I have been led down a path where I'm in the process of returning to work. My studies at SoM have greatly quickened my understanding of life and especially of myself. I have learned to appreciate my injury and the resulting changes and how they have truly made me a better person. Previously I had difficulty in asking for help and thought I had to prove myself by taking everything on. Now, I've learned to connect with others in much deeper ways and ask for help. In amazing ways, I see divine presence working in and through me as answers to my prayers are happening on a regular basis.

I never used to consider myself an intuitive person and would frequently overanalyze things. In meeting and coming to know many different types of people at SoM, I'm learning to focus more on the here and now and find myself becoming very intuitive. In incredible ways, I see the proof of these on a regular basis. My wife and I have always had a close relationship and we've now grown to a love closer than I ever knew was possible. At the same time, I'm having opportunities to share my learning and growth with others that I am close to and I see their journeys improving as my journey does.

At the same time, I'm learning to let go of always having to be right and to really hear and appreciate others' points of view. This has given me a deeper understanding of what it means to connect with others on a soul level.

Learning to be comfortable with, and actually embrace my imperfections has allowed me to be truly content with myself. I find my days full of learning experiences, growth, and joy in ways that I would have considered unimaginable before.

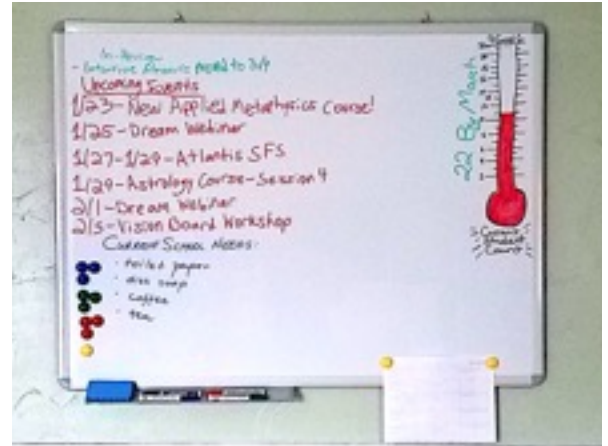
Although I am still searching for the right fit with the right work-related organization, I can know rest in knowing that it is coming and I will use my newfound skills and abilities in ways that have much richer meaning than ever before in my life.

From the Director – Aneta Baranek

We have started the New Year with 11 dedicated students. Our thermometer on the newly installed dry-erase board depicts our current student count and our goal of having 22 students at our school branch by the end of March of this year. In the first week of putting the board to use we have added 2 new students! We are all finding that having our goals clearly spelled out on the board is very helpful. With the new dry-erase board being now the focal point in our main room, we are all focusing much more of our mental attention towards receiving more students at our School.

The board is also helpful to track all the upcoming events. Despite having our Google calendars, having the next most important future events listed on the board assists us with better planning and foresight.

We are looking forward to using the board as a scientific metaphysical tool to track the progression of our creations.



By Mandie Renner

Amy Campbell recently experienced an expansion in thought, which then became evident in physical manifestation. She worked on expanding her class size from 1 student (which was started in December) to 8 students (which started February 13). She and her student, Dale, mutually decided they would start over and picked a date to open up the class again for registration. Amy described having moments of excitement, elation, and a newfound energy around expanding the class. The class was on the forefront of her mind each day during conversation and interactions and she soon realized that students started coming without effort by phone, Facebook and potential students dropping into the school due to "seeing the school's sign". This experience was a change in where she placed her attention. What was previously a constricted description of how she wanted her class to develop, morphed into an open, inclusive thought form which attracted many. We are all benefiting by having Amy's presence and leadership.

Kevin Fairless has enthusiastically started a short course in meditation on February 27th. His ideal for leading the class is to "learn more about concentration and meditation through teaching". He adds, "ultimately to become intuitive man".

Holly Parker has developed a children's program called "Big Minds, Little Bodies". She loves the idea of expanding the School of Metaphysics to include children. Holly has held several classes which have focused on imagination, visualization, gratitude, and teaching the 5 Tibetan Rights. She has also had the opportunity to share her yoga practice with the children. She and the children are engaged and look forward to the class which is currently hosted every other week. Holly enjoys giving of herself through teaching Metaphysics to the community specifically by offering these classes to children ages 5-11.

GOAL: 20 STUDENTS BY MARCH 31	
STRETCH GOAL: 25 STUDENTS BY MARCH 31	
Lectures	
POSTERING	3/4 HGR MGR-KGR
Telephone calls	
Karma Yoga	AV 1/21-1/24 2/18 CS 1/22-1/24 1/25-1/27 2/19-2/22 2/23-2/26 2/27-2/29 3/1-3/4
Short courses	2-27 KJ-MENTATION
Community outreach	2/8 2/15 2/22 2/29 3/6 3/13 3/20 3/27
Class project	
new classes	2/10 2/17 2/24 3/3 3/10 3/17 3/24 3/31 ACC
Sharing w/ Friends	2/8 2/15 2/22 2/29 3/6 3/13 3/20 3/27 3/4 3/11 3/18 3/25 4/1 4/8 4/15 4/22 4/29
Community event	1/28 2/5 2/12 2/19 2/26 3/5 3/12 3/19 3/26 4/2 4/9 4/16 4/23 4/30 1/28 2/5 2/12 2/19 2/26 3/5 3/12 3/19 3/26 4/2 4/9 4/16 4/23 4/30
VISUALIZATION	

A Student's Perception Because of a Dream

Intuition is the mental process I use every day to draw on my inner understandings. I have used intuition my entire life because it has always been easy for me to explore my inner mind. My Past Life at Lesson #9 told me I have a purpose in this life to heal a karmic lesson I developed in a life I had in 1200BC., in Ecuador South America. As a Mayan I practiced placing myself in a trance with several others for days at a time. When we returned to consciousness, our goal was to share what we had learned with our community. Most of us could not orally describe the images we experienced so we had to carve them in wood. This lifetime I have intuitive qualities but I don't know how I consciously direct my mind to draw them out into my everyday life.

Recently I had a dream with a bridge that I was building from a forest area to a water park for birds. The bridge went over this swampy moat that kept animals out of the bird water park. The dream was profound for me because I realized I had these habitual patterns of thinking that kept me from having the type of conscious experiences with my inner truths. The bridge I was building in the dream has caused me to realize I am building this clear awareness of how to draw on my inner wisdom when I consciously need this. So I am constantly looking at my mental experiences, curious about how I am directing my conscious intentions, and which ones will open a new path or make it clearer.

I am on lesson 14 and see the real values in learning how to quiet my mind. I am 69 years old and I love the idea that I can cause my own future by drawing out the wisdom of my soul and then apply this into my every day.

I have several 20 somethings in my class and they are so enthralled by life that patience is tough for them to grasp. I am hoping I can share with them that life is too full of distractions that waste our time. The advantage in being 69 years old is having learned discernment over temptation. Kerry talks about observing the thoughts more carefully so you can reason with your mind and direct it to produce the learning you desire most. That's what I love about these lessons. Replacing the 'competitive role' of goals with what can you learn and advance yourself with, as you reach for those goals. The future I am creating is in my learning how to cause change in my self to better see and experience my future. Thank you, School of Metaphysics!

DES MOINES Co-Creation

by Mavis Curry

There is great joy in co-creating with divine friends. Cathy Simpson, dream awareness co-ordinator and her apprentice Mike Hueholt are very passionate about dreams and dream interpretation. Their enthusiasm is spilling over into the community of Des Moines as they ramp up and expand their planning for National Dream Hotline.

As we were discussing our upcoming open house we decided the topic would be **The Power of Dreams**. Mari, Cathy, Mike and myself decided we wanted to have everyone engaged at some point in the evening shining their light, sharing their understanding and growing with everyone else in the room through the encounter.

We divided the discussion into four parts. I would kick off the evening with welcome and introductions. As I introduced the movie, The Ten Powers of Dreaming, we handed out dream journals. For many, this was the first time at the school as well as exploring dreams. I instructed the participants to listen closely for messages on the power of dreams and write them in their journal. Everyone was immediately engaged. I felt like everyone was on a dream scavenger hunt through the movie.

Mike Hueholt was up next to introduce everyone to the process of understanding dreams explained in their dream journal. They were also asked to write down a dream they could remember in their journal and indicate what power of dreaming they had learned of from the movie that seemed relevant to their dream.

After a few questions and some quiet time to journal a dream, Cathy engaged everyone in the broad use of symbolism. She held up some images representing various symbols and asked people what they believed the meanings were. Our junior dream catchers, Sam, Thomas and Sadie were very quick and excited to respond. The older dreamcatchers, not to be out done, provided further elaboration. Every one became very animated and engaged.



Cathy showed more symbols and progressed through how to learn to discern the symbols and shared resources available to aid them in getting started in interpreting the symbols in their dream.

Everyone was asked to underline the symbols in the dream they had recorded and an open discussion followed on the meanings of specific symbols and actions in the dream. With a promise to continue dream interpretation, we guided the audience attention to the broader use and purpose of dreams. Mari, our most experienced dream coach, got up and shared the more universal implications of responding to dreams and learning the Universal Language of Mind to look more closely at religious works and healing.

I sat at the back of the room observing what was emerging. The teachers were making very strong connections with the audience and within themselves. They lit up as they presented, confident and passionate about what they had to share. They shared stories of how they had applied what they were learning and drew out of the individuals present their own opportunities to understand and respond to their dreams. They also shared how the study of metaphysics had affected their dreams as well as their lives. It was very fulfilling to see their lights shining brightly as well as feel the enthusiasm and joy present in the room.

One on one discussions continued well into the evening and three people signed up for the class starting the following week. We had created an experience that was very fulfilling for everyone. Teachers went deeper in what they understood and connected every conversation to the broader relevance for everyone in the room. The energy continues to expand as we approach National Dream Hotline® and new students are calling and engaging with us on their journey to know Self.





We are
creating!

Kansas City How I've Changed Since Becoming a Teacher of Applied Metaphysics

by Wendy Isley

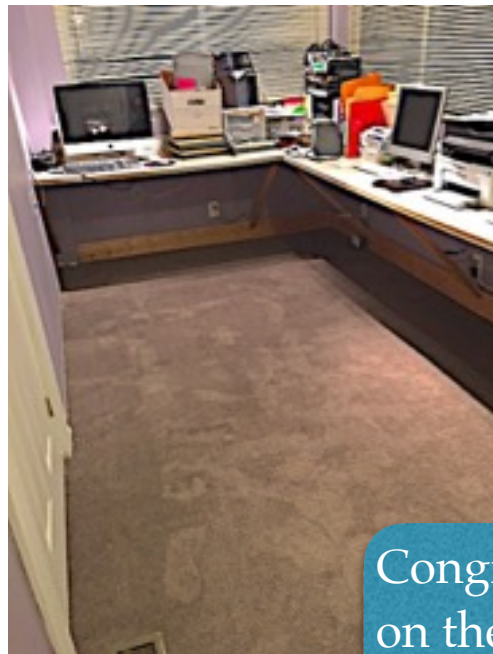
Since becoming a teacher of applied metaphysics through SOM, I am less self-centered and more centered in service to others. I have increased discipline to do my own spiritual exercises because I know that I am a role model. I also have increased discipline in my personal and business life. I think about how my students are changing through the course of studies and it brings me happiness. I really love watching people transform their lives knowing that I've played a role in their transformation. I have received deeper insight into the universal spiritual teachings contained in the 1st Cycle lessons.

I feel more balanced, less anxious and more harmonious with myself and others since I began teaching. I am more in touch with my inner authority and learning how to lead and teach. That doesn't always mean agreeing with my students or buying into excuses. It means that I strive to show them how their choices are creating the conditions of their lives. I am learning more deeply about how the mind works and the power of thought to create and re-create. I am learning how to relax and allow God to lead me so I may serve more completely.

I am learning how to influence others to cause forward motion in their spiritual growth as well as mine. I am learning more deeply about love in its many forms. I am experiencing the beauty of divine friendship.

I am learning to honor and keep commitment in my heart, mind and actions even when my ego at times would rather not. I am experiencing the beauty of divine friendship. I am learning to honor and keep commitment in my heart, mind and actions even when my ego at times would rather not.

I am learning to forgive myself for not clearly communicating what I really mean and not clearly communicating my expectations. I am learning to release attachment to those students who discontinue and stay fully present with those who are willing to learn and grow. I am more grateful for the course of studies, my own teacher and myself than I was before I began teaching. My family life is more harmonious even though I spend time away teaching and doing all the other activities related to teaching. The sacred selfish service of teaching is absolutely one of the most gratifying experiences of my life.



Congrats
on the new
carpet !

MAPLEWOOD

Forgiving the Monster

by Ellen Moeller

This past Sunday, February 26th, student and teacher Terrence Lamont gave an insightful lecture called "Forgiveness and the Monster of Karma".

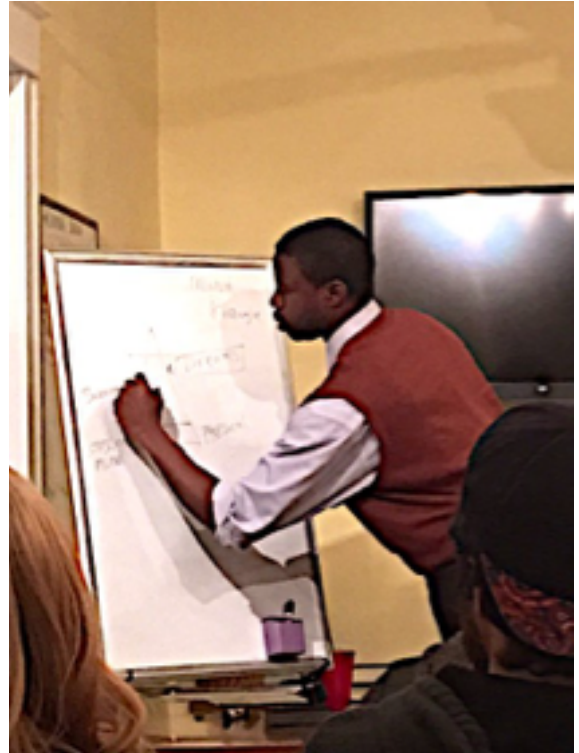
Terrence spoke about the benefits of deepening one's understanding of karma and how it works; that it is not the monster waiting to strike that many seem to believe will come for them for their wrongdoings, but a tool for learning and attaining soul growth through opening the heart to the unconditional love and compassion that stems from forgiveness.

Year of Liberty

He emphasized forgiveness as the key to balancing karma, that by exercising the universal healing power of generosity and gratitude, viewing with clarity every opportunity as one for expansion of consciousness, and making an effort to extend forgiveness under all circumstances, we can begin to know karma as a means for enlightenment rather than punishment. Beautiful.

Every Sunday the Maplewood branch of School of Metaphysics hosts a gathering at 6 PM. These are open to students, alumni and the public and span a variety of topics, including spiritual lectures, studies of holy works, group meditations, and Society of Intuitive Research meetings.

Another big happening in Maplewood was the installation of new carpet on the second and third floors! We've had the desire for many months, taken steps to manifest it, and are proud to say it's complete!! We all agree it makes our school even more welcoming and warm.



CHICAGO

The Driving Force of Our Spiritual Evolution

by Justin Polic

What are dreams and why do they have the profound effect of changing our lives? Dreams have the power to keep us in fear or push us forward to excel, grow and learn how to navigate our conscious mind in our waking life to live out our dreams.

Western Science dismisses dreams as random brain activation or the formation of memories, but dreams have been of importance to many ancient cultures for thousands of years. Many cultures believed dreams were messages from beyond, prophecies or repressed emotions. Those who practice remembering and recording their dreams know all this to be true and much more. We have all seen and experienced the affects that dreams have had on ourselves and other people. They display a subtle power to push ourselves out of our self imposed limitations, spontaneous healing, lucid dreaming and scientific discoveries.



There are many reported cases of people using their dreams to get over phobias, heal themselves, and find answers to what is blocking them from achieving their potential, or releasing old habits and thought patterns. For example, I spoke with Alex Charbaszcz, and she shared with me how a dream she had helped her understand her fear and how she was able to learn from it. *Her dream took place in her backyard, with the sun shining, and the sky was bright. She was there with another student and an unknown male teacher. She was wearing a black dress, as if she was attending a funeral. The teacher had asked her "Why are you wearing black?" She felt threatened yet sang a response of "I am mourning the death of my inner child"* Upon waking; she recorded her dream and began to interpret the dream. What she learned from the dream is that she is aware of a perceived change that she created within herself in relation to her "inner child". Alex has a desire to be more mature and be a responsible creator, and she recognizes that she has a fear of letting go because it feels like she is not in control. From this dream, Alex practiced love and compassion while, recognizing the need to accept herself for where she is. She learned that she has the power to overcome fear by using will power to create what she wants. A product of her transforming this fear is seeing how it caused her to make a different choice. She woke up that day not wanting to go to school,

DALLAS

Wholeness and Healing in Dallas

by Jamie Metzenberg

The Dallas school was honored to have Dr. Barbara Condon come and speak to current and prospective students on Sunday February 26th before healing service. Dr. Barbara gave an insightful presentation on dreams and metaphysics that was very well received. Many people left the presentation with a new sense of awareness and guidance.

Dr. Barbara then led our Sunday night healing service. The experience was phenomenal, to say the least. Students share their experience with you here:



Jamie Metzenberg: The experience of having Dr. Barbara lead our healing service was electrifying. The magnetic field we created as a group was powerful and alive. It was a complete spiritual experience.

Marcus Jackson: Healing class was phenomenal! I saw the light for the first time during meditation. I really felt my subconscious take over. It was truly hypnotic. Loved every minute of it.

Foxye Jackson: Having Dr. Barbara Condron come and share her wisdom was awesome. Having her lead the healing service was overly phenomenal!!! It was powerful, full of radiant energy, with the Om chant resonating like drums. I'm forever altered by that moment

Rachel Elliott: Sunday's healing service led by Dr. Barbara was truly a treat for the soul. Getting to receive the service live and in harmony with so many of my brothers and sisters elevated my experience and left me filled with gratitude!

Tim Patterson: My experience was similar to my first healing service at the Dallas branch a few months ago. Being in service with a good size group is almost beyond words. The merging of all the clear and intentional energy creates a field that is electrified and very active. The pleasure of having the session lead by Dr. Barbara is pretty priceless. As we projected into the center of the room I felt that we physically manifested the drawing [of the healing field] she placed upon the whiteboard. What an awesome sacred service experience!



Lesley West: I loved having Dr. Barbara Condron here in Dallas. I appreciated all of her wisdom and willingness to give truth to all of us. I always learn so much. I especially loved when one of our guests asked a question about menopause. Dr. Barbara explained that this is a very powerful time during a woman's life. Because she doesn't need to expend so much energy on the reproductive process the energy can instead be directed to other places for creative use.



Christi Markee: I truly enjoyed the healing service with Dr. Barbara. The energy was wonderful and there was much love that could be felt.

Lydia Radnik: I experienced a real spaciness and out of body feelings. I lost sensation in my fingers and arms. I felt very good afterwards.

Rene Cowles: I enjoyed having the guidance by Dr. Barbara into the healing meditation. She led us with her wisdom and I felt a strong connection with the individuals requesting healing. I love the feeling carried through the week after the experience. There was definitely a resonance after effect.

The presentation followed by healing service left everyone feeling rejuvenated, refreshed and centered in their light -- in the truth of who they are. What a great way to start our week!

Talking in Public about what you're learning

NEW
MONTHLY
COLUMN

by Kerry Keller

There is actually a fun perspective to hold in mind when you share with the public what you have learned at the School of Metaphysics. It is very exciting and fulfilling to give to others. It's a permanent thrill that grows your identity of becoming a giver, one who makes a difference by giving to others daily.

When you reflect on any new self-awareness, your new conscious image becomes an energetic attractor field that creates curiosity in others. It's empowering to realize others want to know how you create change and growth. Our education wants you to realize this about your conscious energy field.

Last Friday morning I flew to Key West, Florida, to meet my daughter for a three day vacation at an ocean front resort. Within seven hours of taking off from the Indianapolis Airport, meeting Kelty in Miami, we were soon on Jet Ski's in Key West with ten others... speeding around three Islands in the most beautiful, blue, clear, water you could imagine.

We had dinner that night at a local restaurant, watched the sun rise on the beach the next morning, and spent some long awaited re-connecting time in the warm sun together. We soon met a couple from France and Germany and so many people from all over the US. Everyone was obviously there to relax, vegetate, and learn how to leave behind their fast paced worlds to be themselves again.



After a three hour ocean excursion and some snorkeling over a small coral reef, we met some dolphins who were so innocent and vulnerable. Then we met 1000 people on Sunrise Beach to watch the sunset. It was already a grand get-away for both of us.

Over dinner we talked and talked, then realizing a resort with this type of environment is so primed for the retreat like culture, that only the School of Metaphysics might offer. We became excited sharing our imaged possibilities of teachers, directors and doctors from the School of Metaphysics... providing metaphysical retreats at resorts like this and all the win-win benefits.

Suddenly we looked at each other with the same idea in mind and walked directly to the Resort Managers office and asked to speak with him. He obliged and we spent the next thirty minutes asking questions, then setting stages of probable benefits for the resort sponsoring workshops, seminars, public and corporate retreat education... only offered by the School of Metaphysics.

We have the knowledge and expertise to give people experiences of peace, prosperity, abundance, health, and fulfillment. These subjects would be a continual great draw for any resort. Imagine being paid to travel and teach at resorts through out the year, the people and organizations we would meet to cause tremendous growth in our schools, our selves, and our influence in the world! Future columns will highlight change-benefits people desire that you can share with the public you meet. Looking forward to sharing your stories of influence.

National Dream Hotline®

April 28,29,30. 2017

Hello
Directors, Teachers & Student Leaders

National Dream Hotline® webinars: Every Wednesday Night from 6pm. to 6:20pm. Updates on ways to initiate new community relationships, draw new students, teach growth & change from your dream interpretations. Call with your questions

Kerry Keller
National Dream Coordinator



29th Annual National Dream Hotline ®



OUR 'IDEAL'

'To become a whole functioning-Self'

building consciousness in every level of mind while creating experiences for growth.

GOALS: Physical:

School Wide, '1000' dreams interpreted in April... on phones / in person

Spiritual:

acknowledge the wisdom gained through our creative efforts to initiate & build relationships

National Dream Hotline®

April 28, 29, 30. 2017

PURPOSE:

Applying the Ten Essential Life Skills

(in directing the mind effectively and efficiently during your experiences with visions, people, circumstances, conditions, and expectations)

Dr Daniel also added LOVE



Activities :

******Initiating New Relationships******

1. Meeting with Community; (people, organizations, families, businesses)
2. Planning and setting up opportunities through these suggested creations; (lectures, events, workshops, courses, classes, school visits, fairs, and organizational partnering)
3. Media partnering with TV. Radio, On-Line TV. & Radio... Local
(calling weeks ahead with the intention of speaking with producers or media hosts about setting up an interview or interpreting dreams on air)
(sending PSA's in written form or in video form, then follow up with phone calls)
4. Social Media with Facebook, Twitter, etc
(coordination with headquarters on SOM FB posts, videos, e-mails)

(suggestions for individual/students who are Facebook supporters of SOM on FB Live, Twitter, other and personal videos)



******Developing New Relationships******

1. Express Our Mission / Intention

Ask people "do they remember their dreams" ... offer to interpret them

****Interpretation**

give them an understanding of the meaning of the dream

****Application**

share with them the personal change and self-advancement dreams can inspire

National Dream Hotline®

April 28,29,30, 2017

Dream Interpretations & Applications

upgrade the way you live...

Examples;

If there are children in the dream,
share the meaning of these symbols.....
then ask the dreamer what new skills, talents, or
personal qualities they are practicing?

Help them recognize what they may be
unconscious of....



If death appears in the dream or the threat of it,
discuss the past, current of future changes this dream may represent...
then ask the dreamer how they will lead their life differently because of this?
Help them recognize they are responsible for continuing this change.

If water of any size, shape, or action is in the dream,
share what the expression of the water means...
then ask about the dreamer's experiences the day before, what were they like?
then share how the dreamer could direct his day most efficiently and effectively.



If the dreamer has had an alien
dream, share with the dreamer
that we have aspects of ourselves
that are unfamiliar to the
conscious mind.

Ask them if they have been acting
or thinking in a foreign way to their
natural self and to realize being
different or unique does not
suggest being separate or
distant from others.

Encourage them to useful to
enhance their growth.

If the dreamer has stairs or escalators in their dream,
ask what is motivating them to become more consciously aware of who they are,
why they are here, and where they are going. They are probably interested in learning
about the elements of the different levels of mind that aid them to live the kind of life
they desire.

The New Maitreya

by Dr. Barbara O'Guinn Condon

National Dream Awareness Coordinator Kerry Keller is focusing our collective attention on the Dream Consciousness Circuit - the function and purpose of dreaming.

Sherwin Rosenfeldt, the man behind our internet presence, and I have spent hours updating and designing dreamschool.org.

A counseling client of mine who is traveling in India this month has an appointment on March 27th with the one who calls himself Babaji.

SOM President Dr. Christine Spretnjak, and I spoke at length about the state of the School of Metaphysics, its needs, and what might meet those needs now and in the future. I shared what has been moving through my mind with what I call the "Phoenix Project". That was early evening on Friday, March 10.

The next morning brought this dream....

Saturday, March 11, 2017

BREATHING WITH BABAJI

I am in space, or more accurately I am space. I have no body, no form. There is darkness all around and a complete absence of anxiety about it. Anywhere I place my attention I can clearly "see"; if anything occupies that space it is illuminated - by its own light. Not a light I or something else shines upon it. It merely glows from the power of attention. In darkness, all is teeming with potential.

I hear deep breathing surrounding me. It is not my breath, though it is so pervasive I synchronize with it readily, easily, willfully. The Universe is breathing me. And I recognize this is pranayama. Darkness gives way to Light and the curvature line where heaven meets earth is before me. I suddenly realize I am at the Mansion in the Heaven space at dawn. It pulls me into my body.

Babaji is standing immediately behind me, breathing. Into my medulla oblongata. I feel the flow of prana move up and over the crown of my head, down my face and body, around the perineum and up the spine - the microcosmic orbit. We linger that way for a long time as the sun rises. Then, beyond the sound of our breathing, I hear other sounds. I must expand my attention beyond the orbit to hear them. As I do, I realize the sound is coming from the periphery, from what is on the periphery: the wooded areas, fields, cliffs, and waters on that curving horizon line. The sound seems to enter my left ear, vibrate in my brain, and exit the right ear. In other words the sound wave is continuous. It has merely included me in the flow.

Om is repeated with each exhale. Then other words follow. They are Sanskrit, layer upon layer they seem to feed the field causing it to vibrate. The words are the chants contained in that single syllable OM. The one I hear most clearly is the Gayatri. They all collapse into one. EOD

Commentary: Went to sleep, finally at 4:30 am, from conscious choice. Many hours of work ahead in thoughts to be arranged, organized in understandable patterns. The whole image is rapidly coming into focus, swirling in a galaxy rotating to a single, bindu point.

I was able to articulate this to Dr. Christine last night. I want those eligible to work together as one mind. Then that imprint will be upon the work, the field will be created for others to walk into and that template will encourage the dynamics we desire: depth, clarity, spiritual progression for all concerned, harmony, cooperation, dedication, commitment. All of these attributes will be enthused into the work. This is pranayama. Enthusing creation with the Breath of Life. I text Dr. Christine..... (to be continued)

Twin Verses from *The Taraka Yoga of Kuan Yin*

by Barbara O'Guinn Condron

√17 PERMIT

If you've ever wondered why at SOM we request the permission of the person requesting a healing or an intuitive report, perhaps you'll find your answer here. The word **permit** rises from the Latin *permittere* meaning **to let go**. Early in his mastering journey, Jesus encountered great opposition from his own "tribe", as we might call them today, the Pharisees (those who knew the law but had a hard time upholding it) and the Saducees (those who heed the laws for selfish reasons only). He took his ministry to the Gentiles, those outside the "tribe". Through this he learned the importance of permission. The understanding he gained through experience taught him to ask a simple question, of those desiring healing. That question was, "Do you believe?" The act of believing opens the mind to possibility. Affirming a belief, consciously, closes the mind in the faith necessary for one to be a knower. Jesus "let go" his ego as the cause of healing, by **freeing** the Self in both giver and receiver. •

Take care to whom you lend your ear.
Take care of whom you speak - Buddha, Christ, Confucius, Mahavira.
Accept the temporary nature of all scenes.
Think deeply where true knowledge resides.

Permit
17

√18 BIND

It is said that a martial arts student approached his teacher with a question. *"I'd like to improve my knowledge of the martial arts. In addition to learning from you, I'd like to study with another teacher in order to learn another style. What do you think of this idea?"* ... *"The hunter who chases two rabbits,"* answered the master, *"catches neither one."*

There is a time to bind, to fashion tightly. Mahatma Gandhi so bound a new nation into its independence as India through the power of Satyagraha, *"holding onto Truth"*. When we hold onto Truth of the One Self, respecting That in all and every thing, we understand Superconscious wisdom. To know Self is to welcome the rich fare that comes from catching two rabbits and making many more. To me, that is what SOM affords the student who is secured. •

Superconscious thought falls into karmic light.
Dual awareness has always marked our time.
Understanding follows new experience when the benefit of all
is held in the mind.
The crafter, the learner, the proprietor, the procurer, all are needed.



rabbit

18
Bind



Each time we come together to create the School of Metaphysics *Vibrations* Newsletter, we open our sessions with an opening projection. Afterwards we each align with the laws of creation and open the book, *The Taraka Yoga of Kuan Yin* by Gael O'Guinn, to receive the verse that is designed for each of us individually. Here are the numbers we received. Our collective vibration is featured below

Love and Light from your *Vibrations* Staff.

32 Intend

There will always be paths untraveled.
The Universe itself is expanding, evolving.
Be on earth, carving your destiny of Light.
Centered in your own apprehension that it has been there all along,
calm in your knowing, it is the source, beginning.

Dr. Sheila Benjamin... 17 Permit : Take care to whom you lend your ear. Take care row whom you speak - Buddha, Christ, Confucius, Mahavira. Accept the temporary nature of all scenes. Think deeply where true knowledge resides.

Kerry Keller... 47Landing: Beauty is an expectation arising in the finest substance in Mind. Carried along by the will responding to the inner call. Leadership arises unbidden in one caught up in rapture. Being is the teacher; presence, the lesson.



HOW INTUITIVE ARE YOU?

6 I enjoy alone time each day.

“To go into solitude, a man needs to retire as much from his chamber as from society. I am not solitary whilst I read and write, though nobody is with me. But if a man would be alone, let him look at the stars. The rays that come from those heavenly worlds will separate between him and what he touches.”

Those are the words of American transcendentalist Ralph Waldo Emerson. Emerson and his contemporary Henry David Thoreau experienced and wrote many of the insights that turn a reader's attention inward. This inner state is where intuition is found.

When I wrote The Taraka Yoga of Kuan Yin, I hoped people would be inspired to turn within, to recognize the prosperity in their own soul understandings. This is the reason for solitude and meditation,— the attunement to that which is Universally True. In his essay Self Reliance, Emerson wrote, “To believe your own thought, to believe that what is true for you in your private heart is true for all men that is genius.” Each of us have within us the spark of the Divine. Intuition is an open mind where that spark becomes a steady flame in the heart of all life.

—from the upcoming book... **HOW INTUITIVE ARE YOU?** by Dr. Barbara O'Guinn Condon ... coming this summer



CALENDAR 2017

April

April 28-30, 2017 National Dream Hotline®

May

May 19-21, 2017 All Student Weekend

June

June 16-20, 2017 International Association for the Study of Dreams Conference, Anaheim, CA

August

August 5, 2017 Area Teachers Meeting

September

September 8-10, 2017 Dharma Spiritual Focus Weekend
September 15-17, 2017 All Student Weekend

October

October 6-8, 2017 National Teachers Meeting



National Dream Hotline®





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