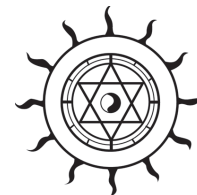


The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort, to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.

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

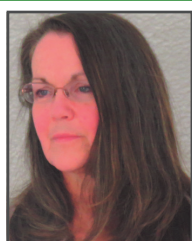
Vol. 46, No. 1

Salute the Divinity Within New Doctorates of Metaphysics

Thoughts from the graduates on page 14 & 15



Teachers of the 4th cycle graduates :
Dr. Daniel Condron
Dr. Barbara O'Guinn Condron



The Eighth Generation of graduates and their teachers collectively represent 167 years of service. Each is a living example of the ideal of SOM as whole functioning Self. With 28 years difference in chronological age, these students come from various backgrounds. Featured here we have a lawyer, a nurse, technologists, a realtor, and a geologist. This group embodies the possibility for every student of the coursework, young or old, to become whole functioning and harmonize with their Inner Teacher.

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- Bolingbrook.....
- Cincinnati.....
- Des Moines.....
- Fort Wayne.....
- Palatine.....
- Kansas City.....

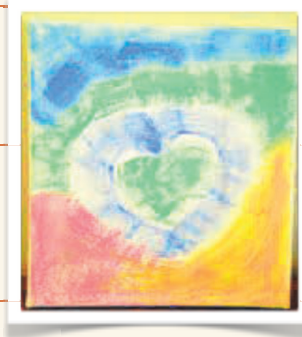


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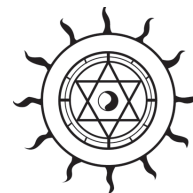
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The New Maitreya



by Barbara O'Guinn Condon

Upanishad means the inner or mystic teaching. The term Upanishad is derived from upa (near), ni (down) and s(h)ad (to sit), i.e., sitting down near. The **Upanishads** are among the oldest of India's spiritual texts being the records of intensive question-and-answer sessions given by illumined sages to their students for centuries. According to *Wikipedia*, they are "widely featured in philosophy courses and have puzzled and inspired wisdom seekers from Yeats to Schopenhauer."

The **Upanishads** are reflected upon by students in Cycle IV of the SOM program. Most of you reading this today can look forward to the revelations 10,000 hours of meditative living brings. Right now, you can experience something intricately woven into the tapestry of this ancient wisdom.

It is the practice of ***Sitting with the Teacher*** that enabled the **Upanishads** to remain accessible in the outer, physical world to the present time. This conveyance of truth and wisdom, generation upon generation, has brought us to the present age of enlightenment where everything can be seen.

One of the great contributions of the School of Metaphysics for the elevation of consciousness is its dedicated activity to teach teachers. The revelation of this practice is the simple power in ***Sitting with the Student***.

To sit with someone who desires with all their heart to know God.

To sit with someone suffering with grasshopper consciousness.

To sit with someone who has never touched a keyboard.

To sit with someone speaking before a hundred people for the first time.

To sit with someone who is breaking free of self-imposed prejudice.

To sit with someone struggling to read.

To sit with someone whose best friend died unexpectedly.

To sit with someone who wants to start a family.

To sit with someone who dreams of a compassionate and loving world.

To sit with someone in sickness and in health.

To sit with someone as they laugh and cry and shout and sing.

To sit with someone in stillness.

This is an experience of **Upanishad** that I received because someone brought the School of Metaphysics to Columbia, Missouri in 1974.

Two thousand years ago, zen Buddhists wrote about the transference of teachings as the *Transmission of the Lamp*. Dharma transmission is a custom in which a person is established as a "successor in an unbroken lineage of teachers and disciples, a spiritual 'bloodline' theoretically traced back to the Buddha himself." This concept of passing on wisdom from one generation to the next is the spiral DNA that has enabled humanity to increase, progress in the mindfulness teachings associated with Siddhartha Guatama who became known as the Buddha.

In our lifetime, author and peace activist, Thich Nhat Hanh uses a ritual known as "Lamp Transmission" to make teacher a Dharmacharya—an individual with "limited teaching authority."

Regarding Dharma transmission, Thich Nhat Hanh has said no single student will succeed him. Instead his community of practice will itself be his successor. This has led him to suggest that Maitreya, the Buddha of future birth, may be a community rather than an individual.

When I first heard this, I understood completely Thich's vision, and more importantly his experience. For whether it is a School of Metaphysics in Bolingbrook, Illinois or Cincinnati, Ohio or Tulsa, Oklahoma, each one thrives because there is at least one teacher willing to sit with the student. That's something worthy of contemplation as we begin a new cycle.

The New Maitreya. It's what brought SOM into this world. •

When Mari Hamersley, a devoted student and teacher of consciousness at SOM for 20 years, shared Des Moines' New Years plans during a recent webinar, she spoke about the changes she saw occurring as students made phone calls to let others know about the upcoming events. "They were glowing!" she said as she described how their faces radiated love and light through talking with old friends and making new ones.

As I listened to Mari, hundreds of faces moved through my mind, people of all ages, backgrounds, faiths spanning decades, all people who came to SOM to learn how to become a whole, functioning Self. They became students, and, like Mari, there was a person waiting with the Light on, willing to sit with the student.

Graduation

By Dr. Daniel Condrón



Seven students received their Doctorates of Metaphysics at a ceremony held on the College of Metaphysics campus at 1:00pm Saturday December 19, 2015. Those receiving their doctorate were Tad Messenger, Jonathan Duerbeck, Jesse Kern, Karen Mosby, Laurie Biswell, Christine Spretnjak, and Diana Kenney.

The ceremony began with singing by Dr. Pamela Blosser. After a brief introduction by Dr. Damian Nordmann the graduates were announced. The graduates presented their major accomplishments spiritually and physically. Their stories and successes were heartwarming and inspiring. The thrill, fulfillment, and light with which each graduate spoke was palpable and joyous.

Next those holding doctorates spoke one by one. First Dr. Barbara O'Guinn Condrón offered a lesson she authored on mastering the bardos as well as an energetic quickening. Then in order followed gifts from Dr. Pamela Blosser, Dr. Sheila Benjamin, Dr. Laurel Clark, Dr. Terry Martin, Dr. Christine Madar, Dr. Damian Nordmann, and Dr. Paul Madar.

After this Dr. Daniel Condrón presented the Doctorate of Metaphysics certificates. Following this was a tremendous applause from the assembled multitude. Then more singing and laying of tiles in the first floor of the Peace Dome followed.

These graduates completing the course of study at the School of Metaphysics creates a space in mind and consciousness to receive thousands and millions of spiritual beings as new students into the coursework. The graduates through great discipline have achieved expansion of consciousness that reaches out to the whole planet Earth to all who are ready and willing to heed the inner urge to know the Self and achieve transcendence.

The achievement of the Doctorate of Metaphysics by this graduating class opens up possibility thinking for many and perhaps all students in the coursework to heed their Inner Teacher in the belief that they too may and can achieve a Doctorate of Metaphysics.

An amazing experience in a spectacular day. •



Tad Messenger: "I have become the before and after."

Jesse Kern: "Perseverance. Knowing of my Spirit, immortality, and resilience as soul in my forrest like expansion through eternity."



Jonathan Duerbeck: "I am more whole, and I am more connected to people."



Karen Mosby: "In the process for understanding wholeness, there is no space for dis-ease"

What have you built in your Self through completing the course of study?



Laurie Biswell: "A step by step process of slowly unearthing to bring forth the diamond within."

Christine Spretnjak: "I have moved from duty and obligation to joy and inspiration."



Diana Kenney: "I learned to have ideals and become them, to be a whole functioning Self and have peace, contentment, and security. I opened my heart."

CHICAGO

New Creations

by Ariel Zuniga

This past month we have experienced several beginnings!! On November 23rd, one of the Chicago branch's newest classes completed their first project together. They baked positive intentions such as harmony, abundance and gratitude into deliciously flavored cupcakes. They were successful in raising over \$200, which helped tremendously towards acquiring our new furnace! It's heart-warming to see our fellow students co-create and grow together. It's also pretty nice to feel the physical warmth manifested from the fruit of our combined labor!

Randall Ristow (L34) started a new class on November 4th. He is joined by five curious and enthusiastic first-time students: Richie, Kelly, Orgil, John and Justin(L2). I have had the pleasure of getting to know Richie, Orgil and Justin, who have attended the ongoing Spiritual Ethics course. I have been quite impressed by their passion for learning and faculty for expressing thoughts and love outwards from our circle. We also have a new class (more new news!) starting on December 10th, with Angela Appleby (L34) as the teacher. Our goal is 10 students or more, and I know firsthand through collaborating on Universal Hour of Peace, she is an accomplished and inciteful creator! We hold this image of 10 eager students alongside her.

Throughout November, I've also enjoyed the privilege of hosting four additional Spiritual Ethics classes! Beginning the month strong coming out of Halloween, we looked at the topic of Getting to Know Each Other. I saw a connection to the abstract concept I call "Losing the Masks". It was an in-depth examination of the value and common pitfalls of our egos as they stubbornly try to keep driving our cars! Another highlight was the class entitled "Reverence for Life" which offered me the opportunity to teach and receive from two childhood friends who used to attend my church organization. Bridges were built and understandings were shared and honored at this gathering.

As we look forward, we are anticipating with excited intensity the Universal Hour of Peace event. We will begin on that night to lay down Peace tiles for a new Mosaic Mandala which is the same image as the larger version at the College Headquarters. We'll also host a Burning Bowl ceremony, as well as musical performances and artwork for viewing. Angela is enjoying the process of creating and sharing images with fellow students and teachers, and everyone is finding a way to contribute in many shapes and forms. Our affirmation is: I allow infinite possibilities in this finite experience. •



BOLNGBROOK

A Time of Gratitude

by Rhonda Carson, Mary Ellen Mulopulos, Gloria Millare, April Kelow, and Teri Ka

The students of the Bolingbrook School of Metaphysics are very grateful for all of their abundance in love, learning, growth, and joy! This month's fundraiser was "An Evening of Gratitude," and the students shared their appreciation for their experiences at the school. The school also expanded into the nearby city of Glen Ellyn for DreamCatchers this month at Brain & Body Yoga. The dahn yoga students were very excited and had many questions! They have asked for an encore Meetup, and are starting to journal about their dreams.

Reflections on the fundraiser:

This is the first fundraiser I have been a part of at the School of Metaphysics. I was so grateful for being able to share the experiences I have had this year and how the school has changed my life. Also, everyone that attended was so inspirational to me in sharing what they were grateful for.

--Rhonda

It was great connecting with my classmates outside of our regular class to work on our fundraiser. I enjoyed sharing about gratitude and what we are learning at the school with everyone who was there. -- Mary Ellen

In my class's first fundraiser, the students shared with others what gratitude meant for them. I am grateful that I'm able to teach them and share with others how the School of Metaphysics has changed my life. -- April

On DreamCatchers:

Thoughts are things. Connecting with people who are already aware, yet unfamiliar with how to interpret dreams was a great experience for me. I felt that everyone had a dream to share. This was an opportunity to share my experiences as a student at the School of Metaphysics. -- Gloria

The Laws of Abundance and Prosperity are at work at the School of Metaphysics! •

PALATINE

Finding Thankfulness

By Alexander M. Oleksiuk

Over the weekend of the 22nd and 23rd, Chicagoland was blanketed in the year's first snowfall, and a mighty impressive one at that. Burdened by a heavy load of snow, one of our resident trees gave way, its largest branch shattering with a crack as it fell twenty feet to the ground, landing with a crash in the center of our driveway. We were greeted with an enormous pile of wood and snow that essentially blocked off the entire parking lot. While it may have been discouraging at first,

with teamwork and perseverance we were able to remove the obstacle and clear it from our driveway.

Interpreted via the Universal Language of Mind, this entire incident can reveal a lesson we can all be thankful for. The cold snows of winter can be seen as crystallized conscious experiences—frozen thoughts and concepts that have become unchanging and have ceased to evolve. When we get stuck in our habitual ways, the tree of our subconscious existence will suffer, sending our dreams and ideals crashing down, blocking that metaphorical driveway that connects our bodies and minds. Yet in that break, in that crashing down to earth, a transformation happens, and when we unite our efforts into clearing out all that no longer serves, we can readily stride forward into a new and more purposeful existence. Thus, we thank the tree for its gift.

As this time of year rolls around again, Thankfulness is a topic that the metaphysically-oriented tend to have in their minds; mainly due to the glorious holiday of turkey-feasting that always shows its face near the end of November. We would like to say that our gratitude always comes from within: that no matter what, we will be grateful for our lessons learned, be they pleasant or not. At times, however, we can all use a bit of encouragement; ‘reasons’ for gratitude, whether in the form of abundant gifts or teachings.

This November the Palatine branch continues to reach out to the community with fundraisers that both assist those in need and help to spread awareness of higher truths. November fifteenth’s Vision Board workshop brought together both students and local residents for the purpose of imaging their most heartfelt ideals. Using visualization, participants were able to create beautiful boards that visually highlight their ideal lives, from material wishes to enlightenment itself.

The end of the month takes us to the “Once in a Lifetime” Reincarnation event, a fundraiser where we’ll be raffling off chances for a free Past Life Reading; a remarkable opportunity for both metaphysics students and the general public to receive insight into their prior incarnations.

In addition, area director Brian Kraichley has concluded his several-month long workshop on the Power of Dreams, taught at the Infinity Foundation of Highland Park: an opportunity for the School to reach out to the spiritual community and spread its wisdom.

At times we may all struggle to feel truly thankful. When our lives seem stuck in a rut and the tedium of our apparently constant struggles begins to wear upon us, many begin to feel their gratitude falling down, much like the branch of our poor tree. At times like these, seemingly simple things such as Vision Boards can give us the bit of inspiration we need to keep feeling thankful and to push ahead into lives we can truly be grateful for; we can fully appreciate because they are the lives we intentionally and purposefully forged for ourselves. As well, glimpses into our own past lives can help in this, letting us know how far we have come in our journeys and hinting at the directions we can go for further joy and enlightenment.

Thus we move through November, preparing for that Thanksgiving Day of feasting, where we can look forward to celebrating our abundance in a truly grateful and from-the-heart way, seeing the lessons before us and integrating our experiences.

CINCINNATI

Directing Ourselves Towards a New Building

Jonathan Duerbeck



Lynn Boggio attended her first National Teachers Meeting! Lynn also is our SIR Coordinator and has been spending time every week with students transcribing intuitive reports. Lynn is a true pioneer and a bold example for her classmates.

Aurelia Burkett and I represented the SOM at the Parliament of the World’s Religions. There were so many amazing people and so many great connections! I’ve continued to use the improved methods I learned there for connecting with new people. Recently I climbed up a steep slope into a field where I met someone interested in metaphysics, her husband, and their dog. Aurelia showed her increasing ability to stay positive and relaxed despite minor setbacks, which is a delight to behold. Aurelia is also our sacred space coordinator and our bibliophile.

I attended Still Mind Weekend, and I have been in a very good state of mind since returning. I thought there was no way I could make time for that, but it was worth it. My message: Come to Still Mind Weekend, even if you feel too busy, and then you will enjoy the busy-ness in a more relaxed way.

Our fabulous metaphysical supermom, Ryan Woelful led our Sunday still mind gathering on October 18, and Clarence Cruz was our Spiritual Ethics teacher while I was at Still Mind Weekend. We are having these gatherings at the Grace Episcopal Church, where we are meeting until

Starfire's building is fully repaired from the flood damage of a surprise water main break this summer.

Our newest class is still forming. I'm meeting with the next new student tomorrow!

I am now sending out a weekly message of announcements and events on Sunday nights. This is one of the ideas we came up with at our leader's meeting & school meeting this month. We have some great leaders in our school with great ideas and great skills for managing.

Also we are putting out fliers for our upcoming intuition workshop at the Mariemont Theater, one of three locally owned theaters here, of which they are the one playing the Steve Jobs movie. A big thanks to Kyra, the manager there.

Just about every day of the week, we get the chance to talk to people about our school who come to Grace Church for other programs. It's been great to be so welcomed here and have our own office room, space for events, and some extra publicity.

With all the youth drumming practices at the church, we are missing the quiet (and the kitchen) of Starfire. We are looking forward to buying our building, and I think we will appreciate it in a very unique way.



KANSAS CITY

by Dan Carmack

It's all relative. Time, I mean, of course. Time is relative to what is going on, how much time you are comparing it to, and how quickly events are moving. In a relatively short period of time the Kansas City School of Metaphysics has accomplished quite a few of its short term goals. In July the directorship of the school changed to the care of Aneta Baranek. Since then there are now four classes in progress. There are special events being conducted, a Dream Bingo

event for fundraising and In-Person Intuitive Reports. There are three classes in the First Cycle, and one Second Cycle class is under way. There are three teachers conducting classes on four days of the week. Growing the number of active students and teachers, a top Ten Most Wanted List item, is being realized. In all, 13 students are learning to change the way that they think—learning how to learn at the Kansas City School.

Creating buzz in the public at large about the School of Metaphysics is being realized as well. A fundraiser for the school was conducted by students of Aneta's Wednesday class by holding a "Dream Bingo" last month. The normal metric of success for such an event, raising necessary funds, was only one goal of the many established for this SOM event. In addition to that goal, the students and staff of the school also set the goal of operating in accordance with Universal Laws to make it a success on a spiritual level as well. Students Cody, Mike, Deanna, and Yvette combined their various life backgrounds to gather the event. A place had to be located—Westport Flea Market, where the event could occur rain or shine. The materials had to be created: bingo cards, instructions and all the bingo prizes gathered. The event had to be publicized, and the staff and students made effective use of word of mouth, networking, and fliers created by students to attract an audience. Even more essential to the success of the event were the intentions set by the creators. The Universal Law of Believing and Knowing was utilized to harness the powers of the Universe and the "creators within". Students shared gifts that they didn't realize that they possessed to ensure that the event occurred just as imaged by them. While successful as a financial fundraiser, it was even more successful as a way for the students to realize the benefits in their own lives and growth as whole functioning individuals.

The In-Person Intuitive Reports were conducted in November, and Wendy Isley directed this event, which was open to the public. Once again the coordination and logistics of the event, which seemed overwhelmingly daunting at the outset, proved no match for the faith of the coordinators in the power of the mental image and the willpower of them to fully realize their visualized images. Dr. Terry Martin was available to act as Reporter for the reports, while Dr. Paul Madar was the Conductor. There were seven Health Reports and seven Past Life Crossings conducted in two sessions. Both sessions were completely filled with people getting 14 reports in all. In addition, there were approximately 20 lay people observing the event, and the School was full of curious and interested onlookers. Publicity for the event was entirely word of mouth. The schedule of this event was not set until about ten days beforehand. However, once the decision was made to actually put the event together- once the images were in

place- the event quickly fell into shape. Former students were called to receive reports. One person that was contacted knew of four other people who wanted reports. After a seemingly uncertain birth, the idea turned around and became a complete success. The Universal Laws of Believing and Knowing and the Law of Relativity were utilized predominately to make it happen.

All the recent events in our Kansas City School of Metaphysics branch reflect how more fluidly creation can occur when we adhere to the Universal Laws and create with the purpose of learning and expanding our consciousness.

We are all looking forward to an incredible year of 2016!



URBANA

Experiences lead to Growth

by Scott Hilburn

This month in October we attended a Farmer's Market Booth at the Urbana, IL Farmer's Market. We met several people who were very interested in learning more about SOM and attending the Spiritual Ethics Course.

The Wednesday night class hosted their very first class project. They had called it Giving More, Get More Fall Fundraiser. They transformed the school and rearranged the furniture making it very conducive for the event. It was really neat to see them working together and making the space fit their image of what they wanted for the fundraiser. They baked several baked goods for a bake sale, and simultaneously had a silent auction going with many items from local businesses that they received as donations. They had the book store set up as free Dream Interpretation and Dream Education room. They learned a lot about communication and group consciousness.

I, Scott Hilburn, gave a lecture on Spiritual Health to a Health 202 class at the University of Illinois. They wanted me to speak about his spiritual awakening and journey to spiritual health through School of Metaphysics and offer advice and education on Spiritual health. This was the 3rd semester that I was invited to speak to that Health Class (just different group of students), and this one was the most well received.

We hosted a booth at a small health fair called Women's Spa Day Fair at the University of Illinois. Lucinda Barnes and I (Scott Hilburn) both attended and represented SOM. It was a very great vibe, and we met so many people who were open to metaphysics and curious to learn.

Spiritual Ethics Class is taught by Lucinda Barnes. We have been having a blast with this class. It is super inspiring, fun, and engaging. We have some people who attend regularly and new people attending often. Lucinda is shining bright at the teacher of the Ethics class. Her understandings are floating to the service and she is exuding Calmness, Inner Authority, Enthusiasm, and Divine Love.

We have been harmonizing with the Universal Law of Evolution in our school branch by continually improving our space. It is our desire to make our branch look and feel loving and inviting. Art plays a great role in that. We have desired for a while now to create a new SOM 10 Most Wanted List for the Urbana Branch. A newer student Kylie is a passionate artist who studies art at the University of Illinois. She is excited to share her talents and expand them by serving at her SOM branch. So together we initiated the long desired 10 Most Wanted List. It is a beautiful wooded golden painted frame that we visualized and received in a pile of donated items. We bought a piece of Poly board from Home Depot and had it cut to the proper size. We painted it with Chalk Board paint. Then Kylie used her wonderful art skills to paint beautiful imagery on to the board along with the numbers. We had talked about getting some Chalk Board Markers (they are markers that work on Chalk Boards and erase) because they would look like paint and can easily be updated. Kylie was at the University and mentioned to her friend that she was working on the 10MWL at the School of Metaphysics and how we were going to get some chalk board markers, her friend mentioned that she had bought some a little while ago and wasn't going to use them. Her friend gave here a set of 4 new chalk board markers to donate to the school. \

We are loving our school branch more and more as we continue to experience our learning, ourselves, and divine friendship to greater degrees. Much thanks and love to everyone! •

Wiz on words

by Cassie Ambuehl



My first night on Vibrations staff and I am editing articles written by School of Metaphysics students that have over used commas left out punctuation changed tenses and even wrote run on sentences which are difficult to read and hard to perceive the images portrayed. I love adverbs conjoining verbs comma etiquette and even prepositions when they do not end sentences verbs are also fun but to be verbs are boring to read and put me to sleep when I am trying to read.

Greetings, Students! Whenever my teacher asked me to join Vibrations staff I was excited for the opportunity to serve our beloved school in this way. I established the purpose of activating my Dharma (which is cohesion, described as understanding how individual elements come together to create a whole), and believed that this experience would allow me to perceive the whole entity that is the School of Metaphysics, to understand each of our elements and their brilliance more fully.

As I am reading the articles submitted for Vibrations, I see a need for students to understand the importance of clarity. In understanding the Universal Truth As Above, So Below, I know that whenever something written appears unclear or messy, that process is happening in the student's mind. I desire for each student at the School of Metaphysics to be able to see clearly what they desire, what they have created, and what they will create for themselves. I know that as we refine our ability to communicate our images and experiences, we are also refining our ability to visualize, imagine, and manifest our desires. Therefore, I choose to share with all of you some points on conveying clear images to aid in your writing, as well as for creating in your life.

Each month in 2016 we will feature the best article from the previous month, and highlight the monthly "Word Wizard." This is your newsletter, your school, and your future. Please join us in creating a dynamic newsletter that aids in unifying our school. As our school becomes stronger, we are more influential in accelerating the evolution of humanity. Here is your activity.



Writing 101

- Commas are a beautiful linguistic tool to be used purposefully and intentionally. Please do not sprinkle commas, they taste worse than too much salt.
- Tenses stay the same in a concise and effective article (past, present or future).
- Perspectives should be consistent [write in first person (I), second person (you), or third person (Dr. Damian)] Choose one; it is not a buffet.
- Propositions do not end sentences, they begin phrases (with, at, for).
- "To Be" verbs are boring (am, is, are, was, were, be, being, been); please use colorful verbs; they are more fun to read and create a more productive image!



How PSI Counseling Changes Consciousness

by DEBBIE HUDSON August 25, 2015

My image of how Psi Counseling has changed my consciousness is heart centered. It is an image of light, love, healing and spirituality. I have gained understandings of listening, self-counseling and the Stargate.

My greatest change in consciousness has been in the ability to listen. I have learned how to still my own thoughts to allow another to be heard. When I truly listened I could reflect back another's words and that person knows that

he/she has been heard. I have learned that listening empowers another to reason and resolve within them selves without the listener ever having to say a word. I have also learned reflective listening where I draw out and feed back to another statements, key words or patterns that person said so he/she could reflect upon their thoughts and go deeper. I have a deeper understanding now of the power listening has to heal.

There has been a greater awareness of going deeper within myself through self - counseling. I have been able to express emotions that run very deep and move them all the way out to see them for what they are and recognize the learning. I have learned through dream incubation to explore and heal through my dream messages.

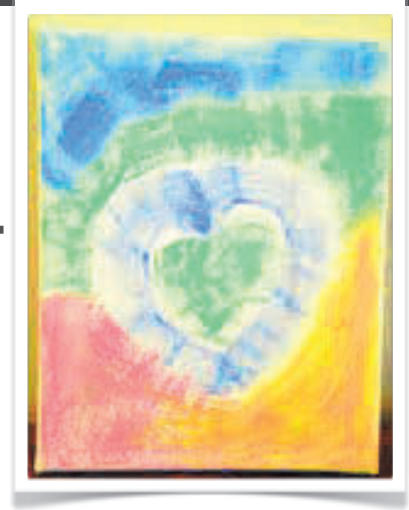
I have learned that to aid another in their healing process it has to start with me.

I now have a clearer picture of how the Stargate works. I have learned how to recognize and track my emotions to resolve conflict within my self. I have a better understanding of the polarities and how to move through them to become centered once again. This greater awareness serves to help me to aid others to understand their emotions.

I am now ready to explore my individual role in the ministry of healing. I am excited to explore the possibilities and see where they lead me. I have an interest in grief counseling and working with children and parents so I will see where that leads me.

I know that wherever this journey leads me, my consciousness will expand to serve and guide in the healing process.

A retired special education teacher, Debbie Hudson has taught dream interpretation to elementary students in the public school system with astonishing results. A certified Dreamschool Coach and Psi Counselor, Debbie has formally been studying the Universal Language of Mind and the science of Dream Interpretation since April of 2006. As a teacher of children, she found that interpreting drawings in the Universal Language of Mind opened lines of communication for a student with autism. As a teacher of adults (Maplewood SOM teacher and former branch director) Debbie has watched lives change when a dream's meaning comes to light. Debbie recognizes that we have only begun to scratch the surface of dream interpretation as a valuable, universal teaching tool for unlocking the mind's potential.



ON NEWSTANDS NOW

How about a
parent-child evening
at the YMCA?



on your way to
100+ STUDENTS ...
here's the boost for reaching
the next generation
in 2016!

DREAM SCRIPTS:

Your Dreams
Interpreted

By Dream Expert
Dr. Barbara Condron

LAUREN'S DREAM:**No Place Like Home**

I am on a beach that is from one island, but is on my home island. Then all of a sudden I am locked up in a six story building. I walk into an office that I've seen before but I don't recognize it. Then I flash into woods, and back again into the building. Out of nowhere I'm flying, then I land on a parking lot. There is a school bus there filled with kids. I see them but they are all shadows, and they don't notice me. When I try to open the door I flash back to the beach and I see my town on another island and the lights are glimmering on the ocean water. Shells are glowing, then I wake up.

~Lauren, age 15, Alaska

Dr. Barbara's dream consultation:

The setting of your dream tells you about your state of mind the day or two before the dream. In your dream, you move from the beach to a building to an office to the woods. This indicates your attention was moving quickly from one subject to another, and though you wanted to learn, you preferred a more tranquil and familiar frame of mind. This dream indicates that you have an ability to be calm and focused, even when life seems hectic. Try to bring this serenity into each part of your day, realizing that we are the ones who determine success or failure by how we view situations in our lives. Congratulations, Lauren, on the kind of thinking that produces this kind of dream!

BRIANA'S DREAM:**Mall Shopping with Mom**

I was shopping with my mom. We were in a large mall. It had three levels. The bottom level was shops, the middle was restaurants, and the third was for theaters. We were on the bottom level because mom wanted to buy me a new pair of boots. After we bought the boots, we were hungry so we rode the escalator to level 2. There was a big tree when you got off the escalator. It reached into the third level toward skylights. It was nighttime though, and the tree had lights all around it.

~Briana, age 15, Colorado

Dr. Barbara's dream consultation:

When it comes to meeting the world on its terms, you have an inner compass, Briana. Your sense of inner authority guides you in seeing the worth of yourself and others. It gives you the point of reference you need for using the knowledge available to you. Drawing on understandings from your own experiences is your secret to keeping your sights high. The setting for your dream is the large mall, so the day before your dream you were thinking about much more than you and the people you know locally. You were thinking about where you fit into the worldly scheme of things. From the imagery in your dream, you are meeting the challenge. Congratulations!

Have a question for Dr. Barbara about your dreams? Send your dream to dreams@BYOUMagazine.com and it may appear in a future issue or on our blog at BYOUMagazine.com/dreams

SOMETHING NEW....under the web!

Did you always have a still mind?

• Is the order of the essential life skills important? • How can I be better at lucid dreaming? • Are there a limited number of dharmas? • How can I heal myself of imagined afflictions? • What is Kundalini? • If you could ask the author ANY QUESTION ... what would it be?

Talk with the Author series - register early!

January 31st Sunday 5pm CT

STILL MIND, PRESENT MOMENT, OPEN HEART

with Dr. Daniel Condron

March 13th Sunday, 5pm CT

MASTER LIVING: 10 Essential Life Skills for Health, Prosperity, Success & Peace of Mind

with Dr. Barbara Condron

May 8th Sunday 5pm CDT

INTUITIVE DREAMING with Dr. Laurel Clark

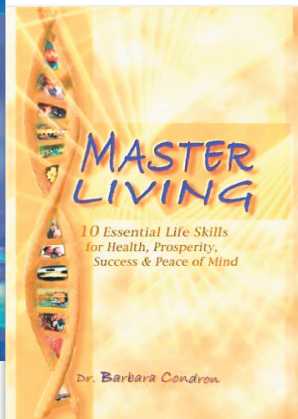
July Sunday 10th 5 pm CDT

DHARMA: Your Soul's Purpose with Dr. Laurel Clark

Sept 25th Sunday 5pm CDT

UNIVERSAL HEALING TRUTHS

with Dr. Daniel Condron



Healing
class directors meet in
THE VIRTUAL CLASSROOM
with Dr. Barbara Condron for
open discussion Sunday,
January 24 at 8:30 pm

November 6th Sunday 5 pm CT

KUNDALINI ENTRAINMENT:

Becoming a Healing Presence

with Dr. Barbara Condron

DREAMCATCHERS ONLINE

Dreamschool's Q&A moves to the second Saturday of the month... check it out and set up MeetUps for people to gather in your area!



New Opportunities To Give

By: Leah Morris

This month the College of Metaphysics students and faculty expanded sacred service into the community. I experienced many firsts, including making bread, Christmas caroling, and volunteering for Toys for Tots! I had no idea that we did so many wonderful things as college students!

What I appreciated most was the opportunity to experience our group consciousness in a setting outside of our normal environment. I didn't know that this was part of being a college student, and I was surprised and delighted to be part of it. Our hearts were radiant serving at Toys for Tots. Each of us were so happy to give with the children in mind. It was easy to see our influence reflected back with appreciation from the people we worked with. We got to assemble bikes, unpack boxes and boxes of toys, and organize them based on age.

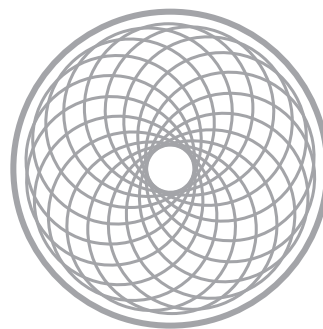


Jennifer, the organizer said that they had been collecting toys all year and she appreciated our help so much. Buffalo High School kids were there and they were genuinely intrigued about the School of Metaphysics. After the toys were prepared, parents walked through the room and reimbursed their credits. There was so much gratitude and appreciation. One woman I connected with told me she was a single mom with a 3-year old and 18-month twins! She said if it weren't for us, she would not have had a Christmas for her children. It was an honor to be part of a group providing relief and joy to parents in need in the Buffalo Community

The next week we made bread to deliver to friends of the School in Buffalo. It was so much fun! I learned how to knead without using my fingers and how to use my mind and body to infuse the activity with intention. This is one of my favorite things about being a College of Metaphysics student. I am building understandings in mindfulness and presence in my activities.

When we went into the nursing home I could feel their strong need for love and care. I learned that when the need is the strongest, I am most fulfilled in giving. As long as I can perceive a real need and respond, I am fulfilled. Each time we sang *Oh Holy Night*, and *Silent Night*, my heart opened and tears streamed down my face. I felt so connected to our group and to the people receiving. Giving love purely without condition is one of the most fulfilling things I have ever experienced.





The Keys of Life are the Universal Life Lessons

by Dr. Daniel Condon

8. Reasoning

Reasoning is a function of the conscious mind. Reasoning combines memory of the past, attention in the present moment, and imagination of the future. By the time the child has reached the age of seven, the child has stored enough memory to be able to reason with the brain. The School of Metaphysics teaches students to enhance the ability to reason by offering exercises in memory, imagination, and attention (concentration).

The student is also encouraged to increase reasoning by looking for the cause of everything in the life. The question, 'How did I cause that situation or circumstance?' moves the student into deeper and greater levels of reasoning in order to become the conscious creator of the life.

Reasoning is the power of the conscious mind. Reasoning is not the power of the subconscious mind nor is reasoning the power of the superconscious mind and beyond. In order to go beyond reasoning one must be willing to open the heart to love. Love goes beyond reasoning. Reasoning works with the pituitary. However, love functions in and through the heart which is the greatest resonator in the entire physical body. Reasoning is good and useful. Reasoning has built our western technological civilization. Reasoning without love leads to technology being misused for wars. The earnest student should not get stuck in reasoning. Instead the student should learn reasoning while going beyond to love, joy, bliss and enlightenment.

The buddha could debate with scholars, but that was not the function or mission of his life. His high destiny was to teach compassion, love and the middle path. •





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.

Dr. Sheila Benjamin - 86 Accolade When thought forms blossom, the joy of creation is felt. Infinite possibilities arise in a Creator's Mind. Now is a time for your moral compass to guide you. Now is a time for your moral compass to guide you. Physical choices are finite, it matters that you choose the right one.

Kerry Keller - 35 Love...It is a journey to be whole , Spirit flows through the mind. Virtue opens every door to love. This is the way it has always been. Love melts the pain of the lower heart, karma fulfilled in gratitude, forgiveness, and tolerance.

Cassie Ambuehl - 46 Clairaudiance... The Teacher counsels; commence all things in stillness. Through inner concentration attend the silence. It is there that the voice of the Inner Teacher is heard. The voice will guide your head and hands in the work of the heart.

COLLECTIVE VIBRATION

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.

National Calendar of Experiences 2016

January

8-10 General Assembly
15-17 Third Weekend Classes

February

6th Area Teachers Meeting
19-21 Third Weekend Classes / Dream Awareness Coordinator Weekend

March

18-19 Third Weekend Classes
26th Still Mind, Present Moment, Open Heart – Ft Worth

April

1-3 National Teachers Conference
15-17 Third Weekend Classes
29-31 National Dream Hotline

May

13-15 SFS – Spirit of the Healer
15-20 College Student Experience
20-22 All Student Weekend – Third Weekend

June

3-5 Vision Quest
17-19 SFS – Powers of Ten - Third Weekend Classes

July

15-17 Third Weekend Classes and Peace Ambassador Conference

August

6th Area teachers Meeting
19-21 Third Weekend Classes

September

9-11 SFS – Dharma Session
11-16 College Student Experience
16-18 All Student Weekend and Third Weekend Classes
24th Still Mind, Present Moment, Open Heart - Columbia

October

30-2 National Teachers Conference
14-16 Third Weekend Classes
28-30 Still Mind Weekend and Meditation Report

November

18-20 SFS - Kundalini Rising and Third Weekend Classes

December

3rd Teachers Meeting
16-18 Third Weekend Classes

January ... General Assembly 8 - 10

January ... Third Weekend 15 - 17

February... Area Teachers Meeting 6th

February ... Third Weekend 19 - 20

February ... Dream Awareness Coordinator Meeting 19 - 20



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