

*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. 01

Honors those that have graduated



Accepts the position of President Jan 2016



## INTERVIEW WITH THE PRESIDENT Dr. Christine Spetnjak

Welcomes all of the teachers in the School of Metaphysics at the National Teachers Conference, April 2016



Our School's National Board of Directors



Welcomes the Students to All Student Weekend in May, 2016

In our vibes interview with president Dr. Christine Spetnjak, we asked her what has taken place during her first year as president and how that might allow us to reach into the prospectives of 2017.

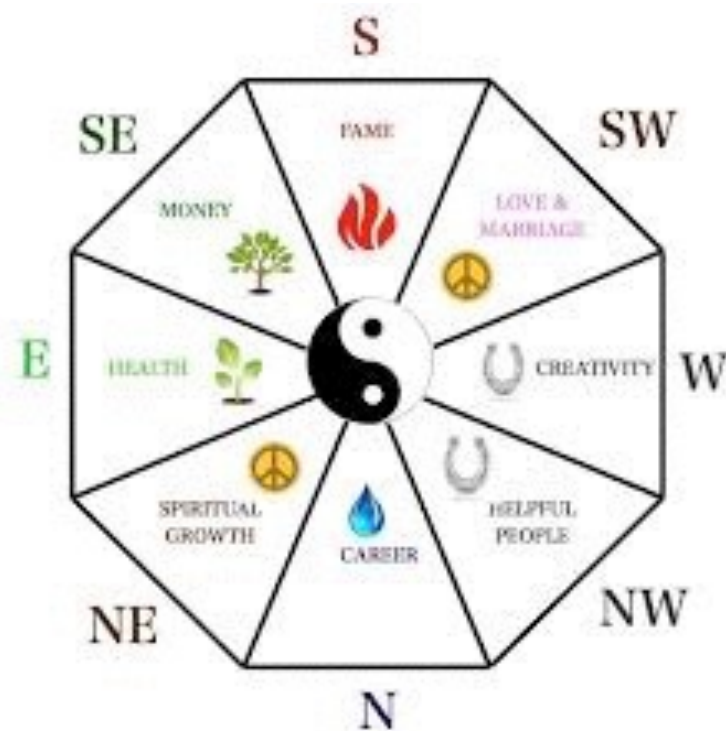
**Christine;** " the way that I see 2016 is really from my perspective. I started in the role of President at the beginning of the year. So really 2016 for me was kind of infancy and re-establishing or building a kind of infrastructure I think that we will better be able to capitalize on in 2017. What I mean by that is this. As you know 2017 is the 'year of liberty' and this is about freedom. I think that part of the misconception we all sometimes interpret, is that freedom is being freed into the inner mind. That is indeed one form of freedom we teach. The other form of freedom is being grounded in the physical world. Because you could be floating around in the inner levels of mind or, like in dreams, flying around and experiencing the sense of freedom. But you are not truly free unless you are grounded in something in the physical. I think that 2017 is going to be a lot about getting grounded and connected in the physical. It will look like, taking care of our buildings, that is one way of answering your question about people getting involved and what people can do that are actionable things in the world that connect the inner with the outer. And a lot of ways I think we have the inner that we need it is focusing somewhere externally so that we connect the inner with the outer better and have some stability in our lives.

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**Vibes:** Do you have at this point an idea to give us, maybe some more specifics other than maintaining the college and maintaining the branches so that they are more of an attracter field, but reaching out into the community so we can help the student.

**Christine:** That is another way that I think is important. Thank you for bringing that up. The focus not only on the school building and the stuff that I talked about but also extending ourselves out into the community and being more focused. It might just be my experience, however in my experience there hasn't been a big push on myself being in the community, engaging in the community in ways I know that we can. So what that might look like is for example, in feng shui, there are different areas of Bagua that we can set a goal perhaps to decide that each school will reach themselves out to each area of the Bagua and do lectures, workshops, invite them over for events things like that. So that might be a structured way that we can focus on the out reach that you asked about. I think that is important for 2017.



**Vibes :** That is a good structure to focus on. We have used it before when the School of Metaphysics were presenting Powers of Ten in the Community. We need to improve on our ability to be good ushers by reaching and going out into the community. By ushering in Spiritual Intuitive Man)

**Vibes:** Maybe the path that we use is students, teachers, directors, Doctors, doing more lectures, workshops even social media promotions that are more coordinated so that everybody feels a part of it. They might be individualized for each city depending on the needs of that city.

**Christine:** The Bagua is a pretty complete form that reaches all corners of a city.

**Vibes:** Since we teach Goal, Purpose and Activity do you have any way of translating at this point what you might say our goals are

that the school can accomplish?

**Christine:**

I think that if we set the goal where every single school has some kind of activity in each area of the Bagua throughout the course of the year, I think that will be an amazing goal to fulfill.

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February's theme is the Law of Relativity

***I am connected with all... My consciousness influences everything and every body... and everything. influences me.***







*Star Candles with the consciousness of  
"I LOVE YOU JUST BECAUSE YOU ARE!"*

## INDIANAPOLIS Love Consciousness

by the Indy Expression

How are you experiencing people in the environment you live in? Finding it a little toxic are you? Have you ever seen so many unconscious states of mind reacting to honor their own beliefs of what's right and what's wrong? Seems like everyone has an opinion and a platform to impose their, feelings!!! We are not feeling angry about it but thought we could have some fun in drawing peoples attention and changing some perspectives.

Here at the Indy Branch we have gone through being a little disturbed to laughing about what we could do, and so we came up with a beautiful solution!!! As a class fundraiser our goal was to introduce a product that unfolds conscious vibrations of 'love', that influences any mind, out of harmony with its environment. What a concept, to end emotional reactions and create a state of mind that evolves reasoning!!!

Well, the Wednesday and Tuesday classes were asked to partner in a creation project of our own desire. David shared his familiarity with making candles, and Jenn wanted to spread the word with 'T' Shirts. We are in our first phase, making candles that are infused with the consciousness of 'love'. More specifically, "I love you just because you are", consciousness. Just imagine!!! How many people will be changing their demeanors as they breathe in these candle scents and feel the loving vibrations when they purchase these candles!!! These candles have so much loving consciousness in them that you don't even have to burn them to be influenced. Just be in the presence of love!!!

There is a Universal Law of Believing & Knowing that has inspired us to harmonize our thoughts and efforts with love. We believe we can make a difference and cause people in our environments to become more aware about their positive levels of consciousness, their emotions and their ability to spread love, rather than their reactions. These candles are beautiful, functional and great reminders to love people just because they are. We believe our vision will be so prosperous that we can then place orders for 'T' Shirts that also say... "I love you just because you are". So regardless of one's reactive state of mind, we can show and surprise them with some love. We expect to be moving into 'knowing' we can cause people to join us in healing each other in one moment at a time.

## Dallas

### Strong Foundations

by Lesley West and Dr. Diana Kenney

Hi from Dr. Diana and Lesley West. In Dallas, we made many friends and new students at the Holistic Fair in Plano. 15 people signed up for the next class that Jamie is starting in January and we made more money in book sales, T-shirt and bracelet sales than it cost to have a table at the event. Great job Jamie! She set the intention for the weekend and never wavered in her vision.

Lesley started a new class. These four beautiful souls are now at Lesson 5. Welcome Brenda, Linda, Foxye and Marcus. Lesley is aware of a definite shift that occurred within her that aided her in starting this class. Lesley shares that:

I attempted to teach a class of Metaphysics a few times before however fear got in the way of me being able to attract students and hold them. I kept trying because my desire to aide people is stronger than my fear. When my desire to teach became stronger than my fear, I was able to receive a committed student who I taught to lesson 9. After some discussion with my director we decided to move her into a class with more students. Teaching lesson after lesson helped me build confidence. The result is that I am now teaching 4 students and have a desire to teach more!



We are welcoming the New Year with Tim, our Peace Ambassador receiving Peace Proclamations from various municipalities. We are also planning a New Year's Eve event where we have meditation, open mic and the reading of the peace covenant.

In light, love and gratitude, Dr. Diana and Lesley·

## Fort Worth

### Growing in Transition in Fort Worth

by Analena

Hello from Analena! I have been a student at the Fort Worth school for a year and a half. I have been given this wonderful opportunity to fill you in on the happenings of our school.

We are currently in a season of transition. We have decided to look for another building to hold the many students that we see coming to our school. Marissa Salas is leading the way for us to find our new space, along with Dr. Diana.

In order to aid in this transition we had several events that brought our students closer together in diverse and creative ways. Mariah Evette and Christi Markee's class, taught by Brynn, created a concert fundraiser. Two alumni, Joe Vee who plays the Harp, and Jordan Franz who sings and plays acoustic guitar beautifully donated their services. This was followed by a meditation. We raised a couple hundred dollars from this fun event!

We also had a SIR gathering where we listened to Past Life Crossing reports from Analiese Hill and Brynn Byrne. Brynn encouraged students and the public to obtain intuitive reports. This resulted in at least 8 reports being ordered. Brynn also sponsored an Ecstatic dance gathering at her Fort Worth yoga studio, Elemental Yoga, and donated the proceeds (about \$240) from the event to our school. The purpose of ecstatic dance is to bring the dancer to a place of stillness and to open channels of creativity. Christi Markee, an energy healer, donated the proceeds of her energy healing services for the month of November, resulting in another \$180 being received. (As a side note, she promptly received a 10 – fold return, receiving approximately \$1,800!)

We earned approximately \$1,800 from the sale of items that were in the school and which we did not want to put into storage. The month of October provided many beautiful bonding experiences for all of us.

We are now holding the three Monday classes in the beautiful home of one of our students, Marie Hoffman. I have been hosting the Wednesday night class at my home. Mukesh will soon begin teaching one of the classes that is presently meeting on Monday at Marie's home. This class will move to Wednesdays. So we will have two classes on Wednesday night and will meet at the home of student Liz Dansby.

Light and love to you, Analena ·

## Chicago

by Emily Knox

### Individuality is best fulfilled in Unity

As we prepare ourselves to receive knowing within ourselves this Christmas season, I am reminded of the truth, individuality is best fulfilled through unity. This is a belief that I have held as a student, and I now see it unfold more and more through directing a school branch. Through studying, applying, teaching, and directing in the School of Metaphysics, I have built a level of trust that has allowed me to release the thought that “I need to be in control for things to work.” This false belief has been transformed through experience in which I have come to know, in a deeper sense, that as individuals express their Self in creation they align with the ideal, and everything becomes much more expansive and love-filled.

I have had the pleasure of experiencing individuals express themselves this past week. On Wednesday night the students of the school each drew a project from the bowl. Each project involved decorating the school branch to prepare for our upcoming event. Each student had a partner in which they created



together. We decorated the outside with lights, the inside with lights, the tree with lights and ornaments, we decorated our refrigerator, and bulletin board. The vision

was to create together and express the Self in any way they choose. Typically, in these situations, I like to describe how I want things to be so that people feel secure in how they do something, however this time was different. I let everyone be and we all worked together to create a beautiful, light-filled creation founded in expression and love! I saw so much creativity, uniqueness, genuine enjoyment, and lots of love.

I am continually learning and it is a desire of mine for others to see their unique light in the creation. •

## Palatine

by Zack Busch

So there I was, it was a cold autumn day. I just picked up my favorite pumpkin coffee. Things were good. I was out getting donations for an upcoming class fundraiser. I was having a bit of success, receiving them but for the past hour or so I was having no-luck. “Sorry! We’re corporate” or “Oh no, we don’t do that.” I was feeling a bit drained, hence the stoppage for the coffee. After my coffee was secure in my hand, I started to have wavering thoughts on this whole, “Donation thing.” Do I really want to keep doing this? Maybe I can just quit now, and snuggle under a blanket with my coffee and a good movie. Then the deliberation kicked in, “No Zack!, you said you would do this until 4pm and it’s only 3:30pm, you can’t give up on yourself.” Back and forth, back and forth. Until, I finally made a decision. I am going to stop at this Panda Express and if I get denied again, I quit!

I park in the lot and did a few deep breaths and centered myself, visualizing it going smoothly. Then I walk in, and go up to the counter, filled with light, and give the spiel, “Hello my name is Zack and I am with The School of Metaphysics, we are a 501(c)(3) not-for-profit organization and we are having a fundraiser...” Before I could even finish the spiel, the lady reaches across the counter with this freshly wrapped gift basket and hands it over to me,

“here ya go.”

I stood in shock and disbelief, “that’s it.”

“Uh, huh. Have a great fundraiser.”

I walked out feeling on top of the world. I was so inspired that I stopped at a few other places and secured some donations before calling it quits at 4pm, just like the original thought.

I learned a lot about believing and knowing that day. I can remember when my teacher, Brain Kraichley told us about how the mind worked and how when we feel like we want to quit or give up, it means that we are close to our goal. When he initially said it, it rang true to me but I didn’t have experience with it because I would usually just give up. I can remember his words echoing in my head before I made my stop at Panda Express. Since that experience, I have applied the same learning to other areas of my life, most notably a new class. I was going to give up and not send an email, but I decided last minute that I should, and because of it a student came. It’s the whole thing about not quitting when digging for Gold because you probably are only 3 feet away. Perseverance is another way of putting it and I am thankful to be a knower of it now. •



## Columbia SOM

### Adventures in Urbana—A Perfect Weekend!

by Doug Bannister, Josh Stevens and editor, Lisa Montgomery

**Closing the Urbana school and selling the building became a rich learning laboratory in which all involved learned about responding to the call.**

**SOM president, Dr. Christine Spretnjak, met with an Urbana realtor on the Monday before Thanksgiving. He pointed out that the current condition would limit the asking price, and therefore the sale would not yield the desired return. Columbia SOM director Doug Bannister and Dr. Spretnjak saw this as an opportunity for the School of Metaphysics, the students and teachers collectively and individually, to practice attention and response. They put out the call for help implementing the realtor's suggestions on the Saturday following Thanksgiving.**

**By Josh Stevens**

**"I am a student in the Columbia branch studying (L7). I was looking for adventure, curious to see what exciting opportunity would present itself for me and his my children, Katherine and Samuel, ages ten and eight. I found my longed-for adventure when the Doug proposed that we go to Urbana for a work project,**

**Doug Bannister, my the children and I left Columbia in a pick up truck, towing a trailer. The five-hour drive went well with minimal stops and deep conversation covering a variety of topics. I was glad to have the luxury of so much time with Doug and was happy my kids could listen in on so many meaningful conversations. I have been sharing the SOM teachings with my children all along. The car time during which Doug echoed much of what I had already shared with the kids helped them understand more deeply the relevance of what I am learning.**

**After a long drive, we arrived in Urbana "kinda late and kinda tired." We dropped the trailer and unloaded our bedding, headed to the local grocer to stock up, and then ate a delicious dinner at a local Chinese restaurant. In conducting a search for local Asian restaurants, Doug found one that was rated highly on the quality of food and low on service. The pair of metaphysicians decided to imagine great food and great service. Their thoughts manifested, and they were served by an exceedingly kind and attentive server!**



**We returned to the school to discuss details of the workload for Saturday. The house needed to be emptied and readied for the seller's market. The kitchen and floors needed cleaning, walls needed painting, and squirrel holes needed patching in the attic. Everyone actively imagined the building looking attractive, fresh and appealing.**

The work weekend turned out to be perfect, as the clean-up crew grew to include Hezekiah Condon, Dr. Karen Mosby and Dr. Daniel Condon from SOM headquarters, and Jorge Candalera from Bollingbrook. In the end, we accomplished even more than what we set out to do. It was an expansive and fulfilling adventure.

By Doug Bannister

"Each participant very intentionally formed the Ideal and Purpose. All were dedicated to work as long as needed to reach their goals that day. This attention to commitment served us well, especially towards late afternoon. The group jelled into an efficient and joyful cleaning and painting crew. Dr. Karen worked her kitchen magic with the refrigerator, stove and cabinets, making them all look (nearly) new; Kie (Hezekiah) tackled the basement, sweeping and hauling heavy items up and out with Josh and stapling up fiberglass insulation. Josh and Jorge were a dynamic and rhythmic painting duo, moving tirelessly from one room to another. What began as an intention to paint two walls eventually turned into sixteen freshly painted walls of varying sizes and with patching each wall prior to the painting. Jorge worked the roller brush while Josh handled all the edging. It was a golden opportunity to practice concentration. Josh enjoyed the work and appreciated the chance to get to know Jorge.

Josh also helped Doug plug holes in the attic to block the squirrels while little Sam went around the roof and removed patches of moss that were collecting sun. Dr. Daniel counseled and interpreted dreams, scraped, dusted, and pulled nails from the walls so the patching could be done. Meanwhile, the children, Katherine and Sam, vacuumed the entire second floor as well as joyfully competing other helpful tasks. Everyone worked with intention and each with a glad heart."

The respondents celebrated a productive day with a wonderful meal at a nearby Mexican restaurant, reminding themselves that, "We accomplish great things when we share a common thought form and cooperate to bring it about."

On Sunday morning, after packing up and doing some minor cleaning, everyone was on the road well before the anticipated departure time. The group acknowledged their good work and claimed a Ten-Fold Return for giving for the goodness of all concerned. Josh says that it was a great experience to serve. He deepened his understanding that intention and imagination, teamed with will, does bring about the desired result. The fellowship, the teamwork, the unexpected moments, the challenges, the lessons and rewards led Doug to say, as our esteemed SOM president has often said, "It was all perfect."





## Tulsa



SOM in Tulsa is thriving thanks to the tender loving care we have received from both Christine Spretnjak and Brian Hoover. The past several months have been filled with excitement! Our student base has grown to 15 students over the past several months and we now have 4 teachers at the school (Christine, Brian, Mandie, and Amy Campbell)! The Tulsa branch held their first All Student Meeting on October 9th where we placed our attention on filling much needed lab positions within the school. Nearly all have been filled thanks to the excitement and dedication from our students.

So, let me introduce myself! My name is Mandie Renner. I am a second time-Christine and 5 others class mates. I am

cycle 1 student studying with

thrilled to be filling this lab position as I enjoy expressing myself through writing. My purpose for taking on this responsibility is to integrate my own learnings, applying them in a way that draws out deeper understandings and connection with others.

I am pleased to share with you about the exciting events which have occurred in November here in Tulsa and several we have to look forward to in December! Alex Vann hosted his first SIRS meeting on November 20th. Corbin Marcotte completed a Visualization short course. Monday meditations continue to be well attended and are offered weekly and hosted by Brian. And lastly, a successful class project was held November 12th which offered mini lectures on concentration given by Amy and Crystal W, visualization given by Holly and Susan, and dreams given by Maria and Mandie.

In December, Alex will also be leading a short course on visualization. His ideal for the upcoming class is to "learn more about how other people see the world and third place in it". Additionally, a class project by Wendy Vann, Alex and Cindy Columbia will be held on December 7th at the School of Metaphysics in Tulsa. The class has prepared holiday gifts for sale and will be hosting the weekly Dream webinar. The classes ideal for the project is to "create within ourselves comfort with sharing our newfound knowledge". And finally, our school will be receiving much love and attention on the weekend of December 10th for

## Kansas City

### When the student is ready, the teacher appears.

by Phillip Hernandez

My journey to find my spirituality began in a way that is not uncommon, through some perceived tragedies and hardships. I was in a place of the unknown, not sure of my direction, or if I even wanted a direction to move in. In that place, I did manage to have one experience which led me to desire Self-improvement. I did not necessarily know how I was going to make that happen, but at the time I just focused on the positives, and the good that I already had in my life. That is when I started to tune in to what my heart desired, and one night, it turned out that my heart desired to go to street fair with my sister, and the rest is history.

By history I mean that I ran into a table at this fair, where they advertised "free dream interpretation". Interestingly enough I had been having some extremely vivid dreams in the weeks leading up to that encounter, however that night I could not seem to recollect any from my memory. I took some of the school's information regardless, and shared a great conversation with my soon to be teacher: Kate.

A month later, that same street fair, called "First Fridays" here in Kansas City, I set out to find that same table, this time with a dream to be interpreted. Upon finding the group, I had another amazing conversation with the people who were present, and that led to me signing up for classes which I knew the Universe was guiding me to do.

Now I am a student in my fourth week of classes, I am seeing more and more that the structure of the school is extremely conducive to personal growth, and I feel that I am learning and growing each week. I am blessed to have a class that is full of diverse people, with a compassionate and understanding teacher. The environment that is provided at the School of Metaphysics has encouraged me to look more and more deeply within myself, so that I may see the true causes behind the happenings in my life.

I am also learning about the Universal Laws. I am focusing a lot of my attention on the Universal Law of Believing and Knowing. I am taught that applying this law will allow me to see for myself how my beliefs can turn into a reality and into a sense of knowing. This is what it means to be a creator and use my mind to create on purpose, with purpose and with my beliefs as seed ideas. I now see how me finding the School of Metaphysics is a result of my application of this specific Universal Law. I held a strong belief that there must be something more that I can study and pursue in my life, that there must be a place where I can meet like-minded people and receive guidance from. And now I know that such a place exists!

The exercises we have been assigned thus far have also grown my self-discipline and resolve to continued expansion. I will admit that sometimes it is difficult to keep my head in a place of attentive awareness, but I have learned also that each stage of growth is necessary (no matter how frustrating it can be in that moment).

All in all I am very happy to be a part of this community which shows us that all we need to be our best is within. I am excited to see what I will bring into my future, but for now, I know that this is where I am meant to be. •

## Maplewood

### Expanding from Believing to Knowing

by Ellen Moeller

The Universal Law of Believing and Knowing is one that is expressed through experience, which provides a means to grow from belief in the truth of something to knowing it is true. One of many ways the School of Metaphysics students have to recognize how this Law works in their lives is through class expansion projects.

Danny Hallam shared an experience he had with his first cycle class' dinner party expansion project. The image Danny had in mind for the project was twenty people in the main level of the Maplewood branch, all of them talking, laughing, cooking together with his class, infusing the meal with their positivity and well wishes, and eating the meal together.

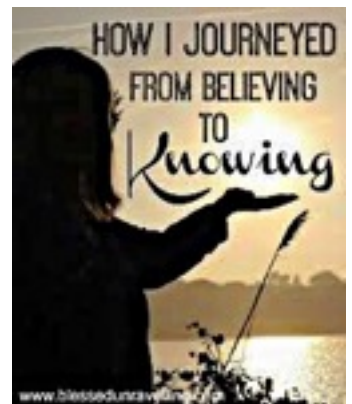


However, the night before the event, five of the twenty tickets had yet to be sold. Danny could have let himself be disappointed that the full plan for the dinner party didn't seem to be within reach, but instead he was able to check himself and recall the Universal Law of Infinity, which suggests that possibilities are infinite. He placed his trust in the power of visualization and held in his mind a clear, detailed image of what his class wanted to create. Danny continued to center his attention on the ideal turnout for the evening, knowing that the Universal Law of Attraction allows attention to go where energy flows.

Sure enough, they were able to sell the remaining five tickets just as the dinner party began. They met their goal of twenty attendees, and the expansion project was a success.

Considering this in the context of the Universal Law of Believing and Knowing, Danny says that as he was brought from believing he could focus his imagination to manifest desires, to knowing the importance of visualization as a tool for creation, as well as being confident in his ability to use his mind power.

We at Maplewood hope that every School of Metaphysics students will be able to consciously experience the Universal Law of Believing and Knowing through class expansion projects. •



## What's Up with FRUIT DAY??

### It is the Spirit of the Law.

I had a wonderful exchange with students at the Springfield school concerning some reactions to the recent "change" in the way we assign Fruit Day. Brian, who is studying astral projection, said, "what's up with that?" meaning why would second cycle students have a difficult time adjusting to change. Jeremy, a new teacher, nearing L20, was present, as was a student who had just received fruit day a few weeks earlier.

Well, I LOVE enthusing Spirit into the mental disciplines we teach, so when the youngest student asked, "Is it okay to drink herbal tea?" my whole Mind lit up!

"It's not really about herbal tea," I replied. "It's about your body being a temple. The discipline is choosing what you will bring to your temple; how you respect it, clean it, tend it. Fruit Day is about making the body a worthy place for the Mind to inhabit

" Every major religion, including indigenous ones, hold to the idea of fasting, and for universal reasons. We, at SOM do not

## The New Maitreya

by Barbara O'Guinn

### How MASTER STUDENTS make MASTER TEACHERS

are aware of the benefits. What we do assign students is to CHOOSE what they will put into their bodies on the day they come to class to study these teachings. We recommend that choice be fruits/vegetables and water. Yes, there are medicinal benefits you can research online, and I encourage you to do so. The deeper reason for fruits/vegetables is the interaction with the life force flowing through the root races. Fruit Day is a personal experience of the root races that comes from a student's enlightened choices."

The youngest student (though the oldest in chronological age) said, "Wow, that's a whole different way of looking at Fruit Day!" Jeremy's eyes grew big as did his smile. And Brian hugged me and said, "Dr. Barbara, I glad you're who you are and I'm glad you're here."

Me, too. Hope this helps us all to realize the heights from which these ancient teachings spring.

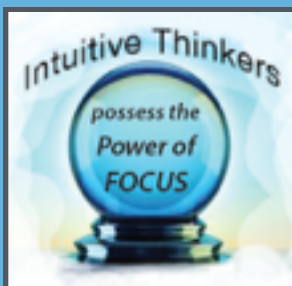
Om mani padme hum  
May peace be with us all ways.

May peace be with us all ways.

### 3 INTUITIVE THINKERS see a bigger picture.

Focusing undivided attention upon a single goal opens the mind to many possibilities. This single point entrains an individual's consciousness to the universal where a bigger picture can take form. This Creative Mind Analysis describes how choice is the key to mind expansion.

*This one is strong in the capacity for vision. We see that this one can see alternatives and can see many opportunities that could be chosen.... The capacity then for this one to sustain the entrainment, the line of attention, choosing from many possibilities that this one can perceive, choosing to unite several of these or to choose one that will be worthy of developing, is the core of this one's creative mind and success in using it.*



*This one does have creative ability. This one does have creative skill. This one does have the capacity to create... The isolation of cause, the development of cause, the creation of cause is essential in this one being able to use the creative mind to a fuller extent. This then will give this one the focal point needed to be able to consider other ideas without becoming distracted by them.*

*To determine that which will fulfill the ideal that is chosen and to act upon it, to cause it to be made manifest. Rather than to remain in an intellectual form that is never brought to life.*

—from the soon to be released book...

**The Akashic Field of Relativity:  
How INTUITIVE are YOU?**



# Twin Verses from The Taraka Yoga of Kuan Yin

by Barbara O'Guinn Condron

*deer & arrow*



Values change in the temporal world.  
Sometimes what you desire is drawn to you.  
Sometimes you must push.  
All times your desire remains steady, unwavering.  
Learn this skill from one who knows how.

Desire  
11

√11

The **Vedas** speak of Purushartha, the purpose of the soul, being fulfilled through four distinct desires. The first of these is dharma, the desire to become who you are meant to be, to fulfill your destiny. The second is artha, the desire for the means be it money, security, health to help you fulfill your dharma. The third desire is kama, the longing for pleasure in any and all forms. The fourth is moksha, the desire for spiritual realization and ultimate freedom. Your soul uses these desires to fulfill its unique potential. Learning to honor all four allows you to thrive at every level and leads you to a complete and balanced life. From the viewpoint of the Vedas, when all four desires are pursued mindfully they pave the way for your soul to express itself on Earth.

√12

Choice is a response to desire. The Vedas speak of sankalpa, the power of resolution or intention.

Sankalpa is the compound of two Sanskrit words: kalpa, which means "a way of proceeding" or, more revealingly, "the rule to be observed above or before any other rule," and san, which refers to a concept or idea formed in the heart. Thus, sankalpa means determination or will: an intention, a conviction, a vow, or most commonly, a resolution—one that reflects your highest aspirations. In practical terms, a sankalpa is a declarative statement, resolution, or intention in which you vow or commit to fulfill a specific goal.

As the Buddha taught, "The mind is everything. What you think, you become."

12  
Choice

The honest know both the authentic and imitation.  
When challenges arise, embark upon conscious thinking  
in the outer and inner mind  
Such a choice is its own blessing, revealing when you have been.  
Your wisdom realized, your discerning heart opens the door.



*mountain*

## THE CHALLENGE

During the recent **KUNDALINI INTENSIVE** held in November, students/teachers self-evaluated their mastery concerning seven major areas of development SOM teaches. On a scale of 0-10, with 0 being “yet to begin” and 10 being “mastery”, the answers revealed attendees progress in practicing the mental/spiritual disciplines all students are taught at the School of Metaphysics. How this happens was brought to light by the day’s teacher, Dr. Barbara Condrón.

Worth noting is that the highest Self evaluation response, *as a group*, is **KINDNESS**.

“From a student’s perspective, this indicates the greatest asset is the willingness to look within,” said Dr. Barbara. “The capacity for Self respect draws the attention inward and the scores indicate most of the 32 students know where to find the kingdom of heaven. This is the cornerstone of Self awareness.”

What was the lowest Self evaluation as a group?

**HUMILITY.**

Not to worry. Dr. Barbara says, “The discipline that keeps that conscious ego in line is the art and science of interpreting dreams. Where the conscious mind can mislead and lie, the subconscious mind only speaks truth.”

To strengthen your humility, make it a point to attend the Wednesday webinars to enhance your skills.



**FOR  
TEACHERS ONLY**  
6-6:20 pm every Wednesday  
Teachers Guide Training

THE  
ANSWER

## DREAMS ONLINE !

EVERY WEDNESDAY  
6:30 - 7:30 PM



1st Wednesday **TALK WITH THE AUTHOR** ... Dr. Laurel Clark, IASD president, author of **INTUITIVE DREAMING**.  
2nd Wednesday **THE DOCTOR IS IN** ... Dr. Christine Spretnjak, SOM president  
3rd Wednesday **IN THE NEWS** ... Dr. Barbara Condrón, weekly host & [dreamschool.org](http://dreamschool.org) founder  
4th Wednesday **MEET THE COACHES** ... guest dreamschool coaches

**Sign up at [dreamschool.org](http://dreamschool.org) Δ Share the link**

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Christmas  
5-6:30 pm CT

**Christ's Star**



Make  
some  
history.....

Enter your first dream of the New Year  
in our Global Lucid Dreaming Experiment

**December 31st, 2016**

<http://dreamschool.org/about-glide/>



**January 16th**

**Monday @ 8-10 pm CT**

**Is  
THE CHANGE OF LIFE**

an online webinar about the beginning and  
end of a Kundalini Cycle  
with Dr. Barbara O'Guinn Condron

Register now at [som.org](http://som.org)  
to take your quiz. Learn what your responses



## Joe Pecaut's Story

### The SOM Invitation of Peace again influences H.S. Students in Saint Louis

by Kerry Keller

Joe and Linda Pecaut, together with Terrance Bellows of the Maplewood Branch, have furthered our teaching of "PEACE" at the Catholic Archdiocese in Saint Louis, through the Cardinal Ritter College Preparatory High School. Joe shared his experiences with us by describing how he initiated a multiple high school student leaders workshop called: "Community, Culture and Inclusion". This was an open discussion to start a dialogue about unity in our schools.

The Cardinal Ritter Campus Minister, Juanita Blacksheir together with Joe invited 8 high school leaders from eight area Catholic schools to talk to each other about encompassing tough times in today's world. They sought a group of student leaders that represented different races, genders, and economic status to talk about subjects where peace of mind could and should prevail, but is not always considered.

Joe shared, that our three School of Metaphysics representatives, he ; Linda and Terrance gave a short intro of the 'Invitation' play to create a basis for conversations and discussions by all students that day. Linda represented Betty Williams and Terrance represented Martin Luther King, both former Noble Peace Prize winners, and their views about peace. From this introduction the student leaders were given a Universal Peace Covenant and then instructed to have an open discussion at each table, revealing their answers to the questions they were given about today's social cultures.

Those student leaders all listened with out judgement and their responses all day were positive and excitement to receive perspectives of others they have never experienced before. At the end of the day each student leader was asked to take what they learned to their schools to see what they could do to create more awakened perspectives, knowledge and a collective peace of mind. Joe shared also that the Peace and Justice Center for the Catholic Diocese of Saint Louis wants to continue with more of these, 'Inclusion Days' in all schools.

Thank you, Joe, Linda and Terrance!!!!!!



We are sharing these questions with all our school branches, teachers and students. What Joe has initiated here is the opportunity for our School of Metaphysics branches to improvise and possibly utilize these questions for lectures, presentations, and peace building workshops in our own communities. Visualize large groups of people filling up your schools for workshops you lead there. Reach out to other organizations, churches, civics groups or non-profits where adults support high school teachers and students betterment programs to share your expertise on causing a collective peace of mind

**Group A**

1. If we are a Catholic institution and in the forefront of pro-life, so shouldn't all life matter?
2. If you have a friend or family member who is a first responder, how does that affect how you view the current tension in America?
3. Is there such a thing as "Black Privilege?" and is there such a thing as "White Privilege?"
4. What is "Black Lives Matter?" (your thoughts?)
5. Is society losing control of itself? (are demands placed on society that are vast and change so quickly that society can't keep up with the changes that are needed?)
6. Is the world "whitewashed"? Explain
7. Is violence against women accepted in America?
8. Who would you be if the world never gave you a label?

**GROUP B**

9. If we are a Catholic institution and in the forefront of pro-life, so shouldn't all life matter?
10. Have you ever been pulled over by a police officer? What was the experience like? Do you believe you would have been treated differently if you were a different gender or culture?
11. Were you taught to fear another culture? If so, By whom?
12. Do you feel this society in America treats all people equally?
13. Is there a sexual double standard in America?
14. Is society losing control of itself? (are demands placed on society that are vast and change so quickly that society can't keep up with the changes that are needed?)
15. In your opinion, what do you think "making America great again" means?
16. Who would you be if the world never gave you a label?

**GROUP C**

17. If we are a Catholic institution and in the forefront of pro-life, so shouldn't all life matter?
18. Do you still believe that there is racism in America?
19. What are your thoughts on police brutality toward minorities?
20. Do you think that senator Clinton's gender was an issue in this presidential race?
21. If given an opportunity, would you want to be me? Why? Why not?
22. Besides musical and athletic ability or other usual norms, what do you find

#### GROUP D

26. If we are a Catholic institution and in the forefront of pro-life, so shouldn't all life matter?
27. Does America embrace violence through sports?
28. Are professional athletes entitled and judged by different standards than others?
29. What is the purpose of protest?
30. What is the proper way to protest, especially nonviolently?
31. How do we distinguish the difference between policies and the persons enforcing the policies?
32. Racially, are we going backwards?
33. Is society losing control of itself? (are demands placed on society that are vast and change so quickly that society can't keep up with the changes that are needed?)
34. What are your thoughts on cultural appropriation? Do you find it acceptable? Why or why not?
35. Who would you be if the world never gave you a label?

#### GROUP E

36. If we are a Catholic institution and in the forefront of pro-life, so shouldn't all life matter?
37. Have we lost respect for people in authority (i.e. police, teachers, government, etc.) and who dictates what is authority?
38. Since Mrs. Clinton was not elected, how does this affect the women's movement and the glass ceiling in particular.
39. Has Affirmative Action turned into Entitlement?
40. Is my belief that life is all about me? When do I need to start being concerned about "we?" (others)
41. What is our reaction to the Native Americans who are trying to stop the pipeline going through their land.
42. Is society losing control of itself? (are demands placed on society that are vast and change so quickly that society can't keep up with the changes that are needed?)
43. Who would you be if the world never gave you a label?





## College of Metaphysics

by Tim Gagnon

### Holiday Cheer

This Christmas season the College of Metaphysics gave to the community by taking part in the "Toys for Tots" Christmas drive. Toys were donated generously from the community to provide for families in need. We began on Monday, organizing all the presents which were packed in boxes. We spread them out according to gender, age group and color coding to enable us to distribute the presents efficiently. On the morning of Wednesday, December 14, 2016, we gathered once again to receive our guests with open arms. Joy filled the air as we welcomed each new wave of people with "Merry Christmas!" and everyone began to beam with smiles of gratitude and appreciation for each other. It seemed such a strange experience to feel such fantastic emotions giving to others that which did not even belong to me. Perhaps it is the act which awakens us, and not the gift at all. Whatever may be said, this Christmas has been a memory that I will continue to remember for ages to come.

### CALENDAR 2017

#### January

January 6-8, 2017 General Assembly  
January 20-22, 2017 3rd Weekend  
January 27-29, 2017 Atlantis Spiritual Focus Session

#### February

February 4, 2017 Area Teacher's Meeting  
February 17-19, 2017 3rd Weekend/Conductor Class

#### March

March 31-April 2, 2017 National Teachers Meeting

#### 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

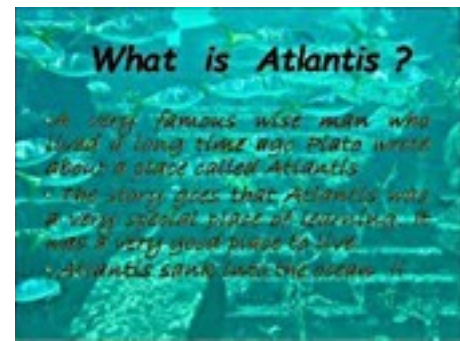
August 5, 2017 Area Teachers Meeting

#### 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®





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.

The Collective: 62 Atman: To be awake means to dream day and night in the presence of the first dreamer. This clear light is carried in every cell. Buddha, Chris, Laos tzu, Quetzalcoatl, Mahavra. Incomparable richness awaits the one who knows how to dream.

Dr. Sheila Benjamin... 94 The Unified Field... The inner Teacher initiates free of intent, How can this be? Beyond the cravings that disturb mind and body vibratory creation heals in singular consciousness. Abide the calm breath in the core of your Being to carry it through.

Kerry Keller... 30 Ambition... Be still when you receive your destiny. Be the witness as the heat of desire takes rise. The inner Self supplies, refrain from selfish action, less conscious desire overpower our senses.



## Theme for the Year of 2017

### 2017- the year of Liberty

by Dr. Daniel Condon

The year 2017 marks the beginning of the 7 year cycle that began with the end of the Mayan Calendar. December 21, 2012 to December 21, 2016 is four years. In this the second half of the seven year cycle, the new higher energies become more manifest on planet Earth.

The numbers  $2 + 0 + 1 + 7 = 10$ . Ten is a number indicating one who has completed the cycle of learning symbolized by the numbers 1-9. 0 shows the power of high consciousness that comes from understanding - permanent understanding. This power, this understanding gives us "Moksha", an indian sanskrit word meaning, "liberation". This is the year to achieve liberation of one's consciousness by liberating one's thoughts of limitations, restrictions, habits and attachments. My heart felt open, Love to all•



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