

*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

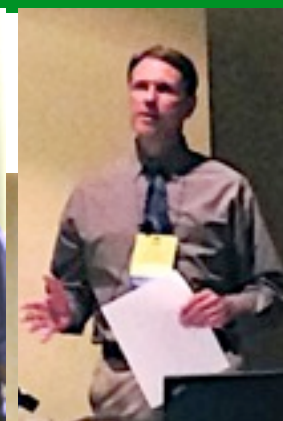
Vol. 44, No. 07



## 66 The Mind

Future firestorms disturb the dedicated will.  
Disciplining aspects of Self make one a creator.  
Waters of pure consciousness feed the Inner Fire.  
Temporary creations have their moment, then time moves on.

The Taraka Yoga of Kuan Yin by Gael O'Guinn



## IASD 2014 Berkeley, CA



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" to receive the verse that is designed for each of us individually. The front cover reflects our collective vibration. Here are the numbers we received.

Love and Light from your Vibrations Staff.

### 98 Wavelengths

"Your attention can be whole and complete when willfulness commands. Temper your mind in service to the whole Self. Train the mind in noble ways and it changes the brain. Epsilon, Alpha, beta, delta, theta, gamma, lambda harmonize in Schumann's wave." - Dr. Sheila Benjamin, Springfield and Chief Editor of *Vibrations*

In creating this edition of vibes I have aligned my vibration with the verse 'DUTY' on page sixteen. It is an extension of what I have been learning about myself during the past two weeks. It states, "Sorrow and anger no longer veil who I am. Unconsciousness no longer shapes my creation. All hold their value in their time and place. Full of wonder, the duty-bound is understood." I understand this is all about my working hands putting purpose into action. - Kerry Keller, Indianapolis Director

I have been learning a lot about expression and creating ideas with the highest purpose in mind. My Kuan Yin number was 84 and the word associated with it is "The Proof." The words given are "Identify with the workings of Universal Law. Harmonize them, gratefully receiving what they reveal. Allow their Truth to sober your aspirations so your creations are made by Light, in Light worthy of a Creator." This continued to resonate with me throughout the weekend and I am learning how to create with humility for the good of all concerned. - Michael Dardanes, Springfield Director and Assistant Editor of *Vibrations*

Marie Zubinski is also on the Vibration Staff. Marie we missed you. Looking forward to creating with you next month.

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## May 2014 Dream Webinar Attendance

Attending dream webinars gives additional opportunities for students to pursue Dream Coach certification and a place for current Dream Coaches to renew their certification. Attending 12 dream webinars fulfills these requirements.

Each month, we will be posting attendance records at dream webinars by school center based upon the records we have received. Let's see our attendance increase each month by more student participation and records being turned in! **Directors: Please send in your students' webinar attendance to [dreams@dreamschool.org](mailto:dreams@dreamschool.org) so that your students receive credit towards their certification.**

If you would like to share your story of how the dream webinars have aided your studies, we are accepting submissions! Your story or quotes may be chosen to help let all students know about these wonderful opportunities to deepen understanding of dreams and their application. Send your stories to [dreams@dreamschool.org](mailto:dreams@dreamschool.org) with **ATTN: Matt - Webinar Story** in the subject line.

If your students are not able to attend your webinar gatherings at the school, they may still participate wherever they are. **Please forward the webinar links to all your students** so they may benefit.

### May 2014 Dream Webinar Attendance

School Branch	Number of reported attendees
Bolingbrook	13
Chicago	12
Cincinnati	1
Columbia	16
Dallas	2
Des Moines	4
Ft. Worth	1
Maplewood	18
Palatine	16
Springfield	4
Urbana	4

Dream Catchers Online Q & A's at the beginning of each month are free and open to the public, so these links can be forwarded to everyone.



Dreamschool Virtual Classrooms are open for Dreamschool Scholars and SOM students. Only forward these links to



## Bolingbrook

### Happenings

by Frank Dillingham

Final thoughts about Dream Awareness weekend: We received over 60 calls for dream interpretation. We set a higher goal, but in the end we were available to aid humanity. People now realize they are more than just a human body, and there are like minded people who share the same ideal regarding dreams and are here to help. We now realized this fact; aiding humanity is bigger than any goal we set. The weekend brought our branch closer together. Students stepped in and assisted where they were strong and observed in the places where they weren't. This combination enabled the school to have someone available for dream interpretation and function as a school with various weekend activities. The Bolingbrook branch was privileged to have Dr. Laurel Clark present during the Dream Weekend. Listening to her interpret the initial dreams of the night was a huge boost for all involved.

Student weekend presented our branch with another opportunity to participate in group consciousness. From Fridays drive to Windyville, thru Sunday afternoon Karma Yoga activities, our group was able to work on Goal, Purpose, and Activity. Participating as a group during the weekend events really moved us to a different level of appreciation regarding 'group consciousness.' The event lets students from across the country merge together for camping, eating, working, and meditating. Each event provided an opportunity for permanent learning.



The highlight of the weekend was graduation. There were many levels of graduates receiving certificates and course completion recognition. Bolingbrook saw five of its students complete cycle one thus receiving their 'Respondere Certificate.' Congratulations (*April Kelow, Christine Dillingham, Marie Zubinski, Sue Benson, and Teri Karl*). This group provided motivation for the class currently pursuing cycle one completion.

Lastly we would like to welcome Rudy Arena who has been appointed the new Director of Bolingbrook. Rudy will continue to build upon the success generated from the previous Director and take the school to new levels of growth. Good Luck Rudy!! •

## Cincinnati

### Building Community

by Davi Brown

The Cincinnati school has been garnering community lately. This Monday, Jonathan's class surprised

him with a fruit day dinner to celebrate his graduation. Morrisa has been organizing a monthly nature walk where school members hike around a local park and point out dream symbols to discuss. Our school has had more events lately with the addition of our monthly Metaphysics workshop and potluck that we offer to the community with Starfire and Nick Wysel. All of these and more are aiding us, without a building, to gather and to share what we are learning and deepen friendship.

Our SIR meetings are every second Sunday at a local coffee shop downtown. Alumni Rory Colgan comes up from Louisville to lead. During these meetings I have seen people with reports from years ago come to a new understanding of the report through sharing and discussing. Cat Harpen kicked off our first Dreamcatchers meeting, also at a local coffee shop, this month! Through what we are offering to our community we are building community within our school.

Jonathan, Maria, and Aurelia staffed an SOM vendor table at LocalFest at a spiritual community called Grailville. It was a festival in which local organizations came together to meet and greet with members of the community. They interpreted dreams and had a very nice day.

We have some student successes to announce this month. Jonathan, our director, entered the 4th cycle of study! We are very proud of him and happy to have him as leader and teacher. Erin Payne created a job that she is pleased with and meets her needs far better than any job she has had in a long time. She joins Cat, Morrisa, Maria and Aurelia who have also created better jobs during their study with the school. Aurelia has taken on the librarian and historian lab positions and captured the pictures you see in this article. This month I graduated from my yoga teacher training and am now a yoga teacher. Morrisa has bought her first house! We are all learning more about how to direct ourselves and accomplish goals together.

We continue to have class at Starfire and meet bi weekly to plan events. Coming up we have planned the first annual Crystal Exchange! We will host vendors, hold workshops and have musical performances. I am excited about becoming more involved with the Cincinnati community. I feel the more we give the more we will receive.



## Chicago

### Knowing the Inner Self

by Leti Chavez



As the weekend approached, my classmates (Manu Khalikov, Vitaly Sattarov, and Sunthii El-vey) and I were excited to receive our lesson 9 past life profiles live in Urbana with Dr. Pam and Tad. During our ride to Urbana we discussed our excitement and curiosity for the experience we were about to have. In addition, we discussed what our goal, purpose and activity would be as we were about to receive our reports. As we approached the School of Metaphysics in Urbana, our heart rates started to increase, but we still kept our minds focused to receive all that would be given to us during that period of time. Hugs and laughs were in the atmosphere of the school as we prepared to begin receiving our past life profiles. As the classmates were listening to each other's past life profile there was much attention and learning from each other. We all learned something from each of the reports that we can apply to our own lives because Truth is Universal, and it can apply to anyone's life. Receiving our reports live can best be described as an atmosphere that cannot be experienced through listening to the CD. We were able to feel the connectedness and attention when receiving our reports that was truly remarkable! During the ride back home, we listened to our past life profiles once more, and gave each other feedback and thoughts about what we heard from each other's profiles. We learned about Divine Friendship, for the purpose of Connection. We all grew spiritually by realizing how we can make the changes within ourselves to grow and create forward motion in our consciousness. We are grateful to bring what we learned back to our Chicago Branch! •



## Columbia

### Unification

by Chad Mast

The month of May was a month of unification for the students here at the School in Columbia. One of the ideals that has been presented to us is a unifying of the student body. We no longer want to view our classes as separate (i.e. the Monday night class and the Wednesday night class). Instead the goal is to create activities that all students can participate in. This forges bonds of friendship and a sense of oneness within the School.

May's activities started off with the Earth Day Festival in downtown Columbia on Sunday, May 4th. Walter Hrycaj, Sara Lees, Zach Copeland, and I, Chad Mast, came together that morning to help set up an information booth on 8th St. There was an energy of anticipation and excitement within all of us as the festival started that carried over throughout the length of the festival. Many curious people came to the booth throughout the course of the day inquiring what the study of Metaphysics is, talking to us about their dreams and taking information flyers with them. Three contact sheets were filled with the contact information of people who wanted to be added to our mailing list. Jennifer Hess joined us later in the afternoon to help give information and to help take down the booth.

Tuesday, May 6th, introduced a new class and Sara, Zach and Chad were on hand to help greet our new student, Eric Warner. We had a chance to sit down and talk to Eric for a few minutes and help make him feel welcome before the class started. The air was light and full of laughter during that wonderful time.

Saturday, May 10th, brought a new event to our School - "Hike and Picnic." Sara and Chad were able to participate. We met at the School at 10:30 a.m. and set off with several bottles of water and Sara's two dogs and drove to the Davisdale Conservation area which is about twenty minutes outside Columbia. Lunch was purchased from a small general store on the way. Once there we hiked for about a mile and a half, found a suitable spot to eat and set up our picnic. Spirits were high and lots of laughter was shared during the hike. It was a fantastic bonding experience!

Our Movie Night was on Friday, May 24th at the Unity Center in Jefferson City, Missouri. Four people showed up to view "The Ten Powers of Dreaming." After the movie was over a small group discussion was held. Walter said that the movie brought about a level of insight within the viewers. This stimulated them to start recording and remembering their dreams. The group also purchased books to help them further their practice with dream interpretation and dream journaling.

To further the ideal of unification and bonding within the student body as well as to open the door of availability to the public, we held our first ever "Potluck With Friends" gathering at 1 p.m. on Sunday, May 25th. Walter, Chad, Zach, Sara and Sara's mother, Tammy attended. We barbecued, talked, laughed and ate some great food. Once we were done with cleanup, we sat down and played "Apples to Apples," which is a hilariously fun game that exposes the true personalities of the people who play it! Overall the event was a huge success as it helped forge a



strong bond of friendship within the student body of our school.

The introduction of new student participation events in the month of May has helped unify our student body and is forging bonds of friendship and oneness within our School. •



## Dallas

Just Grow

by Brenton Harris

A few weeks ago I assigned my second cycle class (currently studying Lesson 29A) to write and recite a poem that would “incite emotion.” When Rashard Garrett performed his—a tribute to an early mentor and teacher—a line stuck out to me that’s echoed in my consciousness since that point: “Just grow.” I think this is sage advice, because we often hit points of initiation in this course of study, and if we remember to “just grow” things become more fluid and more fulfilling.

In Dallas there has been a lot of growth in the students, through experiences like student weekends and sacred space. On break during the week after student weekend, we had the students who went to Windyville share their experiences for everyone else. First cycle student Zhen Barrientos spoke about the importance of stilling her mind when working with the bees, and first cycle student Shan Alvi was incredibly inspired by the Invitation performance. I think that the assimilation and sharing of learning like this is incredibly important, because it not only inspires others to have similar experiences, it also aids all of us to identify the universal truths inherent in each experience.

In that regard, we also had several students from Dallas attend the Genius Code spiritual focus session: First cycle students Sheila Mills, Kent Ladewig, Charrie Sledge, and second cycle student Kera Everett (who went solely to assist the apprentices). In the SIR gathering at the end of the month these students will be sharing their experiences from the session, in order to give a clearer picture to potential attendees for future sessions. The sessions we offer at the College of Metaphysics are transformational and inspirational. It’s amazing to observe and experience the shifts that occur in 72 hours! I believe one of the keys to building and sustaining a strong, large school is encouraging students to attend spiritual focus sessions, so that they receive deeper truths and make important shifts along the way. The next sessions are right around the

corner!

We also hosted our first sacred space event in nearly a year this month. First, second, and third cycle students gathered on a Saturday morning to create together and experience universal laws in action. My intention for leading the event was to bring student weekend-like experiences to Dallas. This required lots of teaching, lots of visualization, and lots of fun! In just two hours we completely transformed the area behind the school building. First cycle student Jamie Metzenberg learned about keeping her goal in mind and using her breath to find strength, while Kent Ladewig got the opportunity to give and teach and lead in new ways. First cycle student Eric Love even brought his family, as well as his experience and perspective that has set into motion greater creations in the near future. I appreciate experiences like these, because it gives students who weren’t yet eligible to attend student weekend the opportunity to create with mindfulness and universal laws. It also provides the space for teaching and learning all around. As I mention often, I’ve learned more at events like this (OUTside of class) than I have INside!

June will bring us greater experiences of love and connection as we begin a movement toward lectures and community outreach. Next month we’ll describe the “June Connection Project” so stay tuned! We send you our circle of love! •

## Springfield

Our Dreams Have Come

by Brian Hoover

Our annual participation in Springfield’s Art Festival was full of growth and learning as some of us stepped out of our comfort zone yet again, being the face of our school, manning the booth during this event, interpreting dreams, and answering questions about the subjects that inspire us most. I notice leaps and bounds in every school event, applying metaphysical skills to each activity, bringing each of us closer to our ideal Self. During the course of the festival weekend we planted many seeds in the community, adding to the index of interested souls awaiting the right time to discover themselves. We eagerly anticipate the blossoming of our newly sown seeds.

With many riveting events this month, one that stands out is our SIR meeting, preceded by Dream Webinar Wednesday, which happened to fall on “Wesak” – making this a perfect day to spend at the school. Our beloved friend and student, Josh Shelley, presented his past life profile; an ancient Chinese master named Ying who possesses great understandings, and access to superconscious experiences through his hands-on energy healings. After spending much of his life in a monastery he later traveled, giving of his love and unique healing abilities to children and the people throughout his country. Through the significance we learned how valuable it is to be vulnerable in our expression. Thank you for sharing this truly impressive, Saintly past life profile with us, Josh. We look forward to even more of your past life understandings as they surface in this life as well.

This past Wednesday, we had our attention on another new Applied Metaphysics class, as we pull down mind substance from Subconscious producing an amazing group of new students eagerly waiting the change from within. We look forward to growing together with you.

In 2 days we have yet another outreach to our community, a health and wellness fair which we will have a booth in much like the festival before. We will be set up here to sell books, answer questions and be the presence of light, love, and joy.

Lastly, we had movie night this month which was a film starring Robin Williams, titled, "What Dreams May Come." A very metaphysically applicable film. Death. Reincarnation. Subconscious mind. Thought is cause. Just some of the words that come to mind when recalling this pleasurable movie experience. •

## Tulsa

### Calling All Students

by Tiffany White

Three students in the Tulsa branch had the opportunity to experience life at the College of Metaphysics for the first time this May. Harley Atcoster, Mercedes Dowd, and Tiffany White joined Sean Lombard, Ashley Ashton and Emily Ashley for the School of Metaphysics' All Student Weekend. No matter how many times a student has visited the college, the atmosphere is always conducive to higher learning and soul growth. Ashley gained perspective regarding the function of attention in a new way as she released her desire for control and rigid structure in her life, "I learned to release my attachment to time and be in alignment with my inner self in identifying and releasing anxiety when events don't go according to plan." Ashley states, "Bringing myself back to the present moment helped me to release this anxiety."

Sean Lombard (L12) continues his path to creating a clear vision for the future as he received his Past Life Profile following his return from the All Student Weekend in May. Through his past life profile he has identified the need to develop and evaluate values and ideals to express himself and influence others through living the example. "Every time I go to the college I see more of who I aspire to be in this spiritual family," Sean stated passionately, "everyone has the opportunity to listen to their inner self and respond creatively." Sean will be attending Vision Quest at the end of May with the purpose to further strengthen the communication with his inner self and illuminate the natural guidance that is from within.

Fruit Day is a weekly discipline presented early in the first cycle of lessons in which students expose their bodies to that of fresh fruit for one day of the week. Seed, pulp, skin is the criteria for the selection of fruit, which allows for a variety of sweet and savory meals and snacks throughout the day. "Fruit day not only affects the body through enhanced nutrition, but also allows for the strengthening of will power," Jillian Martin states. Jillian is often inspired when it comes to sharing her love for fruit day; making soups, snacks, and even Fruit-Day pizza to show students the joy in finding creativity in discipline and focusing on nourishing the body and mind.

Christine Spretnjak and Emily Ashley co-lead a Leadership class on Sunday May 25<sup>th</sup>. This was intended to bring the student body together to learn and discuss the topic of leadership. Christine shared her journey of learning that, "leadership comes through learning to be a great follower." Emily, who has had great success with inviting people to the classes, gave her experience with sharing the School to people in the public. She said, "I don't share this education with everyone I meet. I first am present with the

individual and receive them, sparking a question in order to learn something about them. If I decide that the course is something they need to know about, I always share, with a smile in my heart. I don't give a whole lot of information. The biggest thing to share is that the course of study has changed my life, offering that with true sincerity. Then, I make sure I have an event to invite them to, so they can have an experience. Always have an event in your back pocket!" •

## Palatine

### Inner and Outer Graduation

by Aneta Baranek & Joe Latuszek



There are many correlations that exist between all the activities within our school branch this month and the recent event of some of our students graduating from the 1<sup>st</sup> Cycle of Lessons.

Alan McCall summarized his graduation experience as "one of the most important days of his life." Unlike other graduations he had attended, he wasn't distracted by thoughts of food and plans for later but focused on the here and now of the ceremony. Zack Bush related experiencing the authenticity of the present moment during the ceremony. He felt Light embracing him and for the first time in his life he felt like he would not want to be anywhere else but right where he was – with his teacher and classmates celebrating the mutual growth of inner evolution. Jim Hegarty, who graduated last September and now is studying Lesson 35 shares that he has stepped into the role of a teacher and was able to guide "younger" students in how to do their exercises and how to apply them to their everyday activities. He experienced an inner graduation once he perceived himself as a teacher and guide for those who have more recently began the journey within.

As a school branch, we have collectively graduated into the new realms of awareness of gratitude for what the School as an educational institution has to offer. We feel excited about sharing what we have gained with others. In preparation we have taken on a renovation project of the front of the school building that includes the front stairway leading into the school. This is a very symbolic activity in the Universal Language of Mind. We are preparing the path by way of the "knowers" for those who are yet to come. Helping the new students in the ascension process, "showing them the Way," the way of what is possible for them to learn, to experience. There is much to be said about renovating our old building - appreciating all those that came before us, feeling the elevated vibration of the collective thought forms exchanged throughout all the years, appreciating what is while simultaneously making functional and aesthetic improvements for all those that are yet to come discover the treasure of the School.

Year of Kindness

And just as our students have experienced challenges throughout their studies and practices, so we have too in this miniature renovation project. At times, it hasn't felt "miniature" at all! We are reminded of the wise words, "Whatever time and budget you think your project will take, double it, and then you'll have a realistic plan." However, irrespective of the challenges, we've taken them in stride and they have only served to reveal the obstacles within ourselves that we must transcend to strengthen our resolve and awareness.

So in this way, while we've celebrated our students literal graduation, we are also rejoicing in our Schools own graduation. While graduation is the recognition of a major milestone, we feel it is also symbolic of expansiveness of Mind and reaching a higher potential. The renovation project has been the catalyst that has allowed the existing students to connect and appreciate the facility more deeply, while working to bring the building up to it's next level of potential. And to us, these inner and outer graduations are earmarks of our individual and collective expansion of awareness both as a student body and as a branch of the School of Metaphysics. •

## Fort Worth

### Thought is Cause for Evolution

By Sheryl Robinson



We see this truth to be evident within our Branch in so many ways. The Graduation of our First Cycle Class in May is a clear example of this Truth moving within each student and the whole.

Experiencing the completion of the First Cycle for my students, I know we each now have a much deeper understanding of "Thought is Cause." What we think, we become. I look forward to causing the next evolution within my Self, helping to light the way for others on this journey, as well. May All Student Weekend was positive proof of that evolution for our school branch.

Ryan Powell shared his transformative experiences that culminated with All Student Weekend. "Through 'The Invitation,' I received so much from that play. I wept through the entire play as the images gave me more clarification on my Ideal Self; to be a spokesperson for reconciliation and healing among all people. That movement of emotion helped to clear the way for realizations of judgments that have rested in my heart and noticing the barriers I place between myself and others. The promise of eternal life and bliss seems too good to be true, so our ego morphs it into something that is inconceivable or will take away from our livelihood. We must cling to what is good and true and release the rest! May God be praised!" Ryan Powell is leading the way within our Branch and the whole, encouraging his Self, and everyone he encounters to step into the Ideal Self, one productive thought at a time.

Joe Easton, new graduate of the First Cycle, shared his experiences. "When you have the vision of what you desire, anything is possible and the steps will take care of themselves. Give of yourself, and you shall receive much more in return."

This experience helped to solidify more of the value of receiving the Responder Degree for Joe. He is a shining example of what occurs by harmonizing with Thought is Cause, stepping into an Ideal of Sacred Service as he responds to his Soul's needs, and the needs of the whole. Joe's evolution and Light are an inspiration to us all.

Student Ashley Lind, studying Lesson 6, Meditation: The Answer to Your Prayer created several transformative, palpable experiences with the Universal Truth "Thought is cause" at her first All Student Weekend. She shared, "What a beautiful weekend! My ideal and purpose was to observe and become more aware of "thought is cause." The weekend allowed me to see my role in creation more clearly. I found myself gaining clarity about my responsibility in drawing the things to me that I need for soul growth. Rather than good and bad experiences, all are growth experiences. I practiced "thought is cause" while chopping fruit in the cold wee hours of the morning and confirmed that I do create my own reality! As a person who does not typically enjoy early morning activities, and who specifically avoids anything cold- I decided this was the perfect test for "thought is cause." I managed to feel warmth without a jacket, and while wearing sandals for more than 1 hour. Amazing! I also learned my limitations and endurance level with my new practices! I am still growing in this area. I'm glad I brought my jacket." Ashley's experience of building the understanding that "thought is cause" is a perfect example of a student choosing to cause their learning through holding Ideal and Purpose in mind, harmonizing with the activity for soul growth, evolution is caused.

Thank You, All Student Weekend, for always giving us exactly what we need to awaken to the power of our minds through understanding "Thought is cause." Aligning with this Universal Truth is aiding each of us individually, and the Fort Worth Branch to awaken to the power of our minds. Gratitude fills our minds and hearts for this Divine opportunity. Thought is cause for this evolution in Fort Worth. It will continue to do so, indeed. •

## Louisville

### Manifesting Value

by Miranda Martin

On May 1st, Jesse Reese, Jonathan Duerbeck, and Tarak Uday interpreted dreams at Ferdinand's Ball. Ferdinand's Ball raises funds for former Kentucky Derby Racehorses who have retired from their short careers. We were invited to this event after appearing on WHAS' "Great Day Live" where we met the founder of Ferdinand's Ball while promoting Dream Awareness Weekend. The three of them had a great experience interpreting dreams for others.

Tarak celebrated his birthday on May 11th receiving his Creative Mind Report at the College. He states his experience was phenomenal and very life transforming. Tarak will be sharing this report with others at the next SIR meeting. The following Monday, Yani taught his first Metaphysics class, which my Aunt Amanda is a part of. Our next class will be held on June 23rd.



On May 25th, we held our monthly SIR meeting at Big Rock Park. No matter which report is shared or discussed, something can be gleaned by anyone. On this day, the school also held a book sale fundraising event, in conjunction with Audrey, Lisa, and Kelly's bake sale fundraiser. The ladies infused the bake goods with various thought forms consisting of love, kindness, forgiveness, and gratitude. Students from other classes supported the ladies and the school with this event. My children were able to participate also. They love being a part of the School and enjoy their time here.

I was able to attend my first All Student Weekend on May 16th, 17th, and 18th.

My experience was everything I had imagined and more. I truly enjoyed meeting so many like minded people and was awed by the beautiful campus. I was able to participate in my first healing class in the Peace Dome, with the beautiful Dr. Barbara. The food at the campus was amazing. Everything was infused with lots of love. I was able to serve as a Peace Ambassador during The Invitation on Saturday. This was my first viewing of The Invitation and I was able to take away so much learning from it. It was fascinating to witness such educational peace being shared and promoted. I feel honored to have been a part of All Student Weekend and to have met so many new friends. I smile every time I think of the College, the food, the people, the land, the Peace Dome, and the love that was given and received by all. I look forward to returning many times over. I cannot wait to see everyone in September! •

## Urbana

### Expansion and Growth

by Pablo Torres-Aguilar

Our school is thriving, expanding and evolving. The third week of May our new class started with Dr. Pam as an instructor. The first class was filled with good vibes, positive expectations and an overall atmosphere of fulfillment, a sense of belonging. We, as a school, continuously do outreach efforts to serve the community and let them know about work, filling the gaps of discovery. We are happy to encourage new members into the School of Metaphysics.

Among our service and giving activities, Dr. Pam Blosser shared with University of Illinois students metaphysical teachings about holistic health. Professor Ari Pence teaches a class on health and Dr. Blosser was invited as a guest speaker. She had the opportunity to interact with students and present 8 spiritual attitudes supporting health.

Besides the University of Illinois talk, the school had its creation day this month. On the weekend of May 17<sup>th</sup> Katrina Parsley and Barbara Albers, planted flowers in the corner of the yard where we built a retaining wall last fall. It is a beautiful addition to our Urbana campus. Katrina has planted tomatoes, cucumbers, kale and chard in our vegetable garden, and we will soon have a small herb garden with, dill, basil, cilantro, parsley, thyme and oregano. These activities help to project the face of the school to the community, keeping it beautiful and cozy for its students and attracting prospective students.

Another activity coming this month is a fundraising. Our Tuesday class is coordinating a yard sale event on May

31st. We have received wonderful help from school students and the community. One of our former students, a vintage clothing collector, gave us an amazing amount of pieces for our sale, and other students have also donated a wide arrange of goods. Student, Coco Isenhardt, with the help of Gabe Blinderman, Katrina Parsley, Brian Kraichely and Dr. Pam, brought carloads of items from Coco's house for the sale. Thank you so much to all the people who have collaborated! It should be a great success. •

## Maplewood

### National Dream Hotline®: A Complete Success!

by Cassie Ambuehl

As National Dream Hotline® neared each of us at the Maplewood School of Metaphysics began to prepare for the learning to come. Personally, I evaluated my purpose as I decided how I could serve throughout the weekend. I knew that I wanted to provide nutrition for my friends and classmates, and I also knew I wanted the opportunity to propel the evolution of humanity by sharing what I know about dreams. My soul's purpose for National Dream Hotline® was to better my understanding of receptivity and continue the expansion that the School of Metaphysics has created in my life.

Boy, did I expand! I realized that the intention of being receptive allowed me to create a space within myself that facilitated the response to several callers. Not only was I blessed through people willingly sharing their souls with me, but joy also radiated throughout me as I offered suggestions for soul growth to those who may have never been exposed to such ideas. I was thrilled to answer the phone, call after call, as each caller provided me with a sense of connectivity and universality. Through this I began to understand more and more about human processes of soul growth. Likewise, the experience of sharing what I know truly enhanced my confidence as a student and solidified my learning. As I looked outside my Self and gave freely, I realized that I have much more to give than I had known. Voila, Expansion!

Caterina Williams, who attended the National Dream Hotline® from Friday evening until Sunday morning explains her experience on giving freely: "It's a thrilling feeling, giving anonymously and not having an attachment to the outcome. I'm so focused on giving and receiving what the person has to say, everything else falls away.

Our Dream Coordinator, Lisa Nuelle, held a very strong and precise image for National Dream Hotline®. Lisa's passion for bringing dream interpretation to the community inspired our school as she formed the "Dream Team," which met weekly to hold the vision for the National Dream Hotline®. During Monday night meetings, the students would gather to set goals, delegate tasks, and unite for a strong National Dream Hotline®. As a result of their focus, we were hosted on the local news three times, and Larry and Debbie gave of their wisdom beautifully on Teacha Tigue's radio show. Likewise, students used Tuesday nights to connect in the community with others and poster National Dream Hotline® throughout the city. Lisa's communication skills united students in image and thought in preparation for National Dream Hotline®, which created a solid foundation for us to build a successful



hotline.

In terms of her experience, Lisa reported “The most prominent soul understanding I gained was leadership. This experience has brought me to understand my influence on society and how giving continuous attention to something can make it grow as big as you imagine.

During National Dream Hotline® Maplewood School of Metaphysics interpreted 110 dreams for St. Louis and surrounding communities, with nearly 100% student participation. Our director explained that through watching the students come together to serve, “her soul gained love, heart, and pride.” Debbie proclaimed that the “National Dream Hotline® was a heart centered experience of Spiritual Family coming together to give, learn, and grow!” •

## Indianapolis

### A Wandering Mind

by Kerry Keller

In 1890 a man named William James made a profound statement when writing a book, *The Principles of Psychology*. He said, “The faculty of voluntarily bringing back a wandering attention over and over again, is the very root of judgment, character, and will. An education which should improve this faculty would be the education par excellence. But it is easier to define this ideal than to give it practical instructions for bringing it about.”

Here we are 124 years later relating to his wisdom of that time, yet practicing with different results. At the Indianapolis branch we indeed are learning about the power of disciplining our attention. Whether it is in experiences of not paying attention to where your feet are when you unconsciously step on a live plant in the garden or it's recognizing as you are weeding the garden your attention has more interruptions than the garden has weeds. We are having fun observing how.

On Wednesday this week I had transcribed reports for three straight days. With my attention intentionally learning from subconscious mind, our phone rang two times while I was typing from people who were curious about this school. They were both interested in learning more about concentration as they all recently experienced their attention being interrupted repeatedly at critical moments. They would lose focus and forget what their intentions were. They both signed up for the next class.

When I went to follow up with a man I met in a professional networking meeting, he suggested his life is so hectic, he would like to come to classes...but he probably could not commit to all of them and would come when he could. Our conversation was so profound. I knew he really had interest in learning. Yet his identifying with his fear of lacking time was influenced by his imagined lack of control of his schedule. He used his imagination negatively as he feared he would not meet his commitments. This might take him away from a commitment of what he desired. Look what he was causing! He could not honor his own commitments, holding his wandering mind still for fear of what his environment would demand of him.

So what is the karma here for me? What could I learn about myself and teach him at the same time? It became obvious very quickly. I realized my vision was not clear. It was obscured with my thoughts of controlling my own appointments that day so I could complete everything I

desired. I allowed some doubts into my wandering attention instead of purposefully imaging what I wanted to happen that day and holding my attention there, expecting the best. Like attracts like, and I saw the thoughts he was having that rule his success or the lack of it. He listened as I shared, “We allow imagined fear to bolster how we manage each day with lacking thoughts.” He was amazed and could immediately see other times he has allowed his wandering mind to foil his desires. He instantly committed to the first 10 lessons.

Last weekend John sat in a 10 by 10 tent at a table in front of our school. The sign we posted said, “13 weeks to a New You.” In two hours three people drove up and stopped, curious about what we do. Amazingly they each were at different cross roads in their life and are ready to change. I asked John what he was thinking about as he manned the tent waiting for people to stop by? He realized the influence of his thoughts had to do with his improving his own attention. He wanted to develop his purpose to do a better job of holding their image of desire.

As teachers, we have begun to reinstate the question to students when they come to the school for any reason... “What is your goal now?” It's aiding everyone to see where their attention is or is not and to bring it back into their conscious attention. •

## Oklahoma City

### Reasoning

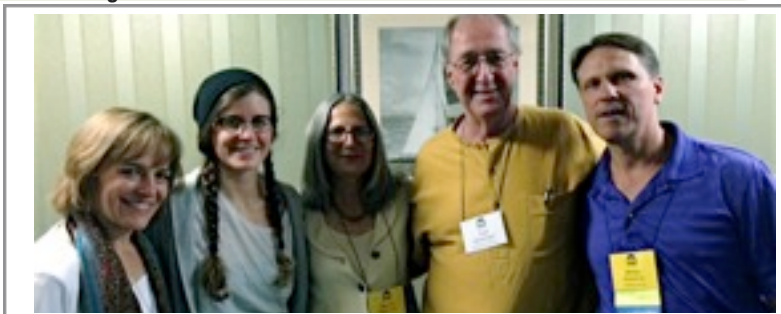
by Sydney Kasner

Reasoning has been a quality that has stood out this month. There has been attention towards starting more classes and getting out into the community. I would say we are getting a lot of experience with the application of reasoning. Memory, what worked with building classes last month and what didn't. Attention, what are the next steps for building this class, where is it most proper perspective to place my attention? Imagination, reviewing the past experience and imagining something greater and more expansive! Imagining more people to learn, teach, and grow with. Anna Steely, Michael Dardanes, and Tim Gagnon from the Springfield, MO school came to OKC for their class this month. It was great to have their energy in the building. We went out together and gave flyers for the school and met people in the community. It was very successful and fun! It was helpful to have dedicated and committed students come help a school that's in need to grow!! Service was our common ideal. We all as students, here at the school of life, have so much to give each other. It truly aids us to abundance to draw it out and share it with others! I am learning that more and more through experience everyday I'm here.

Over the past few days I have had several opportunities to explore San Francisco, the Redwood Forest, and the bay area with my Dad. I've been able to connect with numerous attendees, new arrivals and old friends alike. Best of all I've been able to spend a lot of time helping other attendees with their presentations in my position as an AV volunteer. It's really a lot of fun to be part of this group of dreamers. I feel like a kid again!.....O Hezekiah



Attending IASD was a thrilling experience. I enjoyed being among people from many different backgrounds all gathered together to explore subconscious mind. Every corner I turned there was something for me to learn. I met and connected with many people, and learned a lot about how to relate to others, and the importance of respect for each individual's experience. I loved hanging out with Dr. Sheila and the other members of our awesome delegation!.....O Davi



Psiber dream contest judges



Psiber dreaming contest and Dr. Laurel is the sender.

I received an email from Ed Kellogg in the middle of April telling me that he and Rita Dwyer (who is recovering from a stroke) were discussing possibilities for people to be the "sender" for the dream psi contest at the IASD Conference. This year will be not just a dream telepathy contest; it will also include remote viewing because sometimes dreamers receive the image in that form.

In his email, Ed said, "You came out at the top of the list – someone new, someone with a strong background in psi dreaming, someone who has participated in a good number of PDC psi dreaming contests and has developed the ability to recognize hits of various kinds, and last but not least, someone who might really enjoy the whole dream telepathy sender experience!"

I felt very humbled when I received this. I have a high degree of respect for Rita, Ed, and the other experienced psi dreamers in IASD. I have learned a lot from participating in the Psiber Dreaming conference about how to recognize telepathy in dreams. Being aware of the "structural level"; i.e., the shapes that occur in the dream, has aided me to recognize some of the ways I have received the images of senders. You can read about this in the chapter of Intuitive Dreaming about day residue.

O Dr. Laurel

Today was another full day of interacting with many dream enthusiasts. I have been meeting new friends and continuing my relationship with friends that I have met during past IASD conferences. The most rewarding time for me today was spending lunchtime with Robert Waggoner. We went over my recent experiences with Lucid dreaming and connecting with extra terrestrial entities. It is reassuring to hear someone who relates these experiences as appropriate and supports the thought that lucid dreaming is used for higher spiritual aspirations. Many people here have given praise for his book on Lucid Dreaming and rightfully so.....O Tad



I am having a wonderfully synchronistic and connected IASD conference. My presentation was well received and I have continued to get positive feedback on it. I am really enjoying the incredible variety of people here and their unique perspectives on dreams and life. Most people here are very awake to the fact that they are on a spiritual journey and that deepens conversations and connections.

Today at lunch I accepted an invitation to eat with another man and we then joined a married couple already seated. As the conversation started, it became obvious that we were both called to this table to give guidance to this man. It was a surreal experience of sharing what I knew as I was asked many questions of the deepest nature. I had a similar experience on the airplane flight as a woman overhearing my conversation with another man asked me to write down books that she should read. We (the SOM) have so much to give to the world and the world is hungry.

..... O Brian

**IASD 2014 Berkeley,  
CA**

Another IASD conference comes to a conclusion. It has been wonderful to re-unite with friends that I have made over the past 6 years and to make new ones. I think that the divine friendship for me has been the most enjoyable part of the IASD. I have gained a variety of creative ways to approach dreams, through art, drama, stories and poetry.

The focus at this conference seemed, to me, to be on nightmares and post traumatic stress. I do think that with all we know, we can help educate our community and can bring a quality of ease to those that appear to be having difficulty in this area. This is a thought to consider.

Each of our members did well as they each delivered their message to the audience of people that attended their talks. Each of the talks were recorded and have the potential of reaching the ears, minds and hearts of many people. I had a gentleman from Minnesota approach me and thank me for my presentation last year. He expressed his gratitude to Hezekiah and myself as well, telling us that he has listened to both of our presentations several times and have shared our teachings with others. This same man stated that he thought that he would join our school in the near future. And where does he live? Minneapolis, Minnesota.

Hezekiah and I got up at 6 each morning to practice Kung Fu and to swim. I enjoyed this time of connectedness with him. .... O Dr. S •





The eighth in a series of articles about the Nobel Laureates in THE INVITATION and the SOM students who bring them to us

The INVITATION Reflection #8

## Alva Myrdal's Story

by Sydney Kasner

written following the performance at Dominican University last November

"The longing for peace is rooted in the hearts of all men. But the striving, which at present has become so insistent, cannot lay claim to such an ambition as leading the way to eternal peace, or solving all disputes among nations. The economic and political roots of the conflicts are too strong.

*We must transcend whatever separates us."*

—from the script

I am honored to be a part of this incredible movement of consciousness.

The most profound part of this weekend for me was Saturday evening. We collectively thought it would be a great idea to get together and do something to unify us as a group and as laureates. We decided to get in a circle holding hands, circle of love style, and Om together. The vibration of this moved spirit through me and I would say it did for the others as well.

It was entrainment for me, all of us united in common purpose and in a common goal. **What came to me was the desire, the importance, the honor, of being able to walk into that room and wake people up.** To change them in any way, to aid them to become Spiritual Intuitive Man.

What a true gift that is.

When we opened our eyes, I not only felt the presence of Alva Myrdal, but as I looked around at everybody I felt the presence of each and every Laureate. We brought that on stage with us, we brought that into the room.

That is the kind of experience I am not sure if I will ever be able to fully describe. It was an elevation of my consciousness and a huge shift in my Spiritual growth. We are all powerful individuals as each of these laureates are as well. Going on stage and embodying Alva was a moment in my lifetime I won't ever forget.



Images at top l to r: Sydney with the cast at the Peace Dome, recording the audiobook version of THE INVITATION in studio, and presenting Alva in the Peace Dome during May's All Student Weekend.

### Alva Myrdal Nobel Peace Prize 1982

*Alva Myrdal's commitment to people reveals a tremendous span, both in terms of time and spheres of interest. As far back as the 1930's she was a staunch champion of women's liberation and equal rights. She proved to be a brilliant diplomat and was the first woman to be appointed head of a department in the United Nations. She left that post to become Sweden's ambassador to India. As a researcher and disarmament expert, with a wide knowledge of the problems of world politics, she commanded attention in the international forum where her influence was profound. Alva Myrdal became a rallying point for men and women who cling to the belief that in the last resort, mind is bound to triumph over matter. They shared the peace prize that year.*

**THE INVITATION reaches the youth of St. Louis.  
Coming late fall 2014!**

## VISION



## IF SEEING IS BELIEVING...

A follow-up to last issue's "IS MY DREAM PRECOGNITIVE?"

Last month, Golbahar Dadyan had an awesome dream the morning of National Dream Hotline®. (Read it in this column in the June issue of Vibes.) She awoke wondering if - believing that - it was precognitive.

Then a class with 8 people signed up turned out to be a class of 3 and the wondering came back.

Golbahar did something very simple that made ALL the difference....She asked the RIGHT question.

"SO with the dream I had with all those people coming to class. How can I make that a reality?"

My answer began with "BELIEVE IN YOUR DREAMS. YOUR DREAMS BECOME REALITY."

ONE MONTH  
LATER

these texts  
came in....

June 16 9:41 am Kim has 21 students signed up for her class tonight. The dream is coming true. Marie has 6 signed up for class. I will keep breathing and surrendering.

June 17 8:32 am 12 came last night 12 more next week in Chicago. 9 came to Bolingbrook. Biggest classes we have started in many months. Something is changing. I think we are getting better at allowing and receiving. Much improvement from last time that we had 8 signed up and 3 came....

June 17 3:06 pm So nice to see this...What the mayans say I am another you.. This is from Marie..Day after her biggest class to start she says... *Thank you for believing in me. That means a whole lot. Mountains of love and deep sincere appreciation. I can hope to take your example and give to others the same way. Abundance and Prosperity!*

## THEN PERCEIVING IS KNOWING

### *Why Back to Basics is always a Quantum Leap Forward*

From the time I began classes at SOM, I was invited to observe classes I had already received. I was encouraged to sit in on classes taught by other teachers. All of this was to strengthen me as a student, to aid me to become a whole, functioning Self not dependent on any person, place or thing for peace, contentment and security.

This is how I understood what was given to me and it is how I have always passed it on.

I am honored anytime I am in a position to teach through SOM. This resonates with Humility in the field of radiant consciousness, the Stargate Field, and to me means I am the one who stands to learn the most in whatever class I have the privilege to teach. What is most divine to me, is that this relative position of teacher to class of students can be shared *through observation*.

As a student observing, I hear ideas I missed the first time. I see others experiencing the same exercises and assignments with fresh viewpoints that never arose in my class. I broaden my mind, raise my expectations, and deepen my understanding of just what metaphysics is!

As a teacher observing, I do the same thing!!! I've always carried the awareness that I am a student, first. Whenever I observe another teacher teaching, I move myself into that space of honor in Humility. I am grateful for our activity of teaching teachers, for this action is living the ideal of love itself.●



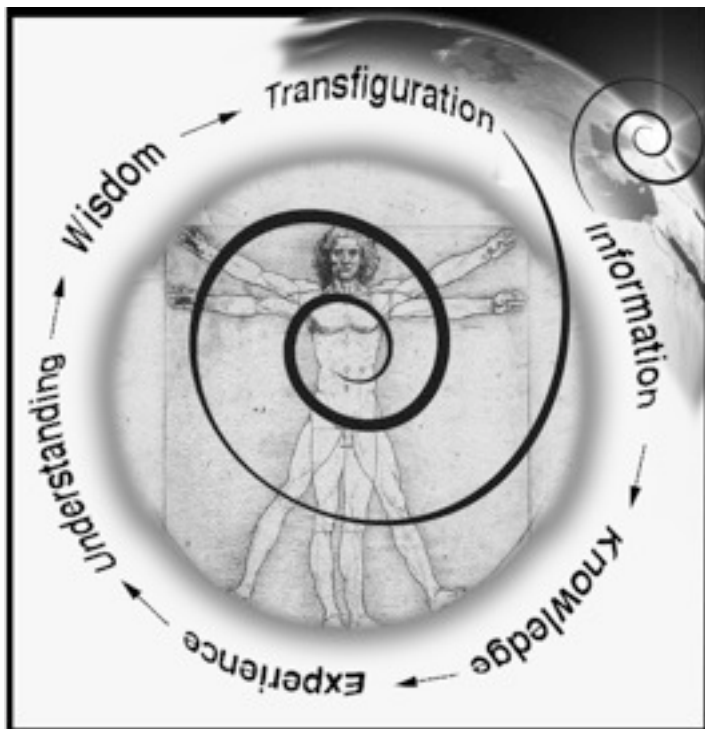
# A Kuan Yin Blessing for the Cycle IV Class

## Atman is Sanskrit meaning "True Self".

The word is first noted in the Hindu scripture Rig Veda (circa 1500 BCE). When a student has experienced the practices in the first, second, and third cycle of lessons, he or she has spiraled many times through the personal evolutionary journey.

**First**, he makes what was information knowledge. He takes the knowledge presented in the lessons - of astral projection, for instance, and reflects upon his own experience. This may be of awakening to the famed "old hag" pressing upon your chest. This cultural reference is of the unaware individual fearfully resisting the etheric body's return into the physical form. The fear takes on the appearance of a monster, or the "old hag" who comes to steal your dreams! Or perhaps she remembers being out of body at the dentist! Drawing on personal experience of being out of body, separate from the physical body, opens the mind to conscious practice of this intuitive skill.

The practice comes through the exercises given in the lesson. The student knows what it is like to hear peppermint, to smell water, to touch blue. Mind experiences deepen acquaintance with nonlocal realities. Understanding expands through intent development and discussing the science with a teacher and fellow practitioners. Out of body experiencing can then be applied for the awareness changes that make personal epiphanies possible, be it health or prosperity.



pile of rocks



Understand this: everything here matters.

To understand present space, release your physical sense.

Welcome and embrace the Inner Teacher.

Among experiences, it is the epitome.

Presence

33

**THE NUMBERS - ALL  
INDIVIDUALS PRESENT**

1 - 2 - 7 - 8 - 9 - 24 - 25 - 28  
- 36<sup>2</sup> - 37 - 38 - 50 - 96 - 98

As understanding of astral projection grows in the individual, she is ready to pass on the information to new students and guide its internalization through the practice. Wisdom rises in the teacher allowing her to make a quantum leap in consciousness. She births a new identity, a divinity characteristic of transfiguration. What began as out of body experiencing has matured into the illumination of existence as the unchanging reality of consciousness. Liberation lifts the Spirit.

This resonance in Spiral Evolution comes again and again for every student who leans toward sacred Self-full service. Completing the third series of lessons signifies the student's transformation as it is rooted in individuation, a separate ego repeatedly rebirthing itself in the cause of maturity as a Creator. Such a one models the True Self through living a pattern suspended in Superconscious Mind.

Atman is the first principle, the individual beyond identification with phenomena.

**The Atman number of a Kuan Yin Blessing** accounts for all who are present. Fifteen people chose a personal blessing May 15, 2014, the evening of the Initiation. The Atman of all of them, the Maitreya, is Verse 33 Presence.

## Vision Quest 2014



On May 30<sup>th</sup>, 18 people came to the College of Metaphysics from around the country for our Vision Quest Weekend. The seed idea for the weekend was one of transformation and taking the next steps in our evolution to becoming Intuitive, Spiritual Man. We held in mind the expectation that we would all be different at the end of the weekend and we were. On Sunday, people shared their experiences, their inward journeys and we all knew that the weekend had been a success. Through being immersed in nature and exploring the beauty of our College land, we all discovered more about ourselves. The night hike was a great opportunity to practice receptivity in new ways. The canoe float through towering bluffs and ancient trees taught us about our place in the flow of life. We went deeper into subconscious mind by exploring the cave and even meditating inside in complete darkness.

New connections were made and friendships deepened through the Vision Quest weekend. We looked at our experiences in the Universal Language of mind and went deeper into them to understand ourselves better. Here are some of those realizations that people made.

"Life is a series of decisions. On the river of life, you choose to go right or left. You need to choose. Then you follow through to completion, goal achieved, purpose met. I've learned how to make decisions consciously, rather than unconsciously." -Michael Dardanes Vision Quest Assistant & Director Springfield



"I feel different leaving, I left something behind. I leave this weekend releasing a fear of failure that I did not know was so riveting. That's what a VISION QUEST is for – a movement from boyhood to manhood. Letting fears go. What I've been most afraid of is failure. The fear of failure will no longer hold me back!" -Brenton Harris Vision Quest Assistant & Director Dallas

"I didn't know what to expect. I knew that we'd be doing cool things, hiking and canoeing. I now have a greater appreciation of nature and it's effects on me. I am in a transformation. Life had lost its flavor. Today sparked interest in me again, the thrill of life. Who am I? What do I bring? Who do I want to become? I have curiosity and I have wonder again and that keeps me moving forward." -Walter Hyrcaj Vision Quest Assistant & Director Columbia

"Jonathan said during the night hike, 'This is as dark as it will ever get'. How true that is. Wherever I am with my choices, my life, everything, in this moment, this is as dark as it will get. I can have a different experience from now on according to my thoughts. I saw opportunity for myself. That is why I'm coming as COM student. I know there are changes I want to make." -Larry Hudson Vision Quest Assistant & Field Director

"I had lots of questions coming into this weekend about how to express my true Self. Going into nature and being in the dark allows me to transform my understanding of stillness and what it means. I have been able to express so much more love and my heart to everyone. I left my fears and doubts in the cave." -Sean Lombard Tulsa



"My purpose for the weekend was to work on receptivity. I tend to push against things more than is healthy. I experienced it as we paired up canoe partners, I preferred to be with someone I knew. I paired with Matt, who I didn't know and it was great. I was able to experience the love and light of all the people here." -Jim Czerwinski Palatine

"I wanted to work on being more decisive this weekend. I practiced it by going deeper in my conversations. On the float trip, Dr. Daniel allowed me to make the decisions with the boat and then carry it out. Whether it was smooth or we got stuck on the rocks or even when I lost my paddle, it was ok. It gave me confidence to follow through no matter what the outcome." -Emily Ryan Palatine

"I learned so much about myself. I realized my attachment to comfort, my fears, my doubts, my need to control things-all the wasted energy that holds me back from being free. I am building Self-trust. I am learning to just be. I can decide on a direction and just go." -Sandy Leitner Palatine

"When I was young, I traveled and used to do things. At some point, I started holding back and waiting. I am doing things again. I haven't been camping in 20 years and it has been a long time since I was in a cave and it was a tourist cave. I want to do more and this has been a great place to start!" -David Hauck Dallas

"I have done a lot of these things before and I wanted to approach it with a different attitude. I tried looking at it through the kid's eyes. Their adventures sparked feelings of pride in how far they have come and how adventurous they have become." -Dr. Paul Madar

"I appreciate Alexandra and Viviana having the opportunity to be with others of all ages, backgrounds and really see how much we all have in common. There is an agelessness that exists. All of us and our choices help these souls to mature in these wonderful ways." -Dr. Christine Madar

"Vision Quest is all about perspective. Things come easily when I am doing something I love. Things I view as problems are difficult. I am seeing how I can create freedom by being flexible in my perspective and viewing things as an adventure and fun instead of a problems." -Matt Valois Graduate Teacher COM



"This has been my favorite of any outdoor, camping event. As one of the leaders, I got to go deep with the creation of the event. It was cool to see how easy it was and in another way, how much concentrated work it took to make it flow. Watching Viviana paddle brought a flashback of my first float trip when I also insisted on a paddle. I enjoyed sharing with you all this weekend and watching you all grow through this experience." -Hezekiah Condron Vision Quest Leader

"I was reminded how much more I enjoy something when I am teaching it to others. The joy of infancy. I know the importance of keeping myself clean and letting go of what is building up. It is by being present and accepting the ordinary that it becomes extraordinary. The weekend has reminded me to stay centered in my heart and spend more time in the outdoors." -Jonathan Duerbeck Vision Quest Leader & Director Cincinnati

The Vision Quest weekend was described by several people as feeling similar to a Spiritual Focus Session. I know that was a reflection of the mindfulness and intentions of the leaders, Hezekiah Condron, Jonathan Duerbeck and myself. I would also give credit and a big thanks to Karen Mosby for all her help and the consciousness she brings to all her creations. Special thanks to Dr. Barbara for expanding my original idea and inspiring us all.

I received recently in meditation and in Holy books the idea of structure as a form that spirit flows through. I am learning more about becoming a mental creator through the weekends, projects and events I am creating. When I create with more and more people, we all grow in our communication, teamwork and leadership skills and the spirit really flows. I encourage you all to expand your vision of yourself and your place as part of a greater whole. Take the next step on your journey and create a lecture or an event for your branch. Help build that next class and create a structure for spirit to flow through! Who will you become next year through your Vision Quest?! -Brian Kraichely Vision Quest Leader & Field Director •

# I Came Here to Change

By Mavis Renee Curry

Third weekend in July will be the one year anniversary of the 2013 College of Metaphysics Class. One of the common motivations for all of us in coming here was to accelerate change. Each of us made changes to enable us to come to the College including selling or renting our homes, placing our professional lives on the back burner and asking our families to fend for themselves as we immersed ourselves in exploring who we are, why we are here and where we are going.

All of us moved from city life to country living. My family laughed when they heard I was milking cows and gathering eggs. "You don't like the smell of the barnyard mom, how are you surviving?" The answer: I am willing to change. What I am learning is to celebrate ALL the

changes, great and small. The changes come gradually, sometimes in waves, and sometimes unnoticed until someone draws your attention to it.

As we near the one year mark, we all began reflecting on what changes stood out. I had recently heard an Intuitive Health Analysis recommend the recipient to "take inventory" of what they saw as strengths and Dr. Barbara encourages us regularly to "claim" our victories. I recognize the value of identifying and claiming what I have accomplished in the past year here at the College and sharing how the changes I have made will affect the rest of my life. I am beginning to experience why it is important as a class to take the opportunity to assimilate and celebrate together on a regular basis. It solidifies the lessons learned and the value of the journey.

As we were planting trees in the orchard I asked Doug, "So, what change have you made that you see as most valuable for you?" He got a serious look on his face and said "cooperation." At first I thought he had misunderstood me or he was about to tease me about cooperating on digging the stubborn stump he was trying to remove out of the ground. He continued to describe what and how he viewed the importance of developing an attitude of cooperation. As a business owner, Doug is the boss. He can "call the shots" so to speak. At the college, there are many directing intelligences for a wide range of activities from herding cows, to gardening, to leading crews on all student weekends, to assisting on Spiritual Focus Weekends. One moment you are the boss and the next moment you are the student. Doug is practicing yielding to authority as well as wielding his authority when appropriate. He is also focused on communicating and understanding value. Doug believes that to have people





work together as one they have to be motivated and that motivation comes from being able to see the value they are receiving from cooperating. When it works, the many become one.

One of the values of the College is experiencing the lessons with and through classmates. Francine is very open and honest with her communication and sensitive to egoic reactions. In these situations Francine finds clear and honest communication very important. “I came to the College for my soul’s progression. I am grateful for the lessons I am learning daily and the opportunity to change.” Francine laughs and describes her feeling the “anguish of Arjuna” at times. She is realizing more each day the importance of laughter, neutrality, and acceptance. “Each change I make in this arena is a work in progress as I continue on this journey.”

“I have always been thankful for the freedom I have had to choose and live the life of my dreams.” Diana’s response to the question of how she has changed gave me a new perspective on freedom. Diana describes herself as very empathic. The mental and emotional states of others can and often do affect her own state of being. The study of metaphysics increases the sensitivity and ability to receive and interpret energies. Diana says the college experience has given her the space and resources to explore what she is feeling and what she is receiving from others. She describes her change as being able to make better choices. One of those choices is to not take on the emotional state of those around her. Her description of the power of this reminds me of a Dalai Lama quote, “Don’t let the behavior of others destroy your inner peace.” I saw Diana model this change as she assisted a fellow classmate who was reacting to challenges printing an intuitive report. She wanted to turn the computer off and leave. Diana’s response was very compassionate and understanding and the report was soon printing on the printer. This ability to choose to be calm, composed, compassionate Diana describes as freedom.

I fondly call my room at the college my cozy cave that provides a comfortable space for assimilation. I enjoy the opportunity to reflect with divine friends when the time permits. It was the perfect place and time to ask Charlotte, who is in the second cycle of lessons with me, to share her perspective on change. As a retired Methodist minister, she brings a lot of spiritual depth to the conversation. As she reflected on coming to the College she smiled and said “I wish I knew what I know now when I was an active minister! I feel I now have a more clearly defined purpose that is *BELIEVABLE!*” Charlotte is emphatic that the lessons and experiences here at the College have given her the opportunity to practice and apply what she is learning. She quotes a line from the lesson we are studying: “Wholeness depends upon how you image your Self.” Charlotte feels that the college experience has enabled her to form a more complete and whole image of how to “be”, an image she states as her ideal every morning in the peace dome. She has recently begun offering a prayer for all of us to develop the capacity to be fully present throughout the day, mindful and attentive, seizing the opportunity to practice being our ideal in every moment.

As I discussed the topic of change with my classmates I also received feedback on changes they had noticed in me. More self reflective was one of the responses. I believe this has been the most profound change for me. Since coming to the College, I have changed how I reflect and learn from challenging situations. When I first got to the College a divine friend pointed out to me how my perception was myopic and how I should look more broadly to what was going on in situations that caused me to react. She encouraged me to be more observant of what was going on with the people involved during and leading up to the situation. What she helped me recognize was the value of seeing a greater whole! I am more willing and capable of exploring the whole image or picture and have more compassion for myself and others. I have learned to expand my perspective to be more sensitive to what might be going on in others. I am reflecting more on ways my own thoughts and actions create the experience and how I can change. Every morning I ask for stillness and humility. All day opportunities arise to practice. Every evening is the opportunity to reflect and, most important, every moment is an opportunity to be. •

**July 11 - 13 -- Spirit of the Healer SFS**

**July 13 - 15 -- Powers of Ten SFS**

**July 20 - 22 -- Third Weekend Peace Ambassadors Meeting**



## School of Metaphysics Branch Locations

email to (cityname)@som.org

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