

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

The purpose of the School of Metaphysics....To accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man.

The activity of the School of Metaphysics is Teaching Teachers.

Vibrations



A Monthly Newsletter

Vol. 45, No. 7



62 Atman

To be awake means to dream day and night
in the presence of the first dreamer.

His clear light is carried in every cell

Buddha, Christ, Lao Tzu, Quetzalcoatl, Mahavira.

Incomparable richness awaits the one who knows how to dream.

The Taraka Yoga of Kuan Yin by Gael O'Guinn

Dr. Damian
Blair
Nordmann
brings his
workshop,
"Your Twelve
Sacred
Relationships"
to
Bolingbrook,
Chicago, and
Palatine.



*Traveling with the
President*

In June, I had the opportunity to offer the interactive workshop *Your Twelve Sacred Relationships* at all of the Chicago-land SOM Branches. The first school to host this experience was Bolingbrook. The workshop was held at a Holiday Inn, which worked out well for the overall flow of consciousness of the workshop. I thoroughly enjoyed teaching and talking with all of the students there. I am especially grateful for all of the Bolingbrook students who helped me to test out one of my workshop's experiences during the week leading up to the first workshop.

The Palatine branch was the second school to host the workshop on the second Saturday of June. It was offered at a Unitarian Church that the Palatine branch has built a very good **relationship** with. Both the Indianapolis branch and the Cincinnati branch sent representatives to the workshop there. The Palatine students, teachers, and directors were very organized with their positions of service and collective mindset during the workshop.



The Chicago branch was the third school to host the workshop the day after we offered it in Palatine. It was offered at Biagio's Events and Catering, which was a beautiful space. The Chicago students were enthusiastic about the workshop and made the day fun for all who attended.

I also gave a lecture at InfiniteUs, which is a juice bar and crystal shop not far from the Chicago branch. This was a real blast! The lecture was setup during the first week I

arrived while in Bolingbrook. The lecture I gave there was on the Four Elements of Creation and I included the three modalities of astrology and all of twelve signs of the Zodiac. It was light and fun. We had over thirty people come to the lecture and five people signed up for the new class. The owner of InfiniteUs is also considering getting an Intuitive Business Analysis for his store. I am grateful for Angela Appleby and Kim Knapp who both made sure we gave the lecture at that location. We all had such a good time and served the community well.

I am eager to give lectures and the workshop to all of the School of Metaphysics branches over the next year. The goal is to have 100 participants attend each workshop. Keep in mind that *Your Twelve Sacred Relationships* is all about people relating to other people. I intend for participants to come to understand the people in their life to a much deeper extent. Discovering the Karmic and Dharmic tendencies of each Sun sign will lead to greater kindness, compassion, and empathy for all people in your life. I joyfully and eagerly anticipate much co-creation with each of you. I send my Circle of Love,

Dr. Damian Blair Nordmann



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

Love and Light from your *Vibrations* Staff.

Dr. Sheila Benjamin- 80 The Immortals - 'Immortality begins in a mind full of what is. When you know what is, your reign begins. Your reign extends the power of Mind's Light from Heaven to Earth. Everything changes in the Light of eternity.' The image is 'clear heavens'.

Michael Dardanes - 43 Divinity - 'Consciousness stretches from Heaven to Earth. In the effort to know its entirety, discovery is made. All beautiful forms are created in Light. From the mind of their beholder such beauty radiates. He who beholds such beauty becomes such beauty.' The image is 'grand canyon'.

And.....A big THANK YOU to guest editor Dr. Barbara 'Gael O'Guinn' Condron!!! Check out the 'From the Branches' layout!



Holy scriptures one for each month of the year

July – Tao Te Ching 55 (11) (Dr. Paul Madar)

Thirty spokes converge on a single hub,
but it is in the space where there is nothing
that the usefulness of the cart lies.

Clay is molded to make a pot,
but it is in the space where there is nothing
that the usefulness of the clay pot lies.

Cut out doors and windows to make a room,
but it is in the spaces where there is nothing
that the usefulness of the room lies.

Therefore,
Benefit may be derived from something,
but it is in nothing that we find usefulness.

Urbana

Transforming

by Scott Hilburn

This month has been all about transformation & growth. We are very excited and grateful that two of our elder students on lesson 14 Jessy Long and Teddy Lerch went to their very first All Student Weekend in May 2015. As their first teacher and as the new Urbana director this was a very special and fulfilling experience.



On the first night of class we talked about the College of Metaphysics and they were very intrigued and asked lots of questions. They both have a strong desire for sustainability, community, and being their best to make the world a better place. Early on they both set into motion that they would attend their first ASW in May. They both faced obstacles or challenges where they were scheduled to work. Jessy had been saying for months that she wanted to quit her job and focus more on the business she has started. About 3-4 weeks before ASW, Jessy put in her 2 week notice at her job. They told her that they need her to work that one last weekend because it is graduation, the busiest weekend of the year in the restaurant business. She gave in.

A few weeks later she continually battled an inner change she needed to make, a release of attachment, upgrade of self value and identity. She talked to her job and shared the importance of her self growth by attending the ASW and that she was not working that weekend. She then gracefully informed them that she was resigning from her position. Her experience was far different from what she had previously imagined such as the boss and co workers reacting and getting upset.

She applied what she has learned at the school and stayed centered in her Ideal & Purpose and knew that she was seeking first her spiritual growth and that all else would be added unto her. And so it was. People at her work were more understanding than she had seen before. Jessy went to All Student Weekend and had a profound experience, and continues to shine. She said the very next day upon returning from ASW that things started naturally moving forward with her business and there are very skilled people who are wanting to work for her company and help it get off the ground.

Teddy has been inspired and says he wants to go back to the College campus as much as possible. He has stepped it up as a student and is now more disciplined, and is seeing much improvement in his life.

Our garden has been planed and we are seeing progress. We are learning about investments, as we invest our attention and time into something to see how it grows and produces. We are prepared to receive an abundance of food from our organic non GMO Urban garden. We have planted carrots, beets, cabbage, tomatoes, lettuce, kale, chard, swiss chard, zucchini, cucumbers, onions, leeks, varieties of squash, and more. We will be soon planting an herb garden as well. We are also very fortunate to have a large cherry tree in our back yard that has thousands of cherries on it.

On May 22nd, we had the privileged to host our Area Director Brian Kraichely who gave a presentation called "Achieving Sustainability" and we had an organic potluck prior to the lecture. There were several people from the public and an abundance of organic food. Brian's talk was phenomenal. I was inspired to set him up at various places in Urbana-Champaign to give this lecture at such as the University and Food Co-op.

When I moved to the Urbana Branch of SOM I noticed something odd. In the office there was a toilet with no wall and no sink. Apparently the previous owners of the house removed the wall. So we had a book shelf next to the toilet giving it a little bit of privacy. This still wasn't ideal, thankfully we have a full bathroom upstairs. So this stimulated a desire in Brian K and myself to build a new wall for the toilet so we can have an office with a bathroom in it. We drew up our plans last fall, and prepared for the building of the wall this summer.

So the day after Brian's Presentation we dedicated the day to building this wall. As Brian and I laid out the tools and pulled out the measuring tapes we heard the door open and Dr. Pam greet a gentleman. It turns out it was our neighbor John from several houses down that came by for the first time. He is a carpenter and wanted to see if he could offer his services. We showed him what we were doing and asked if he could help. He also mentioned that his brother is a

electrician and he can talk to him if we need anything. We just so happen to have a need for our electrical system to be checked out because the lights occasionally flicker. So this was a clear sign of Universal Laws. It was really neat to receive from the Universe and to get to know John. He is a really generous man with some neat experiences.

So far we have invested 1.00 into building the wall. As we received a 25.00 dollar gift card from home depot that covered the 2x4s and we found sheet rock in the attic. We are grateful for all of the transformation, growth, and abundance at the Urbana Branch of the School of Metaphysics. •



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Palatine

Inner Secrets of the Soul

by Mike Duffy

Summer symbolizes a life that you never thought possible. It symbolizes the hope and the faith that you once wanted and is now right in front of you. Days are longer and the rays of the sun dissolve all shadows in our lives. No hiding, no secrets, no darkness. Summer is a time of light, joviality, expression and wholehearted action. This season is symbolic of the vitality inherent within every heart.

We will be closing out May with a wonderful garage sale hosted by Zack Bush's Class on (May 29 and 30). This is the class's first fundraiser together. Fundraisers are a great opportunity to build class-consciousness. The group is raising funds to purchase new furniture for one of the classrooms. They are joining minds in this occasion to spread love and light, and learn more about value.

Inside of each and every one of us is an infinite storehouse of light, love, intelligence, and wisdom waiting to be tapped into. With the release of Dr. Damian Blair Nordmann's awaited book *The Inner Secrets of Astrology* recently reaching the shelves, new light and deeper understanding can be shed on where we come from, who we are, and what may be in store for us. Astrology can sometimes be overlooked, misconstrued, and simplified by the majority of the population and media.

The *Inner Secrets of Astrology* compiles many years of profound research into the understandings of Astrology and how it can be applied in everyday life to better yourself and your relationships with others. The book focuses greatly on the strengths and weaknesses of each zodiac sign and provides much insight into ways of using this ancient science to accelerate your soul's progression



and fulfill your potential and desires. I have personally always had great interest and a fascination with the application of the science of astrology so this book is very intriguing and heavily resonates on many levels individually and socially. We will be hosting a couple of events: a free lecture on Friday June 12th and a paid interactive workshop on Saturday June 13th which will feature Dr. Damian speaking on his new book. We could not be more excited to organize and present these occasions to students, teachers, and the public, in honor of the release of *The Inner Secrets of*

Astrology. Here at the Palatine SOM Branch Jim C is our directing intelligence for the events with great assistance from all advanced students. This is Jim's first time leading a major SOM event and he is excited to grow through it.

I spoke with the Director in-training Sandy Leitner about the significance of these events and here is what she had to say: "Everybody has a zodiac sign. Our signs influence how we relate to and with others. Understanding the astrological signs helps us better understand others and ourselves. This event is a must do! If you want better relationships in your life these events are for you."

So as the summer season approaches, be sure to give and receive light and love wholeheartedly. Shadows of the morning light, the shadows of the evening sun, till the shadows and the light were one.

Bless your heart.
Bless your mind.
Bless your soul. •

Bolingbrook

Success Consciousness

by Teri Karl

Preparations continue for the kick-off for the *Inner Secrets of Astrology* book tour! The students continue to focus on the ideal of success consciousness.

Sherwin did a captive audience lecture at the Naperville Library. The audience loved it, and want us back for events on meditation.

This month's fundraiser is a school-wide garage sale. This was an excellent collaboration of Teri Karl's class: Lourdes Perez, Maria Velasquez, Susana Manzo, and Gloria Millare. We are clearing our physical space to move energy in our mental space!

This month is also the first of many monthly live intuitive reports. Golbahar Dadyan and Brian Kraichely shared their gifts with a packed room. 7 reports were completed. The event was attended by many people from outside the school, including community members, and students from Palatine and Cincinnati. The reports were

amazing, and Brian did a beautiful job of describing the history of 40 years of intuitive research in the school, beginning with the study of the work of Edgar Cayce. The stillness was palpable during the event. People of all ages attended. •



Maplewood All Student Weekend

By Nichole Turner

My class and I, Nichole Turner, (Corinne Crabtree, teacher of first cycle, lesson 15), had the pleasure of experiencing being at the college for the very first time during All Student Weekend and seeing students graduate from first and second cycles.

My experience at the college had its highs and lows. I experienced so many different emotions over a period of two days it was surreal. As I look back and think on the many experiences of others in my class I saw some of the same reactions from my classmates as well. It was a very real moment for myself.

In some cases I saw myself having to take a back seat for a moment to figure out what's really going on here. Some things I received with open arms and other things I found it hard to open up to and receive. I saw the weekend going one way but it took a totally different direction. It was all orchestrated by a higher power bigger than ourselves. It revealed to me how much work is needed to usher the world into a new existence and this is only the beginning. There's work to be done and much of it. We must first start on self, work the kinks out and progress in forward motion then we will be better aides in guiding others into their learning and teachings in whatever way we've chosen to be of service. This is the true meaning for me as I move forward to receiving my Responder.

The Receiving of Responderes for some was the experience of what's ahead, and for others a reflection of the work they've done. Here are the experiences of Maplewood students that received their Responderes.

Carrie Mitchell, shared her experience. Heart felt joy is what first comes to mind for her. She felt a huge sense of accomplishment. She was happy to share the experience with so many others who have journeyed on the same path inward.

Cyndy Donato, experienced both being at the college for the very first time and graduating from first cycle. Cyndy's Ideal for the weekend was to learn as much about the college as possible. She attempted to meet all the doctors and someone from each school branch in order to build her understanding and relationships. Cyndy particularly enjoyed both the mandala and healing service, experiencing the energy of all the participants focused on divine purpose was wonderful to her. During the ceremony, she found Dr. Damian's description of what's learned in each cycle very encouraging as she looks forward to her second cycle studies. She also enjoyed the texts that each teacher chose to read aloud for their class. Cyndy felt



If I were to interpret the weekend as a dream, it would mean we were spiritually awakened by many aspects of ourselves.

gratitude for her teacher and classmates as well as Debbie Hudson's guidance through first cycle.

Danielle LeBeau says, "My experience was an extraordinary accomplishment!!" "I graduated from first cycle of lessons in the Mastery of Consciousness at the School of Metaphysics, WOW!" "I'm feeling proud, astonished and amazed at all I have worked to be and where I am today. I'm so very grateful."

After experiencing everything as a whole some of my classmates were ready and able to move forward with ease and grace and others fought the good fight to stand strong and keep going forward. The roller coaster of emotions represented the turbulent storm we experienced that weekend, eloquently expressed by my classmate Candice Budzinski. Our actions resembled our emotions but even still, we bonded in a whole new way as a class. We opened ourselves to a new spiritual awakening.

As Courtney Delaria a classmate of mine stated, "Dr. Daniel approached me and asked me a very simple question," "Are you happy?" As she proceeded through the remaining part of the weekend she realized that she needed to set a new goal to love herself unconditionally so she can give of herself more freely. Awakening doesn't mean you always have feel good moments but you're always moving for the betterment of self and all others involved.

If I were to interpret the weekend as a dream, it would mean we were spiritually awakened by many aspects of ourselves. Some were easier to digest than others. We experienced a lot of turbulence within our emotions but we were able to calm the storm within and find peace and stillness within our minds. So overall, the weekend was an enriching experience for all my classmates including myself. We shed a lot of dead weight and aligned with new creative Ideals of ourselves. New bonds were created and commitments were formed. Thank you for the experience.



Know someone who is getting married this summer?

Give the perfect wedding gift....

A PAST LIFE CROSSING

Oklahoma City Learning Proper Perspective

by Anna Steely, Lesson 44

“Proper perspective is known when the outcome of an event is less significant than what one becomes through the experience.” This is a line from Lesson 20 that describes what we are learning in Oklahoma City. By focusing on this truth, there is great peace that can occur within an individual.

This month we had a school-wide yard sale fundraiser. The money from the fundraiser is going towards our supply debt. The event was planned 3 weeks in advance and we started moving towards our goal. Bumps in the road occurred during the journey, but we pushed through. A week and a half before the fundraiser we had very little donations to sell at the yard sale. This became a top priority. Our group purpose became setting a goal and stretching to achieve the goal. With everyone's help in the school we came together and produced an abundance of donations to sell in our yard sale.

As the weekend of the event arrived, we were met with thunderstorms and flash flooding. We decided to follow through with our event and host the yard sale inside. We did have some people come to the yard sale, however traffic was minimal. We also left many factors out of our thinking regarding how the yard sale needed to be executed. After completion we made a total of \$200. It was our goal to raise \$1500. Even though the physical outcome of the event wasn't as we had desired it to be, that did not mean the yard sale was a waste of time. As a whole we learned about pulling together to stretch and reach a goal, to focus on the good, to cooperate with one another. We also learned that we need to more completely image our desires.

When we go to do this yard sale again next month, we won't be the same people who put it on the last time. We will be new, improved, more matured, and more seasoned. At times it can be hard not to get caught up in the physical results of our actions. Action is an activity of the conscious mind. We need to direct the activity and conscious mind by having a clear ideal and purpose both individually as well as collectively. We will continue to place our attention on who we are becoming through the experience, not the experience itself. This is the way we can ensure we are all learning, growing and becoming more of

Kansas City Building Prosperity Consciousness

by Codie Lea, Lesson 15

The KC branch has been focusing on clearing out old items from the garage and basement, some of which have been there for 20+ years! With a focus on building prosperity consciousness as a School, Codie Lea shares a valuable experience in shifting her consciousness very quickly to manifest the financial resources she needed!

“I own my own business as a massage therapist and am in my first year. The feel I had on that Tuesday was complete fear, scarcity, overwhelming doubt and frustration. I had several weeks that were very slow. I had been continuously working on marketing, networking, being positive, visualizing my business growing, it was even on my Ten Most Wanted List. At this point I was on lesson 13A, The Feeling that Heals, so I knew that life was presenting me with the opportunity to grow, learn, and overcome emotional reaction and turn it into Emotional Action.

In the height of my Emotional tantrum my mind was racing, filled with worries about my finances, concerned about only having 2 clients for the week scheduled, two of my accounts were overdrawn, and I had to take money out of my savings which was slowly depleting. I just needed someone outside of my own brain to help reflect the truth so I could develop the understanding. So I called Leah my teacher.

I threw up all my emotions in a way to get them cleared out so that she could have all the pieces to the puzzle. We talked about all that was going on and then she gave me some great actionable work to do. In the process of our talking I began to understand that my worry and concern about how I needed to get clients was actually holding hostage the thought forms that would attract clients. That in order to attract what we want, we must have a clear idea, a clear thought, a clear vision, but we must release it. Just like a prayer in meditation, release that which you want and then open yourself up to receiving. The biggest thing I began to understand was the effect of incomplete projects on our ability to receive.

My homework was simple, I needed to write 30 ways that I could make money, 10 actionable items I could take, and the best of all, I was to write down all the incomplete projects I had going. When I wrote the 30 ways I could receive money it allowed me to calm myself, giving me some reassurance. The most profound realization was when I wrote my incomplete list. I had 25 items on that list, and almost 75% where things that could generate revenue.

So the next day I treated myself with receiving a massage, allowing myself to calm and find peace. Then I spent the rest of the day getting my mind completely off of my massage business thereby releasing thought forms of attracting clients and money, and focused on several of the large items on my incomplete log. The biggest of those was organizing my art studio space, which required a lot of moving of old things, getting rid of stuff I didn't need, organizing space for creation, and truly honoring a passion of mine which is creating Art. I finished a few art projects, moved stuff, organized stuff, and began to notice an increase in energy, passion, love, and joy. I feel asleep that night with peace and gratitude.

The next day it was as though the flood gates of abundance and prosperity came crashing down. I sold six gift certificates at my business networking meeting, I had an old client from a year prior call to book an appointment that day, and I had another client book online while I was in session. I had two other clients book out for the next week, both where new.

As this all happened I realized the power of procrastination, and how it effects the mind. Having my mind space muddled with incomplete projects, to-do lists, and “should's”, where literally damming up the flow of Abundance and Prosperity, Giving and Receiving, and the Law of Attraction. To this day my business has tripled, I am practicing the art of easily receiving abundance and prosperity, and continually bringing into full creation any incomplete project I begin. I am blessed beyond words.”

Springfield Chocolate Dream Festival 2015

by Brian Hoover

Satori: sudden flash of enlightenment

I recently received a health analysis which suggested to give of myself completely and fully, as I'm holding back from giving to the people in my life, the environment, and to myself. The analysis said that by giving beyond my comfort zone, this would produce a richness within the Self and activate the Laws of Prosperity and Abundance within my life. Challenge accepted. I used the Chocolate Dream Festival to test this suggestion. I asked myself, what would that feel like if I could let-go and be my Self, what would happen, what would that look like? I wonder...

At the same time my teacher, Christine Spretnjak, was working with me in building a more holistic concentration, where I'm holding the image in mind until the task is complete. I used this type of concentration to direct each action while collecting chocolate donations. In doing so, I started to recognize I could use the outward, physical world to direct and align my inward world in such a way that created a stillness that I have never experienced while in an active, non-conductive environment to stillness.

Using this visualized concentration, giving of myself in every way possible, and putting attention on this thing I'm starting to notice in regard to the outward affecting the inward – I set myself up for what happened next.

One day after being in this alignment all day, producing, for the Chocolate Dream Festival, I finally had a moment to myself. I now recognize that within this moment I completely stopped using my will. I went to Walmart and my attention was quickly drawn to every stimulus possible outward and inwardly. This was such a polar swing to what I had been experiencing, and I clearly recognized how unproductive it was that this put me in conflict with myself. My Self, in complete opposition to my self.

This Walmart stand off literally stopped me in my tracks mid aisle. In that moment something flipped. I was now looking down upon myself from above. I didn't move from this position for about 10 minutes as I began to download this new perception. I could now clearly see how the two worlds were a mirror of each other and directly affect each other. This download continued for the next couple hours as I drove the perimeter of town, recalculating, reorganizing, reconstructing my entire mind around this new information.



My Chocolate Dream Festival:

Goal: To contact at least 30 vendors in person and over the phone. Then I will collect chocolate donations from half of them.

Purpose: To come to a greater understanding of

concentration.

My intention in the energies freely given is to 10 fold my spiritual growth •



Cincinnati Second Cycle Class, New Teacher and..... Paid off Debt!!

by Davi Brown

In the past month we have graduated a first cycle class, begun a second

cycle class and reached a goal on our ten most wanted list of having a third teacher. The common denominator in all of this is Erin Payne. Erin and Karen Overbeck graduated this May all-student weekend in a beautiful ceremony at the College of Metaphysics and have continued forward into the second cycle. Erin started teaching a new class consisting of Elizabeth Flower, Colin Smith, Curtis Gillam, Julie Feinauer and Kyle Mesri a few weeks ago. Teaching is an awesome opportunity to 'pour out', emptying our cups to receive and give more in more expansive ways. We are all proud of these new developments and I feel they are solidifying a new era of learning in our branch.

I taught a five-week dream short course that wrapped up on May fourth. The value of dream interpretation and heeding their messages is priceless. It opens up an intimate space which allows for deep connection and discovery, and I highly enjoy sharing that with others. It is beautiful to me when I can facilitate veteran students stepping up to teach new students.

I started a new class on May eleventh in which I had a new learning experience. There were six students present on registration night, they all had a nice time and appreciated their experience but were not interested in continuing with the course work. I am happy they were able to meet and connect with us. I am also grateful for my growing understanding in life as a learning experience and NOT an attachment to outcome.

Clarence Cruz joined Ryan Woelfel, Marilyn Bakie, Julie Davis, Stacy Lenahan, Aurelia Burkett and Lynn Boggio in the Wednesday class I am teaching. I am in awe of these individuals and their connection to each other. Teaching this class may be the greatest thing I've done this lifetime. Very, VERY grateful for the experience. The class is full of future teachers and leaders.

Last but not least As of May 2015 the Cincinnati School of Metaphysics has paid off our supply debt to headquarters. Our director, Jonathan Duerbeck, with the support of the rest of us and our area director, Jesse Reece, has been steadily leading us in paying the debt off each month and initiating monthly fundraisers to support our financial goals! Now all that monthly money will go toward saving to buy a building. Maybe we will have it in time for Dr. Damien's visit at the end of September! •

Des Moines

DREAM BINGO AWAKENS SACRED SPACES

by Mavis Curry

An awakening is in process for the Des Moines school. The School of Metaphysics has been serving Des Moines since 1978. I have had the pleasure of coming to Des Moines to aid in the continued growth of the school and serve the needs of those who are ready to receive what the school has to offer. The lab of teacher is the most treasured one for me. Des Moines is proving to be a wonderful place to connect and learn about myself and serve others.

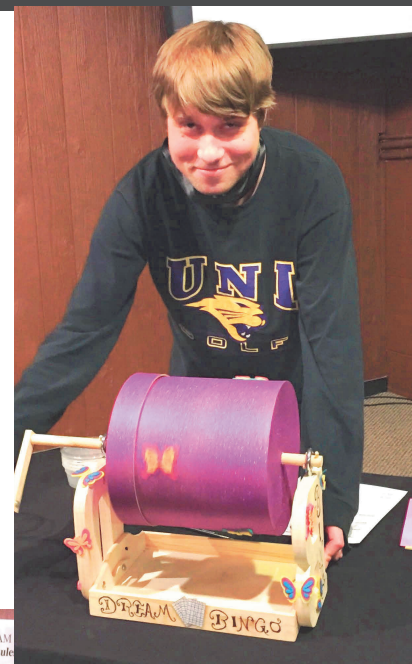
Since coming to Des Moines I have held the ideal of connecting with others on a much deeper level and serving in ways that before going to the college had evaded me. Jesse Kern and Mari Hamersley, both very open and receptive souls, were the perfect teachers for my transition from the college.

The first thing I learned was that the School location, and specifically the sign in front of the school is a well recognized landmark. This recognition has made meeting people and talking about the school easier. As part of getting out and getting involved, I have joined a number of networking groups that span professional, spiritual, educational and healing communities. Almost everyone I meet knows where the school is and is curious about what the school does.

The past couple of months have been a lot of fun and a great learning opportunity for all involved. Drew Locasha received his Respondere at the last all student weekend. He is committed to learning and serving. His lab positions are aiding him in building the leadership skills he desires. He serves as the Sacred Space Custodian and is apprenticing as Dream Awareness Coordinator. He has had opportunities to expand his awareness of leadership both through observation of teachers, direction of the Dream Catchers Meetup, and as assistant host for the National Dream Awareness Weekend. His desire to learn and have fun was apparent at our Dream Bingo event. He enjoyed spinning our colorful bingo tumbler and entertaining us with his great sense of humor.

We are welcoming a number of new students to the school in Des Moines: Vivienne Woodson, Cathy Simpson, Louisa Petit John, Liz George, Donna Cheeseman, and Ashley Smith. It is a joy when we are able to connect and engage with like minded souls. Vivienne will be apprenticing with Mari as SIR leader and Cathy and Louisa will be sharing their skills with Public Communications and Media. All the students are working on expressing their Ideal and purpose and aiding each other in learning to direct their lives in harmony with their ideals.

In May, Des Moines had the pleasure of hosting a guest speaker, Leah Morris at our open house. We had 17 people present to receive what Leah had to share. Everyone was inspired by Leah's knowledge and experience on how she is applying metaphysics to her life. Her message was clear and compelling, aiding the new students to see a clearer picture of their journey and how their study will change their lives. Our guests asked a lot of questions, and are signing up for class, getting intuitive reports, and looking forward to participating in the Dream short course. I am very grateful for Leah's willingness to join us and aid us in reaching those ready to respond to the call. I am looking forward to having her back to another open house before she goes to the college. Thank you Leah for sharing! •



Fort Worth

LIGHT, LOVE, & DIVINE FRIENDSHIP

by Mel Navarro

The Fort Worth branch was excited to have 15 students and teachers attend All Student Weekend this May. It was a transformational experience full of light, love and divine friendship. As my first experience at the School of Metaphysics Headquarters, I have to say that it definitely exceeded my expectations. I enjoyed connecting with beautiful souls from other branches all over the country and went deeper with my own understandings of the lessons. In addition, having a clear ideal, purpose and activity allowed me to make the most out of the weekend and better assimilate my experiences.

We are proud to have six Fort Worth students graduate from the First Cycle of classes. Congratulations Krista Brill, Jordan Vea'nueva, Joe Vea'nueva, Nevaeh Moonflower, Cynthia Seba and Charlie Guajardo. We are proud of you! As these students are transitioning out of First Cycle, new students are coming into the fold. a new First Cycle class of 13, taught by Rashard Garrett, started this month. The students are eager and excited to jump right into the study of Metaphysics.

The branch has several events on the horizon including holistic fairs, unique class projects, and a couple of community lecture series topics such as Teen Dreams, Intuitive Healing, Dream Interpretation, Nutrition, Power of Positive Thinking and Conscious Parenting. We are looking forward to continuing to educate the community about the value of the study and application of Metaphysics, and to spread our light, love and friendship!

Want to know how the IASD conference went?
Check out the next page!

Chicago

Learning How to Learn

by Emily Knox

Spring is definitely here! There is new birth within the school, along with such an excitement for change! The Chicago school branch feels refreshed and receptive to love and light. Towards the completion of April, Randy Ristow began teaching a new class on the 22nd of the month. He now teaches three beautiful souls; Roman, Jordan, and Alex, who are practicing self-esteem, allowance, and commitment. We are all grateful for the opportunity to welcome these open-hearted souls into the community.

National Dream Hotline® was a wonderful experience that began at 5:59 pm on Friday night, and continued throughout the weekend! The calls brought movement and excitement into the school branch; students gave what they had which created shifts in consciousness. When calls began to slow down throughout the weekend, we went out into the community to give flyers and share the event with people that we met. Knowing in our hearts and minds that we were serving the community to such a high degree, and wanting others to have inner guidance through the interpretation of their dreams! As soon as we began to take activity through posterage in the neighborhood, the phones began to ring; it was like clockwork at times! This weekend was full of connection, and I am so glad that this is one of the incredible resources offered by the School of Metaphysics.

In adding to the connections on the weekend of National Dream Hotline®, Mirka Majernikova led SIR meeting. We listened to Randy's Creative Mind report. From his report, we learned the importance of applying will to the imagination in order to bring our desires into the physical.

This report stimulated two other students to strike a strong interest in attending the Genius Code Spiritual Focus Session. Mirka shared her most recent Past Life Profile in which she was a master. She built stillness of mind in that lifetime and she is now putting forth extensive effort to drawing upon that understanding in the present lifetime. Lydia Ogolceva, a former student also came to share her Health Analysis, which always brings my attention to the deep connections we make while being students. Once a student, always a student!

On May 14th, Angela Appleby began teaching a new class! Having new students in the school is just one of the ways we bring in more joy into the branch. We have been blessed with a bundle of love named Theresa. The first thing she told me was, "I feel that I'm at home here!" This brought warmth into my heart and tears to my eyes because I could relate to her expression. It is amazing when people are committed to their soul growth and progression! This love will spill over to the new class beginning Wednesday, May 27th! We are open to receive 12 or more students!

Here at the Chicago branch, there has been a lot of attention and group consciousness building in our efforts to prepare for Dr. Damian Blair Nordmann's, The Six Keys to Bettering Your Relationships and Your 12 Sacred Relationships. It is incredible to see how much can be created in such a short amount of time when all minds are active in the creation process. Dr. Damien's zeal must be filling the souls of our school branch because we are definitely excited to share with everyone about this magnificent opportunity to learn about the Self! •



Taken during Dr. Laurel Clark's Presentation.

Davi Brown as the room monitor

By Sheila Benjamin

This years IASD's delegation traveled to Virginia Beach, Virginia. Our group included six of our leaders, Dr. Laurel Clark (who is now the Vice President on the IASD board), Dr. Daniel Condon, Hezekiah Condon, Karen Mosby, Davi Brown and myself. There were four of us that gave a presentation. I sat in the audience thinking what brilliant people we have in our organization. Each one of the presentations left people inspired.

The week was filled with learning, friendships and service. Each of the delegate members placed themselves in a service position. The leaders of the IASD have always received us from the School of Metaphysics with open arms because of our attention, present mindedness, as well as our generosity to serve.

We learned from Dr. Dawson Church about how he uses EFT (emotional freedom technique) to assist veterans move through PTSD (Post Traumatic Stress Disorder). He described how effective EFT therapy changes the brain as well as alleviating distressful sleep and dream experiences. We listened to Heather Spence, a Marine biologist, and works with dolphins and explores their sleep patterns.

There was the dream ball which Hezekiah was chosen to be a judge once again. Two years ago at the conference that took place at Virginia Beach he was also a judge. He stated that it was the most fun he ever had.



Hezekiah was asked to go sailing.



I think that the highlight of my week was the presentation that was given by Dr. Larry Burk who is a holistic radiologist and integrative clinician, dream and intuitive diagnosis researcher, and certified Hypnotherapist. He had us pair up with someone we did not know. We sat knee to knee, one person would think about a friend or family member that was ill and the other person presented an intuitive scan. It was pretty remarkable.

Here is what some of the other delegates received:

by Hezekiah Condon

I started out really looking forward to this adventure. I have a strong love for the ocean and I've only been to the east coast two or three times.

It was a 20 hour drive from central Missouri to Virginia Beach but no where was it uninteresting. The Appalachian Mountains rose up around us as we moved farther east and back toward the deepest roots of American history. This land formed the heart of the original thirteen states, it was one of the first areas to be settled by colonialists from The British Empire, and, further back in time, it was home to numerous thriving native societies, each with their own rich histories and cultures.

As the conference began, this year, I was presenting on a panel with my father and Dr. Stanley Krippner PHD. Dr. Krippner is one of the most respected members of IASD, his knowledge of anthropological, physiological, and mythological subjects is virtually unmatched.



Three generations of great minds

felt very inadequate when compared to the vast bodies of information Dr. Krippner and my Father had to offer. In short, I was very nervous. Fortunately I didn't have long to brood as our panel presented on the first full day of the conference. We were very well received and the audience in turn provided us with several challenging questions which I appreciated.

Once my own presentation was out of the way, I was able to better concentrate on my duties as a volunteer member of the IASD technical support team, helping other presenters with the mechanics of their presentations. For me, this conference has been about interactions, making new friends, becoming closer to IASD members I've known for years, learning from academics my own age who are already experts in neuroscience, physics, and other fields I can barely even scratch the surface of.

Being able to support others in their presentations and get to know people better through activities like taking walks in the woods, going swimming and sailing in the ocean, and working out on the beach, these are the souvenirs I'll be taking back to Missouri with me when I go home.



by Davi Brown

Last year was my first time attending the IASD conference in Berkeley, CA. This year I felt I went a lot deeper with my experience. First of all, I roomed with Dr. Sheila Benjamin, Dr. Laurel Clark and Karen Mosby which was a really sweet experience for me. By traveling with the delegation it opens me up as more than an individual, as someone a part of a group that is contributing a lot to dream research and the conference as a whole. For the conference as a whole I was deeply touched by the balance and reverence for masculine and feminine energies. I felt the conference was a leading showcase of interactions and growth in culture to come. The feminine presence, in men and women, was palpable to me. There was a cultivation of soul, purpose, silence, intuition and an alignment of ego efforts for those ends. It was extremely beautiful. I learned so much, connected with many beautiful people and am so excited to be a part of this community.

Delegation to the IASD 2015 Conference: Dr. Daniel Condron, Dr. Laurel Clark, Dr. Sheila Benjamin, Hezekiah Condron, Davi Brown, Karen Mosby

by Laurel Clark

This is day 4 of the IASD Conference. It is rich and full! I will be able to write more details when I am not immersed in it, but for now, I want to share these highlights.

It is so interesting to meet people from different cultures and backgrounds. I learned something from a man who is attending this conference for the first time. Alain, who is from France, works in the aerospace industry with astronauts. He studies the brain activity that occurs when astronauts are in space and he became interested in dreams because of the phenomenon of gravity. Astronauts do not dream like people on Earth because they exist in a no-gravity environment. Alain said that dreaming occurs neurologically when the body is lying down. When there is no gravity, sleep changes and so do dreams. This is why, he said, we cannot sleep or dream standing up. Even people who fall asleep while sitting do so when their head drops forward (a function of gravity.)

I asked him about flying dreams where people dream of being weightless, without gravity. He said that is part of what they are studying. Because of time constraints and English being his second language we did not get to pursue the discussion farther but it certainly stimulated me to explore ideas I had never even considered. It reminded me of an article I had read by Ryan Hurd, who is a practiced lucid dreamer. He said when he was traveling and sometimes pulled over to the side of the road to sleep in his car, in a sitting up position, his lucid dreams increased.

I wonder if the change in how one experiences the relationship of "self" to the physical body has a correspondence in the sleep (and dream) state, in which we become less attached to the sense of our body as we know it ... food for thought.

I had a chance to meet a relatively new IASD member from Columbia, MO who is a playwright and theater teacher. He conducted a workshop on using dreams and dream-story themes to write plays. He did it in a creative fashion, giving each of us a small bag which we decorated and into which we put slips of paper on which we had written answers to his prompts, such as "an event," "an emotion," "three people," and so on.

These people, places, events, things, and feelings from dreams can then be pulled out of the bag and put together in different ways to form a play. This was similar to a workshop I attended last year by Tzivvia Gover on using dream imagery and themes to write poetry.

Another presentation that I found intriguing was one on long-term journal keeping. Dale Graff, who is a well-practiced psi dreamer, gave his experience on how to record dreams in sketches to record precognitive dreams and to experiment with precognition. Dale used to work for the government Star Gate program which did remote viewing among other things that he cannot reveal. To experiment with precognition, Dale will ask to dream about a picture in a newspaper, for example, that is not yet published ... dreaming of events that have not yet happened. He showed the visual correspondence between his drawings and the photos in the newspaper. In some cases they were almost identical, showing how accurate "psi" or intuitive knowledge can be.

Jeanne is another presenter, a medical social worker who gave a very moving description of her work with hospice patients. She cited studies that showed how dramatically listening to patients' dreams helps people to die peacefully. Patients who remember and can voice their dreams record peace of mind, less physical pain, reduced restlessness, and need for fewer pain killer medications or none at all. Many people who are dying have dreams of deceased loved ones who reach out to them. After those dreams the hospice patients are no longer afraid, feel comforted and in some cases happy and hopeful about the place beyond where they are going.

Jeanne is so encouraged by the studies that have been done and with her own work that she is developing a research project to encourage more hospices to listen to their patients' dreams rather than casting them off as hallucinations. She believes that it will change the face of hospice care, allowing patients and their families to experience comfort and peace.

Today I gave my presentation on "Dreams of Peace and Healing," based on dreams I had the night that Michael Brown was shot and killed in Ferguson, MO and the night that the grand jury decided not to press charges against the police officer who killed him. When those events occurred, I put out a call to the World Dreams Peace Bridge, a group of dreamers from all over the world who dream intentionally to bring about world peace. Once a month the group decides on a focus for a "Da Fu Mu" or Big Dream of Great Fortune. The Peace

Bridge members (many of whom I have never met in physical waking reality) had some powerful dreams that resonated with mine and with dreams of other members. Viewed collectively, the dreams form what IASD intuitive dreamer Cynn timer Pearson calls an "arabesque," a design or pattern consisting of intertwined flowing lines.

When people dream together for a common purpose, the resulting "group dream journal" as Sherry Puricelli calls it, reveals a pattern that is greater than the sum of the parts. A true experience of intuition or the direct grasp of truth.

My presentation was part of a symposium I organized (at Jean Campbell's request) to bring together the World Dreams Peace Bridge. Her presentation was on the Dream, Dance and Drum ceremony to help the children of the world. Sherry's was on inter- and intra-group dreaming. She belongs to several groups that dream with particular purposes such as peace, healing the earth, spiritual healing, psi development. She has

noticed that the groups are not separate and people from one group will have dreams resonant with the other groups. Joy Fatooh, the fourth member of our panel, spoke about the group psi dreaming contest she developed for the PsiberDreaming conference.



I am now the Vice President of IASD. My conference began with a four-hour Board meeting discussing the future of the organization and some exciting developments like an online course program. Some of the online courses are already available. Most are eligible for CEs for psychologists and other mental health professionals. There are a few non-CE courses, including one by yours truly on dream incubation. Scott Sparrow, the current Chairman of the Board and the person who is spearheading the online course program, says that this course on dream incubation so far has received the most

downloads, even more than the CE courses. He views it as testimony to the fact that all people desire to learn about dreams, not only those who want or need continuing education credits.

If you are reading this and are not here with us in Virginia Beach, I want you to know that you can participate in the IASD PsiberDreaming online conference which is two weeks, the last week in September and first week in October. If you become a member of IASD for the first time, you can attend the PsiberDreaming conference for free! If you are already a member, the cost of the PDC is very low.

Sweet dreams and my circle of love to you all,
O Dr. Laurel Clark

The INFALLIBLE WORKINGS of UNIVERSAL LAW

by Dr. Barbara O'Guinn Condon

The A-Field exists without, around, and through us. It flows as subatomic particles through every living thing conveying a wholeness that exists beyond the limits of the localized mind and body.

When you put that apple up to your mouth, already its aura and yours are interacting. Your salivary glands start working before you even take a bite. That interaction is working on subatomic levels, the same levels where your consciousness expresses as thought and feeling. This is the level where your affirmations do their transforming.

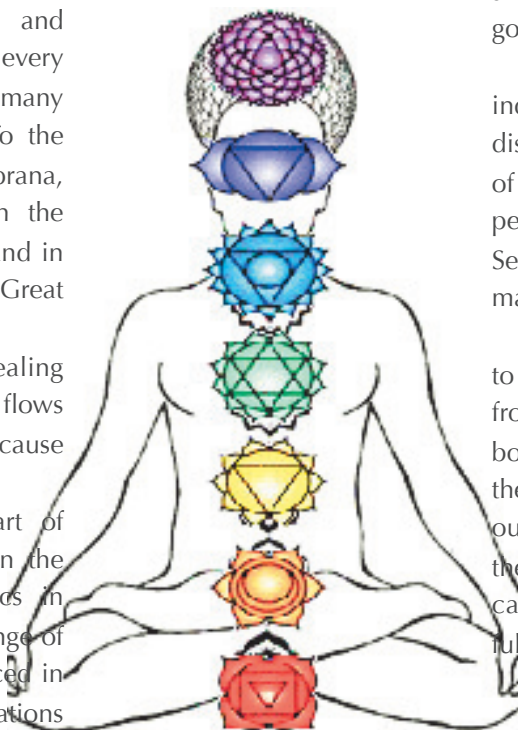
Affirmations rely upon the transference of energy between mind and body. This energy is recognized in every culture, honored in most. It wears many names. To the Chinese, *it* is chi. To the Japanese, *ki*. The Hindu yogas call *it* prana, while the sufi name *it* barakah. In the Hawaiian Kahuna tradition *it* is mana, and in the native American, *it* is known as the Great Spirit.

What people think of as healing comes through that Spirit of Being that flows through us all. We recognize Spirit because we *feel* it.

Exploring Spirit is at the heart of several Spiritual Focus Sessions held on the campus of the College of Metaphysics in Missouri. Teachings focus on the exchange of energy between mind and body evidenced in the chakra systems. The seven affirmations presented during this session have come from

SEVEN MAJOR CHAKRAS
connecting your Mind and
Body.

Learn the Healing
Affirmations that calibrate
them for your Health
during
KUNDALINI RISING
Spiritual Focus Session
July 12-14th



forty years I've invested in dedicated study and teaching.

School of Metaphysics lessons describe the seven major chakras as the agents of recycling the energy an individual uses to create. Their presence connects seven levels of mind with seven vehicles for experiencing. Buddha called this connection the fields of enlightenment. Chakras enable the energy to descend and ascend, to breathe the breath of life described in the Old Testament of the **Bible**. In the *Book of Revelation* in the New Testament, the chakras are symbolized by the seven lampstands of gold and the seven trumpets.

Each chakra has a variety of individual characteristics and attributes. I discuss these in **Kundalini Rising**. This kind of esoteric knowledge is helpful for the person who wants to be a whole, functioning Self – conscious, aware, and present in the manifested and unmanifested worlds.

These seven major chakras are linked to major endocrine glands in the body, and from there influence the major system of the body discussed throughout this book. When the flow of energy is steady and rhythmic the outgoing energy can generate the desires of the physical Self and the incoming energy can replenish the spiritual Self through fulfillment. •

The New Maitreya

A resonance with the Conscious Convergence in July 2010 surfaces again in June 2015 through those who give the School of Metaphysics life. The Conscious Convergence was a moment of commitment for transition to unity consciousness that saw a significant elevation in the calibration of the human race. We experienced it as:

1. **Reception**, the 2010 Peace Ambassador Conference at the Peace Dome featured Amy Pawlus who had recently returned from a trip to Beijing, China.
2. **Perception**, a SOM graduate's week-long lecture/book tour in Kentucky
3. **Inception**, the Hollywood movie shed light on consciousness questions and we were there to answer in Dallas.

For the Conscious Convergence of 2015.....read on!

Read more about that online at http://www.som.org/Archive/Newsite07/SOMNavigation/Conscious_Convergence1.html

HEARTLAND...12 SACRED RELATIONSHIPS premieres in Chicagoland



During the *Your 12 Sacred Relationships* interactive workshop, participants were guided through what it feels like to "be" each sign of the zodiac. Can you match the signs with the pictures of exercises through the day?

EAST COAST...

SOM sends a delegation of seven to the International Association for the Study of Dreams conference in Virginia Beach, VA. Four are presenters and SOM's own Dr. Laurel Clark becomes Vice President of IASD. (See related article on page 11)

WEST COAST... Field Director JESSE REECE attends 9-Day Training at REBIRTHING INTERNATIONAL

I read *Breaking the Death Habit* as a COM student, before I experienced intuitive breathing, and it made all the sense in the world. I had great opportunities to practice at COM. I had daily relationships with all elements. Burning trash, brush piles creating opportunities to be around fire. I led fire crews. One time I burnt one of the pastures, and dreamed of fire that night....

I have stayed in touch with practices, adding to and incorporating while I live in Louisville. My exercises have become health for me. They are as important as brushing teeth and eating. My relationship with elements are integrated into my mental and physical well being. I've been waiting for the right time to reach out and that time has come. I've known I would have a relationship with Leonard Orr for several years. Dr. Daniel Condron had two peak experiences in his life with Orr.

Now, I am actually going to Sierraville, California to participate in one of their events. I am looking forward to sharing when I return.



Dr. Barbara Condron writes to Psi Counselors and students....

The Super Conscious Healing Power lessons teach how to understand our reports and interpret them for the greatest outcome.

You are needed at one of our SOM branches this summer. You are needed for your experience, your understanding, and your growing wisdom/ leadership. The communities, as well as SOM students, will receive what you have to offer as a healing balm midst the strife and continual fear and debate that media reports.

Your presence during the Healing Service will elevate the calibration of the A-Field. It affords you the opportunity to create the elemental force structures necessary for sacred geometry to become activated. This is a synchronized motion that enervates the Stargate Field of Consciousness©. I know most of you are intrigued by the Stargate and are actively allowing it to work in your individual consciousness. Your participation this summer in the schools will give YOU the experiences so that we can discuss the thought form structures we are creating individually and together.•

**The SEASON of HEALING begins June 28th
Lesson 1 SUPER CONSCIOUS HEALING POWER**

July 5th Lesson 2

July 12th Discuss Lessons/videos

July 19th Discuss Lessons/videos

July 26th Lesson 3

August 2nd Lesson 4

August 9th Lesson 5

August 16th Discuss Lessons/videos

August 23rd Lesson 6

August 30th Healing Service at SOM Headquarters

September 6th Lesson 7

September 13th Discuss Lessons/videos

September 20th Discuss Lessons/videos

September 27th Lesson 8

Dr. Pam Blosser replies to Dr. Barbara Condron

I would be happy to serve the Urbana community by traveling to teach the remainder of the lessons this summer. Or I would be willing to travel to another branch if it is deemed in the best interest of all concerned. I definitely see the value of these lessons. I can see how they benefited the students who attended them, aiding them to see their disorders from a more universal mindset as well as aiding them to better understand the most productive and high use and expression of emotions through The Six Doorways to Love. It is truly mind-expanding to be offering these lessons to the public this summer and how transformative that can be for those who attend. There are so many tools that the School teaches; I sometimes imagine if everyone on the planet understood and used just one of these, the whole world would be totally different. The 6 Emotional Doorways to Love is definitely one of these. And as you mentioned in your email circumstances are ripe for awareness, knowledge, application, and understanding of these doorways to take root and blossom....

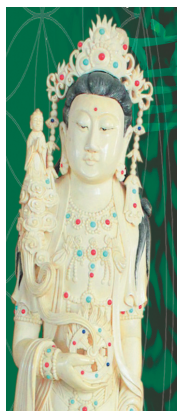
What came to my mind this morning was the Prayer of St. Francis of Assisi:

*Lord, make me an instrument of your peace,
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy;*

*O Divine Master, grant that I may not so much seek to be
consoled as to console;
to be understood as to understand;
to be loved as to love.*

*For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.*

To me this prayer symbolizes what we are doing this summer with the Superconscious Healing Lessons. We embody and live this prayer. WE ARE the living prayer of St. Francis. Bringing the Superconscious Healing Course to our communities is but one of the vehicles through which we express it and much more.•



A Kuan Yin Blessing for our 12 Sacred Relationships

*the Interactive
Workshop
lighting up
the Midwest
this year!*

Dr. Damian Nordmann and I greet one another Saturday morning in the Bolingbrook kitchen as he prints slides from his well-prepared keynote for this day's debut of **Your Twelve Sacred Relationships**. I offer a Kuan Yin blessing.

We become meditative, resting our minds on the core of what is being birthed here at the Bolingbrook branch of the School of Metaphysics. Each of us carries forward the sense that what happens here will open many doors for people from ALL astrological persuasions to "discover" SOM for their Selves. As we link minds and fingers in a joint Chin Mudra, Damian begins to count slowly. 1, 2, 3, 4 when he reaches 16 our fingers suddenly open, releasing the energy that blesses this endeavor.

When Diana Kenney reads the verse, we smile.

Damian's opening lecture the night before, *Six Keys to Better Relationships*, has rent the veil of sorrow and anger, allowing all present to know the Self beyond momentary reactions to experience.

"Sorrow and anger no longer veil who you are."

During his lecture he uses the Six Emotional Doorways to Love as a framework to illuminate the dynamics of six key relationships in everyone's lives. All present become more keenly conscious of how we know the people we do and what it says about us, personally.

"Unconsciousness no longer shapes your creating."

As he illuminates the Father, the Sister, the Friend, the Girlfriend, the Co-Worker, the Student, those present are afforded the time to reflect upon their own relationships, the fabric that is their own lives.

"All hold value in their time and place."

And Damian's dharma, a self-taught life's work in astrology, shines light into our lives. He invites us to join him in a call to adventure. The Law of Relativity made known through the people in our lives.

"Full of wonder, the duty-bound understood."



- by Barbara 'Gael O'Guinn' Condrón

The Keys of Life that are the Universal Life Lessons

by Dr. Daniel Condron

The Keys of Life that are the Universal Life Lessons. The third key of Life is Concentration.

3. Concentration

The ability to focus and direct ones attention with the will and conscious choice is of utmost importance in any endeavor, especially with the process of quickening soul growth and spiritual development. Undivided attention means “not divided” attention. “Not divided” attention is focus and concentration. So really there are two factors,

1. Attention- the ability to focus
2. Concentration- The ability to hold the focus of attention for as long as is desired. Concentration is needed for success in life. As the infant grows the ability to focus increases. The child learns to focus on the mother, the father, and objects of interest.

The third Key of Life taught in the School of Metaphysics is concentration. Concentration is the ability to focus one’s attention as one chooses. In order to instruct students in concentration teachers in the School of Metaphysics are taught the Candle Concentration exercise. Concentration must be developed in order to discipline and thereby master the mind. Concentration prepares the way for meditation. Concentration begins by focusing upon an object (candle flame) and progresses to focusing on enlightenment. You are where your attention is.

Exercising will power to concentrate prepares the way to open the throat chakra. Whether the ideal of Self is enlightenment or whether ones goal is to create ones own business; focus, attention, and concentration are necessary.

As long as the attention of the mind is scattered the results of one’s life will be scattered. When one’s mind is brought under the control and direction of the Self through the use of will with concentration, fulfillment of the purpose of life becomes possible.

Concentration brings one into the present moment. In the present moment one can realize the true nature of reality as connectedness. In the present moment, in the still mind, one can open to receive the True Nature of Reality in the Open Heart. Such a one knows Divine Love.

Dr. Daniel Condron



\$2,100 to Bring Peace to Parliament

How to Activate Universal Laws Quickly and Easily

by Leah Morris and Sydney Kasner

Peace is built through communication. The open exchange of ideas is necessary for discovery, for growth, for well-being, for progress whether within one person or among many. The steps of visualization begin with a need. It is through imaging and communicating our needs that the Law of Relativity is activated attracting the resources to accomplish our fulfillment.

On behalf of the cast of *The Invitation*, I am excited to share that our fundraising website has already received over \$2,100 in less than 2 weeks for our performance at the Parliament of the World's Religions! The first donation we received was \$1,000 followed by another \$1,000 simply by communicating, sharing and including people in our peace efforts!

Sydney Kasner, a student at the College of Metaphysics, has already reached her personal goal of \$1,100 (which is what each member of the cast has committed to personally raising). This is a direct result of visualization and expectation. I asked her to share the keys to quickly manifesting abundance.

She said, "My first thoughts were that I'm up at the College, I don't use email, I don't have 100 people to contact, it's going to take a lot of my time. As my limitations arose, I realized I've had those same thoughts so many times. I used the stimulus as a Self-counsel moment and decided I want something new. I chose to transform, "This will be hard. It won't work," through consciously choosing a new attitude. I had a great belief that this could be possible and I wanted it to be possible. I realized I could just do a little bit every day and focus on why I am doing this. What is this for? I reminded myself that whether they know it or not, the people who support this are giving to something Great and Divine. The people in my life deserve to be part of it.

I began by personally reaching out to people on Facebook and asking them for their email addresses. I told them that I am part of a play and that the cast is raising money to perform at the Parliament of the World's Religions. Every person gave me their email addresses! As I asked, I came to peace with the fear of rejection realizing that even if they say no, it's still energy that I'm putting out and that it will return to me.

A few weeks later, I sat down to send 5 personal emails. That day, I received a \$1,000 donation from my childhood best friend's sister. I haven't seen the woman who made the donation in 15 years (we had only talked on Facebook now and then). She said in the website comments, "We really want to support you. We are so proud of you!"

I asked myself, how did I cause this? The answer? I have been giving unconditionally and expecting the return. I have been making shifts every day as a College of Metaphysics student. I have been cultivating the intention of sacred service in everything that I do; gardening, cooking, transcribing, and more. Becoming more awake to this has helped me build my sense of self-value and to realize that I deserve the tenfold return. It is easy to expect it. All of the energy I'm putting out is coming back. In the past, I have spent too much time being agitated with the amount of time and attention I have given. Now I give from a different place.

I have realized that people might not have any idea what the Invitation is yet, but they want to give to it because peace is important. The Invitation is a gift to the world that should be supported by the world. It makes it more of a collective consciousness when a lot of people invest in it."

Activating the Universal Law of Relativity using Intelligent, Directed Thought will transcend time and space. We're all busy. We all think we have too much to do. Yet the more we think these thoughts, the less we can receive the abundant nature of the Universe. Peace is achieved by those who fulfill their part of a greater plan. Asking people to be part of world peace through bringing Peace to Parliament is a way to invite, include and engage humanity in this opportunity thus knowing and receiving the value of our education.



Give and it will be Given to You

Larry Hudson, Treasurer Board of Directors

Dr. Sheila Benjamin gave a presentation at National Teachers Meeting about the history of students and teachers attending Parliament of the World's Religions in Chicago 1993, South Africa 1999 and Melbourne 2009. I presented a talk about the importance of giving to something greater than your self.

After the presentation Tarak Uday approached me. He told me he wanted to contribute money to the fund to send SOM Elders as part of the Delegation that will represent the School at the Parliament in October this year.

I asked Tarak why he decided to contribute to this fund. He said, "I heard you say, 'this is an opportunity to give to Superconscious Mind'. I felt this inner urge well up within me and I couldn't think of any greater thing to give to." I thought WOW what a way to respond to this inner urge!

Tarak's generosity caused me to reflect upon what kind of stimulus brings forth the inner urge in any of us. He attended the week as a College student earlier in the year. He expressed the desire and took action to become a College student. Tarak started saving money. The contribution he made to the Delegation Fund was the money he had saved towards becoming a College student. By giving this money he was enacting the Law of Ten Fold Return.

I am reminded of something from Luke chapter 6 verse 38 in the Bible, "Give, and it will be given to you; good measure shaken down and running over they will pour into your robe. For with the measure that you measure, it will be measured to you". I looked up the meaning of measure and this is what I found, *an estimate of what is to be expected*. With Tarak there is an expectation to receive value from the highest part of the mind! This is the part of mind that holds the plan for our existence. I wonder how Tarak's 10 Fold is returning to him even now.

I encourage everyone who reads this article to make time to speak with Tarak and ask him what he has received from this divine giving!

The SOM Delegation Fund Invest in the world by sending our best



On July 1, 1975, 22-year-old Barbara O'Guinn went with a friend to a metaphysics class at Patty Coleman's apartment in Columbia, Missouri. Barbara went on to become a correspondence teacher later that year, a SOM director the following year, an intuitive reporter the next year, a field director in 1978, SOM president in 1980, and she has been loving and teaching ever since.

"The School of Metaphysics taught me what it means to be Spiritual Man and provided the people and place for me to live it," she said. "I want every individual on the planet to enjoy the opportunity to learn that was afforded me. Thank you. Thank you. Thank you. To every student who teaches, and therefore learns. We are uplifting the calibration of the human race with each breath, each meditation, each Circle of Love."



In honor of 40 years of opportunity to serve, Dr. Barbara is donating \$40 to the

SOM DELEGATION FUND

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Fourth Cycle Class

by Tad Messenger

has been studying and practicing with many areas in Superconscious Mind this month. The theme this month seems to be serving the Whole and trusting the Self.

Christine Spretnjak "As I acknowledge doubts about myself based upon the past and transform them, I notice that I become more balanced within my Center. As a result my understanding of the elemental forces and ability to wield them is revealed. I am thrilled to observe a more authentic and innately creative Self emerge through the exercises. Hopefully this will help me to understand our



reading assignment, *The Gnostic Bible: The Pistis Sophia Unveiled*."

Concerning this book assignment, Jesse Kern says, "I am excited to be studying the *Pistis Sophia*; it has a quality unlike any other Holy Work I have ever encountered! :)"

We are continuing to study the sacred geometric forms. I noted a specific energy associated with the cube of space. When I receive an intuitive image of truth it resonates with my whole being and I experience a knowing and trust within my core.

Laurie Biswell says, "I am changing how I experience neutrality, meaning the ability to see the whole form rather than just a piece of it and creating a judgment based on polarity."

In regards to our other practices in the Fourth Cycle this month, Jonathan Duerbeck says, "I was glad to make progress with my dissertation. I believe I am starting to understand where curiosity and the appreciation of beauty come from. I appreciate sharing experiences and hearing about what my classmates experience since it opens my mind to what is possible. I very consistently feel my crown chakra when I focus on it, which I didn't before."

Karen Mosby has noted how her consciousness has progressed as a result of her studies this month. She was teaching a student in the kitchen who was nervous about leading others to cooperate and make a desert. "As I left the kitchen I realized that I was experiencing being in the kitchen but not caught up in the activity, or being in the world but not of it. I realized that the position of area directing must be like this. Area directors give guidance and wisdom but because they have many schools to oversee they can't get caught up in what each school is doing. They need to serve the whole and trust that the individual director will serve their city well. It is the not getting caught up in any one thing and being able to see how I fit into the grand scheme of things that is changing how I see myself this month in my studies in the Fourth Cycle of lessons."

"I have never been so awake to spirit. Love for self and others grows within and flows easily out to others as fear and judgment dissolve leaving a quiet inner strength." ---Diana Kenney.

Vision Quest 2015 “Let the Spirit Move You!”

by Brian Kraichely

Vision Quest is a weekend of outdoor adventures on the beautiful 1500 acres of land at the College of Metaphysics. This year Emily Ashley, Dylan Tucker, Elena Stafford, Doug Bannister, Diana Kenney, Dr. Paul, Alexandra and Vivien Madar joined leaders Jonathan Duerbeck, Hezekiah Condon, Jesse Reece and myself, Brian Kraichely. We also had alumni Nicholas Zajac and John Crainshaw participate this year.

We planned an experiential weekend with lots of elemental purification. Mother Nature decided to make her wishes known as



the water purification became a major theme of the weekend. The river began rising Friday night and it was decided to move our campsite on the gravel bar and move to the main building. That decision proved to be the correct one as by Saturday morning, that gravel bar was several feet underwater.

Overall, the weekend was a great experience of flexibility, communication and cooperation as we adjusted our plans, finding the good in every situation. We had time and space to go deeper into our experiences and receive more. The ideal vision quest is where we are all transformed through the journey and from the feedback we heard, the weekend was a success.

Here is Jonathan and Hezekiah's account:

We were all invited/coaxed/demanded to be flexible and receive unexpected surprises, such as a flooding river, hungry mud, baby armadillos, and flashes of inner light. This was a great practice in keeping our minds in the present and the near future, to respond to new situations as they came up, thinking in a clear and straightforward way. A big part of this was communication: making sure we were all on the same page as we rescheduled events, changed locations, and made new plans.



We created several ceremonies that made it easy to drop old things, be new, and strengthen inner commitments. We also saw a daddy-long-legs and a dragonfly that were both emerging from their old shed skins--very appropriate. I, Jonathan, realized that a really big purifying force is the love and friendship between us. I wanted to create a mental boundary around the time and place of this experience, so I smudged the perimeter of our whole campsite--and then we abandoned that area to avoid the rising river! So mother nature sort of reminded me to notice what works and keep things real. Love and friendship I think are what made this special even more than the other practices we did.

For this year's cave hike we prepared more for the cave hike than last year.

We incorporated a narrative into the experience

using the expedition as an example of the Hero's Journey story structure (popularized by Joseph Campbell), which appears throughout modern fiction as well as ancient mythology. In our adventure, the cave represented a strange and unfamiliar world. In our reflections and meditation in the dark we were presented with a climax and cathartic moment, before we re-emerged into our ordinary world, taking with us the understandings and insights we had gained deep underground. We were new, like the turkey vulture chicks and baby armadillos we found along the cave trail (very cool).

Due to the rain and flooding, we had a rare chance to see the college's largest waterfall in action, and we walked upstream through a sparkling clear series of pools and cascades in a tranquil wooded valley. Most people had never seen this part of the campus before. The same rain that kept us off the river gave us all a rarely-glimpsed wonder. We just needed to see our new opportunity and receive.

In the peaceful lulls between the action, I, Hezekiah, enjoyed lively discussions with some people I had just met, and others I hadn't seen in years.

And I, Jonathan, enjoyed including people more and letting them help me with things like clearing trails and writing Vibes articles, and I was reminded again: people are more important than things. I even had a dream to emphasize the message more. Jesse Reece shared his experiences. "It was a relaxed journey into Self



awareness. We enjoyed time and space in nature. We practiced conscious relationships with the elements. We cooked our food over a fire. Walking across the College of Metaphysics land and down to the cave I received the beauty, opportunity, and potential available through this campus. During the guided cave tour and meditation many people, including I, found phenomenal inward revelation. I realized I am not my body. I had seen this before. I realized it more clearly on Saturday afternoon in the cave on the College of Metaphysics campus. Spending spacious moments in a variety of unique locations on campus throughout a 2 day span offered a fresh look at the life of the campus. A spiritual journey in nature and consciousness, going inward by going outward!"

Join us next year for Vision Quest and receive clarity and guidance on your journey!

All Student Weekend Experience by Doug Bannister, College Grad Student

On this most recent All Student Weekend, the PSI Counselors' assignment was to counsel with students. The purpose was to gain more counseling experience and to facilitate and enhance the learning experiences of the more than 130 students participating in the weekend because, for a significant number of them, it was their first time at the College. I had several fulfilling conversations Friday night as students came in and more on Saturday. That evening, as I sat with my dinner in my lap at the far north seating area awaiting Diana Kenny to join me, I reflected upon my experiences during the fulfilling work day as I led other students in our mission of improving the fence in the south pasture. I gazed upon the people moving about the dinner area and my thoughts went to appreciation. I appreciated being among like-minded people, especially joyous group creations where the process of learning is more important than the goal. Then a interesting and strange thing happened - I became aware that I was seeing each person's beauty, rather than a face and a name. I became awake to each person's essence, each person's soul. I was overcome with wonder and awe. I knew then that the learning gained during the experience IS more important than accomplishing the goal; that the joy of Being is more fulfilling than the satisfaction of Doing. Then I became aware of other things, like the tears in my eyes and the smile on my face. I realized that I had experienced bliss.

I welcome anyone who has not lived here at the college to consider doing so, soon. For those who have lived here, I invite you to consider doing it once again. Consider adding your own creative essence to the energetic field that is becoming more attractive and more fertile day by day here at the College.

Life as a College Student by Larry Hudson College Student

Many times since I became a School of Metaphysics student I was asked, "when are you going to the college as a college student"? At first my answer was, "that isn't going to happen" and then it became, "when I retire".

I thought becoming a college student was going to be many years down the road after I worked my full career and retired at the age of 65 like most people do.

Then a few things happened that made me look at my life and my future. I had a Health Analysis and it talked about a buildup of plaque in the arteries and a lack of elasticity in the lungs.

I noticed when I was involved in any kind of strenuous activity I would get short of breath. So I thought I would test my lungs by jogging and I was very surprised that I could only jog about 100 yards before I would be out of breath. I knew that something had to change or it was only going to get worse.

I decided I was going to retire early and spend a year at the College of Metaphysics. At the age of 57 I retired from my job and I sent the money in for a year of full time study at the College.

My Ideal for being a college student was and continues to be, wholistic health, body, mind and spirit.

As I write this I have been a college student for 10 months. I herd and milk cows, work in the organic garden and green house, fix fences, build walls to create space for new college students, bale hay, and a variety of other daily activities.

I have lost over 35 pounds! I can jog the length of the south pasture and further if I desire without being short of breath. I can feel this physical body getting stronger everyday. I eat healthy and take care of myself because I feel good.

The fresh air, healthy and nutritious meals, continual learning and growth, daily physical activity using all parts of the body and working with the animals and gardens aid me every day to become healthier and stronger.

July

July 10th - 12th -- Genius Code Spiritual Focus Session

July 12th - 14th -- Kundalini Rising Spiritual Focus Session

July 17 - 19 -- 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

August

August 1 -- Area Teachers meeting

August 20 - 23 -- 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

August 28 - 30 -- All student weekend

September

September 17 - 20 -- 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

September 26th - Still Mind, Present Moment, Open Heart in Des Moines, Iowa

October

October 2 - 4 -- National Teachers Conference

October 15 - 19 -- Parliament of the World's Religions

October 23 - 25 -- Still Mind weekend

November

November 19 - 22 -- 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

December

December 5 -- Area teachers meeting

December 17 - 20 -- 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

July 10th-12th -- Genius Code Spiritual Focus Session

July 12th-14th -- Kundalini Rising Spiritual Focus Session

August 1st -- Area Teachers Meeting

August 28th-30th -- All Student Weekend



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