



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

Dr. Laurel Clark, President of IASD Gives Presentation On-Line at Dream Conference.....

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Des Moines 'Supper Creation' Pancake Breakfast

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Dream Incubation, broadcast from Russia. Click on this link. <https://www.youtube.com/watch?v=hnCeO-OdXLs.for>

Des Moines

Perspectives on Co-Creating

for
National Dream Hotline® Weekend
Cathy Simpson and Mike Hueholt

From Cathy

As Dream Awareness Coordinator for the past two years, I was thrilled to have an apprentice for the 2017 National Dream Hotline. Mike Hueholt was my apprentice and classmate, strong in dream interpretation and application of metaphysics in his life.

Being out of town for last year's event, Mike wasn't yet sure if he would be in town this time when he asked if we'd ever considered anything larger, like a pancake breakfast. We agreed to discuss it at the following week's leader meeting (early March).

As background, I've been pushing myself since February to commit more to creating after learning in the Atlantean Profile of how I withdraw from, or talk myself out of, experiences because of incomplete reasoning: using perceptions (unproductive imagination) rather than knowledge gained through experience. I saw similar themes in previous intuitive reports so I've been consciously saying yes to purposefully have experiences for the knowledge. I've been seeing more of myself in the interactions, have felt myself grow, and my dreams were reflecting the changes. Interestingly, I still came to the leader's meeting prepared with reasons why we shouldn't take on doing a pancake breakfast.

Through initial discussions, I felt a shift in consciousness moving me from "why not" to "how can we," and then to "not sure, but this just might work." The energy moved in me and in the room as possibilities started coming together and the creation started revealing itself. We allowed one week for testing our theory, estimating costs, and getting agreement to partner with Unity to benefit Children & Family Urban Movement (CFUM) before deciding to move forward. We then took two more weeks to create and print the posters, handouts, tickets, donation letters, and a communication plan. We were on our way for the month of April to seek donations of food items, sell tickets, and get the word out.



The ideal for the Dream Hotline weekend was set and communicated to students using dream symbols: know Self as spirit and expand knowledge and awareness of the structure of thinking (mind) through the experience.

When we met with CFUM, it was spiritually moving for me in that I could feel energy moving between each of us as CFUM talked about their mission and achievements. It continued as we discussed potential with this event given that each of our organization's missions seeks to empower the human spirit. There was a palpable resonance in the room and at a soul level, I knew what we were doing here was in alignment with something bigger than ourselves. In comparing notes later, we all felt it – even CFUM.

Expanded knowledge for me came about in many ways and especially as I faced the fear of seeking food donations and then, after being rejected twice, opening to the idea of infinite possibilities. It struck me that 14 \$100 donations was very do-able and would enable us to buy everything if needed. I ended up with \$1250 in food donations and \$350 in cash donations. AND a previous student who offered to mix the pancake batter in a commercial kitchen the morning of the event and deliver it in 3 gallon buckets!

Expanding awareness of my structure of thinking began in early April after receiving a couple of donations and recognizing the onset of feeling tense and very uncomfortable. I saw old habits of thinking way out into the future, being unsure of things and wanting to trust that it's going to be okay. After talking with Mike, journaling, and meditating, it struck me how similar this event is to a daisy or tulip. We've planted a seed idea and have been taking steps toward making it grow (watering it) however, there are the organic parts (sun and earth) that are essential to making it what it will become – how big and how beautiful – and I have no control over those. I then chose to be patient and wait for the universe and committed to doing at least two things every day towards our goal and let the rest be organic.

The greatest learning for me has been the knowledge gained through this experience of creating and how much more expansive our creation is than just that day or weekend. There are conversations, “chance” meetings, and interactions from that day that are already starting to multiply (expand) through discussions of ideas, plans, and future events. All because we were open to something beyond what we already knew or thought we could do. I AM a creator.

from Mike

I was asked to apprentice for the National Dream Hotline® this year by Cathy Simpson. One of my lessons has been to be able to give without resentment. I chose my thought to be that I could learn, expand and therefore receive ten fold by helping to co-create the event. I could give and be committed to the project for I now had a purpose for my Self.

I have had reluctance in the past to present new ideas to groups for fear I would be the only one working on that idea or, that I would be judged by the outcome. All these feelings I now realize, due to SOM, I create internally through my own thoughts. My purpose was to understand my power as a creator and as a part of creating I also needed to understand the power of not attaching to an outcome. With this belief in place I decided to ask if we had ever done a fundraiser like a pancake breakfast (PB). The Des Moines branch had the desire to increase awareness about our school with the purpose of increasing our student base. I saw the activity of the PB as a method to expose the general public to the school in a relaxed encounter.

We needed to expand the help available to create the PB. I thought the Unity Church nearby would be a good one to reach out to for assistance and to share in our fundraiser and also help Unity broaden their awareness in the community. Cathy who is a member of Unity mentioned Unity served food for a kids organization called CFUM. The PB idea then went from a fundraiser for Unity and us to a fundraiser primarily for CFUM. We realized our school would grow by bringing awareness to the community and the community involvement would expand by supporting CFUM.

I was able to experience the Law of Infinity first hand as the event progressed. I reached out to other organizations and told the story about CFUM and their mission. I painted a picture as to how their involvement would be for a good cause and would also further their own missions and ideals. By assisting in the event these organizations also benefited through making connections and now executive directors are talking together that never knew each other before.



Starting from a single idea being presented to a group of 4 people and 1 organization, the idea expanded to at least 6 organizations being directly touched. These organizations might have known each other by name but never knew each other's mission or how closely their ideals might be aligned. From this starting point I have already heard of many efforts to present ideals on how these individual relationships can expand with the overall purpose of elevating humanity's awareness of Self.

Did we achieve the ideal? Yes we served pancakes to 200 people and we definitely increased awareness of what the School of Metaphysics is about. My purpose for my Self was also achieved by knowing it is easier to create by starting with a clear picture and by not attaching to the details of the picture and how it will happen. I am grateful for all the support and help everyone gave who helped to co-create this project and I am grateful Cathy asked me to participate in this years Dream Hotline.

As Cathy and I compare notes about the weekend it is easy to see the power of both our thoughts. We each held the same ideal to bring awareness to the school and to have a successful fundraiser for CFUM. Yet we each still had our own pictures of what that looked like and how to achieve the ideal. We each had our own purpose for what we would gain in value by achieving the ideal. Had we attached ourselves tightly to our individual outcomes for the weekend we would have ended in conflict with each other and very likely would not have been as successful as we were. By allowing the event to grow, "organically", as Cathy put it, we left room for the best of everything to

MAPLEWOOD National Dream Hotline

by Jennifer Finklang

I was recently part of National Dream Hotline®. I looked so forward to the weekend so I could be at the school at all hours of the night. I enjoyed movie night on Friday. Jessica asked me to lead that. I was floored when she came to me and asked me to be a leader. We planned it on a perfect night. I felt very special that she asked me to say a few words

before we started the movie. That led our weekend by interpreting universal language of the mind from watching the movie Field of Dreams. I spent the night that night and left Saturday morning. Then I came back Sat night around 11PM and had some amazing conversations with people I didn't know very well. I stayed the night and rose in the morning to homemade made to order omelettes. I sent a few friends texts about having

them call in to have their dreams interpreted. So it finally happened, my dad called in with a dream. Of course, I was a little nervous to interpret his dream, but with the help of my friends at the school, I interpreted my first dream for my father. I felt extremely happy and a feeling that I was right on track with where I am supposed to be. The day continued at the school with dream bingo and being to know what the symbols mean was a great feeling along with being the first one to get dream bingo :). Sunday night led into being able to participate in the healing service. I felt so connected that I did not want to go home. We referred to the weekend as a retreat. I was so happy to be part of the this. The SOM is a place I have always been searching for. Light and Love,



TULSA

By Mandie Renner

DREAMS.....dreams have been on the minds of the students in Tulsa. With the excitement building surrounding the annual National Dream Hotline®, our attention has been on how we can effectively share the valuable insight dreams offer us to the Tulsa community.

I learned in 2015 the importance of dreams. I began studying with SOM in 2014 and like so many others, created much change for my Self. As a result, I experienced tremendous growth and expansion in ways that I didn't even know were possible. One of the areas that I saw change were in my nightly dreams. As I came into the school, I frequently would have dreams surrounding the idea of being robbed, stolen from, kidnapped, or raped. I began to recognize ways in which I was "robbing" myself of experiences that would add to my *real* Self. As I progressed in the studies, my dreams evolved from "an attitude of taking from the Self" to dreams about creation and communing with the higher levels of mind. Upon completion of the first cycle of course work, I decided to take a year off from study for a "break". During my time out of the school, nightly I saw changes in my dreams. Dream breakthroughs that I had made the year prior, were now changing back to old patterns that I had learned to recognize. It became evident very quickly that I was no longer using my mind in productive, creative ways.

This perspective is invaluable and one for which I am grateful. I draw upon it frequently. Because I had a basic understanding of how dreams give us insight to know our subconscious minds—our real Self, and the vast inner understandings and truths, I could recognize the changes that I needed to make to improve, not only my nightly dreams, but my life as well. About a year later I decided to return to SOM. Again, my dreams are evident of the internal work that I have been focused my mind on. It is through the consistent daily dream journaling, interpretation, and responding to the dreams that is awakening the intuitive part of mind and allowing access to the innate, inner intelligence we all have at our disposal. These very truths aid individuals toward the fulfillment of their desires and towards soul progression.

KANSAS CITY Radio Show promoting Dream Awareness!

Codie Lea Schumann and Wendy Isley had an expansive experience talking about dreams on a local community radio show called "Anything Goes".

Here is what Wendy had to say about this experience: "We arrived at Kansas City radio station KKFI 90.1 in early March with the intention of meeting the host and producers of the show. We ended up meeting just about everyone at the station!

The producer of the show owns a dog which goes to the radio station with her. She said the dog, Hattie, approves the guests. We were a thumbs-up with Hattie! Codie and I went on air March 31st. We decided to "tag team" the questions. Charles Feruzza, the show's host, began the show by telling a recent dream where an animal died. I interpreted the dead animal as a habit that had changed. Charles had recently stopped smoking cigarettes and the dream reflected the change he had made in his life. We answered many questions and then calls began coming in. We interpreted two dreams, both of us adding to the other's interpretation as well as suggesting how the caller could apply the dream to make positive changes in their waking life. Our experience was capped by the show hosts and producers asking us to return for another show. People want to know more about their dreams. The ideal of National Dream Hotline® is to give people information and help them use their dreams to improve their waking lives. Radio shows are a great way to publically share this important knowledge."



And here is Codie Lea's perspective:

I had a blast reaching out to the local radio station here in Kansas City with Wendy. When we first arrived, we were curious, open, optimistic, and excited. I know we radiated light and love, and an honest interest in not only the radio station, but everyone we came into contact with. I believe this is what created the charisma and ease that allowed us to get on the radio. The day of, we were both very excited and we had clear visions of just aiding people in any way we could. Wendy and I took turns responding to the host of the radio show, and that was a huge relief, because it was about the collective giving that we both engaged in on behalf of the School of Metaphysics. I think we were also really able to help people see their lives and dreams a little differently throughout the show. So for us, the radio event was a huge success and a wonderful experience.

CHICAGO

Student Experiences

By Emily Knox

With the newness of nature, there has been a new birth in the Chicago Branch of the School of Metaphysics, and most likely in all of our branches! These past few months have been months of trial and trust. As a branch, we have learned to continue to give ourselves in the creation with love and acceptance of whatever the outcome may be. We have done new things and allowed space to receive.

As a school, we created a group consciousness fundraiser of a "Spring Awakening Conscious Dance Party." This evening proceeded much sharing and communication to the community, broadcasting, and excitement! The night of the event was amazing! Everyone present really enjoyed their time! We created a space for Self-Expression and Self-Exploration. Randy Ristow created a playlist and acted as DJ for the night. We created our living space as dance space with lights and music! We had a purification fire in the backyard, and a meditation/ dream interpretation space upstairs. We raised over \$300 for the school and it felt great to invite new people into our loving branch. We plan on offering more of these Conscious Dances for people to express!

National Dream Hotline® was a great weekend where our three Chicagoland school branches came together and aided humanity through understanding themselves more wholly through dreams! Kerry Keller's gracious giving started our weekend off at B96.3 which is one of Chicago's top stations. He interpreted dreams and the station shared about the National Dream Hotline®. Later that evening we had a dream booth at a local shop where we interpreted dreams as well! Throughout the weekend, we learned a lot about divine friendships and appreciated the connection made with our community, our school mates, and God.

Thank you!
Thank you!
Thank you!

In the month of May, we look forward to the new class beginning on May 24th, sharing our knowledge with our community through dream booths, and our school fundraiser! We will be creating a space for Self love and Self expression. On May 27th, we will be hosting a lecture on Self-Expression, and following that, we will open the floor to anyone desiring to share their gifts and talents! We are all excited!



INDIANAPOLIS

The Energy of Bonding is Spreading by students

There has been an energy shift at the Indy branch. And students realize this is all due to individual and collective efforts to create events leading up to and during the National Dream Hotline®. The Monday night class created a small fundraiser for the Earth Day Fair during the previous weekend. They made pots and sold about 150 Herb plants that each reflected the opportunity for buyers to consciously grow. The incentive was each seed reflected an accompanying experience like prosperity or health. As the seed and plant was nourished by the buyer they would acknowledge and experience the reflected change in their life. We met a lot of good people, profited from the booth and students united, bonding well with each other during the steps of their creation.

We also learned a lot about everyone having the same vision and knowing what their role was they had to be responsible for. With four separate events during hotline weekend there were examples of miscommunication, poor communication, great communication, and connectedness... and yet the desire to learn without being defensive was present. Aiding each other was rewarding and fulfilling. The three workshops had various results, some good attendance and one not. But we learned what was missing. We learned our desire to give is multiplied by creating together.

A few weeks later we gathered in the back yard of the school on Saturday and created two gardens while cutting down extensive overgrowth. The joy of accomplishment is obvious. It inspired student to plan improvements to our court yard so we can hold large events out side. Now we have a committee to set up events and a committee to complete the back patio. That word 'complete' is very important. This energy students are creating has draw new opportunities from Indy groups and businesses. We are now setting plans to teach and speak at a local retreat in July.

And last of all a new class of 8 is starting Wednesday May 10th. All students are into alternative health and wellness.

DALLAS

Active Wisdom in the Month of April

By Rene Cowles

April was an active month at our Dallas branch. One first cycle class is readying for graduation at the upcoming all student weekend. They are expanding themselves into lab positions as well as teaching two short courses, Visualization and Healing. We closed the month with a successful National Dream Awareness Weekend full of lectures, interpretations, games, movies and a SIR gathering.

Michael Bezdek began teaching the five-week Visualization short course and I started an eight week Healing short course. Both courses have attracted current students as well as new people from the Dallas community wanting to explore and learn more about themselves as visionaries and healers.

My experience teaching the healing course has been a growth experience to say the least. By teaching I can see the evolution taking place within me. Each week the lessons speak to both me and my class. Before each class I set my mind to be the balance of aggressive (teaching and instructing the class and applying my knowledge from the work I have done) and receptive (listening with compassion and kindness). This class has a great flow with many engaging activities that hone in on what it means to heal our thoughts and emotions. First cycle student Robert McWilliams had this to say about his experience in the course: "Exploring the connection between our health and your mental attitudes and our emotional response to these attitudes has been most enlightening. Rene makes the class both engaging and fun. I'm glad I signed up for the class."

Michael Bezdek describes his experience as a teacher: "To quote the Yeats poem "So the Falcon has heard the Falconer" the student becomes the teacher on his master's journey. What an amazing experience teaching a very special "gang of creators " in the Visions class I have the honor and privilege of leading. "If you can see it in your mind and have the courage to speak it, you can hold it in your hand" has been our class rallying cry ! Using our imagination and visioning our desires allows us to fire it up in our minds, hold the image still and use our senses to light it all up, the desire therefore becomes manifest in the physical. ! The experience has been an exhilarating one not only in watching the co-creators blossom and shine, but has also given me a sense of confidence as it seems spirit speaks through me and is greatly reinforcing and bringing my own visioning powers to a new level."

The last weekend in April was full of activity for National Dream Awareness. Director Jamie Metzenberg shares her experience that weekend: "National Dream Awareness was a weekend full of connection, creation and harmony! We met many new faces and interpreted just as many dreams. The weekend was full of fun and engaging activities-we had everything from movie screenings to dream bingo-even drumming class! Deep connections were formed and I look forward to many more opportunities to engage and share in this manner."

Rachel Elliot took to her lab position with ease as she led a lecture "Dreaming 101". Rachel describes her experience that evening: "Giving a lecture for Dream Awareness Week was a very rewarding experience. It was so exciting to get to share my dream knowledge with others and help to share with them the messages their soul longs for them to hear. It felt wonderful to give to others the tools necessary to be in touch with their inner teacher and best friend daily. It was also a great opportunity to practice trusting my Self. I look forward for more opportunities to share with my community and continue to grow."

During the day Saturday and Sunday, we set up a lemonade stand with free dream interpretation. Many people stopped to inquire about dreams with the purchase of a lemonade. It was intriguing for me to see the reactions from people as they are aided in interpreting their dreams. It's like a light switch was flipped on to see their inner wisdom.

We closed April with an enlightening SIR gathering. Tim Patterson, Tchar Men, and Michael Bezdek shared their past life profiles and their experiences working with them. Tim mentioned the congruence of his DNA ancestral research and how it correlates with his profile. Tchar spoke of the truth she received in the importance of "divine friendships" in her profile. Michael was moved by the description of finding a mission or something "to fight for" and has caused him to discover opportunities to produce change in the world.

April has been an active month for the Dallas branch. We are grateful for the wisdom that has been built within us, continues to grow and moves through us to give to our community.

Wisdom from the Oracle

Excerpt from commentary on the evolutionary locus for the School of Metaphysics from the Superconscious Oracle given on January 14, 1999

The question is, “Any suggestions for the leaders of the Being of the School of Metaphysics moving from being intellectuals to role models for humanity to move into Spiritual, Intuitive Man?”



To see the continuity, the connectedness of yesterday, today, and tomorrow, for in this there is the movement toward full awareness and illumination. It is only through complete thinking that does produce experience and understanding that one begins to transcend the limits of the physical existence. Would suggest that these ones release the density both in thought and deed, and in immersing themselves in the light, experience themselves as Spirit. The freedom, the fluidity, the joy, the ease, the comfort is beyond what can be conceived in the physical mind only. Therefore, the physical mind must be

released to the higher realms, as these ones would know them, to experience the Oneness that so often eludes them. It is the experience of the Oneness that will cause each to shine. It is the willingness to be the light, to live in the light, to walk in the light, to be the light that will fulfill what it is that these ones desire. These ones are quite fond of categorizing the elements of existence and life as roles.

Would suggest they come away from this, for this is a distraction.

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To Be or Not to Be (that is the question)

by: Dr. Christine Spretnjak

“The answer is always Yes and then you ask the question,” a friend of mine and successful salesperson ALWAYS tells me.

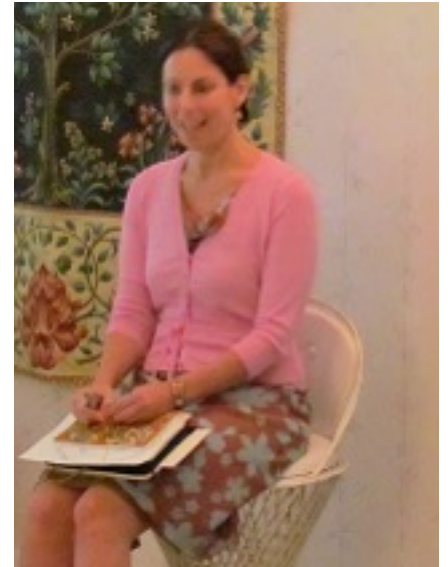
The answer is always, yes and then you ask the question. I’ve repeated that to myself often in the recent past, and each time I say it, a specific feeling wells up from within me. If you’ve ever experienced a roller coaster ride — not just any roller coaster — instead a real roller coaster like the ones at Six Flags. The one that slowly and methodically clicks up at a near vertical incline until you reach the apex then free fall to what seems like your death. That’s the specific feeling.

For Glenda, it’s not like that. It’s a way of life. She’s ready to respond to what comes into her path. I’ve observed her. I’ve observed her say yes then quickly respond with an solution. It’s a mental, emotional and even physical posturing that she has. She’s open to see, and receive connections quickly, and therefore aligns with the true nature of reality which is connectedness. She is in the flow of life, and that flow is obvious in her whole energetic field. The world responds to Glenda lovingly even though she can be vulgar and crass. I think people love her because of her willingness to say Yes.



We cannot truly see, understand or respond to anything when we begin with a no. Even the great mystics taught this in various different ways. You have to start with a yes of basic acceptance, which means you do not too quickly rush to judgement, critique, analyze, or categorize things as good or bad. The false self or ego is strengthened by

constriction, by being against, or by re-action; it feels loss or fear when it opens up to growth, change, the unknown and mystery. Living out of the True self involves positive choice, inner spaciousness, and conscious understanding rather than resistance, knee-jerk reactions, or defensiveness.



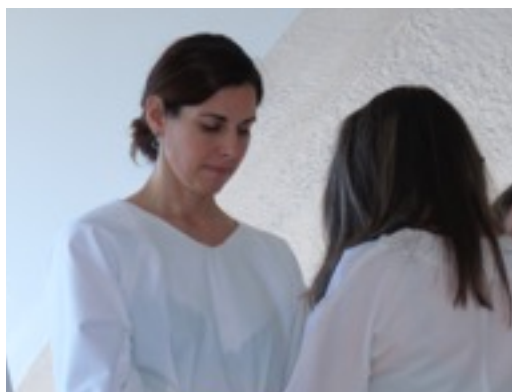
It's not easy to live a life that honors the True Self. The practice requires stillness, receptivity, and acceptance of what is. Honoring the True Self requires living meditatively. This is putting into practice all 10 essential life skills in the School of Metaphysics. This moment-by-moment choice opens us up to the divine love and compassion that is a universally longing.



For me, it is comforting to recognize that when I'm experiencing pain or opposition or pressure, to bring to mind the truth that diamonds are formed from carbon under pressure. We need pressure from the great Universe to become that radiant diamond we are meant to become. Saying Yes makes that transfiguration, transcendence or transformation easier and

much more harmonious.

What would it take for you to start with a Yes?



Updates From the Branches

Maplewood - Sat. 8:37AM



Here at the Maplewood Branch we are hosting a Free Pancake Breakfast for anyone who wants to come by and see the school and get dreams interpreted in person. We will also have some students go to the Stone Spiral Coffee House to do some dream interpretations as well.



Last night we had a Movie Night where we used Universal Language of Mind to interpret the movie like a dream. We watched *The Field of Dreams* and the discussion was wonderful. Our attached pictures are from last night.

Jessica Leathers (Maplewood Dream Coordinator)

From Dallas - Sat. 3:40 PM

Dallas opened the dream weekend with an informative and practical lecture given by Rachel Elliott. This was her first lecture and her preparation and commitment to her self through doing her exercises showed! Rachel used her own dreams well, helping the 15 people in the room understand or go deeper with how dreams can be used to know the self and make fulfilling choices. Afterward there was a showing of the movie "What Dreams May Come" which is a beautiful movie illustrating the effect of our thought on our environment, even beyond the physical life.

On Saturday morning and afternoon we created a lemonade stand out front, offering lemonade and dream interpretation to those who stopped by to receive. We have a goal of interpreting 250 dreams and we have interpreted about 60 so far!

Dr. Diana



National Dream Hotline April, 2017

Updates from Branches



Reporting from Indy

by Kerry Keller

Friday Night was a lot of fun! We had 6 students and 12 public attendees to our evening workshop on *MINDFULNESS PARENTING*. The rain storms and tornado warning lessened our crowd and several called and asked if we would hold this again. Michele, Mickey, Bonnie, and four guests stayed after wards to discuss future dates and locations to give this outside of the school.

All the people who attended really opened the students eyes to their own influence of what they can give the public. They are each working with their teachers on their own talks and workshops, teaching something meaningful to them about metaphysics, to others outside the school.

Saturday morning was a continuation of Friday nights workshop on *MINDFULNESS*

PARENTING by highlighting the mindfulness of love languages and dream interpretations for children. We served pancakes and fruit. The students learned of Des Moines' pancake charity event and decided to do it again and give to a charity.

Even with tornado warnings our Movie night received 9 viewers. There was much laughter, bonding and two signed up to be new students.

This after noon we are presenting a workshop on *Intuition*. Expecting a nice group as we are practicing taking our attention off the storms and on what we have to give that will draw a lot of interested people.





Notes from the Healing Wall Stones by Dr. Tad Messenger

Many of the Healing Stones that we have received for the Healing Wall on the Peace Dome have stories that are truly significant in the consciousness of our Planet Earth. I want to share with you some of these stories.

Jeff Fiore, a former student and beneficiary of the SOM gave us Healing Stone #102 which is from Encinitas, California. He writes:

“Lake Shrine” was the last spiritual oasis the great Indian master Paramahansa Yogananda constructed in his short lifetime as a gift to humanity. Finished in 1952 from a “Mud puddle in the middle of nowhere”, he created a celestial world, totally shut off from the rest of Los Angeles two blocks from the surf and restaurants at one of the busiest public beaches.

Many people of varied backgrounds and beliefs visit this paradise every day. This shrine is dedicated to all the world’s great religions. There are markers identifying all the faiths of mankind at the entrance. Statues of Christ, Krishna, and other world prophets scatter the meditation gardens. As a world peace memorial, portions of Mahatma Gandhi’s ashes are enshrined in a 3000 year old Chinese sarcophagus.

Experiencing a clear vision of Divine Truth is easy in this blessed place. To bring these realizations out into everyday habit and reality is our challenge. The Masters council to bring this portable paradise within you everywhere you go. To have an experience with this blessed state helps one to go beyond belief in things Divine, and experience them in the human form and mind.

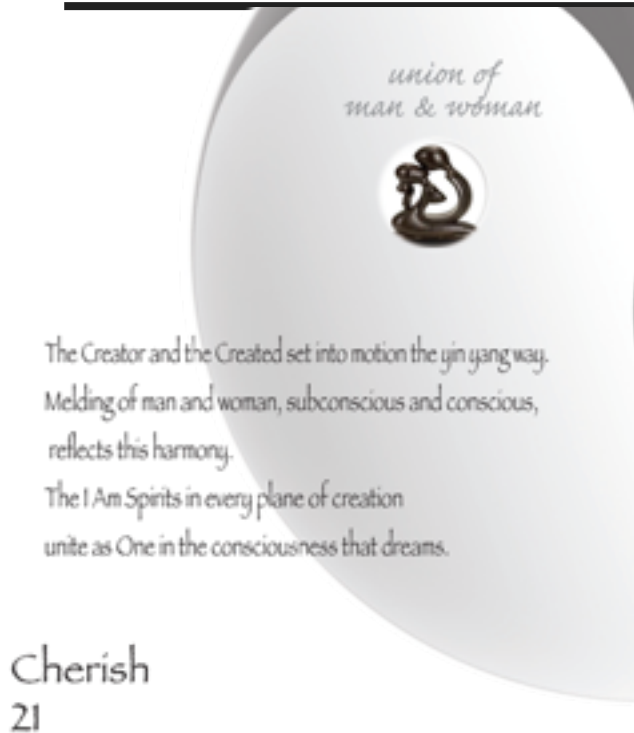


On this holy note I want to offer my services in promoting sacredness. This fall I want to teach a course I wrote for my Doctorate of Divinity Thesis entitled “Spiritual Ethics”. This course can be four to eight weeks in time. The goal is to offer it in a public venue like Unity Church in Kansas City, or anywhere that would attract students to SOM branches. Contact me if you desire this course in your area and we can make arrangements.

May Peace be with you all ways,
Tad Messenger

Twin Verses from *The Taraka Yoga of Kuan Yin*

by Barbara O'Guinn Condron



√21 CHERISH

Cherish comes from the Latin *carus* meaning “dear”. To cherish means to protect and care for lovingly, to keep in one's mind. One of the powers a SOM student cultivates is mental attention. Undivided attention is the framework for mindfulness. Your attention moves through a dance of the masculine and feminine principles of creation. This dance, this interaction is the experience of a special quality of attention that brings forth a deeper understanding of Self. Do you know what it is? Human beings call it **LOVE!**

YANG asks challenging questions. It holds people to account, demanding excellence. Yang is reasoning.

YIN listens, supports, and coaches. It provides safety and stability, fostering confidence. Yin is intuitive.

Mindful movement arises from affection between the inner and outer Self, from communication between conscious and subconscious minds. Remembering your dreams is an act of loving the Self!•

√22 SURRENDER

The popular definitions of surrender point us to the ego. Submit. Give in. Give up. Yield. Relent. Relinquish. Renounce. These words reflect an ego struggle that most people are not fond of; they do not cherish losing! As Thinkers, we must ask, “What is loss?” If we are spring from a common Source, if we are all points of Light connected in loving, what is a more enlightened way to view “Surrender”? Perhaps a new thought is born from an old one. Some dictionaries say surrender is to :cease resistance to an enemy or opponent and submit to their authority.” Ah! Do I heard Jesus say, “Thy will be done!”? Or Arjuna agree to Krishna’s counsel to surrender to his duty? Or a SOM student align with a teacher’s request to do all exercises every day?

In the years of reflecting upon the Stargate Pattern™ I eventually came to the word “SURRENDER” as the mind asana of an individual Self’s core. You are more familiar with this in its ego-emotional expression as “HUMILITY”. Consider now, what is a greater Truth in surrendering. •



The New Maitreya

Good Morning Dr. Barbara,
I've been experiencing some unexplainable angst over the past few weeks. My life is in a pretty massive state of transition and transformation so I believe some of that is still to be expected - but the intensity and prevalence has continued to increase so I'm like 'what in the world is this?!'

I was doing some reading and meditation last night and suddenly this just came over me:

"You love the school but you are needed and want so much more with/from/through life than what you're currently able to pursue while staying involved in the necessary capacities at the moment... And although the school itself is in a state of transition as well, you are transitioning more rapidly and that's creating a discord within you..."

As soon as that came through, the angst within me just disappeared and I started crying... Partly because those feelings were finally gone, but I also don't want it to mean what I think it means...

Experiences like that are still new to me so I've just started opening myself up to trusting them. It was the very same type of thing that told me to come to Indianapolis though so now I'm confused - do you have any thoughts?

RESPONSE: I appreciate your invitation to reflect upon your current frame of mind. Knowing very little about the physical state of your affairs, I am completely present with what you write here.

How exciting for you to finally be at the precipice of understanding the **difference between thinking and feeling!** To the everyday world, largely influenced by psychological norms put into place in the last 70 years, "thinking" and "feeling" are words denoting brain activities. This is a common consensus of human beings who believe their existence hinges on their physical body. It is a lay person's point of view, and is valid according to the Universal Laws.

Once a person begins embracing super-natural realities, the **interpretation of dreams** becomes the means for making what has been unconscious, conscious. All that intelligence is below the surface, always available, yet unexplored by most. When someone begins practicing spiritual/mental disciplines - daily - s/he begins to reach past the brain into the mind. Being disciplined with your exercises causes a greater wakefulness. They train your brain to stay respond to your improved mindfulness.

You write: "you are transitioning more rapidly and that's creating a discord within you". You are actually speaking of yourself here, in third person. This is revealing. It is you reach toward objective thinking. Objective thinking is taught in the 2nd cycle of lessons, and so **you are preparing your consciousness for the shifts ahead** of you do not falter now, having come this far!

I am aware that you amassed a considerable amount of procrastination since last summer in many areas of your life. I suspect that part of what you are experiencing is ego reaction to your conscious mind breaking the habit of putting things off. The physical ego doesn't much like mindful changes; it would rather "go with the flow" as people say today. The flow takes you where you've always gone. **Pioneering new thought** requires blazing new territory and making new inroads, carving new paths is,well hard work!

Sometimes we complain when life gets hard. Sometimes we fret and worry. Sometimes we fall into self-pity or doubt. The nature of the physical is change. It's good when a goal defines what the change is so we might participate as well as anticipate its arrival. Sometimes the ego pushes us to resist change and life becomes "hard". Thing is - if we look down the block, we find someone who has similar situations and they think their life is amazingly abundant!

What's the truth? It's not the situation. Situations (as the lessons teach) are neutral. You and I add the local "color", the drama as people say these days. So, be accountable for your interpretation of events. •

HOW INTUITIVE ARE YOU?

8 Life is what I make it.

Creativity does its best work when it functions intuitively. Creative people are highly intuitive. They are not afraid of harmonizing their minds with the Universal Laws that govern creation.

In her book, ***The Law of Attraction and other Secrets of Visualization***, Dr. Laurel Clark writes,

“The Law of Attraction operates even when you do not know exactly how you will fulfill a desire. It ensures that you will be in the right place at the right time for things to ‘click’ into place.” This clicking is the harmonizing of conscious and subconscious minds, the action we term intuition.

“Your job is to create the clear thought form which initiates the process, then to move toward it with activity,” she writes. “The conscious mind needs to decide, to be definite. Out of infinite possibilities choose exactly what you want. “Once you have created the clear and definite thought form, the subconscious mind can do its work of drawing to you the people, places, and things which are compatible. Or you will be drawn to people, places, and things which match your desire. ”

This is the science behind intuition. Beyond superstitions and our penchant for magical answers and remedies, is the sound basis of physics that studies the principles at work as man goes about fulfilling his needs in creative ways.

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



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

Love and Light from your *Vibrations* Staff.

The Collective: 90 Enlightenment: When an Inner Urge Appears, Unexpectedly, turn inward. All that your creating summons reveals the vastness of your being. Humble your self in the face of your own wisdom. Walk with the teacher who teaches teachers. For now you share one path.

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

Kerry Keller 94, The Unified Field : The Inner Teacher initiate free of intent , How can this be?

Beyond the cravings that disturb mind and body vibratory creation heals in singular consciousness. Abide the calm breath in the core of your being to carry it through.

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