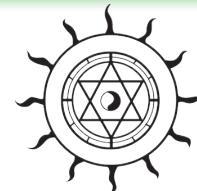


The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort, to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.

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. 03



90 Enlightenment

When an Inner Urge appears, unexpectedly, turn inward.

All that your creating summons reveals the vastness of your Being.

Humble yourself in the face of your own wisdom.

Walk with the Teacher who teaches Teachers,

for now you share one path.

..The Taraka Yoga of Kuan Yin by Gael O'Guinn



Back Row (left to right): Vitaly Sattarov, Manu Khalikov, Jon Quiver, Sydney Kasner, Golbahar Dadyan, Terrence LaMont Bellows, Leah Morris, Dr. Barbara Condron, Hezekiah Condron, Brenton Harris, Walter Hrycaj, Brian Kraichely, Emily Ashley, Susie Krasnow, Joe Easton, Larry Hudson
Front Row (left to right): Matt Valois, Elena Stafford, Tad Messenger, Emily Knox, Ari Zuniga, Scott Hilburn, Davi Brown, Sherwin Rosenfeldt

FILMING

THE INVITATION

FEBRUARY 13TH - 15TH, 2015

ARTICLE ON PAGES 9 AND 10

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- 95 Receiving 'Daily a vision I carry in my heart sees its way into my hands. Old ways dissolve from sacrum to crown in Kundalini's arc of greater Light. As I bestow value in Truth, new friends become Teachers. Prosperity, wholeness, equanimity, exalt the Spirit into its destiny. '

Kerry Keller - 98 Wavelengths - "Your attention can be whole and complete when willfulness commands. Temper your mind in service to the whole. Train the mind in noble ways and it changes the brain. Epsilon, alpha, beta, delta, theta, gamma, lambda, harmonize in Schumann's wave." It's amazing when I harmonize my will to serve the whole with the Universal Law of Proper Perspective. Everything aligns magically... and when I don't...Ugh!

Michael Dardanes - 79 The Guardians - "Peace of Mind thrives in honest communication. Truth telling is natural for those who receive and give. Remember, the Holy ones are those who are disciplined. The knowledge arising from their efforts deserves your respect." I just received a health analysis that emphasized the need for responsibility and maturity. The way to assess this is through honest communication with the Self and others. I am humbled to receive this Kuan Yin verse.

Davi Brown - 80 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." Oh how I desire to unlock my understanding of what is, immortality has begun. With my mind fixed on knowing, I humbly experience. Spiritual Revolution.

Holy scriptures one for each month of the year

March – Analects of Confucius Book X.6 (Dr. Shelia Benjamin)

The gentlemen avoided using dark purple and maroon coloured silk for lapels and cups. Red and violet coloured silks were not used for informal dress.

When, in the heat of summer, he wore an unlined robe made of either fine or coarse material, he invariably wore it over an under-robe to set it off.

Under a black jacket, he wore lambskin; under an undyed jacket, he wore fawnskin; under a yellow jacket, he wore fox fur.

His informal fur coat was long but with a short right sleeve.

He invariably had a night robe which was half as long again as he was tall.

Their fur being thick, pelts of the fox and the badger were used as rugs.

Once the period of mourning was over, he placed no restrictions on the kind of ornament that he wore. Other than skirts for ceremonial occasions, everything else was made up from cut pieces.

Lambskin coats and black caps were not used on visits of condolence.

On New Year's Day, he invariably went to court in court dress.

Bolingbrook

Continued Expansion at Home and in the Community

by Hilde Yep and April Kelow



SOM Bolingbrook expansion continued throughout the joyous season of giving and receiving. Students followed Director Rudy Arena's leadership in Operation Christmas, a volunteer program in Bolingbrook assisting families who need a little extra help to enjoy the holidays. Food, toys and reusable items were collected and delivered to families in need. A copy of the Universal Peace Covenant was given to all 500 families. In giving, we truly receive.

Our Sacred Space Coordinator Jorge Candelaria and fellow students have been busy creating a new gathering space and library in our downstairs level. A total renovation has been underway these past few months, including knocking down walls, plastering, painting, and new wood flooring. We are preparing our minds and expanding our space for more learning and growth.

Many activities have kept our students in the spirit of the season: from the SOM Book Club and Movie Night led by Sandy Buch to the Dream Catcher's Meetup. Teri Karl hosts the monthly meetup at the local Panera and has developed a community following of like-minded individuals with stimulating discussions on dreams and their purpose. Marie Zubinski has led transcribathons and will be hosting a SIR Meeting, building off of last month's success in which included 5 newcomers from the community, generating intuitive report requests.

In December we created a new class which opened space in my heart. My heart was full of expectancy and excitement. I took a leap of faith. Teaching has always been a part of my destiny -- at what capacity, I was not sure -- but here I am at the School of Metaphysics doing what I love: sharing what I've learned with others. Also, it was exciting to see the students come together to experience group consciousness in completing our lower level addition of open space to host our last event of the year.

December 31, 2014 was the beginning of the 20 hours and 15 minutes of meditation. This day was dedicated to making space for those who desired to be in meditation for inner peace and world peace. It was awesome to have the students come in and give of their time in whatever capacity that they could participate in, down to the last hour. We ended the year with a few activities: the singing bowls, painting our version of what we perceived peace to be, and -- of course -- bringing in the New Year 2015 with the reading of the Peace Covenant. It was such an honor to be a part of a vision that uplifts humanity. As second cycle

students we are starting the year with a Taste of Metaphysics giving our guest excerpts of what we are learning here at the school. The ideal is to help those to have a better understanding of what it is to master consciousness. This will aid us in our next step in becoming intuitive spiritual man.♦

Palatine

Reflection on the New Year's Eve Celebration

by Mike Duffy

The closing of a calendar year is a wonderful time for reflection. A time to think about the past year, what new understandings you gained, all that you learned, certain endeavors you feel you want to apply more effort toward, things you can do without, and then let go and move into the future embracing fully every opportunity to live, learn, and grow.

The holidays represent celebration and unity. A time to be grateful for all we have and all we have to offer. I had the chance to sit down and speak briefly with Susie Krasnow, 1st Cycle student at the SOM Palatine Branch about our Holiday Dinner. She mentioned that it was a very intimate party. It was a pleasure having Brian there. Many fine dishes were prepared for our communal feast.

Following dinner, The Christmas Story was interpreted by Aneta, using the Universal Language of Mind. Explaining the story of the birth of Jesus Christ using dream symbols gives the tale much more depth and significance.

We also had a 'White Elephant' gift exchange. For all of you who are unfamiliar with what 'White Elephant' means, a white elephant is a possession, which its owner cannot dispose of but has no particular use for. Some of the gifts given were a nut cracker dressed in beach attire, dancing Christmas hats and lots of other laughter-inducing gifts. Altogether the Christmas Party was very joyful and soothing.

The conclusion of 2014 brought us together at the Himalayan Yoga and Meditation Center located in Palatine. We celebrated New Year's Eve with twenty hours and fifteen minutes of continuous meditation. Many students and community members participated in the festivities. Several individuals shared their experiences. Among the experiences there was a common thread of feelings of peace and calmness, which meditation has the tendency to produce. Some signed up to support the School and the event, some signed up on their own accord to take part in this sacred occasion; with resolutions in mind, with peace and love in their hearts, to spread consciousness and healing energies throughout the field, with gratitude for the past year in their thoughts, We surrendered to the cosmic vibration whole heartedly.

It was my first time visiting the Himalayan Yoga and Meditation Center. It is a fine establishment and a wonderful environment for this blessed event. The twenty hours and fifteen minutes of continuous meditation began at 3:45am with Zack Busch and went until midnight. The event led up to the Universal Hour of Peace Celebration.

The Universal Hour of Peace Celebration began at 8pm with yoga, snacks, group meditation, reading of the Peace Covenant, and a burning bowl ceremony. It was open to all students and community members. Joining with the other branches all across the country with this revered practice of ushering in a new year filled with peace, love, and happiness has been a tradition of the School of Metaphysics for many years. "World peace begins within ourselves" and when joined together for the good of all concerned, with our

highest ideals, purposes, and activities in mind we can guide the way for the evolution of intuitive spiritual beings of the present and the future.

Beginning a new year always brings a sense of renewal. We can always begin again at the beginning and make resolutions at any particular moment in time, but there is something about starting a new calendar year in a traditional sense, with new hopes and aspirations that gives the finite mind a fresh start and rejuvenates the being. We welcome 2015 with open arms, heightened awareness, and love in our hearts, to give and receive openly to each moment. And to always live with a still mind, in the present moment, with an open heart. •

Blessings to all!



Chicago

Changing for a Higher Purpose

by Angela Appleby and Emily Knox

In preparation for the New Year, Mirka M. (L 34) (SIR Coordinator) gave a lecture on December 28th about detoxifying the body of sugar! This lecture was a component of a three part series of purifying the body by making conscious choices with what we put into our bodies. By being willful with the food we consume we build discipline in other areas of our lives. This lecture drew many people to receive the wisdom given from the intuitive reports discussed in the SIR meeting. We listened to Lesson 9 Past Life Profiles from the class Mirka teaches on Thursday nights. The reports shine awareness on the individuals' understandings built during past life experiences, which are exemplified throughout our school branch.

The New Year is a time for inviting new experiences, and to be open to learning, change, and growth. Here at the Chicago branch, we did just that! The directing intelligence for our Universal Hour of Peace event, Angela Appleby (L 34) aided all of us to expand our consciousness to draw more people from the community in preparation for the gathering. We held activities such as guided meditations, tai chi, karaoke, community prepared meals, and a burning bowl ceremony where we released our limiting beliefs into the flames and set intentions for the New Year. Through the day's experiences, we built group consciousness, divine friendship, peace, love, and connection.

On January 11th, we had our first "Spiritual Food for Thought" gathering. Lety Chavez (L23) led a dinner that we created together as a group. We made authentic Mexican tacos with lots of peace and love. A group of students shared their experiences of bringing peace into

the New Year and their perspectives on peace. This experience was warming to the mind and heart. We plan on making dinners together every other Sunday, which will aid in building deeper connections with self and others.

The school is growing! Manu Khalikov(L23) began teaching this month and taught his first class on January 12th. We drew six new students from the first night of registration. Manu expressed his understandings of the creation process of an experience of self unification. He built a greater connection within himself and others. He related to the new students because he saw himself in them while reflecting on when he first began as a student. He recognized he has grown in this time which stimulated him to go deeper within himself so he can aid the students in the best way possible. We are happy to welcome Samantha Perez, Guilia, Lauren Polcyn, Susanna Porter, Patrick Szum, and Luis Vazques,

"Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal" Martin Luther King Jr. •

Cincinnati

Universal Peace, Universal Pulse

by Davi Brown

There is a cosmic rhythm and there are countless opportunities to learn to harmonize with that. Here in Cincinnati I am watching the idea of 'pulsing' take form in different ways. Erin Payne introduced the image of having a pulsing branch in the early fall and I was thankfully able to receive that image. Although I think up until recently the Cincinnati branch was in more of a 'revival' now I see the need for pulse to support and continue to feed the momentum of love and learning we have. It seems as though there is wind heading in the right direction, if we keep our sails in shape we can continue on our journey in harmony with this pulse.

Two of those pulses are our S.I.R. meetings at Coffee Emporium on second Sunday and our Dreamcatcher's meet-up at Om Eco Cafe on second Thursdays that I facilitate. Jim Burkett has taken responsibility to help Rory Colgan facilitate SIR each month. Clarence Cruz is at the helm of another pulse, the monthly Metaphysical Art Critique. This event was an idea Clarence had months ago and has been hosting ever since. From what I see it is a brilliant way for individuals to interact, open up and to apply a 'dream-like' perspective to art/creation in different galleries/museums around the city. Ask him about it if you have any more questions! Our dream webinars have been attended by 3-12 people in the past month and I see that as another strong communal pulse. Now we are working to create another weekly pulse with the Sunday Interfaith evenings.

Universal Hour of Peace 20:15 meditation was an AMAZING event! I was so pleased with how it went and how leaders in our school came up to hold space and offer it to the community. In my transference of energy report it says my root and solar plexus engage when I am working with others toward a common ideal, my spleen and heart chakras are engaged when surprised and delighted by loyalty and devotion, and my throat, brow and crown are activated when I am eager in wonder, and I had them all going that day!! Erin, Clarence, Jonathan, Narek Manukyan and myself were there for the most part the entire day. They were the crew and I had complete faith in their presence and execution for clarity, tranquility, grace and ease. I was honored to lead this event at World Peace Yoga, they had two classes throughout the day, and we had space for a beautiful array of snacks. We had one

meditation room, a snack/reflection room and a main room for stretching and movement, the lighting was natural and ambient, the floors were cork and all in all it was a beautiful day.

I am teaching a bright class of seven on Wednesday nights including Ryan Woelfel, Julie Davis, Narek, Aurelia Burkett, Lynn Boggio, Stacy Lenehan and Marilyn Bakie. We are going to have our first fruit day dinner tomorrow! There are students in this class who are already interpreting their own dreams and applying them to their life. I am very impressed with the soul urges from this class. They are hungry. Jonathan started a class of 6 two weeks ago! We are all very excited for this. I think that this had a lot to do with the pulsing going on and Jonathan's attitude of gratitude. He made phone calls and took action to engage with others and draw mind substance to his thought form.

Jonathan, myself, Erin Payne and Jesse Reece took a trip to the college together for third weekend and it was very fun. There was plenty of creative, cooperative energy flowing in my Toyota Corolla on the way there and back. Jonathan serenaded us with his original music and we were inspired by this which sparked ideas for events and fundraisers. We are meeting this week to discuss media spots for dream interpretation and Dream Awareness Weekend.

I am having fun watching creation take form, move and working with it as it is 'in process'. We at, SOM have much to offer at this time and it is exciting to hold our attention on our pulses to see how that interacts with that which we receive. •

Oklahoma City Elevation & Transformation

by Justin F. Clark

The theme of this month is Elevation & Transformation. The Oklahoma City School Branch held the New Years Eve 20 hour 15 min Meditation and Peace Vigil with 10-15 people from the public throughout the day. We had someone meditating at all times which was our goal for this gathering. My experience throughout the day was filled with joy, peace and appreciation of people taking time out of their day for the elevation of meditation and world peace for the New Year.

Also on New Year's Eve April Harrington & I delivered the 10 Fold Return in Norman. The people who received the donation were suspicious but soon realized what they received. As we were driving away they ran out the back door and expressed thankfulness and wondered why we did this.

This is very related to the essence of a movie that was shown at our school branch on January 10th, 2015. Sydney's 1st Cycle Class had a class project in which they showed the movie "Pay It Forward." It was such a great movie, which expressed gratitude of how giving freely is so important in our daily lives and it can improve your life as well as the life of others in generosity. It makes the world a better place. Like it says in the lesson as we aide others to Prosperity and Abundance, we also aide our selves to prosperity and abundance.

Speaking of making places better, Anna, April and myself joined in Sacred Space to update our Intuitive Report Transcribing room.

On Jan 15th we had a SIR meeting with the topic of Healer's Portrait led by Anna to inspire people to think

of their healing presence. We had a group of 12 people and we listened to two reports and what they learned from them. To conclude the meeting we went around the circle and shared what we each thought our own healing quality is. So we are acknowledging our own strengths and value and how we influence others.

Sydney Kasner has been the director of the OKC branch for one year. She is now taking her next step of elevation and transformation by moving to the College of Metaphysics for the college student experience. After she taught her last class in OKC we had a gratitude circle gathering of SOM students. We went around the circle and shared what we appreciated about Sydney. There were many tears of love, joy, sadness, and gratitude. We are thankful for all that she has given to our branch and excited for the next level of growth on her journey. The OKC branch is alive and thriving, full of Divine Friendship, love, and a fun learning environment. We are excited for all of the elevation and transformation of the past year, the present moment, and for 2015. We welcome our new Director Anna Steely who recently moved from Springfield, MO Much Love and Light to all, we hope you all have a growth-full new year! •

Urbana Setting and Achieving Goals

by Scott Hilburn



This month we are achieving and setting Goals! On Dec 31st, 2014 we had the 20 hour 15 minute meditation event. We achieved our goal of having one or more people meditating at all times. We also achieved our goal of having media coverage. A news crew came out at 7am for about an hour and a half to do two news segments with Dr. Pam, Teddy, and myself. It was a great experience being on the News, and connecting with the reporter. Jasmine, the news reporter from Channel 3, was very interested in the event, and was full of questions. She was fascinated by the burning bowl, and vision boards and had us demonstrate them on camera. I taught her that the burning bowl is a way to release something that no longer serves you. After burning one paper, she asked for more. When we were off air, she continued asking questions about the school and our classes. When I described what the first cycle class teaches she expressed interest.

Later that evening at 7pm on the 31st, we began creating vision boards of who we want to be and what we want to create in 2015. During the vision board creation people continually kept coming in and by 11pm we had 17 public people here creating vision boards and they all stayed for the

burning bowl ceremony, Peace Covenant reading, and a Circle of Love! After midnight was my favorite as all the people were so open, connected, and full of love! Joy filled the air! Internally I was inspired, as director in training. I desire this kind of consciousness, and this many people here in our school all the time!

We updated our Ten Most Wanted List. Number 1 is Group Consciousness and Divine Friendship. Number 2 is 30+ students in March.

We have been putting our attention on Sacred Space in the Main Room and Book Store. We are gearing up to build a wall for our second bathroom in the director's office. If you were at General Assembly you saw pictures. Brian Kraichely and myself are leading the project and have made the plans, and list of needed materials to get donated.

Speaking of Goals, we have a goal (number 3 on our Ten Most Wanted List) to fill the "Still Mind, Present Moment, Open Heart Teaching" in Urbana on March 28th 2015. We are very grateful and excited to be hosting Dr. Daniel as he shares his gift to the world through a day long teaching. We are coming together and putting lots of attention on the preparation of the event so that we may reach our goal of filling the teaching with 100 people.

I moved to Urbana in late August, 2014 to become director in training. We in Urbana have a goal for me to be fully directing by April 1st, 2015. I am very honored and excited to learn, expand, and serve the community through this position. Thank you all for this opportunity. Much Love and Light. •

Tulsa

Creating Our Deepest Friendship

by Jillian Bergman-Martin

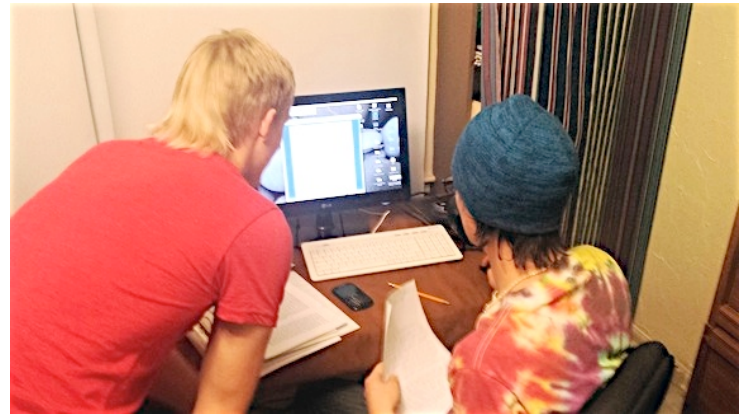
'Those we create with forge our deepest friendships.' This principle was experienced as we connected through the creation of our New Year's Eve event. 'May peace prevail on earth' was modeled throughout our school center beginning at 5am. A mighty few gathered in meditation to usher in the presence of peace in our hearts. Throughout the day we welcomed students and individuals from the public to join us with vision boards and Taraka Yoga sequence. We found that having these two workshops together proved to be very effective. First, individuals assimilated there year month by month. Then, we released, updated and set new goals. The new goals were then placed together on a board to create the visual interpretation of this year's direction - using words and pictures to make a whole and complete point of focus. A couple weeks later a couple who attended the event from seeing a flyer in a local grocery store came and signed up for our new class starting in the month of January.

This month, Sean Lombard led his first day long transcrib-a-thon as part of his lab position as our SIR Leader, which served as a great way to connect and also meet goals. "The wisdom that comes from transcribing intuitive reports came alive at this event," Sean said about his experience. "More than just a way to clean up our transcription station and meet goals, this event created the space for students to share their deepest visions of their lives. It was a time for students to share how studying at SOM has helped them to evolve into more of themselves. New friends were made, great love was

shared and a strong quality of connectedness was experienced. I personally felt great joy in being a part of this event. My heart opened by those who give of themselves so freely." We are looking forward to more as our school continues to grow and the awareness of reports is known.

The New Year has brought in new beginnings as Elana Stafford, Jessica Meyers and Sean Lombard take steps toward leadership by teaching and bringing out more of their true selves. We look forward to sharing more about this progression within the next months.

Thank you. •



Kansas City

The Power of 3

by Leah Morris (Lesson 68: Perfection)

I am continuing to learn how to teach teachers every day. I have been so grateful to see the growth of Wendy Isley and Christopher Stohrer as students in the second cycle of lessons (reviewing Lesson 31: Prayer and Meditation). Together, the three of us are creating a stable foundation to nurture the growth of our students and to create the space for new teachers to step into.

I am constantly reminded of the power of community and the willingness of the teachers in a school branch to care for every student as their own.

In a few weeks, Wendy Isley's class of 3 students will merge with my class of 3 and Chris's class of 2 to create a powerhouse first cycle class where the learning is rich and abundant in a group setting. We have 2 classes starting in February and March and our goal is to have 12 students in each.

The spiritual community gatherings are forming, reflecting the seed thought of love and connectedness. There is much to look forward to in Kansas City! We recently developed a relationship with the Sertoma club (which stands for Service to Mankind) and we were able to give a captive audience lecture about dreams to them. Thank you Dr. Laurel for sharing the steps to creating this!

This month, I have learned the importance of including many minds in the creation process so more lines of relativity exist in subconscious mind and things manifest quickly and easily! •

Springfield Expansion

by John Mathews and Brian Hoover

School expansion project: This month we had a very unique and exciting weekend, major change manifesting into the physical at the Springfield branch as the seed thought

came through mind and into fruition. Dr. Daniel was the creative power behind this project. Student and teacher Larry Hudson and Walter Horcay set aside a whole weekend to aid us in erecting a wall, creating a new room in our basement for another teacher to live in. Time was also spent running wiring to finally finish the full-sized attic started when the house was built in the 1930's.

Other students and myself spent many days leading up to the Expansion Project Weekend out in the community, giving local businesses a chance to give back to the community by donating to us, allowing us to continue to service the Springfield area. We were well received; 40 2x4's, all the screws we needed, Meeks gave supplies at cost, and 2 restaurants donated lunch and dinner for the weekend's volunteers. There was major growth for myself and other students when we were given the opportunity to align with Christine, our area director, as she brought the process of reaching out for donations to life. We are very grateful for all those involved. Thank you, we are truly abundant.

Healing Service Experience

by John Mathews

Prison? Or Prism? After the conclusion of my second experience of the Healing Service at the Springfield SOM, I asked for more instruction on how to visualize the entrance and circulation of energies channeled during the process. Diagrams always help, and Tim Gagnon offered his artistic skills upon the Holy Oracle of D'Rye Eray-seeng.

His pictograph of a human cross-section showed how the cosmic energy entered at the base of the skull and circled through the body. Then how the Kundalini energy rose within this vital orb of force and was projected out. I'm happy to report that I gained a clearer understanding of the working, but it was the unexpected learning that followed that I wanted to share.

Tim looked at his drawing and observed, "It looks like a prism." I misunderstood. "Prison?" I said. He chuckled and clarified, "Prism... both."

He extended the ray projecting from the brow of the figure in his drawing. It branched into multiple rays that connected with the refracting prisms of others and continued on. The energy of the universe directed and colored by everyone it touched in a vibrant, living rainbow radiating life and love.

I've often heard and read about incarnation being akin to a prison, where our once glorious selves are encased in numbing flesh and subjected to the pain of isolation. I suppose that is one way to look at it, but light does filter through prison bars, and being aware of the the prismatic potential of the incarcerated Self makes the sentence seem a great deal more bearable. Prison or prism? •

Maplewood

Beginning 2015 with Peace & Meditation

by Caterina Williams

I had the opportunity to attend the New Year's Peace Congress at the College of Metaphysics again this year. I gained a deeper understanding of acceptance, allowance, and patience. Having already experienced the New Year's event last year, I had preconceived expectations in mind of how it would go. I learned through

this that with expectations, one can be left feeling disappointed. Instead, I chose to embrace the new and see it as an opportunity to be of service to others if they had questions since I had attended previously. Karen Mosby told us that since each branch was having the 20 hour and 15 minute meditation event, we'd emulate that by living meditatively while at the college. I felt that went hand-in-hand with my ideal for the congress which was to be present minded in every moment. My purpose was one of Mindfulness and Gratitude. I feel I achieved my ideal as well as my purpose and I strive to maintain these as a result.

The Maplewood branch had their own experience with the 20 hour and 15 minute Meditation to bring in the New Year. Debbie Hudson (director) started us off with meditation at 3:45AM. She felt a healing presence in her meditation that made its presence known throughout the day. Cassie Ambuehl (second cycle student and teacher) expressed, "It was a very loving evening spent with spiritual family". She also stated that, "It was rewarding to have my students there and seeing the continuation of our spiritual family". "I felt joyful witnessing my students give and also be well received by more advanced students."

Carrie Mitchell (first cycle student) had this to say about her experience: "The last few years I've spent New Year's Eve at home, quietly bringing in the New Year. But this year I added a new element-meditation, with the focus on Peace. I felt very connected to humanity and was happy to participate in using intention to give peace to my fellow mankind. I actually found myself "anxious and restless" earlier that day. Once I got to the school and began meditating, the anxiety and restlessness quickly dissipated and peace and joy filled my being. While there, I noticed neck and upper back tension. As I meditated, I put out the intention that I wanted someone to rub my shoulders. As I walked downstairs, a gentleman was doing just that to a fellow student. I quickly spoke up that I was next in line to receive! After the massage, my tension dissolved, and I was able to resume my peaceful state of meditation. It was fun bringing in the New Year with a group of people that I would not have otherwise spent the evening with!"

Nichole Turner (first cycle student) shared, "I had the opportunity to bring my two teenagers (daughter 16, son 18) with me to the meditation. They were more receptive than expected. Corinne Crabtree (second cycle student and teacher) was very welcoming and led us in meditation. I had just received Lesson 6: Meditation, the previous class. I feel my kids understood and received the experience on a deeper level. My kids understand more now on why I chose the School of Metaphysics to start my spiritual studies. My daughter really enjoyed the experience and was asking many questions after the meditation session. It was a great way for me and my family to start the year united as one."

Students and public came together to read the Peace Covenant at midnight, followed by a Circle of Love. Peace is the breath of our spirit. •

COLUMBIA

Planting Seeds

by Brenton Harris

As we continue our march toward prosperity and abundance, we joyously welcome people into our spiritual community. In January, we hosted a Community Gathering and made vision boards. I love it when new people join us, and for some it was their first time even hearing the words "vision board!" Creating and sharing vision is an important

aspect of growth, and it was a wonderful experience having everyone share their hopes and dreams for the new year.

We also have begun new sacred space sessions, bringing new life and new energy into the rooms of the Columbia school. We also picked up a handy winter tip for everyone in the North areas: hang blankets in doorways to isolate certain rooms that are used more often, thereby saving the heat from escaping. Doing this in our school lowered the heating costs almost 50% from last year!

As we know, lab positions are the glue that hold school branches together and cause them to thrive. On our school's 10 most wanted list, the number 7 spot reads "Three Lab Leaders." By the end of the month, we'll welcome Danny into the Dream Awareness Coordinator lab! At this point, we're focusing on building a team of leaders that will build our SOM branch. For anything to grow, you have to have a team of leaders!

We look forward to February, with the Keys to Your Heart experience and the Area Teachers' Meeting bringing new energy and new life into SOM Columbia. We send you our circle of love! •



DALLAS

The Connection Practice

by Charrie Sledge

Sheila Mills, 2nd cycle student studying lesson 28, demonstrated her study of the Connection Practice during our 20'15" Meditation.

Both the Feelings & Needs cards as well as the Coherence game is part of the "Connection Practice". The Connection practice is a skill that combines a conscious connection to your feelings and needs with the attainment of coherence between your heart and brain. The synergy between these two techniques maximizes your social and emotional intelligence, which builds resilience and enhances academic and professional performance.

On New Year's Eve we were playing a computer game that measures our "coherence". It is fun, but it is also very informative about our state of mind. When we are in "coherence" we are living from our heart not our brain. Sheila Mills said, "One of the things I noticed, when we had several people playing the game in a row, when they smiled or laughed at something their "coherence" shot up quickly. This proved to be an

unexpected experiment. it physically showed me on the computer screen that when we are positive and happy we are living from the heart and not the brain and we have a better life experience."

Renee Adams, 2nd cycle student, is our Public Communications Coordinator leader. Renee gave a Public Speaking 101 class for those students in the lab and anyone else interested in public speaking. It was a very informative and to-the-point class about giving introductions.

Some points were: 1) thank the audience, 2) introduce the School, 3) introduce the lecture and the speaker, 4) transition over to the speaker. Afterwards everyone had the opportunity to give a mock introduction. Learning can be fun!

Francine Babrel, 2nd cycle student and COM graduate, started a 1st cycle class and she is excited about teaching. We are thankful to have Francine be a part of the Dallas branch family. •



THE INVITATION

THE FILM

ARTICLE BY HEZEKIAH CONDRON



I have had the opportunity to see *The Invitation* from the beginning and have since witnessed the play more times than I can count. In 2010 I approached Dr. Barbara (the writer of the play) and asked if I could understudy for the role of the narrator. Three years later I was offered the chance to direct the play.

Over the last 18 months, I have since been able to see the entire cast grow and change, embodying the Peace Prize laureates almost perfectly. Overall it has been one of the most rewarding projects I've undertaken. And so when my business partner Scott (whom I co-run a video production company with) brought up the idea of adapting *The INVITATION* into a full-length movie with the goal of having it ready by Parliament of the World's Religions 2015, I was immediately on board.

We pitched the idea to Dr. Damian (President of SOM), Dr. Barbara, Dr. Daniel (Chancellor of COM), and *The Invitation* cast. They all backed us up and so, we put out a call for anyone in the entire school to come join in on this project. As the creative process advanced, it became clear just how ambitious this project was. Nothing of this size or scope had ever been attempted by anyone involved with SOM.

Scott (who served as Producer and Director of Photography for the film)

worked furiously for weeks coordinating with our production team to raise money for props, get equipment donated, and recruit more team members while I, as Director, basically locked myself in the Urbana, IL SOM for days on end to create a full storyboard and carefully plan every shot. We soon realized that, in the direction we were headed, this film would present a different vision of *The INVITATION* than probably anyone has seen.



Over the weeks leading up to shooting, we successfully built a team of 16 people. Some were individuals skilled in video production, and some who had never even held a video camera. Some people who'd been part of *The INVITATION* since the first performance, and some who'd never seen the play before. But I believe that the one thing that each one of us had in common was our passion and desire to create, to stretch and grow ourselves, and most of all, to have fun! And boy did we have fun, I must say, shooting the entire *INVITATION* film over less than 48 Hours was by far the hardest I've even worked on a project. It was incredibly taxing, both physically and mentally for everyone involved, and ever single member of our crew rose to the occasion, many going far beyond what was asked of them.



Throughout the weekend, we had almost no setbacks or mistakes among the crew, a feat I am told, is extremely rare even on large budget movie sets. I now feel very honored and grateful that we all got to share this creation. We really made history in SOM Productions, and raised the bar to a whole new level. Based on my conversations with the cast and crew, it seems that everyone has been able to grow immensely through this project.

With post production on the film scheduled to begin next month, we are all very excited. And if, when you see this film for the first time, you walk away with just one new idea, one new way of looking at the world which you might not have considered before, then I believe we will have accomplished what we set out to do. •



"I am so grateful to have had the opportunity to work on the crew for the filming of The Invitation. We all came together and after three days of intense concentration and collaboration we completed the project. I appreciate the leadership of Scott and Hezekiah, along with the immanent divinity of the cast, the wisdom of Dr. Barbara and the dedication of the crew. It is a beautiful thing."

-Davi Brown-

Interfaith Community

*Significant shifts since 2012
are paving the way for a
real peace movement.*

I've been reading the Superconscious Oracles as an assignment from my metaphysics class, and I came upon this question and answer from July 26, 2008:

It is asked, 'How might the body that is referred to as the Interfaith Church of Metaphysics aid the School of Metaphysics in creating wholeness within creation?'

"There is a certain level of understanding within humanity of the necessity for belief.

There is a growing desire upon the part of some of a need for new beliefs, beliefs that are altered or different from those which have come before.

Therefore, this body that would represent interfaith would serve as a point of connectivity among humanity. There would be much stimulus and much awakening that can be possible within this expression.

There is the recognition that this is a means by which parts of humanity could be introduced as well as excused, where there could be a deceleration, which would be a partner to the acceleration which is the intent of this body.

The wisdom with which this can be seen will be necessary for that which has been called "interfaith" to serve both this body and humanity.

There has been the opportunity of late for there to be elements that have been created that exist within the body itself in the present to be utilized in this service, to be brought forth and to in effect offer a new belief system that would enable the acceleration of humanity on a level which is still remaining within belief, but which would provide a greater bridge to knowing than that which previously has existed in a planetary sense. The interfaith movement could be the vehicle for this bridge to be created."

[ISO 07-26-2008-BGC-DRC)



What I see in this is the opportunity for us to provide space--much needed space for people to slow down, come together, be in mind, and connect, so that they examine old beliefs in light of new ones, thereby bridging the gap to what can be (and knowing). This is exactly what we're learning in psi counseling: it's integral that we remain fully present and hold space (mentally, emotionally, and physically) for the people seeking counsel. The spiritual community gatherings are the group equivalent!

I felt inspired to share this with you, and I hope it can be of use for other peace ambassadors.

Brenton Harris
Columbia Director

Once a year, dozens of students and teachers at the School of Metaphysics shine light into the human energy field...

Every year since 1989, faculty and students of the School of Metaphysics set aside the final week in April to answer people's questions about dreams.

Beginning at 6 p.m. Central Time on Friday straight through until midnight on Sunday, people can talk to someone who has been learning how to interpret dreams. Whether the dreams are your own or a child's nightmares, whether they come true or seem to be visitations from a departed loved one, we can offer you insights that can help you respond intelligently to the messages from your subconscious mind.

Caller's questions sometimes extend into the potential of the mind. Developing Self through mental, emotional, physical, and spiritual disciplines is the core of our course in mastering consciousness. We are able to answer many questions beyond the areas of dream research. Concentration, memory development, meditation, breathing practices, and visualization are ways to strengthen the mind and body, promoting a healthy, long life.

People can call any SOM branch or the College of Metaphysics during this time with their questions.

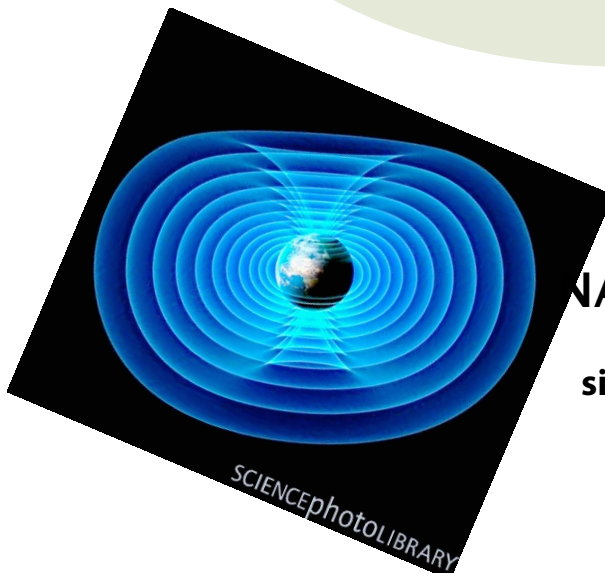
[\[www.som.org\]](http://www.som.org)



WHERE THE COACHES LIVE and TEACH.....

Brenton Harris, Columbia Debbie Hudson, Maplewood Brian Kraichely, Palatine
 Matt Valois, COM Jonathan Duerbeck, Cincinnati
 Jesse Reece, Louisville Emily Ashley, Tulsa
 Jesse Kern, Des Moines Doug Bannister, COM Leah Morris, Kansas City
 Golbahar Dadyan, Chicago Walter Hrycaj, COM Hezekiah Condron, COM
 Diana Kenny, St. Louis Tad Messenger, COM Larry Hudson, COM
 Laurie Biswell, OKC Kerry Keller, Indianapolis Christine Spretnjak, Area Director

....WHERE THEY WILL BE during NDH® WILL BE ANNOUNCED IN THE NEXT VIBES



Coming April 24, 25, 26

NATIONAL DREAM HOTLINE®

**sign up now to work with the Dream Coach
 who will be teaching in your city.....!**

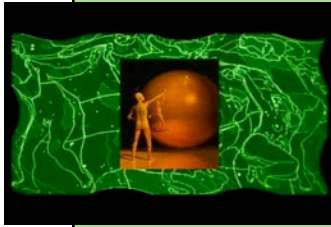


Help your branch Dream Coordinator accomplish an ideal....

Teaching what s/he learned during February 3rd Weekend with all the students at the local SOM branch.

Dream Bingo ?

Movie showings.... ?
at local theaters/Universities
'10 Powers of Dreaming'
'The Second Life'



Dream Catchers MeetUps ?
in every suburb!!!



Marathon dream interp ?
on the phone or at your school's dream creation station

What will happen in your school?
APRIL 24, 25, 26

Dream Creation Stations

by Aneta Baranek

I ended my last article with a quote from Dale Carnegie: *"People rarely succeed unless they have fun in what they are doing"* which reflected the entire message of the article itself highlighting the importance of our attitude with which we approach how we live our lives and learn through the process.

Continuing with the same message I am excited to share with you that we engaged in a lot of fun-filled activities during the February Third Weekend, which was devoted to Dream Awareness education. To educate (from Latin "educare") means to draw out or unfold the powers of the mind. Through what we called "dream creation stations" we fashioned opportunities allowing for the un-foldment of the powers of our minds to arise. It is through hands-on experiences that we learn more about who we are and receive feedback as to the greater vision of who we would like to become. It is through the interactions with others, through learning from others, that we add onto ourselves. Without experience all we have is information and belief. With experience comes knowledge and wisdom. The "dream creation stations" allowed us all to gain more experience which fostered skills and a sense of knowing as to how to employ dream education towards expansion of consciousness: both our own and on the global scale.

The "dream creation stations" were divided into 5 areas: creating Dream Journals to give out to the public while learning from Dr. Terry Martin and Matt Valois about the history of the National Dream Hotline®; SOM President Dr. Damian Nordmann taught how to foster relationships with all the media outlets available to us; Brenton Harris (current Director of the Columbia SOM branch) shared with us his experience and skills with regards to creation of flyers and posters.

Psi Counseling students and Dream Coaches made themselves available to coordinators to prepare us to receive new people during the upcoming National Dream Hotline®. Role-playing gave

Dream Stations con't on page 14

everyone first-hand practice in receiving and responding to callers. What ultimately transpired was Spirit-filled creation process of dreamers teaching dreamers birthing a network of dream educators throughout all the sixteen SOM branches and beyond.

I look forward to hearing about your experiences leading up to the April Dream Awareness Weekend. I know I will communicate mine in the next article. Let the countdown to the 26th Annual National Dream Hotline® begin!

If you have any questions or comments please feel free to contact me via email abaraneck@som.org. You can also call me at the Palatine branch at 847-991-0140.

May your dreams illuminate the INNER YOU!



WISDOM WORDS

"There is a very strong thought form in the A-Field that can tip this Hotline," says

the woman who has tended the fire of that form since the inception of National Dream Hotline®. Dr. Barbara Condron, a 4-state SOM regional director in 1989 who piloted NDH's development, reminds us of the incredible movement forward, in 2013, toward each school supporting 40+ students continues to germinate. "It's like the first tiny bubbles rising to the surface of a pot of water for your favorite tea. Or you can think of it as the surface tension that awaits just one more new contact, one more caller, one more student that will cause your SOM to overflow abundantly in people of all ages, backgrounds, and interests wanting a place to learn. This Hotline we elevate the vibration of an entire species, the human race!"

The Newest Card Game on the Planet!



Plugs You into Mankind's Oldest Technology

Sometime in March and April, branches will host **Dream Bingo** during the **Spiritual Gatherings** Sundays from 6:00 to 7:00 PM.

Haven't heard of DREAM BINGO?

Your director played it at General Assembly. Your Dream Coordinator learned how at a meeting at SOM HQ last month. The **Dream Bingo** is an especially fun and purposeful game designed to facilitate dream education for ALL AGES. Grow your Interfaith Community in preparation for the NDH® the final weekend in April!

The Spiritual Gatherings are a perfect opportunity to invite members of our local communities to come join us, the students, for a fulfilling and fun-filled educational time!



KID-FRIENDLY!!

Anyone will learn through playing a round of bingo!

{Talk to your director about how you can raise \$\$\$\$ for your branch}



The New Maitreya

The Individual in a Group

What it means to

Field Direct

How are you feeling about your progress?

Fourth Cycle Student Diana Kenney is corresponding with me (Dr. Barbara Condron) daily as she expands SOM influence in the St. Louis metropolis. The first school I opened was in 1977 in Hutchison, Kansas. Metairie, New Orleans, Baton Rouge followed. This is the first time Diana is opening a school. Here is a glimpse of our exchanges.

On Tues, Jan 20, 2015 at 10:18 PM,
Diana M. Kenney wrote:

Hello Dr. Barbara: Today, 1/21/15 I went to a toastmasters meeting early this morning in St. Charles. There are probably about 30 people, some of them students from Lindenwood. Next Wednesday I think I should be able to give my Introductory talk which will of course introduce metaphysics. Apparently the president of this club (Lory Fabian) has studied metaphysics. I have scheduled a lecture in February "Why do we cross paths? The answer can be found in the Akashic Records for Feb. 9 at the library in St. Charles (Lindenwood).

Today I also put up some posters for the Dreamcatchers next Tuesday at Picasso's.

Yesterday (Tues. 1/20/15) I went to two meet-ups, one for lunch and one last night and talked about metaphysics at both. I have a coffee date set up with one of the women who is interested in metaphysics and wants to take the four week visualization course.

Monday night I went to a Martin Luther King service sponsored by the Interfaith Partnership. It was held at the Church of the Latter Day Saints. I met with several people I have already met from the Latter Day Saints and I met one new woman. On Monday I also wrote a proposal for the Keys to Your Heart which I hope to go over with Dr. Laurel so I can send it on to the Methodist Church to set up for February. (We've missed each other the past two days. Below is what I wrote, in case you would like to see it also.)

Much love, Diana.

On Wed, Jan 21, 2015 at 1 PM,
Barbara Condron wrote:

How does greeting each person - new to you - redefine the field of influence you are building?

Can you see the field, Diana?

It is like the "Song of God" dream in Bardo Lesson VII.

You are perceiving the field that already exists in what we commonly call St. Louis County. The County is the people who have gathered over centuries to live on the mighty Mississippi River. People have always needed water for water is Life! Think of what you are learning about dowsing and grow deeply in your understanding.

Civilization depends upon water. Working together, cooperating depends upon consciousness. And so you first, perceive the field that already exists. You allow it to write its story on the canvas of your mind so your wisdom eye can open. Then, Agna becomes that bridge to Divine Consciousness.

Each movement you make in this field brings your Light. You are Florence Nightingale carrying her lantern in the field bringing comfort and peace. Did you know she was responding to a "calling from God"? She described her experience this way. So it must be with you. Moving in the world, meeting new people, talking with them, listening to them, brings your Light and invites theirs to shine. You connect the links in the field through your presence. Everyone and everything shifts in your wake. All is transformed. All can be seen in this new Light.

This is what it means to field direct, Diana. It is living the reality, moment to moment, that we, School of Metaphysics students and teachers, now practice weekly during our hour of Healing Service. It is the same field. The same Light of creation.

You are as the Lady with the Lantern.

You are as Lady Liberty, enlightening the world!

You, Diana, Divine Goddess of the hunt, of the moon and birthing, it is your time to claim the field, to enlighten it with your Divine Consciousness.



PEACE 20 HOURS AND 15 MINUTES OF MEDITATION

By: Golbahar Dadyan, Nat'l. Peace Ambassador

Across this country in our 16 Branches we asked students, teachers, and people from the public to come together for 20 hours and 15 minutes to meditate with one another. Then from 11:30 to 12:30 am everyone gathered to observe the Universal Hour of Peace with the reading of the

Peace Covenant at 12:00 midnight.

There were many inner and outer shifts of consciousness that occurred leading up to and during the 20 hours and 15 minutes of meditation. School branches had weekly Universal Hour of Peace meetings in preparation for the event. This is a time where the whole school would get together to discuss the details of the event and proper steps to take to make for a fulfilling and fruitful experience. Schools branches feed people in the community spiritually and physically. They gave talks on peace and meditations which fed people spiritually. Then students and teachers prepared food for people to receive physical nourishment as well.

Dana Shaparo, a first cycle student from Chicago said, "A small group of meditators finished a session and stayed for lunch. What I loved was that at first the four guests sat at the kitchen table while Emily and I started making lunch. Emily invited every single one of them to help make two dishes and we ate our meals together."



From reading the responses I see the process of meditating with one another brought about a sense of deep gratitude, thankfulness and connectedness in the participants. This is what some of them shared.

April Kelow, a second cycle student and teacher from Bolingbrook, "Here in Bolingbrook this day was extraordinary for the simple fact we came together as a school to meditate for the Universal Hour of Peace."



Alana Young, a first cycle student from Tulsa shared, "I had a very peaceful experience during my meditation today. It is so nice to be able to take time out of our busy days and *dedicate* just a few moments towards the "greater good" of humanity and Self!"

My hope is that *everyone* practices *peace* this coming year in small and large doses.'

Many people experienced and shared the profound shifts in connection that comes from communing with one another for the purpose of producing inner connection, peace and how connection

creates outer peace with one's self and others.

Students also experienced a stretching of their minds during these prolonged states of meditation, Zach Bush, a second cycle student and teacher from Palatine shared, "I am stretching myself further than I have ever been stretched, so of course I'll have to adjust accordingly. I am very grateful for this opportunity to realize this."

Davi Brown, a second cycle student and teacher from Cincinnati shared, "I am becoming more conscious of the power of my mind and the responsibility to direct it. I am thankful to have such love and support in my life!"

There was much growth that was generated within all the students and the branches during this 20'15" of meditation, The Universal Hour of Peace and One Voice this year!

Sheila Mills, a second cycle student from Dallas summed it up well by saying, "We had students from the past and present that gathered to celebrate the Universal Hour of Peace. This powerful event has inspired us all to move forward in 2015 with our path for "Peace".

Next year we will be continuing this growth by hosting 20 hours and 16 minutes of meditation. The students and teachers will take what they've learned from this year and apply it to the next so that we can keep building, growing and taking our next steps towards illumined whole functioning schools and selves. •



THE DEPTHS OF DREAMS

JUNE 5 - 9, 2015
ASDREAMS.ORG/2015

32nd Annual Dream Conference
 Virginia Beach Resort Hotel and Conference Center
 Virginia Beach, Virginia

We will be Creating Castles in the Sand as we attend the 32nd International Study for Dreams Conference June 5-9, 2015. Several Doctors of the School of Metaphysics have submitted speaking proposals. If you are interested in being a part of this delegation, which will be traveling to Virginia Beach, Virginia, here are the steps to follow:

- 1. Go to the IASD website and find out about what the IASD is, who the people are, and what it is that you will be attending.**
<http://www.asdreams.org/index.htm>
- 2. Talk with your Teacher, Director, and your Area Director about your desire to attend.**
- 3. Write your Ideal and Purpose for wanting to be a representative of the School of Metaphysics at this conference. Include the activities you have taken to this point (lesson number you are at, laboratories that you have used to practice your studies through, leadership positions you have been a part of and also what you will bring to the delegation as your strengths as well as what it is that you are wanting to learn and how you will aide your local branch of SOM when you return.)**
Include in this what you imagine being a representative of the School of Metaphysics is. Make sure that your Teacher, Director and Area Director review what you have written. When they approve your paper have your Director mail it to our World Headquarters, Attn: Board of Governors by Feb 12th 2015. The Board of Governors will review the applications and I, Dr. Sheila Benjamin will be in touch with you.

Psi Counseling Class 3rd Weekend January, 2015

by Tad Messenger

Each month this class has focused on one of the ten essential life skills to better hone their skills and resources for counseling. These skills are valuable tools to know the Self. They began with Self Respect, Undivided Attention, Concentration, and Memory. This month's class focused on Listening.

They have practiced listening to others, repeating what they heard; listening to themselves, noting their strengths and weaknesses. For their exercise, this month they are singing with their favorite singer. The goal is to blend and unite with that singer. "Listening to another sing, listening to you singing with another, are pleasurable ways to practice the art of listening and improve your command." Listening is a valuable skill. After all, don't we all want to be heard? Received?



Other tools that this class is honing within themselves are dream work in incubating dreams to aid in answering important questions and dowsing, which Dr. Daniel Condon has introduced them to this month

The Six Emotional Doorways to Love which program designer Dr. Barbara Condon has introduced them to, continues throughout the course work. This month the students will be using the doorways to offer a special focus called The Keys to Your Heart to the public and SOM students.

The ultimate goal is to know your whole, functioning Self. By doing so, you are better able to aid others. These skills, tools, and avenues that are being taught in Psi Counseling class are excellent ways to achieve this goal of Master Living!

After 22 years the Parliament of the World's Religions returns to the USA.



The School of Metaphysics has reserved 35 spaces at the Parliament of the World's Religions to give all of us an opportunity to support the Delegates that we are sending.

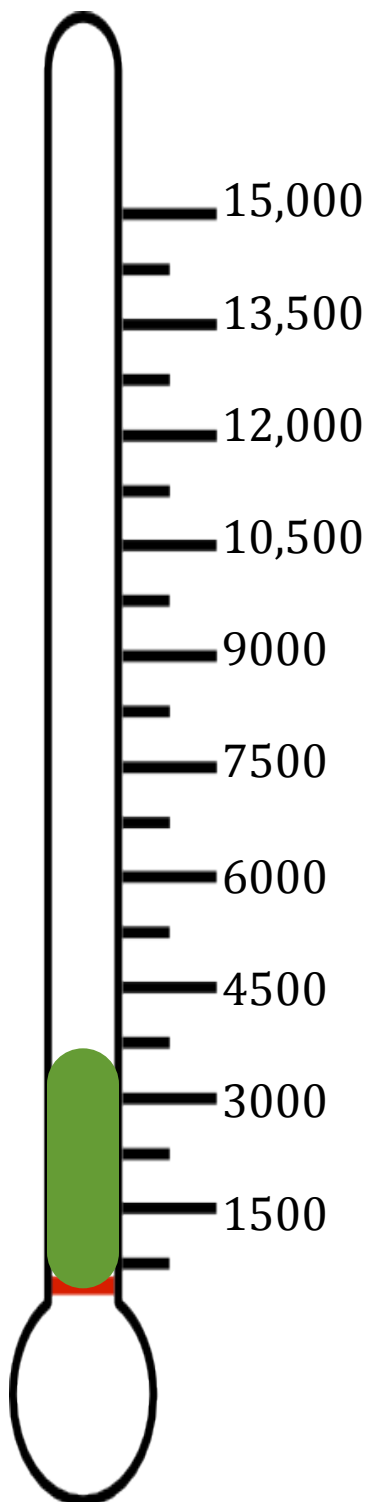
We want to carry forward the tradition of sending our Spiritual Leaders to be presenters at the Parliament of the World's Religions and other conferences. At the first Parliament, attended by our Spiritual Leaders in the School of Metaphysics, Dr. Barbara Condon and Dr. Daniel Condon gave presentations and Dr. Pam Blosser led a choir that performed The Power of Prayer throughout the World. This year many of our Spiritual Leaders have applied to give presentations and an application will be presented to give the Invitation at this conference.

"How can I support these Delegates?" you ask? Well, let me tell you how you can make a difference! You have the opportunity to contribute to a fund, which is being created, that will pay some or all of the expenses of these Delegates. Tell everyone you know how he or she can contribute.

We have set a goal for this fund of \$15,000.00. This money will be used to pay the expenses of selected Delegates and Presenters from the School of Metaphysics to attend the Parliament of the World's Religions. The remaining funds will be used to set up an account that will be used to send Delegates and Presenters from the School of Metaphysics to other conferences, events and speaking engagements.

Watch for the new link on our webpage or mail your check to the College of Metaphysics with Delegates in the notation.

Contributions to the School of Metaphysics are tax-exempt under 501(c)(3) of the Internal Revenue Code.



2015
PARLIAMENT
 OF THE WORLD'S RELIGIONS
 SALT LAKE • OCT 15-19

The Revelation of Seven Masters

(4th Cycle Class)

by Jonathan Duerbeck

“It is my joy and pleasure to teach the fourth cycle class and students and see their wonderful progression,” says Dr. Daniel Condron, their teacher. Dr. Daniel’s still, connected presence and his simple, direct teaching help keep us centered in truth.

Among other things, we are practicing disciplines that keep us more centered in Self, more inwardly connected, more objective, and more perceptive. Here are just a few of the ways we are learning and growing this month. You’ll notice that all these experiences relate to perception, objectivity, and being centered in Self.



Jesse Kern continues on his personal mission to become a successful creator, building a great deal of security and relaxed, objective authority along the way. This month, Jesse is bridging the gaps he now sees between his desires and his beliefs. Coming from a centered place of security and acceptance, he acknowledges his unwanted beliefs and replaces them with the thoughts he wants. He’s embraced a more relaxed, playful attitude in learning to create his life, and is letting go of an old mindset that was drilled into him with some kind of Baptist jackhammer, saying that he will have to always work really hard. One thing Jesse wants to create is more public speaking engagements for the Des Moines branch. Recently, a work acquaintance (Jesse is now a licensed realtor in addition to his organizing business) approached Jesse to give a talk at a Rotary Club meeting, which was at the ideal time of 7AM Thursday, so Jesse gave the talk and then drove to our class with ease.



Diana Kenney is laying the groundwork to open a new SOM branch in St. Charles County, Missouri, west of Saint Louis. Lately, much of that work has been on the inside of Diana herself. Diana has been dissolving old identities, such as being a “helper of wounded birds,” and shifting out of polarized judgments about herself. She is becoming secure in who she is now and keeping a more objective, loving state of mind. This helps her stay centered as minor insecurity rises from unfamiliar new ways of being, even as she brings new light to areas where she needs to change. Like Jesse, she is adjusting her thinking to create more success. She has been celebrating what she has, what the SOM has, and seeing herself as a conduit to give this to St. Charles. Lately, her openness to receive is opening her mind to possibilities, attracting situations where people help her and they sign up to be students. One day she had a string of fortuitous happenings that *seemingly* ended when her car died. A mobile mechanic came and fixed her car, and he signed up to be a student. Yes, even Diana’s car conspires to help her open the new school when she is open to receive.

Tad Messenger says, “I am learning how to awaken to receive I AM in all parts of my life and all is becoming well.” He is feeling more connected to and energized by everyone in his life, and he is more tolerant and even appreciative of discord in others. Other people at our college have remarked on this, too. Sticking with people and experiences that are

not harmonious is a challenge he has been working on since Atlantis. “I appreciate music,” jokes Tad, “whether it is harmonious or discordant.” As a result of staying more awake and connected, he now perceives and identifies the energies and influences of different people in groups. Tad is also connecting to the spirit of the mineral kingdom as he prepares his dissertation on—you guessed it—minerals. As he connects with the spirit of the mineral kingdom, Tad recognizes the influence of the SOM, the College of Metaphysics and himself on the entire planet and beyond. He wants me to tell you that the Xena say they are pleased to watch their seeds on this planet grow. (For more on the Xena, read *Remembering Atlantis*.)

Laurie Biswell has been improving her communication by taking the time to re-interpret what she hears. She is recognizing points of agreement where before, she and others had appeared to disagree. One person she practices this with is her classmate and longtime friend, Karen. Laurie is finding that her key to humbleness is to identify what is illusion and what is real. Laurie loves the Bible. From our class Bible work, Laurie is identifying factors that are important in the evolution of Intuitive, Spiritual Man. From our study of the bardos (transitional stages of being), Laurie has been struck by how the way we live *now* impacts our experience later. “Everything doesn’t just disappear at death,” she says. “The same fears and desires and limitations are there, so we might as well work with it now while we have the tools to change.” Laurie is seeing how all opportunities to change can truly be more transformative than death, the symbol of change itself.

Time flows more peacefully now for Karen Mosby and she loves it. Like Diana, she is dissolving old identities of being a nurse, a mom, or any other role, so she is free to be herself. She says, “I’m observing, initiating, and creating through activities, instead of the activities defining who I am.” As she responds to meals, people’s needs, or big events without getting caught up in them, she finds “there is a lot of space to think” that wasn’t there before. She’s speaking when she needs to speak, getting help when she doesn’t know what to do, and responding in the moment. She’s more okay with not knowing what to do and asking for what she needs. Emotional reactions pass more quickly now. “I note the reaction, release, and go on,” she says. And then she typically does something kind for the person that stimulated her reaction. Karen’s newfound equanimity was tested this past month. She returned



from her visit with family in Iowa to an avalanche of nonstop activities at the College. There were big meals to plan, a peace vigil to help organize, General Assembly, all her class assignments to finish and turn in, baking 18 batches of bread, plus all her other daily responsibilities teaching and serving at Headquarters. “In the past, I would have gotten caught up, tired, and reactive. This time, I responded in the moment and found I had space to finish things.” Karen is also realizing that enlightenment is not a pinnacle to climb on the mind triangle. “It’s inside already, and it’s removing the unnecessary stuff and just seeing what’s real.” Karen is radiant and calm like Mother Mary, and not frazzled and panicked like the overworked supermom of everybody.

Christine, too, is enjoying more peace and freedom. To understand how, you have to know that sometimes, people tell Christine that she has made some sort of mistake or done something less than perfectly. Yes, it really happens. In the olden days when this happened, Christine would sometimes do a lot of silent, intense thinking about what she might have done wrong. Now, she is conquering this inner emotional drama. In this past month of greater enlightenment, Christine has been noticing when she starts to have these kinds of self-judging thoughts patterns. She sees clearly that these are actual gaps in the continuity of her consciousness, moments of not being fully aware. Then, she chooses to move her attention back to being fully conscious and clear. She brings her attention out of herself and focuses on the whole, the other people involved, and what they are experiencing. Then she understands what’s really going on. Thus, Christine feels more peace, contentment, and freedom. Not to mention, much more

energy. She is also perceiving people's thoughts and state of consciousness more clearly, which is very helpful in teaching. She has a stronger desire to serve people in deep ways, helping people understand cause within themselves so they can change.

The different individuals of our class have all been learning to unify together. One way I am connecting with our group is by writing this article. The most powerful change I'm having is being more centered. Being centered is a more profound, universal, meaningful experience than it sounds when people just say it. It seems like it's the answer to just about every challenge I have right now, and I have ways to do it that work. I had my best meditation in I-don't-know-how-long this month, which gave me a strong taste of the state of mind for me to be in all the time. It came from knowing how to be centered and observe. My exercises and our study of the *Upanishads* were key factors in finding that sweet spot of centeredness. I'm really enthused about the dissertation I'm writing for the course, and the message I feel called to give, which partly came from meditation. More on that soon. I'm seeing connections all over the place in what we are learning, between geometry and the horizon and my spine and the process of creation and breathing and how sap flows in trees and all kinds of things. I love discovering universal truth that connects everything together, and because it's out in the open but not noticed much, I find it very funny. I'm more sensitive to whether I'm aligned, and so there has also been some useful pain—my indicator light for when I'm losing my center. I'm finding it easier to receive people who want to learn, even as I endure my own unsteadiness. Even now while I'm at the College, 2 more people signed up for my class!

We are all improving our ability to learn through observation, a key understanding for consciously experiencing the superconscious division of mind. In our classes, we always have doctors who silently observe. Every month, Dr. Barbara Condron is one of them, and the next morning she takes the role of our teacher for our "bardo class." Here is a taste of her perspective. "*The Upanishads* teach that the process of creation is the emanation of the world's innumerable forms from the Divine. Seven rays of Light meet in the Peace Dome each month to raise the vibration of Self, each other, and humanity. They enter into what the Hebrew Bible calls the 'ark of the covenant.' They time-travel to places named Philadelphia and Laodicea. Like Lord Krishna, Arjuna, and Bhima before them, they blow three conch shells, entering into the Taoist space between heaven and earth. Empty, never exhausted, they move, and in so being, they magnetize the Buddha's field of enlightenment with the flame of their attention."

As she observes our class, Dr. Barbara is reminded of a lesson from January's General Assembly: "Master students make master teachers."



News from the College

By Charlotte Crabaugh



Each morning after the college students return from their root race duties we sit at the table and read and discuss the Bhagavad Gita with Dr. Daniel. We read from the book “The Bhagavad Gita Interpreted and Explained” by Dr. Daniel Condon, that was published last year. In addition to the interpretations already written there, Dr. Daniel continues to contribute to our understanding with further teaching. This is

a Holy Work and teaching that deepens my understanding of myself, the nature of the Creator and creation. This is the most excellent way to begin our day.

One day in dream class some of us got to pretend to be boats. I showed some talent as a shark, and Doug was a stunning woman. This was our experience of acting out dreams. I found that it was challenging to remember whose dream it was and what it was really about because we got so entertained by being a boat or a shark, but it sure was fun. Matt constantly amazes me with the insights he is able to draw from dreams and to apply to the life of the dreamer.

With the addition of Sydney and Tim as college students our daily routines have changed. Doug and I have graduated from root race to other duties. I am adjusting to learning how to respond to a correspondent student and to expand my thinking in many other ways. It seems like there is more laughter, levity, and sharing of our acts of service as a team, which makes learning and growing as spiritual beings more joyful.

Serving through the filming of The Invitation - Silvia Galvin

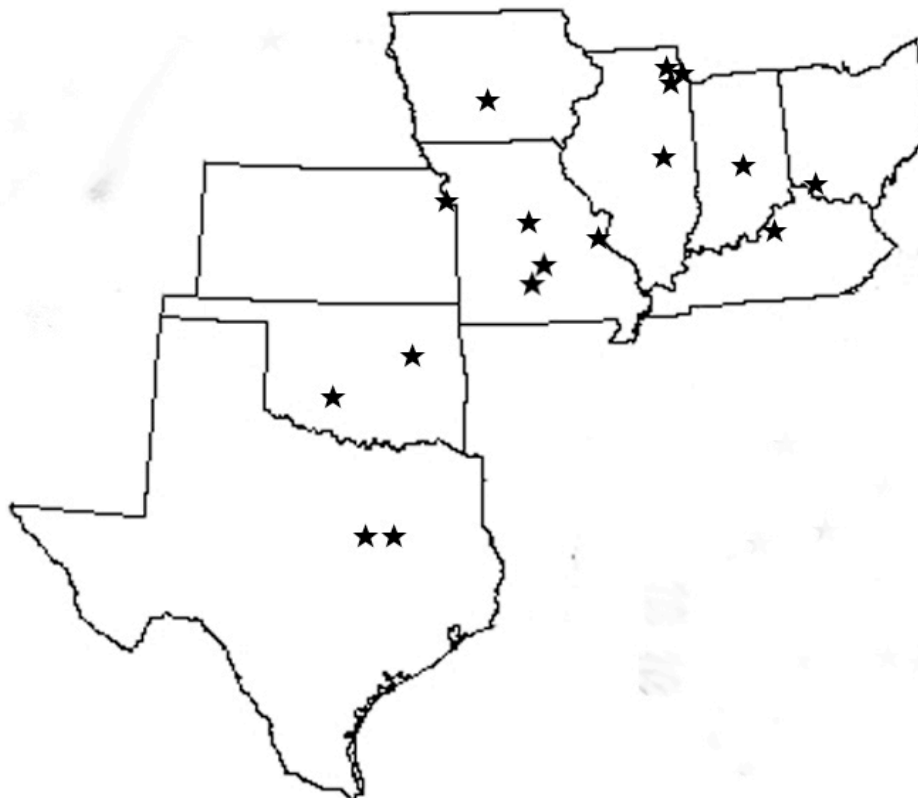
My experience and learning during filming of The Invitation was all about service. My focus was on helping Karen and Charlotte prepare the delicious meals for the cast and crew of The Invitation. I was jumping in with anything that was needed from chopping vegetables to washing dishes. Everything was important. It was exciting to see and hear from the crew coming in for meals, picking up items for the film or just taking short breaks. By the end of Saturday night I was feeling a little resistance because I had been in the kitchen all day. I decided to go and check out the filming process and experiencing the magnetism and enthusiasm everyone had at 11:00 pm helped me remember that I was serving the whole. I realized that what the crew and cast were doing would impact the world. This awareness gave me greater depth that service is always selfless.

February 27th - March 1st -- Spirit of the Healer SFS

March 1st - 3rd -- Powers of Ten SFS

April 3rd - 5th -- National Teachers Conference

April 24th - 26th -- National Dream Hotline®



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