

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

RITUAL CAFE' HOSTS the Nation's Dreamers

Aug 23rd, 6:30pm - 7:30pm

See page three for more details

DREAM CATCHER WEBINAR Travels to Des Moines IA.



VIBRATIONS

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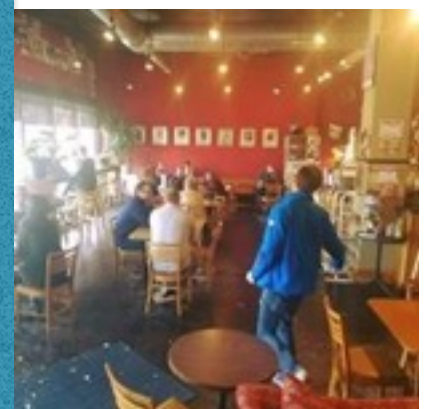
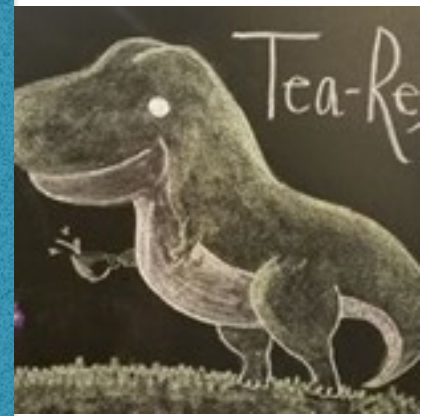
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Wednesday's Public, Dream Catchers Webinar

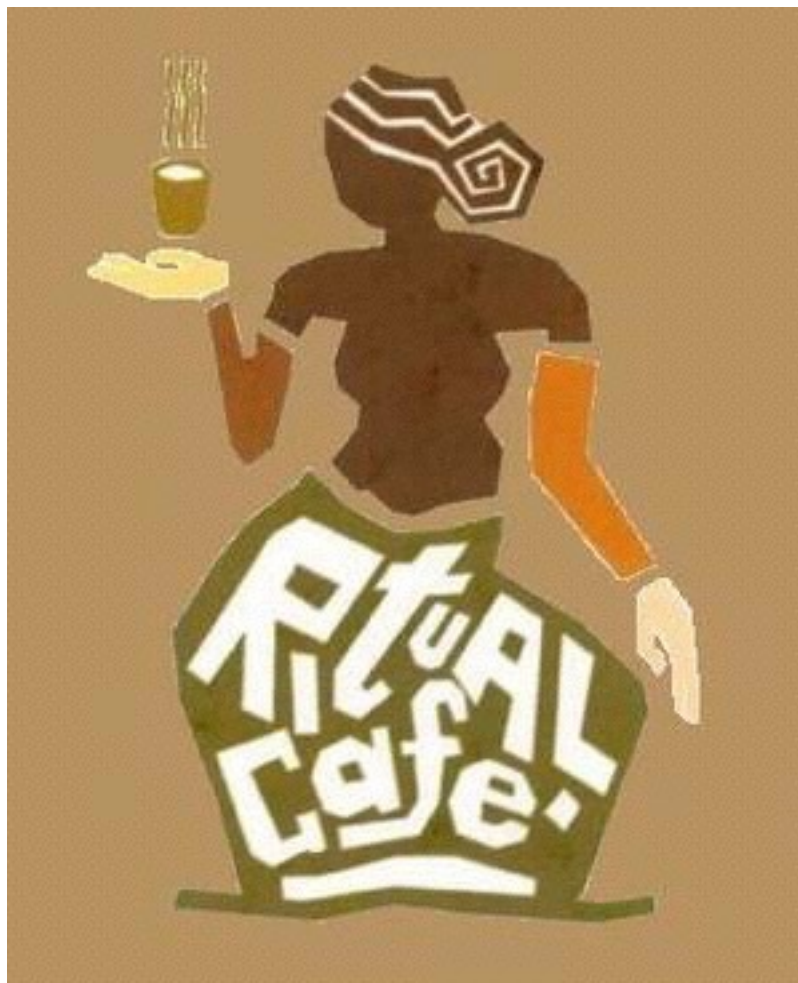
is a local, national and international event.

The Ritual Cafe' in Des Moines, is hosting the School of Metaphysics and the teachings of *inspiration and insight* that nightly dreams offer you every morning.

Mavis Curry, the director of the Des Moines branch informed us of all the creative preparation the students have initiated. The Des Moines Artist Group and other city groups have been supporting this event. The Ritual Cafe', which normally closes at 6pm, is staying open to host up to 60 people to participate as our live audience. Students have contacted 700 people through MeetUp, 3000 student, business and alumni e-mails. They have posterred the whole town to come. It was advertised at Drake University, in the City Yoga Magazine, Juice Magazine, and Catch Des Moines City calendar of events.



The energy is flowing because we have 93 people registered for this webinar to date which is a record for the School of Metaphysics. Join us for all future Dream Webinars as they are stirring the public's attention to great new revelations.



Still Mind Weekend

October 27th, 28, and 29th 2017

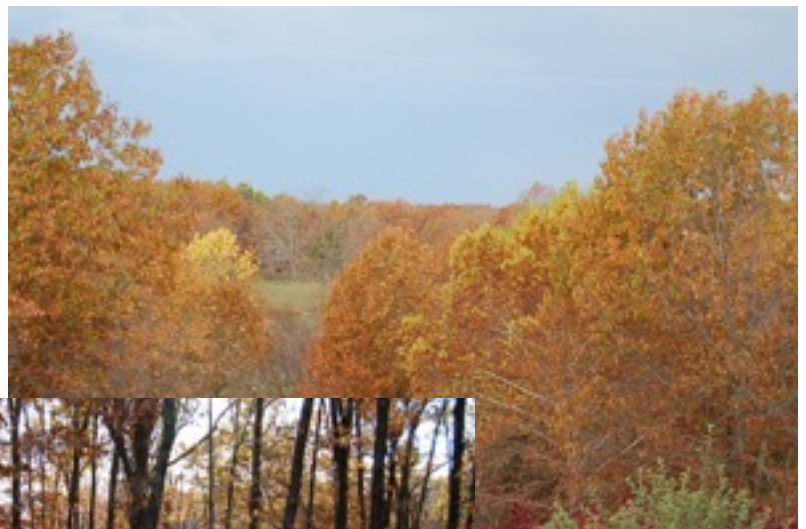
Spend a weekend devoted to stillness in the beautiful autumn at the College of Metaphysics!

If you are wanting to participate in this weekend and experience the stillness of your mind, please write a paper entitled: Why I Want A Still Mind. Be sure to mail it in so that it is at the College on or before the 20th of October. A tithe for the weekend should also be sent along with your paper.

All attendees are asked to arrive on Friday by 5:00 pm and stay until brunch on Sunday. Participants should have participated in a prior event at the college to be eligible for this event.

This is a weekend like no other at the College of Metaphysics. Some have reported having experienced their deepest and most astounding Meditation ever!

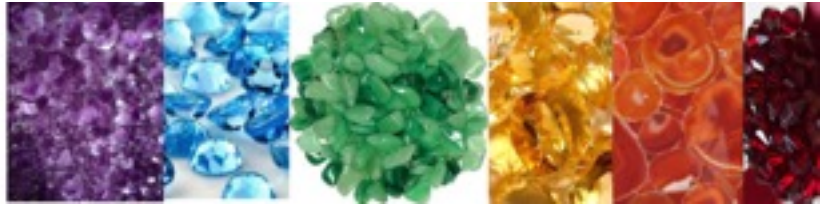
I send you My Circle of Love
Dr. Daniel R. Condron



Chicago

Expansion of Consciousness

By Lisa Stefaniak



Hello everyone, this is Lisa Stefaniak writing from the Chicago Branch my first article for Vibes. To give you some information about myself, I have been a student in SOM for 2 years and I am currently in the Second Cycle studying Lesson 35 with Kim Knapp as my teacher.

In my class, we have been learning a lot about expansion. We are looking for more ways in which we can reach out to the community to generate interest in metaphysics and attract more students into our branch. What I have found to be of importance is to focus my attention on how I have changed and grown because of the school. I have changed in many ways – I have grown to be more positive, I understand my influence, I am better equipped to heal myself, and I am more connected to my Ideal, which is to be a prophet in the evolution of humanity. I have a lot to be grateful for because of the teachings that I have received and the divine friendships that I have created.

One of the many ways that we are reaching out to the community is by having our second Conscious Dance Party happening at the end of July! Our very first event was a great success and we hope to continue this event on a monthly basis to encourage others to share their expression and to have fun with learning! DJ Randy Ristow will be providing the tunes, we will share delicious food with our guests, and have dream interpretation by the bonfire. Our purpose with this event is to revive our consciousness and to develop a greater connection with all other aspects of ourselves.

In August, we will also be hosting a Mindfulness Workshop Event where the students in our branch will discuss each of the 10 Essential Life Skills and correlate our experiences with them. Our purpose is to aid people to understand what metaphysics is and how it is applied in our daily lives by teaching them exercises they can practice. When we live more mindfully, we heighten our awareness of the present moment and take more time for what really matters. Practicing mindfulness on a daily basis has increased my awareness of my thoughts and emotions and has allowed me to create space between them and myself. The result is that I connect better, my mind is more focused, and I am kinder and more self-accepting.

When we make something a part of our consciousness, it will grow because it is allowing a shift to occur.



Tulsa

New Vibrant Energy
By Mandie Renner

The Tulsa School of Metaphysics has been infused with new, vibrant energy. One of the reasons for the excitement is because Amy Campbell has stepped into the role as Director for the school branch. I recently sat down with Amy to learn more about what she desires to build within her Self by accepting this new role within the School.

Amy says, “Becoming the ‘Director in Training’ at the Tulsa School of Metaphysics was a big step for me. I had been a manager of finance and an internal consultant most of my working career. I worked long hours, climbed the corporate ladder, and believed that I was living the ‘American dream’. I lead a life that felt ‘high strung’ mixed with continual stress from my job. This lethal combination created much dis-ease within my body. I finally collapsed. When I did, I literally dropped everything in my life and started to research how to begin healing. Currently, 4 ½ years later and some time at the School of Metaphysics, my body is now back to ~80 %. I share this story because previously any thought of responsibility brought complete fear of losing my health again, rather than being responsible for myself. Through the use of attention, concentration and love, I was able to get to a place in my mind where facing the fear is paramount to continuing to heal. My ideal is seeing beyond the illusion of the separation. My purpose is health and fulfillment and my activity is making the Tulsa School of Metaphysics a loving place of high minded learning for many, many students.”

Tulsa is fortunate and excited to have Amy fill this vital role.



Kansas City

Have Class, Will Travel!

by Codie Lea

I recently had my students visit the College in what turned out to be an amazing intimate introduction to the College and all the incredible Doctors who live there. We traveled to receive their lesson nine Past Life Profiles, and received so much from both the Intuitive Report Session as well as from our evening dinners and one-on-one education from the College as a whole. I now will always encourage all of my future students to receive their lesson nine Past Life Profiles at the College. Each one of my students had an amazing time. And I wanted to share some of their feedback from the trip.

“Attending the College of Metaphysics and receiving my PLP was an amazing experience! The chance to do this with my instructor and classmates created an even richer experience. I had no expectations going into the weekend, but was blown away by receiving the PLP live and in-person. Having the chance to watch, listen and learn as each of us received our Past Life Profiles helped me understand more about metaphysics, myself & each of my classmates. The process was a completely new concept for me, and I loved every detail starting with observing the reporter/conductor team teach, to listening to each profile and how it correlated to each person, and then reviewing them all with each other and the Doctors following the session. It was a once-in-a-lifetime experience, and I am so thankful for it.” -Kristine Krausse

“I appreciated the fact that my whole class was able to ride together to experience the College and to receive our PLP together. By knowing my classmates and then hearing their reports, I was able to see how the reports related to each of them. This helped make each report richer and more relatable. I also had a very positive experience cooking as a group, watering the pigs with Charlotte, and most importantly, receiving my own Past Life Profile which has helped me in my current present life.” -Shawn Dunavant

“My weekend at the College was very calming and relaxing. The ease of the weekend truly helped me get to know my classmates on a deeper level. The intuitive report session was interesting and spot on. I was amazed how the past & present lives paralleled so well. I loved the significance of the report. It helped verify that I have potential and purpose, and the report instructed that I should meditate to help understand both. I enjoyed getting to know new people and leaving behind “real” life to better understand my “metaphysical” life.” -Kristi Burch

Overall, each one of my students was able to get to know themselves and each other better, bond with one another, build a deeper and broader spiritual community, get to know the College and the amazing people that are a part of it, and experience a once in a lifetime event. I am so grateful for the experience, and I know all of them are as well.

INDIANAPOLIS

Creating Lectures & Workshops

By Bonnie Darby and Kerry Keller

There is a desire that is unfolding in Indy. It has to do with the needs and the inner urge of students as well as their desire to influence their world around them. In harmony with this growing desire among students, recently Kerry Keller introduced the students in Indy to Wesley Chapman's Ted Talk about developing self-worth in the world. Through his speaking his story, he is literally causing people to note the source of pain and suffering. He says that the lack of 'Self-worth' is the cause of the chaos in today's world. That unless our cultures make the changes to aid people to become independent and learn to validate who they are internally, social chaos and suffering will increase.

Several students took this to heart and realized what was driving them to give was their inner urge to make a difference for others. Kari (1st cycle) is learning to rid herself of the label ADHD, and is beginning to write about her battle through out her school years, raising children and owning two businesses. Her self-worth has been questioned repeatedly most of her life, and she is now seeing how her mind has adopted this label to her disadvantage. She is writing a lecture and workshop to take out into the community.

Bonnie (2nd cycle), has learned from her Past Life Lesson #9 profile of her inner understandings that were developed in another life time. That in this life she has the inner urge to shed her physical perspectives of lacking in poor self-worth. The Past Life suggested she consciously learn to develop her attention to draw on these and learn to describe them in detail to teach others. She is profoundly grateful for the expanded insight her exercises have given her. Her self-worth is expanding to what she has to give that is significant. She is down loading understandings every morning, knowing she can now allow her self the opportunity to listen to the inner mind's intent. Bonnie is writing and setting up speaking events on the vast benefits of developing intuition.



Des Moines School of Metaphysics ANNUAL GARAGE SALE

by SOMDSM Students

This year's garage sale ideal was "expansion of community and connection". Our financial goal was \$1200 which was manifested as \$1273 and two leather couches for the main community room of the school. As we harmonized with the universal laws, our creation emerged in perfect form with the perfect lessons for everyone involved.

For many of the students, this was their first experience with a school event and setting a personal goal and purpose for the event. It was entrainment from the start. Every individual goal reflected some element of community and connection. The joy, enthusiasm and inspired direction was contagious. The energy was amplified by the service freely given by everyone. As Mari wisely stated, "Service freely given brings so many rewards in terms of learning and expansion in its many forms."

Every moment from the seed idea, to the expansion into a vision held in mind, to directing the activities of the event was supported by the universe. Every resource from donations, to servers, to eager buyers emerged just when it was needed. There was a steady flow of individuals to the garage sale who came for more than just goods. Their curiosity about the school was satisfied by the enthusiastic sharing of the students, many of them new, eager to talk about what they were learning. The following are some of the experiences shared by the students.

Frannie Reeves

This was my first garage sale experience with the school, so I was unsure of what to fully expect. I wanted to connect with people and not only help meet our monetary goal, but truly appreciate everyone that stepped foot on the school's lawn in hopes it would inspire them to return. I met two beautiful women that I shared my experience at the school with who were very interested in what I was learning. I also had the pleasure of working the final hours of the sale when we put up the "Free until 4" sign.



During the last hour, a couple from Africa came and filled their car with clothes and kitchen items. This wonderful couple brings clothes and other things we take for granted to families back in Africa that have nothing. My heart was filled knowing the universe provided not only for our school but so many other lives.

Mari Hamersley

My ideal for this event was communication and connection and I spoke with many people who came. From their interactions with all of the students they could see the essence of who we are and what we teach at SOM. I especially enjoyed working with Dina as we had to respond in the moment to the clothes rack that kept breaking-three times in all! Mavis, Marsha, and Cathy went above and beyond to receive and transport the many donations offered to us, including our beautiful new leather sofas. When the sale was finished, the Universal Laws of Abundance and Prosperity were activated as we gave the rest of our items to charity. In all, it was a rich experience.

Cathleen Simpson

My goal for this year's garage sale was to allow and observe with the purpose of releasing attachment to outcomes and being present to experience energy movement throughout the whole. This started early in the planning as I learned to clarify the vision Mavis was holding as the directing intelligence before my usual "jump in and do". It continued as the mountain of items to be priced kept increasing, and by focusing on pricing one item at a time rather than "OMG, we'll never get thru this," all pricing got finished in good time, and there was a huge sense of accomplishment knowing that each piece had been touched and infused with the thought of this being a real bargain for someone.

The energy movement the day of the sale was joyful, loving, and connected from the start through to the end. Mavis had communicated the vision and layout so everyone started moving thru the setup to be ready to receive. For me, I noticed areas where I started becoming attached to 'how it should be/happen' and much more easily released these than in the past by reminding myself "Hmm, let's see what happens".

Being present, observing, and allowing the energy to flow created many interactions for me with students and the public eager to purchase items or learn about the school. In each of these exchanges I learned something about them – thoughts, goals, interests, challenges – and feel that we left the interaction with more than when we started. It was a very prosperous and expansive day.

Mike Hueholt

My intent was to be present and see who needed assistance with the purpose to me of bringing awareness in co-creating through intuition.

I intended during the week before the sale that I would see where people were needed and I would fill in during those times. I did desire to help setup, however I felt I didn't have the time to go first thing so I decided I would be at the sale from noon to close and help tear down.



Several times during the week I felt I was needed during setup. Friday late afternoon it was determined I needed to be downtown at 6am for a service call. I finished this call at 6:45 so I thought I might as well stop and help setup since I was so near. I was once again called downtown to reconnect power to the systems I had taken off line earlier. This put me back at the school at just the right time to help close up and tear down. By allowing the day to flow as it felt right at the moment allowed me to complete all that I needed to with no stress or worries about HOW it would all happen.

Lexie Cupples

I had to work the day of the garage sale so Mavis encouraged me to hold my attention on the school throughout my work day and see the yard filled with people. On Saturday at 3 I had a client come in for a touchup. She was asking me what was new in my life and I told her that I was taking a metaphysics class and that they were actually having a garage sale today to raise money for the school. I shared what the class was teaching and what benefit I had had from it. She thought that was super cool.

Sade Henderson

Though I was not at the garage sale, every chance I had I was sending love and positivity. While at work, when the garage sale would pop up in my head I would try to focus on sending all my energy to the garage sale. I would envision every one succeeding in their goals.

Kathryn Hamilton

My goal was to be present and help as much as I can. As I helped sort the clothes I held thoughts of success and reaching our goal in mind.

Dina Kahrmanovic

I arrived early to help in setting things up for the garage sale. Everyone worked as a team. The key was to stay calm even when things felt they may be getting out of control. At times this was challenging as all the clothes kept falling from broken racks and kept drawing our attention away from the customers.

The goal I had for this event was to expand my community, have fun and to personally sell \$300 worth of items all of which happened. It was also great being able to connect to those who are ready to discover themselves more.

Alignment is all around us, we just have to open all of our eyes.

Desa Eddy

As I walked into SOM for class I was taken aback by my school's transformation. The downstairs community room had a long line of folding tables running through its center. Boxes and boxes full of random trinkets and household goodies occupied its surface. I observed that the majority of the items were already priced and sorted. I was impressed. I couldn't believe the response that we received from our community.

Before class that night I hung up clothes with classmates and felt my sense of community and excitement build within me. We were finally going to upgrade our school's electrical system.



I couldn't be there the day of the garage sale physically, but I added my intent through imagery and exercised my mind's abilities to conceive success of our creation. I used my mind's visualizing ability to image people of our community flocking to our yard sale. I imaged people driving by and spotting the activity in our front yard and turning around to park, so they too could take part. I saw in my mind's eye a wife calling her husband proclaiming excitement about some items she had found at our yard sale, a grandmother tubing through winter jackets for her grand children, and college students biking by letting their spiked curiosity stop them to investigate the sale's contents.

Kasey Wells

I had faith the garage sale would go well. As we went through clothes to put on hangers, I imagined the excitement as a customer sifted through items that would then become their own. The other two people helping began to share similar feelings and images as we held up items laughing at the image of where it came from and where it was going. It was an experience that was transformed from a burden into joy with each image we created as we sorted and hung the clothes.

I look forward to a new view of service and volunteering as an enriching opportunity to share in the future.

SUMMARY

It was clear as we reviewed the experiences of everyone in class the following week that the success of the garage sale was in large part due to the alignment of intention and attention. We all had a clear vision of what we desired and were persistent in calling upon and expecting the universe to cooperate. The greatest joy was found in the journey. We are now reminded of the power of harmonizing our thoughts with universal law as we sit down on our new couches at class break.

Oklahoma City

Escaping Life Not Living It
by Silvia Galvan,

A couple of years ago while struggling through a difficult experience I happened upon a movie, *The Secret Life of Walter Mitty* starring Ben Stiller. I was familiar with the short story and the original movie starring Danny Kaye but had no real interest in this new version. However, something compelled me to watch it. In the following weeks, I found that the movie stuck with me. Each day as I got to work I would watch clips of the movie before I started my day; this became my routine. Walter Mitty became a fixture in my life for a brief time. A year or so passed and I found myself sitting in a restaurant in downtown OKC one evening. I noticed a familiar song being played. Lo and behold it was from *The Secret Life of Walter Mitty*. It instantly took me back to those early mornings watching those movie clips. I could see those scenes so clearly in my mind. The next day I was flipping through the channels and what movie did I come across? Well, after studying Metaphysics for the past several months I realize this was coming back into my life for a reason. I told the story while in class and it wasn't long before a movie night was planned.



I was a little apprehensive about having fellow students and friends watch the movie. Would they like it? It was special to me but why would anyone else care? The night approached and we settled in with popcorn (Silvia loves making popcorn) and watched the movie. To my surprise everyone seemed to enjoy the movie. For those who haven't seen it the movie tells the story of Walter Mitty, a man who lives a dull, uninspired life. To escape the monotony, he creates vivid daydreams and "zones" out. He is escaping life, not living it. Life, however, finds Walter Mitty and he sets out on a life changing adventure. As we have learned in our lessons universal law is just that...universal. It's open to all. There is a pivotal moment where Walter finally decides to take action. Where he stops daydreaming and starts living, it is in that moment his life truly begins. Walter exercised his will. For the rest of the movie he pursues his goal, never wavering in his commitment. He goes through a transformation. He no longer needs to escape life because he has decided to live it. A lesson we all can take to heart.

In July OKC enjoyed our very first Open Mic Night. Teacher and 2nd cycle student Michael Fabri casually tossed the idea out for discussion one night while on break from class. Not long after it was agreed the Open Mic Night would become the fund raiser for my first cycle class. It was soon decided that our other first cycle class would merge their fund raiser with ours. Few of us had any experience attending let alone organizing an open mic night. Yet, everyone enthusiastically volunteered their time and effort. The Meetup was organized, flyers were posted, a band was booked! Each week the event grew and took shape. The day of the event everyone arrived early to begin setting up. A "stage" was setup complete with microphone and sound system, refreshments set out, chairs arranged.

All that was needed were for the guests to arrive. Doors opened at 7:00 with the show to start at 8:00. As 8:00 rolled around we still had no guests. By 8:15 I was beginning to wonder if anyone was going to show. I never should have doubted. Before long they started to arrive, and we soon had a full house. There was music, comedy, personal stories and poetry. OKC's own Silvia Galvan and Michael Fabri gave comedy a try while Jessica Ponder read poetry. The night was capped off with an incredible acoustic set from OKC's own the Indigos!

After the event we all met to discuss "what we learned" from the night. Everybody was in high spirits. The school raised nearly \$400 and several individuals signed up for the next first cycle class, but more importantly the students came together, stepped out of their comfort zones and put together an event that was thoroughly enjoyed. Everyone contributed and had a good time.

All Student Weekend

What You Can Expect

Student Preparations to Attend ALL Student WEEKEND September 15th- 17th, 2017

To insure you have a prosperous weekend the College faculty reminds you to check this list for your

Camping:

Sleeping bags
Blankets
Pillows
Air Mattress
Tent
Flash light
Towels

Personal Considerations:

Sun Screen
Layers of clothing
Bug spray
Rain gear
Coats
Work cloths
Work gloves

Special Needs:

Diet/ Special Foods
Medicine
Portable Cooler

List of Items Students Can Bring to Donate to College.



**Metal Porch
Chairs**



Garden Hoes

β



Folding Lawn Chairs



Shovels



Hand Gardening

Healing Webinars – Are You Missing an Opportunity?

By Linda Pecaut

Healing is my passion. Understanding how I can heal myself and I can help others to understand healing is important to me. Learning about the mind-body connection is fascinating - how our thoughts create the dis-ease in our bodies. Communicating that understanding clearly to others is key. Each Sunday at 8:30pm CST after Healing Service, Dr. Barbara hosts a Healing Webinar to talk about what we're experiencing in Healing Service. The format has evolved into discussions with PSI counseling students and their experiences with healing which have been very rich. She has invited Psi Counselors who have been practicing for years; Lay Ministers who have been studying for a couple of years, most are currently shadowing other professionals in preparation for ordination; and those of us who are just beginning our counseling studies. She calls it the Little Red Schoolhouse and it's stimulating! We're learning the difference between counseling and teaching.

The discussions bring together the Mastery of Consciousness lessons, exercises, and assignments with experiences from PSI counseling class. There's a depth of understanding that I'm achieving by listening and participating. The webinars and other opportunities beyond just going to class once a week have accelerated my growth and learning. I wonder why everyone isn't taking full advantage of such rich learning!



I participated in a recent webinar regarding the Seven Year Cycle form from Lesson 12. I learned how much more powerful a learning tool it is while preparing. I saw how, by laying out my life in segments, I could more clearly see what Dr. Barbara says is hidden in plain sight – the answers are to the questions we all have: who am I and why am I here? From reading the [Tibetan Art of Serenity: How to Heal Fear and Gain Contentment](#), I realized most fear is learned at a very early age from the thoughts and beliefs of our parents and those around them during our conception - even while we are in the womb! With that realization, understanding fear can help us uncover deeper causes to our beliefs and limitations. With understanding comes power to make changes in our consciousness.

Through reviewing the first seven years of my life, I realized I have always wanted to be a teacher! I used to play school with my friends or, when they weren't available, with my dolls and stuffed animals. I was always the teacher, of course. I recently read in [Spiritual Renaissance](#) that most of us want to teach in some fashion due to the desire to share what we have learned with others and I believe that is true. I thought about becoming a teacher when I was in college but felt a career in business was what was expected of me (my dad was a banker). I was a substitute for two weeks after I graduated from Chiropractic school and had a rough time with high schoolers confirming, at that time, teaching wasn't for me. What I didn't realize is that spiritual teaching like we do at the School of Metaphysics would help me to see that I needed a place to share what I'm learning so I can make more room for more learning. I've become a sponge, wanting to soak up everything possible for my spiritual growth so I can share it with others. That passion is a natural source of teaching.

I'm currently teaching a class in Cycle One and one in Cycle Two while directing the Maplewood School. I am afforded many opportunities for growth and expansion while sharing what I'm learning at SOM and at my Chiropractic practice. I am seeing myself reflected back to me daily which is helping me to uncover old thought and behavior patterns – helping me to get to the root of such patterns so I can make changes. I am understanding the concepts learned in Cycle One at deeper levels and it's exciting!

I encourage you to tune in on Sunday evenings at 8:30PM CST after the Healing Service. If you can't make it to the school branch, ask your teacher for the link. I hope you'll join us for profound experiences that will accelerate your learning!

The New Maitreya

THE TRUST WORTHY TREND

by Dr. Barbara O'Guinn Condon (a new fable about Self-blame written 2-12-2016)



I have traveled 500 miles to attend a two-day teaching on financial investment by Dave Johnson. Dave is a man I hold in high esteem for walking the walk and talking the talk of what is most valuable in life. We have been analysing stock market charts all morning and it is time for a break.

I think about packing up my computer and carrying it around for the next 15 minutes, something I really do *not* want to do. Resistance images flash through my mind on a slide carousel:

...the heaviness of the bag tilting my body down to the right when I want the freedom (and health) of contralateral movement,

...the inconvenience trying to gracefully shake someone's hand while juggling computer bag and purse,

...the unilateral problem of where to put the computer while in the rest room.

What distractions.

I am hassling myself over a laptop!

I catch it all in an instant. I stop and ask myself, "*Why?*" Not "*why* am I being treated to this slideshow in my head?" Those are real situations I've experienced that I do not care to repeat. No, this "*why?*" is not of memory nor of imagination. This "*why?*" is completely here and now.

I am asking my Self, *why* can't I just leave my computer on the table – where it's been sitting all morning – and expect it to be there when I return? Why am I hesitating? What am I afraid of?

Reason enters into my thinking. This room is an enclosed space, not really a public traffic way. Everyone here is gathered to learn how to trade in the marketplace, not steal from it. As I deliberate, the break time clock is shrinking its minutes to the tune of *Jeopardy*. You've heard the song, the little ditty that plays while contestants write their answer to the final *Jeopardy* question.



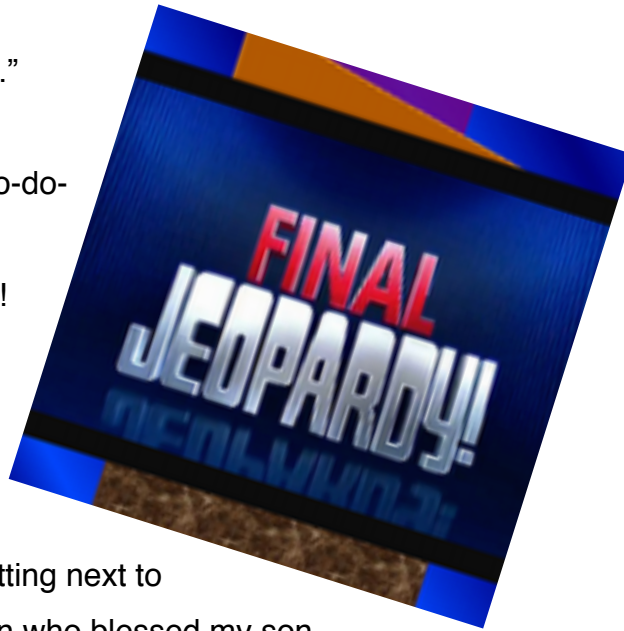
“Do-do-do-do. Do-do-do.”

Should I leave my stuff?

“Do-do-do-do. Do! Do-do-do-do-do.” Should I take my stuff?

“Do-do-do-do. Do-d— —!

The answer arrives, a living example of Dave’s core teaching. **Trade what you see.**



The answer has been sitting next to me all morning. This is the man who blessed my son Hezekiah, twice, when he sneezed. The background music in my brain switches tracks to the ambient angelic hosts singing “God bless you!”

I turn to the man and ask, “Would you mind watching my computer for a few minutes?”

The man immediately nods pleasantly. “Be happy to. I’ll make sure no one moves it.”

“Thank you,” I smile, starting to move past him. Then I slow myself down, stopping to be completely present with him. “My name’s Barbara, by the way.”

He reaches his hand toward me, “I’m Bob.”

I shake his hand. “Good to meet you, Bob.” I reflect momentarily upon Bobs I’ve met, realizing the ones I’ve known have been kind and accommodating. Just like this man who is willing to help me.

Confident and relieved, I walk out of the ballroom into a bright open space. Skylights and a bank of windows allow the natural sunlight to pour into the wide hallway and hotel foyer. I watch as a shadow moves from east to west, dulling the scene as words come into focus: “What have I done?”

(to be continued next month)

Twin Verses from *The Taraka Yoga of Kuan Yin*

by Barbara O'Guinn Condon

√27 Earthly

As Human beings we live on Earth.

Earth provides consciousness a place to ground. Why does this matter? Because localized consciousness brings unique opportunities for Spirit to realize Self. Think of it this way, what activates the Dream Consciousness Circuit? An aware, lucid conscious mind, right?

Grounding, being completely present in the locality of your body is what connects the electrical circuit manifesting in the brain and in the inner level bodies as the 1000 petal lotus of Sahasrara, the crown chakra. This potential power is the inner secret of alchemy. Alchemy is the forerunner of chemistry. It was the desire to find a Universal Elixir that could turn metal into gold. Think on this in the Universal Language of Mind. When every thing in the physical world is valued, held in high esteem, our feet on on the ground and our eyes can be on the heavens. The Spiritual change described in *transfiguration* becomes possible for the one who is grounded.

Earthly
27

√28 Ethereal

Ethereal is from the Greek *aithein* meaning "burn, shine."

Let's think about the Dream Consciousness Circuit once again. The young student will recognize this as remembering a dream and interpreting it. The adept realizes a deeper level of the response through the guidance the dream message gives. By allowing the understandings from Subconscious mind to influence the Conscious mind's thinking, wholistic creation can be experienced. Heaven and Earth can join as one, the harmony in the outer minds now aligns with Superconscious Awareness.

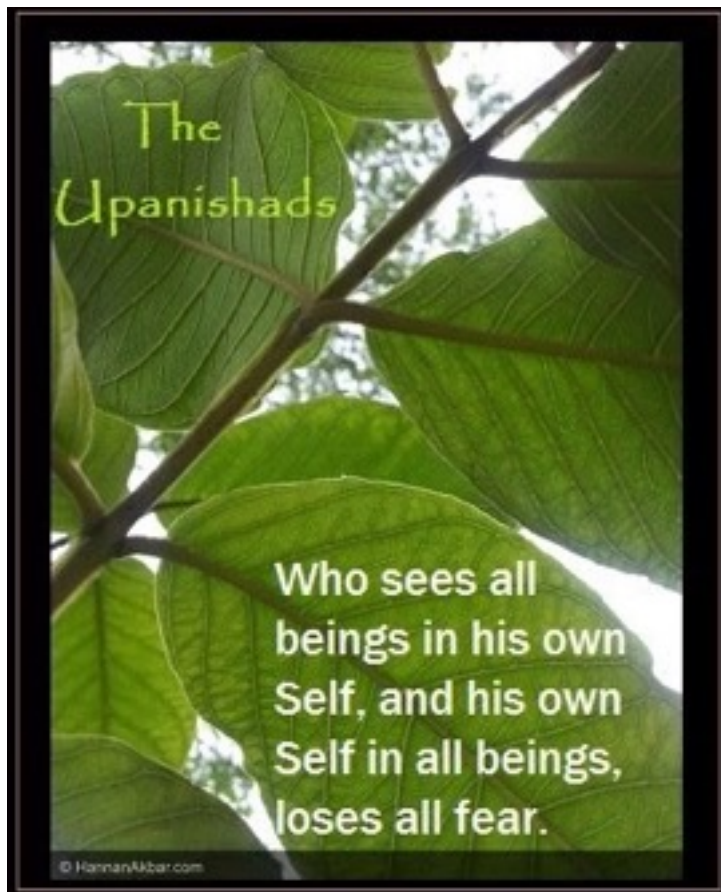
Jesus taught his disciples to be "**In the world but not of it.**" I so wanted to understand what that meant, to in fact BE It, that I made the words a mantra in 1993. I practiced this thinking every day for seven years. The wisdom born from this brought the pairing of these two verses almost two decades later.

28
Ethereal

When cause is understood awareness of what is coming rises.
Imaged thought takes root in the third level of Mind.
Subconscious awareness often escapes the conscious mind's reach.
Already planted, it seeks to thrive,
even when we forget.

cloud all moons

What is the *Gift of Healing Service*?



"This would be described as humility. The ability for self to recognize itself in truth is the capacity for humbleness and the ability for this one to experience humility is contingent upon where this one is directing the attention.

When this one allows the attention to be caught up in the projection of thought onto other people or things, this one ceases to own the thinking, this one has disavowed the point of origin, the source and when this occurs then there is interference with the healing quality.

The quality itself is the capacity to sustain connection with the source at all times, and we see that this one's ability for this is strong in the inner self. The outer mind has not been trained to acknowledge this, so the experience of it is haphazard and it comes and goes."

[02-13-2010-bgc/drc-05]

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**"He who
knows others is
wise; he who
knows himself
is
enlightened."
—Lao Tzu**

**"Healing is a
matter of time,
but it is also a
matter of
opportunity."
—Hippocrates**

Wisdom from the Oracle

Excerpt from the commentary on the evolutionary locus for the School of Metaphysics from the Superconscious Oracle given on **January 8, 2005**



We see that there is the capacity to transcend the universe and in that to begin to enter into the realm of quad and sayctor. We see that these are elemental forces beyond vibratory creation, and we see that in this there is the compatibility with that of Creator.

We see that there is the capacity within this Spirit to exist in such a way as to transcend the limitation of Self. There is the urgency to do so, and it is experienced by enough that there is the willingness to experience emptiness. It is the power of emptiness that will bring the awareness that is spoken of. As this is experienced there is the movement of the code by which there will be the manifestation of the Cosmic Christ, and we see that in this there is the blending and merging of many codes which are required for this to occur.



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

Kerry Keller... #38 Return

Attend to the dreams that come in the night. Each holds a message for the telling. Focus your light upon understanding that message so the dream may pass on into the new day.

Dr. Sheila #63 The Compass

Recognize opportunities for astral travel in any locality. Want to navigate the inner level waters from conscious desire. Bilocation frees the attention from physical boundaries. The soul's compassion is what keeps you alive.

Collective... #50 Imaged Space

The whole Self moves the teacher providing the vehicles for experience. The Voice speaks and its breath enters cascading through levels of consciousness where treasures await.



The Interfaith Community of Metaphysics would like to introduce to you, our newest ordained ministers,

Larry Hudson, Debbie Hudson, Walter Hrycaj. (from left to right)

You are invited to witness their ordination ceremony, on September 17th, 2017, at the College of Metaphysics Campus, at the gazebo.



School of Metaphysics Branch Locations

email to (cityname)@som.org
 World Headquarters • 163 Moon Valley Rd. •
 Windyville, Missouri 65783 • (417) 345-8411

ILLINOIS

345 Manor Court • [Bolingbrook, Illinois](#) 60440 • (630) 739-1329

5021 W. Irving Park Road • [Chicago, Illinois](#) 60641 • (773) 427-0155

222 West Wilson • [Palatine, Illinois](#) 60067 • (847) 991-0140

INDIANA

6138 North Hillside • [Indianapolis, Indiana](#) 46220 • (317) 251-5285

IOWA

3715 University • [Des Moines, Iowa](#) 50311 • (515) 255-5570

KANSAS

4323 Rainbow Blvd • [Kansas City, Kansas](#) 66103 • (913) 236-9292

MISSOURI

103 West Broadway • [Columbia, Missouri](#) 65203 • (573) 449-8312

2009 North Douglas • [Springfield, Missouri](#) 65803 • (417) 831-0955

2606 Oakview Terrace • [Maplewood, Missouri](#) 63143 • (314) 645-0036

OKLAHOMA

908 NW 12th St • [Oklahoma City, Oklahoma](#) 73106 • (405) 228-0506

429 S. Memorial • [Tulsa, Oklahoma](#) 74112 • (918) 582-8836

TEXAS

5832 Live Oak Street • [Dallas, Texas](#) 75214 • (214) 821-5406