

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. 46, No. 08



Still Mind Weekend



October 21, 22 and 23



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Chicago

The shift in consciousness is occurring...

by Emily Knox

What does it mean to “Aid any individual to be a whole functioning Self, not dependent on any person, place, or thing for peace, contentment, and security”? Ever since I’ve received my Dharma Profile, I have wondered what it means to align with the School of Metaphysics’ Ideal. In the report, I had asked a question about building a large and prosperous school branch. The response was, “...when this one aligns the personal ideal with the ideal of the group, there will be an exponential explosion of energy that will allow this one to expect the return in whatever way this one imagines.” In reflecting on this, and receiving the ideal into myself, I have learned the best way to teach is having an experience for myself first. Through this experimentation, I am able to have compassion and understanding for any person or situation in my experiences. We are all here to “know thyself,” and to give of ourselves in service and love so that all people have the opportunity to experience peace, contentment, and security. To me, this does not mean that we can only rely on ourselves to accomplish anything we put my mind to. The greatest growth I’ve experienced is through working together and creating with others to build understandings of the Self. It is one of the greatest strengths to realize the true nature of reality as connectedness. With this realization, we may come to understand that as we aid others to knowing themselves, we begin to know ourselves more deeply. I want to know myself and I want to aid others to know their Self too! We are here, connected in Spirit to reach the highest plane so that we may once again Know the Creator within. •



KCK

What I’ve Learned

by Mike Bishop

Finding the School of Metaphysics (SOM) has been a life-changing experience for me! Going through major, unexpected changes in life as a middle-aged man left me looking for purpose. In the process of divorce, kids grown, retirement plans and expectations as I knew them gone. Surely there’ll be more to life than working, waiting to grow old and then die, right? Uh, maybe not. This is what I was seriously thinking the future might hold for me.

What I now know to be synchronicity led me to the School. I missed the first meeting that I planned to attend and thought it might be better to wait until I was in a better place personally to come. Aneta Baranek, the Director of the Kansas City branch, and I had been emailing about the school and its offerings. When I replied saying I thought I’d just wait she asked me to consider that “Thought is cause” and that it may be easier to go through my personal struggles as a student with the community that is present at the school. I attended a movie night event at the school and immediately felt welcomed and comfortable. I knew then that this was for me.

I started classes under the instruction of Codie Lea and am amazed at how much is offered at the School for so little. Codie has become not only my teacher but my friend, mentor and life coach. My classmates have become like family, and I feel that in many ways we know each other better than I know my own personal family members. The sense of community is incredible. Recently I’ve told several people at SOM, friends and family that I’ve received more personal benefit and self-understanding in two months as a student than I could have in two years of therapy.

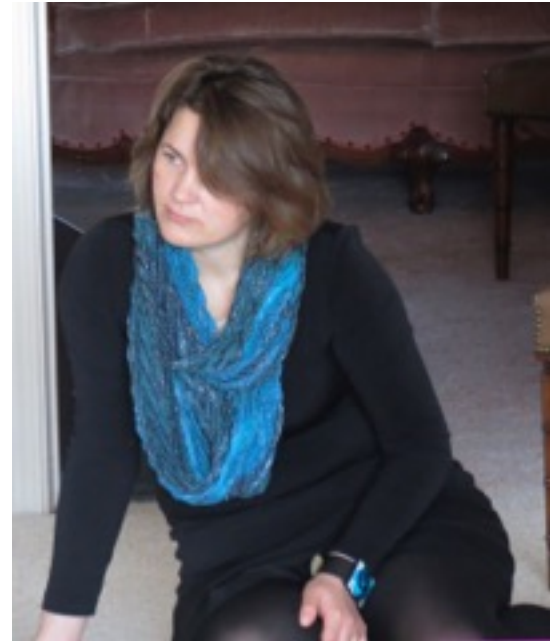
Through the classes and study I have learned that several significant things that I’d been repeating in life are actually lessons that I needed to learn. Now that I’ve awakened to this I won’t need to

keep repeating painful, personal cycles and can move forward with my life. I've also found peace that I've never known before. Now the thoughts of growing old and dying don't even enter my mind unless I'm telling someone about the benefits of SOM.

My knowledge and awareness are also being expanded by attending community gatherings at the branch on Sunday evenings where we discuss many things.

The Kansas City branch sets up a display table to share the School's offerings at First Fridays, an event held the first Friday of every month in the Kansas City Arts District. I came to help man the table this month (July) and was exposed to a world that I didn't know existed here and I've lived in the area for over 35 years.

With what I've gained personally and am learning to give, I feel like we need to stand on every mountaintop and large hill and yell "You need to check the School of Metaphysics out, it'll change your life."



Aneta Baranek, Director of Kansas City Branch

Louisville

Closing Time

By Charlotte Crabaugh

The Louisville Branch of the School of Metaphysics is closed. I have been the last man standing here for several weeks. I showed people the building, answered inquires about the house, and tried to keep the lawn mowed. However, I have done much of this with a heavy heart because I had such high hopes and expectations when I first came here almost a year ago.

I would never have imagined that it could end. This school has produced many fine leaders for the SOM. It has been a vibrant, light-filled active school in years past. I had heard about all the fun and activity that is the tradition here and looked forward to being part of it. I embraced it and made several attempts at starting classes. I taught some promising students up to lesson twelve. About that time the ominous sign appeared in the front yard. I explained to the few remaining students that if we didn't finish the cycle by the time we move they could continue in Indianapolis or by correspondence. Then they were gone. I have talked to some prospective students who were discouraged by the fact that the school here is closing. This past week I have come to the realization that I have been going through the five classic stages of grief, just as outlined by Elizabeth Kubler-Ross in her book on death and dying.

1. Denial. This was my first response to the news of closing. 'This won't really happen, Louisville is one of the best schools. They wouldn't close it. It's just absurd'

2. Anger. 'How dare they?' I didn't have a chance; it's not my fault all the leaders left, and all the students with them. This makes me so mad.'

3. Bargaining. I had the most fun with this one. 'If I can get 15 students and enough donations to pay the bills before the house is sold they will have to keep it open'. I want you to know, I really tried this. I even called upon my dharma and healing quality to make it happen. I was excited. I could see it happening. How dramatic.

4. Depression. Finally my old friend, Depression, moved in. No one else was here- just me and Depression. 'Damn it. Now I have to invent my life all over AGAIN. Where will I go, What will I do? Who will I be? I really didn't want to go anywhere else. I like Louisville; it's a great city, we ought to have a School here. One person asked if I was going to stay in Louisville. I answered honestly, "If I had some compelling reason to stay, I would."

5. Acceptance. Most days I spend packing and working at Fresh Thyme Market, where I make the most beautiful salads in all of Louisville. I have decided to return to the College in Windyville and continue my journey to wholeness. We are transferring the furnishings of the Louisville Branch to the College where I will live.

My 'compelling reason' still remains, "...to accelerate the evolution of humanity" one person at a time, beginning with myself.

What I feel now is best summed up in the words of a song, popular a few years ago, 'Closing Time', "You don't have to go home, but you can't. Stay. Here."

I have decided to go home.

Indianapolis

Consciousness with Purpose

by Kerry Keller

Three students received their Past Life Profiles #9's on lesson nine this month and they were amazed at the similarity of their karmic learnings. Upon reviewing them in class each student discovered the Karma that their soul brought into this life for them to gain understandings. You could see the amazement in their eyes, the acknowledgement that this was indeed what each one was here to learn and then they marveled at the similarity of karmic understandings.

Jerry's report suggested he has a wealth of high principles in this life and he is often disturbed by certain activities of humanity that are out of alignment with Universal Laws. He becomes angry and frustrated by the conditions people find themselves in, thinking they should know better. The report suggested he let go of the anger and recognize those people are in those conditions for their soul's learning. It pointed out Jerry was in a wonderful position to share his principles of life to show people how to help themselves move through their karma. It was then Jerry realized his karma in this life is to change his perspective from anger to a higher thought form of compassion, to aid others to learn how to excel out of their karmic limitations. His own karmic anger was habitual and he avoided facing it, thinking he was limited and there was nothing he could do about those circumstances that frustrated him so. Now Jerry has already begun to use his imagination to use his love of writing and speaking to give others guidance towards the principles he has understandings of.

Heather's Past Life Profile explained her earthly desire for security and connectedness has caused her to be independent, because she has not received these qualities from others as she expected. Her karmic lessons are to develop these qualities within her self so she will perceive them and receive them from others. Heather has become brilliant at moving the physical to get her way in life. She is physically happy, but it seems empty, she quickly feels separate and the happiness does not last long. Her reports suggested she stop moving the physical and learn to mentally create with others and give to others through service. When she heard this, she realized she could heal her karmic lessons through teaching and serving others by showing them how to change and grow.

Dave's Past Life Report shared his growing up as a child with amazing understandings beyond his age. He left the tribe to find a mentor so he could help them more effectively. Unfortunately when he returned he was misunderstood and died because he perceived his tribe would not receive him. In this life, Dave has a lot to share and give, but similarly he has felt for most of his life people would not receive him. It actually makes him frustrated because he wants to give. His karma did not surprise him as it suggested he receive people, receive their needs and then teach them what their soul desires. Dave is into dreams and now realizes his love of dreams is a strong way he can learn what people need the most, directly from their soul through their dreams. He is learning he can not control people's desire to learn, yet when they are willing to listen he shares what their soul desires. The fascinating similarity of these three students was in the suggestions to know themselves through teaching and giving to others. These learning experience will give them understandings their soul desires and the fulfillment of giving at the same time.

Bowlingbrook Director Jorge Candelaia and Monica Burrell



Bolingbrook

by Jorge Candalaria

It has been six months since I started directing here at the Bolingbrook Branch. I am truly understanding more about Universal Laws and the principles that govern the Universe, mind expansion, and allowing myself to be more secure. I am learning how to direct people from my heart and keep them there while I hold them in my mind too. I really appreciate the opportunity that I have to learn and apply what I am learning. I found myself out of my comfort zone often. I am learning how to stay conscious and focused instead of allowing fear to rule. I realized I can become a better teacher and leader by allowing myself to be in the state of creation all the time instead of a state of survival. break brain pathways and build new ones, while I understand the purpose of my emotions is to become responsible for being human. Finally I am learning how to enjoy the journey and teach others how to embrace their experiences and be happy there. Then they finally find out what they need to understand.

In the creative state of mind I can

Recently we did a lecture at the Bolingbrook library. Monica Burrell and I talked about Metaphysics and how to apply it on a daily basis to become happier, healthier and focused. We shared how the School of Metaphysics teaches us to become who we are and how we did it. Two new students started classes from this lecture. Monica had a real good experience and she is growing so much in all aspects of her life. She is very excited to share what she knows and I admire that she is so young, lesson 11, and loving to give what she is receiving. I am looking forward to drawing more students who want to learn as much as she does.

Palatine Director Sandy Leitner pictured left



Palatine Independence

by Alexander M. Oleksiuk

This July has brought with it a heat as intense as it is humid; a time for some to stay inside, safe within the protective barrier of shade and air-conditioning. For others, however, it is an invitation to step outdoors and bask in the sunlight: letting the fiery heat wash over you and cleans your body of impurities.

Here in America, July is primarily associated with Independence Day. Here at the Palatine branch, several members of our school helped the village usher in the yearly parade by directing the traffic of floats as well as cars. Though it wasn't a huge event for us this year, I feel that the spirit of Independence Day is something that can remind us of the School's ideal and our own goal of becoming whole functioning selves, not dependent on any person, place or thing for peace, contentment, or security.

As an embodiment of that independence, our branch's vegetable garden is flourishing- feeding off of both the summer weather and the love of its student-gardeners. We have seen the growth of our Wednesday night classes and the start of a new Monday one. On the 23rd we hosted a garage sale fundraiser, helping people let go of their old possession in order to make way for the new.

Now July is quickly departing. As we step into August, the last real month of Summer in Illinois rapidly approaches, bringing an impending end to what feels like every year's shortest season. Yet in the process of becoming independent people, we must by necessity step beyond the need for cycles to determine our ways of life and even beyond reliance on time itself. How and when will we get to that point? Well, I suppose that is for each one of us decide.

Fort Worth Forward Motion

by Mel Navarro

In August, all students at the Fort Worth branch worked together to plan, promote, and host a school-wide garage sale. Students donated new or gently used items to the sale, and all proceeds benefitted the school. In addition, several students organized a bake sale and made delicious, homemade baked goods to contribute to the fundraiser. Thanks to the support of the Director, teachers, and students, the garage sale was a big success and raised hundreds of dollars for the school!

In addition, Brynn Byrne started a 5-week Visualization short course this month. Over 10 students are participating in the course where they are learning about the science of visualization and how to use visualization to create more prosperity and abundance in their lives.

A number of teachers from the Fort Worth branch attended the Area Teacher's Meeting this month as well. The teacher's meeting was an excellent opportunity to cultivate divine friendships and go deeper with our understandings of the consciousness required to be an effective teacher.

The branch is looking forward to next month when student, Liz Dansby, will start teaching her first Mastery of Consciousness First Cycle course!

Maplewood

A Weekend of Healing

by Cassie Ambuehl

On August 13th and 14th Dr. Karen Mosby offered teachings and mentorship to students and the community at our local school branch. Students in Maplewood were eager to welcome Dr. Karen and her wisdom into our school center. Many students were excited to learn more about Healing Class and immediately apply these teachings, as we have two classes who have just received lesson 8 where students have found great value in serving this way.

Dr. Karen taught students and community members about The Lord's Prayer, offering insights and application that many have overlooked in other avenues of study. Donna Moeller, a student who had just received Lesson 8 described how Dr. Karen's teaching impacted her personally:



Dr. Karen Mosby

"Dr. Karen provided us with an interpretation of The Lord's Prayer using the Universal Language of Mind. The verse "Forgive us our debts as we forgive our debtors" resonated with me. In my current Cycle 1 Lesson 8 Class our class is exploring the importance of harmony in relationships. Dr. Mosby shared the meaning of this verse of The Lord's Prayer as we need to look at why we are of harmony with someone else. We should ask ourselves "How can I get over myself to harmonize?" (i.e. truly forgive this person and myself in order to heal the relationship). Dr. Mosby's presentation was "right on time" for me since I have been wrestling with forgiveness and seeking harmony with a neighbor."

Donna is a well disciplined student who continues to apply her learning from the School of Metaphysics into her life. Her experience of Dr. Karen's teaching is evident of how healing not only occurred with students themselves, but with the Law of Relativity, the world around these students will improve as well.

Likewise, 19 students had attended Healing Class on August 14th after receiving greater understanding of the benefits and service provided. Students eagerly shared their experiences of this class and expressed that powerful healing energy move throughout our school.

Maplewood would like to sincerely thank Dr. Karen for freely giving her wisdom and love to our school center.

Oklahoma City

Initiating Activity

by Silvia Galvan

We are preparing our space to receive a new class at the end of the month at the Oklahoma City branch. We initiated monthly meditations, movie nights, SIR meetings, and Dreamcatchers meetups inviting the community to join us. Jeff Seely, a student on Lesson 13 is leading our monthly Karma Yoga event keeping our school building beautiful and open. He is learning about the importance of initiating and completing what he puts into motion. Joel Collins is leading our SIR meetings and is learning about creating divine friendships. Sam Kaufman is taking initiative in weeding and clearing the brush that was overgrown outside our building. He is learning about giving freely and of the importance of clearing unproductive thoughts. Michael Fabri is learning about communication and putting his pictures into a cohesive and relative way by giving a lecture on How Healing Your Mind Helps Heal Your Body. Michael and I are also combining our energies and have recently set-up a couple library lectures and a booth out in our community. All of our energy and mind substance is increasing as we cooperate to build the space to receive more wonderful souls to create with and love.

The New Maitreya

by Barbara O'Guinn Condon

What Got You to SOM?

When I walked into the SOM it was an idea. An idea worthy of a student wanting to pass on to others what she has learned and willing to offer the living room of her apartment as a gathering place for people to come study. It was an atmosphere not unlike today's meet up group, though perhaps a bit tamer and more intimate.

My friend Irna's boss dated that teacher. Irna wanted to 'go to' the class but not alone. Word of mouth got me to that class. Friendship, love got me to the class.

The level of Truth-telling kept me.

To study universal laws and truths as a personal commitment has always been the highest form of Life, existence, I can imagine. To study with others closes the gap between where I am and where I think I want to be. So as I pass on what I've learned I fill what looked like a gap, a black hole, a missing link or puzzle piece in my understanding. This is how one becomes aware of karma lives his or her dharma. In SOM we call it teaching teachers.

Some people come to SOM because Truth. Someone interprets their dream for them. They attend an Intuitive Reports session and are struck by the U Truth in lessons. They have wanted to find like minds all their lives, people they could talk to who would listen to their ideas with respect and challenge them to use their intelligence. To stretch their minds to live their full potential – now!

Love and Truth. Each gives and receives. Which drew you?

If prayer is you
talking to God,
then intuition
is God
talking to you.
–Dr. Wayne Dyer

*"The Truth is one,
the wise call It by many names."*

– Rig Vedas

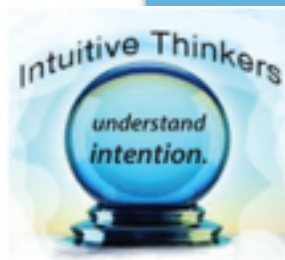
Most people draw upon the senses to determine the truth of who they are. I am the daughter/son, wife/husband, mother/father, proprietor/customer, rich one/poor one, young/old, quick/slow, and so on. We believe and declare, I am That! The Mind becomes preoccupied with creating and playing these lifetime roles. The Real Self, Atman as it is known in the **Vedas**, recedes farther and farther away under the masks we wear. Intuitive Research illuminates these archetypal masks.

Joseph Campbell called these the "masks of eternity". They both cover and reveal the face of glory. "In times when your mind is trapped by the image 'out there' so that you never make the reference to yourself, you have misread the image," Campbell said. Knowing when and how to put on the mask and when to remove it is the art and science of living.

"People say that what we're all seeking is a meaning for life," Campbell wrote in **The Power of Myth**. "I don't think that's what we're really seeking. I think that what we're seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances with our own innermost being and reality, so that we actually feel the rapture of being alive." This is the promise of the Intuitive Thinker.

–from the soon to be released book...

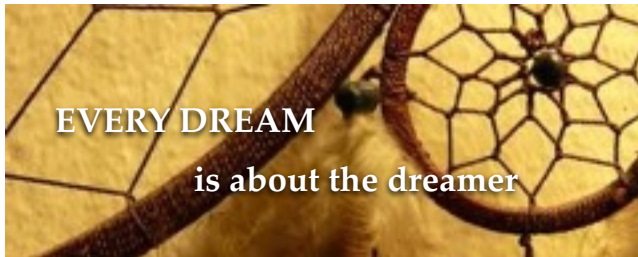
How INTUITIVE are YOU?



UNITE with **Healing Class** **leaders** schoolwide as they meet in the Virtual Classroom with Dr. Barbara O'Guinn Condon, author of **Kundalini Rising** and the upcoming **Kundalini Initiations**. How is the current healing class the Unified Field that modern science is exploring? What is the quantum physics in the intentional field we create every Sunday night - in each city, AND throughout the Midwestern United States? Broaden your knowledge and deepen your wisdom of what it means to be a Whole, Functioning Self in today's world.



2ND WEDNESDAY @ 6 PM



Your next DREAM DATE with SOM Pres.

Dr. Christine Spretnjak

Plug in at your branch, the local library, or a coffee house near you! Access is free for all SOM students as part of your enrollment.

The International Association for the Study of Dreams is an organization founded in 1983 for Find out what dreamers in 34 countries are dreaming! Sign up for this online conference* at www.asdreams.org.

What is it?

For two weeks new papers are posted each day. You can read and make comments, dialoguing with the author and other conference members. This year Dr. Laurel Clark will present on

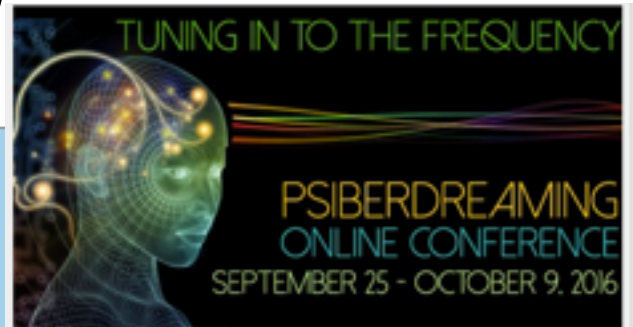
Telepathy: Are you tuned in?

Once upon a time, before the cell phone, people connected with each other by paying attention to mind-to-mind signals. Telepathy enables us to communicate with those who are not in our physical presence. Whether awake or asleep, our minds are linked in an amazing web.

Having been telepathic since childhood, Laurel discovered the reality of dream telepathy when married to a man dealing with severe complications of diabetes. On a couple of occasions, telepathic dreams helped her to save his life. When great dreamer Bob Van de Castle made his transition to the "other side," Laurel received a telepathic dream message from him saying goodbye. Participating in PsiberDreaming telepathy contests has dramatically improved Laurel's recognition and understanding of how to "tune in." In this presentation she shares stories of telepathic connections and offers insight into improving and developing mind-to-mind resonance.

Attending this conference fulfills **CERTIFICATION REQUIREMENTS FOR DREAM INTERPRETATION COACH**

ALSO....Check out this November online conference focusing on research at <http://iasdreamresearch.org/moodle/>



Twin Verses from The Taraka Yoga of Kuan Yin

by Barbara O'Guinn Condron

√5 UNITY

The word Unity comes from the Latin *unitas*, from *unus* meaning 'one.' Unity is a state of consciousness. It is the state of being united or joined as a whole.

Unity accepts separation without prejudice. In order to consider a coming together there must be at least two points, yes? Two dots can be joined by a line. Two pieces of land by a bridge. Two people by a common goal.

Aristotle lifted Unity out of polarity in *Poetics*. He described three principles defining drama. In literary forms, these give perimeters to the interaction of characters. In a dream, or in our lives, they offer insight into why unity is important. The first unity is one of time,— a single day. The second unity is one of place,— a single scene. The third is unity of action,— a single plot.

In teaching the art and science of dreaming, these three are basic elements of understanding the message in any dream. Time in a dream tells you your *state* of consciousness. The place tells you the *content* of your consciousness. The relativity of time and space determines the *context* of your dream revealed in dream-plots. These elements of story become your dream. Together, they reveal the state of your awareness.

Every dream is about the dreamer. Through Unity, it reveals the many dynamics of your Whole, Functioning Self as one.

Go within to the source of your desire.
Neutralize fears of the unknown by the power of inner light.
All the forces come together on your behalf.
In this place where all can exist, greet the Real Self.
I am another yourself, I am one in peace.



spring

Unity
5

√6 SEPARATION

The word Separation comes from the Latin *separare* meaning 'disjoin, divide.' When I think of separation, I think of the senses. These receptors allow my mind to experience the world around me through a single body. How remarkable! Each sense has a specific function, receiving vibrations for mind to interpret. I think of the visual spectrum of light that enables me to experience the depth and breadth of light through the separation of colors. What a beautiful world we can see. Then there are the seven distinct levels of Mind for Self to experience consciousness.

Here perception enables me to receive what exists, noting the subtleties in human experience that allow for depth and clarity inviting the divine wisdom of a Creator.

Separation is the action or state of moving or being moved apart.

Separation allows independence, autonomy, unique experience.

When a child is being born, it is time to separate from the mother. When we leave, we separate. When we return, we reunite. Life is a series of comings and goings. Beginnings and endings. All part of a greater whole that is this Kuan Yin Journey.

Live in the unity of conscious and subconscious minds
light reflecting each other.
Harmony sheds light on every path
for the seed is what is honored and unfolding
until all is known in the mind of Creator.



hole in the ground

6
Separation

Wisdom from the Oracle

Excerpt from the commentary on the evolutionary locus for the School of Metaphysics
from the Superconscious Oracle given on **December 21, 2012**



...The mind must be clear, the mind must be steady, for the light of consciousness to shine through. The simplification of response within this Being (School of Metaphysics) will align the minds with the greater vibration that is beginning to arise. Part of this is the opportunity; it is that what has not been previously and which is arising in the present, which is afforded to this Being. It is compatible with it. It is attractive to it. It is relative for it, and we see that in the actions of divine law, divine will makes itself known. Therefore the attunement within individuals that make up the whole, the attunement to that which is greater, the attunement to the energies that are now available, the receiving of these energies and then being the channel for them is the work that is ahead. ...



The College of Metaphysics

by Daniel R. Condrón

The College of Metaphysics is multi-dimensional. Students become healthier mentally, emotionally, physically and spiritually.

Students learn to identify and illuminate areas that were previously little understood. Students learn to understand, know, be and glow life.

Students attend about 50 sessions of Health Analyses in a year or more residency. Students release fears, anger, jealousy, greed, doubt, worries, and fears. Students become more filled with light. Students come to know a deeper and more expansive love. Students get better looking because their thoughts and attitudes are better looking.

Students enjoy eating the food they have grown in the College of Metaphysics biodynamic organic orchards and gardens.

Students have lots of fun sharing their fulfilling college experiences with each other, with the faculty and staff of the College of Metaphysics, and with the students from the branch locations as they come to the college.

The 1500 acres are a scenic landscape of beauty and joy for students to explore and receive. Many students have received miraculous healing while at the College of Metaphysics. Others have received the answers to their prayers. Still others have gone to the branches

after a year or more at the College of Metaphysics and been successful orators, teachers, and spiritual leaders.

This is truly a one of a kind life transforming experience. People get to breathe fresh air and drink healthy water every day. They are happy and fulfilled.

Students learn Kung Fu martial arts taught by Black Belt Hezekiah Condrón. Hezekiah studied for almost ten years to receive his black belt from Master Kaylor. Master Mike Kaylor is the highest ranking teacher of Pi Lin Kung Fu. Students get healthier and learn to use their bodies in new ways while practicing Kung Fu under Hezekiah's tutelage.

The following fine articles have been written by dedicated individuals who love learning, sharing, creating together and the joy and fun of being.

Our lives bring fulfillment by the kindness, goodness, joy, and love in sharing and creating with others.



Still Mind Weekend

October 21, 22, and 23rd 2016

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

If you are wanting to participate in this weekend 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 18th of October. A tithe for the weekend should also be sent along with your paper.

All attendees are asked to arrive on Friday be 5:00pm and stay until after 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 report having their deepest and most astounding meditations ever.



Also, if you would like to receive a meditation portrait prior to the weekend and in preparation for the Still Mind Weekend then:

1. Indicate so on your paper.
2. Send a tithe of at least (minimum) of \$250; or more.
3. Be at COM before noon on Friday, October 23rd in order to receive the report.
4. This offer is limited to the first 14 people that apply.
5. You may still attend and not receive the report.

From the College Its All About Devotion

By Tim Gagnon

At the College of Metaphysics studying the Bhagavad Gita each morning together has been for me a profound way to raise consciousness and set minds on the Highest Self.

I have had some thoughts about devotion. To me, the most worthwhile and purposeful decision I can make is to surrender my consciousness to my Higher Self and receive the highest wisdom for the fulfillment of the Divine Plan. This to me is devotion. These thoughts were confirmed to me when reading this verse during class:

Bhagavad Gita Ch. 11, v. 52-55



Tim Gagnon, College Student

KRISHNA: It is extremely difficult to obtain the universal vision you have had; even the gods long always to see me in this aspect. Neither knowledge of the Vedas, nor austerity, nor charity, nor sacrifice, nor formal worship can bring the vision you have seen. But through complete devotion not mixed with the fruits of actions or intellectual information, Arjuna, you can know me, see me, and attain union with me. Those who make me the supreme goal of all their work and act without selfish attachment, who surrender themselves to me completely and are free from ill will for any living being, enter into my being.

Devotion has to do with love. It cannot be bought or sold, traded for or negotiated. No amount of austerity(physical restraint) or charity(giving) or sacrifice(letting go) nor formal worship(offering praise) can bring us the revelation of the Highest Self. Love(union) requires “complete devotion not mixed with the fruits of actions (manifesting a goal) or intellectual information(genius strategies), Arjuna, you can know me, see me, and attain union with me.”

To boil this down I believe Krishna is saying, “Only if you surrender and give yourself over to me completely can you be one with me.” This is love. This is devotion. There are no substitutes. There is no greater journey than to be one with the source of all our deepest hopes and desires. In this I place my trust. Or else, what else are we living for? And what else is life about? The irony is that when you come to a place of complete surrender, you find yourself gaining all those things you wanted in the deepest ways and become fulfilled. As Jesus said, “Seek first the Kingdom of Heaven and all these will be added unto you.”

So I have come re-identify my passion: becoming one with the Highest through complete devotion. Ahhh yes. Another wonderful morning it has been studying Holy Works at the College of Metaphysics.



The Holy work for the month of September comes from the Emptiness Sutra

The world teacher knows the emptiness and the full giving in the crown chakra.

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



Kerry Keller

67. The Center

The Inner Teacher traces the Golden Mean with each thought. Count the hairs on your head truthfully. Honor that which causes one to grow by serving others. The Light will shine through your kindness.

The Center

Dr. Sheila

34 Discernment

Make your Truth that which is universal. Will your thought and your actions to align. Purify your heart, freeing it from clutter. Stand at the center in a shaft of Mind Light

Sun

Cassie Ambuehl

78. Servant

Create your experiences in moderation Allow the passing of time to work in your favor. In this way, one masters natural laws, through responding to a higher calling that is Heaven's way.

Servant

73. Illumine

The irony is- individuality stimulates resonance in the All. Seasons activate the circle of life equally in universal forms. Spring's coming shape shifts the seed of winter's return. Every life's passion is to know its Source.

Hello

School of Metaphysics Students,
Teachers, Directors and Leaders,

This is Dr. Sheila Benjamin, the editor of *Vibrations*, our school's monthly newsletter. *Vibrations* has a rich history which dates back to the beginning of the creation of the School of Metaphysics. It is one of the most influential ways that we as an organization can communicate to the Whole School.

There have been wonderful fund raiser ideas that have been shared throughout the pages of *Vibrations*. New teachers have shared pictures of their new class.

Upcoming dates and events are shared . (If you have a desire to see some of the past issues talk with me) We are doing our best to put current and past issues up on line for you, your friends and family to enjoy.

I speak on behalf of my *Vibrations* staff, we look forward each month to discover what is going on in your branch. Please make sure that your school has a voice in our Newsletter. If while reading this you desire to be that reporter talk with your teacher and director.

With Great Respect and love,
I welcome the up and coming changes.
Dr. S.



Dates to Remember

September & October

Dharma/ Your Soul's Purpose

Spiritual Focus Weekend / September 9-11
on Campus of College of Metaphysics

Dream Catchers with School President Dr. Christine Spretnjak

Public Webinar / Wed., September 14th. 6 pm central time

All Student Weekend / Celebrating Unity and Purpose

September 16,17,18
on Campus of the College of Metaphysics

National Teachers Meeting

September 30th - October 2nd
On Campus of the Collage of Metaphysics

Kundalini Initiations / Becoming a Healing Presence

Public Webinar with the Author of her New Book
Dr. Barbara O'Guinn Condrón / Sunday, October 9th, 5 pm

Still Mind Weekend

College of Metaphysics / October 21, 22, 23rd
A Whole Weekend with Nature in Meditation





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