

*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. 48, No. 05

All Student Weekend  
Theme

## JOY AND CREATION

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## *The Ultimate Gift of Teaching*

*Review of National Teacher's Meeting pg.8*





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TV

## Des Moines

### Coming Together

by Frannie Reeves

Our school has nearly doubled in size with the new class of 12 people! They started their study on March 14th. We are happy to welcome them as they fulfill their purposes in the next step of their self-awareness.



We welcomed Dr. Terry Martin, our area director, on March 29th, for her dream lecture “Awaken to Nightmares: Dreams that Heal.” She engaged an audience of 32 people, including SOM students and the Rebel Art Alliance, a group of local artists. Dr. Terry gave her lecture and then we broke into student-led groups for dream interpretation. Everyone had something to contribute.

teacher. She brings her passion and enthusiasm to each lesson and to our school as a whole.

As we continue our expansive momentum, we will begin a new class at the end of April, after National Dream Hotline weekend. During that weekend, everyone in our school will be involved in some fashion. We are looking forward to the experience and personal growth with dream interpretation and connecting with others.

We are blessed to have Marsha Malone as a new



## Indianapolis

### It's All In The Breathing:

by Kerry & Kristy

Mary, a potential student knocked on our door in the middle of the day. She said she has driven by our building 100's of times and has always been curious about what the School of Metaphysics is. We asked her to come in, as she told us she studies metaphysics and has read every book she could find. When her eyes caught a gander of our book shelves, she went silent. With her hands full of books, she turned and said, “What is this place? I have never seen these books.”

As she sat down, we shared students here receive metaphysical practices for the purpose of disciplining the attention and will of the mind. This enables any student to develop expanded self-awareness that magnifies perception and conscious understandings. Students gain command of their decision-making practices while avoiding the programmed limitations they have acquired in life. They learn how their life unfolds each day, why they experience what they do and how they can cause changes within the self to better direct their lives to achieve their greatest desires. We discussed the Universal Laws and she said she was familiar with all 33 of them.



Suspecting she only understood them intellectually, I asked her which ones she was harmonizing with right now. She just looked at us with a blank expression and then started going through her purse. “I want to know if I can teach metaphysics here,” she asked. “Do you have advanced lessons I can start taking myself?” We shared every student is urged to teach once they have completed the first cycle. We further explained that the introduction and practice of the Ten Essential Life Skills throughout the first cycle allow any student to measure their spiritual growth and advancement while applying their metaphysical practices into their daily life.

Mary was not expecting she could not just step in and start teaching. She was beginning to emotionally react, thinking we were not treating her well and honoring her hard work and abilities. She started for the door and turned to tell us how many new students she could bring to the school if she was teaching. Her mis-perceptions were unfortunate and uncomfortable. She was about to leave in a very angry state, and she did not realize her anger was with herself.



In that moment I realized I had two choices. One, to allow her to leave in her angry state and mis-perceptions or two, humble myself and ask her to come back to sit while I share something that could change the way she sees the world. I reminded her we live in a polarized time and asked if she would give me five minutes to appeal to her love for others.

That got her attention and we sat down again. The students with me had to leave, so it was Mary and me. I encouraged her to do a breathing exercise with me, and we set a timer for 5 minutes. I knew if she did not practice breathing much, this would test her attention and concentration. And if she was well-practiced, her state of mind would change from her anger to caring.

What a difference 5 minutes makes! We had another 30 minute conversation on the value of the Ten Essential Life Skills. She hardly spoke, totally listening to me and answering my questions of her. I asked her questions about her aspirations and told her how these skills would elevate her own quest and insure her productivity, performance, and connectedness. I explained at least a dozen ways she would experience, grow and change because of these skills.



As we walked to the door I complimented her and her ability to use her metaphysical background to stay and transform her experience here. As she closed the door, I felt fulfilled because she just signed up for classes and purchased a book for her brother.



## Springfield, The First Cycle

By Ben Eschbach

The Springfield School of Metaphysics currently has about seventeen students pursuing the Mastery of Consciousness class. Fourteen are in the First Cycle and three are in the Second. The Second Cycle Students are all teachers at Springfield SOM. Here is a rundown of how some of our students are doing.



Devon Westpheling teaches one of the First-Level Mastery of Consciousness classes at the Springfield School of Metaphysics. She started with eight students but is now down to two. “Our class that we have now has given me a much deeper appreciation for divine connectedness,” said Devon. “For example, every single week, our soul progression is intimately connected with each other. It has been a very interesting experience, observing the separateness and oneness that exists at the same time.” Devon went on to say that each of our souls has its own unique needs, and that each of her students’ souls is growing and learning.

Daniel Hoppman is one of Devon's students. “I started this class not knowing who I was, but having participated in this course has given me clearer direction for what I want and how to obtain it.”

Danielle Stauch is Devon's other student. “The class is going very well. I have noticed a big change in my relationships with people. I did not trust people and was very closed off to friendships. Through this class, I have learned to trust people and become very open to their ideas and ways of thinking.”

Devon's class of two students is not alone. The class that I attend, taught by Brian Hoover, started with eleven students but has dropped to two students and has now merged with another class, also taught by Brian making a class of seven. We have been sharing how we have been progressing with our personal development every week. My classmate and I have been set back by eight weeks, but we are still sharing our developments and have been learning from our new classmates. We have also been making a difference in the lives of our new classmates and are very grateful for them.

Another class is lead by Mike Bremseth and has six students. Unlike the other three instructors, Mike is attending the First Cycle. One student, Sebastian Leos has said that this course has helped him through the spiritual, economical, social, and sentimental aspects of his life. His classmate, Marie Mains, said that she has learned to trust and to concentrate. A third, Darla Ramsey, is working on not complaining and is trying to follow the precepts in the book *A Complaint-Free World*. She is working on being aware of what she says and on improving her concentration.

Mastery of Consciousness does require a significant commitment of time, but those who stick with it find it worth the effort. People who participate in the course may be surprised by the changes that the course can make in their lives.

## What makes the School of Metaphysics unique in the world?

*"It fuels connection, connectedness among everything and everyone. There is no beginning and no end. We are all connected. Teaching others to live whole lives through understanding connection. Our world reflects what's going on within us."*  
 --- Kim Knapp, North Area



*"Putting what we learn into action. The space to experiment, to become, to grow and evolve. To experience oneness; to serve and to teach. Talking beyond intellectualism and feeling in order to transform. To know (uncover) the Real Self."*  
 —Linda Pecaut, Maplewood, Missouri



*"The uniqueness comes from all of the 'yous.' I break down the word unique as you---neeke. The collaboration and openness of all the yous coming together, to create together is what makes it unique. The fact that the School isn't 'established' as scientology or something else is the beauty. We are still creating what it will become is unique."*  
 —Zack Busch - Palatine, IL



### Want to know what General Assembly is?

... an annual function of the Interfaith Community of Metaphysics, fulfilling its charter. Coming together in spirit, mind and body are the leaders of the School of Metaphysics, those committed to the acceleration of the evolution of humanity. These leaders make up the governing body of the ICOM.

## *Wisdom from the Oracle*

Excerpt from the commentary on the evolutionary locus for the School of Metaphysics from the Superconscious Oracle given on **July 26, 2008**

*It is asked, “What is most important for the leaders in the School of Metaphysics to practice at this time?”*

*Concentration.*



*The capacity to refine the concentration into the meditative state is essential, for this is what brings the full awareness internally into the Self, for only by experiencing within the Self can there be the transcendence. The*

*capacity then for commitment to the teachings that these ones promulgate is an essential part of the capacity for the body to flourish. It is also through this process that the maturation will occur, for what one gives attention to becomes the life.*



## National Teachers Meeting

# Highlights



The theme of the April National Teacher's Meeting is and always will be, 'DREAMS'

There were 40 plus teachers from all our branches who gathered together at the College / Headquarters during the first weekend in April. Here is a review of some of the gifts they received.

Dreams, dream interpretations, and dream application were the focus of the weekend. We were only 21 days from the 30th Annual National Dream Hotline®. Our goal was to learn from each other, harmonize our vision, goals and purpose for teaching dreams in our communities. The fun result is the Unity that was created

Dr. Terry spoke to everyone about understanding the needs of the public today. She reviewed past teachers meetings where we reached out to the public to ask them what they were dreaming. What we learned was dreams are fascinating to people, but they know little about them. People assume dreams have a purpose and meaning, but most people are too busy to understand the value of dreams. They certainly don't know that dreams are opening doors of wisdom daily, because they don't understand that this wisdom is available to humanity.

Dr. Laurel re-emphasized that dreams integrate the inner and outer Self. That nightly we are nurtured by our own dreams as to who we are being, if we are in harmony with Universal Laws and how we can make changes to live a more fulfilling life. She also shared that we are creating connections through our dreaming, becoming more aware of the different aspects of ourselves, what they are, their purpose and how effective they are. Your dream journals illustrate kind of an autobiography of the Soul.

Kerry Keller spoke to ways of reaching out to our communities, through the media, social media, events, and partnering with groups. He focused his attention on the facts that media hosts and producers are very attentive when we share the wisdom available that dreams open us to each day. It was suggested that each school branch create their own vision for teaching dreams, for holding National Dream Hotline® and all the events surrounding dreams during this weekend. Suggested flyers were shared that illustrated the Indy branch vision and even a suggested brochure of events that any school could emulate or create their own version. We then gathered as a group of teachers and dream coaches to create a video promoting dreams, dream interpretations, and National Dream Hotline®. It is available on all branch facebook pages, [dreamschool.org](http://dreamschool.org), and YouTube.

Dr. Diana Kenney spoke to everyone about thoughts and thought forms and the difference between them. The importance of this is understanding what you are creating that is the cause of your experiences. A thought-form is not a thought... it is an image with energy that is moving because it was directed to move by a thought. Thought-forms are energy fields all around us. From stillness, we choose thought-forms to place our attention on. We choose what is happening. Ideally, if a thought-form makes sense to us in life, it gives us command of our future.

## National Teachers Meeting

# Highlights



On Saturday evening, Dr. Barbara spoke about the Bardos.

She referenced her father's recent death to share about the soul's processes of crossing over. Life is a continual changing process whether you are in a human body crossing over to the spiritual side or birth when you are preparing to cross into the physical form to harmonize with your soul's purpose.

Dr. Karen Mosby announced that there will be a public dream course, a weekly on line webinar starting on May 13th, 12 noon to 1:00 Pm. You can register by sending an email to [dreams@dreamschool.org](mailto:dreams@dreamschool.org) This is a 10-week white envelope course where you choose the amount of money to invest. More details coming.

WESAK begins 7:59 pm., Sunday April 29th,  
Many School branches are holding a meditation to honor and celebrate.

### CALENDAR UPDATES

#### Teachers Meeting

October 5,6,7 National

August 4th Area

December 1st Area



All Student Weekend May 18,19,20

Still Mind Weekend October 26,27,28

Dr. Daniel Spoke to  
**DREAMING OF CONNECTEDNESS**  
from the  
Baghavat Gita... Chapter 16.

Divine Qualities you want to master that move you off rebirth and karma.

1. Fearlessness
2. Purity of Heart = Love (open heart)
3. Commitment
4. Giving Freely
5. Control of the Mind (Discipline)
6. Sacrifice your limitations
7. Study & Realize Scriptures
8. Self-Discipline ( Body, Emotions)
9. Simplicity (Higher consciousness)
10. Truth
11. Freedom from Anger
12. Renunciation not attachment
13. Peace (Singular Attention)
14. Aversion to finding fault
15. Compassion towards a
16. Freedom from Greed
17. Gentility
18. Steady Determination
19. Vigor Radiance ( Inner Light Radiance)
20. Forgiveness
21. Patiences
22. Cleanliness of Mind, Freedom from Envy
23. Lack of Conceit



Know where you are and where you want to go, and who you want to become.....

Learning paves the path.

**HATE CREATES CANCER**

1. Pride
2. Arrogance
3. Conceit
4. Anger
5. Cruelty
6. Harshness

**DREAM OF SEPARATION & BONDAGE**

1. Lust
2. Anger
3. Greed

**LOVE that LEADS to ONE'S LOVING LIGHT**

Ask:

What is my area of influence?

You can't do everything, but you can be everything

Be Disciplined enough to operate in areas of my influence to move more aggressively with the flow through life at ease

Keep your influence by doing the duty where you are and then the next area of influence unfolds.

National Teachers Meeting  
**Highlights**



All Student Weekend  
Theme

# JOY AND CREATION

What's required of you to be in the space of Joy? Creation right! Yes!

This May's All Student Weekend will focus on creating the joy, fulfillment, and connectedness we desire most. You will receive first-hand experience in using your will and desire to put into perspective whatever is going on in your life. The purpose is to gain the knowing of how to reside in the space of joy.



The true nature of reality is connectedness and this is our desire; to give everyone opportunities to let go of restrictions and habits to experience each other.

We have a request for those of you attending. Begin to image your qualities, what you have to offer others. Remember you will be stimulated by qualities in others to find reason to care, to love, to support, to give, and to receive within your self.

As we all gather that Friday evening for dinner, everyone will be asked what they want to learn this weekend, how they want to grow from their experiences. You will want to image how you want to change into a better, happier person.



The last thing we want to be tied to and identify with are our physical experiences. This weekend is a great opportunity to focus on how to reflect on your self, your needs,

your desires, and growth. It's a great opportunity to ponder more deeply on who you want to be in life and what kind of influence you desire to have in your world.



Imagine creating that space of Joy this All student Weekend. You will make yourself happy for the rest of your life.

### Twin Verses from The Taraka Yoga of Kuan Yin

*grand canyon*



Consciousness stretches from Heaven to Earth.  
In the effort to know its entirety, discovery is made.  
All beautiful forms are created in Light.  
From the mind of their beholder such beauty radiates.  
He who beholds such beauty becomes such beauty.

For those who create, heaven and earth are the playing fields.  
Stories that must be told seek their kin.  
Storytellers plot their course mindfully,  
respecting the soul's purpose, respecting the Inner Uinge,  
before any theme is chosen.

*diamond*




From the Latin *divus* meaning 'godlike'

Few in the West know the great legends about her or understand her place in the hearts of the Chinese, yet she represents the same mercy, compassion, love and caring attributed to the Christian Mary, mother of Jesus. Erroneously, Westerners tend toward belief that the hearts of the billion plus Chinese people are reflected in the politics of the country. This is probably far from the truth in both the East and in the West, for Spirit knows its own destiny and that is not determined by the government men create. It is a function of the laws that govern our Universe. The feminine aspect is the yin aspect of man, the thinker. When the Divinity within you comes forward, the experience of receiving such grace is Kuan Yin. Accepting Kuan Yin into your consciousness gives you the capacity to hear the sounds of the world. Once the Spirit of Kuan Yin merges with your own, the wisdom eye opens. When your eye is single, your temple is filled with light. What was previously veiled, hidden from your view, you now see. It is not Kuan Yin in her feminine form which brings this sight. Rather, it is her masculine Buddhist counterpart, Avalokitesvara. He is the one who observes the sounds of the world. The conscious blending of masculine and feminine principles within the individual, lends itself to experiencing the True Reality. •

From the Latin *moralis* meaning 'custom,' (plural) *mores* 'morals.'

The ideal state of mind is one of entrainment. When we can transcend the limits of physical thinking, the thoughts that put us at odds with our inner and outer environment, we can harmonize with What Is. This may be a sunset, a composition of music, or a person. When we are synchronized within Self, we function at optimal capacity. The whole Mind is at your service, mental energies become coherent, and six emotional doorways to love open. Heart stress arises anytime we make an investment in our life. When we commit to someone or something, we broaden our horizons and extend our boundaries. We exercise our creative potential. Kuan Yin encourages you to be who you are. She accepts you unconditionally. All you need do is call upon her. The content of your thoughts do not determine her love for you, nor her willingness to come to your aid. She responds when we fall victim to our own shortcomings and suffer the polarities of the Tomb World. She offers safe passage through the emotions into the Pure Land where virtue fosters understanding. Scientists tell us the animal body is hardwired for six basic emotions. All of them are content-based. When the Spirit of Kuan Yin is present, we are moved to understand and resolve any shock, disgust, distress, sadness, fear, or anger that rises within us. We take the experience before us to heart. •

# THE NEW MAITREYA

Master Students make Master Teachers

**"ON CONSCIENCE"**



*by Barbara O'Guinn Condron*

I grow every day in my appreciation for our President, Dr. Christine Spretnjak. She is clear, forthright, and thoughtful. Recently, she was part of a Teachology class I teach at the College on third weekends. We were tracing the spiral evolution of the student at Lesson 3, Lesson 27, and Lesson 51. It was a mind-opening class!

At one point, we were discussing how an exercise presented at L27 encourages and supports alignment with the Crown Chakra energies so an ordinary change can ascend to transfigure the concept of Self, – in other words transcend the ego. In explaining the value of bonding mind to body to create, I described the dual nature in the dream yoga. Change requires both intelligence and will. When yin is weak or absent, the desire for change without energy is fruitless. When yang is weak or absent, the desire for change without direction is chaos. When yin and yang are both present change can occur. When they are interacting, alchemy is born.

As an aside, I repeated my mantra of choice these days, "The answer is all ways, Yes!"

That was when Dr. Christine said, "I think sometimes the answer is no."

I encouraged her to explain. She went on to describe a suitor whose attention she did not want, so in that situation the answer for her was no. Not, yes.

Absolutely! [After all, the answer is all ways yes! :)] I agreed as resonating images of having been in the same position appeared in my mind's eye like a carousel of photographs.

Harmonizing with the example she had provided, I shared a story from my twenty-something, SOM directing years. When male students showed an interest in dating, taking me to dinner, or moving our relationship in a romantic-sexual direction, I had an opportunity to be honest. It could have been a quick yes or no. But I wanted to live what I was learning. Go deeper than the surface intellect or heart flutter.



I was practicing undivided attention and I possessed powers of concentration that enabled me to be meditative, reflective, a deeper thinker. From the base of the first essential life skill of Self Respect, these stimuli in the form of potential suitors, I got to face my Self. My own conscience.

What did I think about dating beginning students? My own students? Was that such a great idea? Mixing education and personal pleasure? Could I keep the two separate? More importantly, could he? Would he begin expecting special favors? Would I constantly have to evaluate if I



was treating him the same or differently from other students? Would we need to "hide" our relationship? Did I want that unrequired burden? Did I want to sit in the teacher's chair and see my boyfriend rather than my student? Would that be a distraction? For him? For me? Why was I even considering this when I could clearly see the many pitfalls and land minds that field contained? Did I want my flattered ego to rule the day? Or did I have the resilience to free myself from what to me was temptation? And if I said, "no thank you", would the student get mad? or hurt? or worse, quit studying Self?



## Conscience.

What does it look like? Sound like? Feel like? The word itself is full. The example of *neither*: "Not interested," or "No, can't do that." or "Just not the right thing to do." *Neither* reveals itself as the negative factor of concentration. All the possibilities that are *not* going to be because my eyes are closed to them. Still.....there is desire.....

*"Either."* Now, my eyes are open (reference *Genesis* chapter 3 here). We're both consenting adults, of course! "Yes, it's just dinner. And it's just being his teacher. We can make this work out." The positive factors of concentration surface (if with a bit of CR - that's old lingo for "conscious rationalization", if you want to know more, ask me.) Now I'm seeing through two eyes. My third eye has double vision.

*"Both."* Ah! The single "I" comes into focus. Yes! Not wise *in the now*. Freed from the position of yes or no being a function of polarity, the two unite and something new is born. That "something new" is the Yes! I speak to. The Yes! that is all ways the answer for it springs from the Tree of Life.

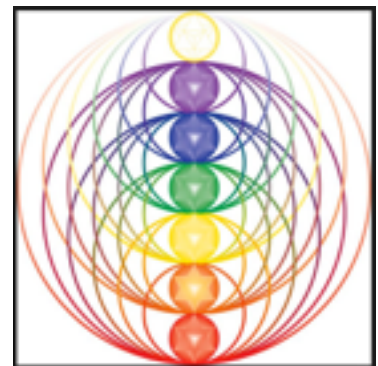
The union of neither and either produces the wholeness of both which births the still-minded Thinker. In that action, as the *Universal Peace Covenant* states, we "transcend the limits of our own thinking." We begin to master time in space. The Whole Self shines! •

## How Neutralizing Works

Sunday, May 13th, 8:30 pm MASTERS OF INTENT 3

### 7 STEPS for Keycode 1: Aligning

Talk with Dr. Barbara about neither, either, both and how to quicken your healing Presence.



# What are dreamers dreaming this year during National Dream Hotline®?



***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 #71 Lead: I am in powers of ten has eyes inside and out. This woman never marries for she returns home. Only one option in a field of infinite possibilities. Creating a universe occurs beyond the time of separate wills.**

# DREAM CATCHER WEBINARS

NOW PUBLIC EVERY WEDNESDAY NIGHT



## 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

1033 E. Sunshine Street, Springfield, Missouri 65807 • (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