

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. 06

Columbia School of Metaphysics Interviewed by University of Missouri Students



During the week prior to National Dream Hotline® students from the University of Missouri School of Media informed Doug Bannister (Director) of their desire to interview him about the education and services offered in the community.

The School of Metaphysics in Columbia, Missouri encourages students to follow their dreams. Literally. Situated across the street from the Columbia Public Library, the school has opened its doors to dreamers of all backgrounds since the 1970s. The school aims to provide an understanding of unconscious thoughts through weekly workshops and classes such as dream interpretation and meditation.

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INDY

Let there Be Light

by Bonnie, Mickey, Kristy, Ken, Soraya, Lynn;

In Indy we are learning creation is an ongoing process individuals practice in all their experiences to create their learning and growth to become their ideals. We just have to hold in mind who we want to be in the present moment and who we want to become.

We find it is so easy to get distracted by conditions and circumstances, even authority in the everyday life. During National Dream Hotline® we learned a lot about where to place our attention. It is so easy to get caught up in everyday happenings and move our attention away from what we are desiring to build, create or cause. Many of us are realizing the efforts it takes to stay focused under all circumstances.

We hosted a booth the weekend before NDHL at the Earth Day Fair. For weeks we spent a lot of time preparing a 10 minute CD that teaches people the value of a quiet mind. Five of us from our second cycle class created a script and rehearsed and rehearsed to perfect it. We developed a booth where people could listen to it in private behind a curtain with headsets. To our surprise people would not go behind the curtain during the fair. Some 3000 people were not interested in their learning, they seemed much more interested in all the freebies most other booths were handing out.

Wow! Did that tell us something about peoples desired to be entertained. Even when we decided to give the experience away for no charge no one would commit to listen to our CD Experience. We have been discussing the experience ever since. Was it really the wrong intention for our booth. We still cant imagine people not desiring to grow. Was the concept of learning and growing not interesting enough? We promoted the two Essential Life Skills, Concentration and Single pointed attention. We are no suspecting the benefits were too new for them to see the value in this environment. Maybe you have some thoughts?

As we first stated, the learning creation is an ongoing process we must practice. We will find another way and venue to reach out to people.

Finally, our Efforts with media... we have not learned how to communicate the concepts, value and relevance of dream interpretations, reasoning, learning, growth, intuition, and human evolution to the media. It's not a new revelation, but we all agree we need to engage the media with meaningful subjects all year long and make ourselves a source of the media. Soraya is a student on lesson 9 and she is a marketing specialist for IU Health here in Indy.... She is interested in aiding us to become partners with the media.

Columbia

EARTH DAY in COLUMBIA

By Steffi Suzann Sandbothe

The School of Metaphysics set up a booth for Columbia Community Earth Day April 22nd. Before we loaded up the cars and set up, we concentrated. Everyone had a job and goal to achieve and we did it! Not everything went according to plan, but overall it was a success. The School of Metaphysics was in the community.

Doug and Diana talked to passers by in hopes they'd sign up for classes explaining what the school does and why it is important. With charisma and compassion they both did an amazing job and signed a few students up and planted seeds of encouragement for them to check out the school.

Sharon helped kids place milkweed seeds to take home and plant to attract butterflies. We decided that since we are transforming our consciousness at the school, we are like butterflies. That's where Jennifer came in strong. She had a whole tent full of butterflies and her amazing twin boys helped care for each of them while other kids and adults visited the butterflies. Her daughter also helped at the booth- fun for the whole family.

Africa and I listened to dreams and drew what we saw in our mind's eye. A man told me about a dream with his mother-in-law and her dog. He was really focused on the dog, so I focused on drawing that. He said it look just like the real dog. I was surprised because I wasn't that confident in my drawing ability, but after talking with him I was. We helped each other. I told him what I felt his dream meant and what I've learned from school. Since we are everything in our dream, he was the dog and his mother-in-law. That confused him. I explained and he seemed to understand. He then talked to Doug who explained even better. (At the time I was on Lesson 4)

There were a good amount of booths to look at; I lost count and I had the twins count twice. Despite a little rain and a little minor forgetfulness, our goal was achieved! The School of Metaphysics stood out! The Missouri University students took noticed and interviewed Doug. They later came to the school to get a tour of the school and interview others from the school, myself included. The school had its doors open all week for dream week. With movie night, lectures and meditation we had plenty of opportunity for abundance.

Earth Day was an excellent kick off for dream week and the School of Metaphysics shined a light in the community of Columbia! Now we are preparing for ART IN THE PARK a community event the first weekend in June, we hope to see you there! •



Doug Bannister, Director of the School of Metaphysics, gives out free bamboo sticks to people at the Earth Day Festival, Sunday, April 22, 2018, in Columbia, Missouri. "We were really trying to talk to a lot of people at Earth Day because we want to expand our programs and increase our enrollment," Bannister said.

Chicago

Ebb and Flow

By Lisa Stefaniak

April provided to be an eventful month for the Chicago Branch. Alexandra Chrabaszcz (Lesson 23) started her first class at the School of Metaphysics! She drew 5 curious, bright souls to the branch with room for even more! We are highly proud of Alexandra and we know that she has so much to give. We cannot wait to see how much she grows and how much her consciousness will expand in this new position.

With Emily Knox's departure (cue the sadness heard around the world), Randy Ristow stepped up as the new Director of the Chicago Branch! He's excited to make many shifts within himself as he takes on this responsibility. He is ready to give and ready to receive, and we know that he will be a fantastic director as he already exhibits incredible leadership skills. These energy shifts in the Chicago Branch is exactly what we needed to shake things up and give more opportunities of growth to all the students here.

With the last weekend of April, we gave our love and attention to the National Dream Hotline® Bolingbrook, Chicago, and Palatine once again joined forces to receive calls and to partake in the events at the Chicago Branch. On Friday night, we hosted a movie night watching "What Dreams May Come" with former students, current students, and people from the public. The movie touched on the topics of life, death, and rebirth. The visuals were very dreamlike and fantastical, which fit in perfectly with our dream awareness weekend. After the movie, we engaged in a lively discussion about the movie, the characters and what we can all apply from this experience.

On Saturday morning, we hosted a Dreamy Pancake Fundraiser. Emily Knox gave a short lecture of her story on how she found the school and how dreams have aided her in her own self discovery. I developed my skills as an executive chef by flipping the pancakes on the griddle and my sous chef, Sandy Leitner, assisted me with frying up the bacon and sausage for our guests. Everyone filled up their plates and consumed these delicacies all the while feeding their hunger for knowledge of the Self. That night, we gathered around a fire, sharing smiles and laughter, assembling s'mores and other treats to discuss dreams and it went well into the night.

Sunday morning, Randy Ristow headed over to a local Sunday Market to set up a booth and interpreted dreams for those who were exploring the grounds. By the time he got back to the school, he received several calls in a row! By nightfall, the energy in the school slowed down and came to a close - the furniture rearranged, the food stashed into the fridge, people coming and going. We are proud of our efforts and that everyone had a chance to participate in the dream festivities throughout the weekend.

As the energy in our branch ebbs and flows, we are anticipating an expansion in our minds and look forward to what we create in the future.



Thank you for Your Service Emily!

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According to Bannister, our dreams are a reflection of our everyday occurrences, the good and the bad. When we are able to decipher what our dreams are telling us, we are able to live a more peaceful life.

"We educate people to become aware of their own thinking," Doug Bannister, Director of the School of Metaphysics said.

The School of Metaphysics in Columbia, Missouri, is one of twelve locations located in the Midwest. From April 27-30, 2018, Metaphysical schools in the Midwest and across the country celebrated International Dream Week. The week hoped to emphasize their dream studies and attract new students. To kick off the week, there was a screening of the film *Inception*, an open house potluck where students could share and interpret each other's dreams, a discussion of the relation between metaphysics and Holy Works and a new class that includes ancient spiritual practices to expand consciousness.

The School of Metaphysics had a booth at the Earth Day Festival where we educated and recruited members of the community. Bannister said the turn out of the festival was fantastic and he is excited to "continue educating and inspiring new students."

April 25th marks the first day of National Dream Week, which Bannister said is one of the most important weeks of the year for The School of Metaphysics. He said he has been participating in National Dream Week every year for 30 years. Bannister's main message that he shared with festival attendees was: "Life is beyond the physical, and they're more than a body"

"At the School of Metaphysics we really try to help people grow up to learn new ways of living," Bannister said.

"Oftentimes we are habitual beings and we only remember ways of coping with the world that we formed

Columbia School of Metaphysics
Interviewed By
University of Missouri Students

as children and as adults not all of these methods are productive. Our school helps people to update their thinking so they can become more intentional with their thoughts and habits of thinking."

"Dreams are totally symbolic," Bannister said. "All the people, places and things in a dream represent parts of us. So when I dream of other people, they are really parts of me. That's why the education is important, so we can understand dreams and understand ourselves." The School offers its students various classes to broaden their knowledge of the field. Students are highly encouraged to take the Mastery of Consciousness course that teaches them the four cycles of consciousness. These classes have impacted many students, changing the way they live their everyday lives.

Diana, Steffi, Jennifer gathered on Sunday, April 29, 2018, at the School of Metaphysics for the Dreams and Holy Works discussion to talk about their own dreams and what they could mean.

"As soon as I wake up every morning I journal about the dream I had that night," Sandbothe said. "This really helps me solve the problems that I'm facing in real life."

Sandbothe started taking classes at the School of Metaphysics five weeks ago, but said she can already see a difference of how in tune she is with herself. In addition, since she grew up in a Baptist household and said she was often ridiculed for her vivid dreams she had in her childhood, so learning in an environment where dreams and internal thoughts are celebrated and explored has eased her worries.

"Since my mom was very religious she thought my dreams were a sign of possession," Sandbothe said. "She gave me pills that would make me avoid dreaming altogether."

Sandbothe said she sensed the events of 9/11 when she was in elementary school because of her intuition.

"I turned in a drawing of what would happen to my teacher and she sent me home," Sandbothe said. "She couldn't believe I would draw something like that. The next day I remember kids talking on the bus about what had happened." (continued on page 14)

However, Steffi wasn't the only one who sensed the attacks. Kenney and Kramer confirmed that many people sensed the oncoming event through dreams and intuition. Kenney and Kramer said these notions are often present with an impending event, but people don't always realize it.

"Metaphysics is a way to help people fulfill their potential. I would say metaphysics is a path to fulfillment." Vice President Diana Kenney said.

"Steffi is highly intuitive." Kramer said, "She can sense when a certain event may happen. A lot of us actually have this intuition, but we aren't in tune with it like her. We can feel when certain things are coming."

Steffi is now on Lesson Five in the Mastery of Consciousness course at the School of Metaphysics where she is able to dream and meditate freely. She continues to have very vivid dreams that transport her to different places.

What makes the School of Metaphysics unique in the world?



“Intuitive Reports”
--- Aneta Baranek - West Area

“The depth in which we study, we see, we intend. The School of Metaphysics teaches the foundation to the top. The essence is wholeness and creating wholeness.”
— Emily Knox -- Chicago, Illinois



“We teach inner guidance! We teach people how to create and heal from within. We (SOM) embody empowerment! This is such a beautiful gift to give to people. There is nothing greater than discovering your own power.”
— Jamie Metzenberg - Dallas, Texas

“I see the SOM as a vehicle to direct your whole mind to your true nature as a soul. The wholesomeness of the experiences is a treasure to the world.”
— Mandie Renner - Tulsa, Oklahoma



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, "In regard to what was spoken of about opening the heart, are there any suggestions for these ones present individually and collectively in regards to opening the heart?"



It is within what these ones are familiar with: it is in the capacity for there to be the ability to merge with consciousness; the ability for the mind to be centered, focused, and still; for there to be intelligence in the direction with which the consciousness is moved and

therefore what is chosen to place light upon; the capacities for the levels of concentration and meditation to be refined and developed, to be brought into the everyday thought in visualization. There are the means by which there is the capacity for the mind to be engaged. When the mind is engaged, the heart opens. Therefore, the ability for open-mindedness is an essential prerequisite for the open heart and must be acknowledged and must be recognized. The capacity for there to be options, for there to be alternatives, for there to be choices, is necessary for the mind to be prepared for infinite experiences. It is through the opening of the mind into infinity that the heart then naturally is open.

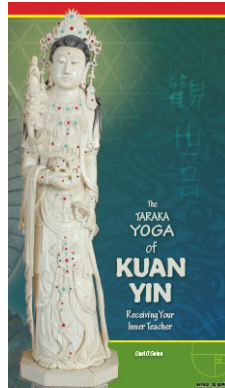
Twin Verses from The Taraka Yoga of Kuan Yin

chess game



All is neutral whether one is new or seasoned.
Set your happiness point so the celestial gates will open.
Tis virtue that prevails in the sight of righteousness.
Nectar of immortality quenches all thirst.

Clairvoyance
45



The teacher counsels: commence all things in stillness.

Through inner concentration attend the silence.

It is there that the voice of the Inner Teacher is heard.

The Voice will guide your head and hands in the work of the heart.



tree & water

I asked the right question, at the right time, and all the veils that separated me from God disappeared. The awakening was stunning. I know it was both an aggregate result of years of preparation and the more immediate influence of a 28-day practice of charting engagements with angelic hosts. Evenso, the yoking with my Godhead challenged my conscious sense of worthiness. My mind went into a kind of suspension. In that moment, I dared not think about the truth of what I saw. I merely held my mind steady upon the inner brilliance of recognition. Somewhere inside me, I knew I had received fruit from the tree of life, and I would live with that truth for eternity. I was born, yet again, into a new realm of understanding reality. I had crossed over to another shore and this time all my bridges were burned. I didn't want to turn back, because I sensed that in this space, such an option did not exist. In the True Reality where the Godhead waits for the light of our attention to be directed its way, All is One. There is no past, no future, no forward, no backward, only a continuum existing beyond the limits of time, space, and Self. I was 26 years old when this realization entered into my consciousness. For me, God was more than a fictionalized character in a movie or a book. God was a Presence, a Holy Spirit. I had experienced God in fractals, pieces of experiences that took my breath away. I felt God in meditation, and through repeated efforts carried that Presence forward into my dealings with others. This initiation of the Divine was unlike any before it. Although living the realization would include others, I knew it did not depend upon them. This initiation was going to be all about me transforming. (p. 32)

Sometimes, Kuan Yin's name is translated as "she who hears the cries of the world". During this part of the yoga, the difference between hearing sounds and hearing cries surfaces in your consciousness. Kuan Yin makes the experience personal. It is no longer someone else's life; it is your own. In some parts of your life, you easily maintain your neutrality. Some people don't care who drives, while others become angry or resentful when someone else takes the opportunity. As you become aware of the security in an attitude of neutrality, you will awaken to inner conflicts, moments of feeling at odds with yourself. Kuan Yin creates the space for you to come away from denial and pretending to be something you are not. Those states are the product of a head hardened by a plethora of opinions. Kuan Yin encourages you to be who are you. 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. What began with Avalokitesvara observing an experience "in the head" is evolving into a Kuan Yin understanding "in the heart". (p. 214)

THE VALUE OF ONE MEMBER

Ten little members standing in a line.
 One disliked the president, then there were nine.
 Nine ambitious members offer to work late.
 One forgot her promise, then there were eight.
 Eight creative members had ideas good as Heaven.
 One lost enthusiasm, then there were seven.
 Seven loyal members got into a fix.
 They quarreled over programs, then there were six.
 Six members remained with spirit and drive.
 One moved away, then there were five.
 Five steadfast members wished there were more.
 One became indifferent, then there were four.
 Four cheerful members who never disagree-
 Til one complained of meetings: then there were three.
 Three eager members! What do they do?
 One got discouraged. Then there were two.
 Two lonely members; our rhyme is nearly done.
 One joined a health spa; then there was one.
 One faithful member was feeling rather blue--
 Met with a friendly stranger, then there were two.
 Two earnest members each enrolled one more --
 Doubling their number, then there were four.
 Four determined members just couldn't wait--
 Till each won another, then there were eight!
 Eight excited members signed up 16 more.
 In another six verses, there'll be a thousand twenty
 four.

- Linda Frost, Belleville, IL (*May Vibes* 1984)





The New Maitreya

WESAK 2018

Master Students make Master Teachers

Wesak is the centerpiece of a three-part solar calibration that begins with the Full moon of Aries and ends with the Full Moon of Gemini. It is a time of planetary Bardo. What does that mean? It means facing what is between death and life, what Jesus described to Nicodemus (think of him as the wealthy Donald Trump and Jewish equivalent to Pope Francis in one of his day) as being “born again.”

“Buddha’s birthday” falls between the celebration of the living Christ (Easter), God’s LIGHT through his only begotten son, and the celebration of the Living, the revelation of God’s WILL in huMANity. Exactly in the middle of this arc is Guatama’s birth and death, that moment of experiencing God’s LOVE. For someone who understands the language of mind, Wesak is a time of transfiguration.

Consciousness is liberated through aligning the body, attuning the mind, and entraining the Spirit. These are the 3 Keycodes practiced during healing class each week. How amazing that this year’s Wesak coincided almost exactly with our healing service *and* National Dream Hotline®. Truly a moment of Spiritual Initiation for all of us!

by Barbara O’Guinn Condron

Have you noticed how life ebbs and flows? I know you have.

I’m sure you have also noticed how life is like waves moving between the ocean and the land. So it has been for millennia on this beautiful, blue, water planet. I see the ebb and flow as our inner sense of the continuity of existence. Life on a large, Superconscious, cosmically conscious scale.

I understand ebb and flow through my vigilant wakefulness to Universal Laws. So when I ‘came upon’ a man’s Linked-in plea for support a couple weeks ago that presented a simple concept question: **“What’s the difference between a moment and a movement?”** – I gave my full attention.

Did you read that with thought?

I gave my full attention.

The plea didn’t “get my attention”; I gave it.

“What’s the difference, Dr. Barbara?” Some may say. Grumble, grumble, “Just a lot of semantic quibble....!”

I ask you to read again because, when I gave my full attention to the question, my mind was still like a pool. As a result, what I received has held my attention ever since. It has become a concentration.

The author of the piece was raising money for a cause he believes in. His answer to the question, and I quote here, was:

“SACRIFICE...That is the difference. Moments fade and die but a Movement endures. A Movement is the continuing product of blood, sweat, tears. It is acknowledgement and sustained action to a purpose that you aggressively support no matter personal cost to one self....” Then, he went on to encourage others to rally.

I smiled. I understand that passion. And the human need to sacrifice. Particularly in aiding others who are dis-eased, wounded. I watched my ego want to react to the word sacrifice! I watched my ego remind my conscious mind that there’s no time to waste! People are in need!! I watched my ego want to save someone else! I watched the ego “press my buttons” to stimulate me into agreeing, or not. I watched. And let it all be.

Have you, as a student, experienced this watchfulness? If not, you will. This state of consciousness is studied in depth in the second cycle of learning, the cycle where you start passing on what has been

learned:—teaching. This state is called objective thinking. It is the result of the mind being still as the consciousness waves break upon the rocks along the individual's shore.

Once I did due diligence with my ego, I could “check it at the door” of the Emotional doorways. Grounded, I perceived more clearly “what is” from my essence, my core.

What rose from within my mind are a 1000 experiences with the *Universal Peace Covenant*.

The Covenant is a shining example of **Both**, a moment **and** a movement. There have been many “moments” for this document. It was penned in moments over nine months by two dozen SOM teachers. These moments created a movement that brought the document into being.

The **Universal Hour of Peace** began in 1995 intersecting with another great moment – the 50th anniversary – which became a movement of the United Nations.

Perhaps the “moment” is best illustrated through the dedication of the Peace Dome as “a universal site for peace”. On October 11, 2003, people on every continent joined with those present at the dome in reading the *Universal Peace Covenant*. For me, it was a major shift in consciousness for all the moments that produced the movement of dedicating the dome intersected in a single moment that would be the first of a new movement - the reading of the *Universal Peace Covenant* every day. As a student of metaphysics who practices daily disciplines, you understand the importance of every 24 hours.

I continue to recite the *Covenant* daily as part of entraining the mind to its highest frequency. Its Truths flow freely through me. Now, as a result of a series of choices, it seems it was time for me to awaken to the relationship between “moment” and “movement”. This came on April 29th when National Dream Hotline® coincided with the time of the Wesak Festival.

On Wesak, the **Compassionate Cities Calibration** - in short form **C3** - found its name in a meeting of minds with Maplewood Director Linda Pecaut and Teacher Joe Pecaut. Linda and Joe are two of seven people who have been walking with me into a living dream of uniting all people in the cause of “healing” St. Louis. A historical fact to note, upon Joe’s initiative *THE INVITATION*, a play focused upon the paths of eight Nobel Peace Prize laureates converging at the Peace Dome, was brought to St. Louis just weeks after the Ferguson shooting in 2014. The play is a **moment** that has become a **movement** being presented in the Peace Dome and around the country (and in Australia!) for 24 years.

THE INVITATION is intended to introduce audiences to the *Universal Peace Covenant*, thus furthering its life in the world. Are you starting to see the multidimensional reality, the hologram that is LIFE itSelf? **Moments that are a spark of life for a movement extend beyond the present. That spark provides the enLIGHTenment that transforms consciousness.**

This is the ideal and purpose of SOM. SOM in all its expressions of teaching teachers, is a series of moments, each lived by thousands upon thousands of individuals over time and space, all connected by a common ideal and purpose. Those moments may be giving a lecture or answering a Hotline caller, moving the lawn or transcribing an intuitive report. Of all the valuable moments SOM provides its students, receiving new students through starting a class is the most precious. That is the Spirit of SOM. What I call the **consciousness** of the school. It is rooted in those daily disciplines common for us all. What beauty!

Moment. Movement. BOTH giving Life! That’s the message I received deeply during Wesak this year. Thank you for reading. I send my circle of love!•



NDHL® 2018

Learning & Growth

Hello Dreamers,

The purpose of National Dream Week and National Dream Hotline® is to create a space for students, teachers and directors to create together. To purposefully become involved with each other, the community and the media. It is a major opportunity to learn from the experiences you imagined and then caused. What you learned this year in planning and experiencing your events is revealed in the paragraphs below. Enjoy!

Mickey Hughes... INDIANAPOLIS

My learning this weekend is to connect with people more on a higher level of awareness. There were many new faces at our movie night, the first night of NDHL®. 17 new faces to be exact. We had an open discussion afterwards. The movie we showed was 'Roads to the Heart'. This movie was about feeling separate and being all caught up in being productive at work in this physical life. There were several stories within this movie that introduced that learning through personal experiences opens the heart to receive others on a human level. This made me reflect on how often I can feel separate and alone. When I take interest in another, humble myself and seek a higher awareness of my purpose for being here, then I grow from more elevated experiences.

This is tremendously heartfelt! We had a Dream Social Saturday night with a workshop for 30 plus people on the "Energy that Draws People to You". People were in love with the concept that every person we draw into our lives provides a

stimulus for our understanding, growth, and connectedness. They really got excited to reflect on the people in their lives in reference to their own growth. Just seeing all of these people excited about this caused me to re-evaluate how people in my life are stimulating me and how and why I am drawing them to me. It's a simple way to always be conscious and causing my own growth to be a better person. Sunday the learning for me was to let others aid in the creation. It became obvious I have a control issue in the kitchen. I am too busy being perfect and Kerry reminded me several times to teach what I know. Then he caused me to realize how much inner knowing I have that I have to draw out into the physical clearly enough to write it down, express it and teach it. That's hard! And of course Kerry reminded me it is selfish to keep it to myself. Then my ego was rewarded by those who attended the Dreamer's Pancake Breakfast, when many said how fluffy my pancakes are and how the bacon was perfect! I was helpful to realize it is nice to have my ego rewarded, but better to give unconditionally. Finally; to have a better experience next time, we all need to function and create better as a whole. Applying consistent mental vision and activities. Individuals can make things happen, yet we're missing people that allowed limitations and situations to control their participation to create together.





Lynn Boggio... INDY am sharing what I have learned in my co-leading the Earth Day Fair event. I have learned more about humility and cooperation with others as I recognize my value more, and how my contribution affects the whole. My ideal is self-confidence and by engaging with the people visiting the booth I have walked away knowing what I can contribute. I have received a health analysis that suggested I practice setting and completing seven goals a day to release my past emotional ties. I applied this in my efforts to cause a good Earth Day Experience and I am surprised how my confidence is changing because I am being more consistent with setting and finishing my goals.

Bonnie Darby... INDY I have learned greater value in having patience, cooperation, communication, and

delegation. All of these help a team of people creating together for greater understandings of themselves. I am used to leading at my church and this team effort tested my abilities to focus on the whole while being a part of the whole. It was so invigorating to see so many people on Saturday night get excited about themselves during Kerry's workshop on "The Energies You Use to Draw People to You". A lot of minds opened up to realize they have an influence on the quality of people they draw into their lives. I was in several conversations and I got to watch people discover themselves and literally light up inside. I experienced this as if it was happening to me! This experience changed my perspective of my purpose. I think i am all about love, giving it, but this showed me a n e w lovingly gentle way to aid people to discover their value. I see purpose in a more enlightened manner now. There needs to be a patience in team creation to trust in one another keeping focused on the purpose of our goals. The more we focused on learning the more we drew unexpected opportunities to learn with and from others.

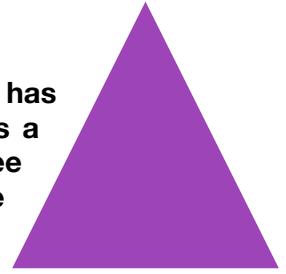
Ken Maxfield... INDY I enjoyed working with everyone on the 10 Minute Experience, It was a good demonstration of cooperation. It turned out people were not in the mood or state of mind to experience themselves. Their attention was outside of themselves. Yet being able to discuss the School with people at Earth Day and the Pancake Breakfast enabled me to reinforce the importance of the focus and attention skills in my life. Since I don't get in crowds of people much because of my mobility, I was shocked that I could see the distracted minds in others so vividly. Maybe we have to appeal to people's hearts more?

Soraya... INDY I practiced listening to various guests, identifying their stories as they may pertain to our SOM teachings, and learn to explain the schools mission and why they should explore what it offers. The ability to understand your self is priceless. And people don't know its possible.

Kristy Cargan... INDY I experienced some stress and discord over my mom's demeanor and her inability to open her mind. I watched her behave at our Breakfast and participate in habits she has had in her life for ever. It was painful to watch. I am upset that she can not realize that she can cause changes in her life for the better. It's hard for me to watch people get stuck in their ego attitudes and past thoughts. We arranged the seating in a way that promoted conversation and connectedness. Some people are so isolated within themselves that they can not perceive those around them. I feel for my mother! Is this my learning to turn around and aid others who have similar states of mind? Or should I be teaching children so they do not ever experience this? Thank you,

Alex & Wendy Vann..... TULSA...

We had an Open House along with our dream interpretation hotline. Alex Vann has been wanting to do a community event and welcome in area people. This was a good opportunity to cook food for our neighbors. We put a Open House - free food sign out front. A homeless man came in and asked did we really have free food. We not only got to feed him but he shared his story of being a veteran with PTSD and how he learned to meditate in a treatment facility. He went on to described how he got off drugs and even his prescription medication by deciding he wanted something different for himself. He said "being homeless is a state of mind and I won't be here long". He had the wisdom that he was creating his own life. We treasured this interaction.



Mavis Curry.....DES MOINES...

For me, I learned the continual steps of creation and communication through the process and benefitted by learning about leadership while teaching the students at Lesson 20, listed below. It was challenging at times and quite mind-stretching. I was a bit disappointed that more of our students didn't participate, although they are younger in the lessons. The ones who did claimed their learning in a new way. And I got to see how much they have learned about dreams and metaphysics. It was a very connected weekend for them.

Please let us know if you want us to send any of our Facebook posts.

Wendy Isley KANSAS CITY...

Our ideal for the NDH in 2018 was to inspire curiosity and our purpose was to develop learning and growth for teachers, students and the public. We had an Open House at the school branch all day Saturday April 28th and the students brought food and shared in fellowship. The students did karma yoga at the branch, cleaning and preparing the space for people to gather and connect. Even though we didn't expect people to go into our basement, Wendy's student Chuck Torres cleaned it thoroughly and commented that he was clearing out unconscious clutter from his mind.

The gathering was wonderful and students brought many delicious treats. There were connections made between students and teachers who are not their assigned teacher that were very productive. We laughed and enjoyed each other's company. Sophie Shafter met with a friend and she called the school with a dream to interpret. Sophie commented that she learned that dreams can really help others develop their own intuition as she shared the interpretation with her friend.

We are grateful for NDH and for the School of Metaphysics to help us learn and grow as spirit and soul in physical bodies. Dream interpretation has always been a big part of SOM study and we look forward to evolving our consciousness in many ways as we continue our studies.



Michael Fabri... OKLAHOMA CITY

...

This years National Dream Hotline threw us a couple curveballs and interesting occurrences, causing a lot of the learning to be centered around adaptability and being flexible.

To start, I (Michael) was taking this opportunity as a chance to practice Directing, by leading this event. This brought a wave of new experiences for me - making outlines, coordinating with other students and teachers, and learning to adapt when things (such as phone lines going down) happen. I grew a lot more into my own inner authority by being presented with matter after matter that needed my attention, and having to respond in that moment. No more of the "I'll handle it tomorrow" mindset, which expanded my mind to options I didn't know I had (like asking for help... amazing how easy it can be. Haha.)

We had a handful of new students involved in this process - for them the learning was a lot about expressing and bringing their own unique essence to the creation. Better stated - "individuality is best fulfilled in Unity".

This was their first SOM event to participate in, and they experienced the joy of creation through giving of their time and assets, seeing how it contributed to the picture, and being able to claim there part in the creation. They gave in ways that expressed them individually - bringing homemade dishes to eat, decorating the space in preparation. It was amazing seeing how much value everyone brought by playing a little part in the grand scheme.

For the veteran students and teachers, it was more about flexibility. They haven't been involved in building too many events, and never involved in a National Dream Hotline. We were in a constant state of flux - formulating a plan, adapting that plan to what was called for in each moment, while responding to unexpected things as they came up in the weekend. This manifested in what I would consider the central theme of this weekend - the phone lines going down.

Now, first look at this almost seemingly divine coincidence - out of all months, weeks, and weekends throughout the year, despite Cox's track record for being one of the biggest communication providers... our phone lines went down. This was apparently a freak, nationwide occurrence for many Cox Communication customers.



Thank you for your service Silvia!

This, obviously, on a weekend centered around having a phone line, sent everyone in a tailspin... However, this experience was rich in learning.

For me personally, I initially felt like the world was falling apart around me. My mind was spinning and I couldn't even think of what to say - but I progressively made more and more movement; first with Silvia basically having to talk me through my next couple of steps, to coming up with my own ideas and mulling them over, to finally presenting them to the students/teachers involved - and we swam, we didn't sink.

I voiced my thoughts, feelings, and where I felt we stood, discussed it and bounced ideas back and forth with my team, until we constructed a whole new plan of action, that would still uphold our Ideal for the weekend (creating joyously together) as well as our purpose (raising dream awareness). And, like clockwork, once this new plan was formulated, once we had received the learning in this experience and responded to it the best we could, the phone lines came back on. Almost as if the Universe was saying "Cool, you got it. You learned the lesson. The weekend can continue as planned", or something like that.

So, overall, though we did not receive a large volume of calls, we maintained our own Ideals and the Ideal for NDHL weekend. We learned a lot about how to engage/contribute yourself to a creation that is fun and expresses who you are, we learned how to be flexible and adapt when things don't go as planned, and learned that ultimately, no matter what the Universe brings you, you have to learn to accept it, learn to love it, to see it as if it was exactly what was needed, and in that, we learned numerous ways we can make next year's event that much better.

Doug Smagur - PALATINE...

National Dream Hotline allowed strangers to call a number and share dreams that they have not shared with others before. When I listened to the people's dreams the interpreter needed to keep asking questions to draw out the dream. Sometimes, I got the impression people wanted to give you cliff notes. Giving them a warm, inviting and non judgmental space in their moment allowed for them to be safe and open up. I built up and drew upon listening, compassion and writing symbols from the storyline down for interpretation. You needed to be calming in voice since you had no body language to go off of.

**Gino Crededio - PALATINE...**

Honestly, this year we didn't have too many calls, which one could see as a bad thing. However, I found that it allowed me to go much deeper with the material that the few did brought up. I was able to give much and receive much. Primarily, I found a much deeper level of respect for the genius of the fellow students and teachers. First, Sherwin suggested that instead of just handing out an interpretation to fellow-student that we take this opportunity its to teach. I was able to listen respectfully to all the brilliant things Sherwin said and the way he taught. Working with him, I was able to add to the discussion and believe I saw both our ideas evolve that day. In addition, I was able to see the genius of Travis's own soul and how his learning was reaching new levels. Next, I was able to interpret a dream with Sandy over the phone. While I gave the bulk of the interpretation, it is was her wisdom and genius that brought the interpretation back to the student's own authority. Hearing her and the student talk it out really opened my eyes to new ways of thinking for which there I am truly grateful. By working with these geniuses, I was witness to the value of group consciousness and the sharing of evolutionary momentum. I learned that it is always important to bringing the dream back to the authority of the dreamer and try to teach them about dream interpretation while interpreting. It was a wonderful weekend for deepening awareness.

Zack Busch- PALATINE...

I learned that I can bring forth excitement and joy too. A lot of the times I wait for others to produce joy and excitement in my life and experiences. This National Dream Hotline® it became pretty apparent within me. My best friend, within the school decided to discontinue after The National Dream Hotline® and it was weighing pretty heavily upon me throughout the weekend events. She is somebody I see as being very joy-filled and always brings love and excitement to the events. I wondered how I would fare without her being around. I used this event to really practice bringing out my own joy and excitement, and it worked! We had a really successful movie night, pancake breakfast, and bonfire and I really felt comfortable bringing forth my joy and excitement. It really is an act of service to be in that state so that other (younger students and people from the public) can benefit from being in the space of joy and love. I think it is a sign of adulthood that I am coming into. I realized that I am ready to do this on my own. Throughout my whole journey as a School of Metaphysics student, whenever somebody discontinues I have realized that it is because whatever aspect they represent to me, I am now ready to claim for myself. It is a bittersweet process because they are no longer around, but at the same time I now know it is because I am that.



Jorge Candelaria..... BOLINGBROOK

I had interpreted dreams in the past and I know how important they are, but this time I experience something that inspired me to be committed and practice more and share what I know. I helped people to interpret their dreams and for them was a complete different experience they were able to understand and have some input of what kind of changes they need to make in order to improve their life. I am so grateful for this experience.

**Sherwin Rosenfeldt..... BOLINGBROOK**

This year the three Chicago schools meet at the Chicago branch for National Dream Hotline. On Friday night we watched the movie “What dreams may come”, a very metaphysical movie about what happens after your body dies, I found it in alignment with what I have been experiencing with my college roommate’s death last fall and my brother’s death in march of this year.

On Saturday we had pancake breakfast and I found myself talking to non-students about what we teach and they receiving what I was saying with open hearts. Saturday night we had dreams around the fire, which I thought Emily was leading but she was busy so I took the lead and lead by asking people to tell us a dream and we interpreted it. There was one person (non-student) that had a dream but did not want to share it, and after he came up to me and said you are good at this can I tell you my dream.

What I learned from all of this was that I need to recognize my influence and be aware that people see me as an expert in Metaphysics, even if I don’t think of myself that way. When I tell people about their dreams or about metaphysics, they listen to what I say, so there is a level of responsibility that goes with being a meta-physician, that I did not realize before NDH weekend.

Gloria Millare..... BOLINGBROOK...

I’ve always appreciated when all the three schools come together for National Dream Hotline. The collective energy of unity is much stronger, people seem to belong together, sharing dreams, experiences and ways of improving total health. This time was special because I had my sister and my daughter attend. I was late for the movie, but at the end, I figured it was about re-incarnation.

The pancake breakfast was attended by non-students who, after Emily’s short lecture, were only too willing to share their insights about dreams, and other metaphysical experiences. My learning here was that by being open, I am able to recognize my gifts and talents that I can share with everyone.

Mary Sandwell... SPRINGFIELD...

Upon hearing about the National Dream Hotline® that was going to be held on the last weekend of April 2018, I was excited and hopeful that we would get lots of calls. I asked Brian if he could get Dr. C. Norman Shealey to mention it on his radio broadcast. Then Brian asked our class if we could man the phones. I instantly volunteered! I moved quickly for a reason... I didn't want to think it over and allow doubt to creep into my mind. I also did this when Brian recently asked if somebody could try to lead the Love Circle Meditation to close our class. I wanted to jump in and give it a try before I had a moment to talk myself out of it.

So, what I learned was that, as in most situations, there was nothing to be afraid of. I learned that I could listen carefully and with empathy. I could write down key elements and I could convey their symbolism from our dream reference book. I was glad for three things:

- Glad for time to sit still and read and do my School of Metaphysics homework.
- Glad for time to just enjoy talking to Ben and getting to know him better.
- Glad for reaching out to the greater community by talking to callers.

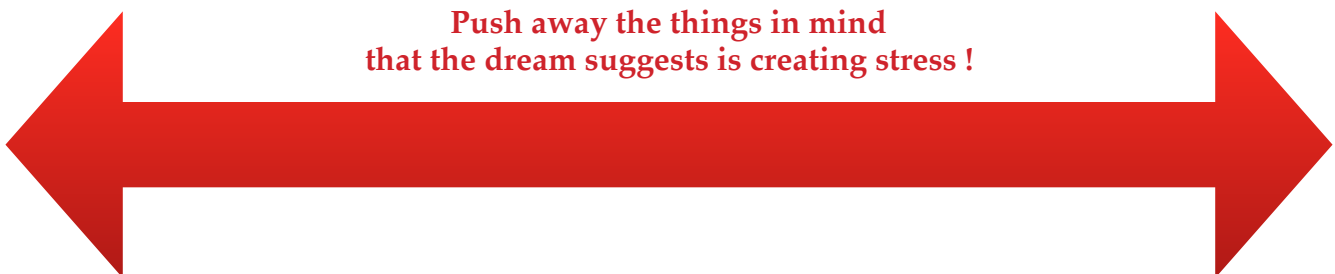


Ben Eschbach...SPRINGFIELD

I gained some valuable experience in examining the specific things and people in a caller's dream, and felt as though I gave a vivid description of the message that the dream intended to get across. I believed that I provided some good advice about how the caller might treat the things or ideas that were symbolized, suggesting to the caller that he might re-think trying to 'push away' or expel the things or ideas in his mind that the dream was suggesting was accruing and thus creating stress in the caller's life. I suggested to the caller to reflect on as many of the symbols as possible, and to identify and evaluate the ideas or characteristics that they indicated.

I felt like I developed some skills and a great approach to interpreting dreams, using a very scientific method to analyze the people and things in a dream.

**Push away the things in mind
that the dream suggests is creating stress !**



Shanon Martin-Baker.... COLUMBIA...

Earth Day I was showing kids how to plant a seed and that they can create. Working with the kids I became aware of slowing my conscious mind and being in the present moment. In the future I will be in the present more often.

Africa Baker... COLUMBIA...

I enjoyed working at Earth Day and watching everyone gather for the common purpose of celebrating the earth and having fun. There I was able to interpret a couple dreams, one of which was from a guy who was really nervous and embarrassed about sharing his dream. But I was able to help him and seeing him smile brightened my DAY! It was also nice seeing people just show interest when passing by. It reminds me that people are thinking about their dreams and life beyond the physical. I learned that I was actually pretty good at interpreting dreams and look forward to having more opportunities to do so.

Jennifer Cramer... COLUMBIA...

On Earth Day I learned that my vision came to fruition - which was to create a collaborative effort between SOM with the transformational concept of a butterfly - "to create a fully functioning Self." I personally enjoyed watching children and grown adults taking the time to be present fully with Mother Nature's gifts, first hand, and, watching my twin boys in their glory by taking ownership of the butterfly tent. I observed their pride and willingness to teach and help people come in and out of the butterfly tent. I've learned that we all make a difference in each others' personal lives. I loved when all of my classmates, former students and teachers came by to say hello, and experience this vision with big smiles and big hearts. They all embraced the concept, helped others with dreams, planting seeds and displaying awesome qualities to my children. What was a really great lesson to me is that my twin boys' know when to point out the most marvelous successes in life . Everyone continues to teach me gratitude, to be and love.



DREAM CATCHER WEBINARS

NOW PUBLIC EVERY WEDNESDAY NIGHT



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.

Dr. Sheila Benjamin #63 Recognize opportunities for astral travel in any location.

Want to navigate the inner level waters for conscious desire. Bilocation frees the attention from physical boundaries. The soul's compassion is

Kerry Keller #81 The Phoenix: The season determines when the transformation of rebirth arrives. All natural being return to their source. This is the way of life honored by those doing Heavenly work on Earth. Their treasure is making wisdom out of the mundane.

Combined #72 Follow: Karmic web patterns seduce with their emptiness. We are drawn to their blissful reward, the payment due. Attention causes the thought form to grow, giving life and death. Wash your hands, clear your head to invite the inner vision.

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