

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



**To honor your Self,
you must desire to develop your WILL
to be stronger than your FEAR**

THE ANTIDOTE FOR
FEAR

WILL & DESIRE



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**Des Moines,
With Love & Light**
by Frannie Reeves

May was an eventful month for the students in Des Moines. Six of our students attended the All-Student weekend at COM and Marcia Malone received her Respondere certificate. For Frannie, Hollie, and Anshul, this was their first visit and all experienced the uplifting of their consciousness through the creation projects and connecting with others.

The first weekend in June was filled with running a booth at the Iowa Metaphysical Fair. We appreciated all the help that the students gave through volunteering their time and gifts. We interpreted dreams and shared the excitement of our upcoming events. The students worked with their ideals in mind to attract many people, not only to our booth, but also for the talks given by Mavis and Mari for the event. We extended our energies at the fair by helping with setting up the booths, tearing down the event, greeting at the door, and ticket office responsibilities. As a result, we were able to have our booth for free and were given \$300. We were able to see the beauty of the truth of what we give, we shall receive.

As for our upcoming events, we will be starting a new class that Frannie will be teaching, her first, which is helping her to fulfill goals and spiritual desires. JoAnn and Mavis will be co-teaching a dream course in early June. The excitement from the Iowa Metaphysical Fair helped draw people to the new classes and we are grateful for the opportunity to connect with like-minded people that are eager to learn.



Columbia

All Student Weekend in Windyville

By Steffi Suzann Sandbothe

The students of the School of Metaphysics who are over Lesson 10 met up in Windyville, Missouri on Friday, May 18 and camped out until Sunday, May 20. Although Jennifer Cramer and Sharon Martin-Becker both wanted me to hide in their belongings, I was not a stow-away. Fortunately, I was asked to interview a few students who went about their experiences.

Back from the trip, Florence Hicks was smiling ear-to-ear Monday morning. She usually does wear a big smile, but after the “retreat” she was glowing! She told me her hope for the trip was to become grounded and to relax. “There were a lot of positive people and being out in nature is peaceful. It was all around good”, she related. This made her appreciate the School of Metaphysics. During her time camping she got the opportunity to assist Dr. Tad in clearing wood in the Dream Valley field. “Working outside felt good!” she said.

Jennifer Cramer shared, “The thing I noticed most at All Student Weekend was the knowing that we all were accepted amongst each other right where we are in the present moment. Sitting by the fire in a circle, enveloped by a group of “strangers”, yet not feeling like a stranger to one another. It was like a joining of long lost family of sorts, enjoying one another’s company without exceptions or agenda. She went on, “I loved the talent show. I am in admiration of all of those who got up to create and share with us. I found it to be truly amazing fun. It required that I look out from within myself. Being with all these beautiful souls, sharing hidden talents that we have within us, sharing the creative spark, and knowing that we would not be judged was perhaps the most important lesson that I learned. I experienced my own empowerment to create with the intention of joy – to be joyful in all that you do, and to love yourself no matter what. “

Doug Bannister said that, “Being able to read and hear others stories has truly been a blessing to me. The more involved I am with the School of Metaphysics the more I BECOME.” I (Steffi) am looking forward to my trip to Windyville. Until then we here in Columbia will be out in the community at the “ART in the PARK” festival on June 2nd & 3rd, followed by an Open House on Monday, June 4th with a new class starting up that night and another new class starting on Tuesday, June 19th. We are shining our light of love your way!

Chicago

The Head. The Heart. The Light. The Dark. and The Understanding.

Poem by Cameron Omnia

*I give these five freely
So you may take and make, weave unwoven threads within
Giving form, from dreams and back again.*

*The Head.
Hello Me. Perfect reflection in all that I see
Mind Maker, Soul Shaker
Breathe Taker, Breathe In
Let Flow, Let Go
This Oxygen... from the Head
to the Lungs, to the Heart*

*The Heart.
Hi You. The Beating and Breaking Inside of You
All that Pulses and Pools
Love Giver, Hand Taker , ...hold*

Congratulations Randy
**Chicago Director
in Training**



*Hold without Holding.
Provide. Impart. From the Head to the Heart.
Combine.
To Enlighten the Mind... to Brighten the Soul...
Let there be...*

*The Light.
Hey Everyone. Did you know?
Your eyes... Shine.
They Burn Bright! You are Glowing!
From the center, a Divine Spark enters...
Believer!... wait ... NO!
You know, You know that you know!
Awaken!
Receiver! Sacred vibration of this Over-Soul.
Shadow of the whole --Broken
One Signal. Amid Many --Break
Split .White into colors and bright into contrast tones of
Grey's and Black's...
....it seeps in slowly*

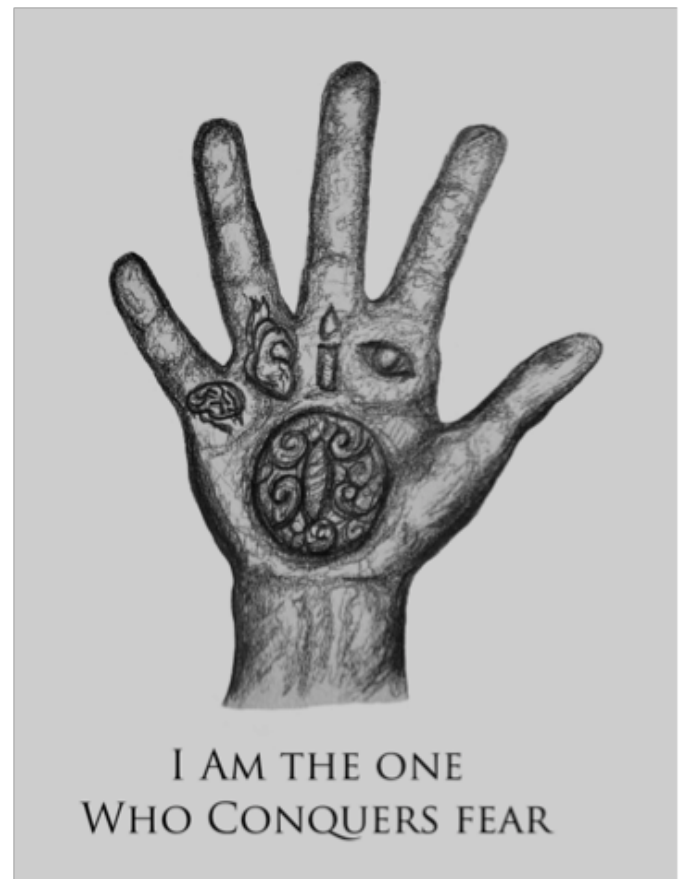
*The Dark.
I see you...
The Fear, that moves, on to guilt,
and all that you blame, gives rise to your own shame, so
You Grieve, you Hurt, and you Lie
You create an illusion
I AM. SE-PER-ATE , DI-FER-ENT
From You. Me... Just Me...
Actually, I am Lonely
I feel Lost I am Suffering... Pain.
Okay! I just want to be understood, Okay?
OKAY!*

*The Understanding.
Greetings Howdy what's up? It's good to see you!
Shalom and Namaste.
-Hey, p'sst
You wanna know a secret?
Everything... Everything (x4)
...and did I say Everything? Cause I meant Everything!
It is for you! Your Experience
The Joy and the Fear, The Hate and the Love
Listen to what I say...
Transience means, it all goes away...*

*So do not sit too long with any of these, but keep moving
Remember God never created a storm that lasted forever
Though, that red one up on Jupiter has been raging an awful long time
Remember Choice is like Gravity, you hardly notice it but it is always there
Remember Unconditional Love, is not so much a choice as Reality.
Remember this*

*You are Powerful!
You Are Radiant!
You are Energy!*

*The Head is not Forever
But The Heart, it is Eternal
The Light will burn out
The Dark will be Accepted
The Understanding is that whatever you have called, Enemy!
I AM.
YOU ARE.
WE ARE ONE!*



KANSAS CITY**My Adventure**

By Chuck Torres

MEDITATION

My adventure began this last January at an introductory lesson with Wendy Isley, my teacher and the director of the School. It was obvious to me from the moment we met that this was to be an important place for me in my current journey. And I have not been disappointed. I was ready and my teacher was present.

I have been meditating for close to 20 years beginning with the writings of Teresa of Avila and Betty Bethards. I was going through a divorce at the time I began and meditation was my sanctuary, my sacred place of healing and self-discovery. These ladies, via their writings, were my teachers. How glorious is it now to have this divine fellowship in addition to my soul family at the Unity Church of Overland Park. I am blessed beyond measure.

For the last nine months, I have been teaching a biblical metaphysics class at the church and was offered the platform for the Sunday services for the first time there this last April 15 (and again this last May 20). We had just been assigned to write an incarnation report at the School and as it turned out, this report provided the 'meat' of my lesson. The topic of my lesson was how UCOP is our soul family, and, as an example, how I know that UCOP is my soul family by virtue of how the plan for this incarnation was a perfect match for what we are as a Unity School of Christianity. Long story short, the outline was that I was born to a mother who taught me that prayer works, a grandmother who taught me that prayer works 'bigly', and the experience as an altar boy that taught me that Creator, Source is ever present which is in fact the Truth presented in our next last lesson, Lesson 10, "There you will find the Creator, in the space between your thoughts."

I have been traveling this path, learning and walking in these Truths, for a very long time, as stated above, and also teaching these principles in other contexts for quite a while. I believe it is a testimony to the richness of the School that despite my experience and the Truth that I brought with me into this lifetime, that the Kansas City School of Metaphysics is yet such an exciting learning experience for me. The SOM fills in a lot of detail that 'connects the dots' for me, and the added discipline is simply invaluable. I am a more actualized soul and a better teacher for this experience, and I look forward to more and so much more of the same as our lessons continue. Thank you, Wendy! Thank you, SOM!

Maplewood**Success with Setting Up Lectures**

By Terrence Lamont Bellows

This one started like most successes: with a goal. I thought I would stretch myself to attempt to do 50 lectures in a year. I love speaking and have experienced transcendence and entrainment while giving a lecture or doing a workshop.

For this experience to be more fully complete with that goal I decided that I should meet people. So I started to reach out to anything that seemed like it would be a source of possibility for a lecture. And not just for me but for anybody in the school. Many opportunities started to come my way because I was doing something that I was excited about which was giving and speaking;



seeing how I could really learn something about the St. Louis community. I was able to benefit from going to Meetups, making phone calls, and reaching out to people through Facebook - just asking them about what they were doing and to see if they were interested in having people come and speak.

It began to turn into an opportunity for me to also develop myself as not only an ambassador for the School of Metaphysics, but a successful spiritual person in the community. The goal to do 50 lectures was very ambitious and it has kept me moving. I eventually stopped counting so it stopped being about a number goal. What I did achieve is the opening of opportunities for more lectures and more workshop opportunities while also gaining the experience of setting up booths for different programs available in this area.

So that led energetically to other people receiving opportunities as well. In the beginning, I was saying that I needed to set things up and offer the opportunities to other people, and also doing as many as I could. That grew into others from the School in Maplewood developing their own opportunities and other opportunities continuously coming our way. The main thing that assisted this movement was definitely the setting of a goal coupled with the desire to do something that I am excited about then seeing how it could expand to more opportunities not only for myself but for everyone in SOM.


CONCENTRATION

Indianapolis

My Recall Ability

By Bonnie Darby

Our second cycle class is focusing on going deeper with the Ten Essential Life Skills so that we would be better Teachers and Lecturers. Through the concentration exercises offered here I can certainly claim that my recall abilities have greatly improved. In the past I have habitually commented to family and friends; "Be sure to remind me because you know I'll forget"; or I apologized to individuals stating, "I'm terrible with names". That is exactly how it was for me, I had terrible recall because I believed I had terrible recall.



Quiet the
Mind

This is my story of how I learned about lessons mirroring back to me. I was helping a friend study for an exam. This person was fearful of the testing process and their ability to recall answers from memory. I said, "You already know this stuff, just quiet your mind and call forth the information then your answers will appear." Later that day I was asked by a family member, "While you're out can you get me some migraine pills?" As I was running those errands in various places, I did remember the request to pick up something, but I did not remember what, (my habitual pattern). In an instant the conversation with my friend came to mind, the one where I had stated, "All you have to do is quiet the mind and wait for the answer to appear". My light bulb moment flashed, the Universe was clearly showing me how I was not practicing what I was teaching, so I quieted my mind. What appeared in my mind was a picture of a white pill (language of the mind being symbols). It only took me a second to go from the pill symbol to recall the request for migraine pills. The bonus for me is I am also improving my ability to recall names because all I have to do is quiet the mind and bring forth the information needed in the moment.

I am a Minister at a Community Church and not remembering names of members was embarrassing! Now I am actually confident! When I have a lapse of memory now, I can just take a moment, sometimes a split second, quiet my mind and presto, their name comes forth so easily. An even better reward is knowing I am capable. It is so empowering!

SINGLE POINTED ATTENTION and CONCENTRATION

empower

IMAGINATION



Prior to my developing Self-Awareness of the abilities to hone my own Single Pointed Attention and Concentration at the School of Metaphysics I prided myself on my ability to multitask at work and at home. But I often found myself dealing with other's emotional reactions, not handling my own, feeling overwhelmed, very unfulfilled, unorganized, and with too little time for me. By practicing and adopting the Life Skill of Concentration I soon learned I could focus my attention where I wanted. I was less distracted and I focused confidently on each activity of my day to completion. What a relief!

As I began to master single pointed attention, I became aware of how I could command my attention to reduce those unneeded interruptions I used to experience so easily. Today I experience fewer distractions, mistakes, other's reactions, and lessen my habitual behaviors. I actually began to experience 20% to 30% more time in my day. Michelle C. Indianapolis Branch

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 will be of great assistance for those within this body to recognize the power of their own influence, the reality that their mere presence creates a particular type of vibrational pattern whereby according to the content of their thoughts, the intelligence within their thoughts, whereby there can be miraculous healing. As there is the endeavor and commitment to unified thinking with their own minds, then this becomes the influence of the chitta that emanates from them, the etheric energies that are generated

through them that then have an electrical connection with the fields of endeavor around them. This is not merely between physical people; this is between all of creation that exists in and around and through the Self. Therefore, it is on a molecular level, on a quantum physics level, and it is true on a cosmic level. Therefore, the recognition of a heightened or higher level of responsibility in the reality here is called for, and it will accelerate what these ones desire to occur. It would be helpful for them to recognize that in much of what they consider failures, it is because their own desire has become predominant rather than there being the receiving of the common mission which they share in. As there is the willingness to sacrifice the Self, to devote the Self, to the body --- to being the eyes, the ears, the hands, the feet and the tongue of the collective and what it symbolizes, the spirit that does exist ---then there is the acceleration of personal growth, interactive growth humanitarian growth, planetary growth, galactic growth.

What the world needs that the School of Metaphysics has.

Truth

A way to practice Truth

A way to live Truth

*To know I AM God
I AM creating my experiences
Everyone in my reality
is a reflection of my consciousness
— Dr. Diana Kenney*



Concentration

Single pointed attention

Kerry Keller-- Indianapolis, Indiana

*The world needs a SPACE for spiritual development and
commitment to becoming a Whole functioning Self.*

*There is a realization that “Something” is missing. Millennials are
asking for a “SAFE Space.” Just as the kingdom of heaven is within,
so is this “SAFE Space.”*

We are learning to REMEMBER.

The Second is like unto it ...

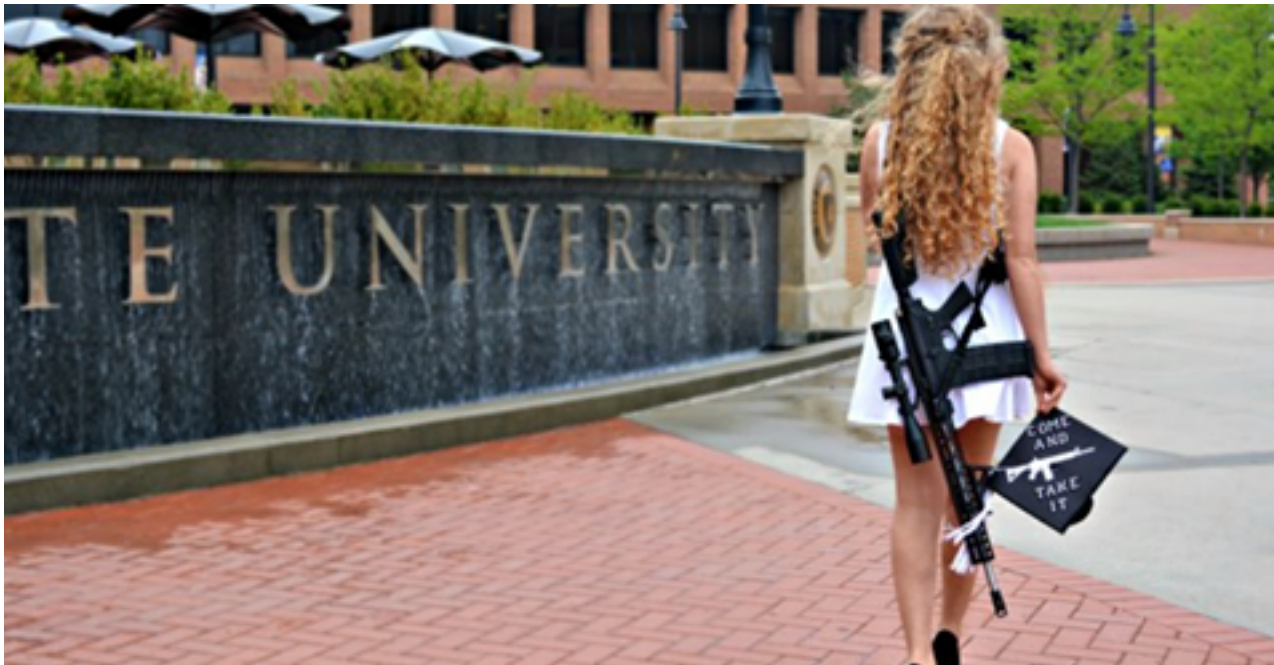
*The world needs to develop sustain a “conscious community”
dedicated to the learning and growth of Self as an individual as well
as in Unity with others. The School has the space and education and
souls capable of creating this; guiding and drawing out each
individual UNIQUE DIVINITY*

— Mavis Curry --- Des Moines, Iowa



PREVENTABLE EPIDEMICS

IN TODAY'S CULTURE



IMAGINE OUR CULTURE

Mastering the

TEN ESSENTIAL LIFE SKILLS

Recently the Internet went viral with this photo

It depicts a harsh, chaotic, human environment that our fears have caused.

IT'S TIME TO ERASE THESE EPIDEMICS

1. an epidemic of prejudice
2. an epidemic of bullying
3. an epidemic of narcissism
4. an epidemic of hate expressions & crimes
5. an epidemic of killings & locked down schools
6. an epidemic of depression & suicides
7. an epidemic of fear for personal safety
8. an epidemic of low self-worth
9. an epidemic of needing self-value from others
10. an epidemic of people uneducated and therefore unable to live a fruitful life.
11. an epidemic of economically deprived families
12. an epidemic of public schools feeding three meals a day and donating food for weekends
13. an epidemic of conditional thinking and the arrest of imaginative solutions
14. an epidemic of parents not knowing how to their nurture children
15. an epidemic of lying, fake news, forgotten morals, and compassion
16. an epidemic of people with little will power, self-motivation, or pride
17. an epidemic of separatism, loneliness, selfishness, & pretense
18. an epidemic of people feeling overwhelmed, oppressed, & stressed
19. an epidemic of ego emotional reactions
20. an epidemic of intolerance

WITHOUT WILL AND DESIRE

YOU HIDE, AVOID, and MAKE EXCUSES



Self-Healing: I was bullied as a kid. For years, I took many cruel and sarcastic comments to heart with plenty of self-judgments. With my new Self-Awareness I know I am not a helpless victim, stuck in an old identity. The Concentration & Single Pointed Attention practices help me to efficiently focus my attention on the role, (purpose), I have in this lifetime, which has revealed my true identity. Lynn B. Indianapolis

**Single Pointed Attention
Concentration
Imagination**

HEALING MIRACLES

AT THE COLLEGE OF METAPHYSICS

How We Change The Weather.....

"It's going to be 90 degrees", someone said at the table. "No!" I emphatically replied knowing that, just because a weatherman says something does not make it so. I instructed everyone at the table to meditate on the thought that Saturday was going to be a cool day with a high temperature only in the low 80"s. Everyone projected this thought to the Universe.

Saturday arrived. The morning weather was cool. The clouds rolled in. We had a light shower in the morning that quickly abated.

The clouds stayed. The day was cool. Most of the day the temperature was in the 70"s and cool. We certainly changed the weather from hot to cool and pleasant. Everyone had a great time and learned a lot about their will.



I'M ON TOP OF THE WORLD

CONCENTRATION



I work as a restaurant server. It can be a stressful environment. I used to get very anxious and frustrated. When we got busy, if someone complained, I used to ruminate for hours over negative comments. Since I have learned to command my attention, I have been more centered at my job. With the skills I have learned in Concentration, I am less reactive with circumstances and situations. I am able to let things go more easily. I am able to stay more focused and relaxed, even in the middle of chaotic situations.

For example I recently had a customer complain about the price of a meal after they ate it all! This particular customer said, at a different location, the prices were less. I remained calm, and asked them if they would like to speak to a manager. In the past, I would have berated myself, believing somehow I caused the problem. I was able to see, because of my work in concentration, this was the customer's issue and not something I created. Concentration helps me stay calm, kind to myself and focused in otherwise stressful situations. It's fun to be in command of your life! Lynn B. Indianapolis

Do You Have the Will to Change



Change

The Eternal Essence of our Teachings

I led a two part workshop to twelve CEO's in Chicago: *Self-Awareness of One's Personal Influence*. They were introduced to the Universal Truth: *What you Place your Attention on Grows*. Their two week assignment was to hone their attention with a daily concentration skill and visualize nightly the next day's preferred results. Their skepticism about the influence of their thoughts and visualization was apparent.

After four days one CEO called and shared his disbelief. He practiced nothing the first three days. Then last night, out of respect and some guilt, he followed my instructions. He said, "Today, I was shocked that everything in my day fell perfectly in line, no mistakes, few interruptions and the results were almost perfect!" He was going to share his excitement with the other CEO's. They then began to experiment, each obtaining similar results. Now they are all very Self-Aware of the influence these skills have in their daily life experiences. The results provide less stress, more production, great insight and fulfillment. Kerry K Indianapolis

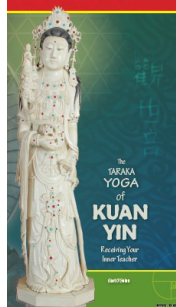
Landing
47

Beauty is an expectation arising in the finest substance in Mind,
Carried along by the will responding to the inner call.
Leadership arises unbidden in one caught up in rapture.
Being is the teacher; presence, the lesson.

bird landing



Twin Verses from The Taraka Yoga of Kuan Yin



48
Soaring

A single thought can mobilize the will in adulthood.
One thought leads to another within Self and within many.
A whole thought extends through eternity.
Echoing in space far beyond what you will ever know.

dragon clouds



During the Beijing Olympics (2008), China opened herself to the world, and what she gave was stunning. She displayed the level of art and science her numbers can produce. In the opening ceremonies, over 15,000 performers captivated viewers with precision movements reflecting China's people, culture, and history. The image of hundreds of people, portraying disciples of Confucius, reciting excerpts from his teachings, The Analects, lingers in my mind. With lines like "How auspicious to have friends coming from afar" and "All men are brothers within the four seas" meeting the estimated 175,000,000 attendees, the 2500-year-old prophecy was fulfilled.

The openness and the drive to be the best, exist in the Chinese people as readily as they have in the American. We are not so very different, even when governments may determine otherwise... In the Tao Te Ching, Stanza 17, Lao Tzu addressed the dynamics of external leadership as created by people and between them, the brilliance in Lao Tzu's thought is in the Self-government image it provides. This Self-government echoes the thinking of Plato, his Greek contemporary, in the necessity for rulers to "truly become philosophers" for troubles to be resolved and the dream of republican government to exist. The Universal Truth here has little to do with external forms of government, and everything to do with the causal thought that makes governing possible.

At any time, in any place, the capacity to trust Self is essential to peace of mind, health and longevity. When Self-government is practiced, harmonious coexistence with neighbors and with the land we inhabit follow. These interpretations of Kuan Yin's Verses are a way to practice Self-government. They present causal thoughts worthy of a creator. Lao Tzu described the vast potentiality for creation in this way:

*The Tao is eternally formless
If rulers and leaders were to live it
everyone would change and transform naturally
If after being transformed should their desires arise
The ruler would still them with formless simplicity
Being stilled by formless simplicity
they would not desire
not desiring they will be at peace in stillness
In stillness one finds the anchor of the universe
within Self
—Tao Te Ching, Stanza 37*

[pg 40 of text]

Union within Self does not just happen, it is caused. You are that cause. The choice you are about to make will set into motion a path, an event, a world, a universe. The scope depends upon you. You will live what your thought creates. Since you are bringing about your view of the world, you will want to know how to use your capacity for creative thought wisely. This is where divination enters into your thinking.

Because this is so, your divination begins in gratitude for this opportunity for illumination. In Step 1, your intent is to align the whole Mind, to call upon all aspects of Self to work toward the same ideal. What makes Spirit holy is the intent to clearly conceive the whole, all at once. You want to activate God-thought, therefore, it is appropriate to receive the Divine through prayer and meditation.

Canadian dowser Susan Collins teaches an affirmation of intent many dowsers employ at the beginning of their dowsing work. I present it here since you will be using a form of deviceless dowsing to harmonize with your divining mind. These words can serve as the opening prayer for your protocol. Place your hands in the classic prayer pose, both palms touching with fingers pointing to Heaven and thumbs toward the heart within an inch of your body and forearms parallel to the ground. Inhaling, invite the Divine to fill your Mind. As you exhale, offer this affirmation:

**"For the best and highest good of all creation
I ask to align my Infinite Being in resonance with Divine
Good.
So be it."**

This directed thought now pervades the consciousness that is your mind.... You will learn through practice, to refine your prayers and the resulting sense of inner peace and tranquility will become your true nature. In times of extreme thoughts and emotions, should you have a specific concern, a matter weighing on your heart or pressing on your head, you can bring it forward in light. Give it to your Inner Teacher, for here there is wholeness, where dark and light lovingly embrace in the dance that is your life.

[pg 200 of text]



THE NEW MAITREYA

Master Students make Master Teachers
with Dr. Barbara O'Guinn Condon



The QUESTION:

Good evening Dr Barbara. Can I ask you a question?

*In my most recent PLP, I asked about "**balancing the being with the doing of life**". As you can know and can imagine, 3 kids, husband, household, full time job, SOM student and director is a full plate. The response I received was that "this one's being is infinite". That it is important that I recognize that there is "infinite time and space" and that it is only limited by the conscious mind. I am curious what you think "infinite time and space" looks like? I often feel a direct opposition in thought and desire when i am balancing soul growth and the chosen responsibilities of my life. I stumble on overcoming the "things that need to be done" with the infinite. My thought is that if I can borrow your picture of infinity, maybe it would help me build my own. With Much love and appreciation, Mandie Renner*

The RESPONSE:

I have contemplated "balance" all my life, personally, as well as attending others as they "labor" to understand the ebb and flow of life. In my late teens and college years, balance was introversion and extraversion. I struggled with what was inner and outer, all the way through an ego cleanse of facing my own mortality. Once I had crossed over to the other shore as the Buddha taught, I "found" SOM.

In my mid-20s as a director of a school, I delineated balance as "business" and "personal". This came through my **real need** to separate "my own stuff" from my "students' stuff". I think you probably know what I mean. I wanted to be as objective and truthful and loving as possible with all the students, whether I was their teacher or someone else was. I found this meant, again, shedding a few more layers of ego to perceive more clearly. For me, it was about responsibility.

I have had a tendency to take on other's responsibility throughout my life, the legacy of being a sole child in a household of four adults. So I had to learn that when someone does not perceive what I see, does not want to put out the effort to change in some way, does want something different that it does not mean I have failed as a teacher. It was during this period that I learned, through experience, that students do not reflect the teacher, nor do they reflect what the teacher teaches. They do reflect their understanding of what they have learned. May sound like a small difference, but it is actually deep and broad concerning responsibility. It helped me to "own" my own duty, as the *Gita* teaches. Such a simple and important teaching, that.

Certainly, later as a wife and mother my challenges were many. It was helpful that Hezekiah's father was of like mind, which is to say we were both invested in Self exploration - discipline, service, teaching. I admire you for your resilience. I have not met your husband and do not know how he views your desires regarding SOM.

Oh Dr Barbara. I am grateful for your response. Thank you for sharing your story with me. I will keep this email and refer to it often.

Your story caused me to reflect upon my own. When I did, I immediately realized many ways in which I have lived in extremes of perfectionism and hyper-responsibility. This type of "all or nothing" and "proving myself" thinking and action has kept me out of balance the majority of my life. I completed the 1st cycle of study and then took a year off because I didn't know how to balance a new baby, my mother passing away and everything else that I was juggling at the time. It wasn't until I came back the 2nd time to SOM, that integration and Proper Perspective began to rise within my consciousness and importance within my life.

I have contemplated the infinities of life for decades. It led to Kuan Yin, the healing field (Stargate) teachings, and is furthering the work with the Living Hologram.

The **Vedas** teach 3 infinities: **Infinite Intelligence, Infinite Energy, Infinite Manifestation**. For me, it describes the abundance available to us in the universe. There is always enough time to do what we truly want to do.

Some of a human being's learning in the adult years - the years of parenting and providing - is about discerning need and want. This was a major learning for me in my 30s. Rich and well worth every moment. I wanted (funny!) to live within my needs....not means, **needs**. In understanding visualization, I felt led to distinguish real need and imagined need. That was incredibly enriching as a student of Universal Law and mind, and in my teaching. Doing so narrowed my path. I could align my wants with my soul needs - the way I understood real needs. This enabled the entrainment of mind that opened me to a fourth infinity - Infinite Being. I wrote about this in ***The Wisdom of Solomon***.

I love the play on words of "living within your needs", which is brilliant.

You have clearly described the stage of life that I am currently in, which was why I thought of you originally to start this conversation. I knew your life experience would relate to my own.

So what would I offer you now?

Something very simple, and doable. **Interpret your life as a dream**. To master your mind think its language. Fluently. You are choosing to "have it all" in your everyday life. Affirm the individual parts of the whole you are creating. It is like unto identifying and interpreting the symbols in a dream. This will immediately align your conscious and subconscious minds, which makes it easier to meditatively open yourself to the infinite possibilities in Superconscious Mind and beyond. •

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.

It is the voice of your Inner Teacher. The Taraka Yoga comes in service to you!

Kerry Keller 38 Return... Attend to the dreams that come in the middle of the night. Each holds a message for the telling. Focus your light on Understanding that message so the dream may pass on into

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