

*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. 49 No. 4

Register for  
**National Dream Hotline®Online**  
and our new  
**Dream Catchers Summit**

## NATIONAL DREAM HOTLINE® ONLINE

### Summit Schedule

Seven unique Events

REGISTER for each of the Summits  
you would like to attend.

1

Friday April 26  
6:00 – 9:00 pm EDT

Claim Your  
Space

REGISTER  
NOW

Become one of  
thousands of people  
that communicate in  
the Universal Language  
of the Mind

How understanding of  
dreams is cultural  
advancement and  
helping people to live  
life productively

Introducing 5 Elite  
Dreamologists who  
influence human  
growth, change, and  
personal excellence.



Kerry Keller



Paula Bridges



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## INDIANAPOLIS BRANCH

### Consciousness of Learning to Give Lynn Boggio

As a Second Cycle student, who just received lesson 44, I have had many growth opportunities at the School of Metaphysics. When I was in the first cycle and asked to do my first fundraiser, I resisted. I had conditional thinking. Wasn't my weekly donation enough, I asked myself? What was the purpose of this? These questions bounced in my head for days.

However, after repeated planning with my classmates and teacher, we had our first fundraiser as a class in Cincinnati. To my joy we raised over five-hundred dollars that evening. I gave a talk on my journey with meditation. I even led the audience in a group meditation! My confidence soared. This fundraiser was followed by two more successful fundraisers. Although I was growing and changing, I had still not stepped into my full potential as a leader and teacher of others. But every time I give, I become more of a leader. It was an awkward thought at first, thinking I was a leader.



Fast forward to today. I am a second cycle student who commutes to Indy weekly for classes and teaching. I was recently asked to lead an expansion project to beautify our school. Our backyard needs lots of love and TLC. There is a garden to be built and a garden that could be revitalized and weeds to pull. The asphalt needs resurfacing and landscape timbers installed. I am holding a vision for a beautiful vibrant space. I visualize a place where students can mingle, discuss their dreams and co-create their lives. We will be building two round wood picnic tables to accommodate 8 seats each and large table umbrellas.

During first, like my first cycle days, I would have resisted the idea of leading this project. Thoughts such as "I am too busy" or "It's too hard". entered my mind. Then I realized my studies.., I am a creator, I can visualize, I can ask others for help. Old fears arose. "What if I make a mistake..." Then I realized.., I can't get it wrong...there are always lessons to be learned.

I am looking forward as this vision unfolds. This project is a chance for our school to grow and students to learn how to create together. We will also be inviting new souls to come learn and play. I am truly grateful for this opportunity to learn and Serve.

## COLUMBIA WISDOM

Karin Elizabeth Franzen (Kravitz)

On the evening of January 14<sup>th</sup>, our Respondere class listened to our Lesson 9 Past Life Profiles together. On the long drive home late that evening I was feeling somewhat stunned, processing what I had heard. The road conditions were marginal, and I was simultaneously aware of driving slowly and carefully, and of witnessing a *shift* in my consciousness – an *expansion* of my sense of self. It was only after I arrived home and was sitting at my kitchen table, that my self-conscious mind was able to start naming and defining elements of the shift, integrating the new awarenesses, and arriving at specific understandings.

The shift I'm speaking of was one of an increased identification with higher Self – the sense of *knowing I AM*.

I've struggled for my entire lifetime with not feeling like I really knew what my purpose was. Having experienced different vocations and avocations, while interesting and challenging, each in their own way, I felt a continued sense of lack of fulfillment – of a vague discontent and unrest. Searching for a life's purpose from the vantage point of personality, I always came up empty. This expansion of consciousness had the effect of solidly directing me toward my purpose. With this *shift* came a knowing that in reality, spiritual growth is my *only* purpose and that every other desire is but a variation of this over-arching purpose. With respect to what I have listed on my ten-most-wanted list, I can now understand that all of my desires and goals, rightly approached, are but other avenues for spiritual growth.

During years of spiritual studies I developed the *intellectual* conviction that meditation and related practices are critical for making true progress toward knowing Self. Even so, my attempts at establishing a regular meditation practice were infrequent and short-lived. I always put the needs and desires of physical existence first. Now in my early 60's and recently retired, I've started seeking relationships that support me in devotion to the practice of meditation and I'm happy to report that it's gradually taking hold. This Past Life Profile identified this need that I feel for dedication to a spiritual practice as stemming from a past life where transcendent states were a central part of my existence and of my withdrawal. The suggestion of "integration" of body, mind, and spirit was given repeatedly and also the need for me to develop discipline and purpose to that end. Realizing that my soul has the experience of transcendent states had the effect of melting away some of the lingering doubt and hesitancy I was harboring concerning my capacity – thoughts such as "Who am I to think that I could possibly expect to experience unity or enlightenment . . .?," and "I'm very unlikely to see any payback for this effort during this lifetime." It also melted away some of my hidden fears of altered states.

The *shift* had the effect of lifting my level of consciousness above my day-to-day inner turmoil and from that perspective I could see that much of that turmoil stems from preoccupation with physical concerns, or at least of viewing everything from the level of personality. Certain issues that I've wrestled with over the years started to fall away in importance. I could see that the efforts I've made at self-improvement, of trying to change my self-deprecating thoughts or feelings of inadequacy, were always made from the level of imperfect personality. But as I was experiencing this expanded consciousness, I *knew* that it's only through moving into higher states of consciousness that the lower states are truly dealt with, that transformation occurs. What is *en-lighten-ment*? Setting the burden down.

I also noticed that I was experiencing a heightened sense of love for others and for Creation with the knowing that my day-to-day life is for recognizing blessings and feeling gratitude. These are sentiments that I've read or heard many times, but found that I had moved from belief, to knowing. In relating this experience to my husband, I told him that I feel very blessed that I am married to such a good man, a good provider, and that I'm very thankful for the freedom I feel to devote myself to spiritual practices because of the support he gives me. His response was, "You're making me cry."



# Dreams Are A Personal Gold Mine!

For 45 years the School of Metaphysics, a 501(c)3 educational institute in the USA, has been teaching people how to **LEVERAGE** the incredible **VALUE** that interpreted **DREAMS** offer you and your health, prosperity, success and happiness.



Coming April 26 - 28, 2019

Online Summit starts in:  
041 : 23 : 35 : 52  
Day Hrs Min Sec

A SINGLE DREAM CAN CHANGE YOUR LIFE  
ARE YOU LISTENING? WE ARE ...

## NATIONAL DREAM HOTLINE®ONLINE



For 30 years we answered your questions via TELEPHONE  
Now join us in VIRTUAL REALITY to ZOOM your answers home!  
Here's how...



Over the last 30 years our annual National Dream Hotline® has received an estimated 100,000 calls from dreamers around the world.

People dream about love and loss, birth and death, missing teeth and being naked in public!

Why do we dream similar dreams? That's just one of the insights you'll gain when you check in with us the last weekend in April.

# It's Our 31st Year and We Are Celebrating Change!

**We are the premiere teachers of Mind and  
the Universal Language of Mind.**

This year we make the shift from auditory technology (telephones)  
to internet technology (cellphones/computers)  
as we introduce our first  
**DREAM CATCHERS SUMMIT.**

We invite you to ZOOM in  
on Saturday & Sunday.



## WHAT'S THE FUNNIEST DREAM YOU'VE EVER HEARD?

That's where Kerry Keller and Paula Bridges will launch  
**NATIONAL DREAM HOTLINE®ONLINE**  
at 6 pm EDT on **FRIDAY, APRIL 26th.**

That night is YOUR TIME to put your dream in the chatbox  
or come online with us.  
Throughout that evening, our five elite Dreamologists will drop by  
to discuss their weekend presentations  
and to talk with YOU about the mindskill set  
that turns dreaming into a powerful tool  
for Self care and Self counsel.

**All SOM  
Vibes Branch Reporters**

**record, collect and illustrate student experiences,  
the most powerful method to cause your own  
learning, growth & excellence**

**It's how to create life!**



# Vibrations Reporters



## **Vibes Reporters needed!**

**to engage students, teachers &  
directors!**

**to submit the facts of how they  
release old habits  
perceive self-worth  
develop will power  
focus on creating their life  
manifest their 10 most wanted**

*finger cut*



Most live on what has been, draining Karmic reserves.  
Live today impartially, for all situations are neutral.  
Sublimate will in Divine grace to be whole.  
To leave reaction behind, live beyond the web.

The Change  
65



# 66 The Mind

Future firestorms disturb the dedicated will.  
Disciplining aspects of Self make one a creator.  
Waters of pure consciousness feed the Inner Fire.  
Temporary creations have their moment, then time moves on.



*ship on sea*

Twin Verses from *The Taraka Yoga of Kuan Yin* commentary by Barbara O'Guinn Condon

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## The Change 65

The nature of the physical existence is change.

Every living thing is in constant motion. Your body is made up of subatomic particles that are constantly moving. Yet we remain generally unconscious of this....unless something goes against our liking.

Last fall, two dozen people participated in SIX WEEKS OF SERENITY. A few of us had prepared for it all year long, and I know I was changed by the practice of Omkar. Consciously sounding AUM with full attention devoted to dreaming had a profound effect upon my physical body. It attuned the body to the resonance of the universe and I realized deeper healing truths. How perfect that this chant is the baseline tonal vibration in our healing classes. The practice of aligning body, mind and spirit IS the healing!

The famous prayer written by Reinhold Niebuhr describes everything human beings must learn in their time on earth:

"God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."

To embody serenity, courage, and wisdom is to be the difference. The Change. What we want, what we think we do not have, is always present. •

What is on your mind? What thoughts populate your thinking?

Which beliefs are constant?

Which beliefs are true?

You have probably seen the image of an iceberg in the ocean. The illustration places you in the arctic where mountains of ice reach into clear blue skies, bravely defying the heat of a distant sun, while there, beneath the surface, plunging toward the ocean floor, is the body of the iceberg. What is on the surface is revealed to be a percentage of a much greater expanse. So it is with each human being. People tend to live on the surface of Life. In a set of beliefs, largely of someone else's making. To the degree that this is so, we are living someone else's life. Existing in another's version of who we are.

Living your life, becoming the author of your own story, is a universal experience always open to us. It is **The Change** that beckons us, it is **THE MIND** that fulfills us. •



## 66 The Mind

Future firestorms disturb the dedicated will.  
Disciplining aspects of Self make one a creator.  
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The Iroquois, the "League of Peace and Power" comprised of six nations (Dr. Tad has referenced them in recent Vibrations), believe the soul's intention comes forward in our dreams in the cause of wholeness. They believe that to ignore dreams is to court illness, madness and disaster by opposing the messages of the god within. They recognize that dreams can help cure disease, as well as disorders of the mind which are believed to result from unconscious desires, resentments and unmet needs revealed through dreams.

The Iroquois teach that it is the responsibility of caring people in a caring society to help the dreamer read the language of the soul. For the Iroquois, **Dream Interpreting** is seen as a social duty.

The School of Metaphysics has been an active voice in this social duty since its beginning in 1973. SOM has made it possible for people in our local communities, and on the web nationally and internationally, to come together for the purpose of dreamwork. Whether classes, lectures, workshops, radio show appearances, or meetups, dream discussions bring a richness to our experiences that reaches far beyond average, everyday discourse.

When a SOM student begins to teach, he or she comes forward as "dream elder" in the classroom. The Teacher models this social duty, watching the images the dreamer's words paint. The keywords are nouns describing specific images we call dream symbols. As students read their dreams, the teacher listens for outstanding symbols in three categories: 1] people, 2] places, 3] things.

For example, a female student dreams: *"I was in a church. It was night and the moon was full. I remember because it was easy to see. My mother was there holding a baby that I knew was mine. EOD"*

✳️ The **people** in this dream are *the dreamer, her mother, and the baby*.

✳️ The **place** is the *church*.

✳️ **Things** are *night and the full moon*.

By identifying the dream-nouns, the dreamer can begin interpreting their energy. In the Universal Language of Mind, **people** in dreams point toward the dreamer's intelligence or aspects of Self, **places** reveal attitudes or patterns of thinking, and **things** indicate specific thought forms. In this way, the essence of the dream's message comes to light.

Begin to listen for this in your own class. You will begin to understand why the Iroquois (as well as most ancient cultures around the world) respect the many values to dreaming. A deeper experience – one that reaches beyond everyday discourse – is possible when people are in the presence of a dream. Dreams are high level intuitive knowledge.

Dreaming as social duty aids people to awaken to new ways of understanding community.

Community unfolds in the presence of dreams as commonalities are brought to light. For instance, I have watched classes move from common dream images (for instance, *airplanes, food, faces*) to common themes (*birth, storms, tests at school*) over the course of several months. In the context of exploring the universal elements of dreaming, the occurrence of common dream images within a group of dreamers affords opportunities for compassion and healing, resolution and intuitive insight. A deeper, richer experience – one that reaches beyond everyday discourse – is possible when people are in the presence of one another's dream. • – *written by BCondron*

## Three Questions of Spring

### Question 1 Will you cycle or will you spiral?



For the earth's 2 billion Christians April 21 will be remembered and celebrated as Easter, the day the body of the crucified Jesus disappeared from the tomb freeing the resurrected Christ.

#### **Did you know Easter is determined by the Full moon in Libra? By the stars in the sky?**

In 325CE, a group of men now called the Council of Nicaea established that Easter would be held on the first Sunday after the first Full Moon occurring on or after the vernal equinox. This means the Easter date is set in relation to the Spring Equinox, the moment at which the center of the Sun is directly above the Earth's Equator. Easter, then is determined by astronomy, the appearance of lights in the sky.

#### **What does this mean?**

For a disciplined student of consciousness, Easter is a powerful moment for neutrality. It is when awareness is aligned presently (time) in any action and the present (space) **KARMA** and **DHARMA** meet in a single "I", becoming One. More on that in a moment.

Symbolically, this spiritual festival time called Easter signifies the return of the Christ or what is sometimes called "the second coming". The most powerful force in the world today is the will to good. The capacity to respond through elevating one's consciousness for the common good.

I first learned about the science of astrology in 1976 when a practitioner came to speak at the Columbia SOM. He later spent almost four hours with me, interpreting what he saw in my astrological chart. That was the beginning of a lifelong study of the Universal Laws governing creation and the principles that cause them to function. The relationship of the heavens to the earth unfolded in me through hundreds and thousands of crossings of paths with others.

*From students who traveled with me ever-deeper into the inner levels of consciousness in the cause of Christ Consciousness to one-time phone conversations with the heartfelt voices I will always remember to readers in Denmark, So. Africa and Japan whose faces I will never see, this lifetime has offered rich opportunities to "transcend whatever separates us."*

#### **Creativity is both a spiritual and a material process.**

Concepts of birth, death, and rebirth are seen as the cycles of nature working on the surface while all along the Akasha teems with life! All we need Be is willing to elevate our consciousness for the common good. When we do, EVERYTHING changes!

Easter says, "Outwardly I am consciousness. We each must do our own work to return from whence we came. Inwardly Existence is All. The sun, the moon, and the stars light our way when we look to see, hear to listen, touch to feel."

**So this Easter, will it be rebirth or resurrection for you? Join me on Easter Sunday, April 21 4:30-6:30pm for**  
***DHARMACHAKRA:***  
***Mapping Your Life in the Tao of Heaven.***



*If you missed last month's article, you'll want to read it first and create the experiences described. Then you're ready for part 2 of....*

## WHY Friendships Mean so Much

*Aristotle thought that friendships are where people learn to give and receive. In his studying, he observed three types of friendships. They are the ones you just defined.*

**1 Friendships of Utility.** People are on friendly terms mainly due to the benefits each brings to the table. Business partners and colleagues are examples of these relationships driven by "you scratch my back and I'll scratch yours."

These are self-interested friendships where people are desiring to walk away with something. These relationships based upon conditional love tend to be focused on past indebtedness or future acquisitions. These relationships are temporary. Whenever the benefit ends, so does the relationship. These are the kind of relationships a finite player creates. The relationship provides the necessary mental resolve to satisfy the goals of each person.

**2 Friendships of Pleasure.** People share enjoyable activities. They hang out, from common interest often hobbies, sports, or recreational activities. These stress-free relationships are based upon unconditional love by focusing on the present moment outcome. Their relationship is grounded in the emotion they feel at a given time or during a certain activity. These relationships tend to be temporary. Whenever the activity ends (the game, movie, art festival, cruise), so does the relationship. These are the kind of relationships a finite player creates. The relationship provides the necessary love for the game to transpire.

Aristotle described these two kinds of relationships as "accidental." He observed that their lack of depth limited their quality. Relationships of utility are focused on a common goal, an outcome - think selling/purchasing a car, or a meal at a restaurant, or an emergency room visit. Relationships of pleasure are focused on enjoyment and excitement - think Superbowl field goals or a night out dancing or an awards celebration of any kind.



Perhaps Aristotle described utility and pleasure as accidental because they arise from conditioning. Karma usually dictates when the finite game is over and how the relationships end. Aristotle's first two friendships are part of the Finite Games in life. Finite games have a beginning, middle and end. Aristotle recognized another kind of relationship. He called them....

**3 Friendships of the Good.** People who appreciate each other's qualities. A strong will to aid and assist the other person surfaces because one appreciates the virtues the other person holds dear. These are relationships of shared values and mutual respect as individuals. In this kind of friendship, the people themselves and the qualities they represent provide the incentive for the two parties to be in each other's lives.

Friendships of the Good are rooted in the Infinite Game. Rather than being short-lived, such a relationship endures over time. They depend on mutual growth. They're beneficial and pleasurable. When you respect a person and care for them, you gain joy from spending time with them.

The way we close each class at SOM comes to mind: "I love you just because you are." This sentiment, felt by the whole Self, opens the door to the Infinite Game that is always present - awake or asleep, this lifetime or any lifetime, in the flesh or free of it.

Return to your lists to explore your life through Aristotle's eyes. Now what do you see?•

# Wisdom from the Oracle

Excerpt from the commentary on the evolutionary locus for the School of Metaphysics from the Superconscious Oracle given on **June 4, 2012**



*Any further insights or suggestions concerning the sacred geometric forms that have been planted at the intersections of lay lines at the campus enhancing the campus and aiding Mother Earth?*

*The openness that the body can achieve is essential in this process. There is a need for openness of heart. There is a need for openness of intelligence so that Spirit can engage from the individual to and with others. Spirit calls forth Spirit. It can be called forth by other means or by other parts of the system. Like attracts like.*

*Therefore the essence of the collective, that which is referred to as the School of Metaphysics, is of itself attractive. When there is stillness within the body, the mind is free to be attuned to the higher wave-lengths, higher levels of vibration. This is true within the individual and within the collective. It is also true within that which is referred to as the School of Metaphysics. The vibrational component of these ones become either clear channels for the Spirit or begin to refract it according to their own will and desire. The capacity then is the ability to separate the Self from the body, from the personal individual body, becomes the essential beginning point of being able then to experience the mind and attune it in the ways that have been described. There is no replacement for the mind involvement. It is through the mind that creation occurs and it is through the mind that the benefits of creation return.*

# 2019 Calendar

- April 5th-7 th    National Teachers Conference**
- April 26th-28th    National Dream Hotline®**
- May 17th -19th    All-Student Weekend**
- August 3rd        Area Teachers Meeting**
- September 20th -22nd    All Student Weekend**
- October 4th-6th    National Teachers Conference**
- October 25th -27th    Still Mind Weekend**
- December 7th    Area Teachers Meeting**



*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 15 - Peace...**

**The need for experience surfaces after understandings are well used. The unexpected descends uncreated by conscious awareness. Superconscious plan for creation takes subconscious form in solitude, alone, the Tree of Knowledge**

# School of Metaphysics Branch Locations

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