

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. 07

How thankful Are You?



Again! How Thankful Are You?

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PALATINE**Planting Seeds in Palatine**

by Gino Credido

How Thankful Are You?

This summer has been very wet for us in Illinois, as such the plant life has never been greener. As life blooms and thrives all around us, so too has the Palatine SOM been budding with new life, in some ways literally!

The forward motion began with our student Iza who, inspired by her first trip to the College, took charge to head the planting of our elderberry tree in the front yard where it will one day provide shade, sustenance and beauty for all who walk by. As her teacher, I (Gino) was only prouder when I found that she had also taken initiative to repaint our peace pole a vibrant yellow. When asked about her learning in the experience, she commented that she did not know yet. She believes that as the tree grows so too will her understanding. Either way, good job Iza!

The second great movement was our open house and workshop fundraisers. Students and teachers alike prepared workshops and other activities to practice and spread our teaching. Students Dani and Stuart spoke on dreams. Sama guided a few mindful meditations. I gave a talk on scripture, and recent graduates Sue and Kathy led a vision boarding. We met some new friends and rekindled relationships with some old ones. My whole family made an appearance. Overall, we learned a lot about logistics and managing expectations in planning. More importantly, we all found the joy in teaching what is most meaningful to us. Good job everybody!

Lastly, we are proud to welcome Dani to the ranks of teacher here at Palatine. She just completed a very successful Astronomy Short Course. The class hosted around 6 or so regular students from both the SOM and the community. For her, the lesson was humility - that to teach and guide the students was more important than accumulating a lot of information to put on a show. Who knows when she'll take the next leap and begin a class of her own... Good job Dani!



How Thankful Are You?

MAPLEWOOD VIBES

From Ordeal to Inspiration,
the story of one student's trials of fulfilling five class observations.

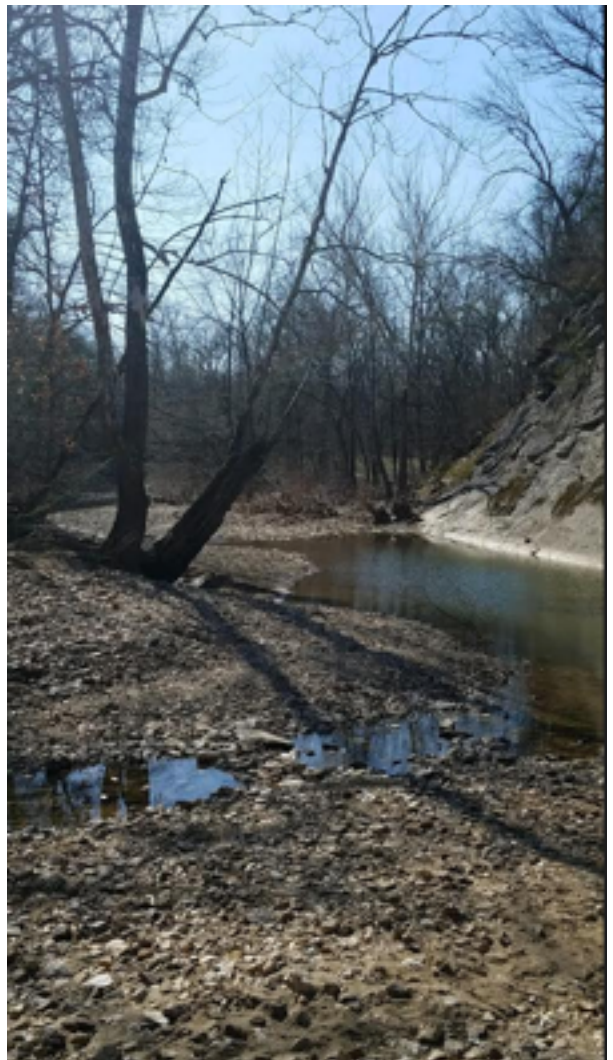
By Steve Thomas

Back in late 2018 I had to do all five observations for a Respondere requirement. I wasn't too worried about it at the time. December came rolling around and I started to get a bit nervous about it. Before I knew it 2019 was here and in January I started to get frustrated with the whole issue. My teacher was there for me every step of the way, bless her heart. First she reminded me that I needed to create what I wanted. At this point I was mind blown. As an artist I was creating on canvas and paper, but not in the physical.

Monday was out due to it being my class night. Wednesday was out due to Tai Chi, and I was not going to miss that. My teacher gave me times of classes I could observe in other cities and I was hoping to do a double hitter observation. I thought how fun it would be to travel and get two observations in one trip. As I desired, there was a Tuesday night class in Boilingbrook and a Wednesday class at the Chicago location. The trip was worth missing Tai Chi. So plans were made for me to go to the two classes and then head out to Springfield for their Tuesday night class the following week.

Things happened. Mainly the weather and I cancelled the trip to Springfield. As luck would have it two weeks down the road my Tai Chi instructor cancelled class that Wednesday so I got in touch with my teacher and asked if I could observe her Wednesday night class. She was rather excited about having me observe her Wednesday class. With three observations done, I just needed two more. Just as luck would have it opportunity struck. I asked if I could get an observation in Columbia as well as one in Springfield the following night. Road trip! The plans were made and I got a green light for both classes. Yet what had transpired from all five observations really took me by surprise, for each school carried an unexpected experience. It was on the way home from Springfield after my fifth observation, that I realized that each school experience was a reflection of what I have been learning.

When I left to go to Boilingbrook, Illinois I ran into fierce winds and almost turned around, but I persisted, I asked my teacher what wind represented in the language of mind. Her reply was thoughts. I could relate to how strong thoughts can take us off our path and send us where we don't want to go. After the winds started to die down, the snow came and I was now dealing with conscious life experiences, and was left to think about how I was stuck in them. Eventually I made it to Boilingbrook. However, Google Maps sent me into a shopping center parking lot, and there was no way I could get to the school from there. So I got back onto the road I was on and made it to the cul-de-sac where the school was. For the first school, the experience was direction in life, and how sometimes life takes us where we really don't want to go.



We have to use will to go where we desire to go. So number one is direction.

The second school was the Chicago, Illinois branch and I fell in love with that school. They have four comfy couches and a very relaxing chair in their main area, and I took advantage of the situation and read my book in three of the couches and the comfy chair. This was an experience of relaxation and becoming relaxed with change and what we desire. So number two is relaxation. For the third school I was at my school at the Maplewood, Missouri location. Well home is where the heart is, so the third school was a representation of love. Learning how to experience love in our own classes helps us to experience love. So number three is love. The fourth school was in Columbia, Missouri and I was taken away with their remodeling of the first floor bathroom and how they filled the sink with rocks. It reminded me of a fountain and had a washing of the hands in a mountain stream effect. I'm really excited to see what they do with the place. To me this school represents getting rid of old unwanted thoughts and filling the mind with thoughts that are more productive and desirable. So for me school four represents changing thought forms. Finally I reached the fifth school in Springfield, Missouri. This school was amazing, it was so luxurious and quite breathtaking. If allowed I would have stayed for a Wednesday night class observation, and no I didn't read my book in any of the couches. Maybe next time. For me this school represented value. So over all from learning about direction in life, to becoming comfortable with change and desire, to the love that grows, and removing unwanted thoughts to make room for more productive thoughts, we come to discover value.

Two schools really stuck out. Boilingbrook, for making \$800 in an expansion project, (congratulations by the way,) and the school in Springfield. The school in Springfield impacted me the most. The class I had observed was going over their 7 year cycle forms. Listening to these I realized this school is more about healing than anything else. We might talk about using imagination to create desires, and concentration, and visualization, and even dream interpretation. One thing that really isn't talked about is the healing that takes place. It is something that just happens. When we do all our exercises and put forth the effort to become a fully functional person through growth one thing takes place completely naturally. We heal. Even though Permanent Healing was one of my first books at the school, now this thought form really sunk into my mind and I was left in awe. Towards the end of the class the teacher was discussing the requirements needed to receive the Responder. The teacher pointed out that I had come from Maplewood to do an observation and the students got all excited and started talking about traveling to other schools to do observations. One student suggested to do a class trip for an observation. At this point I felt humbled to have inspired an entire class to travel together to do an observation. Seeing classmates do things outside of the school really warms my heart, and it feels good to inspire others. I'm grateful to everyone in that class for the experience, as well as everyone I have met on my travels. I look forward to seeing each and every one of you again and hearing the stories from those who do travel. Best of luck to everyone. I love you all just because you are. Thank you for being a part of my experience.

Each school I visited showed me something I was doing on my journey. The first part is I learned about the importance of using will power, and after proper application and insight, I could clearly see I needed to do something different. Will power was needed to change course and get my life back on track. The change in my life I was experiencing from what the School of Metaphysics had to offer was a huge shift. Finding more joy in my life, I found myself able to relax a little more and be free. With that in place, love was able to become possible and I started opening up to receiving and giving that love. The people in the Maplewood school have shown me that there are people in my life who do love me and care. Yet to move even further I needed to become the creator and use that will power to make decisions on what I do and do not want in my mind. I was learning how to identify unproductive thoughts and immediately stop myself and ask, "is that really what you want?" as well as "why are you thinking like that?" The changes that have been taking shape are clear. Over all, next to learning about love, I have had the need to find that inner value. Up until the time I came to the school, value just wasn't something I was familiar with, especially as to what I have to offer others and myself. Discovering that value was a magical moment in my life, but then the next challenge appeared. What is the value? I know it is there, but what is it? To be continued...

How Thankful Are You?

INDIANAPOLIS

Creation Days

by Khephera & Yemaya

Khephera and Yemaya are first cycle students fast approaching lesson #8. I am 54 years old, says Khephera, “and this School of Metaphysics is a universal symbol pointing me to my purpose as a healer and spiritual leader for people. I have found the lessons offered by SOM to be tools for helping me to get back into reading, meditating daily, and studying to show my self-improvement. I am looking forward to teaching metaphysics and spirituality.

One of my goals is to meet Dr. Daniel Condron, the author of Permanent Healing and the Quantum Mechanics of Healing. This is my favorite book, and the number one book in her personal library. I have gifted and shared this book with so many people over the years, and many of those people have claimed it helped them in different and individual ways.



Khephera initially volunteered for the Indy branch Creation Project to share her energy with others in a united effort to bring about a wonderful space that can be shared with other like minded people in the community. One of the creative tasks I completed was the pulling of many weeds. As I was working on this task, Mickey, our Director, reminded me to focus on pulling the weeds as if I was uprooting negative and distracting thoughts that were in her mind. I immediately got it! The rest of my day pulling weeds became like a spiritual, mental, and emotional therapy, releasing unwanted thoughts and distractions. That’s why fellowshiping with others is priceless to me.

Yemaya Williams is 20 years old and looks forward to receiving her certificate for the cycle One completion. She said, “I spent my last Creation Day efforts in many different capacities. But I really enjoyed this day painting on the school building siding! I was first nervous about painting as I had never enjoyed the experience before. When I decided to dive into the task with confidence, I found I enjoyed it, it was fun, and I was good at it! It also relaxed me and taught me I am not afraid to try new things.”

Master Students make Master Teachers



THE NEW MAITREYA

This year providence has allowed me to engage Master Students from early in my lineage of teaching, circa 1980's. The day following Wesak one of them asked,

“What did you receive this year?”

In a single word, “Light”

In 435 words...

Does the rose smell as sweet if no one is there to receive the power of its allowed me to fragrance? Does the bird's song lilt upon the breeze? Do the rays of dawn engage Master find their way through the trees? Everything is what it is, according to its Students from early intelligent design.

This intelligent design is “I AM” consciousness.

There is intelligent design within the Mind of every living thing. The rose, one of them asked, the bird, the rays of light have sufficient intelligence to be what they are, to fulfill their purpose and function in the greater scheme of all creation. Light “What did you is the consciousness state of What Is.

The consciousness of the atom is an expression of light just as the consciousness of You is an expression of light. How different they seem! How can You be made of the same cosmic material as the food you eat, the water you drink, and the sunlight that fortifies you? Yet, you are. The human body by mass consists of approximately 75% water. Ninety-nine percent is made up of six elements: oxygen, carbon, hydrogen, nitrogen, calcium, and phosphorus.

If this is true, how can we be so different?

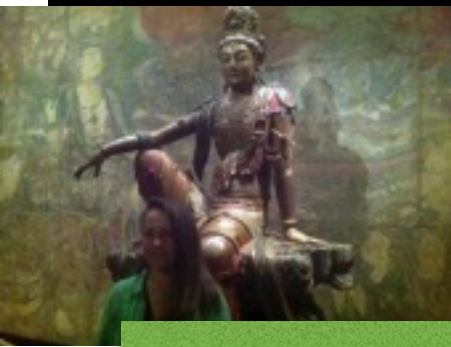
The difference lies not in what we are made of, for the substance is basically the same. The difference lies in the intelligent design I Am activates. Neither recognizes the separation created as causal thought moves from I Am through the Mind into materiality, the world of manifestation. Of the many potentialities - be it gas, mineral, plant, animal, man, spirit, god - available as a vehicle for I Am's expression, one is chosen as the intelligence to be what it is. Is the I Am a drop of rain, a diamond, the rose, a bird, a human being, an ascended master, a Creator? Once identified, all other choices drop away.

Knowing I Am (your WHY) **determines the master plan** (your HOW) **of your existence** (your WHAT. Human beings express in unique and viable claim on their intelligence *beyond* the physical world around them. We demonstrate the power of reason through remembering where we have come from and imaging where we want to go, all the while, either consciously or unconsciously choosing who **I AM**. We are individuals in a group. At home, at work, at play, opportunities abound for learning in this vast schoolroom. !

The revelatory process of the original Light of creation made manifest is the secret. “Within” the greatest creation is the Self as creator. This is the state of consciousness symbolized by the Christ and the Buddha, as One. Thus the awareness symbolized in the Spring Festival Moon is born in you*

**So in the shadow of
Wesak, and the light of
this Spring Festival
Moon, I ask you this:**

**What is Number 1
on you 10 most
Wanted list?**



The Subtle Way KUAN YIN teaches us to transcend our own thinking

by Barbara O'Guinn
Condron

Lead
71



72
Follow

With each passing day, I grow in appreciation for the opportunity to learn every day I'm alive. The Kuan Yin verses support us in their exquisite expression of the sacred geometry in Life. They aid us in giving and in receiving.

Each verse encourages us to Pause, isolating each movement. When we hear the verse and see its image, we are in touch with either the masculine or feminine principle at work in our own thinking. That is where the illumination occurs,—within!

We are the Thinker who creates thought. We are the Dreamer connecting mind and body to unfold the perfection latent within us. Rumi says it this way, “Yesterday I was clever so I wanted to change the world. Today I am wise so I am changing myself I am replenished when in the presence of Rumi’s mind, in much the same way I am with Kuan Yin’s verses. For that reason, I have not committed them to the temporary memory of the brain, rather I hold my mind open to receive each time I read, as if it is the first time.

How essential that state of consciousness is - the first time! Think about it!*

This brings us to the pairings this month. I want to share an insight I had over ten years before undertaking the interpretation of Kuan Yin’s verses. So I return you to the end of the 1990s - love that world-bridging reality of living in two centuries, indeed two millenias, don’t you! I am teaching the most experienced SOM students

Psi Counseling. I hear my students say, “That’s a good dream!” Or, “Even though a fish is spiritual knowledge, it’s still a habit.” Or, “It’s better not to have unconscious aspects in your dreams.”

As I listen to them, I listen more intently to me. I begin watching my own thinking, hearing my own words. To be a better teacher, I need to be a better student first.

Hint: A virgin moment repeats itself in consciousness shift stories throughout history - Jesus, Ra, Zarathustra, Deganawida are examples of both masculine and feminine principle moving as a whole, in one form, male.

At the time, it was apparent how good-bad judgement was inhibiting people from going deeper with dream interpretation. It was time for all of us to go beyond ‘good’ dream (meaning pleasant, superior, productive, desirable, even just what we liked) and ‘bad’ dream (meaning, unpleasant, inferior, detracting, unwanted) labeling so students could value that dreams are the mind’s ways of communicating everything you will ever need to know to live in ‘peace, contentment, and security’.

When I “took the **LEAD**” (v71) to forge a new understandings in positive thinking (yes it is more than good-bad), everything changed. How? I realized the relationship between **LEAD** and **FOLLOW**, rested in my capacity to create a neutral frame of mind.

I’ve been growing in wisdom ever since. By 2006, the famed Law of Attraction came out from behind the curtain in 2006 and is now common parlance. What is not common is understanding the principle in the law. Most people think you attract what you want; what you don’t have. Most people **FOLLOW** (v72) others in response to that thinking.

That’s major because most people are at the mercy of others who are constantly vying for their attention, their affection, their business, their vote. That view of **LEAD** and **FOLLOW** is one of polarity where attraction, and its Vedic partner repulsion, reigns. This up and down view of living is the terrain of mountains and valleys, and it can be just what it looks like an emotional roller coaster.

Now, **FOLOWing** is even highly touted on social media. When you choose to ‘follow’ someone you are actually practicing the essential life skills of concentration. Pretty cool, huh? Keep your eyes and ears open and you’ll see the waning of “attention” and the rise of ‘concentration’.



Is there a remedy to the cyclical nature of physical life?

The Master Student says, Yes!

When I unplugged the push-pull conflict of the good-bad struggle, the brain chatter neutralized. Something wonderful happened,— the mind opened! **LEAD** and **FOLLOW** could be seen as complementary, a sliding scale of degrees, ever adjusting.

As I was writing the **Taraka Yoga of Kuan Yin** in 2012, I wanted the visual of the book itself to illustrate the Law of Relativity. This is why the verses appear as they do here. Two halves of a greater whole. Each complementing the other.

Each of the pairings are beautiful in design. Open the book and truly look at the pages! Alone each verse tells an independent story. As we develop healthy ways to step out of the waking dream, we can better see the whole picture. Together, and no longer in opposition from projection, we may allow the stories space to take on new life becoming a dream worth sharing.

To experience **LEAD** and **FOLLOW** at the same time is to invite the wisdom that opens the mind to Inner Vision. Om, Shanti!

The **TARAKA YOGA** of **KUAN YIN**

Accessing Your Inner Teacher

How Thankful Are You?

THE DHAMMAPADA INTERPRETED and EXPLAINED:

by Dr. Daniel Condron

*Our Life is shaped by our Mind;
We become as we think, Suffering
follows an evil thought as the wheels
of the cart follow the oxen that draw it.*

**“Thought is Cause” is a Universal Truth throughout the Universe,
throughout the universal consciousness, and Superconscious Minds,
throughout all Creation.**

**Thoughts repeated over time manifest into our physical lives
and physical existence as experiences in our lives.**

Our life is shaped by our mind,
we become as we think...
Joy follows a pure thought like a shadow
that never leaves.

**Once we have been connected, atomic systems never separate.
This is the principle of non-locality in quantum physics.**

**Evil always produces pain and suffering for someone, and evil thoughts
over time also produce pain and suffering, for someone of many. Evil is out of
harmony with Universal Laws and Universal Truth. Any thought or action not in
harmony with Universal law and Universal Truth produces pain and suffering.**

**A pure thought is directed and not scattered, and is in harmony
with Universal Law and Universal Truth. Pure kindness, and sincere love,
pure truth creates a manifestation of joy, of love, of kindness, of friendship,
of gratitude and caring in each individual's life.**

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 suggestions for the School of Metaphysics, those in the School of Metaphysics and for the planet....?

...The capacity for these ones to realize the power of their influence, to realize when they are existing within intelligence and mind, and when they are holding onto the limitations of the body or falling prey to the limitations of the flesh in some way, will aid those within the School of Metaphysics to realize a higher form of living, to resurrect the consciousness into the reality of eternal life. The



capacity to perceive and then to recognize connection, relativity, will ease this process and will accelerate it. How Thankful Are You?

How Thankful Are You?

How Thankful Are You?

What are the **2** Rules For Interpreting Dreams?

1. Every Dream is About the Dreamer
2. Every person, place or thing, in the dream represents an aspect of the dreamer.

Book Source: Understanding Your Dreams..... page 20
by Dr. Daniel R. Condon



Elder Berry Story

by Doug Bannister

In recent months I have accelerated my exploration of the natural healing opportunities that are inherently present in earthy pursuits and I mean that quite literally. With my two and a half years living fulltime at the College I experienced the fulfillment that comes with working with and cooperating with the soil, the land and subconscious existence.

Last fall and during the winter and through this spring I began searching out with people who are very much engaged with the land in various ways, from idealistic dreamers who would like to see a movement back to the land, which would replace our colossal corporations with individual independence and freedom of all kinds to entrepreneurs, who are leading Missouri's rise to prominence as the nation's leading producer of elderberries coupled with the University of Missouri's research in both the food science of the super berry and amazing medicinal benefits from an anti inflammatory to the research with dementia and pancreatic cancer. Academia and capitalism are cooperating to help all of mankind have access to this powerful plant medicine.

With this a backdrop was born the idea to bring the elder (berry) home to our headquarters and then out to our branches, forming an energetic connection and union. You may be wondering exactly what this connection is. I see the elder as a bridging symbol of our working with nature in the expansion of consciousness and also as an opportunity to learn more about prosperity and abundance. As the second vice president on the board of Directors for the School of Metaphysics with the responsibility of fund raising, the areas of Prosperity and Abundance are of keen interest to me. I love the concepts of limitless possibilities and that as God's physical expression we are destined to realize our divinity, to be successful and happy. Let me share my latest experience with my elder education.



In March and again in June I attended a one-day workshop about elderberry production and learned that Missouri is far and away the leader in production and research. The March workshop had 25 people and this one had more than one hundred! People from as far away as the United Kingdom and as near as Springfield, MO traveled to the Carter Center in Jeff City to learn and share about the promise of the elder. I can say that from an economic perspective the future of the elder is bright. Demand far out exceeds the available supply. Terry Durham of Forest Hill Farms says he could have sold several hundred thousand more pounds of berries last season. For us, he represents a dependable buyer of all we could ever produce over the next several years. He also encourages growers to develop tinctures, syrups, concentrates, cordials, etc. to gain additional profits.

All the hospital research data being done by MU substantiates both the preventative and the curative properties of the elder. This is not surprising as Hypocrites, the founder of modern medicine wrote a book on the elder and called it the Medicine Chest of the People. The financial prospects also are exciting to this seasoned entrepreneur and I see that the elder groundwork has been firmly established by and now supported by science and research. The question then arises, how does a 501 c-3 corporation earn money and how much is permitted, allowed, or is appropriate to support its mission? Diana Kenney, the second vice president of the Board of Directors is researching that question.



How Thankful Are You?



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

Kerry Keller #64 Matrix.

**Understandings can get lost in a confused mind.
 Trouble with cause unknown activate's fate's web.
 It's easy to believe that more thinking is a remedy.
 More thinking tips the scale, fate holds her hand.**



New College Sign

Thank You,
 Steve & Amber





School of Metaphysics Branch Locations

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