

*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. 10

## ALL STUDENT WEEKEND September 2019

# Individuality is Best Fulfilled In Unity

The Art of Mental Creation!

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# GOAL:

## Each Student Will Learn Something About Themselves Through Giving to and Receiving Others

### INDIANAPOLIS

As our vegetables grow... so do our students!

By Lynn Boggio

As our backyard garden project continues to bloom, so do our vegetables. Squash, green beans and green peppers are among our most prosperous vegetables. Our tomato plants are slowly budding along with our lettuce. We will need to get some fencing around the lettuce. We have uninvited guests that like to visit our garden and have a midnight snack!

Our Elderberry tree is flourishing. We planted the growing tree, in a big pot. We plan to plant it in the ground next spring. What we are learning is plants cause their own growth. We have some students flourishing like the Squash and Green Peppers. They have a purpose to grow and produce. They are committed to their growth and change, willing to let go of attachments. They are not concerned with the past.

We are brainstorming ideas for fundraisers to pay for our updates so far as well as create new funds to compete our backyard project. Our vision is still for two umbrellas, two patio tables as well as eight chairs around each table. This will give the students and school new opportunities to receive people in our outdoors for future functions. When students bring people to our events, they cause personal growth for themselves and those who attend. The basics of creation takes place in the giving and receiving people sharing in conversations to determine what they like and what they don't. This inspires change and growth.

As I reflect on this project, I can not help to reflect on, the changes in my own life. I have studied in the lessons until the end of the second cycle. The choice was presented to me, to continue onto third, or revisit the second cycle. Like the garden, I have blossomed in many ways. I have gained much more confidence in myself. I have a much clearer vision, of where I am going, in the various areas of my life. However, I was hesitant with this choice. I want to learn how to commit to myself. Fear is confusing and I have learned I want to develop more will. So I just have to decide. Although I had the desire to continue, I knew I could gain much more depth and wisdom through teaching others by making a commitment to doing what ever is necessary to cause others to grow! The title of the second cycle is "Qui Docet Discit" which means "he who teaches learns."

I am continuing my class on Tuesday night, with my classmates Bonnie Darby and Ken Maxfield. Indy's director, Mickey Hughes will be going onto the third cycle of lessons. In addition, we have started two new classes. Mickey is teaching a class on Monday afternoons with three eager souls. They are Jackie Reeves, Barbara Gentry and Jen Perkins.

I have started a class on Monday night with a soul willing to grow, who is Tim Treacy. I am committed to adding more students to this class so Tim can learn more expansively with classmates. We want new energy and enthusiasm!

As our vegetables grow, so does the knowledge of ourselves. As the leaves begin to change in the fall, so will our aspirations of our school and our lives to come.



## TULSA

### Divine Feminine Energy

by Wendy Van

Our class of 6 women held the desire to create an experience that would give other women the opportunity to explore and embrace those aspects of womanhood and qualities of Divine Feminine energy which they naturally express, and those which they find are in need of healing. Thus emerged an all-day metaphysical retreat entitled, “Embracing the Powerful Woman.” We held our first event in Tulsa, and are preparing now to lead events in Oklahoma City, Dallas, and Springfield.

The retreat provides all participants with a past life report focused on identifying a person’s unique expression of feminine energy, core beliefs that limit ability to create fulfillment, greater truths to align with, mantras or images to use in meditation and visualization, purpose in the experience of individual traumas, and other universal and specific truths that support each participant’s journey toward greater intimacy with the self as Soul. The day is structured as an interactive workshop with multiple sessions that guide people through a deepening process, a step-by-step shedding of those things they’ve gone their entire lives believing they were, drawing closer and closer to that which they truly ARE.



Participants have reported to us that they are still processing and gaining new awarenesses of what was revealed to them through the retreat. Those of us leading the event are experiencing this in tenfold. Those parts of our expression that were invalidated, shamed, or disallowed while growing up as females are finally rising to the surface to be heard, understood, nurtured, and loved. Self-acceptance has become a real and revolutionizing truth that each of us is receiving in a profound way. I believe in the power of this movement to inspire permanent healing and to propel women toward a life of authenticity and great fulfillment.

Thank you, Dr. Christine, for the many ways you love and support our class, and for giving us a platform to create and connect to that which is infinite - for teaching us how to embrace the powerful woman.

# Still Mind Weekend

October 25th, 26th, and 27th, 2019



This weekend is for you and open to School of Metaphysics students at lesson 10 and above.

If you are wanting to participate in this weekend and experience the stillness of your mind, please write a paper entitled: **Why I Want A Still Mind.**

Be sure to mail it in so that it is at the College on or before the 20th of October. A tithe for the weekend should also be sent along with your paper.

All attendees are asked to arrive on Friday by 5:00 pm and stay until brunch on Sunday.

Participants should have participated in a prior event at the college to be eligible for this event.

This is a weekend like no other at the College of Metaphysics. Some have reported having experienced their deepest and most astounding meditation ever!

In loving light of the Heart,  
Dr. Daniel R. Condrón

Being in silent stillness in nature with the sacred geometric forms and in the Peace Dome. Meditate in all these places.  
Have fun, enjoy and be fulfilled.

## A Weekend Devoted to Stillness

in the beautiful autumn at the College of Metaphysics!



*Find your silent  
seat in nature*



## THE PURPOSE: of this All Student Weekend

Is to give people experiences in building understandings of unity and synergy.  
This is cooperating with others to produce a combined effect  
greater than the sum of our separate effects.

### The Vibe Experience

All Student Weekend Sept., 2019

Our Vibe team Kerry Keller, Aneta Branek, Vickie Barbour. This weekend we received the honor of taking the pictures and finding out how everyone was learning. My three thoughts of focus this weekend are sharing, connectedness, and honesty. My Ideal for the weekend is Peaceful, Interaction and Sharing. It seems quite fitting that I got this assignment.

As we started I was so excited about meeting everyone and making new friends. There was a bumpy road as we went along and Aneta and I had to learn to work together. She kept wanting to delay and visit, listen and interact. Kept asking why I seemed impatient. I honestly did not know why. After a while we took a 15 minute break and when we came back together it was much smoother. For I was able to explain the reason I seem to want to push forward. I wanted to make sure we had time to meet all these wonderful people.

The difference when we came back together with new focus and direction was amazing. We fulfilled my desire to see the school and met everyone and also the desire of the team to get all of your experiences down for this edition. I hope you'll enjoy reading this edition of the Vibe as much as my team and I have loved making it.



## September 2019 All Student Weekend

The theme for the All Student Weekend in September 2019 has been heralded as “Individuality is Best fulfilled in Unity”.

Forty students and teachers from twelve branches and the College gathered to partake in several various Sacred Service crews. Projects spanned from tending to the orchard, weeding, applying new siding to the Gate House, cleaning Moon Valley Ranch, transcription of the Intuitive Reports, welding/repair of big equipment, cleaning the main building and last, but certainly not least, the food preparation over the well-tended camp fire.

Each crew had a leader assigned with specific tasks to complete. Before work began everyone was asked to think about their individual ideal that they wanted to embody as they engaged in their respective activities.

Dr. Christine Spretnjak, our President, set her ideal to explore how to live regeneratively. She spoke to how the land, here at the College of Metaphysics, regenerates with each phase of it being used to feed the cattle. She wants to see the same concept being manifested in her physical body with it regenerating with each passing year filled with learning.

Kerry Keller made a profound observation about how our society has changed the learning paradigm and how nowadays people tend to learn from information rather than experience. Learning through having a direct experience is a hallmark of the metaphysical studies at the School of Metaphysics. Being fully present as the experience unfolds in the moment, is what helps to reveal the soul lessons at hand. An ordinary activity becomes an extraordinary opportunity for enlightenment of the Self.



Many of the students focused on expanding understandings related to their emotions and healing. Terrence's ideal was focused on experiencing the intensity of joy. Jaime set an expectation to experience deep healing and great harmony. Doug was filled with appreciation of how easy it is to be himself and to communicate from the soul level. Mavis set her intention on being a healing presence for all and to discover a greater level of stillness when any uncertainty should emerge.

Nicky was delighted to learn that through the Universal Law she was assigned to clean the siding of the main building to express her intention of wanting to “release and cleanse any outward limitations”. That intention was a direct quote from her most recent Health Analysis.

Mike Moffa's ideal was also related to an Intuitive Report. His was connected to his L9 Past Life Profile within which significance urged him to use all his life experiences, no matter how difficult, for the purpose of learning and expansion of his consciousness.

Quite a few students focused on working with their emotions and heart energies. Camron focused on opening her heart for the purpose of experiencing connectedness. Steve has been practicing “gaining self-esteem by seeing the value on the inside”.

Jeremy harmonized with the current weather conditions by partaking in “rapid response” to protect the wooden siding of the Gate House against the elements as he anticipated the arrival of the eminent thunderstorm.

Tony from the Des Moines branch set his ideal to “listen to hear” which nicely tied in with the overall intention for any past and future All Student Weekends - to seek to understand the lesson at hand.



# SEPTEMBER 2019 ALL STUDENT WEEKEND

## INTUITIVE REPORTS

Devon, Gloria and Nancy engaged in transcribing Intuitive Reports at the Peace Dome under the loving tutelage from Dr. Pam.



Devon reflected on how the reports that she was assigned to transcribe reflected one of her recent desires to learn more about expression and embodiment of love. Devon reflected how currently fear is the filter that she experiences love through. One of the reports that she found very valuable spoke to a lifetime in which the person was able to emanate pure love simply through this one's presence. This one's love had a healing effect on everyone around this one. Devon expressed how this report was a response to the questions she has been seeking and how supported by the Universe she feels. The report spoke to how love for the Self and others is to be expressed through focus, intention and concentration.



# SEPTEMBER 2019 ALL STUDENT WEEKEND

## IDEALS & EXPECTATIONS



Kerry could you tell us your ideal for you at the school this weekend? Become more comfortable teaching in groups and support new friends.

Dr. Christine What have you learned so far this weekend? Oh Shoot



Mavis what have you learned already during this weekend at the school of metaphysics? Things aren't always what they seem.

Doug what have you learned so far this weekend?  
How easy it is to be myself and interact on a soul level.



Lynn what is your ideal this weekend? Clarity



Jorge what is your ideal for this weekend?  
Oneness

## SEPTEMBER 2019 ALL STUDENT WEEKEND

### FIRE CREW

Fire symbolizes expansion in the Universal Language of Mind. That was the opening topic of morning assimilation session between all the fire crew members. Walter who led the crew, and is training Zack to step into this position, spoke at length about how important it is to mind one's thoughts when tending to fire since fire causes expansion of all the thoughts. This illustration spoke to how our thoughts influence our environment. Walter also highlighted the significance of communication and the need for each crew member to discern when to be receptive and when to be aggressive when working with the fire. Walter also

encouraged emotional expression within the all-male team, encouraging everyone to communicate their thoughts and feelings so that the group could provide supportive safety net for one another.









**When I Find My Self In Times of Trouble  
There Will Be An Answer  
Let It Be, Let It Be!**

**Today's  
Graduates**

**Congrats!!!**

**1st Cycle Respondere'.....**

**Cameron Omnia (Chicago) Gloria Teacher  
Amber Rose O'brien (Chicago) Gloria Teacher**

**John Ross (Springfield) Devon Teacher  
Teresa Amezcua (Springfield) Devon teacher  
Shawnda Hampton (Springfield) Devon Teacher**

**Vickie Barbour (Tulsa) Wendy Teacher  
Vicky Henley (Tulsa) Wendy Teacher  
Cassandra Simmons (Tulsa) Wendy Teacher**

**Izabela Sankiewicz (Palatine) Gino Teacher  
Stuart Walker (Palatine) Gino Teacher**

**Kerri Rivers (Des Moines) Mari Teacher**

**Congrats!!!**

**3rd Cycle Homo Divinity.....**

**Mavis Rene Curry (Des Moines) Dr. Terry Teacher  
Aneta Baranek (Kansas City) Dr. Terry Teacher  
Mari Hamersley (Des Moines) Dr. Terry Teacher**

**Psi Counseling Certificates.....**

**Mavis Rene Curry (Des Moines) Dr. Karen  
Mari Hamersley (Des Moines) Dr. Karen**

**Be Love and Lemons  
It Holds Everyone's Attention**



## If You Want To Fly Give Up Everything that Weighs You Down

### Week As A College Student

Jeremy;  
introduced and led four students from three cities all week to experience the college life.

#### **Amber Rose O'brien    Chicago    lesson 24A .....**

This week was a series of very different experiences with animals, nature and my own mind. I grew up this week, I see life from a more mature perspective because I see my influence.

#### **Cameron Omnia    Chicago    Lesson 24A.....**

I touched a cow this week! I aided in herding them with my mind! That does not happen in Chicago! It's so quiet here, and the stars are everywhere! the conversations are deep and there are no judgements!

#### **Shawn Wessel    Kansas City    Lesson 11.....**

I experienced people and circumstances I would have never imagined. I went into a cave on campus that was thrilling with my new friends. I learned to listen to people more clearly to know what they are thinking rather than assuming or guessing.

#### **Tony Soares    Des Moines,    Lesson 12.....**

I was pleased to learn I could apply the universal language of mind into the physical. I was also presented with the awareness that, if you want something you will find a way to complete it. I became aware of how the 7 year cycles influence his growth.

## Here Comes The Sun It's Alright, Sun, Sun, Sun, Here We Come!

## Wisdom from the Oracle

Excerpt from the commentary on the evolutionary locus for the School of Metaphysics from the Superconscious Oracle given on **December 21, 2012**



*To perceive within the self is to understand the nature of polarity. Therefore, the involutions that arise are but consciousness turning in upon itself. The mind must be clear; the mind must be steady for the light of consciousness to shine through. The simplification of response within this Being will align the minds with the greater vibration that is beginning to arise. Part of this is opportunity; it is*

*that what has not been previously and which is arising in the present which is afforded to this Being. It is compatible with it. It is attractive to it. It is relative for it, and we see that in the actions of divine law, divine will makes itself known. Therefore the attunement within individuals that make up the whole, the attunement to that which is greater, the attunement to the energies that are now available, the receiving of these energies and then being the channel for them is the work that is ahead.*

**To Perceive within the Self**



# The New Maitreya

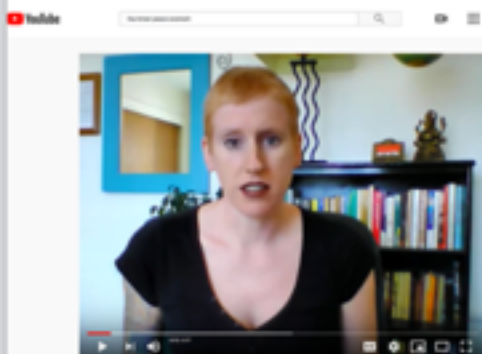
## Master Students make Master Teachers

1  
individual  
calibrating at  
**600** per  
counterbalances  
**10** million  
below 200.



Last year, I read the UNIVERSAL PEACE COVENANT, recorded it and uploaded it on YouTube.

The idea came as I watched Lisa Kinser's recording. As a director-teacher at the Spfd SOM, Lisa was one of two dozen framers of the Covenant in 1996-7. I understood her heart in wanting to share the labor of love.



My mind went to the original two dozen people who were involved in researching and curating the **Covenant**. Three of them have passed through this world. I remembered a vision I had as we built the Peace Dome. I could see a large framed edition of the **Universal Peace Covenant** hanging on the wall, signed by each of the

Curators. We got close but it didn't quite happen. That was a good lesson in timing, responding promptly before the moment passes.

I went to Lisa's LinkedIn page and found this: *"I have a degree in Applied Metaphysics from the School of Metaphysics (www.som.org). I was a student, teacher, lecturer and Director of the School of Metaphysics in Springfield, MO. As an Integrative Nutrition & LifeStyle Coach and Metaphysician, I can incorporate metaphysical principles such as Universal Law, understanding Mind, concentration, visualization, healing, meditation and dream interpretation into your individual program."*

I began reflecting on just how many people in the world there are like Lisa. How many hundreds of thousands who have studied with SOM or maybe received an intuitive report or read one of our books or became part of the peace wave that is the reading of the **Universal Peace Covenant** at midnight January 1st each year?

Face after face after face after face came into my mind. Watching Lisa's video brought all this back to me in the twinkling of an eye. I thought how one person can make an impact on another.

Clearly, Lisa was influencing me because I wasn't thinking in this direction until I saw her video.

My mind's eye began to open upon wider and a more recent idea stimulated by Eric Whitacre's outstanding uniting of singers all around the world (the Virtual Choir) through the 'magic' of modern technology began to give new hope to uniting the Curators and everyone who reads the **Covenant**. The congregations at churches from Atlanta to Melbourne. World Peace Prayer Societies around the world (the Peace Pole people) and the almost 40,000 students at Montessori School in Luchnow, India.

Wow! I could envision it as real.

I thought, we should do this!

And as has been my practice since learning the power of Self Respect, I responded in honesty, "I Can do this!" Now I also check, "I May do this!" Then comes "I Should do this!"

The best way to teach is example; through my own thoughts and actions in harmony with Universal Law. So if you are so inspired, please record and load your 7 minutes of peace. Please add the hashtag and link it to any social media so we can

So now you know how my reading of the Peace Covenant came about. This year, I'm starting early. I'm going to invite people to read PEACE PRAYERS that I will post on FB every Sunday until the New Year. Drop by and post your elevated thoughts! And invite us to hear your reading of the **Universal Peace Covenant**. **Thank You!**

—Barbara  
O'Guinn  
Condon



# HOW ONE PERSON CAN MAKE AN IMPACT ON OTHERS



Chinese couples kiss during a mass wedding ceremony in Wuhan, central China's Hubei province on 08 August 2008. China claimed it set a world record for marriages on a single day to coincide with the opening of the 2008 Beijing Olympic Games, with some 14,591 couples registered in Beijing alone. [Agencies]





Your dreams carry the message of all fortunate births,  
Subconscious Mind knows what is beyond conscious mind's grasp.  
Look within to elevate your expectation.  
There the perspective of the Inner Teacher will make you laugh.

Master  
77

**Seven is the number of the SEEKER.** It is the blessing of the Open Mind that only seeks Truth that applies to us all.

Sometime do a google search on the number 7. Just to see what you find! The Mind Diagram used at SOM to describe levels of consciousness that empower the creative mind, is illustrated in seven divisions. Your entire body is recreated every seven years from skin (which reproduces daily) to bone which takes the full time.

Neuroscience is now supporting what we at SOM have long taught as the '7 Year Cycles'. Some visionary physicians/thinkers, Dr. Bruce Lipton is one, recognize the power of the first seven years of life. The person either sets their DNA blueprint and begins living it out or they **stay** open minded to infinite possibilities in the finite experiences the DNA can reconfigure.

The number 7 denotes this perspective that allows for the possibility of the dynamic Heaven & bountiful Earth to come together as one. It is the Divine Couple, both masculine and feminine dancing. And filled with true joy and laughter. This is the gift of Self Respect, the foundation of all Mastery.

Verse 77 symbolizes both journey of the seeker (7) and the return (7). The Beginning and Ending are One.



78  
Servant

**Seventy-eight reveals the secret** to the Master's seeking. One great Master might have described this verse in this sentence: "Seek ye first the Kingdom of Heaven, and all else will be given unto you."

To Master the Self, is to embody the wisdom of all ages. Grasping how creation occurs means we know the process it takes to transform thought through the levels of consciousness into physical materiality. This is when we claim the power of 7. Through becoming mental creators, this knowledge becomes our own personal understanding. In this manner, the power of the number 8 comes to light.

The higher calling is the Master plan of the true Self held in Superconscious Mind. Sometimes we are stimulated by the outer world, by other's attainments or accomplishments in the physical level of consciousness. The situations are temporary; the learnings can be made permanent. The individual who is heeding Heaven's way is the one who knows all experience serves all of Self. Inside, and out. It is the inner Voice that continues to nudge us toward being One with all Self. In SOM, this is called the Whole, Functioning Self where Master and Servant are One, dancing.

The Chinese recognize 8 as an auspicious number carrying the influence of intuition and insight which brings wealth and fortune. It is the number of prosperity and all good things.\*

**\*08-08-08**

HISTORICAL TIDBIT

**"BEIJING--Here's one Olympics competition where China definitely set a record: at least 314,224 couples tied the knot across the nation on Friday, or 08/08/08, the opening day of the 29th Olympic Games, official statistics showed."**

## Psi-Counseling

-by Dr. Karen Mosby

I attended my first class in Metaphysics at the School in Des Moines, Iowa. That night two things occurred. First - As I listened to the Welcome Tape I knew in my soul that I wanted to go to the College of Metaphysics to study with the master teachers Dr. Barbara, Dr. Laurel, Dr. Daniel, and many others. These wonderful people all lived at the College and I wanted to learn from the best. Second - During break I found a hand crafted book called PSIOLOGY by Dr. Barbara Condon. When I asked my teacher about it she said the class was available for third cycle students interested in counseling others and applying principles of metaphysics to aid others mentally, emotionally and spiritually. So the second thing I vowed that night was that I would study until I could take the psiology class with Dr. Barbara and the other students who wanted to serve humanity in this way. Now 19 years later I am giving Psi-Counseling certificates to two students I have been teaching for the last 2 years.



### A Brief History of the Program

Dr. Barbara gives a brief history of how psiology began in the first lesson that the students receive..

In 1978, Dr. Angela Cass created an eight-part counseling course designed to aid advanced SOM teachers and ministers. PSI Counseling was born. Dr. Cass, who was pursuing a Masters in Psychology, believed strongly that currently used therapies in psychology could be more effective in the hands of advanced SOM students, particularly in the realms of listening and intuition.

One the students in Dr. Cass's first class shared her passion for developing a metaphysical approach to counseling. That student was Dr. Barbara O'Guinn. In her book Psiology: Evolutionary Step in Psychology (SOM Publishing, 1980), she introduced a new study of philosophy uniting modern psychology with the much older tradition of metaphysics. The bedrock of the study of consciousness in motion – Psiology – had been laid.



## Psi Counseling

Psi Counseling is the heart of Interfaith Community ministry. Self counseling is one of the first important practices the students employ. As teachers and students they have learned to observe their own thoughts, reactions, and degree of their ability to practice and apply the essential life skills. Self-Respect, Undivided Attention, Concentration, Memory, Listening, Imagination, Breath, Reasoning, Intuition, and Entrainment are the tools available to the Psi Counselor.

These skills allow the counselor to be totally present with the person before them. Mastering the art of listening allows the counselor to hear what is unspoken between the words allowing them to reflect back what is heard helping the person before them to greater awareness and objectivity.

This All Student Weekend Mari Hamersley and Mavis Curry will be receiving their Psi-Counseling Certificates. They have been studying for the last two years learning to use dreams, intuitive reports and their healing presence to aid others to wholeness. Mari is seeking to work with youth in her parish church. She demonstrates a great desire to continually give to her students and to the people in her community. Mavis Curry just finished three months of following a minister making rounds in the Bishop Drum home in Des Moines. She spends a lot of time working at the Unity Church in Des Moines. Both Mari and Mavis are seeking to become ordained as ministers in the Interfaith Community of Metaphysics.

*"One of the tasks of true friendship is to listen compassionately and creatively to the hidden silences. Often secrets are not revealed in words, they lie concealed in the silence between the word or in the depth of what is unsayable between two people."*

*-John O'Donohue, Anam Cara: A Book of Celtic Wisdom*



## Sept. - Dec. School Calendar

September 20th -22nd

October 4th-6th

October 25th -27th

December 7th

All Student Weekend

National Teachers Conference

Still Mind Weekend

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.*

**Kerry Keller #32. Intend.**

There will always be paths untravelled. The Universe itself is expanding, evolving. Be on earth, carving your destiny of light. Centered in your own apprehension that it has been there all along, calm in your knowing. It is the source, a beginning!

## School of Metaphysics Branch Locations

email to (cityname)@som.org

### ILLINOIS

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