

Volume 53, No 4 - April, 2023



VIBRATIONS

A MONTHLY NEWSLETTER

DREAMS

The ideal of the School of Metaphysics is 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 is to accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man.

The activity of the School of Metaphysics is Teaching Teachers.

www.som.org



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DREAMS



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DREAMS: CONNECTING SUBCONSCIOUS TO CONSCIOUS

By Shelly Kahler

It was a warm sunny day in the summertime. The grass was green like soft carpet tucked around a large tree under my feet. There was a familiar feeling to it. As I walked up to the tree, I noticed a small door that was slightly opened just above my brow. It was a cupboard and inside of the cupboard were mismatched antique dishes. Teacups and saucers with bright floral prints. At the foot of the tree sat a picnic basket which held dirty teacups and saucers that had been used from a prior sitting. There was a note inside the basket. As I reached down to pick up the note, I was catapulted back to the present moment where I found myself lying in bed in the wee hours of the morning. Wow! What an interesting dream I had. What could it have meant?

Dreams are our subconscious mind communicating with our conscious mind. It is a recall from the past 24-48 hours of what we have experienced through our senses. There are symbols in our dreams and everything about our dreams are important. There are elements, or people, places, things, and actions within our dreams that are significant to the message of the dream. People in our dreams represent aspects of the self, and places in our dreams tells us the level of consciousness in which those aspects are expressed. The things are a description of aspects of the expressed self, and action shows us the point of the dream. Over time if we learn to interpret our dreams, we will have a better understanding of the self, and can unlock the mystery to our life purpose. It is helpful to write down the people, places, things, and actions in your dream. A Dream Dictionary is super useful when interpreting these symbols using the Universal Language of the Mind.

There are nine elements from the dream described above that can be deciphered and then put together to interpret. **Day** represents awareness; **Sun** is awareness in the superconscious mind; **Grass and Flowers** are subconscious existence; **Colors** signify where the dream is occurring in the mind. For this dream, it is in the lower spiritual mind because it is in technicolor; **Tree** is the subconscious existence- the recreative part of the mind; **Door** is access to places in the mind - access to the seven levels of consciousness; **Dishes** are a receptacle for knowledge; and **Letter** (Note) is communication from one aspect of the self to another.

The more we learn about the aspects of our conscious awareness, the more we can understand our inner self. Meditation is a great way of helping to expand the conscious awareness and move away from the physical level of consciousness. So, when you dream keep in mind that the dream is always about the dreamer, even if there are people in the dream we know and interact with every day. It is as aspect of yourself. So, before you lay down to sleep each night ask for dream recall so you can better remember your dreams and details of the dream. Keep pen and paper at your bedside and record all details of your dreams even if you wake up in the middle of the night. Good luck and Sweet Dreams!



"THE SOULMATE YOU SEEK IS..."

By Kate Wagoner

Understanding my dreams has greatly aided me in knowing myself, knowing my Self. They say that the soulmate you seek is the union of your conscious and subconscious mind. Processing and integrating my night time dreams has done exactly that.

When starting my study at the School, I did not remember my night time dreams. So one night, I set the firm and clear intention to start receiving from my Mind so that I could wake up, remember my dreams, and understand myself better. The day after setting this intention, I remembered a few dream snippets. The more and more I studied dreams, the more I remembered.

Along the way, I noticed common themes of expansive homes, beautiful oceans, flying, deep sea diving, and even depths of other worlds.

One of my favorite dream places to visit is Edinburgh in the UK. It has become quite the symbol of freedom, creativity, and empowerment for me. It feels so great to know that I have this Edinburgh feeling in my waking life...not just in my dreams!

I believe that the more we can understand our dreams, the freer we become. A key part in dream work is, once you've interpreted the dream through the dream symbology, to apply the message in your waking life!

Imagine your Mind has a blueprint for how to help aid you in your highest Soul growth and evolution. This is what dream work does.



DREAM, DREAM

By Thomas Croft

Hello friends, I am back with another vibes article. The theme for this month is "Dreams". I am a big fan of dreams because I have BIG DREAMS at night. I remember when I was in the 1st cycle and Terrence-LaMont was my teacher and I would share my dreams with him at the end of class and he would say, "Hold on, let's break this dream down" with them being so big. We'd have to take some time with my dreams, lol. Now one thing we do when we interpret dreams in the school is to read it straight from the dream journal exactly how it is without any extra dialogue, so here is my dream: "I had a dream that I was at my moms house and I was in the kitchen with Terrence-LaMont, Marcus Croft, Kelly Croy another female and Terrence-LaMont pulls out his phone and texts his students telling them that class is starting at 7:30 and then he leaves the room then I pull my phone out and text my students telling them that class starts in ten minutes at 7:30 because time went up an hour so, let me know when you all get here I put my phone back in my pocket and I walk over to the sink and I see Kelly and her friend washing something and then the other female turns around and tells me she's sorry and I tell her that she is fine and then Kelly turns around and tells me that she is sorry and I tell her that she is fine Kelly then turns back around to the sink and then I look up out of the kitchen window and I see that it is dark outside, then I wake up EOD (End of Dream)".

Now as you can see this is a pretty big dream, lol. In The School of Metaphysics we interpret the people, places and things in a dream. Everyone in the dream is a representation of the dreamer. I interpreted this dream as a message that I am apologizing to The Self for my previous perspectives that I held on to a previous state of mind, being my moms house. My soul chose this life, these experiences. I'm ushering in gratitude for the sake of fully understanding my past. Overall, this is a Wholistic dream. I have done a lot of inner work and I am giving more acknowledgement/credit to what I've done. I give thanks for the messages that my subconscious mind relays to me every night. Every Wednesday The School of Metaphysics hosts a Dream Webinar from 6:30-7:30 PM CST. You can register for the zoom link by going to dreamschool.org. If you have a dream that you would like to get more insight on, hop on zoom with us.



CONNECTING WITH DREAMS

By Jenni Haney

Our beautiful Des Moines branch is beginning to defrost and gain momentum as winter is finally coming to an end. Spring is knocking on our door and it's a perfect time for getting in sync with nature to grow and create. We have a new set of first cycle students eagerly returning weekly, discovering and learning much about themselves as they begin their unique metaphysical journeys. We are starting to routinely gather for social events and create space to expand our horizons and unite in love and laughter. Our recent activities include gathering for a bowling day in late February and hosting a get together at the school for our students, friends, and community to play cards and board games. We plan to continue these social events to deepen our friendships, learn from one another, and interact on different levels as individuals and as a whole.

One way we can continue to connect and socialize is by creating the space to share, discuss, and learn more about our dreams with others. Many of the students at the School of Metaphysics began their quest for knowledge after taking part in a short dream course and have remained with the school ever since.

Dreams have mystified people for ages and have always been a topic of conversation. They've often been dismissed as random, creative workings of our imagination that take place in the mind while we sleep. As we evolve mentally and spiritually, there's a greater need to know more about ourselves and the world around us. There have been very few absolutes known about dreams throughout the years, as science hasn't been able to prove any solid theories behind them and there is no "one fits all" way to interpret them. Most people go through life without thinking twice about their dreams, forgetting them immediately upon waking and never knowing they serve a higher purpose.

I never knew that dream interpretation classes were available before I found School of Metaphysics, and I was immediately drawn in when I found out it was part of its overall curriculum. I always felt like there was a deeper meaning to my dreams and learning to interpret them has enabled me to learn countless things about who I am. My dream journal is priceless, offering pages upon pages of proof that I've become more in touch with my Self, more aware of my current state of awareness, and more conscious and mindful during my waking life.

The art of dream interpretation is an ongoing process of learning and Self-discovery, and I feel there will always be important insights and understandings to be gained from it. It is my hope that our continued social events and interactions with the community will pique the curiosity of those around us, attracting them to the school to provide the opportunity to discover how important dreams are for the growth and progress of our Souls.

DEAN OF INTUITIVE REPORTS

By Mari Hamersley

Both dreams and intuitive reports are accessed through the subconscious mind. So how can you employ both together for your growth and learning?

Your nightly dreams reflect the state of your present consciousness from the day or two before. When interpreted, they give you a message about that state of mind. “How am I doing? What do I need to see now?” That dream is the soul’s way of saying, “Here, look at this. Think about it. Respond in some way to the pictures I am showing you.” Then, if you consider your dreams to be significant and interpret them, you can act on them.

If you had a frightening dream, of killing for example, you can identify the place in your life where you feared change. Acting on that, you can become stronger and more confident. Or if it was a really remarkable dream showing where you had excelled or recognized a part of Self you didn’t know you had, you can choose to employ that quality consciously the next day also. For example, singing at your wedding in the dream, you may recognize being in harmony with a commitment you have made and carry that state of mind forward into your daily activities.

So how about intuitive reports? When a person requests an intuitive report, they are seeking to know about their consciousness as it applies to their learning concerning past lives or their health. “What brought me to this place in my life? What have I built and have yet to build?” They can be used much like a dream to cause forward growth. For example, when an understanding you have built is revealed in a past life profile, you can focus on that area, bring it out with awareness, and use it in your life today. Or in an Intuitive Health Analysis, when a physical or mental, limitation is identified, such as diabetes or self-doubt, you can begin to respond to that need for change forming the beneficial attitudes and using the many suggestions given.

Using insight from your subconscious mind, housing the wisdom you’ve gained and the need for learning you have yet to understand, the soul wants you to grow. Both dreaming and intuitive reports offer valuable insight so you can cause those spiritual, healing and growth experiences you most need.



THE NEW M A I T R E Y A

By Barbara O'Guinn Condron

There are three festivals in the springtime that have been celebrated around the world for centuries. When SOM began, the histories and myths were known only to those willing to travel and to write and to speak and to share through personal contact.

Now 50 years later, there are 15 billion cellular devices (that's 2 per person) which allow people to 'hold the universe in their hand'. Rest your mind with this for a moment. The iPhone came into being in 2007, right in the middle of the 8-year Venus transit when the heart of our species was opening and realigning with celestial origins.

In the past few centuries, humanity has been moving away from home on a Hero's Journey. Youngsters leaving to go to school or work, couples leaving to make their own home, groups migrating for fertile living spaces or to escape tyranny and persecution, human beings are constantly in motion. Is it any wonder that now the human discourse centers on energy? Particularly, the kind of energy that holds the mind to the body - emotion.

In the early years of my incarnation, emotion was not part of the common parlance because people gave little thought to it. They were concerned about survival, planting and growing food, learning skill trades for the marketplace, bringing life into the world and nurturing it. This does not mean people were not reflective, nor does it say they did not experience deeply. It more puts into perspective that people just didn't think they had time for meditation, relaxation, self-improvement, insight, and dreaming.

Funny how the old saying, "the more things change, the more they remain the same"

seems to stand the test of time. 'Old' takes on a different meaning when we open our minds to wisdom of the ages.

Even in our modern convenience age, people still find the mind and the emotion that propels our dreams into living reality as a luxury rather than a necessity in life. A want rather than a need.

The three Spring festivals are myths that guide us to think more deeply about the Living. ***They teach us about letting go of living and dying, and in that way they walk us across the bridge from human man to intuitive man. The skill is understanding DREAMTIME.***

The first of the festivals comes at Easter. It is conveyed in the mythic account of the end of Jesus' life and the beginning of his resurrection of consciousness. Many religious beliefs and practices have been built around the concept of personal sacrifice. The idea is that Jesus, of humble beginnings, son of a carpenter, led his life in constant polarity to the accepted norm of the time. At odds, even with his own people, he became the example of freedom as responsibility, and the value of thinking the Self, the whole Self.

If you look at the end of Jesus' life story as a dream, you first realize his death is a change. When you ask yourself, what IS that change, you become curious about how Jesus lived. Where he came from, what he did and the words he spoke. And if you investigate, you learn, not just his-story, but somethings about your own.

I find great value in approaching the Bible in this way. Like a dream, meaningful for all of us. One that speaks deeply to my own soul. Calls it forth into the light. THAT is the

meaning, for me, of Jesus becoming 'the Christ'. It is why when I think of Jesus' final days, I do not think of suffering on a cross. I think of resurrection. Of an empty tomb. Of responsibility for teaching teachers. And perhaps a new 'life within a life' if the reports that Jesus the man indeed did not die but moved to India.

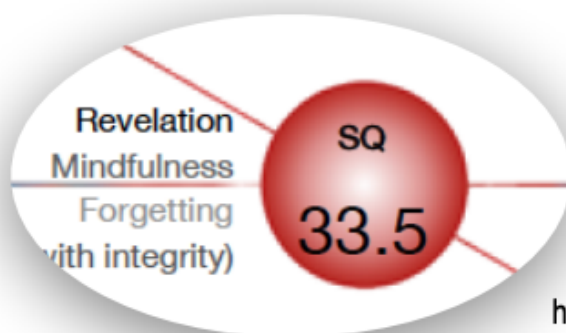
We are always moving.

These ideas, I have learned, can be quite emotional for people. They can

There is no situation on Earth that cannot be used as a means to raise your frequency and open your heart to your inner Divinity.
- Gene Key 33

challenge beliefs that people are willing to die for. When that means changing the Self, resurrection is assured. Responsibility is freedom when we are willing to be personally accountable.

This Easter, claim the Resurrection of your own consciousness. Appreciate the exchange of energy between Mind and Body. Open your Mind to personal Revelation, the one in your own dreaming. Satyagraha!



The FINAL REVELATION

"Since the beginning of human culture there have been beliefs and myths that once, long ago, a civilisation existed — a golden age — in which utter harmony ruled and there was peace upon earth.

Those same myths also relate that, when this age came to an end, humanity forgot how to love and be in harmony with life. Thus our existence was erased by a great deluge or flood that swept the world clean, leaving but a handful of survivors.

DREAM INTERPRETATION is the mindfulness skill that places the divining power for personal revelation into your hands. - drB

Mythology holds many hidden secrets. Above all else, such myths conceal the hidden codes of life in pictorial form. Every myth has arisen directly out of the human genetic code, which contains all mysteries in its primal links. ***This is why the great sages have guided us to look within ourselves for the kingdom of heaven.*** The myth of the flood or deluge, whether partially based on historical fact or not, is a deep symbol within the human psyche — ***the symbol of Revelation.*** - Gene Keys 33

SOM's Spiritual Quotient (SQ) describes its first seven year cycle, the formative years. This would be 1973 through 1980.

Once the dynamo of the thought form crystallized in the consciousness of the 12 people the dynamic existed for it to spring into physical form. In those short years, SOM grew from the tree branch in Springfield, Missouri to 33 branches at its flowering. How can this be? This is the path of MINDFULNESS. Thus, SOM was, and remains today, where people come to study the mind and mental law/ consciousness and metaphysics. Perhaps this sheds light on your 7 Year Cycle study.

Dreaming for Fifty Years

BY: Stella Lynn Boggio

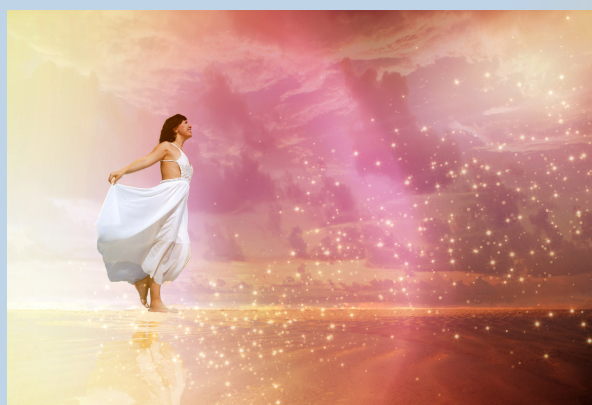
This fall marks a special date in School of Metaphysics History. It will be our fifty year anniversary. The school has taught thousands of individuals, over the past fifty years, all ages, races and cultures. We will be celebrating this special occasion, On Saturday October 7th, at our Headquarters in Windyville Missouri.

I am full of gratitude when I envision participating in the fifty year celebration. This fall will be my ten year anniversary being involved at the School of Metaphysics. I have had rich and varied experiences all involving my spiritual growth.

When I first became a student, in the fall of 2013, I did not know what to expect. I was nervous and excited at the same time. I remember, my first teacher, Jonathan Durbeck asking me to keep a dream journal and to start recording my dreams faithfully. At first I could only remember bits and pieces of my dreams. However, with this faithful practice, I began to remember more and more of my dreams. As I gained confidence through my studies, I was able to interpret my dreams and apply their message to my life.

In my years as a student then a teacher and then evolving into the role of Director, I have had many learning and growth experiences. However, dream study and application continue to be the foundation of my journey. When I made the move, to the Indianapolis School Branch, it was a dream that gave me that inner assurance of my decision. My Inner Teacher always knows what direction to take. Dreams are the most accurate source we have to connect with our essence.

Connecting to our dreams brings trust, Self-trust. Without Self-trust, we can value the opinions of others over what we receive from our inner self. The more we listen to our own inner wisdom, the more secure we become. Remembering and interpreting our dreams brings us this eternal security. I am truly grateful, for all I have received, in my dreams studies. I anticipate sharing more of my dreams, with my students. In this manner, I can impart what I have learned and encourage my students to do the same. Anticipating another fifty years of dreaming!



MAN'S INNER TRANQUILITY

By Terrence-LaMont Bellows

Blame. Jealousy. Confusion. Mistrust.

These aspects of humanity have been on display and my deep understanding is asking me to accept them when I see them showing up in others and notice them in myself. People being in their own world can oftentimes lead us to missing the beauty that exists in a constant overflow all around us. When we emerge from the silent cave of our own minds The Choice then becomes response or reaction. The difference between the two is vast and dramatic. When we are able to see who we really are, the effectiveness of our communication is clear and apparent. Speaking truth does not mean that there will be clarity. It does not mean that there will be communication. It just means that the truth that always is and is ever present has been spoken of. If one does not listen then there is no creation. What I believe to be occurring and happening does not always align with Universal Reality and Universal Truth. It occurs within myself. So when I am searching for the truth or trying to push or fight for the truth then I am missing the truth that I seek. As it does not require me to search for it, fight for or explain it. It simply just is.

I find myself happiest when I can fully support what is universal. Finding the good in any situation. Accepting that I don't have to take anything personal. Knowing that whatever has been offered to me in my lifetime is something that I am able to handle and work with. These are examples of universals. When I meet with a difficulty, that is when I often can become aware that what I am doing with my thinking is pushing against or trying to explain the truth. Reading the Universal Peace Covenant on a daily basis has assisted me with broadening my understanding and my belief in Universal Truth.

Many people have joined this movement in order to sink deep into the Self and recognize when there is disharmony and how to clear it. I invite you to read the Universal Peace Covenant each morning.

Here are the details:

Get your copy of the Universal Peace Covenant and register for our daily reading of the one page document that can help any of us to experience peace in our everyday lives. Also register to join us for our monthly event: Peace is Built Through Communication both at Peacedome.org

January - New Beginnings

February - Divine Love

March - Concentration

April - Dreams

May - Gathering at the Fire

June - Hope



2023 MONTHLY

T H E M E S F O R V I B E S



July - Wonder

August - Leadership

September - Surrender

October - Community

November - Going Within

December - Joy

COLLEGE STUDENT EXPERIENCE

**FIND OUT WHAT IT'S LIKE TO BE A STUDENT AT THE
COLLEGE OF METAPHYSICS!**

SUNDAY, MAY 14TH - SUNDAY, MAY 21ST

**ARRIVE BY 5PM FOR DINNER ON SUNDAY, MAY 14TH AND STAY THROUGH THE STILL MIND
WEEKEND THE FOLLOWING SUNDAY, MAY 21ST.**

4 REASONS WHY THIS IS FOR YOU:

- 1. Experience Divine Love - Students and Teachers have been living here for close to 4 decades and in that time have cultivated an amazing space filled with Love that you can feel!**
- 2. Discover Stillness - Connect to your true nature in nature.**
- 3. Strengthen your Will - Nothing is impossible to those who can direct their will.**
- 4. Heal Yourself - Build your immune system by being in nature and getting to know core attitudes and beliefs.**

**PLEASE SEND IN AN IDEAL/PURPOSE PAPER AND A MINIMUM DONATION OF \$80 FOR MEALS
AND ROOM AND BOARD TO THE COLLEGE OF METAPHYSICS BY WEDNESDAY, MAY 10TH.**

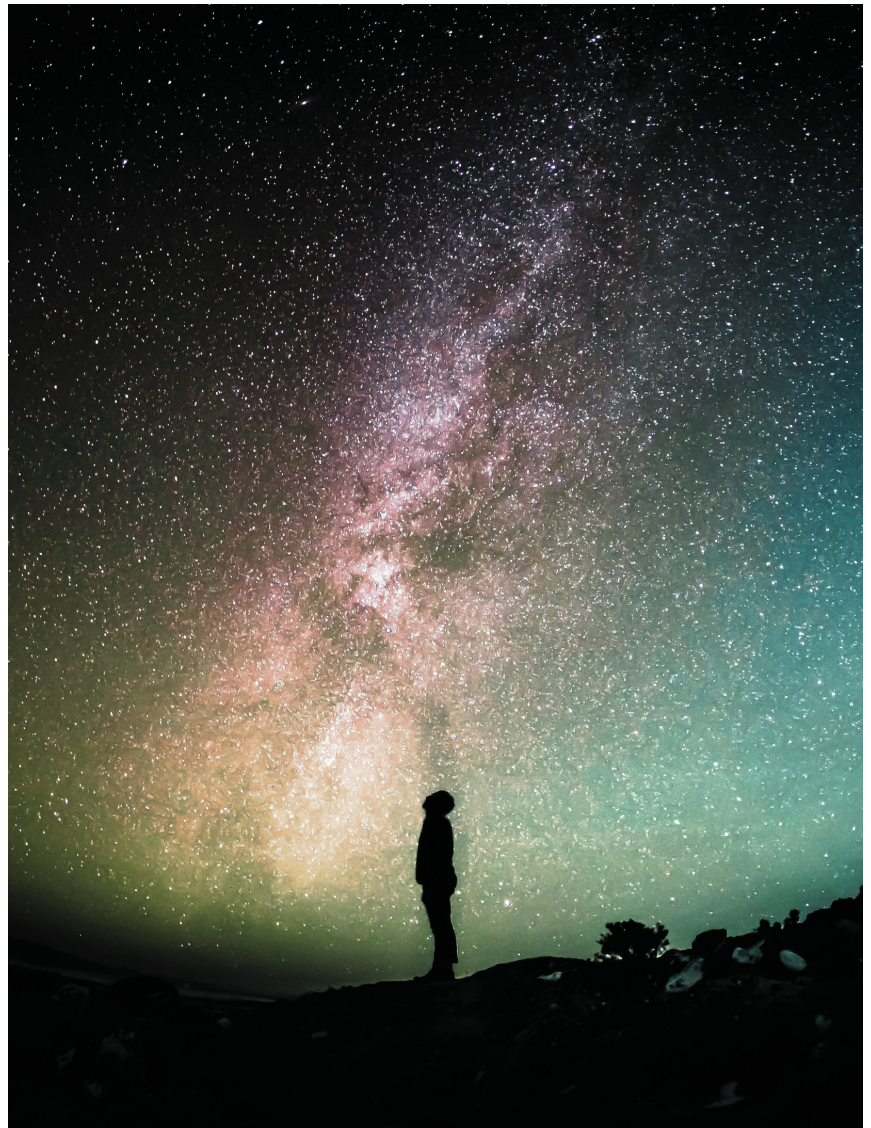
MUST BE ON LESSON 10 OR ABOVE AND HAVE BEEN TO THE COLLEGE OF METAPHYSICS BEFORE

DREAM AWARENESS WEEKEND

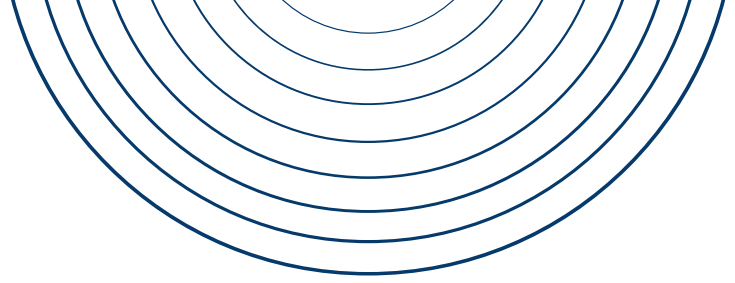
April 21-23

Experience the union of your dreams through the cooperation between your conscious + subconscious minds. Our subconscious speaks to us through picture symbols, called Universal Language of Mind. When we can understand these symbols, our conscious mind can then act in ways to fulfill our Soul desires. Curious to explore the depths of your True Self? Join our Dream Awareness Weekend in April for an interactive experience of sharing and discussing dreams.

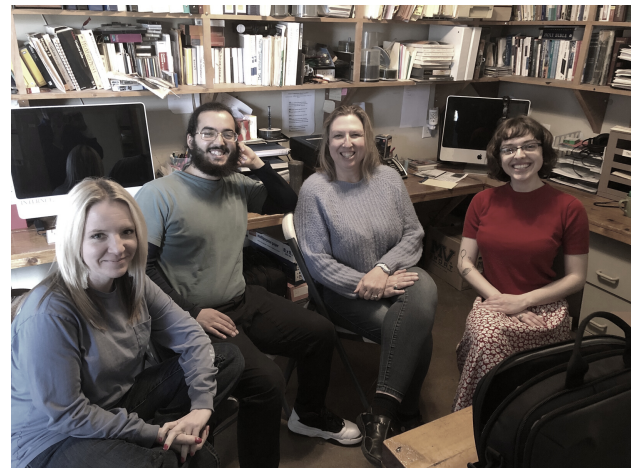
Happening via Zoom. Check us out on dreamschool.org for more info coming soon.



2023 EVENTS



January 6 - 8	General Assembly
20 - 22	Third Weekend
February 4	Area Teachers Meeting
17 - 19	Third Weekend
March 17 - 19	Third Weekend
31...	National Teachers Meeting
April ...1 - 2	NTM Continued
14 - 16	Third Weekend
21 - 23	Dream Awareness Weekend
May 19 - 21	All Student Weekend
June 16 - 18	Third Weekend
July 14 - 16	Third Weekend
August 5	Area Teachers Meeting
18 - 20	Third Weekend
September 15 - 17	Third Weekend
October 6 - 8	National Teachers Meeting
7	50th celebration
27 - 29	Still Mind Weekend
November 17 - 19	Third Weekend
December 2	Area Teachers Meeting
15 - 17	Third Weekend
31	Universal Hour of Peace





BRANCHES

A KUAN YIN BLESSING

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. Love and Light from your Vibrations Staff.

Thomas Croft: 4, Expire. In the stillness, the sun's light reflects equally. Receiving, all mind is aligned, the attention free to choose infinite possibilities. The Superconscious awareness births forth from each seed the rays of conscious legacy. Creating in light one knows what one is making.

Devon Hoover: 84, The Proof. Identify with the workings of Universal Law. Harmonize with them, gratefully receiving what they reveal. Allow their Truth to sober your aspirations so your creations are made by Light, in Light worthy of a Creator.

Stella Lynn Boggio: 52 , Excite All of creation mirrors the Self, each to its own level. We can only be what we accept and allow. Attend to what you speak, own the thought and the action. For as you create them, they work their magic in you.

Kate Wagoner: 14, Time. When your soul purpose reigns, you know why you are here and you know where you are going. Before you, behind, you, to the left, to the right, Past, Present, and Future become One when Kundalini rises.

ILLINOIS

345 Manor Court • Bolingbrook, Illinois
60440 • (630) 739-1329

5021 W. Irving Park Road • Chicago,
Illinois 60641 • (773) 427-0155

222 West Wilson • Palatine, Illinois
60067 • (847) 991-0140

INDIANA

6138 North Hillside • Indianapolis,
Indiana 46220 • (317) 251-5285

IOWA

3715 University • Des Moines, Iowa
50311 • (515) 255-5570

KANSAS

4323 Rainbow Blvd • Kansas City, Kansas
66103 • (913) 236-9292

Missouri

103 West Broadway • Columbia, Missouri
65203 • (573) 449-8312

1033 E. Sunshine Street, Springfield,
Missouri 65807 • (417) 831-0955

2606 Oakview Terrace • Maplewood,
Missouri 63143 • (314) 645-0036

Oklahoma

908 NW 12th St • Oklahoma City,
Oklahoma 73106 • (405) 228-0506
3355 S. Jamestown Ave • Tulsa, Oklahoma
74135 • (918) 749-8833

Texas

Texas 5832 Live Oak Street • Dallas, Texas
75214 • (214) 821-5406

SCHOOL OF METAPHYSICS
BRANCH LOCATIONS
EMAIL TO
CITYNAME@SOM.ORG

WORLD HEADQUARTERS
163 MOON VALLEY RD
WINDYVILLE, MISSOURI
65783 • (417) 345-8411

