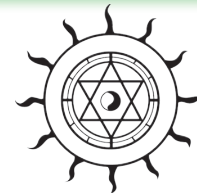


*The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort, to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.*

*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. 44, No. 08



## 64 The Matrix

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

The Taraka Yoga of Kuan Yin by Gael O'Guinn

Spirit of the  
Healer SFS

07/11 - 07/13



Powers of 10  
SFS

07/13 - 07/15

continued on page 12

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. The front cover reflects our collective vibration. Here are the numbers we received.

Love and Light from your *Vibrations* Staff.

#### 96 Giving

"My precious temple, you serve me well. I am radiant in the ten directions. The Teacher knows ideal, purpose, action as One. Surrender all you have been, are, will be, and the blessing is yours."

This verse reminds me of a line out of my dharma report which describes my dharma as "A sense of importance through humility." Many great people have given their energy completely and freely to their passions. Some of them we know as His Holiness the Dalai Lama, Mother Teresa, and Ghanhi to name a few. - Dr. Sheila Benjamin, Springfield and Chief Editor of *Vibrations*

#### 66 The Mind

In creating this edition of *Vibes* I have aligned my vibration with expansion!

I have experienced so much expansion of awareness in the last two weeks as this relates to the vision I hold for my future. It has altered my present attitudes, some of which were stagnant and settling for less. Now I am experiencing the freedom to raise the bar and my energy has expanded 10 fold. - Kerry Keller, Indianapolis Director

#### 92 Balance

I am learning about the productive use of the conscious mind and coming to a new understanding of reasoning. The verse is "One who incarnates in the service of evolution carries a heavy soul yearning for enlightenment. Subconscious choice forges the purpose of serving others. Conscious choice leads one out, then into the masses to minister." The words under the image are "use your knowledge." - Michael Dardanes, Springfield Director and Assistant Editor of *Vibrations*

#### 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." (Bird Nest)  
- The blessing of this opportunity seams together internal fragments. Light shines in dark caverns, a turning point filled with honor and gratitude. This peace is felt in thankfulness - Marie Zubinski, Bolingbrook

#### 50 Imagined Space

"The whole Self moves the teacher providing the vehicles for experience. The Voice speaks and its breath enters cascading through levels of consciousness where treasure awaits." Through my experiences I have been starting to understand the connection I have with my inner voice and teacher. There is much treasure that I am ready to receive. - Serenity Robinson, Work-Study Student at COM



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## Columbia

Creation in Teamwork  
by Chad Mast

The month of June brings us the summer solstice. A season of new growth ends and a season of continuing growth starts.

The morning of June 8th was set aside as a Beautification Day. All students and the School Director, Walter Hrycaj, got together for the dual purpose of creation and fellowship. We started by clearing the weeds out of the planting pots and made space to receive several varieties of floral seeds and placed those pots in various locations around the school building. As the weeks have gone by we have had the pleasure of being able to watch the seeds we planted germinate and start to grow. We also performed various cleanup duties around the outside of the school - mowing, weed eating and trimming the bushes. This was a perfect example of weeding out the thoughts we don't want and seeding the thoughts we do want and watching them grow as we nurture them with these life experiences. After the duties were done we stayed and barbecued, ate delicious food and had a fantastic time playing "Apples to Apples".

A new class started on June 12th. Chad Mast and Sara Lees were on hand to greet Jeannine Anderson, our newest student, and welcome her to the School.

Saturday, June 14th, Sara, Chad, Eric Warner and Walter got together and went to Rock Bridge State Park here in Columbia. We met up with some people who had signed up for the event on meetup.com. Chad led the group on a hike through the park, walking different trails until we came to Devil's Icebox, which is a cave in the park. Walter led a small but adventurous group into Connor's Cave, which is a smaller cave that is part of the Devil's Icebox cave system. Once done inside the cave there was more hiking and exploring left to do! This brought about within the students an adventurous attitude which propelled them beyond limitations of the unknown. After we were done and the Meetup group disbanded, the four of us went to Cooper's Landing, a campground next to the Katy Trail on the Missouri River and had a late lunch.

We still have our monthly Movie Night, our Dream Catcher's Meetup group and our newest monthly tradition, Potluck and Friends, left in the waning days of June!

The activities that the students of our School participate in foster the theme of Creation in Teamwork. We work together to make sure that these activities are successful and productive. As a result we are continuing to bond as a single unit. There is strength in Unity and plenty of Love here to unify us. •

## Bolingbrook

Wishing you the best, Silvia!  
by Frank Dillingham

Our branch is opening a new chapter as our time with Silvia Galvan is closing, and Rudy Arena takes the lead as Director. Let us celebrate Silvia; she has had a very strong impact on the school. No one does it alone, but someone has to take the lead, and Silvia has been a very present effective leader.

I've asked the current teachers to share how she has impacted their own growth and the school's growth, thus making it easier for them to learn and teach.

Silvia kept me close to the study with a tether of love. Her dharma of perception and fulfilling needs really works. She knows how to give and when. Her laughter and ability to have fun is contagious. We are forever grateful and sincerely wish her the best ascension. She will definitely leave Bolingbrook better than when she came. - Marie Zubinski

Silvia's strength and determination is what gained my attention. Whatever she gave attention to was always going to find completion. This applied to her personal life and her responsibility at the school. - Jorge Candrlana

Silvia I can say is a person that is willing and determined to move forward no matter what obstacles come her way. She has added so much life and a strong foundation to the Bolingbrook school. In the process I believe she has built a strong foundation within herself. - Golbahar Dadyan

Silvia has been a very stabilizing force in the school. She took Bolingbrook to a new level. Her humanness helped us grow. She is very loving and we will miss her. We look forward to spending time with her when we come to the college. -Sherwin Rosenfeldt

We all are excited to see her blossom even more as she becomes a full time student at the college. Her love and warm heart will be missed, yet her legacy will live on through all the students she has taught and influenced here. Thank you Silvia. WE LOVE YOU and wish you the best. •



## Dallas

June Connectedness  
by Brenton Harris

Students in the Dallas branch spent the month taking part in the June Connection Project. The first week, every student shared a goal: to connect with a complete

stranger regarding their learning at SOM, and remember their name. At break the next week, everyone shared the names of the people they connected with, which we added to a growing display. The next week, the goal was to connect with TWO people, and then three the next week, and four the week after. In this way, everyone experienced a blend of service, connection, overcoming limitations, and love.

By the end of the month, we had a display that looked like a nerve cell, with branches of names radiating out from the center. Students shared experiences of Universal Laws working, as well as synchronicity and fun. The teachers also learned a lot about their students, and how to help them practice the truths of Lessons 7 and 9 in the first cycle.

What was amazing to me (Brenton) as the director, was to see the Law of Relativity work its magic. While the June Connection Project was in full swing, Dallas received over \$1000 in intuitive reports, nearly \$700 from a benefactor, and we initiated a lot of movement with lectures. People really are our greatest source of abundance!

First cycle student Charrie Sledge began teaching a first cycle class as well, adding her presence to our teachers here. With classes every night of the week, ranging from Lesson 3 to Lesson 31, students have many opportunities to connect with each other. Our lab activities also provide a way to receive from advanced students.

The end of June brings fun outside of class as SIR leaders Rashard Garrett and Shan Alvi will host a gathering regarding Intuitive Business Analyses. Dr. Damian will be one of the speakers, and we've encouraged students to invite entrepreneurs and business owners to the event.

The following day we plan to host a day of creation, including sacred space activities, cooking and a potluck, and a lecture by 1st cycle student Sheila Mills about the Peace Ambassador lab. We will end our day together with a large group attending the Healing Service. Days like this are so important to a thriving school branch, because students learn about the power of service, and often receive practical ways to apply the things they learn in their weekly classes. We will also set goals for our next large project in Dallas: converting our unused but beautiful attic space into a 3rd classroom!

We send you our circle of love! •



## Indianapolis

Conscious Awareness / Mindfulness  
by Kerry Keller

The subject of current discussion in our branch lately has been the comparison of the Mindfulness Movement in our society over the last 5 years and Conscious Awareness as taught in our lessons. What started this was a conversation of how to share what you learn at the SOM with those in the public. Since this is an ongoing challenge for many of us in our schools, to express to people what we are learning, we thought we would share some of our discussions. We

request other branches share their experiences in response...

Many of our students have agreed the current need for humanity experiencing and practicing mindfulness now stems from the evolving high speed culture we live in, attachment to the constant your attention is required technology, and kids not being grounded, needing to spend more time with parents and adults. These conversations have been great in that they have opened student eyes to see that conscious awareness includes mindfulness yet the more disciplined attention you have mastered, the greater command you have to select what you place your attention on during any circumstance.

One student asked, "What is going on when you repeatedly check your phone for no reason?" She knew tech input is addictive and she described it as, "a hyped state of expecting some new experience any moment." She said, "when you get off the phone or computer it's like the nervous system is still going. It's almost uncomfortable and somehow we ignore the uncomfortableness and go right back into feeding the need for the nervous system to continue at that speed." We then discussed, the advanced conscious awareness that our Essential Life Skills offer us and their relationship to purpose. Without purpose our attention is aimless and soaks up every thing it can. The addiction is we want more. Way more than we need, want, or can utilize productively. We can easily take on so much that we feel disconnected, overwhelmed, and dysfunctional. Suddenly students began to see that goals and purpose regulate and give direction to how we choose from all the sensory input available. If we get good at programming our attention, it only draws to us what we need to cause our successes and fulfillment. Mindfulness is enhanced by the level of discipline we practice to be selective.

Many people say mindfulness is just being, not doing, and that we need unstructured time to assimilate, reflect and assess how to integrate our experiences. Now our students are beginning to see that concentration, stillness with a focus on goals, and purpose enable us to integrate instantly when they are developed to that end. It's a great formula for the conscious awareness needed to balance the outer world with the inner. •

## Maplewood

Movies and Makeover Keep it Movin'  
by Debbie Hudson and Cassie Ambuehl

The impetus for the movie night came directly after the midnight hour on the close of National Dream Hotline®. Caterina Williams (2<sup>nd</sup> Cycle Student), who had spent the entire weekend serving with energy and needing very little sleep, wanted to carry on the energy. She suggested a movie night, and I encouraged her to direct it. It went on the calendar within minutes.

Joe Pecaut (2<sup>nd</sup> Cycle Student) continued the energy by adding Creation Day to the image. Joe has been leading a series of creation days painting the outside of our building, stating that he "wants the building to pop," and "pop" it has! Come visit us because we have a new look, and it is absolutely beautiful! Joe is keeping his focus on completion, and Larry Hudson, as well as other students, are making it happen! The building itself has been painted to completion, while students continue to tend to the details of our school.

Creation Days have created a welcoming environment for prospective students and community members, which was demonstrated through Movie Night led by Caterina Williams, where over half of the attendees came from our community. Caterina explained that through organizing this event she had built "organizational skills, her



ability to influence others, and leadership skills” within her Self. Caterina communicated that through this experience she has learned that “leadership is simple when you have a goal and direction in mind.”

During this event students had experienced a sense of community, as we all engaged in a pot-luck dinner. Caterina explained that guests who attended desired to be a part of the community, volunteering to clean up dinner and engaging throughout the evening. Director Debbie Hudson explained that the event held an energy that was “calm and peaceful.” People experienced relaxation and contentment throughout the event. It was inspiring to witness our sense of community extend beyond students, as our light drew in people from the community. •



## Palatine

Bringing the Inward Outwards  
by Aneta Baranek

At the beginning of June we were able to complete our renovation project of the front of the School. The aggressive timeline was brought about by the upcoming Area Chamber of Commerce Networking Night, which our School branch was to host. This was our second annual networking event for all local businesses. Our desire was to express outwardly in the physical plane the prosperity and abundance of what we as the whole organization have to offer to the community. This restoration project was an example of a transformation from within – where the magnificence of our studies was brought from without to enhance our outward expression. Throughout the entire



project we utilized what we learned through the Lessons. Everyone had a clear purpose identified for all the activities that he/she engaged in. We helped one another stay the course on developing the purpose through the variety of

activities we all participated in. Throughout the project many of us called upon our will power to continue with all the tasks until what we set out to create was completed. “Individuality is best expressed in unity” – we experienced this Universal Truth realizing that what would take an individual months to complete, as a group took us only three weekends.

Coming together as a group to accomplish this project showed us that as a collective consciousness we have the power to transcend physical time and expand the timeline of our inner evolution by learning from and with one another in every moment of the project.

The project included a complete redo of the front porch, installation of a new gutter system, a new modern sign for the School and extensive landscaping throughout the School grounds. During the project new leaders emerged such as Mike Moffa whose kindness and clarity in giving direction was appreciated by many of us. Mike Moffa and Sandy Leitner demonstrated extra determination towards leading the project to completion by working into the very late evening hours on the last day – at least 7 hours past our agreed finish time. Ashish Ahuja contributed not only generous funds unconditionally but also many hours of manual labor therefore demonstrating a very well balanced giving of not only his resources, but of himself.

We already have received very positive feedback from our neighbors and the front porch is becoming the place to be for many of our students. This is a testimony to what as the collective consciousness we can bring about. The potential that lies dormant within us is unlimited.

Another example of creation in unity was the “Healthy Funraiser” that our Thursday night class, taught by Jim Czerwinski, organized. It was a class fundraiser centered on healthy living including preparation of healthy foods, and teaching various activities such as Yoga and meditation. It was an event that allowed us to see how what we learn through the study can be applied throughout all the aspects of our lives. It is so fulfilling and magnetic to express the inward outwards! •

## Louisville

### Unity in Community

by Miranda Martin

Fostering a vision for Unity within our community, my classmate Gary and myself hosted a Fireside Chat at the School on Saturday, June 21st. We were unified in visualizing elevating the consciousness of humanity by inviting the community to the School to learn about Concentration, Visualization, Meditation, and Dream Interpretation. Gary shared his thoughts on dream interpretation and how dreams can assist in promoting Self awareness. I was able to share my experience with meditation and how much learning one can harvest by listening to what your inner Self has to say. For so long, I had the constant chatter of talking to God through prayer, but never put my attention on listening to the answer to that prayer. Meditation has afforded me that experience. For me, it has not only been eye opening, but life changing, to say the least.

Gary and I both had the opportunity to share our past life reports with others at the Fireside Chat which generated stimulating conversation amongst the community of like minded individuals present. The event brought the students at the School even closer by allowing time to bond and share our experiences. It was enjoyable to have the opportunity to converse and experience with students from the other classes.

Some other exciting news: We welcomed 3 new students to Jesse's class on Monday's. Tarak will be educating the community with a talk at the School and with 2 Churches titled "Unlocking the Power of Your Mind". Teachers and students will be coming together to unify ideas and images for the direction of the School every other Tuesday with Mastermind Meetings. We will also be fostering community within the School and hosting Metaphysical Movie Nights! •

## Springfield

Reaping the Harvest  
by Brian Hoover and Joe Sturgis

This month the Springfield branch has been in full swing with a late spring, early summer harvest of new students! We had a new class late in May, a new class in early June, and have another new class upcoming soon that has produced five students so far (and possibly even more). Seems like we have harmonized with the fertile plant growth around town from the massive amounts of spring rains!

Perhaps the excitement around all the new classes has helped manifest more attention for current students additionally, because dream webinar attendance has been on the rise this month. And that's not the only successful event; our monthly SIR meeting had a great turnout with several current students, members from the community, a former student interested in becoming a new student again, as well as other prospective new students in attendance. SIR meetings are a great chance to further our understandings and this month was no exception. Josh Shelly shared an interesting past life crossing, and Tim Gagnon had a very captivating Transference of Energy Report. Josh's report focused on the attribute of autonomy, which helped the wider group gain insight as to the function of relationships in their own lives; all too often we rely on others for personal fulfillment and forget that true fulfillment lies within, not without. Thank you, Josh, for helping us remember this valuable understanding.

Tim's report focused on the state of the energy body and led to a productive discussion on how the flow of energy in the body leads to emotional, mental, and physical well being. For successful transference of energy—love—one must draw understandings from the heart into the conscious mind rather than relying solely on the conscious mind for giving and receiving. The importance of working with others was highlighted in Tim's report and led the attendees to consider ways cooperation could function in their lives as well.

Peace night was our newest inception conceived, created, and hosted by Josh Shelly, our branch Peace Ambassador. This new event was cleverly put together, starting with witty jokes we each drew from a bowl to liven up the setting as laughter is harmonious, uplifting, and peaceful. We had several topics for group discussion, activities, and as Peace Night came to a close we made a circle around the Peace Pole reading the Peace Proclamation proudly in front of the school. This new gathering was well received. •

## Tulsa

Prosperity in the Community  
by Emily Ashley

On Monday June 2nd, 2014, our Director, Emily Ashley, started a new Mastery of Consciousness class. We welcome Stella, Shayna, Brook, Wendy, Joselyn and Sherry to the course of study! "Starting classes is always a

beautifully magnetic activity to apply what I'm learning in the course," says Emily. "I have a strong desire to teach more people through to Respondere. So, in starting this class I've been mindful of holding my Ideal, Purpose and Activity in mind the whole way through, putting love in every step. I've experienced how powerful it is to hold these things in mind and share with others what I'm learning. In doing this miraculous things occur - people call out of the blue, show up on the door step or message into our email inbox. I love this process! Hearing my students comment that it's 'exactly where I need to be' and 'very eye-opening' makes it even better."

On June 14, 2014, Ashley Ashton lead a Garage Sale at the School. Lots of students brought their items, prepared the grounds to receive people and marked the streets with signs. "I learned about the need to hold a strong goal in mind of the money we desire to earn," Ashley said. "Since I will be leading one each month of the summer, we'll be able to build momentum and in doing so I will be sure to include others in the vision by communicating the goals and opportunities to get involved! I hold the vision of each student being involved in at least 2 events outside of class per month in order to create accelerated learning." Ashley is putting the money that was earned toward making new t-shirts to sell and roll into another fundraiser!



Next our Tuesday night class on lesson 13 met this month to plan out their class project. Mandie Renner shares her experience: "The neatest thing about creating a fundraiser has been putting our ideas together. One of the things we discussed was offering an event that we would give a presentation to the public on the power of affirmations. Part

of what I'm learning in this is seeing how to become more secure in what I have to offer and who I am. I'm learning not to limit myself in my giving and to not make such a big deal out of sharing myself with others. My classmate Sean [Lombard] has helped me with this by the feedback he's given me on the 10 minute talks I've given in class and the self-respect opportunity he's given me in that. I'm excited about what we are creating and I love the idea of getting other students involved, and am looking forward to showcasing what we have at our Metaphysics Family Cookout in July!"

This month Emily got to lead 2 events in the public, collaborating with other groups in Tulsa: the Law of Attraction Meetup Group and the Sea of Oms Meditation Group. "This was an amazing Law of Attraction moment," Emily said. "I was sitting at my desk looking through some business cards of people I have met at Networking Groups. I was holding in mind my desire to speak at other groups. I came across my friend George Carridini who offers a Law of Attraction Meetup Group every week. I wondered if he ever had guest speakers come in, so I sent him a message on Facebook. Immediately he replied saying, 'Why yes, in fact I'm looking for someone tonight. Can you make it?' So, I went and it was incredible! That same day my friend Joe Picorale (former student) who owns a yoga studio in town, sent me a message asking if I would lead a meditation at his Sea of Oms Group. Through all of these lovely opportunities, I'm waking up to the power of practicing the attitude of service and in doing so, activating the Laws on my behalf. It's been very invigorating!" •



## Fort Worth

### 4 Stages of Growth

By Leah Morris

This month, our leaders have been engaging new students in lab positions! The Intuitive Reports Coordinator lab has grown to 3. Congratulations to Linda Weber (lesson 8) for her new form to create in.

Sheryl Robinson says, "It's so beautiful to have students in the lab moving through the stages of growth. We have infancy, adolescence and adulthood (moving toward wisdom) all working together. This combined with the new universal system for transcribing within SIR provides the foundation for stability and gives us the space to expand and grow to meet the needs of the whole organization more effectively."

We also welcomed a new Dream Awareness Coordinator to serve alongside Joe Easton. Jessica Youngblood is studying lesson 7 and is jumping right into the Wednesday webinars and the Dream Catcher's meet-up group!

I love to see how students who are new to a lab position cause the more senior students to grow. There is a greater sense of accountability in leadership when we have someone to teach. This is the benefit of the School of Metaphysics. The people we love help us to stretch and to grow!

Our Public Communications Coordinator lab will also have the opportunity to grow this weekend at the "Inner Secrets of Astrology" lecture given by Dr. Damian Nordmann. •

## Chicago

### The Creation of Today

by Leti Chavez

It was a beautiful Saturday morning at the Chicago Branch when we had our Creation Day and Game Night. As part of Creation Day, students got together to discuss what their Ideal and Purpose was before starting the event. Understanding their Ideals, and what they were going to build within themselves, students began to beautify the school by painting the front porch and building Divine Friendship. Walking the pathway towards the backyard people were sharing laughs and talks with excitement to begin the gardening of our school. We also decided to create a garden with organic fruits and vegetables! Students and teachers came together to pull the garden's weeds to release unproductive thoughts!! We are grateful for the donations we received from Home Depot. Thank you, Home Depot!!

While we were working outdoors, some of us were wondering what we were going to eat after all the hard work we had done. So, the cooking began! Delicious Spaghetti with garlic bread was prepared as well as guacamole, watermelon, snow cones, fruit salad and even cake for the birthday boy (Piotr). As people were eating and talking, new people entered the School to attend the Game Night that was prepared as a group project. We were practicing group consciousness and connectedness as all the students collaborated to begin the awesome new experience of playing Loteria, which is a Latino version of Bingo. Students practiced their Spanish and definitely experienced connectedness by sharing love and laughter throughout the evening. While playing the game we had the privilege to eat some Crepes that our classmate Thomas created. Thank you, Thomas! We continued our night by playing mind games and really had a great time. After the fun ended, the

group came together to see the results of their group project. Their goal was \$400, and raised \$222 in donations. Although their goal was not reached, there was plenty of assimilation through the learning gained. They learned that for the next project all members must be more directed towards their goal, and collaborate completely by marketing more of their event in a more timely manner. •



## Cincinnati

### Roots in a (Global) Community

by Davi Brown

The Cincinnati school is taking roots in our community as a thriving center serving the common good. On Monday night, at the close of class, I can see the divine friendship growing between students as we hug and bid farewell.

This month I attended the IASD Conference with the SOM delegation in Berkeley, California. I have lived there twice, and to return with a purpose of learning and sharing was an honor. It was beautiful to see the SOM delegates within a worldwide community of dreamers. I met many new friends and grew closer to old ones. I want to give a special thanks to Dr. Sheila for being such an attentive leader.

My class held their Family Soul Paint and Raffle fundraiser this month. We led children and their families in blindfolded finger-painting to express intuitively! We hosted this event in the yard of Eli's BBQ where there were many families gathered to eat and children interested in play. My student, Vickie, a veteran 'soccer mom' and natural child magnet, was our star player in wielding metaphysics and stepping outside of her comfort zone to receive awesome donations. She also knew exactly how to create an attractive condition to receive curious children and their parents.

On June 14th, we hosted our first annual Crystal & Gem Show with Starfire U, where we hold our classes. This was the final part of the capstone project for graduating Starfire student, Nick Wysel, who loves crystals and metaphysics. Our school has been an important part of his education. We invited our friends, Starfire invited their friends and we made new friends. The event came together simply; there were crystals, minerals, seminars, and healing, with 50 happy people attending.

This past weekend Jonathan, Erin and Aurelia had a powerful time at the college. All came back with an enthusiastic attitude and an eagerness to share their learning and vision.

My student, Clarence, and I represented our school at an outdoor community event near Cincinnati called

**Pollination Fest!** This was a first-time event created by friends of mine to honor art, yoga, permaculture and the evolution of consciousness. We aided individuals to take a look inside the dream world and recognize a deeper part of themselves that sends them nightly messages. Clarence and I enjoyed giving and receiving with the new friends we made.

I am learning that through the rooted and secure community of this school I am supported to remain centered in my Self while expanding out. •



## Urbana

### Lavender Aura

by Dr. Pam Blosser & Aubrey Wachtel

I would like to introduce you to Aubrey Wachtel, a new student in Urbana, who has been studying now for about four weeks. Last week she practiced seeing and feeling auras in class, and then had this experience: While sitting in a college lecture I observed the speaker's aura as a clear light around her while speaking. A particular student asked a question about the content of the lecture. As she responded to the question I observed her aura turn a lavender color, then change back after she finished the response. While answering another student's question there was no change, but back to the original student again I noticed the change a second time. Shortly after, when the speaker noted that she had forgotten to bring her water the first student had a fresh bottle to give her. During this time I felt the distinct awareness that the world I was observing in that room was quite different from the world most of my fellow classmates were observing.

Aubrey has also already manifested something from her 10-most wanted list after having the list for only one week. It is a laptop computer! I think you will be hearing more about and from her in the future.

Our yard sale accomplished its goal of raising the money for our first installment of the school's property tax. We raised close to \$500.00. This was a class fundraiser of

our Tuesday class with students Angela Wisehart, Gabriel Blinderman, Emily Knox, and Katrina Parsley as their teacher. Also thanks to Barbara Albers and Coco Isenhardt for helping out.

The Wednesday night class is soon to complete its requirements for graduation from the first cycle of lessons. Congratulations to Coco Isenhardt, Barbara Albers, Pablo Torres and Courtland Louie. •

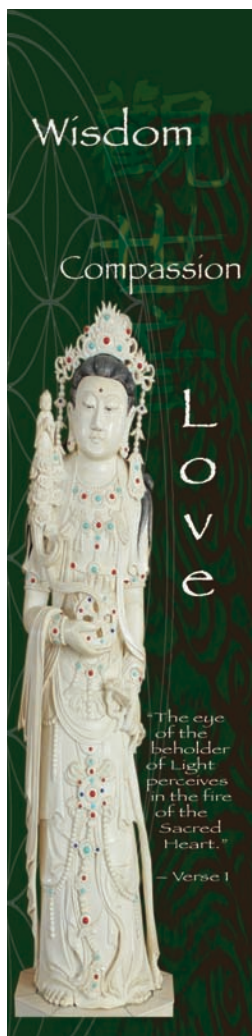
## Attention Aspiring Leaders And Visionaries!

You have an opportunity to learn and serve on the Board of Directors. This is a chance to be a member of the Board of Directors, understand how to serve the whole School of Metaphysics, and learn from the President, Secretary, Treasurer, and other leaders with years of experience and wisdom. If you desire this talk with your teacher, director, and field director then submit a letter to the Board of Governors with your request. Please mail your letter to SOM world headquarters addressed to the Board of Governors. I look forward to creating with you all.

I send my Circle of Love,

Dr. Damian Nordmann





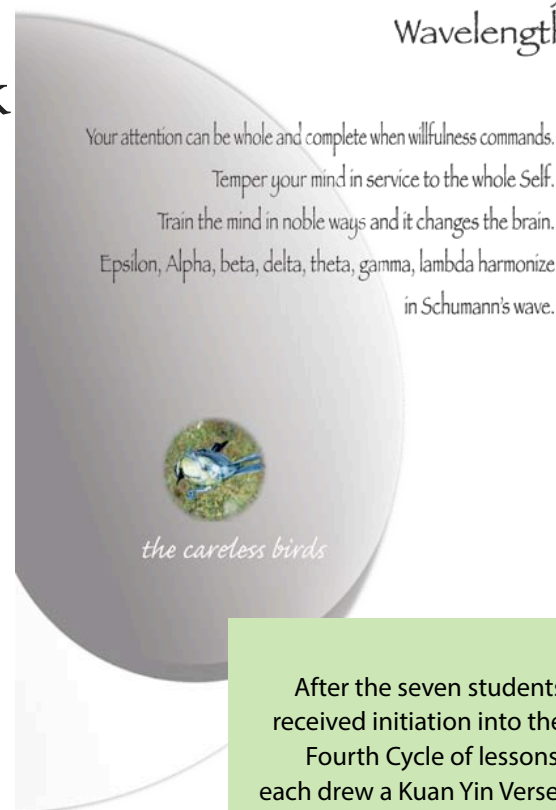
## Meet those Studying in the Fourth Cycle of Lessons Christine Spretnjak

My thoughts about this verse after receiving it were -- well naturally -- that it fits just right for where I am, where I currently see myself, and where I want to go. I'm learning about the finer points of being willful (or so they seem finer or more subtle to me). I've been recognizing how I give some of my thoughts, and consequently emotions more airtime than they deserve, and keep following them around like I have nothing better to do with myself. Getting stuck in a holding pattern has been at the expense of my whole Self, and I have been training my mind to literally move my attention willfully to more noble pursuits. This is not to say that the things that slung me into the holding pattern aren't important or worthy -- they just don't own me.

My journey as a student has been full-bodied and adventurous -- full of soaring heights and treacherous pitfalls. When I began this journey in October of 2005, I had no idea what I needed for the trip; however, it seems that with every step that I took I seemed to make due with what I had, somehow manifest what I needed, or drop what I didn't.

Bobbie Carlyle created a sculpture that I often refer to that's called Self-Made Woman in bronze (and there's also a Self-Made Man). The concept for both is the same -- both the man and the woman create their character, and their futures. The woman creates herself from pliable clay, and the man carves himself out of stone. When I became a student in the School of Metaphysics, I had in my mind that all of what I learned and experienced would make me better -- that I would be better because of the new knowledge and experience, and that would translate into something that would always be mine, permanent understanding. My objective was and still is to uncover all of who I am in God's image. Finding the appropriate tools to carve and to mold and to feather has been part of this mystery that has continued to move me forward and keep me engaged like nothing else.

98  
Wavelengths



After the seven students received initiation into the Fourth Cycle of lessons, each drew a Kuan Yin Verse. The numbers chosen were in a broad range beginning with number 1 and spanning to 98, just two short of the 100 span.

1 Commencement  
Jonathan Duerbeck

2 Compulsion  
Karen Mosby

9 Roots  
Tad Messenger

24 Reputation  
Jesse Kern

36 Trouble  
Diana Kenney

96 Giving  
Laurie Biswell

98 Wavelengths  
Christine Spretnjak

The ninth in a series of articles about the Nobel Laureates in THE INVITATION and the SOM students who bring them to us

The INVITATION Reflection #9

## Shirin Ebadi

by Golbahar Dadyan

written following the performance at Dominican University last November

*"I am an Iranian. A descendent of Cyrus The Great – the very emperor who proclaimed at the pinnacle of power 2500 years ago that "... he would not reign over the people if they did not wish it." And [he] promised not to force any person to change his religion and faith and guaranteed freedom for all. The Charter of Cyrus The Great is one of the most important documents that should be studied in the history of human rights."*

–from the script

I am thrilled to be able to serve humanity by bringing Shirin Ebadi to the people of the West. I know that Shirin Ebadi really wants many people to hear her voice and let the truth be known. When I was on the stage speaking, I felt as though I was speaking on behalf of all the people in Iran. I could feel God speaking to me and letting me know that I need to give all of my heart and soul to service. Sacred Service is an amazing way to live a life. I know that Shirin Ebadi received the call to serve the women and children of her country. I have also received that calling to serve all of the people of the world with my love, my time and my attention. I was able to still my mind and during the performance as I did I became so grateful that I am able to live the life that she speaks, which is, every human being must put into practice every human right irrespective of race, gender, faith, nationality or social status. That is exactly what we teach at The School of Metaphysics.

With Love and Gratitude



Images at top L to R: Leah Morris as Betty Williams at 21st Century Club in Oak Park, IL recording the audiobook version of THE INVITATION in studio, and talking with Walter Hyrcaj (Dalai Lama) pre-performance in the Dominican University President's room.

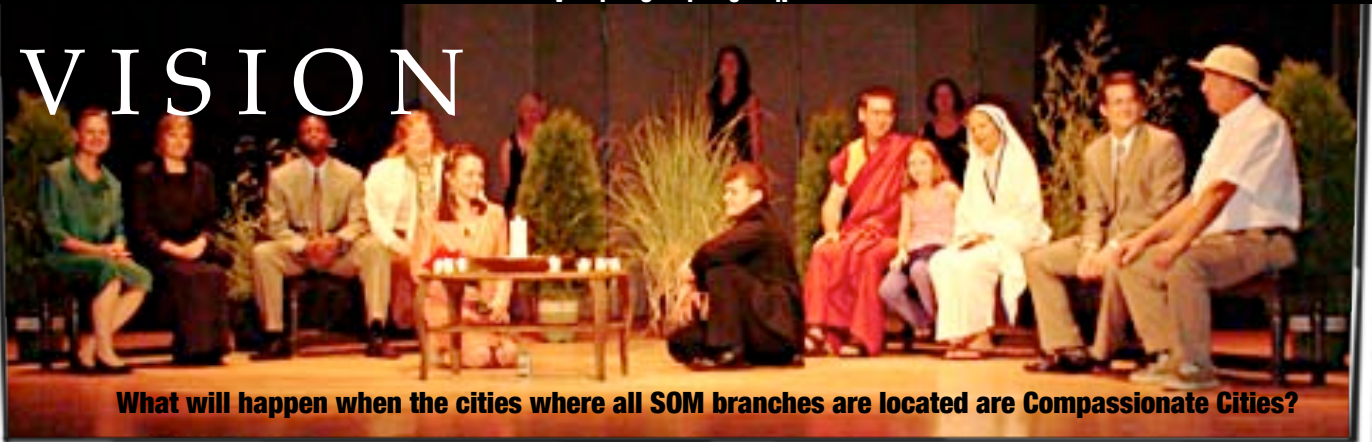
### Shirin Ebadi Nobel Peace Prize 2003

*Shirin Ebadi was born in Hamadan, Iran. Ebadi entered the law department of the University of Tehran in 1965, and participated in the entry exam for judges immediately after graduation in 1969. In 1975, she became the first woman in Iranian law history to head a legislative branch. Ebadi was assigned to a lower position, actually the same branch's secretary, following the Iranian revolution in 1979, when conservative clerics insisted that judgement is forbidden to women in Islam. After protests by her and other female judges, they were assigned to a slightly higher position, that of "law expert." She finally asked for early retirement when she could not stand her situation. Because of rejected applications, Ebadi was not able to work as a lawyer until 1993, when she was able to open a law office. During this transition she used the time to write books and articles which made her widely known. In 2003, Ebadi was awarded the Nobel Peace Prize for her efforts for democracy and human rights, especially for the rights of women.*

THE INVITATION reaches the youth of St. Louis.  
See VISION on page 11



# VISION



**What will happen when the cities where all SOM branches are located are Compassionate Cities?**

## IF SEEING IS BELIEVING...

The current cast takes **THE INVITATION** to audiences in a new city while the third cast is forming, moving toward presenting in Spring 2015 in the Peace Dome.

~~~~~

Cardinal Ritter Prep opened its doors on September 6, 1979. Named for Cardinal Joseph Ritter, Archbishop of St. Louis in the mid-1900s, **CARDINAL RITTER COLLEGE PREP** honors its namesake as one of the most prominent and influential church and civic leaders of the century. Joseph Pecaut teaches Business Education and Theology.

~~~~~

The International Campaign for **COMPASSIONATE CITIES** is a global campaign inspired by the Golden Rule (treat all others as you wish to be treated yourself) to raise awareness of the benefits of compassionate action. Research shows that practicing compassion leads to many benefits for the individual and ultimately for our cities- physically, mentally, spiritually, and socially. More and more city leaders from across the US, Canada, and the globe are adopting compassion as a focus for city wide action to transform cities and transform the world. In 2010 the SOM in Dallas hosted **THE INVITATION**. The next year, we were in Louisville (pix above). Dallas-Ft.Worth and Louisville are two of 34 Compassionate Cities in the world.



## THEN PERCEIVING IS KNOWING

The vision of hosting **THE INVITATION** in St. Louis, MO on Monday and Tuesday, November 17th and 18th, is to provide people in St. Louis an opportunity to experience a conversation about peace from Past Nobel Peace Laureates – specifically, Cardinal Ritter College Prep and surrounding schools.

This will be the first time the "THE INVITATION" will be performed for a predominately student audience. It will bring the Laureates to life where the students and audience would experience why these Laureates chose to dedicate their lives to peace.

It will be inspirational and also raise awareness while increasing the commitment to peace in St. Louis and the surrounding area by uniting peace oriented people and organizations. This will be an opportunity for people to discover that "world peace begins within ourselves".

We also envision re-igniting the transformation of St. Louis into a 'Compassionate City'!

–Maplewood SOM Sponsors, Joe Pecaut, Organizer

## Spirit of the Healer Spiritual Focus Session by Marie Zubinski

17 individuals gathered to form this session focused on wholeness. Healing presence is the essence of who you are that allows another to heal. The evening began with Dr. Barbara's talk on the Stargate Pattern of Consciousness followed by a tree hugging exercise to experience the interconnectedness of life. Dr. Daniel gave a dowsing class using a pendulum to find areas of strength or weakness in the body and in virtue. Participants were asked to incubate a dream to see if they could get a feel for their Healing quality. Saturday's exercises included a dream circle, Intuitive Reports, Walking in Another's Shoes, and concluded with a ceremony within the emotional doorways. All left with much greater understanding of Self, others, balance, and the power within.



## **Powers of Ten Spiritual Focus Session by Sandy Leitner, Kim Knapp, Aneta Baranek**



It was with anticipation that we arrived at the World Headquarters on Saturday afternoon. Receiving our Intuition Analysis Reports felt like discovering unrevealed parts of ourselves knowing that what we were receiving was enveloped in Universal Truth. The discussion that followed with Dr. Daniel allowed us to assimilate our reports, and gain deeper understandings and insights about ourselves as souls. Serving at the Spiritual Focus Session created a platform for us to immediately apply what we were learning through our reports.



was seamless and guided by an underlying flow of mental and spiritual connection. Dr. Terry created a wonderful space for us to express individually who we really are, as well as providing us with significant amounts of autonomy and guidance. We appreciated Karen's expertise with preparation and timing of all the meals, and infusing them with love and harmony. Dr. Barbara and Dr. Laurel provided timeless and priceless teachings that caused shifts in consciousness for everyone present. Although we only had 4 apprentices, things went very smoothly. We explored different aspects of ourselves that came through the experience of divine friendship. We created bonds with the participants shining the Light for them on how transformational the Spiritual Focus Sessions can be.







*12 loaves of homemade  
zucchini bread*

## **FIRST WORK STUDY STUDENT ACCEPTED FOR SUMMER PROGRAM AT COM**

*Serenity Robinson, age 14, learned about the School of Metaphysics in Fort Worth, Texas when her mother Sheryl Robinson began studying the first cycle of lessons. Three years and 10 intuitive reports (of her own) later Serenity was offered the chance to live at the College of Metaphysics for the summer. She lives at Dream Valley with Dr. Paul, Dr. Christine, Alexandra and Vivien Madar and has blended into life on the main campus easily.*

**~ Dr. Christine Madar**

# **LIVING METAPHYSICS....**

## **What IS it like to be a College of Metaphysics Student?**

*by Serenity Robinson.*

*I often find myself asking "Why am I here? What is the point of all this?" I have yet to find these answers, however I am much closer than I was 4 weeks ago.*

About a month ago was the start of my summer vacation. Now instead of having my normal, laid-back summer which usually consisted of sleeping and watching TV, I decided to move to the College of Metaphysics to become involved in a sort of work-study program. The past few years, I have always anticipated the summer break just to be relieved of the burden of school, homework and getting up early. This is how I viewed school, as a burden I couldn't wait to escape.

Then school would let out, and I thought I would be free. Sure I wasn't getting up early, or didn't have any homework, but I wasn't fulfilled. This was especially frustrating because I was sure that if I didn't go to school or was free of my responsibilities, I would feel better. This was obviously not the case.

The offer of moving to the College of Metaphysics for the summer was presented to me as a possible next step in my soul growth and development. I immediately accepted. I had doubts and fears and attachments to comfort, just like anyone else, and I started to question if I was doing the right thing. However, I decided to push through the limiting thoughts and go anyway.

I have discovered parts of myself that I never expected existed. Every day, I find myself confronted with a new goal or challenge to stimulate me to become better.

Now, living here, I wake up earlier than I did when I was going to school, and yet I have more energy. What I've realized through starting my day at 5:30 a.m. is that my day magically gets longer, therefore I can accomplish so much more. It's a lot of fun to help with the animals because I get to see how my thoughts directly influence something in my environment.



*78 lbs of blueberry picking  
on the first day!*



### For the first time I...

For example, if my thoughts are scattered, there is no way that cow is going where I want it to go. So I've learned to take a breath, still my mind, and try again.

When I help with the garden it's like seeing the four stages of growth right there in front of you—infancy to adolescence to adulthood to wisdom. This is the same as from a seed, to a sprout, to a full plant, and then to bearing food. Just as if I was watering a garden, I have to nourish my thoughts and understandings for them to grow and bear fruit. The more I love and give attention to them, the faster and bigger it'll grow.

Helping in the kitchen has been a big learning experience for me in understanding how to stay in the flow of things without becoming overwhelmed, even if I don't see how the end product is possible. When cooking meals, I can see how every person has a distinctive part in the whole. Maybe it's just cracking eggs or mixing a few ingredients, but whatever the case, if that wasn't done, there would be no finished meals. It has taught me that we all have a place on this earth, no matter how small you may think it is, it is a vital part in keeping the world spinning.

I have more responsibilities now than I did when I went to school, and yet I've discovered that I don't feel at all burdened or weighted down. Actually it's the opposite, I feel light and free and joyful. I believe this is because I'm learning and experiencing things that I actually care about instead of just reading from a textbook. The truth is that freedom is actually found through personal responsibility. Even when I had nothing to do but lay around all day, I felt trapped and depressed. Now that I'm connecting with people – learning, singing, cooking, and working – I feel more at ease and connected to myself than I've been my whole life. And that's what it's all about, isn't it?

Everything applies to me. Every experience and every interaction is just a stimulus for me to learn and grow into something bigger and better. So for now, that's what the point of all this is, that is why I'm here– to become the best me I can be. •

1. Picked blueberries
2. Ate pork chops
3. Made zucchini bread
4. Voice lessons with Matt Valois
5. Played piano
6. Made blueberry jam
7. Ate liver
8. Made pumpkin carrot cake
9. Made butter
10. Went to a county fair
11. Went to an animal shelter
12. Made cherry cobbler
13. Made peach crisp
14. Milked a cow
15. Collected eggs
16. Herded cows
17. Picked cucumbers
18. Started my day at 5:30 a.m.
19. Walked to the river
20. Watered the garden
21. Mowed the lawn
22. Drove a riding lawn mower
23. Made cheese
24. Made yogurt
25. Made yo-cheese
26. Pickled beets
27. Canned beets
28. Picked beans
29. Pickled cucumbers
30. Began the 4 week Concentration Class



"My ideal is to be a spiritual leader actively sharing my Light with everyone and consciously learning through every situation."

My purpose: to experience connectedness (especially mentally) and to understand my Dharma."



My vision for the National Dream Coordinator position is to utilize the Mind and Metaphysical principles to connect the world both outwardly in the physical plane and inwardly on individual and global levels. For all of us comprising the "SOM Dream Team" to create a global dream network on Conscious and Subconscious Levels of Mind. I envision each SOM branch becoming a hub of connectedness, not only for the students, but also for their local communities. Everyone dreams, on average we spend 1/3 of our life sleeping and dreaming. My quest is for all to better understand the relation of the dreamtime to our waking life and, vice versa, to evolve our common sense of lucidity during dreamtime.

Aneta has her hand on the pulse of the whole school. She is the driving power behind SOM's dream app.

## SOM's New NATIONAL DREAM COORDINATOR

### Aneta Baranek's Dharmic Qualifications

#### make her the Right Leader at the Right Time

Last October, Dr. Laurel Clark spoke to Aneta Baranek about directing the Palatine SOM. That night Aneta remembered this dream:

*I was in an open space. In the distance, I saw a bridge I knew I needed to cross over. However, to my right there was a huge snake, anaconda, very enormous. I was very afraid to pass by it, although I knew it was my next step. I braced myself, and looking right ahead with no attention on the snake, I crossed over the bridge.*

*At the end of the bridge, I met a very young couple. They were holding a newborn baby. They were looking lost as parents - "What am I to do?!" I approached them and said, "I can definitely show you how to take care of this baby." I cradled the baby in my arms. EOD*

Aneta said, "Yes!" to directing and the rest is becoming her-story. Since that time she has seen her dharma flourish (see quote below) as she teaches others about the power of their dreams, intuition, and Subconscious Mind. Under her direction, Palatine students enjoy a rich learning environment during their waking hours through weekly Dream Webinar attendance and the monthly Dream Catchers Meetup.

She brings sparkle and insight as a director to what can happen in every school. An example --- *How can a branch raise funds around dreams?* Palatine's answer **Dream Bingo!** came through a student. Aneta will be bringing this idea and others as she leads Dream Coordinators into their own in the months to come. Watch your dreams for updates!

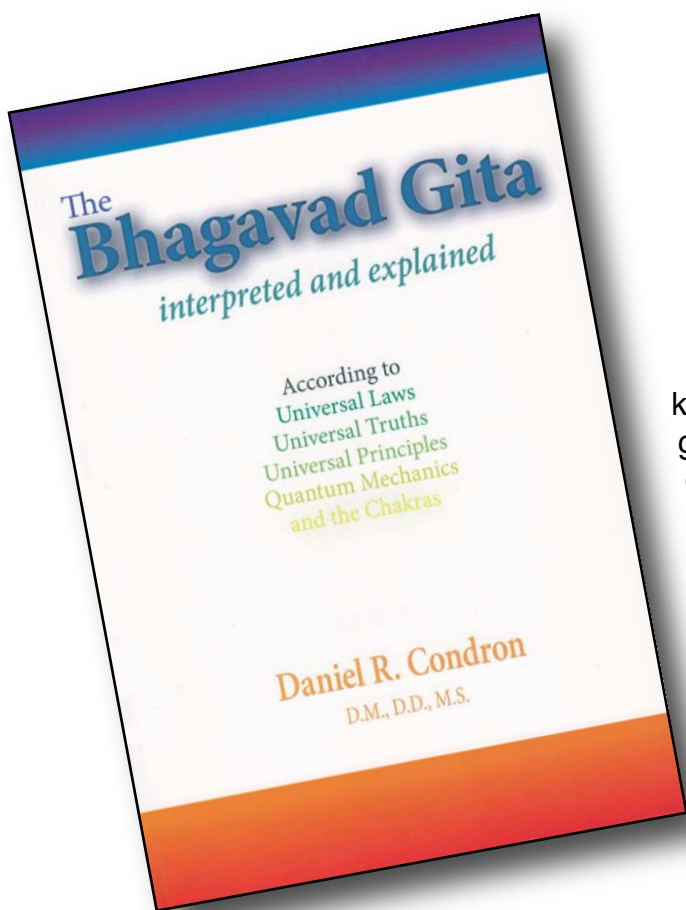
#### from Aneta's Dharma Profile.....

"There is a kind of magnetism that this one effects ..... we see that in doing so it draws to this one people, places and things that are in need of solidifying; therefore, we see that this one's Dharma does work in causing the consciousness to be activated during what would seem to be dream time. There is a real need for this one to explore the dreams to become lucid in them so that this one might begin to cause there to be more awareness of the Dharma and the capacity to wield it." — [9-6-2012-BGC-3]



SOM Publishing Presents....

Daniel Condrón's Newest Book:



# The Bhagavad Gita

interpreted and explained

Based upon years of experience, knowledge, and insight Dr. Daniel R. Condrón has gained through discipline, service and teaching and opening the chakras.

A new and inspired explanation of this immortal classic, Holy book with never before revealed timeless secrets of High consciousness and Truth.

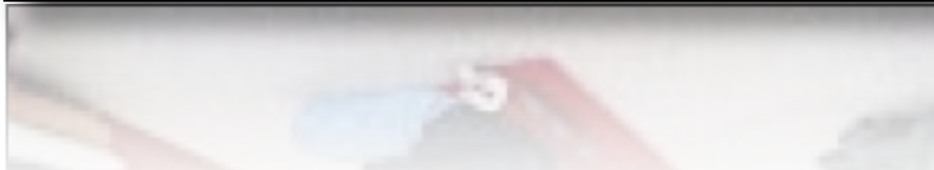
Order Yours Today!



# Still Mind Weekend

October 24, 25 and 26th 2014

**Spend a weekend devoted to stillness in the beautiful autumn at the College of Metaphysics!**



If you are wanting to participate in this weekend and experience the stillness of your mind please write a paper entitled: Why I Want Still Mind. Be sure to mail it in so that it is at the College on or before the 22<sup>nd</sup> 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 after 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 report having their deeper and most astounding meditation ever.

## June 2014 Dream Webinar Attendance

June 2014  
Dream Webinar Attendance

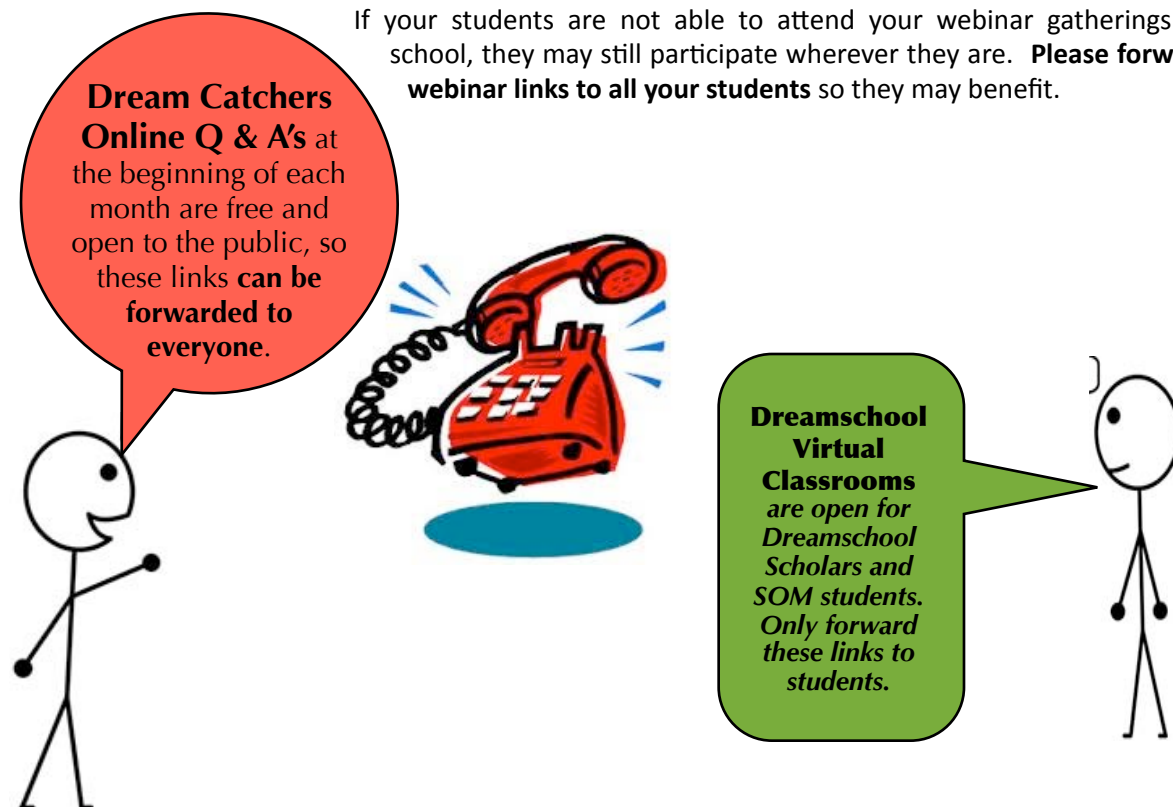
Attending dream webinars gives additional opportunities for students to pursue Dream Coach certification and a place for current Dream Coaches to renew their certification. Attending 12 dream webinars fulfills these requirements.

Each month, we will be posting attendance records at dream webinars by school center based upon the records we have received. Let's see our attendance increase each month by more student participation and records being turned in! **Directors: Please send in your students' webinar attendance to [dreams@dreamschool.org](mailto:dreams@dreamschool.org) so that your students receive credit towards their certification.**

If you would like to share your story of how the dream webinars have aided your studies, we are accepting submissions! Your story or quotes may be chosen to help let all students know about these wonderful opportunities to deepen understanding of dreams and their application. Send your stories to [dreams@dreamschool.org](mailto:dreams@dreamschool.org) with **ATTN: Matt - Webinar Story** in the subject line.

School Branch	Number of reported attendees
Bolingbrook	19
Chicago	5
Cincinnati	3
Columbia	5
Dallas	1
Des Moines	9
Ft. Worth	1
Louisville	1
Maplewood	23
Oklahoma City	3
Palatine	10
Springfield	13
Tulsa	3
Urbana	5

If your students are not able to attend your webinar gatherings at the school, they may still participate wherever they are. **Please forward the webinar links to all your students** so they may benefit.





## September 2014 College Student Experience

Current College Students Share Their Perspectives

by Mavis Renee Curry



As a student in Chicago, I looked forward to visiting the College on All Student Weekends. It was at one of those weekends that I went to the bluff to meditate and contemplate how I could become a student at the College. At the time I had a full time job, two kids in college, a mortgage and a long list of other attachments. Coming to the college was something I visualized off in the distant future. Now, after being at the College for a year, I wish I had come sooner. September 14th thru 19th **YOU** have a unique opportunity to spend a week at the College and experience what it is like to be a college student and discover for yourself why sooner is better than later.

**Why should you break away and join us? Here are five good reasons along with a**

**personal story from each of the current college students.**

### **1- Discover stillness. Find your true nature in nature.**

**(or Life in a modern day "Forest Academy" )**

Diana Kenney

**For thousands of years spiritual initiates have traveled to mystery schools to learn from an enlightened teacher how to realize God, and to discover the answer to the questions: "Who am I?", "Why am I here?" and "Where am I going?" These schools were tucked away in the mountains or forests of the Himalayas or India. The student chose to lead a life of outward simplicity to focus on inner growth. In answering these questions the student discovers stillness and can realize God.**

The College of Metaphysics is such a mystery school. The campus, situated near Bennet Springs State Park, is beautiful, lush and inviting. We share our grounds with deer and wild turkeys. Great herons wade in our ponds. Turtles wander throughout the campus. Coming here to study, I have been able to lead a life of outward simplicity while concentrating on my inner growth. I had no one to teach, no school to direct. My attention was on discovering the Real Self. Each month I found my mind was quieter than the month before. Working with the animals and in the gardens, helped me widen the space between the thoughts. The aggressive and receptive energies are more balanced. I have been able to find my true nature here in nature. I have re-discovered the joy within me. My light shines brighter.

### **2- Strengthen your will. Nothing is impossible to those who can direct their will.**

Charlotte Crabaugh

The life of a College student is one of service. I am learning that it is possible to accomplish whatever you need or want to by directing the will to it. I have never been physically robust so I would not have thought I could heft a heavy hog bucket and deposit the contents over the fence to the grunting, snorting pigs. Here at the College the teachers recognize what is possible without being limited by the student's comfort zone or our own self-imposed limitations. Whether it is hanging a large pot on a hook just out of reach, or finding time to complete all your exercises, the will is strengthened each time a pot settles nicely on that hook I cannot even see or each discipline is completed. These are not trivial; it is of such things that will is built, one candle flame after another.

The most recent challenge I met was in returning to a regular milking routine after a few months' break while Gladys gave birth to her calf. I could only remember how weak my hands had been and how stiff and sore they were when I awoke each morning. I didn't think I could endure it again, but I was needed for milking one of the four cows. With some fear, I anxiously began milking each morning and afternoon. Each

time I complete every drop of the two gallons of creamy milk Gladys so patiently provides. What I rejoice in is that I do it and I am stronger in my whole Being because of it. There is nothing I cannot do if I decide to do it.

### **3- Discover what you're made of - Build mental, emotional, and physical strength.**

Francine Babrel

What are you made of? Where do your thoughts take you? Unless we stretch past our comfort zone we remain the same never knowing where life can take us. Do you go on vacation to get away from it all? Challenge yourself to look at yourself. Find the power within and build strength in every way. This has been my college experience. Take a step in the right direction by spending a week with us and find how.

### **4- Learn the power of your thoughts. Make core changes to become more whole-functioning.**

Doug Bannister

I came to the College a year ago because I wanted to change, no big changes mind you, just some tuning up - so I thought.

The year has really been about finding the neutral place within, looking at my likes and dislikes by observing my reactions. I have learned to bring about changes within myself by letting go of old rigid thought patterns that no longer serve. This letting go has been very freeing. The shift was not instantaneous and not painless. It occurred because I trusted my teacher and I trusted my inner voice, despite the rantings of my self-righteous ego. I read recently that adaptability is a major factor in evolution. Without the ability to adapt, the next step is not available, the species is stuck. I desire even more freedom. The benefits of my year are substantial enough, the learning environment rich enough that I am staying longer, perhaps much longer. I look forward to the second half of my life; it keeps getting better!



### **5- Release the old to allow the new - Only when we are no longer afraid do we begin to truly live.**

Mavis Renee Curry

Coming to the College motivated me to release a lot of old "stuff." I released a lot of physical stuff: a house, a motorcycle, a marine aquarium. I also was slowly releasing old habits. What I did not realize was the need to reevaluate and change some fundamental beliefs, a lot of which were unconscious and fear based.

When I first got to the college, Dr. Daniel told me that I limited myself by fear. At first I did not understand. As a matter of fact, I did not believe it was true until recently when I found myself protecting the chickens and ducks from a large black snake. I had friends that had snakes as pets who could never convince me to hold their pets and here I was in the middle of the earth ship holding onto the tail of a five foot black snake. Fortunately Francine Babrel (one of those pet snake owners) came into help me. I managed to pin the snake's head under my shoe and muster up the courage to grab the snake behind its head and throw it into the bucket Francine was holding. I was very proud of myself. I had moved thru the fear to protect the animals from a predator. Francine and I slapped hands and carried our catch away.

Later, as I was journaling and reflecting on the lessons of the day, I realized that my fear of snakes was based on the *belief* that snakes are dangerous. I then realized that this was not the ONLY belief that I held that was limiting me. Many of these beliefs are fear based and limit my ability to create wholeness. To become whole functioning requires more than releasing physical attachments, it requires moving through the fear that emerges when releasing old limiting beliefs!

***We look forward to seeing you at the College Student Experience! Talk to your teacher and director to see if you qualify and then submit your ideal and purpose paper! Discover what it is like to live in a community committed to developing the whole Self!***



# COLLEGE STUDENT EXPERIENCE

FIND OUT WHAT ITS LIKE TO BE A STUDENT AT THE  
COLLEGE OF METAPHYSICS!

**SEPTEMBER 14 - SEPTEMBER 19**

SUCCESS IS OFTEN THE RESULT OF TAKING A STEP IN THE RIGHT DIRECTION  
PREPARE FOR LIFE BY SPENDING A WEEK WITH US

## 5 REASONS WHY THIS IS FOR YOU:

1. **Discover Stillness - Connect to your true nature in nature**
2. **Strengthen your will - Nothing is impossible to those who can direct their will**
3. **Discover what you're made of - Build mental, emotional, and physical strength**
4. **Learn the power of your thoughts - Make core changes to become more whole-functioning**
5. **Release the old to allow the new - Only when we are no longer afraid do we begin to truly live**

✿ A MINIMUM DONATION OF \$50 PAYS FOR YOUR ROOM & BOARD FOR THE ENTIRE WEEK

✿ AN IDEAL AND PURPOSE PAPER FOR DESIRING THIS EDUCATION IS YOUR APPLICATION  
(DUE BY AUGUST 20)

✿ MUST BE STUDYING BEYOND LESSON 6 AND HAVE BEEN TO THE COLLEGE BEFORE

✿ TEACHER & DIRECTOR MUST RECOMMEND YOU

**Our goal is to have one student from every school branch.**



Another excerpt from December 31, 2013 Peace Congress.

## Love is...

*Empathetic in content, kind in context.  
The triune nature of an ocean of compassion  
that knows when to let go and be God.  
What did Gautama create? Eight ways love defines us.*

*Love to consciousness in spiritual form is aliving.  
Eternity breathing a once dead Spirit to wholeness.  
A universe in a grain of sand, in an open hand.  
Holy grams of timeless truth.*

*Love is to consciousness what the heartbeat is to the body.  
A steady stream of truth telling How I Am.  
The breath of the Beloved weighs the Holy grams of intimacy-  
the brush of a hand, a smiling tear, whispers none can hear  
yet all can sing.*

*Love is the more of our Willfulness  
fulfilling the Source of Who we are,  
til all forgetful thoughts melt away.*

12-31-13 Dr. Barbara



THE PEACE DOME



# Finishing Up 2014

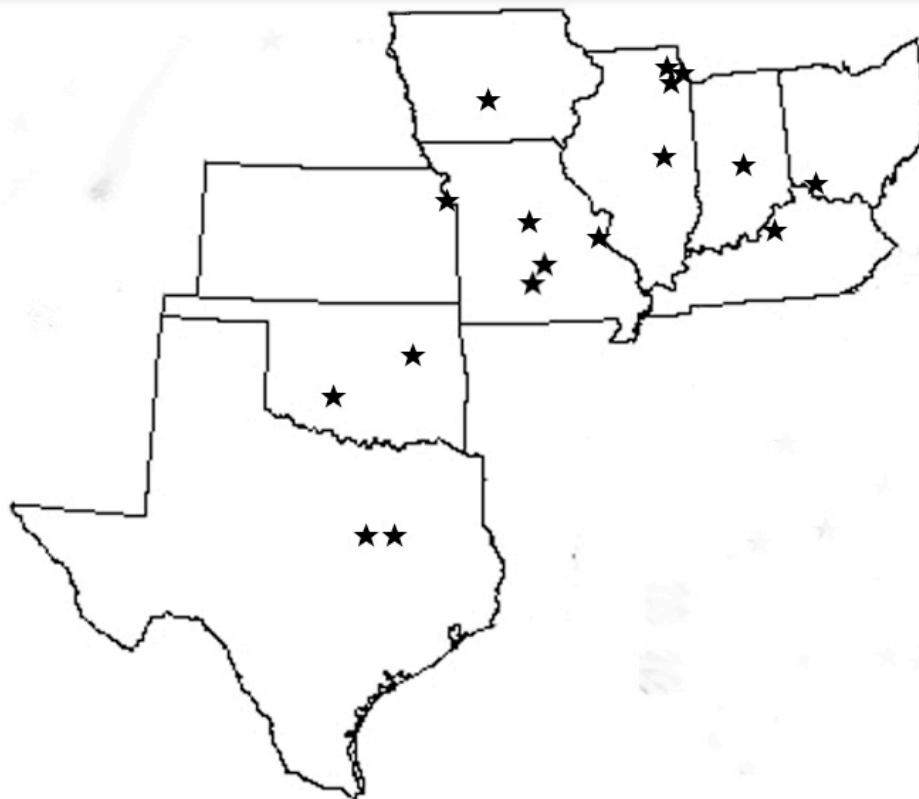
- August 2nd (Saturday) -- Area Teachers Meeting
- August 8th-10th----Atlantis Spiritual Focus Weekend
- August 15 - 17 -- Superconscious Healing Class Teaching
- August 24th---Superconscious Healing Class Offered at Branches
- September 12 - 14 -- Dharma SFS
- September 14 - 19 -- Week as a college student
- September 19 - 21 -- All Student Weekend (Third Weekend)
- September 27 -- Still Mind, Present Moment, Open Heart (In Palatine, IL)
- October 3 - 5 -- National Teachers Conference
- October 24 - 26 -- Still Mind Weekend (At Headquarters)
- November 7 - 9 -- Kundalini Rising SFS
- December 6 (Saturday) -- Area Teachers Meeting
- December 19 - 21-- Christmas Cantata
- December 31st - Jan 1st-- One Voice



**August 2 -- Area Teachers Meeting**

**September 12-14 -- Dharma SFS**

**September 14-19 -- Week as a college student**



## School of Metaphysics Branch Locations

email to (cityname)@som.org

World Headquarters • 163 Moon Valley Rd. • Windyville, Missouri 65783 • (417) 345-8411

### 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

1009 E. Main Street • Urbana, Illinois 68120 • (217) 344-2270

### Indiana

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

### Iowa

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