

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. 09



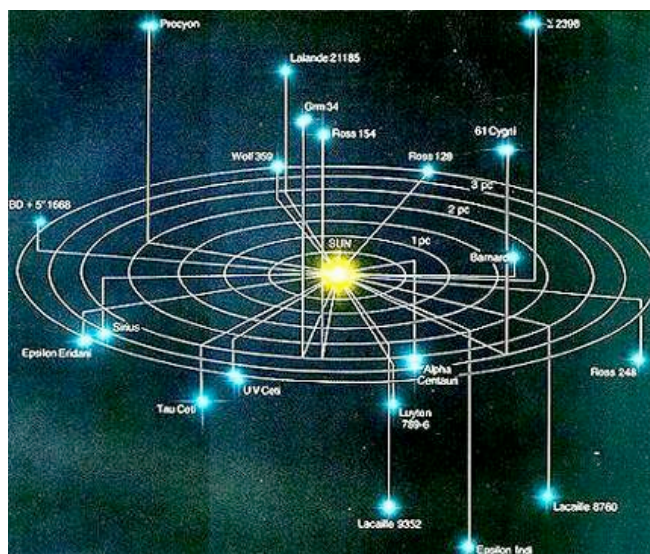
91 Asymmetry

When the Inner Levels are known, the people are awakened, breathe! Reflect upon the work of your experiences, the love and compassion they bear.

The single eye, the middle path, the golden mean opens the Stargate. Standing at the center of the Universe, be in the world and not of it. Change your fate:

The Taraka Yoga of Kuan Yin by Gael O 'Guinn

Atlantean Spiritual Focus Session!



Find out more from
Dr. Daniel Condron on
page 15!

And from Brian
Kraichely on page 16!



96 Giving

The Kuan Yin verse I drew was 96, Giving, and it states, "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." The meaning of this verse reminds me of my dharma "A sense of importance through humility." Each morning I affirm to myself that "I AM" is aligned with the highest of thought, the image I hold in mind is the staff of light that for me symbolizes having one thought, one goal, to be compatible with the Creator.....Dr. Sheila Benjamin

64 The Matrix

In the last few weeks I have continued to uncover the need to cause more connectedness instead of wondering why an exchange with someone is not working. Instead of blaming it on circumstances or even the other person I have actively practiced empathy, seeking to connect in the matrix we exist in energetically. By making the effort to see through their eyes I can understand their choices and then perceive their needs. Then I am in a better place to give and connect with their needs by leading them to what their soul desires. This Kuan Yin verse is a powerful reminder of where I function best.....Kerry Keller, Indianapolis

96 Giving

I have been learning more about purpose and the balance between giving and receiving, aggressive and receptive. My ability to perceive others' thoughts and images has greatly improved since teachers meeting last month in Oklahoma City. Rather than keeping my thoughts in my head, I have expressed them with less pretension than before. This has allowed me to give from a place of humility rather than a place of judgement. The Kuan Yin verse I drew was 96, Giving, and it states, "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." I know that what I am studying and teaching at the School of Metaphysics has allowed me to go deeper with the physical, to use it for soul development and spiritual growth.....Michael Dardanes, Springfield

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." When my life isn't seeming to go well it is usually because I need to give more. Giving always shifts my thinking into prosperity and opens me to new experiences. It is always a great solution and becoming a way of life. Giving serves.

Marie Zubinski, Bolingbrook

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.

Bolingbrook

Building Group Consciousness

by Frank Dillingham and Marie Zubinski



Summer is in full swing. In preparation for our big garage sale and in celebration of forward motion we are cleaning out and redecorating. Michael Searles and Roberto Cazares have been working to support Jorge Candelaria's vision to increase the size of the basement by removing a wall. In a dream a wall represents a limitation. By removing this we open up a bigger space for lectures, fundraisers, all student meetings, etc.

The greatest use for this space is our new laboratory for transcribing Intuitive Reports which will allow students a more productive space for concentration. Intuitive transcription is very important and can be life changing when undivided attention is given. This change will free the upstairs for students to interact before and after class in a more relaxed environment. We realize that our spiritual growth depends on frequent communication with like minded people, so having this area free will benefit students and teachers.

The exterior grounds also got a massive weeding and de-clutter along with planting beautiful flowers and vegetables. The unusual summer rain has allowed us to see a 10 fold return on our efforts. We got the squash seeds from fruit day cooking. This is a quick return on the effort put forth in early Spring. Natural vegetables are rich in life force and easily utilized by the body when consumed allowing less wasted energy, thus causing minimal wear and tear on the body. Marie Zubinski, April Kelow, Sheri Carlson, Sandy Buch, Teri Karl, Golbahar Dadyan and a friend of SOM Raul Guzman set a flagstone walkway connecting the yard to the front porch. This completed last year's vision. Now we are raising funds to complete the landscaping in the yard. Students in the second cycle of lessons are using their visualization to make the process a lot smoother.

The school will continue to look for ways to improve. Its the students' school and we are holding it for the future. We all are evolving and know that the nature of the physical is change. We want to build a school rich with group consciousness that future students can be proud of. •

Cincinnati

CHANGE

by Davi Brown

It is no secret that studying the lessons in the School of Metaphysics stimulates change--changes in our interior environment which begin to reshape and mold our exterior environment. As we persist in these changes, they feel less like walls. We learn to change with more ease, and changing can become a way of life.

Our classes are laboratories for personal change. Oftentimes, the structure of the class changes--people drop, classes merge, etc. These events are a stimulus for growth. As Jonathan's class arrives at the end of the first cycle they reach an evaluation point where they determine how they will proceed. I am very proud of all our students who are choosing to change in new ways.

Change is a theme when our students go to the College. I went to the Spirit of the Healer Spiritual Focus Session this month and I had a good experience. While I was there I recognized a discomfort I feel when change feels forced, and the importance of causing change in my own life. Out of this deliberation I have decided to become a college student in 2015! There, I will place myself amidst challenge and change while practicing my healing quality, restraint, allowing for shifts in consciousness!

We have a new class taught by Jonathan on Tuesdays this month! One of the new students is Aurelia's husband, Jim. This Saturday Jonathan presented the Keys to Your Heart Taraka Yoga process to the Cincinnati Friends Society (AKA Quakers) and then we held a Creative Energy Night at Starfire (where we hold our classes). The evening featured a potluck and discussion about Transference of Energy reports, auras, and more. We had the biggest turnout in months at our Dream Catchers meeting. Cat Harpen is doing an awesome job hosting and directing these events! We are discovering that as individuals take more responsibility for different laboratories and events that align with their learning, our branch grows, attracts, and transforms! •



Urbana

Building Whole Functioning Self

by Aubrey Wachtel

We were happy to have Brian Kraichley visit our school to present his lecture on his experiences with dream interpretation. He presented this same lecture at the International Association for the Study of Dreams conference in June this year. We hosted a pot luck dinner

and the lecture was followed by a question and answer session. Brian's description of his personal experiences and growth as a member of the school were very inspiring and reinforced for me the value and importance of completing the exercises every day. Coco Isenhardt, new second cycle student, gave her first lecture entitled "Auras." Ten guests attended, including seven from the public. The event included practice in seeing and feeling auras as well as Coco sharing her personal experiences in growing her ability to perceive auras.

Barbara Albers guest taught my class which was the fourth lesson of the visualization series. This was her first teaching experience at the school. We reviewed the mind triangle. Barbara described the subconscious mind as the seat of the soul. This concise description has resonated with me. Katrina Parsley has been building and preparing for the beginning of another first cycle class starting on July 21. She had an open house and movie night during which she showed "The Shift." Angela Wisehart has moved into adulthood with Dream Catchers. She led the Dream Catchers this month as the main host. Gabe Blinderman and Coco Isenhardt were there to support her.

This coming weekend we will be hosting a yard sale fund raiser to draw funds to put towards a solar panel for sustainable living. On Sunday, July 27, Brian Kraichley will be officiating at a Unitarian service. Cultivating the Garden

Palatine

Merging of Classes - Practice of Non-attachment
By Joe Latuszek



Recently the Palatine branch has been experiencing synergistic growth within the student body's relationships. While the coursework is proliferated with opportunities to practice non-attachment, an often times overlooked or merely inexperienced avenue for stretching ourselves comes about in the form of merging classes. While it's not necessarily a regular occurrence, it is not altogether uncommon for two smaller classes to become one for the benefit of the students and teacher. Larger classes invite richer and more in depth discussions. They also invite us to call on the skills we're building to create new friendships and allow ourselves to be taught by new teachers with varied approaches and strengths.

In the experience of the writer, this can be cause for discomfort as we are beckoned to step outside of the box I have begun to make my Metaphysical home in. It has been said that the one constant in earthly life is change, and the emotions and attitudes that are in need of confronting at the

time of a class merging can bring about greater Self-awareness in the form of examining our initial or ongoing resistances. A new teaching style, unfamiliar faces, and a kaleidoscope of interpersonal differences can be a catalyst that may be initially disconcerting to our small selves. Yet with willingness to find the learning in each situation, it becomes clear that all is in Divine Order and we must turn within to embrace without.

In the author's experience this has meant becoming more mindful of the needs of those around him, rather than just oneself. It has meant growing in patience as the mechanics of assimilation work differently within each of us.

In this sense it is easy to find that there is much to be grateful for. We are asking to know ourselves in the deepest ways. When presented with an opportunity to do so we must have the courage to accept the lesson as it has unfolded before us, rather than clinging to frustration that it doesn't fit our preconceived notions of how things "should" be. So often we make the mistake of assuming the comforts of familiarity, whether in the form of remaining in the same class, finding a new job, or simply being required to do something other than what one has always done. As Krishna points out in the Bhagavad Gita, "You have the right to work, but never to the fruit of work. You should never engage in action for the sake of reward, nor should you long for inaction. Perform work in this world Arjuna, as a man established within himself – without selfish attachments, and alike in success and defeat. For yoga is perfect evenness of mind." (2:47-48) Here Krishna is speaking of the yoga of selfless service, and so when we must abandon the known for the unknown, it is useful to keep this in mind. If we remain selfless throughout the transition, with no expectation of reward, we can begin to cultivate an evenness of mind that is essential for spiritual growth.

The access to higher ways of being and sincerely intimate friendships are there for the harvest, and in every way the School provides us with learning experiences we must remain open to; eager to plow the fields of conscious life experience to know the depths of our highest inner minds. •

Columbia

Coming Together
by Jeannine Anderson & Walter Hrycaj

The month of July brought forth growth as we welcomed the new class that began on the 8th. Five bright shiny souls entered the building that day filled with exuberance to start their journey together. They are Rachael Scott, Christina Lindsay, Christopher DeWeese, Anne Kribbs and Jian Jiao. Jeannine and Walter embraced these wonderful individuals with love and joy, warmly welcoming them to the School. This created an atmosphere where the students felt at ease and helped them bond very well by the time break came around. This class connected openly and honestly almost immediately and friendships seemed to develop instantaneously. This development came about through consistent visualization and the open heart of acceptance that we radiated that evening.



On the 12th, the Wednesday class rolled to Fulton, Missouri for our bowling fundraiser with Christina and her grandson, Sara Lees and Walter as we listened to Intuitive Reports and discussed our Ideals and goals for the afternoon. We had a lot of fun as we competed with ourselves improving each game by learning from each other. We helped one another achieve better scores by giving pointers, encouraging and perfecting our techniques along the way. We also practiced breathing, slowing the mind down and concentration to increase our abilities for success toward our bowling goals. So far we have raised \$100.00 and more is on the way.

The 27th was our monthly beautification day and potluck. Jian kicked off the day by scraping the old paint off of the east side of the building, preparing for primer. She began to talk about her experience in relationship to achieving her masters degree in biological engineering. To paraphrase, she said, "It took determination and constant effort to continue to reach for this goal." She also understood the importance of steps in preparation for upcoming steps. Her initiative is an example for other students to step up and begin to try new things. Christina and Sara prepared the potluck meal as they discussed intuitive happenings and the practice of perceiving auras. We all came together after beautifying the building and shared our dreams over a wonderful meal. In the Universal Language of Mind, we were assimilating the days experiences, providing nourishing knowledge for the soul. This brought us together in divine learning as a whole. •

Springfield

Community

by Joe Sturgis and Brian Hoover

This month's SIR meeting was a great success. I was privileged to present a Past Life Crossing with my partner Sarah along with our good friend and teacher Anna Steely's presentation of her Health Analysis. Intuitive research is both a fascinating and bedrock component of the school's purpose which makes for a great community event that always attracts many people. Though I have attended several successful SIR meetings before, it was a new and intimate experience to share such personal information with

others in a public setting. This sharing was a fantastic learning opportunity, but I later realized that despite the personal aspects of our presentation, the underlying content of any report is universal—I recognized this as I was gaining insight while listening to Anna's Health Analysis just after completing my own presentation. The crowd was sizable and very receptive to the findings in both reports; a great precursor to a very special live session of Intuitive Reports being conducted at our Springfield branch in late July!

The buzz and excitement is in the air! The upcoming Intuitive Reports have manifested many participants at this point and the session is still yet to come. We have been putting much attention on this with the use of projections, meditations, online portals, and flyers throughout the community as we anticipate an impressive turnout.

Art Walk, in Springfield, MO is a monthly city event created for sharing what the locals have to offer to the community. We setup shop downtown as we watch Subconscious Mind at work, drawing the interested souls to us, planting seeds and opening eyes to the excitement and functionality of nightly dreams. It is always exciting to get a chance to talk with the people in the area, observe the overall consciousness, and offer guidance to those willing to receive. This avenue adds new names to our mailing list and creates more attention for the upcoming new class. Tim Gagnon leads this weekly downtown escapade for this purpose as he was born for this position; his excitement is magnetic and contagious.

Chris Walker our branch Dream Coordinator updated the Dream Catchers format to include time for creating dream journals within the session. Chris provided all the supplies and designed a simple, effective, yet very clever look that inspired us all to get creative in personalizing our new journals. This was very helpful for those who might have a harder time remembering dreams, as putting this much attention on creating a dream journal is likely just the stimulation needed for bringing nightly dreams to awareness. •

Indianapolis

The Inspiration of Second Hand Learning by Ann Shaver

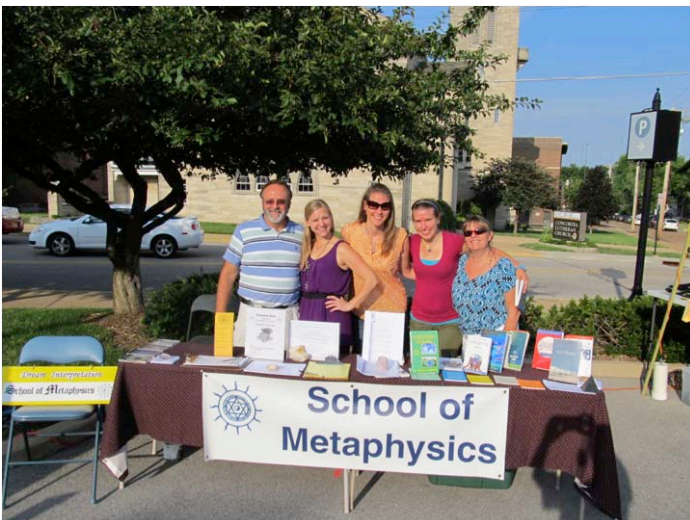
Second hand learning is priceless! We decided to hold a VISION BOARD WORKSHOP in Indianapolis, because the students in Maplewood had so much success with all the learning in their experiences. We read their review and were inspired by their enthusiasm and giving nature. We could see the value in what people would be receiving, the awareness of what is important and valuable in their lives and certainly the focus efforts in harmonizing with Universal Laws required to make a difference in their own future.

What we did not expect was the learning for each of us in how important it is for everyone of us creating this event to have the same clear image of what and how everything was to happen. We thought we knew, and were communicating

but what a surprise! Have you ever had an image in your mind and naturally assumed that was what everyone else knows... only to be shocked that others had no clue? That sweet moment of knowing this is how it will work because of your own memories and experiences, and then total surprise that others don't have memories of those experiences to work from. Duh!!!!

Then there is the desire we all had here, to give people their own powerful experience, while in the same moment we were moving through our own learnings of miscommunication. Our expectations, of those attending to receive powerful awakenings, was our apparent strength. Because the people who attended all had significant experiences in self reflecting about what was important to them. Most of them shared the new insights they received about the role they can play to insure they get to live their desires in their future.

Then, upon completion of the workshop the gems were presented to us... One lady said she was so impressed, that she has a group she would like us to consider giving this workshop to. Then another gave us a brilliant image! She said this would be such a great workshop for couples, new couples as well as twilight couples who may need to revise their images of who they are and where they are going. WOW! What a beautiful way to give! The prospects are exciting! This became the stimulus that caused us to then reflect on and realize, this Vision Board Workshop could be focused on other group needs, like health goals, sport goals, peace goals, or prosperity and abundance goals, even business networking goals. What a concept!!! A VISION BOARD WORKSHOP FOR CREATING EXCELLENCE IN YOUR LIFE. JUST FIND A NEED AND TEACH THEM HOW TO MAKE IT HAPPEN. We are excited and our initial approaches have allowed us to set up two more Vision Board Workshops to captive audiences. We are working to set up one for a local business networking group as a self-development educational meeting. So thank you Maplewood, your influence is powerful in Indianapolis! We love second hand learning!!! Peace be with you!!! •



Maplewood

Let Them Eat Art

by: Caterina Williams

The title of this event, "Let Them Eat Art", was in reference to various artists showcasing their artwork. It was a night event and an opportunity for the public to see what Maplewood offers in the way of music, art, and businesses. I'm happy to say that the town of Maplewood has a cultured feel to it, demonstrated by the people we attracted to our booth. We had a purpose of Connection as well as Communication for the event. I'd say I succeeded in building these within myself, and even further. For example, I talked with one couple for nearly an hour and I feel I really connected with them on a deeper level. I found myself attracting middle-aged people to myself. This surprised but also thrilled me because I have a desire to have the ability to connect with, and be received by, people of all ages. I also found myself feeling energized when I had the opportunity to engage with people about the Universal Peace Covenant and about my Peace Experience at the College of Metaphysics in January. Everyone I gave a Peace Covenant to was quite appreciative that I shared it. Their responses gave me that much more energy to keep my position moving as Peace Ambassador. Debbie Hudson, Director of the Maplewood branch, saw how "people were drawn to the booth without even realizing why." She says, "This shows an inner urge on their part as well as an attraction to the school to aid that urge. There's a strength coming through that people are responding to."

The booth, throughout the evening, attracted a strong interest in the school and what it has to offer. The 40-40 t-shirt proved to be a good marketing tool for the school. Debbie was wearing the shirt and received a tap on her shoulder. The young lady asked where the School of Metaphysics is located. Little did she know, the school was right up the street! Debbie proceeded to direct her to the booth; she was able to explore her interest on the spot. Cassie Ambuehl explained that she "gained joy" from "sharing what she has gained at the School of Metaphysics, freely and without attachment- specifically sharing how the school has dramatically improved [her] life." She "had the opportunity to interpret peoples' dreams that they had reported were unsettling". She could "see their facial expressions change dramatically as their awareness and understanding shifted to that of peacefulness." As a result of being present at "Let Them

Eat Art" our School made strong connections, and conveyed to attendees how we are a resource for the community.

I love the opportunity to engage people at events. You get the opportunity to meet an assortment of people and sometimes, if you have the intention, you'll have lasting effects on those people. As someone once said, "The journey of a thousand miles begins with one step." I encourage all students to take that step of courage in reaching out to people you don't know to share of the wisdom you possess. •

Louisville

On the Path
by Tarak Uday

This has been another fulfilling month at the Louisville branch. I, Tarak, presented a talk titled “Unlocking the Power of Your Mind: Learning How to Create the Life That You Want to Live” to three different groups of people. It was an amazing experience for myself, and was well received by the many people who were in attendance.

As we have revived our weekly mastermind meetings we have noticed a growth in interest in the community, organization within our branch and growth in our new classes. I am very excited to watch the school here continue to thrive and prosper as I prepare to move on to my next stage in spiritual development of becoming a College of Metaphysics student this January.

I think that it's interesting that this new growth has correlated with the timing of the growth and prosperity we are seeing and receiving from our abundant garden! •

Dallas

Summer is the season for change!
by Brenton Harris

Much is moving in Dallas in July as we turn the “dog days of summer” into experiences of creation and joy.

First cycle student Sheila Mills and second cycle student Khem Na'khi attended the peace ambassador training at the College of Metaphysics. Both of them received a lot of vision and brought back many ideas regarding bringing the consciousness of peace to Dallas. Just two days later, Sheila made contacts with the mayor's office in a town outside Dallas, setting the end-of-year activities in motion. As peace ambassadors, both Sheila and Na'Khi have worked to network with organizations throughout the city, which will produce fruit long after the 2014-15 Universal Hour of Peace.

Our SIR lab also continues to thrive, with Rashard Garrett, Shan Alvi, and Mauricio Aimo. For the second straight month more people have attended the gatherings than we've had room for in our largest classroom, causing us to look out into the community for a larger venue. The SIR leaders are learning about the importance of communication, preparation, and visualization as they continue their momentum. This is exactly why lab positions are both important and necessary for students in our course of study, because they give tangible experiences with universal laws!

Our inner circle of leaders and teachers continues to expand, and Charrie Sledge has officially stepped into the position of Director in Training. She has much to give everyone in Dallas, and will be a driving force in our branch's growth and success! •



Gift List for College of Metaphysics



Large 2 gallon
watering Cans



Hand Shovels (small)

Square thick
Pot Holders



Wash, hand,
and bath towels

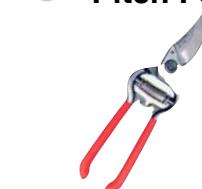
Hoes



Pitch Fork



Hedge pruners



100ft
Flexible
hose

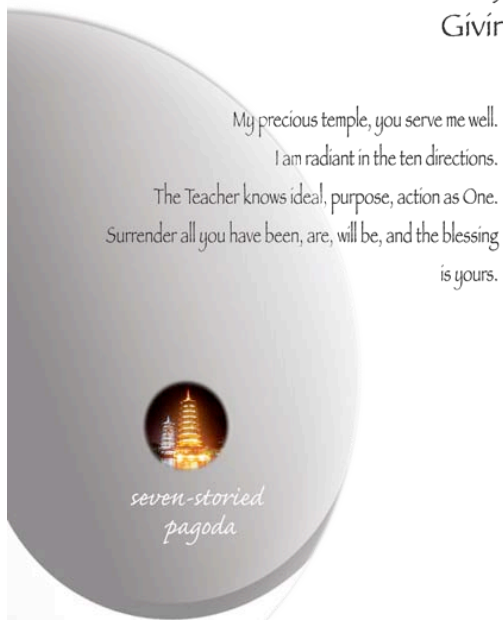


Paint
Brushes
2" - 3"

Roller Brush
replacement
heads



Flash Drives- 4G+

96
Giving**Kuan Yin Verse 96 GIVING**
Interpretation by Gael O'Guinn

The image for this verse is the “seven-storied pagoda”. The pagoda is a structure created for religious purposes, usually Taoist or Buddhist, and so it holds the same meaning as a church, temple or synagogue does for Western religions. In the Universal Language of Mind, these buildings represent how the mind is unfolding the perfect seed idea of creation. This “Giving” signifies an opportunity that Universal

Mind affords the individual for experiencing the complete fulfillment of Self as Creator. This is realized through the ten chakras taught in the Tibetan Buddhist teachings and referenced in the second line of the verse: “I am radiant in the ten directions.” The temple is the mind in samadhi, the highest thought form the individual is capable of imaging. The ten directions are the movement of energy transformed by the seven chakras of the Hindu yogas plus the three referenced by the Tao. “The Teacher” brings forward the individual’s authority,— what do I really know about life, about love, about truth? When wisdom answers, creation is revealed as a present only in the present.
No great loss or gain, before.
No reward or punishment, later.
All folds into the “yes” in the now
of one’s Giving.

**Meet those Studying
in the 4th Cycle of Lessons**
Laurie Biswell

When I received this Kuan Yin verse, my first thought was of my dharma, which is described as magnanimous (generosity in forgiving). I thought about service and my longing to give and serve others, help them fulfill their plan, manifest their creations. I know that the work I have before me is the surrender, to align ideal, purpose and activity where they all are as one.

**Bio:**

Laurie J. Biswell, age 42, born in Tachikawa, Japan and raised in Del City, Oklahoma. At an early age of 5, Laurie constantly had nightmares so severe that she didn't want to go to sleep. When Laurie was 13, her mother learned about dreams and dream study from the School of Metaphysics. This changed Laurie's life and she no longer had the nightmares. She currently holds a Psi Counseling and Doctorate of Divinity Degree as well as a Dream Coach Certificate from the School of Metaphysics.

Wisdom
CompassionL
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V
E

“The eye of the beholder of Light perceives in the fire of the Sacred Heart.”
— Verse 1

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

VISION

NIGHTMARE AT COM

How REAL are dream states?

Can consciousness transverse the Akashic Field?

Is dream telepathy possible?

How one student's night time experience affected the whole

Morissa Engles is the Peace Ambassador from Cincinnati SOM. She also teaches the dream course at the School. She works as a customer logistic analyst for companies like Jergens. On the side she is a personal chef and she recently bought a house and dog. She came to the Peace Conference with an agenda, and its fulfillment affected us all. Here's her story as told to Dr. Barbara Condron.

"Last night before I went to sleep, I saw orbs outside of the window in the Chapel. I spent a moment determining if what I was seeing was real. Shortly after, I fell asleep. A short time later, I awoke screaming.

The Consciousness of a Nightmare

I was a little bit apprehensive about coming. I have been trying to come to the center, trying to find the place for SOM in my life. What I decided I wanted when I came was to affirm either to continue on into the 2nd Cycle or stop. I clearly wanted to receive the answer.

I rode from Cincinnati with Jesse and Aaron and talked about it. Aaron and I were in the outdoor chapel and talked for hours. I came to the conclusion, yes, I'm staying, and my goals shifted. What I want to do. I reaffirmed my goals for life right now, what I want is inner peace at all times, to understand love in all ways. That was Friday.

Saturday I decided to go with the flow. I was gaining understandings. I saw blue smoke in meditation that evening. Don't know what it is. Images usually go away; this time it became the image. I so desire to understand. I struggle, because there are so many things on my plate.

Aaron and I talked longer, then I went upstairs to bed. Outside the window I saw yellow-greenish-whitish orbs moving back and forth. Last time I came here, I saw the same thing. Then I went to sleep.

Woke up screaming. Heart was pounding, and I was scared. April was sleeping next to me. She turned on the light, and stopped screaming.



"I couldn't fall asleep. Then I hear her scream. I had been feeling pretty anxious and the scream and everyone's shock. Laughing calmed my nerves and I slept the rest of the night."
— Golbahar Dadyan

Everybody was looking at me. Everybody was asking me questions.

April said, "You okay? You were screaming at the top of your lungs. Were you having a nightmare?"

"I don't think so," I told her. I wasn't thinking it was a nightmare. It felt like experience. It didn't feel like a dream.

I had been dreaming of an all-black figure standing at the right corner of my bed and the sound of a highlighter gliding across paper. It frightened me to the core. I couldn't get back to sleep so I was up from around 1:30 AM. Erin Payne, my classmate told me later she heard the screams downstairs.

The Next Day

What happened? Why did I have this experience?

My Past Life Profile says I need to learn to interpret dreams so I can interpret energies accurately. How do I trust myself more? Interpret dreams. Pursue this in every way possible because it is vital at this point. I think the most important asset I can offer others is – perception.

The first line of my reports says there are 'ways this one finds the self in the center. This one is the catalyst for transformation.' Well, I was with this dream!

I was in the middle of the 11 questions; due on Monday. I had procrastinated on the lesson summaries. I'm not sure I could have gotten finished if I was not here. At home, maybe I would not have been focused. Here I had the Self awareness.

I got up to read the Peace Covenant at 5:45. Meditated. It was good. I saw the blue and trees, much more clear. Different colors, aqua and dark blue. A sunrise. Water, rippling. I saw a pyramid. The top was missing last night.

I asked, "What do I need to understand?"

I heard "Vesica Pisces."

(Nightmare con't on page 11)



by Aneta Baranek

In preparation for the graduation from the 2nd Cycle of Lessons I have been looking back on what I have gained through the education at the School of Metaphysics. There is so much that I could write a book about it!

What I want to highlight in this article is the concept of UNIVERSALITY. I so very much appreciate the **universality** of what we teach. **What we learn can be applied anywhere, at any time, by anyone.** We study **the Universal Laws**, awareness of which allows us to harmonize with the Universe. We study various Holy Scriptures to extrapolate **the Universal Truths**, Truths that unite us. To see what unites us is to bring about peace. To discover the universality we call upon **the Universal Language of Mind**. This, forgotten by many, language of symbols allows us to not only understand the Holy Scriptures on a more deeper and non-literal level, but it allows us to go deeper within ourselves through the interpretation of our nightly dreams.

The universality speaks to the fact that we all are here to discover more about our physical existence and that our experiences are universal. The concept of universality opens our mind to see that this life is not only about physical accomplishments, but about the inner growth and alignment. By recording, interpreting and integrating messages contained in our dreams we honor our inner experiences and we shine the Light on the universal experience of dreaming.

In the last **Vibrations** article I shared my ideal, purpose and vision for the position of the National Dream Coordinator. To re-iterate:

The 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.



The vision is universal in that it taps to the universal principles that we are being taught at the School. It is universal because it includes everyone and it taps into the common inner experience of dreaming. It is universal because it aligns within the Universal Truth “as above, so below.” The vision calls upon each of us to perceive the universality of dreams and dream interpretation. It stimulates us to find out how we all can contribute to popularization of dreams in everyone’s life.

The two keynotes that Anna Steely and Dr. Barbara Condrón hosted in the past 2 months have been perfectly aligned with the vision. These have been an incredible resource of suggestions and ideas for all of us on how we can universalize dreams. How we can help our communities to tap into the inner voice, the call of the soul. Through doing so we will create connectedness and bring about self-reflection. That in turn will reverberate in raising the overall vibration of our planet. It is in our minds that true change occurs. Dreams serve as our personal compass towards change and alignment with the Universe, Universal Laws and Truths – “as within, so without”.

In the upcoming weeks I will be reaching out to every Dream Coordinator in every branch to strengthen the universal connection and to feed the vision of what is possible for all of us. In September we will be unveiling *the 10 Most Wanted List for the National Dream Coordinator*, which will provide a common set of guidelines for us all for the upcoming year. I will also be collaborating with Anna Steely to create a set of cliff notes based on the keynotes she prepared for us. I look forward to all the creating endeavors that we will share. If you have any questions or comments please feel free to contact me via email abaranek@som.org. You can also call me at the Palatine branch at 847-991-0140.



May your dreams illuminate the INNER YOU!

(NIGHTMARE con't from page 9)

have a small understanding of this. It is the mouth of creation, where creation comes from. I talked

with Jonathan, my teacher. He drew this



picture and explained it is the doorway into the inner levels.

Several people urged me to tell Dr. Barbara my dream. She recognized my dream as both an individual experience in the inner levels and a group dreaming experience because of how it affected so many others. She told me there was no need to feel strange or shameful for desiring to learn and know the Self.

I am glad I came. I got more answers than I expected. I have experienced the inner mind and next time, thanks for my teacher and support from many people, I won't be caught unaware. •

Brian Kraichely... Dream Coach on the Scene of 'Nightmare at COM'

I was asleep and awoke to a woman screaming directly across the room from me. I have always been a light sleeper, so I was sitting upright in bed while she was still screaming. I believe Marissa screamed 3 times. Other people around the room began to scream while Morissa's screams were still happening and then continued after she was done. People awoke suddenly and were confused about what was happening. Lights came on and people started to ask what was happening.

I think one of the reasons it was such a powerful experience is that people received Marissa's screams on the inner levels where they originated in her dream. Experiences are louder and more intense on the inner levels. Since everyone practiced mental disciplines that night, they were receiving more from the inner levels and more conscious in their dreams. The confusion was that the experiences were in the inner levels. It was a unique experience and people were trying to assimilate what had occurred.

After people started to settle down, Morissa announced that she had a nightmare and people started to understand a little more. There was still kind of a sense of fear and uneasiness for a minute or two. I decided to get up and go to the bathroom and said, "Good morning everyone." There was some laughter as some of the tension began to dissipate.

I walked downstairs and saw Karen Mosby and Dr. Laurel Clark standing in the doorway looking outside. Sam was outside barking. I relayed what I knew to them. When I went upstairs, the lights were out and people were already going back to sleep. •

Living Metaphysics, Part II

by Serenity Robinson

College of Metaphysics Work Study Program

Serenity Robinson, age 14, completed a seven-week work-study program at the College of Metaphysics this summer. Our goal in hosting Serenity was to aid her to stay true to her Self. Every day she learned something new about who she is and who she wants to become. One of her favorite activities was daily music class with COM graduate teacher, Matt Valois. Music, in the Universal Language of Mind, symbolizes harmony in the mind of the dreamer. The last week she was here she had her first lucid dream. Other dreams indicated her increasing ability to entrain her whole mind.

~ Dr. Christine Madar

Life at the College of Metaphysics is about as non-mundane as it gets.

I feel like I have a sense of myself that I've never had before. Part of this is because of working with the earth, part of it is because of working with the animals, part of it is because of working with the people, part of it is because of working with my own Inner voice.

Through the course of my seven-week period I endeavored to receive and learn much about voice and the nature of my own voice through my teacher Matt Valois. It's amazing to me how every day I learn something that I could apply to everything, not just singing.

I found that in the beginning I was very critical and harsh about how I sounded, and often compared myself to many of the singers on the radio. Matt, however, taught me that this was ridiculous. We laughed and played, and then got serious and worked. This easy flow was a great part of what told me to overcome a weight that I felt in regards to music. Voice lessons with Matt taught me that it's okay to laugh at yourself, and then it's okay to change what needs to be changed. I realized that singing isn't about how good I sound, or even if I'm as good as those on the radio. It's about expressing what I feel inside so that other people can better understand me. I want to convey the emotion that I feel whether it's sadness, joy, or contentment.



It took me a while, but once I was able to get over the harsh opinions I had, it all got easier. And I realized that I sounded better too. When I stopped worrying about whether I was bad or good, and just have fun with it and did my best, I did start to sound as good as those people on the radio.

I see this as a metaphor for life, so many people take life so seriously. Whether it's life or death, or whether or not you're good enough, just let it all go. Life isn't about that stuff. It's about learning. It's about growing. It's about loving. It's about becoming who you want to be. What has become more and more clear is that all the judgments and all the thoughts that said I couldn't do it were just distractions, and they weren't at all the truth. Once you start to have fun with life, there is an ease that is irreplaceable. And I think I found that ease.



So, the challenge was presented to Matt and me to write a song conveying my journey of the last two months of my life in the universal language of mind. We had one week to complete this. I had never written a song before, so in my mind, this was next to impossible. Through many hours of brainstorming and then releasing it to subconscious mind, we finally struck something amazing. The process of writing this is very unique in the way that our minds worked together. I've found an inner voice that I never acknowledged was there. Now it's time for me to share it so that maybe others can find their's too. So once it was all completed, I knew that this was definitely the best I could do, and for once in my life, that was more than enough for me. *



Mine to Decide

by Matt Valois and Serenity Robinson

I'm looking into a mirror of shattered glass
I can't see myself amidst the cracks
The only thing I see is a broken past
I close my eyes and hope that this won't last

I'm diving off the cliffs into the depths of my mind
Suffocated by the thoughts and feelings I had inside

I wanna hear my voice
Above the noise
I just wanna push the veils away from my eyes
To see the world as it is
And not as it ever was
I'm packing up my bags to find a way to survive
Take the first steps to find what's truly inside

Take a tiny seed and plant it in the ground
Care for it every day and watch it sprout
Into a life that's never been before
I can't help but smile; I want more

I opened up my eyes and let light shine on my face
Take a deep breath and fill my mind with God's grace
I found my voice
I had the choice
To simply let go and raise my hands to the skies
To see the world as it is
And not as it ever was
To take a step back and realize
The power of choice
My life is mine to decide.

Something New in the Atlantis Spiritual Focus Session

By Daniel R. Condron

The Atlantis Spiritual Focus session was held at the College of Metaphysics August 9 and 10. While conducting the session of Atlantean reports for the apprentices Thursday night an insight came into my mind to ask the origination point for each person. The most wonderful answers the intuitive reporter, Dr. Barbara gave were:

1. Brian Kraichely - 4th cycle of Atlantis
2. Sherwin Rosenfeldt - 3rd cycle of Atlantis
3. Francine Buzil - 2nd cycle of Atlantis - Alpha Centauri
4. Hezekiah Condron - Lemuria - Xena of the Pleiades
5. Anna Steely - 3rd cycle of Atlantis - Sirius
6. Matt Valois - 2nd cycle of Atlantis - Dogon - Canis Minor
7. Leah Morris - 4th cycle of Atlantis - City of Atlantis - Beldane from Orion to Tibet
8. Serenity Robinson - 4th cycle of Atlantis - Sirius
9. Teresa Karl - 2nd cycle of Atlantis - Sirius
10. Zachary Busch - 1st cycle of Atlantis - Xena of the Pleiades



After the session was over all the apprentices were happy with the knowledge they received. They seemed to be very excited about learning their point of origin.

-The Xena of the Pleiades seeded the planet Earth with life in early stages of growth and formation.

-Those from Sirius created the Egyptian and Mayan civilizations. The Beldane of Orion mostly created the Atlantean civilization in the 4th cycle.

-The Centauras of Alpha Centura were the progenitors of the aborigines of Australia.

-Those of Canis Minor are the ancestors, creators of the dolphins on planet Earth. The Sumerian civilization was created by the Beldane and Sirians.

In the session for the participants on Saturday, I asked the same question. Each of the 10 participants received more knowledge of their point of origin and were inspired by this. It seems we as souls or spirits came from different places at different times to be here on planet Earth. By understanding where we came from we more clearly understand ourselves now and what or who we are becoming. This knowledge is already having large effects throughout the School of Metaphysics and from there, the world.

The following are some statements of experiences and learning from the Atlantean Spiritual Focus Session, followed by an article by Brian Kraichely and Leah Morris containing a lot of information about the results of one small, single question, "What was this ones point of origin?"

Brian Kraichely

Going over my Intuitive Report with Dr. Daniel - Dr. Daniel started helping me understand my self and my intuitive report before I even realized it. He asked me why I highlighted my whole report and I became defensive and chose to react by focusing on the physical accuracy of the question. What he helped me realize was that I was deflecting a deeper possibility. My intuitive report talked about "a seemingly non-cooperative element in the externalization of the thinking" and this was an example of that in the moment. Dr. Daniel gives me very real and practical input that I can use to accelerate my soul growth. Thank you, Dr. Daniel!

My experience of Dr. Daniel's talk on the History of the World - I appreciated Dr. Daniel's amazing knowledge of the History of the World. He was able to bring together such an incredible variety of facts, intuitive knowledge and personal experiences to create a very whole picture. I am often enlightened by Dr. Daniel's ability to connect things through time and space, I guess that makes sense since the true nature of reality is connectedness!

Zack Busch

Friday morning Q&A with Dr. Daniel – I was taught by the master once again. There we were all ten apprentices at the table, at the head was Dr. Daniel sitting as he normally does. Leaned back, 1 red pen, 1 blue pen sticking out of his pocket, as we all sat, awaiting our rare interaction, I began to notice how to teach. What Dr. Daniel was doing was relating all questions asked by apprentices to the present moment. For it is only in the present moment that we can really learn. So for the rest of the session I observed how to teach. It gives me greater insight that I can use in my class that I will be starting on August 25th.

Friday evening discussion with Dr. Daniel – This might have been the highlight of my weekend. Watching Dr. Daniel up there teaching the history of the world, I felt fully stimulated. I foresaw in that teaching, how it would be in the future of the School of Metaphysics. There will be hundreds of students living at the college. Their days will be filled with awesome classes such as: gardening, aquaponics, root-races, meditation, yoga, and history classes such as what was given on this night. I can see myself teaching a class like that. I feel inspired to further research the different star systems and native people's. I am really fascinated by it all. I am grateful that Dr. Daniel has taken the time to research all that he does and even more grateful of his willingness to share it all.

Teri Karl- Dr. Daniel Atlantis Introduction - The overview of Atlantis by Dr. Daniel really gave me some context and clarity regarding the origins of humankind. I particularly enjoyed the visuals that showed the possible geographical future of our planet, relating it to the geographical changes at the time of Atlantis. I also loved the explanation of the pyramids and now knowing that there are pyramids that are actually buried, like in Bosnia. Finally, I finally know why I feel so fascinated by Mayan Culture – I knew there was a past life connection somewhere. In this Atlantean life I was Sirian, an ancestor of the Mayan people.

Dr. Daniel Reports Discussion - I feel like the overall theme of this discussion was the importance of stillness, of being present. This seems to be the theme for all things whether we want to intuit more, love more, receive more, accept more, reach a higher vibration etc. – stillness is the key to just be. “What is the truth I can receive right now? For my particular report, I wanted to better understand tolerance and humility. I had received a response that told me not to procrastinate. Dr. Daniel explained that procrastinators are not living in the present. They are lost in imaginations about the future. When you are present, you accept what is. You know truth.

Hezekiah Condon

I really appreciated the new insight I received from listening to my own Atlantean reports, as well as others. Also the past life stories from the Atlantean reports were very entertaining. As an amateur history scholar I relish the opportunity to learn more about the past. I found Dr. Daniel Condon's (my dad) teaching on Friday night to be very illuminating, as well as, entertaining.

Raising Atlantis and Our Consciousness by Brain Kraichely

It took a little longer than anticipated and the Atlantean Spiritual Focus Session became a reality on August 8, 9 and 10th with 10 participants and 10 apprentices! From all indications, it was worth the wait. Brian Kraichely initiated this Special Spiritual Focus Session and worked his Dharma of fulfillment to bring it to fruition. It was fitting that in his Atlantean lifetime, he worked on unifying the people.

“This one had awareness of the inner and the outer that gave this one a drive to mobilize the people, to bring them together, to move them. In the present time period, we see for this one to have a sincerity of concern for the progression of others.”

There were a couple of special things about this Atlantean profile. Dr. Daniel and Dr. Barbara redefined the question to be asked, as “You will search for the Atlantean experience, which most closely synchronizes with this one's experience of intuitive, spiritual man.” They recognized the opportunity for people to see what they have built and to wake up fully to the consciousness of why we are here.

Dr. Daniel decided to ask what the point of origin was for each person. This gave us an opportunity to go deeper into looking at the relationships we all shared. We formed into our different groups and found similarities in the lifetimes described, and many of us discovered a profound resonance with the present day. We built a strong sense of camaraderie and connectedness that was unique to this session. There was a sense of peace and connectedness that resonated within us as a group, knowing that we all came here and created this world together.

On Saturday night, Dr. Barbara set us free to create art work that answered the questions Who am I?, Where did I come from?, Why am I here? and Where am I going? We all choose 4 shapes through Universal Law

and put them together with glitter, glue, string and lots of creativity.

Sunday morning brunch is always the highlight as participants shared their creations and experiences of the weekend.

Linda Blackburn, a Maplewood student, was a spiritual being from Alpha Centauri working with plants and aromas in her Atlantean lifetime. She chose to separate from the group, which lead to withdrawal from the form. Linda is realizing the need for gratitude in her life and has a desire to consciously radiate love and light so that she can connect with more people.

Jim Hegarty from the Palatine branch, also from Alpha Centauri, was a leader who taught by example in his Atlantean lifetime. His report helped him to realize his need to release judgments. He has an opportunity to bring heaven to earth in leading by example and a desire to do that through teaching the Applied Metaphysics class to lots of people.

Mark Dirs, a student from Maplewood, was described as “native” meaning that he had reincarnated into physical form so many times that he had lost connection with the point of origin. He held honesty and integrity to such a high degree in his past life that he missed a lot of the more subtle things. He sees the opportunity to practice balancing the heart and the head to be able to receive more from others so that he truly understands them more fully.

Palatine student Alan McCall, originally from Sirius, worked with intelligence and form in both the second and fourth cycle of Atlantis. He also worked on the nadi, which are energy channels in the body. The resonance to the present is that he is learning more about using forms with intelligence and how energy flows, especially with the emotions.

Ard Allison from Dallas was also described as a native. Ard came to the session with former student Luis Hernandez. It was Arden's first Spiritual Focus Session, but not his first Intuitive Report. He saw a pattern in both of his intuitive reports that is really helping him understand himself better. He is putting it into practice immediately by reexamining a choice that he has been considering. Arden is excited by his growing awareness of himself and his ability to make different choices.

Luis Hernandez earned his Responder' a few years ago and was attending his second Spiritual Focus Session and was very interested in finding answers to the big questions of “Who am I?” and “Why am I here?” Luiz was sent by the Xena and had the ability to shape shift in his past life. He desires to to learn how to bring heaven to earth and was thrilled to hear several reports say that enlightenment is possible this lifetime.

Olivia Steely, younger sister of Anna from the Springfield branch, took the form of water during the Lemurian time period. In that lifetime and the present, she is learning about fluidity and making choices. She has had several reports that are aiding her to learn more about disillusionment as well.

Joe Peacaut from Maplewood was originally from Beldane and led people to the Himalayans in the fourth cycle of Atlantis. He developed understandings in vision, which he is putting into practice presently by bringing Dr. Barbara's creation, The Invitation, to St. Louis this November.

Linda Peacaut, a Maplewood teacher, was sent by the Xena to work on the energy meridians bringing thought to the human form. She continues to work in health as a chiropractor and is building understandings in creating wholeness of mind and body by cooperating with higher consciousness.

Caterina Williams, a student from Maplewood, originally came from Sirius and worked on the pyramids of Egypt. She helped to supply energy to special receivers and in her present life she is known for her high energy. She built an understanding in obedience and is trying to bring that into her conscious mind in this lifetime. She is practicing balancing her abundant aggressive energy with being more receptive.

Apprentices also had the opportunity to showcase their creations and share their experiences and learning.

College student Francine Barbrel was projected from Alpha Centauri and had no form. She shared that she has had several reports about separating from the group and she is now working on connectedness. She had realizations in suspending judgment and is deepening her understandings of reasoning.

Zack Busch from Palatine apprenticed for his first time. He hailed from Xena and was learning about the very early stages of form. He demonstrated understandings in service over the weekend that resonated with his





report. "This one offers a property of similars, where this one's consciousness is moldable. It mirrors or adapts itself to a greater thought."

Teri Karl is a teacher from Bolingbrook who also was apprenticing for her first time. Teri originated from Sirius and spent her lifetime moving in and out of form gathering information. She had some valuable insights throughout the weekend and has a strong desire to know her Self more fully by exploring the emotions and communication.

Graduate teacher Matt Valois was from the planet Dogon, which is where dolphins came from. He was separated from the main group in his past life and is recognizing a pattern in his reports about external boundaries.

He is now practicing going beyond boundaries and moving his mind in more fluid ways.

Serenity Robinson, the daughter of Ft. Worth teacher Cheryl Robinson, also apprenticed for the first time. She originated from Sirius and worked with the creation of forms and acupuncture points in her past life. She made mistakes in her past life that she was not willing to admit. Serenity is learning about neutrality in the present and desires greater connectedness.

Bolingbrook teacher, Sherwin Rosenfeldt, was a Beldane who worked with the nerves of the brain in his past life. He is learning about connectedness. The highlight of the weekend for Sherwin was an interaction with Dr. Daniel where he realized how he has been hiding his true identity. It was a powerful experience as he also realized how much Dr. Daniel cares.

Hezekiah Condron was another of the new apprentices. He was from Xena and his report was from an early lifetime from Lemuria. Hezekiah had no physical form and was exploring sound and form. This resonated with the present as he continues to study music and express his creativity in new and exciting forms.

Anna Steely, a teacher from Springfield, came from Sirius to create and perfect forms in her past life. She practices that in creating large dream circle meetups and bringing people together. She even had a dream over the weekend of the formation of a star in space.

Director of Ft. Worth, Leah Morris took her next step as the lead apprentice working closely with Dr. Christine Madar. Originally from Beldane, she foresaw the mistakes being made and led people away from the whole. Leah had some great realizations over the weekend and had this to share, "This session was very fulfilling. More than any other, I experienced a group connectedness that created a strong flow and ease with each step. I appreciate the opportunity to serve and lead in new ways and to integrate my understandings into the structure of a spiritual focus session. Initially, I polarized my report thinking that the choices I made in the lifetime given were the reason I became entrapped and entrapment was bad. After reflecting upon this and the connectedness that I felt within the group, I received a reverence for life on planet Earth and our opportunity to learn by our own free will. I was immediately able to experience the shift that my report mentions to include the individual sense of self with the collective consciousness."

Brian Kraichely took his next step by working with session mentor, Karen Mosby. His past life was in the fourth cycle of Atlantis and was dedicated to communicating and unifying. He overtaxed his will in that lifetime and is practicing experiencing the fluidity of emotions in the present. Brian expressed his gratitude in having the opportunity to initiate and help lead the Atlantean session. Brian shared, "It was very fulfilling to be able to help create a structure for so much spirit to flow through. I love Spiritual Focus Session Weekends because people experience so much soul growth. The workshops, experiences and discussions really aid people to get the most out of their intuitive report and put it into practice quickly. Thank you to Dr. Barbara and Dr. Daniel for creating these sessions and to all the people that make them possible. A big thank you to Karen who is the glue that holds it all together!"

Dr. Barbara praised the weekend as a great example of how learning and soul growth can be fun. She inspired us all weekend and encouraged us to share our raised vibrations with our branches and the world!

Dr. Daniel was fulfilled by being able to give the highest that he has because the hearts and minds of everyone were open to receive.

Karen Mosby did a great job as mentor. As everyone was leaving, she instructed us to take the consciousness and connectedness that we built and to share with the whole world! •

Parliament of World's Religions, the Peace Covenant and the Peace Dome

by Daniel R. Condon

During the 1980's I grew interested in the teachings of an enlightened being from India named RamaKrishna and his disciple Vivekananda. I read many books about their lives including the Gospel of RamaKrishna and the Gospel of Vivekananda.

Vivekananda came to the United States of America to speak at the first Parliament of World's Religions which was held in conjunction with the Chicago World's Fair of 1893. As Vivekananda was a fully enlightened avatar he was the most celebrated speaker at the event. Afterwards he was in such high demand that he went on a tour across the United States speaking to crowds of thousands everywhere he went. In 1989 I taught my final first cycle class at a School of Metaphysics center. There were 17 excited students in the class. One day one of my students told me of a group who were planning a 100th anniversary of the Parliament of World's Religion to be held in 1993 in Chicago, Illinois. I knew this was the Law of Attraction and other Universal Laws at work. I contacted these people and began to make plans to have the School of Metaphysics represented at this great event. At the time, I was serving as President of the School of Metaphysics.

In 1990 I was called to move to the Headquarters of the School of Metaphysics and the College of Metaphysics in southern Missouri. After moving, since I was no longer in Chicago, I asked Barbara O'Guinn if she would like to correspond with the people of the Parliament of World Religions in order that we could be represented there. She readily agreed. Dr Barbara responded in a most excellent manner ensuring the School of Metaphysics was very well represented.

So, it was that in 1993, one hundred years after the first Parliament of World's Religions, I, like Vivekananda, spoke to a large, enthusiastic audience in Chicago. Many members of the School of Metaphysics attended. Since that time the School of Metaphysics have been represented at Parliaments of World Religions in South Africa and Melbourne, Australia.

While at the 1993 Parliament of World Religions a Peace Proclamation was read. I as well as others noticed it was written in what we considered to be a very negative viewpoint. Therefore, it was decided to write a School of Metaphysics Universal Peace Covenant. Under the direction of Barbara, Damian Nordmann, and others and the efforts of the teachers and directors of the School of Metaphysics, a document was born and written, known as the Universal Peace Covenant. At the time I was practicing a three year discipline of not saying "nots." In other words the discipline was to not say or use the words "not" or "no." From this a major part of my focus for the developing Universal Peace Covenant was to teach and influence the teachers to write a document that was stated positively and that had a positive point of view. The final product, the Universal Peace Covenant, is the very positive statement for Universal Peace.

One day I was watching a program education video cartoon about Franklin the Turtle with my son Hezekiah. Franklin lived in a stone house shaped like a dome. It looked like it had been carved out of one big rock. I said to Barbara, "I would like a house like that." A few months later she showed me some brochures about a company called Monolithic Dome Institute in Italy, Texas. Monolithic means "one rock." This company was making dome buildings out of concrete. After more investigation it was decided to construct a monolithic dome on the College of Metaphysics campus.

After the dome had been constructed and we were in the later stages of completing the interior, we invited a reporter from the local newspaper, The Buffalo Reflex, to come and do a story about a building unique to Dallas County. The reporter came and Tad Messenger and I gave him a tour and answered his questions about the monolithic dome. Toward the end of the interview the reporter said, "You ought to give it a name like the Peace Dome." To which I replied, "Well, that is what it is, The Peace Dome." Later Tad and I told everyone this and it was immediately accepted as the Peace Dome and has been so ever since. •



The Activity to support the Ideal and Purpose of the School of Metaphysics is Teaching Teachers.

T e a c h i n g

As a student matures they experience Abundance. They overflow. Giving and receiving is the nature of the universe. The well spring of inspiration, knowledge, and love need cups to fill. Teaching is natural progression in the form of giving. As the teacher matures they go through a continuous series of upgrades, mentally, emotionally, and physically. The soul's desires are comprehended and the mind and heart grow. New levels of awareness are achieved. Prosperity flourishes. Teachers meetings build purpose and help direct this process.



Terrence Lamont Bellows/ Louisville, KY

My first teacher's meeting in a new area was really mind-expanding! I received clarity on subjects that now give me a real peace in teaching. I am a better teacher and student as well as an improved human being. There was a great deal of joy and effective communication that really stood out for me.

Debbie Hudson/ Maplewood, MO



As a new director with the hosting of 33 teachers it was a learning and expansive experience. I learned the importance of receiving a clear

picture of what needed to be done so I could take more initiative to teach and direct others in this process. I learned the importance of foresight to anticipate ahead of time what was needed so we were well prepared. Dr. Laurel, Dr. Christine, Dr. Pam, Golbahar and Brian were very helpful and encouraging. All teachers present were willing to serve...It was an expansive experience of Spiritual Family and I am very grateful for the efforts and love of all these souls.

Michael Dardanes / Springfield, MO

I was more expressive than I have been in past teachers meetings and felt that I was understanding the purpose I came into the meeting with, which was learning leadership through the example of others and embodying leadership myself. It was great to see all the area teachers again and connect with them in learning how to accelerate the evolution of humanity.



90 Enlightenment

When an inner urge appears, unexpectedly, turn inward.
All that your creating summons reveals the vastness of your Being.
Humble your self in the face of your own wisdom.
Walk with the Teacher who teaches Teachers, for now you share one path.

The Taraka Yoga of Kuan Yin by Gael O'Guinn

by
Marie
Zubinski

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 A Still Mind. Be sure to mail it in so that it is at the College on or before the 22nd of October. Your tithe of \$100 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 the deepest and most astounding meditation ever. --Daniel R. Condon



Choosing Soul Growth and Spiritual Development as #1 Priority

by Mavis Renee Curry

Individuals who choose to study at the School of Metaphysics are unique. They are willing to put forth the effort to become whole functioning; to choose to study and practice a level of discipline that creates independence and unlocks their full potential. Becoming a student at the College of Metaphysics means one is willing to make soul growth and spiritual development their top priority. It is an opportunity to learn from doctors and graduate teachers who have been studying and applying metaphysics, some for more than 40 years.

Silvia Galvan and Larry Hudson made the commitment to come to the College of Metaphysics in July. Silvia saw the college as an opportunity to learn to make better choices and increase her ability to serve. For Larry, coming to the College was an opportunity to return to his roots, to live simply, and find true freedom. After three weeks at the college, I asked them to share their experiences and how their perspective and understanding of the College has evolved.

Silvia meets me for her interview in my room. She smiles broadly and laughs as she shares what she is experiencing. She recognizes how the college allows her to accelerate her growth. "Being at the college is pointing out what I really need to focus on; to be honest with myself and admit the need for change. I see it every day. I am also learning how to manage my time better and stay connected to purpose. I am confident the work I am doing is teaching me how to truly be humble and experience more joy in my life!"

I find Larry in the garden tending to the evening watering. He too has a smile on his face as he responds. "I am learning a lot about how I limit myself mentally, physically and emotionally. Before coming to the college I learned to be responsible for my choices. Here I have the opportunity to practice making better choices every moment. These choices are not about what I do or don't do, they are about how I respond in the present moment. I am learning to let go of the temptation to react and choose to respond productively in every moment, using every moment as an opportunity to learn. I am learning to practice metaphysics 24 x 7."

One of the best ways to teach is by example. For the college students who have been here a year, Silvia and Larry remind us of where we have been as students and where we desire to go. Their enthusiasm for being here shows as they assume the responsibilities for the lab positions here.

Silvia quickly assumed responsibility for Intuitive Reports. She expressed to me after the recent Spiritual Focus session how happy she was to be able to be a part of serving the needs of others through Intuitive Reports. Silvia's enthusiasm and receptiveness is a joy to observe and worthy of imitation!

Both Larry and Silvia responded with open hearts and minds to working with the animals in what is called root race, "fourth" root race to be more specific to the life forms we serve. There is a level of

understanding of the creator and Self that emerges as we work with the animals. There is a level of humility and receptivity that is needed to connect and garner the attention and cooperation of the cows. Larry, with the guidance of Doug Bannister, learned quickly how to care for the hogs and milk a cow. He demonstrated willingness to be in infancy as he learned to connect with one of the cows named Shirley. He was very patient as Shirley assessed his ability to milk her. It was another opportunity for me to learn from his example.

It is no coincidence that we are all here together as college students. We share common ideals and each offer our unique skills and service to the whole. As Dr. Daniel has said, the difference between us and enlightened souls is the choices made. We all share a desire to improve the quality of our choices and become like the creator. We can accelerate the journey and joy by making soul growth and spiritual development top priority. Thank you Larry and Silvia for choosing to come to the College of Metaphysics to learn and share in the journey! Thank you Dr. Daniel, Dr. Barbara and all the other Grad teachers for dedicating your time and attention!•



Gratitude for my Experience as a College of Metaphysics' Student **By Diana Kenney**

I am grateful for the changes I have made during my year as a college student, for a deeper inner peace, where I become the still, quiet pool of water.

I am grateful for the time I had interacting and connecting with Dr. Christine, Dr. Paul, Dr. Laurel, Dr. Sheila, Dr. Terry, Alexandra and Vivienna, Serenity, Karen, Tad, Matt and Laurie, all of whom opened their hearts to me generously, sharing their wisdom and love

I am grateful for the steady presence of Dr. Daniel, for his commitment to helping people become aware of their habitual ways of being, and for his willingness to teach anytime and anywhere, the student who comes to him with the empty cup. I am grateful for his teachings of Holy Works warming our winter mornings, igniting our inner fires.

I am grateful for Dr. Barbara's commitment to push the boundaries of education for the sake of the students around her, for the clarity and profundity of her perception, and her gentle yet firm guidance to the doors they are now ready to open, revealing places in mind the student is now ready to command. I am thankful to all here who live their commitment and who are the light, the rocks and the life force sustaining this campus.

I am grateful for the opportunity to work with the animals and to my bovine teachers, as they showed me the impact of my thoughts on my environment.

I am grateful for the time spent walking on the earth of this campus these past four seasons, watching how daily attention on the seed ideas planted produced living abundance.

I am grateful for my classmates. My experiences with each one brought me something precious and unique as I resonated with them, stretching myself in ways that I longed to be stretched and watching each one of us become mentally stronger and more flexible.

I am grateful for healthy food and pure, clean water, for a year living close to the earth doing work that I am proud of. I am grateful for elevating my vibration, and for building the foundation to maintain it and expand upon it. I am grateful for a stronger connection to my Real Self, the Lord God. •

Love is... gentle, kind, and nurturing. Love allows greater connectedness among people and between individuals. Love is a feeling of connection with the world and other people.



There is a form of love to which I aspire and that is Divine Love. Divine Love is unconditional. It is extended to all beings and all things.

Love is warmth, the warmth of goodness, wholeness. Love is supportive, Still and even higher form of love, and Divine love is compassion. Compassion envelopes all the qualities of love plus understanding. Compassion understands the nature of and the Essence of life itself. Compassion is wise, encompassing both knowing and complete love, kindness and regard for all people. With compassion there is acceptance of what is. No forgiveness is necessary. All is as it should be.

---Doug Bannister

THE PEACE DOME



Annual Peace Ambassador Conference 2014

The campus of the College of Metaphysics where our world headquarters resides is in my mind a Mecca for all those who want to get to know and understand their soul's purpose this lifetime, and to not only know it but live it. When I was young I wanted to become powerful, successful and prosperous. I remember one day when I was applying for a Sales Job at Quest Diagnostics and the Sales Manager asked me. "Golbahar why do you want this position?" and I answered because I want to become successful. She then went on to ask me what is success to you because it means something different to different people.

At that time I did not know the answer to that question very well and it stopped me in my tracks. Because of her words I chose to decline the Sales job and instead to take on becoming the Director of the Dallas Branch at the School of Metaphysics. At the time I did not know why although I did know why. Now 6 years later after many years of teaching and directing I see why.

The why comes in through the Line on the Universal Peace Covenant that states... "Enlightened service to our fellowman brings peace to the one serving, and to the one receiving. We vow to live in peace by embracing truths that apply to us all."

I see now after years of service and teaching that the true success I was looking for was the calling to aid others in the Pursuit of Peace.

The July Peace Ambassador Conference was filled with wonderful experience for all that attended. We started Friday night with having all

of the Peace Ambassadors stand up and stated their Ideal and Purpose for the weekend. There was a glimmer of light in their eyes as they shared of their true selves and you could tell that they were all ready to receive and give in the highest way imaginable. There were students from Lesson 6 all the way to the First Adam Lesson that were attending the weekend. Some new to SOM and other veterans all united with the Common Ideal to know and understand Peace.



At 7:00 PM Dr. Barbara Condron lead us in a Discussion on Peace Work and what it means for the world today. Dr. Christine Madar spoke

about the connection of Time and Space and how the work done in the Peace dome does travel all the way across the world. We watched a Video about the Story of Malala, a young a school pupil and education activist from the town of Pakistan's northwestern province who was nominated for a Noble Peace Prize due to her efforts in Peace. She also survived a bullet to her head by the Taliban and lived to tell the story. We showed this to help the Ambassadors see the vital role they play in the work of Peace and that they live in a country where they have

the freedom of Speech to cause change and bring Peace.

This part of the weekend resonated deeply with John Orton, Indianapolis, IN student studying Lesson 45. "Of all the times I have been here, I thought the pace of this weekend was in reverence to what we were receiving. The timing of the offerings was well spaced. We had time to assimilate what we have received and it was abundant. I thought the sequence was equally well presented. It started with a night of inspiration. How the power of a vibration in one so young can persuade a bullet to bypass life and be only but an inconvenience for the desires of one young girl. It is an inspiration to how powerful one voice can be."

Following this initiation, the rest of the weekend was filled with direction for us to present the new course material. Sunday, again, was a morning directed towards peace, and reaching out to those who govern our areas and represent higher mind.

Reaching out to the leadership wrapped up the weekend that began with the inspiration from the voice of one who could not be stopped by physical threats, and wounds. It was a weekend to take home the gratitude for what was received in the experience.

The next day past peace efforts met our future ones when Dr. Sheila Benjamin took us to South Africa, Dr. Laurel Clark introduced us to the World Peace Prayer Society (starting in Japan), and Tad Messenger spoke of building our Peace



Dome. Our future came into focus as we talked about THE INVITATION coming to St. Louis in November. Ambassadors embraced the vision of attending this history-making event (see related article).

"THE INVITATION brings peace deep into our souls," Maplewood student (L29A) Linda Pecaut said. "We are blessed to have the vision that is THE INVITATION, and grateful for the dedication of all involved since its inception."

Maplewood is ready to receive the wisdom, the love and the inspiration that is THE INVITATION. We are eager to experience and participate in the transformation that will occur within us and within St. Louis. . .and beyond! Namaste."

That evening they were able to Receive Lesson 2 of the Spiritual Ethics Course by the teacher and writer of the course, Adam Student Tad Messenger. This seemed to be the highlight of the weekend as there was still a buzz the next morning on what they learned and how transformative it was for them.

"I learned a lot about myself when we had to introduce another after listening to them share about their life for 5 minutes," said Sandy Leitner, Palatine, IL, Lesson 45. "I learned I'd like to increase and hone my listening skills."

Jesse Kern, Des Moines Adam Student, added, "I really appreciated the *What Is Love?* stream of consciousness exercise (see Vibes page), and the partnering exercise. Blessings for all."

After the presentation of Lesson 2 all the Peace Ambassadors had a chance to meditate in the upper level of the Peace Dome with Dr. Daniel Condron. This reinforced the line from the *Peace Covenant* that states "Peace is first a state of Mind."

Sunday morning, we talked about a variety of different ways to spread Peace in the Community and how to become active in this Lab Position. We created a Mind Map (see pix) of our ideas. This mind storming aided the Ambassadors to get a clear vision of their next steps and what they can create within the School Branch as they activate their creative minds.

Sheila Mills, Dallas, TX Lesson 20, summed it up very well when she said, "As always, coming to the College is an experience. The trip started off great in the car with Brenton Harris and then with Leah Morris. I enjoy these experiences where I can receive and learn from

those that have so much to give. I was a little more outgoing on this trip and met a lot of people. I am working on remembering names and I am getting better at it all the time!

"I have a lot of vision with working on Peace in the Dallas area and this trip has helped to get the momentum flowing toward realizing these ideas. I look forward to working on these and implementing them so I will have a lot to share the next time we meet."

"This weekend has reaffirmed so many things for me," said Morrisa Engles—Cincinnati, Lesson 20. "I needed this! I have a better understanding of my Karma, I feel harmonious about what I want, the light of awareness has been shone on areas where understanding is needed. Finally, I have a clearer vision for peace within and peace on Earth."

Ten *Universal Peace Covenants* were placed in the hands of each ambassador to pave their return home with peace thought forms from the Peace Dome.

This weekend was fulfilling and mind expanding for me as well on Sunday evening after the weekend I had a dream that:

I was watching the stars from a roof top with my sister. The stars turned into a lit up city with many people walking in harmony and love. I reached out my hand and I could touch the city. My sister turned to me and said you have the whole world at the tips of your fingers.

In the dream I knew that to mean I have been able to connect with many aspects of myself and light them up. When I awoke I knew that was the true success I was looking for! I look forward to the growth and expansion that all the Peace Ambassadors will experience on their quest for Peace and the spreading of Peace throughout the world.

May Peace
Prevail on
Earth! –
Golbahar
Dadyan



Changing Minds Shaping Lives

As you look at this photograph of this empty room, I ask you to envision it filled with 350 people for three performances! This room is the Commons room at Cardinal Ritter College Prep at 701 N. Spring Street in St.

Louis, Missouri. See the audience becoming inspired by "The Invitation" on Monday, November 17th and Tuesday, November 18th as they allow the words from 8 Nobel Prize Laureates about world peace sink into their souls. See them understanding that "world peace begins within ourselves". Each person will be eager to receive their own *Peace Covenant* directly from the Laureates at the end of every performance. They will have an inner urge to read the *Covenant* each day and they will reconnect with their experience from that performance. This will change their lives and the lives of people around them as they become a more peaceful person.

The ideal of the performance is to raise awareness and to increase the commitment to peace in St. Louis. Our goal is three performances with 350 people each; and 100% Maplewood student participation. We acknowledge that peace already exists in St. Louis. We need only to become aware of this and to allow peace to exist within ourselves. By becoming a peaceful person, our peaceful energy will radiate throughout the world. Our financial goal is to raise \$15,000 for repairs to the front entrance of the Peace Dome.

For the first time, the performance will be performed for a high school audience on Tuesday afternoon, November 18th. The setting is Cardinal Ritter College Prep (an African-American Catholic High School) in the Grand Center area. Students from other area high schools will also be invited to the performance. After this morning performance, the Laureates will go into classrooms relevant to their Laureate (for example: Mother Teresa to the Theology class; Martin Luther King to the Leadership class; Albert Schweitzer and Linus Pauling to the Science class; etc.) to answer questions about the Laureates and to share what performing in THE INVITATION means to them personally. We will be providing material in advance to the high school teachers so they may incorporate it into their curriculum. Our ideal is to provide a full minded learning opportunity.

by Joe Peacut and the Maplewood student body



An experiment in 'WYSIWYG'. Join us by putting your mind to it!

St. Louis Receives THE INVITATION

You can participate in our vision of **THE INVITATION** by holding St. Louis in thought, and

including our vision in your mediation and visualizations. We wish for everyone who participates with and attends each performance to be inspired by the thought of peace. We wish to attract sponsors who eagerly want to donate to our ideal with their time, money and full support. We want all participants to be inspired by their role in the performance. We would like you to spread the word to all those around you and, if possible, come to St. Louis and see **THE INVITATION** in person! We would especially ask you to join with the Maplewood branch by reading the *Peace Covenant* every day in order to raise the peace consciousness and radiate love and light to St. Louis and the world!

Our financial goal is to raise \$15,000 for repairs to the front entrance of the Peace Dome.



Christmas in the Peace Dome 2014

The holidays are fast approaching...

Are you a singer, speaker or play a musical instrument?

Christmas in the Peace

Dome is an annual cantata that blends traditional Christmas carols and original peace-inspired songs with the *Universal Peace Covenant*. Those who want to be a part of something wonderful and learn more about the universal truths of the Christmas story are invited to join us in October for rehearsal. We will be learning holy scriptures, visualization, dream incubation, thought projection, and much more.

Those interested in joining us talk with your teacher and send in an Ideal and Purpose paper to SOM World Headquarters by **September 26th**. Once accepted, you will be sent music and lyrics for the songs we will be singing and performing so you can practice on your own.

Physical Practices (subject to change)

In this cantata, I saw the value of co-creation and the truth that it initiates divine friendship. I was asked at the last minute to be a part of a scene in the song, "Peace is Real." This was with 2 ladies that I had not connected with previously. Immediately upon talking about our different roles I felt a great sense of connection. I could see the effects later as a kinship in their eyes upon looking me. There was an distinct difference in the interaction which showed me the proof that creating together paves the way to a bond." -- Emily Ashley, director Tulsa Branch

- Auditions will be on October 17th at 7:30PM in the Peace Dome (you will sing or play a 2-3 min prepared musical or spoken piece)
- First practice will be Saturday afternoon or Sunday morning
- We will also meet on November 14th, 15th and 16th. Other practice times will be announced.

Performance of the cantata will be
**Saturday,
December 20st at
7pm and
Sunday, Dec. 21nd
at 10:30am**

An awareness that I had was that I love singing harmony with other voices. Connecting with others through singing sacred music is amazing and I have learned so much about myself since I began singing in the cantatas the school offers. I am learning to allow love and thought forms to flow through me and out to others. It is not about me; the music exists and the body I Am uses is simply an instrument through which the holy works flow. What I do with my thinking impacts the timber and tone of the instrument. Learning to sing with whole thought forms is healing. The cantatas offer a fun way to learn about mind and I am thankful for the opportunity to learn in this way. -- Diana Kenney, COM student

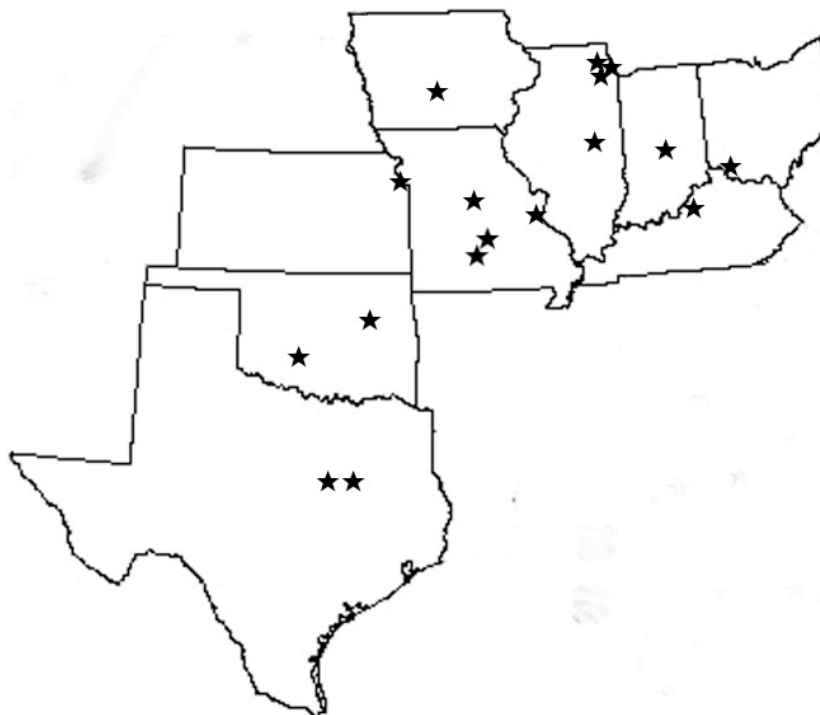


September 12th - 14th -- Dharma SFS

September 19th - 21st -- All Student Weekend

September 27th -- Still Mind, Present Moment, Open Heart in Palatine, IL

October 24th - 26th -- Still Mind Weekend



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