



# School of Metaphysics Correspondence Study



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

*The purpose is to accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man.*

The School of Metaphysics is a 501(c)(3) not-for-profit educational organization serving humanity for over 40 years.



***The only prerequisite for this course is a  
desire and willingness to change.***

This study is different from what you may have learned to think of as education. It is progressive, thought-provoking, challenging, and exciting, for it is about the most fascinating person in the universe....YOU!

The First Cycle of SOM Lessons is available through correspondence. This cycle introduces you to the Universal Laws of that govern creation and teaches ways to live in harmony with these Laws. This ancient wisdom, openly available to anyone, enables you to apply metaphysics for Self awareness and Enlightenment.

The coursework includes learning meditation, understanding and interpreting dreams, principles of permanent healing, visualization, re-energizing mind and body through understanding life force energies and chakras, and aligning with Universal Law and Truth.

**As long as you study with us you will have a teacher.** He or she is an advanced student studying at the College of Metaphysics. You and your teacher have weekly communication through alternating web classes and email correspondence. This way you receive personal guidance and instruction from someone who has studied and applied the lessons, someone who will respond to your individual needs. This is a beautiful way to learn mind-to-mind connection (telepathy) and to move forward in your soul progression.

In our lessons, a distinction is made between concentration and meditation. Concentration consists of trained attention freed from distractions and focused on your chosen interests. Meditation is a special form of concentration in which the attention has been liberated from restlessness and focused on listening to your Higher Self or the Creator. Meditation is concentration used to expand Self awareness of your relationship with your inner Self and all of creation. Ultimately, meditation is a going within to the inner levels of consciousness, an attunement and alignment of the entire being to the Creator within Self. The first two stages of meditation - expectant listening and expectant observation - are practiced during the first cycle of lessons.

As a student you read and study a lesson and practice spiritual disciplines each day. The lessons are sent by your teacher as you are prepared to receive the sequential material. The lessons are designed to cooperate with the practices so doing your mental exercises and spiritual disciplines daily is a requirement for continuing in the classes. We expect you to fulfill the same requirements of all students studying in the School of Metaphysics.

**At the completion of your studies** you may elect to receive a Certificate of Completion or to earn a Responder degree. To earn the Responder degree, you spend some time fulfilling practicum and laboratory experiences at the World Headquarters of the School of Metaphysics located on the campus of the College of Metaphysics. This enables you to live in the presence of your teacher and to learn how to apply the principles and metaphysical knowledge you've gained in your life.

Students are always welcome at SOM branches and at headquarters on the College of Metaphysics campus. Several weekends are set aside each year for students to convene on campus. This is particularly helpful for those studying through correspondence for it offers a wide variety of stimulus, inspiration, experience, and understanding through interaction and activities. You will make spiritual friendships that can last lifetimes!

## Registration and Class Structure

Classes are held weekly, in an on-line virtual classroom with your teacher.

Students are paired with a teacher immediately upon enrollment. An introductory phone call will get things started in order to establish a regular class time that works for both people.

We expect the complete course to take 18-24 months to complete, the exact timing depends upon the student's comprehension and application of the material.

The tuition is \$2000.00. This is non-refundable.

Books can be purchased all at once (around \$160.00 plus shipping) or as you go.

Dream study is an integral part of the metaphysics class. Correspondence students are granted full membership to [www.dreamschool.org](http://www.dreamschool.org) and will follow the first two levels of study in the dreamschool program concurrently with the applied metaphysics lessons.

*Level I: Course 140: Dream Theory and Experience* begins your practice in remembering and logging dreams. The theory we teach is Mind Linguistics, how and why Mind communicates. This is a practical study you will use every day the rest of your life.

*Level II: Course 210: Mind Linguistics and Understanding* delves into the people, places, and things that appear in your dreams – what they mean and why.

You will need access to a computer with the following requirements to participate in this Correspondence Class:

### **System Requirements**

PC-based attendees

Required: Windows® 8, 7, Vista, XP or 2003 Server

Mac®-based attendees

Required: Mac OS® X 10.6 or newer

Mobile attendees

Required: iPhone®, iPad®, Android™ phone or Android tablet

**Please contact Karen Mosby, International Secretary at [som@som.org](mailto:som@som.org) for instructions about registration and payment.**

# FIRST CYCLE SYLLABUS

## **Lesson 1 The Quest for Enlightenment**

How Much You are Worth Depends on What You Value, The Power of Attention

## **Lesson 2 Education for the Third Millennium**

Stranger in a Strange Land, The Secret Place, Becoming SuperConscious

## **Lesson 3 The Energizing Faculty of Creation**

Will Power occurs when Freedom and Responsibility become One, Living in Harmony with our Universe, Preparing the Mind for Infinite Intelligence

## **Lesson 4 The Conscious, Subconscious, and Superconscious**

Triune Nature of Mind, Conscious Mind, Subconscious Mind, Superconscious Mind, The Universal Law Ideal, Purpose, and Activity Activates

## **Lesson 5 The Conscious Ego**

How to be Secure in Your Identity, Mastering your Conscious Ego through Wisdom

## **Lesson 5a Learning How to Learn**

How to Think Positively, More on Forgiveness, and a few words about Gratitude, Ego and Superconsciousness

## **Lesson 6 Meditation: The Answer to Your Prayer**

Preparing Your Consciousness for Meditation, The Science of Meditation, Love

## **Lesson 7 The Expansive Nature of Friendship**

Meditation Opens the Mind and Heart, Key Points to Remember in Meditation, Those we create with forge our deepest friendships, The Circle of Love

## **Lesson 8 The Healing Power Within You**

The Creative Power is in Your Imagination, The Breath is Your Connection with Infinite Energy, Spirituality – Transforming Energy into a Higher Form, Healing with the Goodness of All Concerned

## **Lesson 9 Divine Friendships in Universal Love**

Communication that Heals, Where Have I Seen You Before?, Friendship begins with knowing your Self, Universal Love, How Affirmations Work, Affirmations hold an important place in our lives

## **Lesson 10 Our Purpose for Existence**

Where did we come from?, How Souls were brought into being, The SoulMate is Created, Why Are We Here?, Where Are We Going?

## **Lesson 11 Dreams: Messages from Your Soul**

Becoming Conscious during Sleeping Time, The Art and Science of Dreaming, Another means to enhance dream recall, Life Everlasting!

## **Lesson 12 The Incredible Power of Life Force**

Potent Forms of Infinite Energy, The Direct Source of Life is the Energy that Heals, Time Management, Receiving Cosmic Energy at Will

## **Lesson 13 Emotions, Attachment & Living in the Now**

What is Behind those Powerful Emotions?, The Man Who Refused Heaven

## **Lesson 13A The Feeling that Heals**

Shifting from Emotional Reaction to Emotional Action, Healing that Causes Change, You are the Change

**Lesson 14 Inner Life Force at Your Command**

How Thought Manifests in Your Body, The Connection between Will and Life Force, Applying the Principles in Your Everyday Life, Responding as Subconscious Energies Manifest through the Emotions

**Lesson 15 A Life with Meaning Prospers**

Your Spiritual Inheritance, One Man's Saga of Rebirth, Four Keys for Consciousness to Prosper

**Lesson 16 Life Force Sensitivity Fosters Compassion**

John's Saga Continues, The biological mirror of your consciousness, Being in Harmony with the Infinite Energy flowing through You, Becoming Conscious of the Life Force flowing through You

**Lesson 17 Breath and Consciousness**

The Purpose of Breath, Surprising Benefits of your Candle Concentration Exercise, Monkey Consciousness, Breathlessness

**Lesson 18 The Life Force Exercises Part I**

How to Begin, The Life Force Exercises, The Law of Karma, Living the Golden Rule

**Lesson 19 The Life Force Exercises Part II**

The Second Series of Life Force Forms, The Art of Concentration & Meditation, Love is Life Force Expressing as Friendship

**Lesson 20 Life Force Series Part III**

The Final Forms in the Life Force Series, Four Factors affecting Spiritual Progress, Meditative Consciousness throughout the Day

**Lesson 20A When Life Force Becomes a Healing Energy**

A Bioenergetic Lesson Worth Noting, How it works, The Source of All Healing

**Lesson 21 Liberating the Mind**

Calling upon the Universe for Assistance, The Heart and its Relation to Soul Progression, Controlling Life Force in the Five Senses

**Lesson 22 Stilling the Mind for Success**

Your Body is the Reflection of your Mind, Everything You've always Wanted, Shuka Deva's Discovers the Real Self

**Lesson 23 Living an Awakened Life**

Living Directly from Life Force, Shuka Deva Learns the Art of Living, The Four Transitory States

**Lesson 24 Hong Sau**

Your Meditation, Hong Sau can be Practiced Anywhere, Points to Remember while Learning the Hong Sau, Wholistic Concentration, The Prodigal Son

**Lesson 24 A Being Present**

The Art of Spiritual, Mental, Emotional, and Physical Concentration, Silencing the Thoughts Stills the Mind, Receptive and Aggressive Factors of Silence, Self Mastery, Why Are we Here

## **Assigned books in alphabetical order:**

**A Complaint Free World by Will Bowen**

**Aquarian Gospel - Levi**

**Concentration - Dr. Laurel Clark**

**Dumbing Us Down - John Taylor Gatto**

**Four Stages of Growth - Dr. Daniel Condron**

**Heartmath Solution - Childre & Martin**

**Motivation - Dr. Pamela Blosser**

**Prince Siddhartha - Landlow & Brooke**

**Power vs. Force - David Hawkins**

**Seven Keys to Prosperity and Abundance - Dr. Daniel Condron**

**Seven Steps to Deepen Meditation - Dr. Pamela Blosser**

**The Law of Attraction - Dr. Laurel Clark**

**The True Power of Water - Dr. Emoto**

**Understanding Your Dreams - Dr. Daniel Condron**

**Work of the Soul - ed., Dr. Barbara O'Guinn Condron**

**suggested reading:**

**Permanent Healing - Dr. Daniel Condron**

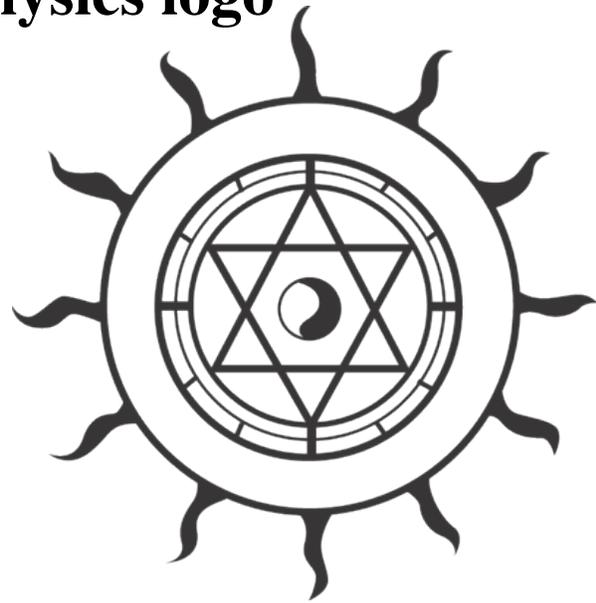
**Isaiah 55 Interpreted and Explained - Dr. Daniel Condron**



## The School of Metaphysics logo

**is a composite of familiar symbols**

you may recognize from many schools of thought. The inner circle signifies the individuality, the spark of life from our Creator. The light and dark areas within the circle, reminiscent of the yin-yang symbol, represent the aggressive and receptive qualities in balance. The triangle pointing upward illustrates the trinity found in all esoteric and Holy scriptures of the world, the structure of consciousness from its



spiritual origin to its physical expression. The downward triangle indicates Spirit entering matter, the creative manifestation of thought. Together, these triangles form the seal of David, the five physical senses unified by the mental sense of attention. The three circles outside the six -pointed star represent the conscious mind, the subconscious mind, and the superconscious mind, respectively. The four bars between the first and second circles form a cross marking the directions of the earth, and signifying the challenges and stages of man. The marks leading to the third circle represent the twelve aspects of man needed for Self mastery. The outer circles symbolizes the relationship between man and the outer universe. The rays represent the twelve Zodiacal influences which serve as indicators of the soul's assignment for enlightenment in the present lifetime. The combination of these universal symbols represents the whole and complete individual - a unified image of the Self.

*We look forward to hearing from you!*