

They conduct workshops at synthesis center

Eugene couple search out the metaphysical

By Scott Mahen
Of the Emerald

Have you ever made a call to a friend whom you haven't spoken to in some time, only to hear over the phone, "Gee, I was just thinking about calling you"?

Many people write this off as mere coincidence. But others believe these "coincidences" may result from the power of thought or extrasensory perception.

A Eugene couple have dedicated part of their home and much of their time to helping people understand and apply concepts such as ESP.

Delving into areas beyond the physical, Sarajane Thomas and her husband, Laurence Christopher, conduct workshops on a broad range of metaphysical topics at the Synthesis Teaching Center, located in the spacious basement of their south Eugene home.

The synthesis center, a non-profit service, is "a very safe, warm, nurturing kind of environment where people can come and be with others of like mind," Thomas said.

At the center, "like mind" means those who tire of looking at life literally and seek something more meaningful and revealing through the philosophy of metaphysics, Thomas explained.

"They want to know that there's more to life than just getting up in the morning, going to work, coming home at night, slamming down in front of the TV and then going to bed," she said. "They want to know that

there's a purpose for them to be here."

Workshops

The curriculum for the workshops pertains to ultimate reality, but differs from textbook metaphysics because it primarily addresses the emotions, she said.

Much of what is taught emphasizes reinforcing self-confidence and how to express love. One workshop explores the sources of power struggles between people and how one can deal with them.

"A lot of the work we do is to encourage people to relate better to themselves and to the world in general," Thomas said.

Another workshop, which concluded last month, applied metaphysics to sexuality. Described as a metaphysical beauty course for women only, Thomas designed the six-week workshop to help participants break away from "the heavy mental, emotional and physical restrictions that have bound women through the ages."

According to its syllabus, the course can enable women to find "the proper mate" or improve a relationship.

This month, Thomas is instructing a new women's sexuality workshop as well as an ongoing course titled, "Raising the Consciousness." She also will begin teaching a new workshop on weight control on May 30.

Christopher has recently hosted two workshops: the role of the subconscious in working with pendulums and dowsing rods, and "How to be Better Understood."

Other current workshops of-

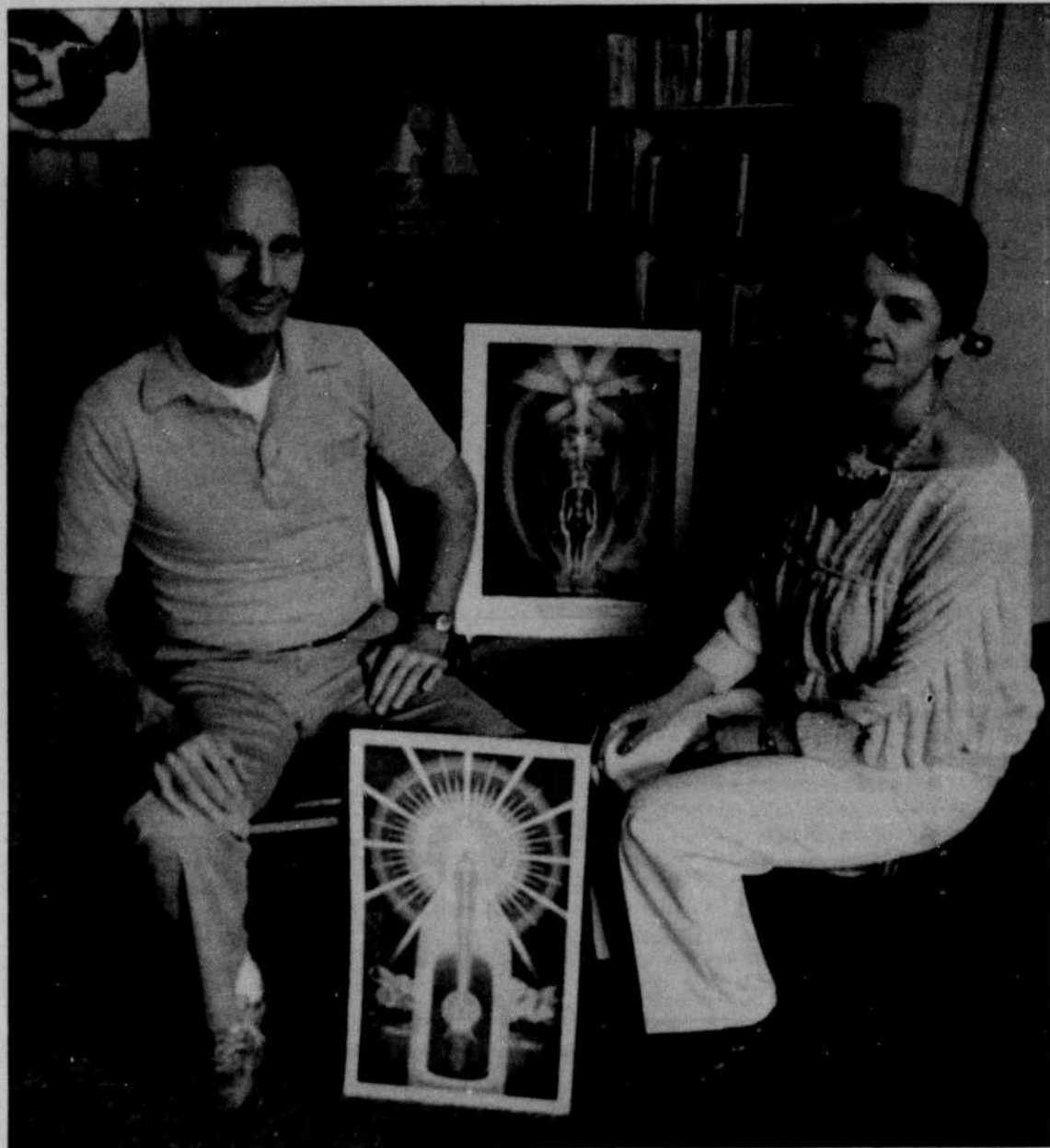


Photo by Scott Mahen

Laurence Christopher and Sarajane Thomas opened the Synthesis Teaching Center a year ago after moving from California. The workshops they hold at the center delve into a wide range of metaphysical topics.

fered by guest instructors from the community deal with astrology, craniosacral therapy and self-healing. Also on the center's calendar are video presentations, concerts and various one-day seminars.

Guest instructors receive three-quarters of class proceeds. Anywhere from two to 30 people might decide to enroll in a workshop, which may cost as little as \$5.

"We keep the prices nominal," Thomas said.

Thomas promotes the use of meditation in some of her class sessions, through which is found a "beautiful" and "noble" core, she said.

Participants are encouraged to continue meditation at home and bring back to class what they discover about themselves

and others from the exercises.

The human aura

Many meditate about the human aura — an electrical force field believed by many to surround all living matter.

According to Thomas, metaphysicians have been aware of the energy of the aura for thousands of years, "but now that science is progressing so rapidly, (scientists) have also found it out."

And auras register not just for humans, but also for electricity, sound, colors and thoughts, Thomas said.

"So when people come in, we teach them to understand that we have a wonderful electrical force field around us that makes us alive and throbbing and very vital."

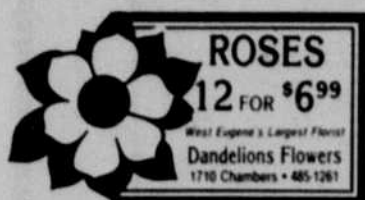
She said the energy emitted from body auras can be sent through a person's thoughts (brain waves) and placed upon something else, yielding another kind of energy.

"Everybody can do it," she explained, "But because we were taught in childhood not to believe in those things, we forgot."

For example, children often are urged to abandon invisible friends that may be outlets for telepathic energy, Thomas explained.

"At that time, children are very telepathic. They know what their parents are thinking, they know what everybody is thinking around them because they haven't had it pounded out

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Black Arts Festival '87:

Coming Alive With Pride

Friday May 8

Street Dance on the Bricks

Fusion Jazz: 5 pm - 6:30 pm EMU Courtyard

Music By Coalition

Soul-Phonic Funk 7 pm - 10 pm EMU Courtyard

D.J.: Cedric Weary

Free Admission

Saturday May 9

Fashion Show

6:30 pm Ballroom EMU

\$2.00 per person

Semi-Formal Dance: Jam Tonight

9:00 pm Ballroom EMU

\$3.00 singles • \$5.00 couple

Guest D.J.

A photographer will be present

Sunday May 10

• Gospel Extravaganza

5:00 pm Ballroom EMU

Free Admission



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• Program subject to change
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