

of them yet," she said.
 "But as adults, we can learn that again. We can get back into that groove again."
 To keep in the groove, Thomas said she practices sending and receiving messages to people.

She added that ESP and the aura theory are concepts science is proving true through, for example, research using parapsychology, in which individuals are tested to reveal the strength of their telepathic senses.

Thomas also teaches how to "see" the aura.

Normally, "the eyes look at the person, and the vibrations, the pulsations, the electrical force field is coming back, coming in through my eyes and into the optic nerve and going to the brain."

"But, we have found that if we take people into our classes and... have them look at a candle flame, for instance, and that tires their physical eyes, another part of them takes over — their spiritual, intuitive nature," Thomas explained.

their own explanations of the source of the aura, said Thomas.
 "We simply present them with the ideas and then let them run with it if they want or shelve it," she said.

Hot topic

The aura seems to be a hot topic of discussion and study in her "Raising the Consciousness" class every Friday night, which would be particularly appealing to college students, she said.

"It's an introduction to metaphysics; a basic class for those who want to get into more of a spiritual slant toward life, not religious."

"What we're doing is starting at the beginning and teaching them all the way up, for as long as people want to come. And for college students, who are so inquisitive and whose energies are so good at that period of their life, this is the kind of thing that should be very fascinating," she said.

In the class, Thomas proposes

Exercises

Christopher described a popular exercise using mind control, which he believes anyone can do with practice and patience. It involves placing a straight pin on a piece of tissue and laying it on the surface of a glass of water. The tissue will absorb water and sink, while the pin will remain floating. The participant should concentrate on the pin and try to mentally move the pin in circles or from one side of the glass to the other.

But how does this apply to improving one's life?

"What it shows you is that you can become whatever you want to be. You can bring to yourself whatever you want," Thomas said.

She said after about two months of "basic training," the students begin to discover other applications for these skills in their lives, which are more useful than moving pins around a glass.

A simple application would be to mentally reinforce the impression of a potential employer, Thomas said. After a job interview, "you could concentrate on seeing the employer and being in that room, seeing that person greeting you as their employee, saying to you, 'Welcome aboard. We're glad to have you. We know you're going to do the job well for us,'" she said.

"To actually see it happening with as much emotion and feelings as you can put into it, the more it will manifest for you," she said.

Thomas said the classes are practical, removing metaphysics from "the implausible, dreamy, woo-woo world."

"We're not dreaming our lives away and giving you something we want you to stuff down into you and expect you to believe."

Thomas, who has been working in metaphysics for nearly 30 years, said she and Christopher moved here from California about 18 months ago because they heard Eugene had a large spiritual community.

Since they opened the synthesis center a year ago, they

have continuously expanded the range of programs offered.
 "We don't get much privacy," Thomas mused.

Besides her work at the synthesis center, Thomas is a hypnotherapist, ordained minister, mental health counselor, beauty consultant, writer, editor and publisher.

Although Thomas lacks any formal scientific training in

Beginning last month, Thomas began traveling to other cities to deliver presentations on metaphysics and the reframe implant, a self-improvement process through which she trains "a volunteer part of your being" to help remold an inordinate behavior, belief or pattern into something more acceptable to the individual.

'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. . . They want to know that there's a purpose for them to be here.'

metaphysics, Christopher, who is trained in neuro-linguistics programming, is becoming more involved with her programs. He currently adds a touch of science to several of the workshops, bridging what seems to be two unrelated worlds.

One would expect a great deal of cynicism and skepticism directed toward the center, but Thomas said they receive none, at least not from participants in the workshops.

"By the time they come here, they want to learn about it," she said.

Thomas will present "How to Find a Friend Inside Yourself," a preparatory workshop for the reframe implant procedure on May 26.

She said one can have power, fame and wealth, "and none of it means anything unless you have a feeling inside yourself that there's a reason for your being here. That's why we're here."

"They have a saying in metaphysics that we're spreading a light. And that's what we sense ourselves doing."

'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 of them yet.'

This allows her students to see the aura with their "telepathic, inner core," she continued. "What they're actually seeing are shimmering lights that constantly change."

She said an individual who is calm will have an aura with soft pastel shades of color, while anger causes flashes of red and orange and black "like lightning streaks."

Some students interested in the aura are shown an artist's rendition of the aura. In one diagram, colorful oval rings of light encircle a body. Different levels of light in the picture represent physical, mental and spiritual fields of electricity belonging to the average person, Thomas said.

However, she cautioned that "seeing" an aura is actually feeling it. "It's the way their brain is interpreting the energies that they feel coming off of them."

Students are free to make

experiments or exercises for the students to help them understand the topic.

For example, when breaking into discussion on the aura, students are asked to slowly repeat moving their hands together and apart, as if clapping, but without making contact.

According to Thomas, many of the students have told her they feel like an invisible rubber band is stretched between their hands or that the exercise produces a magnetlike effect — the clashing fields of the aura.

The students advance to more complex lessons, like directing their thoughts to changing the color of another entity's aura.

People who have extensive training in perceiving the aura can walk down a crowded street and still detect individual auras, she said.

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