

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

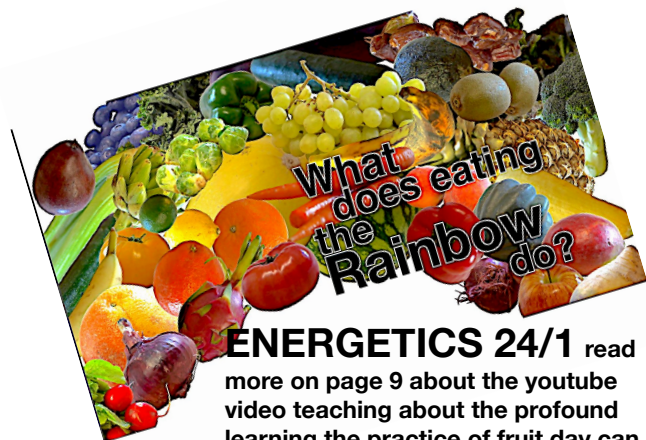
Vol. 48, No. 02



Reflections of a Year well spent !!

written by Ryan Paul Jones, a student in the Oklahoma City Branch.

Read the story on page 4.



ENERGETICS 24/1 read more on page 9 about the youtube video teaching about the profound learning the practice of fruit day can give a student.

HOW
INTUITIVE
ARE YOU?



Take the Quiz

at www.som.org

Find out what is coming online this month on page 12



"Peace is achieved by those who fulfill their part of a greater plan."

- Universal Peace Covenant

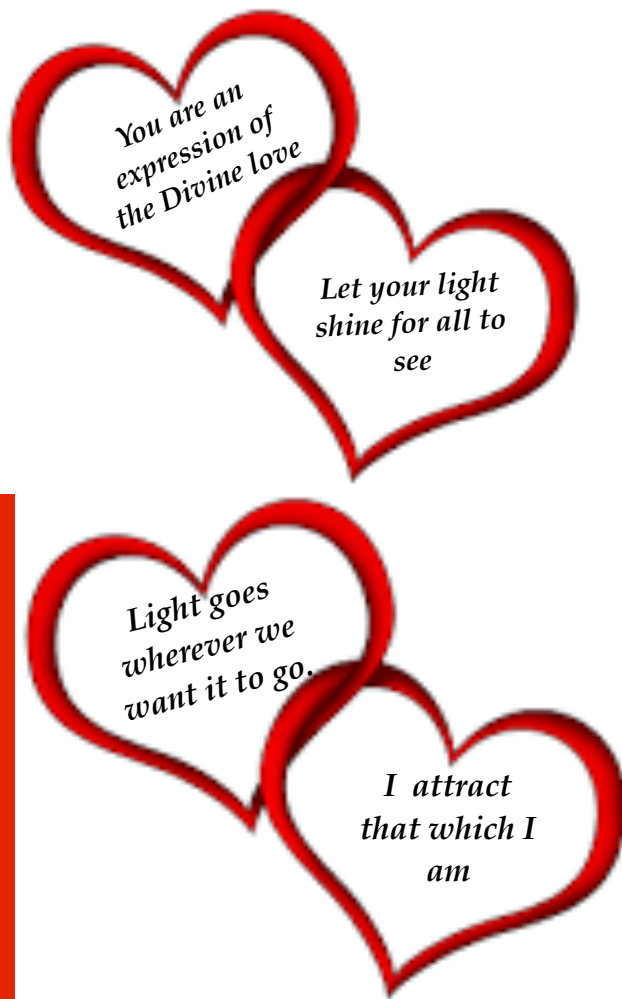
"ONE VOICE" – an INVITATION to higher states of consciousness watch the video by going to the link that is below this picture .

To read the rest of the article Go to page 11

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From the Branches	3-7
Maplewood.....	3
Oklahoma City.....	4
Chicago.....	5
Springfield.....	6
I heard it through the grapevine.....	7
Wisdom of the Oracle.....	8
ENERGETICS 24/1... 9	
Taraka Yoga of Kuan Yin.....	10
The New Maitreya.....	11
Online this month.....	12
Vibrations Staff.....	13
Back Cover	14



Maplewood

7 Souls Attending

by Terrence LaMont Bellows

*"Peace is achieved by those who fulfill their part of a greater plan."
Universal Peace Covenant*

In the Hour of Peace that was proclaimed by our city we shared 7 souls, a reading of the Universal Peace Covenant. Our reading was preceded by thoughtful discussion. Those who came together brought high mindedness and shared food, which mostly consisted of fruit day fare. We learned how important each moment is and how, with strong expectation, we can each create forward motion for the New Year defined by personal Ideal and Purpose.



A Peace Ambassador should be highly respected. How many do you know? I have met more than I ever expected to. Here in Maplewood and the surrounding area, it is a position of being, that is much needed. We often go unnoticed by the greater whole. The Maplewood school branch is taking big steps to be known as an entity that generates peace. We are making connections to keep the movement of peace alive in our community and look forward to continuing these efforts in the coming months. Stay tuned for more on those movements. One that has begun and will surely carry over is what we have been calling: Destination Peace. It is an effort on the part of students and teachers to go out into the community to uplift consciousness by sharing and reading the Universal Peace Covenant in a public place. We shared two of these experiences leading up to the Universal Hour of Peace. I realize the importance of the subtle power of what a school branch offers to its city. This is recognized by those with a keen sense of perception which is we all are building as students and teachers within our community here in St. Louis.

Our ideal for the evening: to create an experience for each of us to discover Inner Peace and Divine Guidance for the New Year. Our Purpose: to ignite a strong ideal for each individual for Self Discovery in 2018. Our activities - to receive from the inner levels by beginning with intuitive reporting, do a stream of consciousness writing focused on pouring out and completing 2017 and then to create a vision, ideal and purpose for 2018.

Many throughout the night joined the seven of us who were the readers. Former students and teachers shared in the discussions that at one point revolved around wisdom from Intuitive Reports as some of us had transcribed during the day as a way to prepare the space for what was to come. Cyndy described receiving from transcribing the confirmation of the need within herself to harmonize, acknowledge and show gratitude for the qualities expressed in those around her; and in this way to bring those qualities more to life within herself. She expressed appreciation for the process of receiving from the inner levels as a foundation for the evening's activities and in order to prepare for the coming year. We also had visitors -- people who had never been to a school and who, I feel, will return to serve, receive and grow with us in the new year! •





Oklahoma City

by Ryan Paul Jones

Reflections of a Year well spent

The holidays bring a time of reflection as one year comes to an end and another is soon to begin. 2017 saw growth and expansion for the OKC branch in more ways than one. We lost a few students but gained a few more. Our school took some damage in an Oklahoma Thunderstorm but in time it was fixed.

Students and teachers have moved into new positions, taken on new challenges and grown in ways they likely thought impossible. Often the days pass by in a blur. We are so busy and preoccupied we sometimes miss seeing what we've accomplished. I've been with the School for almost a year now. What have I

seen in my year at the school?

I've seen challenge. There is no doubt that taking on this course of study is a challenge. Attending class weekly, reading the lessons and doing the assignments requires commitment. Being in class until 10:30 or later, driving home, getting to bed late and up early, will challenge even the most devoted student. I can't deny that there were times I thought about quitting. I questioned what I was doing and why. Was it worth it? Remembering and deciphering dreams, studying for those dreaded quizzes, reading books that confused me and being part of activities that scared me. Somewhere around mid-year I felt like I was merely going through the motions. I was checking the box but not gaining any ground. I felt I was not making any real progress. However, I came to realize that I received exactly what I asked for.

When I decided to join the school, it was to have those challenges. I wanted to be involved, to do something with my time other than go to work, go home, watch TV and go to bed. I wanted to see change in myself and honestly, I believe I've experienced that. However, I've seen that in others as well. I've seen students become teachers, teachers become directors and directors become field directors. I've seen one person's idea of an open mic night turn into reality and a great success. I've seen students manifest one item after another on their top ten list. Seeing the enthusiasm and watching others grow and change has probably had as much an effect on me as the coursework itself. As someone said to me when I first began, "This stuff works."

As the new year begins, stop and take a moment to see how far you have come. Reflect on who you were when you started and who you are now. Would you give up what you have learned? In those moments when it seems more trouble than it is worth (and we've all experienced that) remember how far you've come. •



Chicago

By Lisa Stefaniak

Recognizing Our Influence

Chicago hosted a movie night celebrating the Christmas spirit by watching the 1946 classic film, *It's a Wonderful Life*. The movie explores the theme of how life would be different if one had not been born. The film's protagonist, George Bailey, has a seemingly ordinary life with aspirations to do great things. The film proceeds to showcase a highlight reel of his early life to his present life. Bailey saves his little brother from drowning, saves a patient from being accidentally poisoned, helps locals build new homes, falls in love and has four children. With the death of his father, he is left to take over the family business at the Building and Loans Office.

Meanwhile, he witnesses his brother and friends do extraordinary things as he stays behind in his small hometown. After losing \$8,000, George becomes suicidal and jumps in the river where he is saved by the angel, Clarence. When George says he wishes he had never been born, Clarence decides to grant his wish and show George an alternate timeline in which he never existed. His brother drowned, the patient was poisoned, Potter took control of the town forcing all the tenants to live in the slums and Mary never married or had any children. Upon discovering how much influence he has had in many lives, George begs for his life back.

The end of the film is where the underlying theme is actualized: recognizing our own influence and the interconnectedness that is present there. Much like George, we often battle the duality within life; the good and the bad. We have dreams unrealized. We are stressed by daily life. We may have jobs or live in a town we do not like. Yet, we're also capable of re-creating Bailey's profound discoveries. *It's a Wonderful Life* has a valuable lesson about our life's purpose, the mission we are here to fulfill in our lifetime and to appreciate what we have in any given moment.



All of our life's lessons brought us to this point, as we are exactly where we need to be. Expressing gratitude for these lessons will aid us to understand what our learning is and how we can be present as things beyond our control fade away. I call on you to take this time to perceive your value by recognizing your influence in the love that you share, the kindness you exchange with others, and the 'small things' you do that are in fact, significant. •

Springfield

Ben Eschbach

A New Experience

I live in Springfield, and began visiting the Springfield branch of the School of Metaphysics in July of 2017. Before I was introduced to the class in Mastery of Consciousness, I attended a few sessions in intuitive meditation, which are held every other Tuesday. I had my first chance to attend this class in late July or early August with a group of 11 people. I did not know what I would be getting into, but that did not concern me at the time. Through this class I discovered that I had just been drifting through my life, not really “conscious” of my surroundings and other people.

My experience in the meditation class led me to enroll in the Mastery of Consciousness. Several weeks into the Mastery class we were introduced to an exercise in which we studied why we are in this lifetime. I saw myself and was overwhelmed, either with something waking up inside of me, or with a mental descent into myself. I stopped this opening and stilled my mind. Afterward I felt very calm. However, I made a decision to perform this opening over time, or to remake my descent over time. Either way, I would exercise firm control in what I experienced at the moment. I knew that the class, for me, would involve completion of this descent or opening. I made the decision to stay in the class as I wanted to make the change.

Shortly after we were assigned to see ourselves, we were assigned a paper in which we would explain our purposes for our current lives. We explained why we incarnated into our current lives, and what our assignments are. I strongly felt as though I would be unable to complete this paper; and I felt like I would soon have to drop out. I had a nearly impossible time identifying why I came into this life. But I found what I thought might be my purpose(s) for living this life. I looked at the history of my life, my needs and interests, and my interactions with people and my environments. I explored my knowledge and horizons, and identified a series of thoughts and/or actions that spoke out to me the most. I completed the incarnation paper and am still in the course.



The other students in my class referenced the times when they were born, who they were born to, what their parents taught them, what they learned, and what they did. They also talked about how they developed mentally as their lives progressed, how their behaviors changed, how they developed socially, and how they came to view life. The other students, though they did their assignments independently, seemed to follow a series of steps for composing their papers. I took a series of steps and developed a formula for my paper, all of which were very different from how the other students put their papers together.

By the time we were given this assignment in early October, only four students remained in my class, including me. This may have been because Mastery of Consciousness requires a strong desire

to change, which most people have been unable to handle. But the four of us have made our efforts to master our consciousness. I don't know whether the class has been as profound an experience for the other students as it has for me, but it is an ongoing learning experience.

I thought I had done a lot of work on my mental processes before this class, but through this class I have learned a lot about being conscious and how higher levels of consciousness can really change how a person responds to things and others. I can honestly say that this class has made my life more enjoyable.



I heard it through the grapevine



I heard that Bolingbrook had a fund raiser that raised \$700

Is it true that the President, Dr. Christine Spretnjak, paid a visit to the students in Des Moines?

Did you know that the students in the Palatine school made wooden christmas trees with words like Gratitude painted on them? They used them as decorations for their Universal Hour of Peace event



I heard that Silvia Galvan is training to be an Area Director for the Oklahoma City School and the Dallas School and that she made her first trip to Dallas. She talked about how she loved the building and the feel of the city. It reminded her of Chicago

Those Kansas City folks sure know how to spread the Holiday cheer and raise funds for their property taxes. Did you know they had a bake sale and wrapped presents for people?

Did you see the video that was connected to January's vibrations online? That video of reading the Peace Covenant out in the public, happened in Indy.

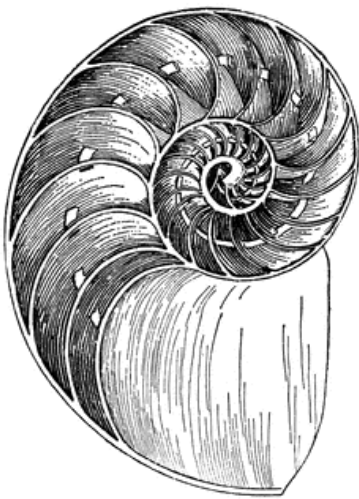
I just found out that Mandie Renner is training to be the New Director in the Tulsa Branch of the School of Metaphysics

Man I would have liked to go to the Vision Board workshop they had in Columbia

Wisdom from the Oracle

Excerpt from the commentary on the evolutionary locus for the School of Metaphysics from the Superconscious Oracle given on **July 26, 2008**

[It is asked,] "Please give understanding on the acceleration of the dimensional consciousness."



It is present. It has been present from the beginning. It is not something that need be created or imaged into being. The opportunity for experience is always present within the mind of the beholder. Therefore, the transition is within the individual self that believes it is separate. As there is the diminishing of the separateness, as there is the recognition of the release of the individual ego, then there is the embracing of the dimensional consciousness that does exist at all times. It is the individual, therefore, that must be transferred into a greater realm of being --- that must be able to cause the consciousness to become translucent and, in doing so, to allow the ability for the dimensions to be perceived and to be experienced. The inviting of the reception of this level of comprehension into the Self is one which requires support, preparation, and knowledge --- knowledge of the highest order, knowledge that is beyond intuition. Therefore, the cultivating of the individual consciousness is essential toward this end, and it is the only way through which the dimensions can be experienced, for they exist now, without one knowing.

Energetics 24/1

School of Metaphysics

Productions

www.som.org

ENERGETICS 24/1

Dawn May

My experience at the college has given me greater understandings. One of the projects I am working on has shown me much of how my mind works. Seeing each individual stitch, from the quilt. **ENERGETICS 24/1** is more than just a "fruit day" video. It is a mind connecting with the body's actions. Working with this video I have seen how my mind works with my actions in filming, in collecting audio, and in editing.

There is a growth and confidence I am portraying through the making of **ENERGETICS 24/1**. The will power, in giving all of my attention to my physical body, has become profound in every second. Through knowing the thought and putting it forward rather than sitting on it, gnawing it over. Capturing the video and then editing it, is the movement of what **ENERGETICS 24/1** is.

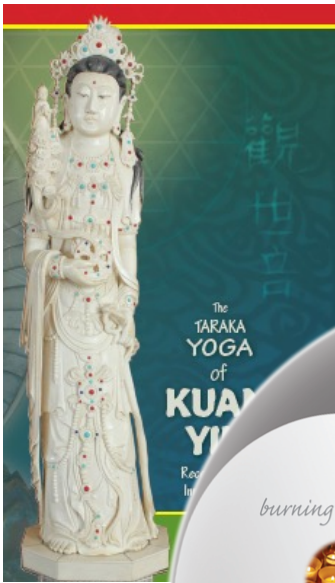
Knowing what your thoughts are, knowing why you have those thoughts and knowing how you are going to create with them in your life.

Giving all of my attention to every experience, has become enlightening. I've been able to note when my body needs something more than just emotional comfort. Through placing my attention and thought higher than simply stimulating the mind with food, I am identifying myself as spirit and aligning with the purpose to love my Self. This is the lesson Fruit Day makes available to each student.

Check it out on SOM YOUTUBE page, Like it, and please share!!



LIGHT & LOVE
Spiritual System



Twin Verses from

The Taraka Yoga of Kuan Yin

burning candle



Know when to use your head, your heart depends on it.
Keep the flame steady in the company of all thought.
Decide the best field for action, then step aside,
Live simply, privately, with peace of Mind.

Depart
37

The word **Depart** finds its root in the Latin *dispertire*, meaning 'to divide.' The original sense was 'separate' and it is good to review **Verse 6 Separation** to learn of how the harmony possible at v37 is created. In departing, separation finds richness, the **Return** on the investment. The essence of a new journey which of necessity means 'take leave of each other.' The story of these two verses is told in the book **The Taraka Yoga of Kuan Yin**.

"....the pendulum begins moving in a figure eight, the infinity sign, and the easiest way for the pendulum to show me the spiral. This is in keeping with my first questions of how long I have permission to safely stay here. Since I know I will not stay forever in Sedona, and Spirit knows this as well, I receive the confirmation that the work ahead of me will provide a certain timelessness for the reader. I am led back toward the plateau. I am consciously breathing.

This place is the breath of God. The imagery from Holy Scriptures enters my mind. The garden in Genesis from the Bible is a symbol for the brain the thinker, the Real Self, uses during the time in the physical body. Tracking this line of thought, I surmise that if Colorado Springs is the Garden of the Gods, Sedona is the medulla oblongata, the point of intake of energy, and I am breathing with it right now. I remove my attention from the pendulum, drinking in my surroundings. I breathe in, and as I do, I hear a voice saying, "In joy, you shall depart".

As I breathe out, the voice says, "In peace you shall return". I have recently perceived a new image behind this concept, realizing the departing joy is the harmony that initiates the door of incarnation, and peace is how incarnation is fulfilled. Joy brings the avatar, the Spirit descending into matter, and peace resurrects the consciousness, the ascension of matter into Spirit. Again and again, the voice repeats the message, always in alignment with my own breathing. I begin turning slowly, which allows me to visually receive my surroundings. It is an outstanding experience.

The full breaths I am giving and receiving, are the energy of life. Time measures experience provided for others in the cause of soul progression. Understanding the experience ends all suffering in darkness. Understanding bears light, redefining suffering as the birth of awareness. Like Sophia, I choose to bring the Light; I heal the Self.

After eight repetitions, the giving and receiving is complete. I have breathed in the energy of this vortex, and I have breathed out the energy of this vortex. Now, I experience a breathless state. "Cultivate it," the voice clearly says. I remember that nirvana means "to blow out." The breathless state creates space for God to enter. I perceive it all clearly because I understand my experience. This is the biological experience of God. 360° breath is the breath of God, and it is available to any who will so choose. Isaiah, the prophet, knew this thousands of years ago: "In joy you shall depart, in peace you shall return."

38
Return

Attend to the dreams that come in the night.
Each holds a message for the telling.
Focus your Light upon understanding that message
so the dream may pass on into the new day.



book of heavenly
wisdom

The New Maitreya



December 31, 2017 11:11 pm I have the immense pleasure of watching Dawn Mays work. She has never seen the play and does not really know the people and flow of the play's script. So to see pictures from the last 15 years in her hands, being arranged on the computer screen to tell a story, is progressively revelatory. What a blessing for me she is! Dawn lives up to her name. I wonder how many people consider the meaning of their own names?

Dawn is the answer to a prayer that I have prayed every day this year (2017). I intuitively grasped the likelihood that **THE INVITATION**, without a caring, Intelligent director, would be fallow. That it could not go forward in any creative way. 2017 was the first year that **THE INVITATION** was not given somewhere in the world since its inception in 2002. The thought of skipping this "heartbeat" really began to bother me in November. My consciousness was so full with moving - completing dad's affairs (he transitioned late summer) and setting up new ones in St. Louis - that I couldn't really form the ideas about **THE INVITATION** and follow through upon it. By December, it occurred to me to gather Linda, Joe and Terrence (all in StLouis) and some others and give a radio-style, dramatic reading of the play online. You know, the Orson Welles "War of the World" type offering. I might have gotten it together if we'd 'been together' as they say. But it wasn't time for that so it passed. I let it go. Like a boomerang, it returned these past 2 weeks.

So I mentioned to Dawn that I wanted to lay the audio track of **THE INVITATION** that was made in the studio in Chicago a couple years ago and pull pictures from all the different presentation's performances. She took right to it, literally. I gather the picture-resources and when I returned, she'd already started to pull them together, even before having the audio. She just did it! It was beautiful. The level and quality of initiative that she was demonstrating was phenomenal to me. Such a uniquely talented individual. And such a curious phenomenon, being the sole student at the college at this point in time. Just remarkable. In so many ways she shows me that it really does only take one person. It's the value of a single soul; Arjuna in the chariot with Krishna. "ONE VOICE" – That's what she put together for the beginning of **THE INVITATION** video. We were able to actually put it on **YOUTUBE** tonight. Just an echo of **THE INVITATION** for 2017 because "Peace is the Breath of our Spirit."•

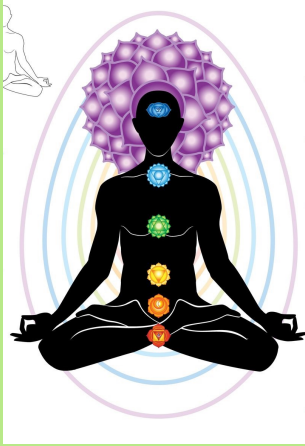


"Peace is achieved by those who fulfill their part of a greater plan."

- Universal Peace Covenant

ONLINE this month....

How are Fiber Optics like
NADI?



And what are
NADI
anyway?

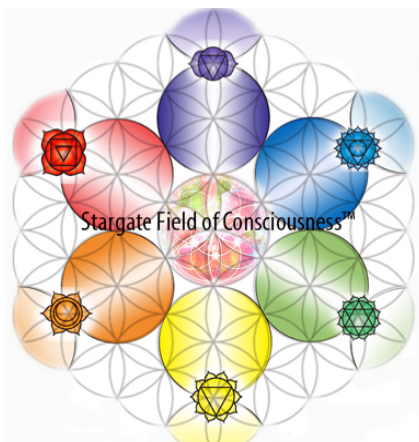
How are they
related to
miraculous
healing?

And essential
to creating a Healing Field?

Enter the Virtual Classroom
SUNDAY nights.

HOW **INTUITIVE**
ARE YOU?

Take the Quiz
at www.som.org



An online Taraka Yoga
with author/counselor/
Barbara O'Guinn Condon
register at www.som.org

Valentine's Day 2018

*Of all the keys to
charisma,
love is the most powerful.*

WEDNESDAY evening
February 14th at 7:35pm



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. Here are the numbers we received.

Our collective vibration is featured below

Love and Light from your Vibrations Staff.

The Collective:

41 Admission: Choose your thoughts carefully, their value in mind. The experience of stealing comes only to those that believe in lose. Become clear, transparent in truth-telling harmony. One lie, one betrayal of self, becomes a cross to bare. A memory you must keep

Dr. Sheila Benjamin

56 Journey: Each experience is willful vibratory creation.

Self rejoices when a seed thought is placed in the Third Level of Mind

in response to the inner Urge.

Forgiveness always produces perfected conditions

Kerry Keller... 26 Illusion: Hearsay in the devoted , travels both ways, respectfully. Drink answers where the well springs at dawn and at dusk. In moments when your spirit falters, flesh weakens. Should spirit triumph or falter, flesh restore or decline

DREAM CATCHER WEBINARS

NOW PUBLIC EVERY WEDNESDAY NIGHT



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