

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. 03



**Mastering Ten Essential Life Skills
Enables You to Release these Dysfunctions**

read the article on page 6



**Superconscious truths from the Oracles
.....read on page 10**

**Read the article entitled the Marathon... and read
the inspirational journey of a teacher in Kansas
City. (continue on page 4)**



Alumni Applying Metaphysics



"Perhaps I can use Music to Help People!" Matt Valois

Read Matt's story on page 16

Watch this video: <https://www.youtube.com/watch?v=zGhHE3jUrSI&feature=youtu.be>

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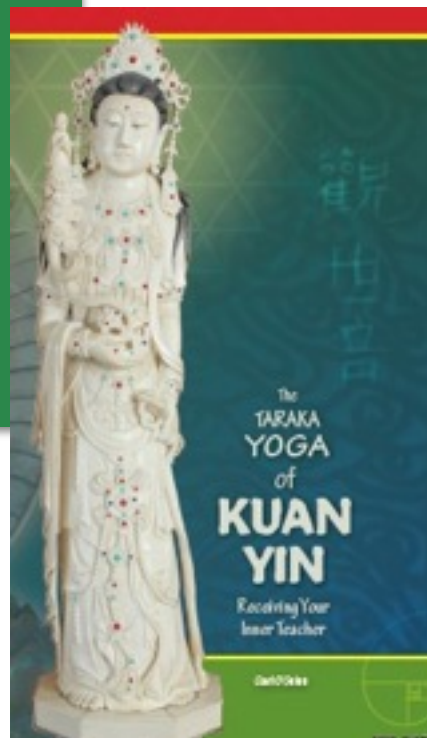
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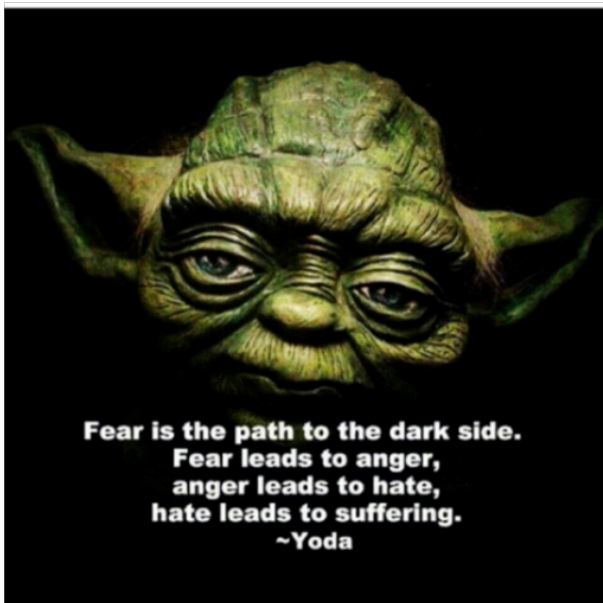


Chicago Feeling The Force

By Lisa Stefaniak

Chicago hosted a fundraiser this month by enjoying a movie night featuring *Star Wars Episode IV: A New Hope*. Upon watching the film, it dawned on me that the story and philosophy of Star Wars is masterfully crafted in its perspective, which I have never appreciated before. There is a lot of discussion about duality (the light and dark), balance, and morality. There's metaphysics everywhere presented in this series!

Essentially, we are all like Jedis. We seek to awaken to the Force that lives inside of us all, and work towards bringing that awareness out by teaching others. We value knowledge and wisdom, and do so by committing ourselves to serving in various ways. What is so inspiring about the Star Wars films, in general, is that each character represents our own individual selves. We experience fear, anger, and selfishness. Yet, we also experience the desire to align with our divine light by being selfless, stepping into our authority, and placing our attention on the greater good.



What I have learned is the importance of having a higher purpose with every thought and action. Why am I here? What is my purpose? How do I discover and fulfill my mission in this lifetime? These are questions that we ask at one time or another and they continue to evolve over time. The tools that we practice and teach at the School of Metaphysics are necessary in aiding us to establish our spiritual foundation.

With regular practice of meditation, daily mental exercises, understanding our emotions, and recognizing our unlimited potential - we can come to understand our true purpose with greater clarity. Although we may struggle and suffer, when we continuously focus on improving ourselves, then we shall receive whatever it is that we need. After all, there can be no light without the dark.

May The Force be with you!





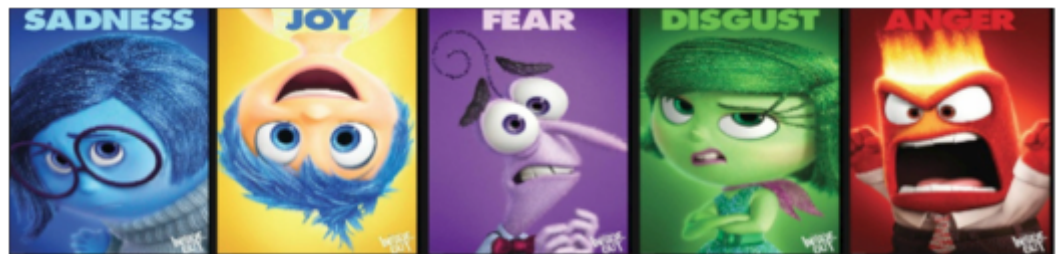
Kansas City

The Marathon

By Codie Lea

Sometimes, the last quarter mile of the marathon is the most difficult, physically and metaphorically. But the finish line is that much more rewarding because of it. There are times in our life where we commit to completing something, then as we face the last leg of the journey we find ourselves ready to quit. We think about how much pain we are in, how uncomfortable it is, how we would find relief if we just stopped. It

doesn't matter that the finish line is just over the hill. It doesn't matter that the pain we are in would completely transform once we find our own inner commitment to the finish line. We can always find the reasons to stop, and often they are multiple in nature. They come in bulk. But truth can be a single word or phrase and carry the weight of thousands of years. What I have learned is that instant relief isn't always true transformation. The moments I know I am truly transforming, I find I am finding joy along with the difficulty; I am thriving while experiencing pain; I am surrendering to God regardless of the unknown. And in that moment when I choose to go beyond the temporary pain, difficulty, and discomfort of the moment, and I surrender to both my inner commitment to my Self and those that I love, and I invite God to be a part of my journey, shining love and light into even the most difficult of situations, that is when that last leg of the "marathon" becomes the transformative moment of my life. That's when my previous limitations are overcome, my comfort zone is expanded; I am renewed with energy from within, and I finally cross that finish line. But who I was before that moment, and who I am after, they will never be the same person; I will never be the same again. And those are the moments in life I am grateful for the most, the ones that stretch me beyond imagination. For me, this has been what teaching is like. Teaching every week, counseling my students as needed, giving of my Self in a way that inspires, transforms, and changes lives has stretched me in ways I could never have known. Sometimes I feel like I am just beginning, sometimes I feel like I am in that last quarter mile, and other times I feel like I am crossing the finish line as a new person. One thing I do know for certain, every week teaching transforms me in a new way. And every week, I am a new person. My gratitude for that blessing is beyond words. And my gratitude for seeing each of my students transform and change and grow is truly beyond anything I could have imagined. •



Maplewood

Movie Night—Inside Out

by Jessica Leathers

On Friday, January 26, 2018, the Maplewood School of Metaphysics hosted a movie night to watch the movie "Inside Out". At our movie nights we usually have lots of food, watch the movie, and interpret it with Universal Language of Mind and sometimes talk about topics that are presented in the movie, such as Universal Laws or the ego or in this case, emotions and parts of mind.

This was a really fun event for me to plan because there were five emotions represented by 5 different colors in the movie. The emotions and their colors are as follows: anger / red, Joy / yellow,

fear / purple, disgust/ green, and sadness / blue. So with the colors as a theme, I asked classmates to buy certain foods and bring to the school. Then I set up the food separated by its color to represent the different emotions. We also had a section that was the rainbow section. Since we bought food according to a specific color, most of our food was healthy fruits and vegetables. We were “eating the rainbow” like our new fruit day video states. Some examples of the food by color were the following: Red: raspberries, tomatoes; Blue: blueberries, blue tortilla chips; Green: brussel sprouts, kiwi; Yellow: banana, apples; and Purple: eggplant, blackberries. We even had students come dressed in different colors for the theme of the movie.

Bing Bong, the imaginary friend, demonstrated releasing from attachments in order to grow in the scene with Joy and the flying cart to get out of the dump. In the beginning of the movie, Joy was keeping Sadness away from everyone and everything and in a circle, representing not dealing with an emotion and pushing it down. The movie really helped show that it is good to move into your emotions in order to work with them and release them. There was a great scene where Sadness helped Bing Bong move through his emotion of sadness and experience and release it. Joy really worked through this throughout the entire movie to realize that every emotion was there for a reason and had an important part to play. She gained proper perspective and they all learned to create with each other in the end. Also, the movie really demonstrated with workers and different jobs that the inside of someone is a real place. This helped to show that the inside and outside of a person are connected and that thought is cause.

This event was a growing experience for me beyond the learning from the movie. In the past, I would typically not want anyone to help me with the event. Some reasoning behind that would be because I was controlling, a perfectionist, and the thought that I assumed responsibility, so I’m the one who has to do it and no one else. I’ve been working on changing this about myself and learning to accept and ask for assistance because it is fun to create together and it usually turns out better than expected. So this movie night gave me that opportunity. I first reached out to a few classmates to purchase food. Then when I got to the school to set up, I asked Dr. Barbara and Larry to help me start setting up and preparing food. They were happy to help and I was excited to share with them my vision for the night. When I shared my vision and enthusiasm then they were excited and wanted to help and we created together, making the event more than just a movie night. It was connection, integration, and self-loving for me. I was very aware of how much I am becoming who I desire to be and how much I’ve improved.



Dallas, Texas Skyrocketing Momentum

by Jamie Metzenberg and Agapita Moreno

As the Dallas branch reflected on 2017 we took the opportunity to reflect on what direction we want to go in for 2018. We are excited for the opportunities to expand the student body and look forward to the creative opportunities this will bring.

We took action towards this in January starting with a very successful open house that delightfully turned into a fundraiser. Adding to that momentum, Lesley West started a dream short course at the end of the month. January also brought us a new area director, Silvia Galvan, from Oklahoma City. Welcome Silvia! Dallas is happy to have you!

The momentum continues to skyrocket as we move into February. Jamie Metzenberg, our director, “Loves where the creative energy is going and how the students are using their brilliant ideas to make this school a success.” Jamie will also be starting a new first cycle mastery of consciousness class on February 8th.

The following Friday, the 9th, we will resume our monthly movie night with a showing of Disney’s Moana. With a metaphysical discussion to follow. We will be continuing our successful monthly meditation gatherings on the 11th.

The 16th will bring fun for all with an open mic fundraiser. The entertainment will include art, poetry readings, live music, comedy, or even interpretive dance. And of course we’ll have snacks. Our new area director, Silvia Galvan, will give a dream lecture on February 24th at a local hotspot in Dallas. We are expecting a big turnout.

We embrace all that 2017 gave us and with anticipate even greater success for 2018!

Indianapolis

Skills you Must Master

Lynn Boggio

Mastering Ten Essential Life Skills Enables You to Neutralize these Dysfunctions

Scattered, Stressed, Tension, Anxiety,
Sleeplessness, ADD, ADHD, Confusion, Worry,
Bad Dreams, Hyperactivity, Poor Memory, Self-Worth
Overwhelm, Ego Reaction, Depression, Lack of Energy
Fear, Doubt, Grief, Sadness, Emotional Attachments



At the Indy Branch we are envisioning a revolution in this community. One that raises the quality of people’s beliefs by integrating the Ten Essential Life Skills into their lives. We have discussed over and over how community outcries demonstrate individual self-worth issues. From our lessons we are sharing our experiences. We know that as a life skill is integrated into the present moment a belief is created. As we act upon a life skill in any circumstance the belief forms into faith. And as we are accomplishing our goals by making this life skill our own, faith becomes a knowing. Everyone in our class is now realizing this is the process of self-learning.

There is a Superconscious Oracle from October of 2012 that tells us; “the entertaining of what has been remembered or what has been heard, or what has been imaged, all are important, yet they do not produce the belief. The belief arises in the mind that can reason. This requires the integration of several of the skills that the mind is capable of producing.”

Our second cycle class members are all learning how to teach the Ten Essential Life Skills and the Master Living book as a 10 week course. We are all having self-realizations with each chapter enjoying the depth of self-understanding these chapters are bringing to us. For instance, the chapter on Memory describes a person's use of memory from an intuitive report by saying; "This one will be in a present situation and something will occur where this one has a memory that comes forward and begins to determine the present outcome. We see that in most cases this is not drawing upon an understanding or upon something of benefit but rather is allowing a limitation or a preconceived idea - a prejudice- to rule this one's current thought. As a result there is much that this one does not offer that this one is capable of."

Lynn Boggio said, since becoming a student I have learned about Self-Respect; the first life skill. I have come to realize I am much more than a physical body or my experiences in life. For example, I was bullied as a kid. This was especially prevalent during the Junior High Years. For years, I took many cruel and sarcastic comments to heart. I placed my value outside of myself as I actually thought I was no good, just fat and ugly. The third chapter of Master Living explained to me how I would just allow my attention to go to the past and be over powered by the old emotions that were attached to my self-judgements. That took me completely out of the present moment and because I was on auto pilot i did not even see where my attention had gone.

When I started practicing the mirror exercise, it started me through a process where I continue to realize my poor self-judgements about those past experience were really false. This gave me a whole different outlook on my childhood experiences. I was able to discern, from a soul's perspective, how I drew those experiences to me to learn I am the one who selects my value and what others did to me or expressed to me was not who I am.

Our concentration skills that we practice, have aided me to perceive cause and effect more clearly and I realize I am not a helpless victim, stuck in an old identity. I am actually more alert in watching my mental processes. I work as a restaurant server full-time. I used to feel bad about myself because I thought serving was not a "real job." I realized I was reverting to an old judgement attached to low self-worth. When I started to view myself differently, I realized I was providing an important service that provided customers with an optimal dining experience. I began to value my job more. This in turn, led to more tips, and a more prosperous restaurant. My new manager, was so appreciative of my good attitude, she made me a trainer! Concentration has enabled me to see myself differently. Self-Respect is a skill I have now where I know I can see to view my work life form a higher perspective. I do have goals to move on to other avenues, however, I do not belittle myself any more for the work I do. I am truly grateful, for my learning, through the 10 Essential Life Skills.

Our class is promoting mastering the Essential Skills to take command over the human dysfunctions that so many people deal with daily. Concentration is the key to helping your self.

Palatine Holiday Ties

by Sue Adams & Zach Busch

The Palatine School of Metaphysics has had a busy past few months. Starting when, we all came together to welcome the Holiday Season by decorating the school. This was led by Rita Rikevik. Rita's amazing, creative aspect of Self really shone through. Rita photographed each student's smiling face and creatively turned it into a Christmas garland hanging above the doorway to the kitchen. Her creative flair was also seen in uniquely designed wooden Christmas trees that we used to help decorate the space for our New Year's Event. The trees were made out of wood and on each rung, there was a different metaphysical word written like, "peace." Rita eloquently explained the origins of her creations at The New Year's event and really inspired others to express themselves.

The school was alive and thriving with the Christmas spirit. Open Mic Night was our December's fundraiser, it was a night of creative expansion.





Everyone who shared did it in their own distinct way, adding their little piece of peace. Our vibe was so strong that a Metaphysical musician called to inquire of upcoming events, out of the blue, and agreed to come and play some music for us. His musical sounds placed a calm and relaxed ambiance. We also had a silent auction, games, food and music.

I, really enjoyed Zack's comedic act, I saw passion, desire and enjoyment.

Along with our December Fundraiser, we were busy getting Peace Proclamations in time for the New Year's Eve festivities. The school received in person, Peace Proclamation from Hoffman Estates. This was amazing new experience for myself to be involved in. We got to go in front of the mayor and board while others sat in the crowd and watch explain our mission, which is to spread the awareness of peace. We also received proclamations from; Palatine, Schaumburg, and Lake Zurich.

Our New Year's Event went off without a hitch.

The event was held at the Himalayan Yoga Institute, a local Yoga studio that we have a great relationship with. The night was filled with Peaceful activities and culminated with the reading of the Peace Covenant. It was a unique experience planning with the other schools and really forced us all to stretch and expand. It seemed like everybody was willing and able to help each other with the various different set-up responsibilities that we had. We truly experienced the old proverb, "Many hands make light work."

With the New Year under way, we thought it would be a great idea for our January Fundraiser to be, Vision Boards. Our Area Director, Kim Knapp came and gave a lecture on visualization at the beginning of our Vision Board workshop and then we were off! The excitement was thick in the air with people bringing the images to life. We left space at the end of our fundraiser so that people could share their visions, knowing that speaking our visions brings helps them to manifest quicker. It was a joy to see students and people from the public come together and talk about progression together.



With the hustle and bustle of the holiday season, we learned by coming together as a collective, we can cultivate peace and joy within ourselves. We are looking forward to what the rest of the New Year will bring. Stay tuned for our upcoming dream endeavors.

Bolingbrook

The Joy in Love,

By Rhonda Carson

The Bolingbrook branch recently held a fundraiser on Experiencing Joy and Love Within Yourself. This was the first fundraiser of the year and it captured the true spirit of the joy and love you can experience in your everyday life. Coming off of the joyous holiday season and into the New Year, it is important to be self-reflective on personal goals, however, not losing sight on maintaining that motivation within that propels you to attain them. Connecting joy with the love each of us has inside can and will move you to make a change in your life.

Gloria Milare opened-up the conversation by speaking about joy in love and what it means, then introduced the other speakers.

Travis Davidson then spoke on joy as a “Fruit of the Spirit” from the Bible and how that relates to love. He also spoke on joy in sorrow as explained in the poem “Joy in Sorrow Chapter VIII” by Khalil Gibran. It exemplified the balance that exists in the Universe—the more we experience joy, you know sorrow is there as well as a counterpart. One is not greater than the other and you can put that into experience. It is the contrast of that experience in which the positive is seen as joy. As we serve to make better choices, sorrow can then be turned into joy.

Rhonda Carson spoke on the joy you can receive in gratitude. She explained that gratitude is a quality of being thankful and that you can deliberately cultivate gratitude and increase your well-being, happiness, energy, optimism, and empathy in doing so. Practicing this every day and thinking positively, you may begin to feel a peaceful, relaxing effect as your focus moves from old negativity to new positive feelings. Thankfulness begins to manifest and feed the positive feelings about ourselves, your ego becomes humbled, and JOY enters your heart. Positive thoughts attract good experiences—because Thought is Cause! Then, it was related all back to love—gratitude/thankfulness is the foundation of a positive attitude, a positive attitude is the foundation of good self-esteem, a good self-esteem is a form of love, and unconditional love of Self is the acceptance of what is inside of you. Joy can then swell-up and illuminate your essence for others to “see” and experience. Therefore, joy IS the simplest form of gratitude and the greatest form of happiness. It is joy that moves the energy that causes gratefulness and can be viewed as a catalyst—but it is a CHOICE!

Sandy Buch wrapped-up the speaking portion by explaining the mind triangle and how intuitive reporting can help one to learn about themselves, as well as attaining and using certain tools necessary to access the joy and love they can experience within. She explained that a sound mind is more than a desire for peace of mind, and people want to know that the best self-care is available and affordable to them. She explained to the audience the information they receive from an intuitive report can help them to become a whole, functioning Self, and by using the healing force within to change and grow.

Gloria then led the audience into a short meditation followed by stream of consciousness writing. After the writing portion, people were asked to share what they wrote and what their thoughts were. To our amazement, there were those outside of the school who were willing to be transparent and talk about their experiences. The entire fundraiser intuitively flowed from speaker to speaker and experience to experience. The way that it flowed was on point and even opened the door for one individual who wanted to make a change within and know more about herself. In sharing and presenting our true selves and experiences at SOM, with joy and love, it was an effective and enlightening experience for all involved!

“Savor the moment. Search for a little joy, and you will find a great deal of it in unexpected places.”



Wisdom from the Oracle

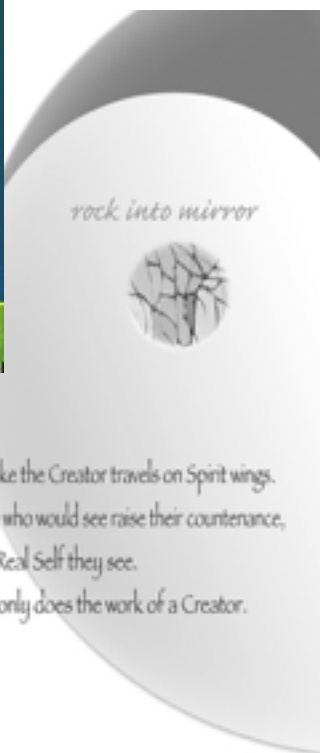
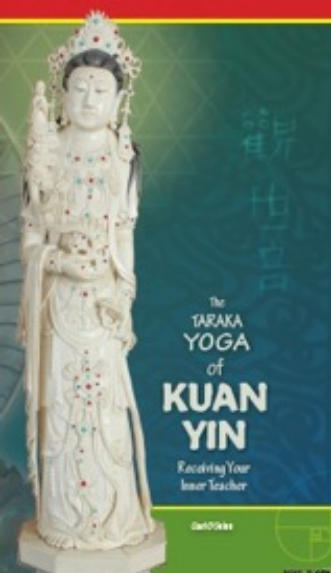
Excerpt from the commentary on the evolutionary locus for the School of Metaphysics from the Superconscious Oracle given on **July 26, 2008**

It is asked, "Suggestions for dissolving the self."



This is the greater challenge for many, yet it must be said that there is the recognition of the need for dissolution. Therefore, this is a consciousness of high caliber, for we see that the consciousness of many has yet to awaken to this. Therefore, there needs to be heart taken in the recognition of the need for this transition to occur. Once this is accepted within the Self, then the dissolution has begun. It need not be made difficult or hard, arduous or impossible. For in large part the dissolution occurs, not of the making of the individual, for the effort

taken in the individual creating dissolution is to reaffirm the individual in itself. Therefore, the dissolution occurs as there is the merging of the consciousness with others, as there is the ability to open the Self without reservation to others in the form of what is commonly called compassion. The ability for this to be experienced, in human realm, is the beginning and the opening and the movement forward into the dissolution of the Self as a separate entity. There need be no fear in this process, for as there is compassion there is also mercy, and as there is mercy, there is justice. And where these exist there can only be that which is enlightened and that which is connected and that which is awakened. Therefore, that which is before the Self, in what is called the dissolution of self, is that which is greater than what has been experienced previously.^a♦

Twin Verses from *The Taraka Yoga of Kuan Yin*

Mirror
39

From the Latin *mirare*, *mirror* means 'look at'. It also means 'a person deserving imitation.'

It is said a woman in India was upset that her son was eating too much sugar. No matter how much she chided him, he continued to satisfy his sweet tooth. Totally frustrated, she decided to take her son to see his great hero Mahatma Gandhi.

She approached the great leader respectfully and saying, "Sir, my son eats too much sugar. It is not good for his health. Would you please advise him to stop eating it?"

Gandhi listened to the woman carefully, turned and spoke to her son, "Go home and come back in two weeks."

The woman looked perplexed and wondered why he had not asked the boy to stop eating sugar. She took the boy by the hand and went home. Two weeks later she returned with her son.

Gandhi motioned for them to come forward. He looked directly at the boy and said, "Boy, you should stop eating sugar. It is not good for your health." The boy nodded and promised he would not continue this habit any longer.

The boy's mother turned to Gandhi and asked, "Why didn't you tell him that two weeks ago when I brought him here to see you?"

Gandhi smiled, "Mother, two weeks ago I was still eating sugar myself."

Gandhi lived in such integrity that he would not allow himself to give advice unless he was living it himself.

by

Gandhi provided a clear example of attitude and action in harmony for the young boy to mirror. His actions were those of a teacher.

The story leads to Mirror's twin verse: suffrage. In the United States, the word suffrage is rarely heard. When it is used, it is associated with the right to vote;— think suffragettes. Determining your fate as a matter of choice is an important concept for all progress, be it spiritual or material, depends upon it.

Gandhi demonstrated the perfect example of valuing choice and choosing wisely. This is where the Middle English use of the suffrage as "intercessory prayers" holds meaning. Intercession is the act of praying to a deity on behalf of others. Intercession is the experience produced by individuals joining together in Healing Class.

In John Chapter 14v15, Jesus tells his disciples, "If you love Me, you will keep My commandments. And I will ask the Father, and He will give you another Advocate to be with you forever — 17 the Spirit of truth."

The Aramaic word translated as helper is also translated as advocate, counselor, comforter, and *intercessor*. All of these are descriptions of the Holy Spirit, which is what those gathered create through their presence. The choice to serve is the healing for all concerned. •





The New Maitreya

by Dr. Barbara O'Guinn Condron

When I was a child, my grandfather would drive the family to Wickliffe, Kentucky. It was only 60 miles away, but on Sunday afternoons road trips seem to take twice as long as any other, so I would fall asleep in the backseat of the car.

Wickliffe is where the Ohio River sacrifices its identity to the "mighty" Mississippi. Over 8000 acres of lakes, swamps, grasslands, and agricultural fields provide a wetland ecosystem for migrating waterfowl.

"Bawh-brah, you're gonna wan' ta see this," the faintly southern lilt in my grandmother's voice would rouse me from some dream. Knowing she was right, I would struggle to sit up and look out of the window. Trees zoomed by in a blur until suddenly there they were, stretched out like a thousand paper airplanes in the fields. Geese, all pausing to feed and water, as if at a rest stop on the checkerboard highway from Canada to somewhere south where the winter months would be kinder.

As stunning as the action on the ground, what intrigued me more was the movement overhead. The birds didn't all fly at once. They weren't haphazard in their winging, some faster, some slower; some higher, some lower. No, the birds always seemed to reach for some pattern. Of the different formations, one lead bird followed by dozens splitting into two branches behind him was the one that kept reappearing. One, two, three, I counted the birds, over and over, reaching as far as 100 before I would lose track.

It seemed to me the birds were somehow connected with each other. Like the head bird held a string that trailed behind him that the others were obliged to carry along in turn, keeping it and them airborne. If the leader flew up, all the birds followed, in sync. The movements of their bodies, graceful, even delicate. Did they they know what they looked like from the ground?

Some years later, scientists tracked Canadian geese, logging their flights as up to 650 miles in one day. The scientists tell us that the geese are only able to do this by working together as a team. Two factors are present here. Research shows that as each goose flaps its wings it creates a strong uplift for birds that follow behind. Further studies have found that by flying together, in the familiar V formation, the whole flock is able to fly 71% further than if each bird flew alone.

Stories have been written about the geese and their patterns of life. People see in the geese a metaphor for human leadership and teamwork. Certainly, that is present. (to be continued next month)•

What makes the School of Metaphysics unique in the world?

SOM leaders were asked this question during their recent General Assembly, January, 2018. In the next few months you will be reading their answers.



"The discerning clarity of the direct grasp of Truth"

--- Dr. Barbara O'Guinn Condrón

"Teaching people to know who they are by awakening the consciousness for soul evolution."

—Kerry Keller, Indianapolis, Indiana



"Spiritual community dedicated to evolving of Self and others."

— Mavis Curry, Des Moines,

"The School of Metaphysics is unique in education because it teaches ways to improve all aspects of life for humans --- Spiritual, Mental, Emotional, Physical."

"Wisdom is deep and rich. You can read many books and watch many videos but the classes with a loving, giving teacher, the lessons, the exercises and the opportunities to learn about Self as Creator afford a unique combination for students to achieve deep and lasting transformation and personal growth."



Wendy Isley,
- Kansas City, Kansas

Want to know what General Assembly is?

... an annual function of the Interfaith Community of Metaphysics, fulfilling its charter. Coming together in spirit, mind and body are the leaders of the School of Metaphysics, those committed to the acceleration of the evolution of humanity. These leaders make up the governing body of the ICOM.



Growing up I observed people around me with responsibilities. Doing your job and taking care of other people was what I thought this was. Little did I know, what I observed was only a part of the picture. When it came time for me to assume more independence and responsibility, I did not comprehend the underlying meaning of why people are compelled to duty, nor did I see the purpose in understanding this. Mentally I isolated myself, becoming unmotivated, lazy and blamed my surrounding for what I thought others were supposed to do, not seeing my own authority.

Studying in the School of Metaphysics I grew as we all do. I moved into adolescence becoming more dependable and I wanted this. I wanted to do more for the school and for myself. Yet, the old brain pathways of responsibility, “carrying the load” repeated in my thinking and drained my energy. Once again I thought I was supposed to do things for others and do what the “boss” said to do, following that same line of thinking I had before, I become unmotivated and pointed a finger to others outside of myself. At this point my spiritual and mental growth appeared to stop and I felt I was hitting a wall. I was looking for motivation outside of myself. This became a “tug of war” game I played with myself. I was trying to stay the same and at the same time trying to change. With this came disharmony inside and I mistook this for disharmony outside of myself.

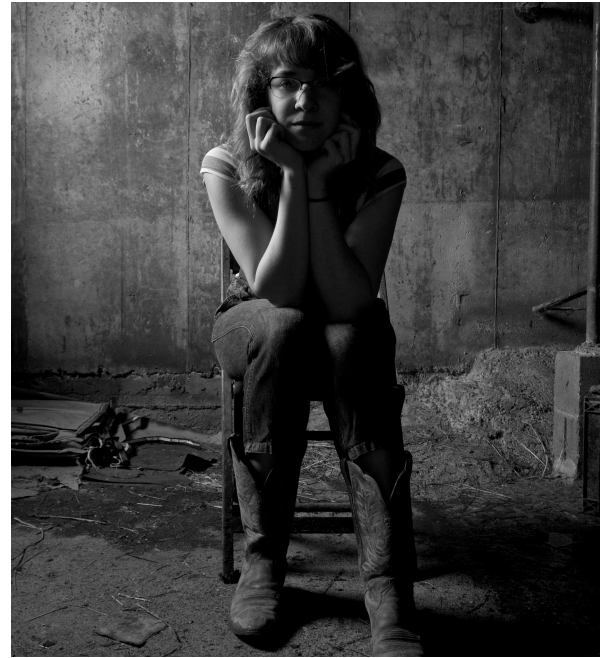
In the First cycle I learned to use Hong Saw, a practice of Pranayama. This allowed me, as a thinker, to step back from my thoughts, from my body and breath, to become more aware of myself observing. To me this is the art of letting go of attachments to controlling life. In practicing this my habitual brain pathways wanted to know that when I let go everything will be the same. These thoughts became clear to me through the practice and allowed me to see what I was creating within myself.



With awareness comes responsibility. When I choose to let go of the past and move into the future, the idea of

responsibility becomes more than what one has to do. Once I moved to the College of Metaphysics I was given the platform to productively see and change my limitations, accelerating the growth of self and shedding Karma. Seeing the work I did every day, as what I was supposed to do, tightened the muscles in my shoulders and neck. Once again I was mentally pulling on old brain pathways that were tugging to change. I pulled until I was physically drained leaving me to ask myself, “What is my responsibility?” Instead of pulling for an answer, this time I waited. I did some research on the word and talked with the doctors at the college about what they know responsibility to be. The feedback I received and mental openness I gave towards finding an answer, brought me to a deeper comprehension of responsibility. That is, being able to recreate the ability of being stable

in one's mind mentally and emotionally. Knowing how to create the contents in mind, works in manifesting the outcomes I truly desire. Knowing I direct my thought in mind, I direct my life. With this new comprehension I ask myself when I am not in harmony, "Why am I doing this? What's my purpose? How am I doing this and in what way can I make this more productive than what I have already done?" The awareness of coordinating memory, imagination and will power is what responsibility is to me now. Reasoning with the past, visualizing my ideal Self directs me in being stable with how I create in my mind and gives me a sense of purpose. This awareness, to me, is responsibility. •



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.

Dr. Sheila... #65 CHANGE..... Most live on what has been, draining karmic reserves. live today impartially, for all situations are neutral. Sublimate will in divine grace to the whole. To leave reaction behind, live beyond the web.

Kerry ...#86 ACCOLADE When thought forms blossom, the joy of creation is felt. Infinite possibilities arise in a creator's mind. Now is a time for your moral compass to guide you. physical choices are finite, it matters that you choose the right one.

Collective... #76 Passion Spiritual knowledge arises where cooperation is present. Harmony rises in a consciousness ruled by ideals that descend in thanksgiving to a light of a new day period. Where all appreciates, the question of worthiness is answered. •

Matt Valois, D.D., 2016. I graduated from the University of Oklahoma

with a Bachelor's of Musical Arts in 2003. After spending the summer after being unemployed, I was forced to work two full-time jobs, one of them selling musical instruments and accessories at a music store: the closest work that I could find in my field of study. By this time, I had given up on doing anything substantial with music. I knew I loved it and excelled with many of its aspects, but what I lacked was a purpose for it -- something that was both meaningful to myself and other people. That winter, I started classes at the School of Metaphysics in Oklahoma City and invested myself fully into the studies.



It was through the studies that I learned to love serving others, regardless of how I served. Being active in creating and presenting School of Metaphysics fundraisers, lectures, and short courses turned into full-time teaching of the studies. The next 13 years, I found myself traveling to Cincinnati, OH, Kansas City, MO, and Windyville, MO to serve in different capacities. In 2008, my love for music rekindled and I produced the piano album *Portraits of Healing* while I was a college student at the College of Metaphysics. After several years of studying and teaching, I had finally reached a point of accepting the importance of music in my life. I thought to myself, *"Perhaps I can use music to help people."*

Since then, I was presented with opportunities to perform in SOM cantatas and later write songs and lead the music for them.

"I see this as a manifestation of all my years of study at the School of Metaphysics. I learned the importance of connecting to who you are on the inside, and answering a call that's always been present."

When I was studying the 3rd cycle of lessons, we were given the option of becoming studies of the Psi Counseling program: a class that combined traditional practices of counseling with what we've learned about the mind and mentally connecting with others to provide a safe and secure space for clients to express and be heard. It was during this time that I had realized that *music is my ministry*. It never went away. On the contrary, it has always been an important part of my life and my being. Its expression in my life varied to the degree that I had recognized it, accepted it, and had the willingness to act on it. It was through the Psi Counseling program that I truly felt I was ready to act on combining my love for music and desire to serve others.

This brings me to the present, where, even at 35 years of age, I am pursuing music therapy studies and certification at Drury University. I see this as a manifestation of all my years of study at the School of Metaphysics. I learned the importance of connecting to who you are on the inside, and answering a call that's always been present. Every minute of my time studying, teaching and practicing mental disciplines at the School of Metaphysics led me to this moment. – Matt Valois, D.D.,

<https://youtu.be/zGhHE3jUrSI>

ONLINE this month....

Developing your Healing Presence

What do geese teach us about **Entrainment** and the first
Kundalini initiation?

Join Dr. Barbara O'Guinn Condon
in the online Virtual Classroom

2nd Sunday in March
at 8:30 pm



National Dream Hotline® Directors's Webinars, (Wednesday's)

Feb. 28th 6pm

April 11th 6pm

Mar. 14th 6pm

April 18th 6pm

Weekly Dream Catchers National Webinar (dreamschool.org)
Wednesday's 6:30pm to 7:30pm CST

March 4th - **Super-Conscious Healing Class** with Dr. Karen Mosby
The discussion will include what is health, how to define an ideal

March 11th - **VC Healing class** with Dr. Barbara O'Guin Condon

March 18th - **Questions and Experiences with Healing class** with Dr. Karen Mosby
and Healing Class directors and directors
The topic will *Why Come to Healing Class?*

Discover 10 ways you may be **INTUITIVE ...**
Take the Quiz at www.som.org



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