

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. 04



New Class In Chicago,
Amazing People!



Dr. Karen Teaching Health
in Des Moines, Lucky People!



10 Minute Audio Experiences Awakens Indy
Individuals to What they Can Have



Every Penny Counts



NATIONAL DREAM HOTLINE®



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TV



Indianapolis

Planning the Earth Day Fair

by Lynn Boggio

Mickey and Lynn are learning how to coordinate and host a booth for this year's Celebration of Greening Indy. The 4500 people who will visit Earth Day this year will be introduced to our Experience Freedom Booth. Outdoors in a large circus tent we will be creating an illusion in a 10 by 20 four sided curtained room. We are inviting people to have a 10 minute experience with two Essential Life Skills.

As people approach the booth and state their desire, we are blindfolding them, leading them into the curtained room where there are 6 chairs facing the perimeter of the room. We will seat them and place an audio headset on their heads. The experience begins!

Lynn has been working with her fellow second cycle students to make an inspirational audio. It will feature student testimonials about the concentration and undivided attention skills. Ken will be the host through the audio and will be telling the listener what they can have in life by developing these skills. In ten minutes each person will receive 6 stories/testimonials, experience two 90 second exercises, and be inspired to sign up for a workshop on the Ten Essential Life Skills.



Lynn says: our goal is to give 120 people this 10 minute experience and sign 45 people up for the ten Essential Life Skills Workshop during the National Dream Hotline® weekend. We are seeking radio interviews to promote our booth and describe what people can have in their lives by developing these Life Skills. The invitations are going out to all our social media friends and e-mail lists. Plus we are attending many networking meetings to invite people personally. The energy is beginning to flow and it's fun to be part of initiating it and directing its outcomes. •

Des Moines

Connection, Elevation, and Joy in Des Moines!

by Mari Hamersley

This has been an amazing month of connection, elevation, and joy in the consciousness of the students and teachers in Des Moines.

On Sun. Jan. 14th, we were honored to host Dr. Karen Mosby as she presented “The Book of Revelation: Inner Secrets Revealed”. This included an overview of Revelation and specific stories which helped both students and those from the public gain a more personal view of how Revelation can be applied in their lives. Some people commented that they did not know what to expect and were pleased as her perspective on Revelation made it much more understandable and touched them in new ways. Then that evening, Dr. Karen led us in our Healing Service and answered several questions about how and why the healing field works and what it can offer both the students and those desiring healing.

January 28th was the 40th anniversary of our branch opening in Des Moines, so we had an informal and joyous celebration on Monday,



January 29th. Mari spoke of the history of the School as a whole and our branch in Des Moines since 1978. Then Marsha Malone gave a most inspirational and passionate talk about how she has grown and expanded her view of life from studying at SOM. She will be teaching her first class on Feb. 7th. Having a new teacher with such passion is exciting for all of us.

We expanded our connections as we hosted the North Area Teachers' meeting. We had the opportunity to be open and flexible to changes in plans in the morning as Dr. Terry

Martin and our director, Mavis Curry, had to be away that morning. Marsha, Annie and I responded willingly and prepared lunch and received the teachers with joy and anticipation of what the day would hold. Elevation and connections came in many forms. •

Chicago

By Lisa Stefaniak

The First Day of School



Chicago welcomed February with open arms as we prepared for the new class! With the help of the other students, daily visualization, and increased excitement, we received 7 students: Diana, Dan, Vicky, Jonathan, Vanessa, Maria, and Gene. These curious souls are ready and willing to learn about themselves to harness the power within their minds. The energy buzzing throughout the school branch was contagious and electric.

When I think back to my first class at the School of Metaphysics, I remember how nervous and excited I felt. I knew that day would be the start of a complete shift in my identity. We, as teachers, realize what it is like to be in that position. It is a humbling reminder of where we have come from. I believe these students deserve a lot of credit since the first day of school requires much courage and strength.



It is also an important reminder to understand why we came to the class. What were you seeking? Why did you stay? These new students had purpose for why they came. When I put my attention on the value I have received from the school and from the course of study, it changes the energy within the branch. It makes the school even more magnetic because many others are looking for what we had been looking for. Instead of focusing on this idea of “I have to do this” or “I need to do this” to “I want to do this,” that stimulates the momentum needed to draw students into our branches.

After this exciting experience, the Chicagoland area school branches met in Bolingbrook to host an SOM Expansion Panel Discussion where Kimberly Knapp acted as a talk show host. One by one, each school branch (Bolingbrook, Palatine, Chicago) went onto the ‘stage’ and talked about their experiences with fundraisers, drawing students, and what we did within our own minds to create these successful events. It gave us this incredible opportunity to share what we have been learning with the other branches so that we can aid each other in our creation process. And it was fun!

When we put our minds together, energy flows, expands, and attracts - and it creates something even bigger than ourselves. •

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.



"We provide information, practice and people. We provide structure: a safe, nurturing, loving environment where people can learn and make what they learn a part of themselves. We teach and practice: To love unconditionally with respect."
—Dr. Diana Kenney

"We offer a structure that is classical, proven and relevant to today's issues, which is both classroom and experiential where students have the opportunity to KNOW."
—Doug Bannister, Columbia, Missouri



"The structure and disciplines, the education of wholeness and intuitive reports."
—Silvia Galvan, Oklahoma City, OK, Dallas, TX



*SOM upholds its teachings in its operation.
This is WHOLE.*
—Brian Hoover, Springfield, MO, Tulsa, OK



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.

EVERY PENNY COUNTS

by Dawn Mays



If I can run a single step I can run a marathon. If I have a Million Dollars I would be considered rich, yet I had to start with a single penny. My latest Past Life Profile stated my desire to do everything creates scatteredness within me. The Profile states this is something to be directed and disciplined rather than nullified or stopped. The significance says, "Whatever this one is doing is adding to this one's soul, is adding to this one's unfoldment of consciousness, and for this one to have this within this one's mind when this one is exploring or going through certain activities." This wisdom to me, speaks in regards to value and Self worth. Within my contemplation upon the report, I realized to a greater degree within every exercise and activity my self worth and value in love for life grows. There are always opportunities for growth, just as there are always pennies to add to the bank account. However, the growth is not in the pennies themselves. Putting a penny in the savings only allows me to see the growth in the account. I can only go so far in physical gains until true interest is lost and exerted energy is unfulfilling. What brings me to the next level of growth is my purposeful dedication of discipline in which, I put forth effort in having purpose for each experience. When physical gain is my only stimulus the activity might appear big in value but have no Self worth. With little Self worth I might look at each penny or each activity and count only one cent values. 1, 1, 1... If I apply purpose in my actions each penny adds to the whole

1, 2, 3...

In living at the College of Metaphysics the awareness of my capabilities have strengthened physically, mentally and spiritually. This awareness requires value in being present in the now. This now sometimes has me in what I think to be a hold. Instead of playing, things would be



accomplished by working. If I didn't take the time to milk the cow I would not have the luxury of good milk nor would I be able to make fresh ice cream. The now can be uncomfortable so I revert back to what has previously made me comfortable, and I fail to meet the ideal of maturity I've set for my Self. All purpose is lost. I image this as an arrow being drawn by a bow, aimed at a single target. If I give up the first time, I would lose Self value in my abilities. If I do not practice I would be a poor shooter. But missing the target is part of the experience or I would not have to practice. In this way, losing my purpose in physical motivated activities allowed me to see there is a greater underlying value and worth I desire for my Self.

Through my experience and purpose, I have come to truly know comfort because I have put more value in stepping outside of my boundaries to the point of tension. Now when I am here, I gage my values in relationship to a life lived fulfilling

its dreams or to a life lived in a comfortable sleep. My dreams never become a reality unless I get out of bed. Every day is a brilliant mystery to be explored. My mind and body give the real me an opportunity to learn the brilliance in each experience adding to my soul's savings or understandings. I add value and self worth to grow in my love for others and Self. Every penny counts because I count.



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: #69 The SPIRAL: Self arrives in consciousness gravitating to Earth. The outpouring of needs is met by desire. Another time of life breathes in towards nirvana. With roots in Heaven Immortality is Assured.

Kerry Keller #36 Trouble: When disagreements flare, your comfort is questioned. You are not here for comfort, you are here to inherit the treasures of the Earth and invest them in Heaven's Bank.

Collective #53 TRUTH: There is more to Heaven and Earth than in your imagination. Learn the ways of the Creator of the Universe. Keep Heaven in your mind to recognize the seven sisters. The context and meaning of what you receive will come in time.

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 for, "Suggestions for the awareness and realization of the wholeness that already exists within each individual?"



As the sights are set upon completeness, then this becomes a point of joy. There is the need for perspective upon the individuals parts. For we see that as there is perspective --- the joy, the humor in the experiencing --- then it is much easier for the consciousness to be freed and the perception to alter. It is through this process of having compassion for the self

and having a sense of joy in the engaging of the Spirit that there can be the expression and the affirmation of the reality of wholeness. This in this environment then it is no longer conducive to viral agents which would cause there to be a moving away from the Truth of Self, for there is the recognition then that the wholeness is beyond the limits of the self. The wholeness is in the connectivity, the dissolving of the ego, the elimination of the limits, the letting go of the familiar. ♦

Twin Verses from The Taraka Yoga of Kuan Yin

honeycomb



Choose your thoughts carefully, their value in mind,
The experience of stealing comes only to those who believe in loss.
Become clear, transparent in Truth-telling harmony.
One lie, one betrayal of Self, becomes a cross to bear
A memory you must keep.

Admission

41



Existence emerges from a black hole in space,
the Light of volition born in neutrality.
Choose life in thoughts guided by honor
whose progenitor - grace - tends the heavenly choir.



earthly paradise

As this word first came into use, it represented three thought forms.

First, "to give entrance." Initially verse 41 asks us to awaken to our temple, the body. The body is the biological experience of God. Viewing the body as a Holy place changes everything from your diet to your attitudes about work and play.

Second, "to allow or warrant". Now we permit consciousness to feed the body. The mind is the consciousness experience of God. What we give our attention to grows.

Third, "to confess or own". Spirit is the divine experience of the Presence of God. Admission is aligning the individual will with the will of superconscious awareness. This is the exponential abundance claimed in the growth from I to I am.

When you are prepared to receive Ancient Wisdom, read verse 41. The Healing Affirmation for the Ego chakra is "I invite the Truth to enter."

The I am consciousness born in the honest ego, is the new light in the world. Acknowledging that which is excluded is a necessary learning for this to occur. What Verse 41 initiates, Verse 42 must complete.

The movement from I to I am has always been with us. It is clearly seen in the last century's marriage vows including the words "forsaking all others". This meant excluding all other possibilities except this one.

When your mind is focused, infinity suddenly becomes finite. All other possible choices, paths, ideas, options are no longer entertained. Infinity becomes finite.

There is a temptation here to fall into beliefs of loss, to lose the truth. Your existence must be the affirmation of that Truth; exclusion is what causes that to happen. Distraction ends. The inner mind aligns toward the One. The I AM now lives and moves and has its being through you.



The New Maitreya

by Dr. Barbara O'Guinn Condon

An essay
continued
from last
issue

As a little girl, I was entranced by how the birds seemed to dance in the air, their bodies twirling one after another. How they would fly up all at once, seeming to even bump into each other, but somehow they didn't. They just seemed to know where they were in relationship to one another and it appeared they invisibly helped one another up, up, up into the air

Then they were gather in different patterns, sometimes seeming to say, "Maybe we should head home," as they flew northward. Then one, a leader would emerge and the lines would begin to form. As they did, it was if they were magnetized. Birds just seemed to fall in line behind the leaders.

And they were so noisy! Honking all the time. It must have worked, because those on the ground took notice, flying up to catch the air stream.

I was amazed by the artistry of these birds. How did they know? How did they know which direction to go? It was as if they followed a template only available to them. Or perhaps an unseen guide encouraged their flight. Whatever the truth might be, I knew someday I would know it.

Wickliffe was just a beginning. I remember it still as the first time I was captivated by **entrainment**.

When people gather, out of their own volition, from their inner urge to love another, the intent for Wholeness is present. In *Kundalini Initiations*, I write about four initiations that comprise the "Revelation of God in Man". One of these is Spirit. Spirit is the divine experience of God.

**THE HEALING
CIRCLE forms at your
school SUNDAY
evenings at 7:30 pm.
Attend webinars with
students schoolwide at
8:30 each week
(excepting the 4th
week).**

*"Where two or more are gathered in
my name, I am in their midst," Jesus told his*

disciples. In the March *Masters of Intent* webinar, I recalled a Healing Class goal we set at the spring 2016 All Student Weekend. It reflects the research of Dr. David Hawkins in how a positive human energy field is formed. Though not the reason SOM has offered 'projection of healing', it is a fulfillment of our ideal and purpose. Let us quite consciously shine the LIGHT of our attention and pour our LOVE upon this noble act of compassion affirming

Twelve individuals at 700 equals one avatar at level 1000.

Dr. Albert Schweitzer, winner of the 1952 Nobel Peace Prize, told the story of a flock of wild geese that settled to rest on a pond. A gardener captured one of the birds and clipped its wings.

When the rested geese started their flight, this bird tried frantically to lift itself into the air. The others saw its struggles and flew in circles to offer encouragement. But it was no use.

Despite the strong urge to continue their journey, the entire flock settled back on the pond and waited. For days they waited until the damaged feathers on their fellow goose had grown enough for it to fly.

The gardener, observing the loyalty of the geese was deeply moved. The compassion shown by a flock of birds changed his heart. Rather than restricting the wild goose, he gladly watched as the flock finally took off together and resumed its long flight.

This story illustrates the simple principles at work in a Healing Circle. Principles well illustrated in the documenting of one man's physical travail of kidney stones.

54 Hours of Dreams Interpreted

Introducing Individuals to Conversations With Their Inner Teacher

by Kerry Keller

I was moving through my experiences rather quickly during the last few days. I found myself trying to control several outcomes too. I had told myself, if my preparation for two upcoming events did not go as I designed them and imaged them, these events were each going to be flops. I was really frustrated when I went to bed. I knew where my attention needed to be, but my emotional ties were more focused on what I feared. I felt like I was hitting a wall of conflict each day that was jeopardizing my desired results.

In that night's dream I found myself floating down a fast moving river of flooding water. I was not in a boat, just kind of aggressively body surfing. It was very challenging and intense until I saw a large 100 foot wall appear in front of me diverting the powerful rushing water in two directions. Who put this wall up? I was not sure which way I would be swept away. Then suddenly I went down, underwater, head first and under the wall.

When I came up for air on the other side of the wall the water was calm. I curiously noticed the wall structure was only supported by small, poorly designed, angled, temporary, legs. At the same time I realize the wall was about to fall on me and I awoke.

Wow! My Inner Teacher had just spoken to me! The message of this dream was priceless! The flooding water represented my out of control experience of the last two days and that wall was the resistance I was experiencing. The fact that the wall was not well structured made me realize the challenges I was anticipating were not as offensive as I thought. I imagined my experiences going in the two directions I did not want. When the wall in the dream came down, the water flowed naturally. Thanks to my Inner Teacher I understood my negative imagination was my own worst enemy. As I refocused on what I wanted, not what I feared, hurray my two events came to fruition with great success!

“Thought is Cause” and Dream Interpretation allow you to communicate with your Inner Teacher every day. Your Inner Teacher wants you to see how you are creating your experiences. It wants you to succeed. Are you listening?



When you let go of old beliefs about dreams, your daily life transforms into fulfillment in every goal you devote your attention to. •

DREAM CATCHER WEBINARS

NOW PUBLIC EVERY WEDNESDAY NIGHT



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