

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. 49, No. 09



Set a goal SO BIG
that you can't achieve
it until YOU GROW
INTO THE PERSON
WHO CAN. - UN





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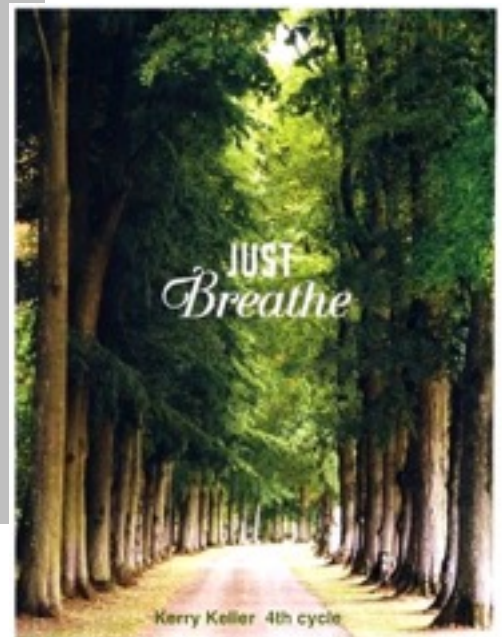
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DES MOINES

Manifest Station

By Frannie Reeves

This month for Des Moines has been one filled with wonderful commotion. We began the month with a Karma Yoga day. We had two teams, one indoors and one outdoors. The group that tackled the indoor Karma Yoga helped clean and clear out space in the basement of the school. They were able to remove unused paint, tile, and old construction materials to create space for future garage sale items to be stored. The outdoor group spent time on the landscaping of the back. They removed weeds from around the parking lot, as well as lay down 40 bags of mulch! The outdoor space cleanup is an ongoing effort for Holly H.'s expansion project for her class, with her ideal of being able to plant perennials in the fall.

After Karma Yoga, we kept the school open for an event with our school alumni. We had a pot luck style dinner and played the movie 'Waking Life.' After, there was discussion about the movie, as well as time for everyone to connect. Hollie M. is working to help organize a quarterly alumni event that will be similar to this event. We also had the pleasure of gathering the students to vote on items to go on a new 10 Most Wanted List for the school. It was a day of clearing out what no longer serves us, and working together to bring new energy into our school.

Thank you to all that were in attendance for our Karma Yoga and Alumni Event.

The 10 Most Wanted List is now posted in our school's 'Manifest Station.'

There has also been new classes, started by Mavis, through the 4-week workshops in dream interpretation and visualization she taught. We are so grateful for the amount of new students and activity going on in the school. As a way to help our school maintain itself, the teachers have been working together to create a lab position board that will keep all the positions, tasks, future events, who is responsible for what within the school, as well as a way to see the movement of energy that we individually bring to the school. It has been an exciting ongoing effort to bring a collective vision to life.



Maplewood

All Student Creation Day Experiences on June 29, 2019

Theme: Stronger and better together

Ideal: Individuality is best fulfilled in unity

Purpose: Sacred Service

We are able to see many things and create much on our own. We are powerful entities as each is an individual. When we combine forces it is well to do to cause greater creation to occur than would be on our own, powerful as we are. To know that we are all on the same team is wisdom. I am grateful that when this idea for a mini All Student Weekend, a gathering of all students of the School of Metaphysics in Maplewood to create together-A Creation Day-came up it was received with open arms by all our students and did have 100% participation. We capped the day off with a movie and a great discussion afterwards about how we create our own experiences in life.

Terrence LaMont Bellows



The theme of the day for me was thoughts create desires. So the week portion of the day I was placed in the garden group that was led by Terrence. We cleared out the back garden. Our neighbors have Sprite along the fence and whatever they use came through and killed off everything. Although some stuff did come back. It was our task to pull and remove everything. For me it was the representation and desire to remove self-doubt and take away thought forms that have potential to create unwanted happening. Throughout the day people remind me about changing my thoughts to create what I desired. I feel it really motivated me to put even more of our efforts place desires into the inner levels and expel unwanted outcomes. When we left at the end of the day one of the ladies who lives next door said I remember you my friend thinks you're cute. Last thing I expected to hear. Her friend came out and told me how I look like her

Maplewood Con't

man. The two women then told us how wonderful it was to live next door to the School of Metaphysics. Ended up leaving. Day not only with a sense of accomplishment but with an added sense of confidence to replace self-doubt.--Steve Thomas, Creation Day June 29th.

Creation day was a day of movement for me. Some old and sad feelings were present in me as I started my day. I arrived at school feeling as though I was in a crumble. My bumpy day began to change as I moved into service. We completed our backlog of intuitive reports and birthed the new idea of requesting a live recording [partnership] to Maplewood. We also repotted our elderberry bush, so the cycle of growth continues! Over night I dreamt I found an Elderberry bush at my friend's lake house. The day after our Creation Day I did indeed find an Elderberry bush at my friend's lake house and was able to take some cuttings- from the cuttings I was able to begin new plants. I hope these cuttings grow and are fruitful. The completion of this thought form represents the change and growth occurring in me. From one we sprout many. There is unity from the fulfillment of individuality. ---Cindy Danato's Creation Day experience.

I really enjoyed creating this event with the teachers and students. We had lots of excitement and energy and learning leading up to and during the event. I felt as teachers and directing intelligence that we had a clear vision and communicated it well. Cyndy, Terrence, and I led a "crew" for the day. We also had students, Paul and Steve, apprenticing as leaders for the "crews" because part of our vision was expansion of teachers. I started the day with a goal of learning about allowance and releasing. In the planning stages of the even, I saw that allowing the other students to learn to lead, allows for the expansion of more teachers and the space for us other teachers to explore in new areas. I was also focusing on meeting people, including myself, where they were in that moment and learning from that point forward. This tied in well with the allowance and release. We had set out certain goals for the day and we all had visualized these goals. I was also releasing expectation of perfectionism to allow for the learning to flow as it needed. This helped me to create a loving, neutral and compassion energy to work with for myself and give to others. I saw each of us connect and grow throughout the entire day. We all had clear visions and communication and were all connected in a way that allowed us to see each others needs and then we were able to meet them with not only love but fun. I really enjoyed having everyone involved in planting our elderberry, Krishna.--Jessica Leathers

It was an honor and privilege to be at the planting of the elderberry bush in Maplewood. We repotted the plant, placing the pot on the front porch. I appreciate the enthusiasm of the teacher's and students as they embraced the vision of the "elderberry connection".--Doug Bannister

My heart was happy as I watched Jessica Leathers and Terrence Bellows practice leadership and guide the students to completion of the projects they set into motion. I saw Cyndy Donato quietly support the day's activities with her choices, spinning a strong web of light and love with her thoughts, words and actions. Steve Thomas, Paul DiZerega and new student Victoria Mcroy-Kerr all stepped up with steadfastness and determination, contributing from the heart, committed to completion.

I value the time I spend at SOM because the environment supports rapid and consistent growth. I am practicing allowing and surrender. Allowing, as I am practicing it, consists of a loving, graceful receptivity to what is, and how I and others are expressing. The surrender is to fulfilling my divine plan and requires receptivity to the inner self. I practiced loving acceptance of self and others as the Maplewood students mindfully transformed their physical environment while building leadership skills and connection. I am grateful for the choice I made to spend time with the beautiful souls in Maplewood on their Creation Day. ---Diana Kenney.

What is your ideal?

What does it look like?

TULSA

Who I came to Love Through Cycle One

Dr. Vickie Elizabeth Barbour

I have known the love of my life most of my life. Though it is fair to say I barely acknowledged her. To me she was only an abused child, the mother of dead triplets, a veteran who walked away from service, who by the age of 46 had suffered six near death experiences and whose family never spoke to her. This woman always slouched, never looked you in the eye and if she spoke no matter what the words were the meaning was always crystal clear. "I apologize for my existence on this earth. That was until Feb 3, 2017 1:27 am when she awoke."

As with most things, if there is dark then there is light as well. Wow, did her light shine like a beacon in the night. She has been a professional clown for 14 years. It has shown her what childhood should have been. Given her opportunities to be involved in others lives, their moments of love and gratitude. She has performed around the world, for the queen and received lots of awards. When asked once how she got into clowning she tells you of a little old lady Clydene Dyer who tricked her. Also, that it is the one job she never asked for and would never give up. When she puts on her makeup she explains she becomes the embodiment of love. All of her faults and scars disappear and all anyone sees is love.



Clowning gave her lots of things including time on her hands. So of course she did the only logical thing she could, she gardened. From the moment she put her hands in the dirt she felt she was home. Like a lot of veterans she found healing and peace from the process of gardening. She learned about the complete circle of life. She knew of killing and of dying, she learned of sleeping, creeping, loving and thriving. Gone was the fear of constant hunger she had grown up with, for she learned where food came from, how to grow it, preserve it. Gardening made her open up and talk to people. It started with Ana as she walked by her back fence one morning and said "Are you ever going to pick those raspberries?" She explained I don't like raspberries, they're fuzzy I am waiting till they are fully ripe and turn into black berries. After that she joined a gardening club and many more. She learned she was good at just about anything she set her mind to, and she loved it all.

As her gardens grew at last count to 146 fruit bearing trees and shrubs, she found she was running out of room. So she did what any logical person would do and asked her husband for more land and a porch.

She drove her real-estate agent batty answering all questions with, "I want a porch and as much land as I can get and as close to town as possible." Porches and land that is all she thought about, thank God she had a husband who cared about things like kitchen, bathrooms and bedrooms.

She got not one but two porches, a south and an east facing porch. She would garden during the day and sit on the porches and relax. She learned about letting go, not judging on that porch about kindness and friendships. She learned that she could make the world just a little better than it was yesterday from her garden and porch. She let go and started to forgive herself. She finished her Masters Degree and divorced her husband and I came to see glimpses of someone who I could love on those porches.

Then that moment came Feb 3, 2017 1:27am, dozing on the couch she hears a crackling and gets up to find the house burning down. There were a few minutes to think "what do I need to take." She picked up her keys, clowning supplies, coat and iPad. She got dressed and walked onto the porch. She was going to go back in



and get her phone; $\frac{3}{4}$ of the house was gone in those few minutes. She picked her stuff up and walked down the stairs and watched it burn.

As she stood on the street watching it all burn she realized it was gone. Not just the stuff, the people, the past, all the hurts and slights she'd held onto all those years. That was the first time I truly saw her. That night she awoke from a 47-year sleep to recognize she had a lot left to do and to enjoy.

She started her Doctorate program, became a house builder, joined the School of Metaphysics. She learned to forgive herself and approve of herself. She learned the only thing she was guilty of was surviving and not thriving. One day the School asked her to look at herself and really see herself the way others saw her. I fell madly in love with this Goddess that day.

She was an abused kid, veteran, tortured woman and mother of three dead children, whose family never spoke to her. She was a gardener, porch sitter, and clown. She was a survivor of seven near death experiences. She was a house builder, student and teacher. They asked her if she would forgive another of the things she had done and she said of course she would forgive others for we can only do the best that we can do. Then they asked wasn't she worth the same considerations she would give another.

She realized she is a whole functioning adult who loved and approved completely of all parts of herself. Who made choices which whether they worked out or not or in her control to change anyway she chooses.

The school taught her a soul mate wasn't someone we would meet on the street who would complete us. It was someone we would meet inside ourselves that would complete us when we were ready to know them.

That day I fell in Love with my soul mate, the love of my life, myself. The best and only person I have had the pleasure to know completely. May you be as blessed as me to fall in love with yourself one day.

It is my pleasure to introduce you to myself Dr. Vickie Sings Like The Wind Elizabeth Barbour.

INDIANAPOLIS

As our Garden Grows...

By Lynn Boggio,

Our branch creation project is continuing to blossom in Indy. We had another Creation day on July 28th. We cleared more of the brush around the back of the school. In addition, I, Lynn Boggio, painted some of the landscape timbers for the yard. Current student Keffra and her daughter, former student Yamaya were active participants in Sunday's Creation day. The old landscape timbers were pretty worn and it took a group effort to remove them. Mickey Hughes and Kerry Keller also contributed significantly to the project. The asphalt was cracked and worn. There were weeds growing between the cracks in the asphalt. It was an eyesore to onlookers. Mickey and Kerry diligently worked to kill the weeds and lay new asphalt sealer. The result is a smooth blacktop for outdoor chairs and tables. We are looking forward to the events our new backyard will host.



Our vegetable garden is prospering as well. We have tomatoes, green beans, peppers, squash and lettuce. Through the diligent care and attention the plants are yielding a bountiful harvest. It is encouraging me to engage in this process. In my own life, I observe how when one plants a seed, this is the first step. The subsequent steps require attention, due diligence and patience. When one puts the effort forward, significant results follow. Supervising the Creation Day project encourages me in my goals, both physically as well as spiritually. I can observe the coloration in all areas of my life.

Our monthly free events are also growing in popularity. We restarted our movie night, the first Friday of the Month. Director Mickey Hughes is overseeing this event. The movie we watched was "Mr. Church." Current students, members of the public as well as former students attended the event. Every week we will host a new event. The second week of the month, Second Cycle Student Bonnie Darby is hosting a talk about the Akashic Records and the relevance of intuitive reports. Area Director, Kerry Keller is holding a weekly meditation on Thursdays. Second Cycle student, Ken Maxfield will be hosting a talk and discussion, on the Third Wednesday of the month, on how to align with prosperity and abundance. I, Lynn Boggio, will be holding a discussion and free dream interpretation on the fourth Wednesday of the month. These events are moving the energy, at our branch, as well as connecting with the community. We anticipate new students eager to learn how to grow and change.

Lastly, we hosted the area teacher's meeting at our branch. Thirteen students participated in learning about the difference between the Brain and the Mind. When someone is in the brain, their thinking is limited, fearful and often in victim consciousness. When someone is in the mind, they are aligned with their true self. Limitations fall away and possibilities abound. We got to practice, being in the mind, by going out into the community to invite people to a lecture we were having, at our branch that night. This activity opened the students up to seeing themselves in a different light. After we returned, we shared about our varied experiences.



*climb mountain
with tiger*



Greet each challenge you set for yourself with composure.
Steadfastness enables one to enjoy the trip up the mountain.
Each step another opportunity to claim who you have become.
Prudence satisfies longing in one who is patient.

Serenity
75



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

*the right
opportunity*

An individual's capacity to be a Healing Presence is equal to their capacity to be clear light. What is clear light? It is the radiance that shines through every living thing.

Clear light depends upon the entrainment of the triune Godhead that is only known when one turns within. The skill of turning inward is taught at SOM as meditation.

What is clear light? Clear light manifests itself in the Thinker. The Thinker does not arise from the outer expression of consciousness. In ancient Eastern teachings, the Thinker is called Manu. From Manu humanity comes into being. The Truth comes to light for the one who attunes the frequencies in Mind to align energetic manifestations of prana/chi. The result is transfiguration, entrainment with the Source of all Being.

Serenity is a perfect word in our language for describing Entrainment. When we cease resisting the choice to be here now, we drop from the head into the heart. Being completely present in the body, we are centered and calm. Grateful and embracing to Life's experience. Serenity in body brings forth the same in the Mind. When Body and Mind are synchronized, the Heart is dynamic. Clear Light shines; 'Ye are the light of the world.' •

When most people hear the word 'passion', they think of love and lust. Coming from the Latin *passio*, it actually means "suffering."

In the West, the "Passion of the Christ" refers to the final three days of Jesus' life. To the uneducated person, punishment and death are dark images of false accusations and harsh judgements of the majority. This is in keeping with the same level of comprehension such people have of the Gita's middle guna, Rajas, which means passion.

The hidden wisdom of both the Christ and Krishna is seen clearly through Kuan Yin. Freed from the pairs of opposites, the Bodhisattva is constantly changing forms. Rajas is what makes this possible. Rajas is the activating element of nature representing movement between the two opposing sides of duality. Its nature is neutrality.

Rajas moves between *tamas*, darkness, and *sattwa*, the light. Look at the image above. In the interplay between dark and light, yin and yang, one is not greater than the other. One is not lesser than the other. Both exist as expressions in the whole. Serenity and Passion, coexist.

Rajas is revealed as the middle quality or guna of the universe. The three gunas together constitute vibratory creation;—the Self, the Thinker, the entrained Source of all Being. •

Someone asks me, “What does Maitreya mean?”

I breathe in, and a smile curves my lips. When I exhale, words are spoken. “I have been asking that same question in meditation since 1993.”

A new light gleams in the student’s eye. It is as if a veil is lifted. For him and for me.

Next, he asks a question. The right question: “What happened in 1993?”

The answer: “The Dalai Lama’s eyes met mine.”



That was the beginning of a journey. A Master’s Journey. A journey that moves me forward. Each beat of my heart like a footstep, firm. Secure. Deliberate.

In 1993, I was as a young child at heart. I had heard of the Dalai Lama. The atmosphere at the second Parliament of the World’s Religions in Chicago (the original was held 100 years earlier in conjunction with the world’s fair) swirled like a chakra around the final keynote which would be delivered by His Holiness.

Parliament was eight days that year. On the fifth day, by Universal Law, I came by information about the Dalai Lama’s impending arrival at the Palmer House, the hotel where the event was taking place. His arrival was well planned, covert. Since my mind was virginal concerning this religious leader’s life (like the Western archetype, Mary, I had not known (the) man), I intuitively acted on that one piece of information which drew me into the experience of standing within arms reach of him.

That’s how I, literally, came face to face with the exiled ruler and religious leader of Tibet.

At the time, I had no firsthand knowledge of who Tenzin Gyatso was. Where he had come from? Why he was here? Or where he was going?

I did not know his “story”.

And, you know what? I didn’t have to.

That’s what I fully understood in those few moments of my experience when I stood close enough to touch the hem of his garment. All that Self needed was Kundun, the word Tibetans use that means ‘the Presence’. This Dalai Lama, whose Cancerian nature is deep enough to carry a world’s ‘Ocean of Wisdom’, swept my heart away. And my heart has been returning to me ever since.

How much changed that day for me?



Every cell, in the brain and in the body shifted polarity. I didn't know how to describe it then. This shape shifting worthy of The Alchemist's shepherd's dreaming. My mind, transformed and silently spacious, paid the rent for Presence to move in. It has lived there ever since. A Light in the abyss, the face of the deep.

All through 40 seconds of seeing 'eye-to-eye' with a humble and quiet, 50-something male cloaked in deep red cloth, trimmed in yellow, who some revile as an imposter while others revere as a Living Buddha. Pairs of opposites? Arjuna. Electromagnetism? Mr. Maxwell. Relativity? Mr. Einstein. Yes. All of them in what I now understand as the LIVING HOLOGRAM, a Unified Field of Consciousness.

As I write today, I can see 'The Presence' began for me one Sunday evening, years before His Holiness and I crossed

paths. On September 21, 1975, I sat with five others for the express purpose of projecting healing to those requesting it. We were all about loving others just because they are. I was awake. And I intended to remain so.

Healing Classes transformed the way I perceive Self and the world. They led in time to a thousand Intuitive Health Analyses, several hundred Transference of Energy reports, and over a hundred Healer's Portraits. New creations come in threes. Have you noticed? They stabilize, mature, and serve a greater whole when they double.

Six is the number of service. Jesus, spoke that when two or more are gathered, there, I am in their midst. When six or more are gathered, we invite miracles. Dedicate your Self in the Self in the service of performing miracles. Move from analysing health to catalyzing healing to being a "Healing Presence".

Unite in the Spirit of the New Maitreya, Sunday evenings at 7:30pm at your branch of SOM.

"What does Maitreya mean?"
Love. In Sanskrit, it means love.

Learn more about Maitreya at: <https://fpmt.org/mandala/archives/mandala-issues-for-2010/april/who->



Do you look people in the eye?
How conscious are you of the light that exists between us?

If you hear an Inner Voice urging you to respond to the question, then allow me to quote Rumi:

"Out beyond ideas of wrongdoing and right doing, there is a field. I'll meet you there.

When the soul lies down in that grass, the world is too full to talk about.

Ideas, language, even the phrase "each other"

doesn't make any sense.

The breeze at dawn has secrets to tell you.

Don't go back to sleep..."

Wisdom from the Oracle

Excerpt from the commentary on the evolutionary locus for the School of Metaphysics from the Superconscious Oracle given on **December 21, 2012**



The alignment has occurred within the eye of the locus of the entity itself. The vista of perception has opened in a means to affect the equilibrium of being. There is a resounding chord of expectation that has arisen that turns toward this Being for interpretation and response. The light that was dawning has now arisen, and the impetus for the perpetuation of movement is now made clear. The energetic being that has taken precedence is awakening within the sentient beings, a need that will become a hunger for that which is a greater truth. This Being must become more sensitive to this reality. The possibility of potential is now surpassed. Therefore, the attitude must be adjusted to the shift that has taken place. That which before was longing is now fulfilled. That which was future now is past.

Teaching Teachers

Saturday, August 3rd, 2019 Area Teachers Meeting

Our last teachers meeting was aimed at helping teachers recognize when someone's attention was in their brain and when it was in the mind ... The question became, "How do You know"? The answer is, By opening your heart to be heart-centered!

In the Brain.

1. When daily physical conditions run your choices.
2. Drawing busy-minded people to you.
3. When fear over-rides your ability to be productive.
4. When doubt holds you back from being progressive and passionate.
5. When did you stop loving enthusiasm?
6. When you worry about being received.
7. Worried about getting things done.
8. More logical and feeling separate.
9. When I find myself reacting.
10. When the mind wanders with no control.
11. When I wait to see how others respond before I open up.

In the Mind.

1. Being consciously aware to re-direct my attention to be productive.
2. People will receive me when my intentions are giving of myself.
3. Replacing insecurity with the desire to learn and move past it.
4. Recognizing the person you are engaging needs to be recognized and heard.
5. Releasing control to allow others to help me.
6. Intentionally breathing through and aligning my intentions with my heart.
7. Remaining purposefully humble in observing your responses to others.
8. Meeting people on a more energetic level with laughter, play and fun.
9. Choosing the feeling of belonging.
10. The desire to give all your attention to another because you are interested.
11. Willfully preparing the mind to follow your productive choices.

CORRESPONDENCE COURSE

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FREE YOUR ATTENTION TO
CREATE LIFE WITH AIM



HAS LIFE LEFT YOU ASKING WHY? ARE YOU
SEEKING SOMETHING MORE THAN MEETS
THE EYE? LEARN THE ART OF FULFILLMENT
THROUGH THE NEW CORRESPONDENCE CLASS
IN APPLIED METAPHYSICS.

TODAY

**What
is
your
ideal ?**



**Your
Inner
Mind
is
asking.**

Sept. - Dec. School Calendar

September 20th -22nd

October 4th-6th

October 25th -27th

December 7th

All Student Weekend

National Teachers Conference

Still Mind Weekend

Area Teachers Meeting



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.

Kerry Keller #32. Intend.

There will always be paths untravelled. The Universe itself is expanding, evolving. Be on earth, carving your destiny of light. Centered in your own apprehension that it has been there all along, calm in your knowing. It is the source, a beginning!

School of Metaphysics Branch Locations

email to (cityname)@som.org

ILLINOIS

345 Manor Court • [Bolingbrook, Illinois](#) 60440 • (630) 739-1329

5021 W. Irving Park Road • [Chicago, Illinois](#) 60641 • (773) 427-0155

222 West Wilson • [Palatine, Illinois](#) 60067 • (847) 991-0140

INDIANA

6138 North Hillside • [Indianapolis, Indiana](#) 46220 • (317) 251-5285

IOWA

3715 University • [Des Moines, Iowa](#) 50311 • (515) 255-5570

KANSAS

4323 Rainbow Blvd • [Kansas City, Kansas](#) 66103 • (913) 236-9292

Missouri

103 West Broadway • Columbia, Missouri 65203 • (573) 449-8312

1033 E. Sunshine Street, Springfield, Missouri 65807 • (417) 831-0955

2606 Oakview Terrace • Maplewood, Missouri 63143 • (314) 645-0036

Oklahoma

908 NW 12th St • [Oklahoma City, Oklahoma](#) 73106 • (405) 228-0506

429 S. Memorial • Tulsa, Oklahoma 74112 • (918) 582-8836

Texas

5832 Live Oak Street • Dallas, Texas 75214 • (214) 821-5406