

*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. 11

## Baking Bread For The Holidays

**Join Us**

**Third  
Weekend  
In  
December**





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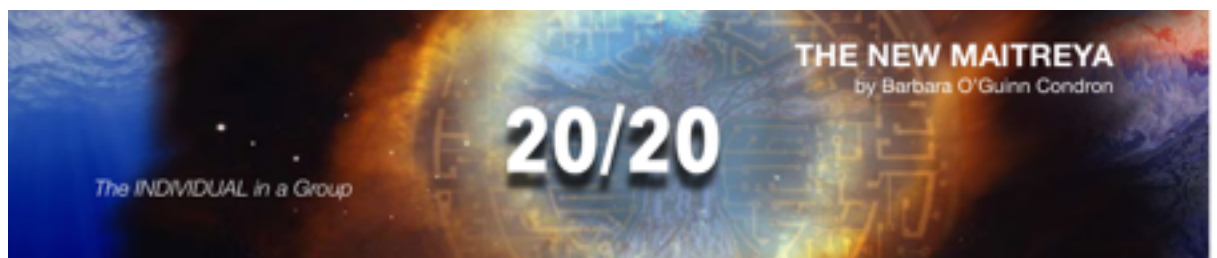
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## KANSAS CITY

### Discovering Self

by Jack L. Everheart (aka Sean Wessel, KC)

A light breeze blowing across the lands, a starry sky that master poets can not even put into words, woods so full you could get lost in their everlasting beauty, these are just some of the things Sean experienced while spending a week at the school of metaphysics headquarters. His week was filled with hours of work, new foods he has never indulged in before, and people he has never met before in this lifetime. His intentions for going to school was to progress in changing himself into the best Sean knows he can be and has made progress through the friends he has made from one of the best weeks he feels he has ever experienced in his life. However, to progress to the person he wants to be, lessons needed to be learned, hidden aspects of self-discovered, and a willingness to change himself whether or not he sees the progress being made in the beginning. In other words, his ideal for the week was to change through self development.

While picking weeds out in the orchard, Sean started to pull on these thick ones that looked like it has been growing there for quite some time. After about a couple seconds of pulling and getting nowhere, Amber came up to him and said he was not pulling at the weed, but what he was pulling at was a new part of the tree that started to grow. She then proceeded to show him that both of the leaves on the new part and the tree were the same. He became baffled that his awareness was focused on getting rid of part of the tree, instead of the weeds around it. Through this new-found knowledge and looking deep within himself, she showed him an understanding of the qualities that he was subconsciously pulling away from is actually what makes Sean whole. Sean later found out the qualities he was pulling away from are the qualities he was learning from other students during this week.



Throughout the week Camron was defining himself as a person by asking everyone to use the pronouns she and her or they and them when addressing her, instead of he and him. Now Sean did not have a real understanding for the reasons why she wanted this to happen, but he could see that this was one way she showed herself as an individual by showing persistence in what she wanted to be addressed as the week went on, showing what was actually going on inside, instead of just what people see on the outside. People by the end of the week consciously made the change to

how she wanted to be addressed, it was very easy for Sean, in the beginning, to slip back into saying he. Doing this showed him how easy it is for someone to stay in a continual pattern, even though people set an intention to change it. Cameron also demonstrated to Sean that people should be the individual that they know themselves to be, instead of bending themselves backward to be someone people expect them to be.



## CONTINUED:

Doing something new can be difficult for people, and that is something we should get used to because everyone will experience something new sooner or later. Throughout the week Sean watched and helped Tony as he asked for help when he needed help and helped others when they needed it. Now Sean used to think to himself that if he can not do something himself or if he asked for someone's help that it would make him weak and that people would think that they were unable to rely on him to help them out with things. But as the week progressed he noticed that when Tony asked someone for help that it was an openness to learn what you are doing wrong so you can learn and do it right the next time without delay. And other people also like helping others, so why deny them the positivity they get from it? Through his actions, he showed Sean the positives in camaraderie and how asking people for help is not a weakness, but a strength. He also found out that his past ways of thinking were what slowed progression down in his life by constantly doing it by himself, there is a reason why life is full of people, so why not take advantage of it. While going through the progress of changing, Sean was unaware that he was not applying these changes to his current state of being.



During the weekend, he was leading the cows to get milked, and they became excited from all the new people and cars coming and how he was leading them with his eccentric and aggressive energy to keep them moving. They started running everywhere and he became nervous that the cows would be hurt or they would hurt someone else. Then Sean apologized to the cows, which then triggered some emotions within him that have not been present for a while. Friends wanted to help, but he kept pushing them away and just wanted to be alone. Jeremy then brought him to the wood and showed him that everyone was humorous about how the cows were running around and that the cows were happy to roam the fields.

From Jeremy, Sean learned he needs to be aware of the external environment around himself and notice how people are responding to a situation, instead of how he thinks they are responding to it. And that there is a difference between actually learning something about himself and applying that learning to his current state of being. And there was also the little things that caught his attention the most during the week that brought a smile to his face. When everyone ate, everyone was at a table talking about their day, asking questions, and just having a good time, without bringing attention to the “negativity” of the world. As they watered the plants and fed the animals, they did not just do the actions, they spoke to them and gave love to them, acknowledging their existence in this world.

The relationship between Amber and Camron was also intriguing, because of how much they showed genuine care for each other, he saw the actions toward one another as the definition of unconditional love. Going to college you probably will not have the same experiences Sean has had, but instead the experiences that you need to have to learn and grow. For this to happen, however, you need to understand that you do not go to college and expect it is going to change you. You go to college so you can take advantage of the opportunities given to you so you can change yourself because, in the end, you are the ones who make the changes. I would like to thank Amber, Camron, Tony, and Jeremy for helping me on my road to being the best me I know I can be. And the staff and school for providing an environment where I could continue on my evolutionary path.

## INDIANAPOLIS

### Dog In the Liquor Store

By Lynn Boggio

The Indianapolis Branch, of the School of Metaphysics, continues to grow. As new students decide to “check us out” we sometimes have interesting experiences with these students.

A student, I previously started in the lessons. was going to merge into Mickey’s afternoon class. I was going to review lesson 2 and three so he could join the class.

On the day, I was supposed to teach this student, he called to say his dog got loose and he was looking all around the neighborhood for him. He was not sure he was able to be in class. He would be there if he found his dog. I remember him talking about his dog before in a previous class. Being an animal lover myself, I could empathize with his plight. Mickey told him to keep us posted.

A few hours later and no word from my student, I decide to walk down the street to get ice cream. The ice cream shop was in the same plaza as a local liquor store. When one walks by, this particular Liquor Store, the door automatically opens. When I walked by the store and the door opened...a look of shock and disbelief crossed my face. My student was in the Liquor Store! He saw me and quickly came out. He declared that he “was a mess” He still had not found his dog. I also smelled liquor on his breath. I told him I would like to see him for class. However, I realized if he had been drinking, this would not be a good idea. He would be engaging in will busters and not be able to be fully attentive.

I went back to the school to discuss what just happened with Mickey. We called some fellow students for advice and agreed it would not be acceptable for him to be in class if he had been drinking. We wondered if he would show up at all.

7:30 came and went. There was no sign of my student. He did call the next day, to say he found his dog. Was his dog really missing or did the will busters have more command of my student’s attention? I may never know for sure. However, I do know I can have all kinds of learning experiences, as a student and teacher at SOM.



Our branch is also continuing to move energy in the form of a Fruit Fund Raiser. All our current students are actively involved in selling fruit baskets to be delivered in Mid December. The money raised will go to build our two patio tables as well as for approximately eight chairs around each table. We will also be replenishing our savings for the funds we took out for current work on the patio.

We also are promoting our new classes as “Freedom.” Everyone wants freedom and they are looking for that in various avenues. Concentration and Undivided attention are still two of the most essential Life Skills. However, “Freedom” captures the essence of what potential student’s desire. We have already had several responses, to our Meetup pages and are looking forward to welcoming new students.



I have been contemplating 2020 for many months.

I know the coming year is going to move through the collective unconscious as a desire for perfect vision. Third eyes will open, and likely not close again.

What does that mean?

It means a longing to see, to understand, will meet any blindness of resistance. For example, take the 'feeds' on your cellphone. Google and other search engines provide us with news of the day carefully calculated by algorithms just for you and just for me. As is true with each human being, there are probably no two configurations of reading material, suggested sites, and videos that are alike. It provides us with a skewed idea of reality. We believe that everyone is seeing what we're seeing.

Every day, I remind myself that as I 'look out' upon the world, there are as many projections as there are creative minds. As Carl Jung said so well, "he who looks without dreams, he who looks within, awakens."

We attract what we are. I want to stay awake about that. Part of 'waking' up next year, will be a growing desire to see more clearly, and possibly grasp a higher truth.

I think that's a good thing. So I'm happy to see 2020 on the horizon. We will all have opportunities to open our wisdom eye so we might be about the work of perfecting vision.

I intuitively sense we will see a rise in people being willing "to stick with" ideas, people, situations. We will see the attention auction of the 2010s - it got a bit crazy - flow into the concentration potential of the 2020s. People will settle down a bit into the energy stability of 4, and we will probably see more marriages lasting longer. People staying with their company or entrepreneurial enterprise.

Yes, it will be different from this decade.

This summer, I reflected on where we have come from since the turn of this century and suddenly reality shifted. The relationship of two different trains of thought suddenly merged through strategic intuition.

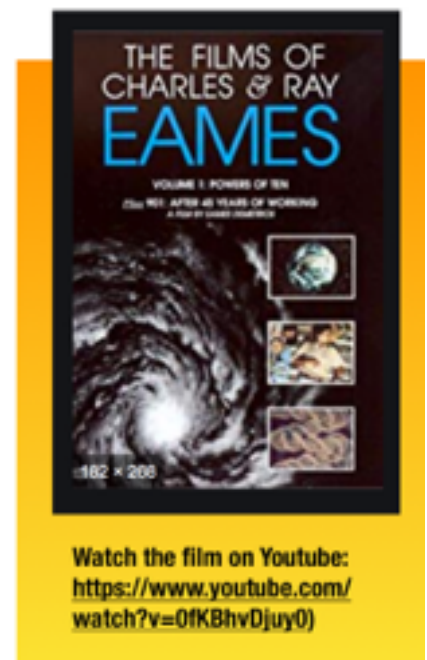
One thought sequence is the passage of time, years into decades, decades into centuries.

The second thought is space.

This relativity was the underlying theme of the POWERS of 10, a daylong teaching given at 24 universities/colleges from 2005-2010.

Based upon the book Master Living, participants spent an entire day experiencing in mind through 10 essential life skills.

We started with the 1971 film that illustrated cosmic and quantum life. The day became what one person called "a 10-hour odyssey of the mind."





## The Guardians 79

v. 79 What an amazing opportunity, this passing on of wisdom. The SOM is the torch-bearer of that Light within each individual whose heart overflows love that cannot be contained. It can only radiate so others might 'see'.

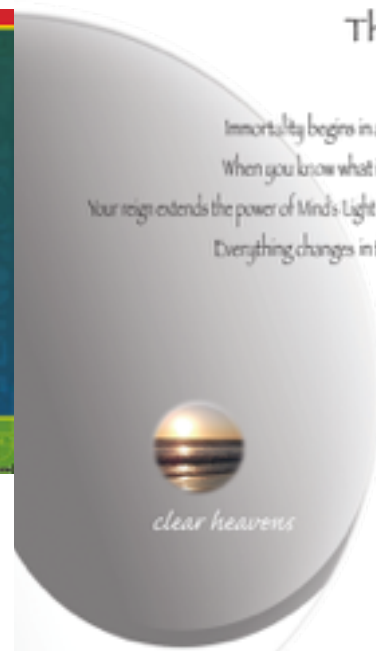
The chakras are patterns for consciousness. Like roundabouts, enable us to move in any direction, because they are a circle, a wheel of light! They make a crossroads navigable without stopping. Perpetual motion in quantum physics.

The student must meet the guardian in each chakra. Like death, it is done alone. We cross into zero point, standing where positive and negative meet. Fully manifested, awareness opens for our return.

In this manner, respect is born. It is not the terrain that changes upon our return home. We are what has changed. Through skill with Self Respect, we come to realize the thought pattern ruling each energy transformer. Self Autonomy. Self Reliance. Self Identity. Self Acceptance. Self Awareness. Self Integration. Self Transcendence. Each guard the way to the Tree of Life.

Only a Thinking Being with a disciplined will can hold them all in mind. Thus equanimity comes into the world, and peace prevails on earth.

## 80 The Immortals



Immortality begins in a mind full of what is.  
When you know what is, your reign begins.  
Your reign extends the power of Mind's Light from Heaven to Earth.  
Everything changes in the Light of eternity.

clear heavens

v.80 To live forever is to accept eternity. Accepting eternity is not easy. It means coming and going. It means outliving all that you know and love. It means admitting your capacity to begin and to end.

Taoism is not a religion, nor a philosophy. It is a "Way" of life. It is a River. The Tao is the natural order of things. It is a force that flows through every living and sentient object, as well as through the entire universe.

When the Tao is in balance it is possible to find perfect happiness. The primary religious figures in Taoism are Lao Tzu and Chuang Tzu, two scholars who dedicated their lives to balancing their inner spirits.

When his wife died, Chuang Tzu, said,

"When she first died, do you think I didn't grieve like anyone else? But I looked back to her beginning and the time before she was born. Not only the time before she was born, but the time before she had a body. Not only the time before she had a body, but the time before she had a spirit. In the midst of the jumble of wonder and mystery a change took place and she had a spirit. Another change and she had a body. Another change and she was born. Now there's been another change and she's dead. It's just like the progression of the four seasons, spring, summer, fall, winter."

Immortals breathe life through the Stargate Pattern. The Stargate Pattern is a single image in the field of holographic consciousness. It is reflected in 'CLEAR HEAVENS.'



# 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 transcendence of the physicality of the self in its objectification as separate and as ego is now past. There is the sense then of there having been the need for the individuation and the benefits that it brought. This has not ceased for the multitudes. It must cease for those directly involved in this Being. The capacity for true sacrifice, for true giving, for complete surrender is the opening*

*for complete fulfillment, for complete receiving, for mastery. What the master does for one does for all. What the master does for all does for one. There is no difference. There is no desire for conceptual difference. There is no wanting of recognition of difference. The difference is allowed, yet not sustained. For when there is the alignment then there is the thinking and acting in Truth.*



# YEAR 2020

## SOM CALENDAR OF NATIONAL EVENTS

Jan 3,4,5 General Assembly

Jan 17,18,19 3rd Weekend.....

Feb 1 Area Teachers Meeting

Feb 14,15,16 3rd Weekend.....

Mar 20,21,22 3rd Weekend.....

Apr 3,4,5 National Teacher Meeting

Apr 17,18,19 3rd Weekend

Apr 24,25,26 National Dream Hotline.....

May 15,16,17 3rd Weekend / All Student Weekend.....

Jun 19,20,21 3rd Weekend.....

Jul 17,18,19 3rd Weekend.....

Aug 1 Area Teachers Meeting

Aug 14,15,16 3rd Weekend.....

Sep 18,19,20 3rd Weekend / All Student Weekend.....

Oct 2,3,4 National Teachers Meeting

Oct 16,17,18 3rd Weekend

Oct 23,24,25 Still Mind.....

Nov 20,21,22 3rd Weekend.....

Dec 5 Area Teachers Meeting

Dec 18,19,20 3rd Weekend / Bread Backing & Caroling

Dec 31 Universal Hour of Peace.....



*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!

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