

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. 50, No. 1

The YEAR 2020 !

What Will You Be Responsible to Create This Year ?





CONTENTS: (January 2020)

From the Branches.....3 - 4

Indianapolis3

Des Moines.....4

Universal Hour of Peace..... 5

New President.....6

Retired President.....7

Kuan Yin.....8

The NEW MAITREYA.....9-10

Calendar of National Events...11

Locations..... 12



End of the Year Reflections

by Lynn Boggio

As 2019 draws to a close, our branch continues to be vibrant. Director Mickey Hughes used her skills that she utilizes so efficiently in the kitchen. At the last all student weekend in September, Mickey successfully directed the meal preparation in the kitchen. She was able to hold the whole image of completion, in her mind's eye, while at the same time visualizing the steps needed in the process. She transferred these same skills for directing a school wide tree decorating ceremony. All students were invited to participate. Area Director Kerry Keller and Second Cycle student Bonnie Darby gave two past life nine profiles to current students eligible for this report. This was planned before the tree decorating ceremony.

The Tree decorating ceremony brought new energy to our branch. Most of the current students participated and had a wonderful time. Many brought cookies and treats to share. The Christmas Spirit filled our branch. The joy of the season was experienced every time an ornament was placed on the tree. Unity and peace were felt in the air. Laughter filled the school. Everyone was experiencing the joy of community and love.

At our school's recent teacher's meeting, we discussed how we could create a space to receive more students. We also reflected on why we want to teach and what we have to give hungry souls. I brought up Dr. Laurel's eleven suggestions for starting new classes. We also realized the importance of regular communication among the teachers. In this manner, we can encourage our efforts to create classes, as well as support each other in our creations. This will create more harmony, in our school branch. This in turn, will create an attractor field which will draw more students.

As the year reaches a close, we, as a school have much to be grateful for. All of us have had our own challenges, in our journey, but we have preserved in our growth process. We anticipate a new year full of joy, laughter and expansion at the Indianapolis Branch.



I
N
D
I
A
N
A
P
O
L
I
S

Hindsight is 2020

by Frannie Reeves

The month of December began with Area Teacher's Meeting taking place in our school. The day was filled with good food, new teachers, and coming together to find out and express what makes the ideal spiritual teacher. Throughout the day, we celebrated our individuality and how we best achieved fulfillment through unity.

Later in the month we held a Friendsmas for the students and community to come together in Divine Friendship. We had a small white elephant gift exchange that was a huge success, that got the kids involved and excited. Again, we had amazing food that we had even more amazing conversations over.



We ended the year with JoAnn's class putting together an intro to Astrology that they shared with the community. Their ideal for the event was to bring people together, and we had a full house! They created a worksheet that allowed everyone to walk away with a goal, rather than a resolution to strive towards.

We closed New Year's Eve together in the school as a community before reading the Universal Peace Covenant at midnight.

Since 1997, thousands of people around the world have welcomed new years as **ONE VOICE** through reading the [Universal Peace Covenant](#) together at New Years.

This year we gathered in zoom rooms around the world, so we can meet 'face-to-face'!

Universal Peace Covenant
Living Peaceably begins by Thinking Peacefully

because "Peace is an idea whose time has come"

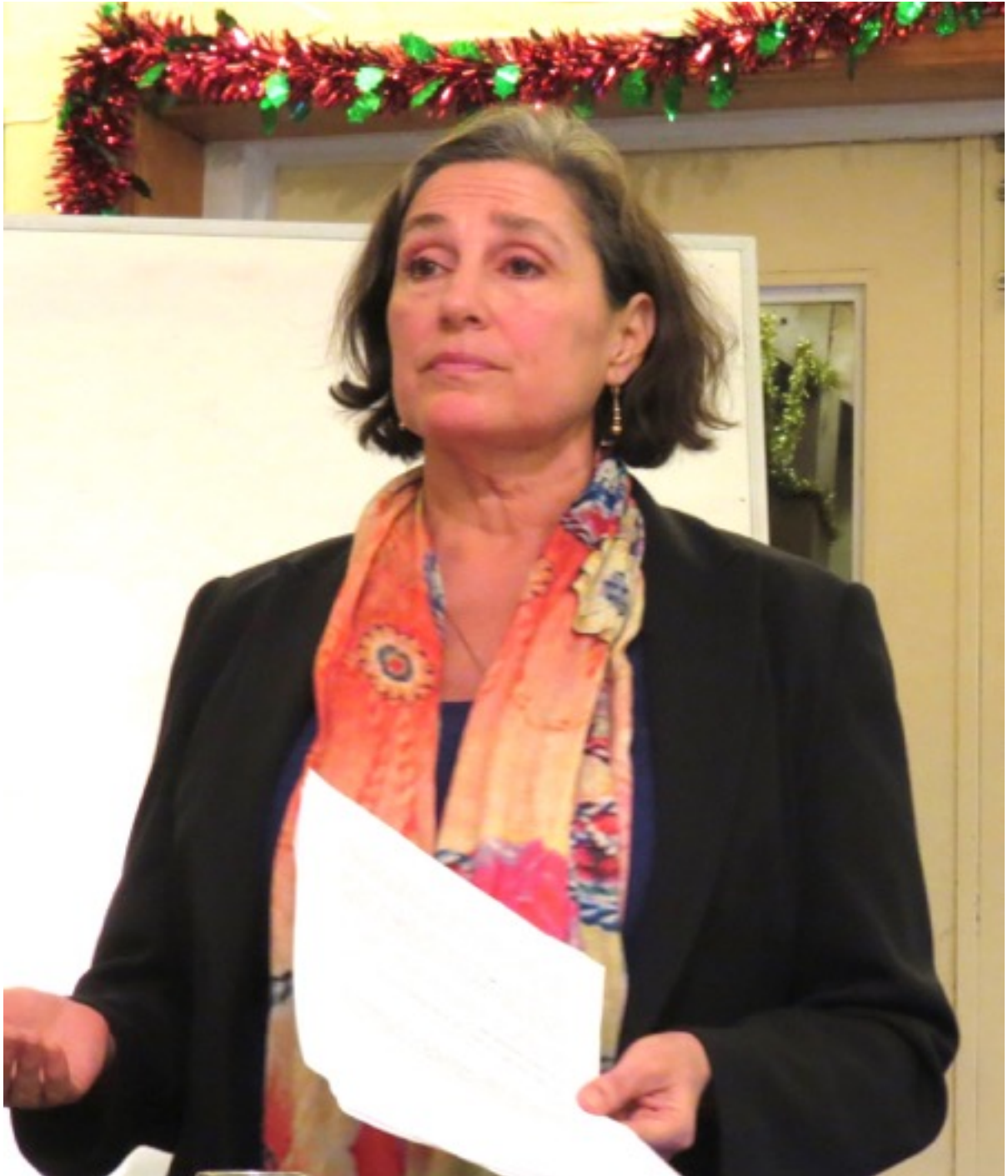


Add your voice to the thousands of people who read the Universal Peace Covenant by joining us in a virtual gathering.
December 31, 2019 11:30 pm EST.
(10:30pm Central)

**How Will You Continue to Bring Peace
Into Your World Every Day This Year**

Dr. Diana Kenney

**Congratulations to Our
New President
2020 -2023**



Dr. Christine Spretnjac

**Much Gratitude to Our
retired President
2016 -2019**



The SAGE'S EYE

In this year of 2020 - what an amazing symmetry! - we are presented with our own reflection. What do we see when we look out through our eyes?

Where are these eyes that capture the light reflected from the external environment?

Verse 83 reminds us that our reflection is "a memory of where we have come from and a vision of where we yearn to go." Infant and Sage are signposts measuring where we are on the road of the finite life.

The infant is narcissistic. Only seeing itself. Life - the school of hard knocks it is sometimes called - becomes the teacher, as we move through predictable stages of cause and effect in the body. The body changes, matures, then dies. A lifetime comes and goes.

That is the Hypothesis human beings are conditioned to believe as we look through the body's eyes.

Yet, is the aging of the body a guarantee of the Sage being born?

Ah!

How powerful are questions!

What if.....? What if **The Hypothesis** is the great question of life itself! What joy! What discovery can come into being when your mind is open?!•

84 The Proof

Identify with the workings of Universal Law.
Harmonize with them, gratefully receiving what they reveal.
Allow their Truth to sober your aspirations
so your creations are made by Light, in Light worthy
of a Creator.

the fallen world

The Moon is whole, radiant even when it appears invisible.
The infant does not have the sage's eye.
Patiently mark the passing of days that bring awareness.
Waiting for the Light of Being is the greatest act of living.

The Hypothesis 83

TRUTH

What if there is more to who we are 'than meets the eye'? More than what is reflected back from the consciousness waters in our day-to-day thinking?

Verse 84 brings the secret of the mirror. Secrets are not in the reflection of what is first seen. They are not seen at first glance, nor on the surface of reflected light.

To know the secret, we must be willing to look again. This time seeing through the wisdom eye. This eye is not of the body. This eye is of the mind.

When we 'identify with the workings of Universal Law', our direct grasp of Truth reveals the secret. The secret is in the Seer.

When we turn within, as we dive deeper for Truth, *Infant* and *Sage* are revealed as symbols of an eternal life. "Though the body dies, the Tao does not pass away," says Lao Tzu in the Tao Te Ching.

As the infant Richard Alpert in his sage stage as Baba Ram Dass made famous 50 years ago – BE HERE NOW. It is all there is. The only time we can grasp the Truth in Radiant Light, and make manifest things unseen. •



20/20

The NEW MAITREYA
by Barbara Condron

Truth as You 'See' It

I attended a gathering of over 600 people in Denver in the spring, when the moon was full.

It was in every way an expression of the truths, I have endeavored to live every day of my life since July 1,

It was the fulfillment of several items on my 10 Most Wanted List including this one.

At the conference, a woman who I had befriended on FB came up to me. Smiling, I addressed her by name. She was a bit startled because she did not recognize me. "What's your name?" she asked, the emphasis on the word 'your'.

I exhaled quietly as the charge of her words moved through me. I reached out my hand and replied, "I'm Barbara Condron." With the expectation of easing any discomfort for her, I added a point of reference for where our paths have crossed.

Looking a bit relieved, she pressed on. **"And what do you do?"** Her voice carried an inflection somewhere between accusation and polite interest. This time I inhaled. She asked, having no awareness that of all the questions she could ask that particular one was the most difficult for me to even think about, much less answer truthfully. Isn't life funny that way?

Because Universal Laws are always in motion, we experience exactly what we need, when we need it. It is our responsibility to look to see it. And through Self Respect transform seeing into a perception of Truth that comes from witnessing ourselves.

This woman had no way of consciously knowing that I have been experiencing a Bardo of BECOMING since 2011. That I was just awakening to, as the gaelic traditions say the 'PLACE of UNION' and far more concerned with the quality of "who" I am than "what" I do.

But her eyes were intensely brown. They demanded a response, and I did not want to disappoint her. My hands clutched the book in my hands. Peacemaking: 9 Steps to Changing your Self, your Relationships, Your World. I found myself saying, **"I'm a Peace Ambassador."**

The others around us were in varying stages of surprise, interest, and delight, but this woman was not moved. "Peace Ambassador!" She almost spit the words with disdain, and I recoiled in spite of myself. **"What's that?!"** Continues on pg. 10)

This is where my mindfulness skills came into play. I'll explain in percentages. If 100% is all of 'me' - Spirit-Mind-Body - all of Barbara's presence as Barbara, then we start with the outer conscious mind ... what I am normally aware of. What I can 'see' with my eyes.

C
O
N
S
C
I
O
U
S



About 20% of me wanted to run and hide. The newness of trying on a new identity crumbled in the face of disdain. So I wanted to flee.

Another 20%, the part with a bit more pride, flared to defend then deflating just wanted to just slowly turn and walk away.

Then awareness that I am "looking through those eyes, brings my mental attention into the equation. I can react emotionally and begin a litany of brain chatter or I can choose something else:

S
U
B
C
O
N
S
C
I
O
U
S



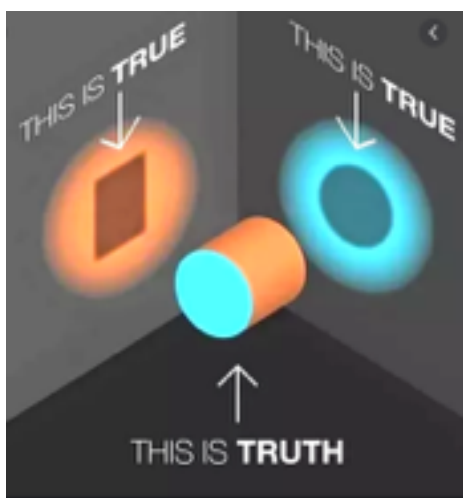
Another 20% wanted to pull the plug on the brain chatter of some story I would make up about the event.

Here, in the emotional expression of my own thinking, is where the tide turns inside me. Choosing to focus, watching the thoughts drift away, I am free to say nothing, so the exchange could be over.

Another 20% of me wakes up, hearing the words whispered by an unseen Amitabha, as if in a dream, "Stay. Be still." And the Voice of my soul is as a leaf floating on clear water.

I am awake. Neuroscience calls this theta brain waves. I know it as the meditative state of reverie. The half awake and half asleep, where conscious and subconscious minds are as one.

S
U
P
E
R
C
O
N
S
C
I
O
U
S



10% of me falls in love with this woman who tries so hard to do the right thing, and often ends up trying the souls of others around her.

I am perceiving this woman in clear light.

10% rises in compassion because I know what it is like when I think I am doing one thing only to discover I am doing quite another.

My conscience is open to the soul's purpose for this encounter. "What do I do?" The Universe is asking me a question through a 5-foot fireball messenger. She knows none of this. It is ME who changes. From seeing with the physical eyes to looking through those eyes to perceiving a greater Truth.

2020. It 'looks' to be an in-sightful year! •

YEAR 2020

SOM CALENDAR OF NATIONAL EVENTS

Feb 1 Area Teachers Meeting

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

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

Apr 3,4,5 National Teacher's 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 Weekend.....

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

Dec 5 Area Teachers Meeting

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

Dec 31 Universal Hour of Peace.....

i
n
i
t
i
a
t
e
&
c
o
m
p
l
e
t
e



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 #80 The Immortals.

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

School of Metaphysics Branch Locations

email to (cityname)@som.org

World Headquarters • 163 Moon Valley Rd. • Windyville, Missouri 65783 • (417) 345-8411

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