

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.

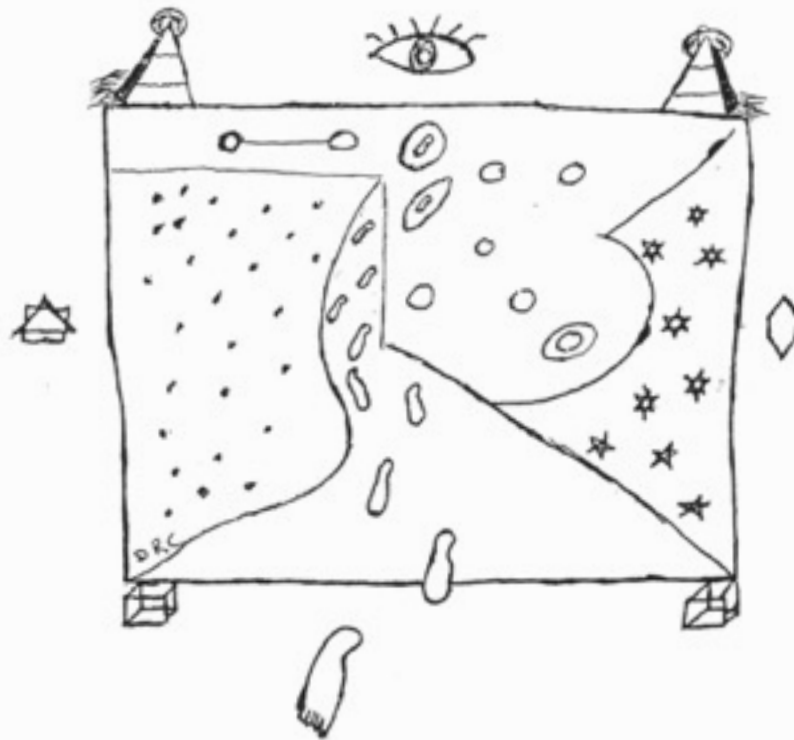
Vibrations



A Monthly Newsletter

Vol. 50, No. 3

What Meaning Do You Receive from this Work of Art?



STEPPING OUT

By Dr. Daniel R, Condon



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Individuality is best fulfilled by Unity...

By Stella 'Lynn' Boggio

Starting this month of February, I Stella "Lynn" Boggio, have stepped into the role of creating with the Vibrations Staff. I will be traveling to the College, every third weekend, for this adventure in creating. I am excited for this new adventure, which will enhance my growth through creating with others. However, I was struggling with some fear thoughts about this change. I would be "taking off" another weekend at my current place of employment. Some of these thoughts were as follows... How would I create more income? What employer would work with my schedule requests? Would my current place of employment be angry with me?

Then I remembered all I have learned and practiced as a student and teacher at The School of Metaphysics. I have the ability to quiet my mind and receive in the present moment. There are unlimited resources available to me. The only "limitations" are in my thinking. When I am in the present moment all possibilities are available. This week, some extra income was offered to me, from a family member with whom I have been providing caregiving services. I am also investigating ways to earn income through my writing abilities. As I align with the Universal Law of Abundance, I am aligning with the energy that is Infinite. That energy can create worlds beyond my limited brain thoughts. Peace welled through my soul with this realization.

Our Area Director, Kerry Keller, started teaching the Ten Essential Life Skills Course as created by Dr. Barbara Condrón. The first two skills presented were Self Respect and Attention. The audience was fully attentive, for his presentation and much was received. We are in the process of creating new invitations so even more people can benefit from knowledge and application of the remaining life skills.

Courtney Porter, is completing her first cycle studies and has a desire to teach others what she has received. We are excited to welcome a new teacher at our branch.

Our community continues to flourish as we create together in ways we only previously imagined. As the year unfolds, we will continue to embrace more of these experiences with grace and gratitude.



A Day of Stillness

By Cyndy Donato

Over the years, several students and teachers have participated in Still Mind Weekend at the College. These experiences inspired us to create stillness as a practice in our community. On December 14, 2019, we created A Day of Stillness in Maplewood. A Day of Stillness offered a digital detox, group meditations, time for self-reflection and time for inner work during the hustle and bustle of the holiday season.

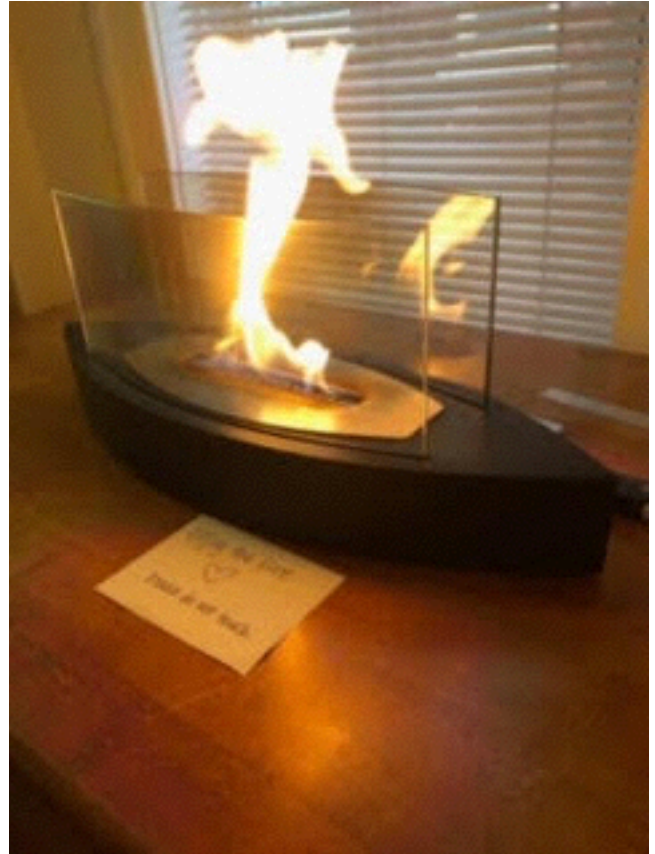
Drawing on elements of air, fire, water and earth we truly created an oasis while indoors during a brisk day in December. Those who joined us shared profound experiences and received guidance from their inner dialogue.

Dr. Barbara Condrón shared these reflections, "In the middle of the hustle and bustle of pre-holiday commerce...this Day of Stillness spoke volumes. We gathered to go deep within ourselves, and in meditative silence the reflection enabled us to go deeper with each other through sharing this experience..." Dr. Barbara likened the experience to resurrecting the consciousness of Sunday as a true day of rest.

Terrence-LaMont Bellows said this about his experience, "The moments of reflecting in silence, on silence within myself, even while watching as the day played out as it normally happens, I reached a new level of understanding. I grew in my awareness that environment does not lead. Commitment to furthering my practice of elevation has caused me to see the needs of others more clearly and now bring myself forth into the community with a stronger desire to connect with those who desire stillness as well. I have been reaching out to groups of seekers and building connections."

Nicki Koenen shared, "Such a beautiful day. Refreshing. Important. Timely. Powerful. It was a much needed day of reconnection and a gentle reminder of the peaceful presence that is always available to each of us, in any given moment, within. I had the ideal of experiencing multidimensional oneness and this was powerfully present during the day of quiet reflection."

Paul diZerega said the following about what he received, "There was a moment when I was sitting alone in the Buddha Room. With a still mind, I chose to step through my memories of First Cycle in that same room, and the Kuan Yin Room down the hall. These memories were filled with incredible detail from many class experiences. I purposefully included a broad spectrum of emotions, ranging from joyful to very difficult, and felt gratitude, accepting all as purposeful and important. Later, after the third group meditation, I was sitting in the Kuan Yin Room and truly experienced still mindedness with no thoughts filtering through at all. I was gifted with a total sense of confidence, peace, and comfort."



continuation:

We enjoyed our day together and are changed by our experience. While not the same as attending Still Mind Weekend at the College, we were successful in bringing our own version of the event to our community. So much so, that we are inspired to create additional opportunities for stillness and are planning another Day of Stillness this spring.

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New Year, New Vision

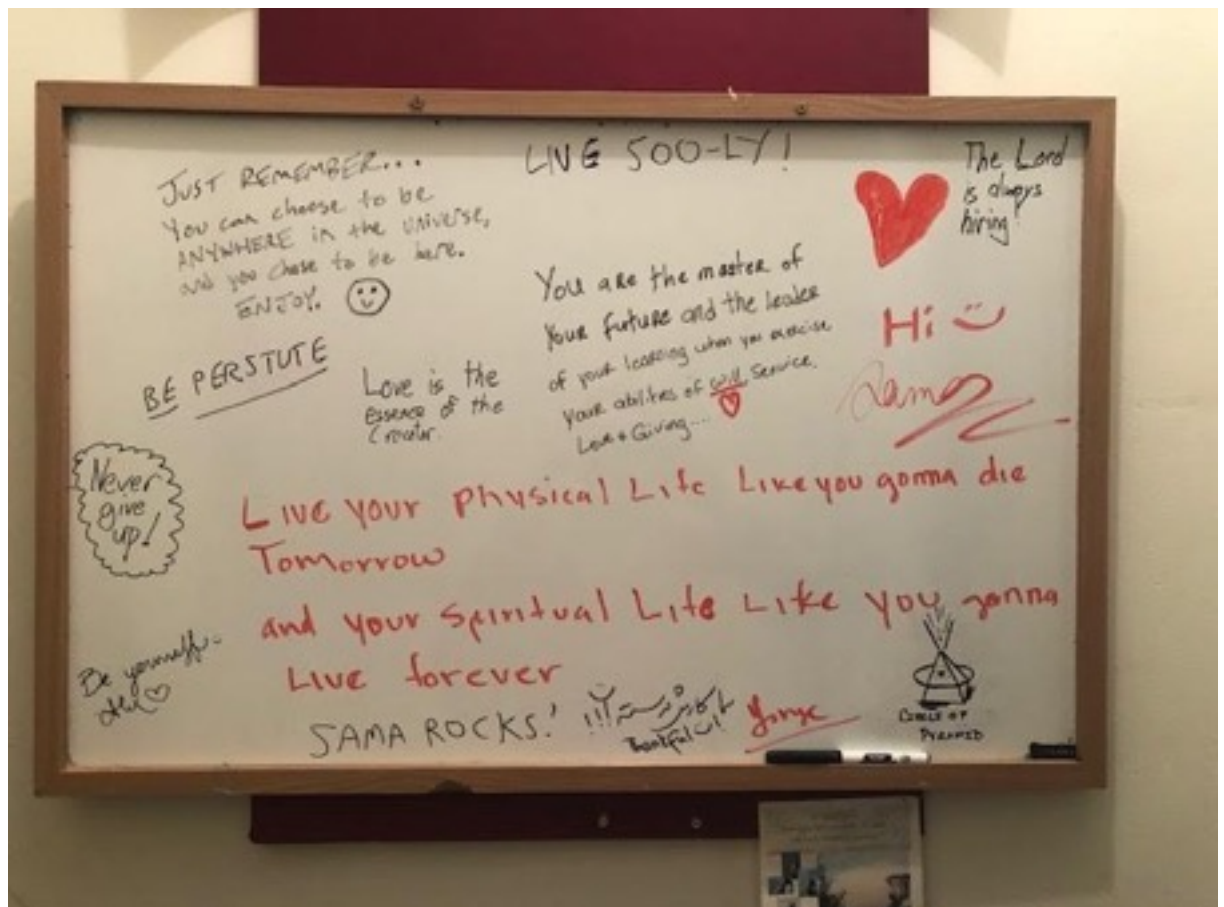
by Frannie Reeves and Keely Kientoff

This year began with internal shifts within our community and behind the scenes movement. With the changing of the President, we also have a change in director for our branch. We had a local assembly to hear the new vision, create our 10 Most Wanted List, and make plans to move towards those ideals and goals. There was a lot of focus on building community and bringing playfulness to Metaphysics.

We have been encouraging students to participate in lab positions. We have created a lab position station that displays the different labs and gives quick instruction of what that position entails. Through that, all students are given the opportunity to see the needs of the school and how they can contribute and expand their own experiences. We recognize that it gives the student more understanding of what it means to pursue the learning given at the school. As the students claim their position, we are creating events and preparing for growth.

Mari Hamersley began a new class on Wednesday nights that she is excited to grow.

We are excited for the upcoming events that our classes and students are creating!



TULSA vibes

Wendy Vann and the
Mighty Tulsans

This article took me a while to find the words for my experiences. As many know the school in the Tulsa area had the building robbed. I wanted to share our process of what we learned through that experience and how we moved onto deeper friendships among the students, a creative environment that resulted in bigger events, and personal growth we each went through. I think it was important that we understood each of our own way of grieving, processing and growth. For each one of us, it brought to light issues primarily around loss, safety, and security. These seem to be foundations for people and important to be able to operate in higher levels of mind. We knew right away that we wanted to use this experience to demonstrate to others how to process through events in your life. We had open communication and support for each other. We all jumped in to do karma yoga and work on making the building functional again. What I understood early on was this connection I had with this building and the school. This connection helped me to see my own thoughts about loss. What did I feel about safety and where does that really come from? We began to do some videos on our Facebook on how to move through something that occurs in your life. We did not want to have it be about “oh no look what happened.” We wanted it to be used as a positive impact to our area. The love outpouring was amazing. The connection with so many strengthened. As each one of us addressed our own process and worked through everything that came up instead of running away from things or denying things, we just faced it and began to understand important lessons on self-love and steps to change.

The following is what the students themselves felt about the process they went through.

Christyn stated “There was a huge mixing pot boiling with emotions. Emotions that lasted longer than it took to clean up. I feel my experience taught me that Security is provided from within, Not from material attachments.”

“For us at the school it has been a pivotal point. Showing at several things.

1. When putting out an intention that all will be okay with our school, we still have the obligation to follow up with inspiration to ensure that By securing the school and caring for her.
2. We continue in our vulnerability to have courses workshops lectures. As we continue in our imperfect blemished state, We have the opportunity to share with others from a more sincere and real space.

This has caused our school and our teachers to bounce back better than before.” Vickie

Mandie describes her learning as “a perceived sense of being unsafe and taken from in a big way. I felt naked and exposed. Watching the other students move through the same process helped me find grounding through connecting with them and their experiences. It allowed me to stay open and learn from others. The experience changed from a point of loss to a point of greater connection and stability within the Tulsa school.”

My process was loss. Stemming back from my early childhood there were lots of issues around loss and safety. What we know from our lessons and this process was to sit with these feelings until we understood it fully. I had a belief that my safety and security was internal and created the world around me and yet my knowing wasn’t complete. This helped create ideas on steps of change coming from many sources.

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Detailed Steps:

- 1 **Stillness:** (Disconnect for your world (digital) from 7 steps to Change by Joe Dispenza) Be present in the moment.
- 2 **What is the story or event?** What are the emotions connected to this event?
- 3 **Observe Emotions:** Set with the emotions and observe. They are messengers so what are they telling you. Allow them. They are not good or bad they just are.
- 4 **Reflection:** reflect on where I have experienced a similar situation/emotion. Where did this happen to me in my childhood? Where did I do this to myself today? Where do I do this to other people today or in the past?
- 5 **Identify limiting thoughts:** Identify any ego minded interpretation, limiting thoughts, and underlying beliefs better holding understanding back.
- 6 **Acceptance:** What is the lesson learned in this situation? Can you accept the situation as it is right now?
- 7 **Forgiveness:** This state is about you and not the other person or event. Forgiveness including self forgiveness is a state of release that allows you to move forward.
- 8 **Ideal/Action:** What do you want different? What do you want in your life? Decided what thoughts you want to bring to the future? Now we can decide the course of action in a state of response instead of reacting. We have a choice. And as we choose then we understand any effect or consequences of that choice.
- 9 **Monitor your thoughts and behaviors.** Catch negativity and bring thoughts back to the ideal.
- 10 **Gratitude and thankfulness** - a powerful state of being that allows the understanding of the lesson to permeate the self and body. In this state we can appreciate the journey and the understanding of the lesson.

What moved through all of us was this ability to know ourselves as creators. As we opened up and became comfortable with our vulnerability this seemed to connect with others. We began to see changes in the events we were having and a new class has resulted from clearing the old thoughts and allowing the new



20/20

The New Maitreya

by Dr. Barbara Condron

MASTER STUDENT make
TERR TEACHERS

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

Just four months ago, something interesting happened.

It was one of those moments where everything seemed to be moving in harmony with As Above, So Below, then one choice caused everything to shift into something completely different than expected.



Maybe you’ve noticed these kinds of moments, as well. The first time I remember being awake to this phenomena, was when I gave a talk on metaphysics to a local Optimist Club. When I arrived I was told that the 20 minutes I’d prepared for had been reduced (for reasons having nothing to do with me) to 10. I was relieved (I was so new, green to this public speaking thing!) And I was devastated (I had spent hours slaying fear dragons to keep this commitment!)

Have you been there? Maybe for you it was a test in school, or a project at work, or having a baby. It’s those moments when you think you’ve created a perfect seed, invested to grow it, and in a single moment an early freeze takes half the fruits of your labor. Are you with me, here?

Okay.

Moving through life, **one day at a time, I’ve come to understand that enlightenment is a process as well as a destination.** Maybe you’ve noticed that as well. Part of that process is best described as the wisdom of surrender. Most people call this ‘letting go’. Meaning, that if what is happening is not what they want, then they don’t want to let go. Thus we produce our own suffering. We confuse giving up and surrender. Giving up is letting go with no intention of return. Surrender lives in the infinite possibilities. Anything can, and will happen.

My challenge in the Optimist Club example was awareness of Self. Was I going to be devastated or relieved? Could there be a third option? My point of view was my choice, and because I was a student of Universal Law and Mind, I knew that part was all about me.

I have been in **‘Surrender Training’** concerning the creative nature of thought ever since. This brings us to November 2019 Vibes. For some unknown, unconscious reason, the second half of the New Maitreya article was missing. Not a bad thing, just there was “20 minutes” and only “10” was delivered. So this month that gets corrected because it has everything to do with this DECADE!

Recently, I was writing about the LAW of RELATIVITY. This universal law was an 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. (continued on page>>>>____)

The day started with the 1971 film Powers of 10 that illustrated cosmic and quantum life. The day became what one person called “a 10-hour odyssey of the mind.” The purpose for opening and closing with that film was to provide people with an experience of Self Respect, the first skill. As I reflected upon this, the most outstanding event in the first decade of this century flooded my memory. Do you recall it? 9-11.

The events of 9-11-2001 sent a shock wave around the world. It set into motion a global awakening very much like a nightmare - upsetting and traumatic. Terrorism, the loss of security, challenged trust between people. The us-them

misapprehension of polarity perpetuates the reaction to the unknown.

These repercussions of insecurity and fear have carried forward ever since in the electromagnetic waves of the earth and humanity.



The electromagnette spike on 9-11-2001

A second shock wave came 7 years later in 2008 with the global economic breakdown. This breach of trust was between banks. If you think of this in the Universal Language of Mind, you begin to see why the attention in the 2010s has been increasingly

directed toward VALUE and WORTH.

Once this came into focus, Intuitive Vision opened and the remainder could be perceived. The entire time table of this century opened, and looks something like this.



As I practice this meditation, the holographic nature of this time-space connection becomes more apparent to the conscious mind. We seem to have embarked upon a time of internal polar shifts. A time of extremes. Where the harmony in Duality can be lost or at least hidden behind masks of polarities.

Self Respect is the fabric of interconnectedness. It keeps our individual and collective fields honest and viable. It is the ‘we’ consciousness described so well in the Universal Peace Covenant. Keep this in mind as we move through 2020, the decade of Concentration and the commitment it supports”

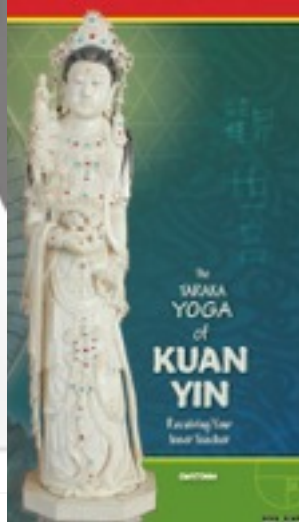
DECADE	ESSENTIAL LIFE SKILL
2000-2009	Self Respect
2010-2019	Undivided Attention
2020-2029	Concentration
2030-2039	Memory
2040-2049	Listening
2050-2059	Imagination
2060-2069	Breath
2070-2079	Reasoning
2080-2089	Intuition
2090-2099	Entrainment

reported 10-11-2009 by Barbara Condrón

Pace
87

A rush to judgement quickens progress toward a goal.
How did you achieve it? Can you pass it on?
Asking permission before you begin neutralizes lust.
Action should be in response to the Inner Urge.

climbing the
mountain



88
Sequence

Honor the Spirit which guards emotion,
then open and close the gate.
Receive first, then judge the likeness in stillness.
How true to the original is the virtual reproduction?
Know you are doing Godwork, then you can relax and
be your Self.

the wooden tiger

It is computer programmer shorthand for
What You See Is What You Get.

WYSIWYG

How do you know your own Inner Urge?

Is it in your noontime thoughts? When the noise of the
daytime duties demands, "Pay attention to this car ahead of
youthis conversation we are havingthis email."

Does your Inner Urge visit you as you are going to sleep at
night? Where it is just you and your pillow facing the
darkness.

Did you know that your Inner Urge expresses through every
level of consciousness? It is carried on the breath of Spirit.
Every conscious breath affirms your commitment to the
Source of your Being. That which gives you life.

Count your blessings, for they are many. The beat of your
heart. The touch of your hand. The blink of your eye. The
37 miles of nerves traverses your body. The
200,000,000,000 red blood cells produced every day.

To respect your body as a temple, is to know your own
thoughts.

Have you thought about asking permission to remember
your dreams? •

Of the many gifts the computer age brings, certainly
the opportunity to see our own thoughts is one of them.
Nothing can fire-up irritation faster than a forgotten
password, a printer that won't print, or a program that
won't open.

On the threshold of our own thought what do we find?
Emotion!

The lack of emotion in computer operations
accentuates the value of our own human Spirit. What
a blessing! The seeming neutrality of computer
operations - on/off, yes/no, 01 sequences - for a
human being is voluntary stillness.

To be awake and aware of that which converts an idea
into a living reality reveals within us the secrets of all
creation.

The gift of Sequence is surrender to the conversion
that always takes place as we mature ourselves. Being
your Self means being at peace with the Truth that
YOU are change. A finite being in a field of infinite
possibilities ever perfecting a reality that What You See
Is What You Get Are. •

The Need for Peace

By Dr. Diana Kenney

"Our world is in the midst of change. For millennia, we have contemplated, reasoned and practiced the idea of peace. Yet the capacity to sustain peace eludes us. To transcend the limits of our own thinking we must acknowledge that peace is more than the cessation of conflict. For peace to move across the face of the earth we must realize, as the great philosophers and leaders before us, that all people desire peace. We hereby acknowledge this truth that is universal. Now humanity must desire those things that make for peace." Excerpt from the Universal Peace Covenant.



I remember a time in my life when I looked around and could not understand why I wasn't really happy and why I often felt anxious. While I had moments or pockets of time where I experienced joy, sustained peace eluded me. At times, I found myself screaming, with astounding intensity, at someone who stole my cab, or cut me off in traffic.

It was confusing. I thought I was successfully playing the game of life. I followed the rules as I had been taught them: do well in school, and get a job that pays well. From High School, I went on to college, and then to law school, eventually getting a job that paid well. For fun, I took a lot of dance classes. The result was that I had nice clothes, a decent figure, exotic vacations, a home, a car, and people who loved me and who I loved. Yet, I was not fulfilled. While I was living the "American Dream," as I understood it, something was missing. It felt like there was a hole in the middle of my chest that familial love, conjugal love, or even chocolate, could not fill.

I was living with a high degree of stress created by what I put my attention on. At the age of 40, I found myself slipping into depression. Wanting to combat the depression directly, I repeatedly refused the offer of prescription medication from my well-meaning mental health care professional, and started searching for a cure that did not involve pharmaceuticals. I did not accept that what I was experiencing "was all there is", as Peggy Lee so mournfully sang.

I concluded that I did not know what the rules of the game really were. I believed that there must be rules for this life, and if I could just discover what they were, I knew I could follow them. And then I'd be happy! A lasting fulfillment and inner peace was what I craved. After all my study and hard work, why didn't I have it already?

I just needed to find the right religion, I thought. I was raised in a deeply religious family. The problem was, that while it worked for them, it just didn't work for me. Between the age of 7 and 10, I found myself questioning many core beliefs of the religion. Those beliefs, if true, served to deny most people on earth entry into heaven. I could not believe that was right. After my second year at college, I "officially" left my religion of birth. I quit searching for a replacement religion, after a rather cursory and unsuccessful effort.

At the age of 40, depression activated my dormant desire for God. I found myself again searching for a religion where I was not asked to believe in a punishing, discriminatory God, or which contained any other mean or unjust doctrine. This time, however, my search was successful. I was sure I found God's rules through a church based upon metaphysics. Metaphysics opened up a whole new world for me.

I excitedly began studying Universal Laws and Truths through the writings of H. Emilie Cady, Charles Fillmore, Emmett Fox and Eric Butterworth. I was surprised and disappointed when fulfillment still eluded me. I read and reread H. Emilie Cady's (1903) "Lessons in Truth" and "How I Used the Truth" (1916), searching somewhat desperately for the elusive, missing keys to turning the written words into a way to create peace and happiness in my life. I memorized the eight "Be attitude" affirmations contained in Eric Butterworth's "Discover the Power Within You", (1968) and recited each of them three times daily for several months. Still. No. Change.

Why wasn't I changing? Reading about the Truth, talking about it with others, and reciting daily affirmations was insufficient for me to know God, to restore my connection to God, or to live in harmony with myself or those who stole my cab.

How could I make the words that I was reading about Universal Laws and Truths translate into the much-wanted change in my life? This became a burning desire. Seemingly out of nowhere, the idea of finding a group of people who got together weekly to talk about their efforts dropped into my mind. That evolved into the idea of studying in a mystery school. Naturally, I consulted Lord Google. The top result for my search was The School of Metaphysics (SOM) on Irving Park Road in Chicago, only 5 miles from my home.

At SOM I learned how to apply what I was reading about, to my daily life experiences. As it turns out, Truth cannot be mastered by reading and discussion. It has to be lived. To fully live it requires specific practices. In this way, it is similar to dance.

In my dance classes, I practiced doing certain movements of the legs, torso and arms while holding onto a bar, developing strength throughout my body. Then I let go of the bar and practiced using these exercises to create movements across the floor, creating more strength in the body. Then I developed the strength to use the movements to dance, experiencing the bliss of movement and music harmoniously through the body, for longer and longer periods of time.

At SOM, my teacher asked me to do mental exercises. Well, insisted that I do them would be more accurate. These exercises were done as a separate activity: gazing into a mirror, gazing at a candle, visualizing a flower. The exercises strengthened my mind and developed essential skills. I experienced being more than a physical being. I experienced the power of my attention, of concentration, of meditation at first in the act of doing the exercise. Then, fairly quickly, I was able to apply these skills in my daily life, experiencing the bliss of the movement of Spirit through me out into the physical world: glorious, fulfilling, and peaceful, for longer and longer periods of time and in more and more places. Even in rush hour traffic. Really!

Soul evolution is not solitary work. We evolve together. We do the exercises so that we can "dance soul-to-soul" in harmony with others here in the physical world. The exercises enable us to bring more and more of our loving light through us, changing our lives, our relationships, our very DNA. Really!

We are here to do great things. Things like being kind and loving to our selves and to others; things like bringing more of our God Self to earth. We are steadily raising the vibration of humanity as we evolve our consciousness to be more Godly, more of the time. It isn't something we can do by ourselves. I am glad I found this mystery school. I am grateful you are here. Together, we grow.

A New vision for Media

By Frannie Reeves and Lynn Boggio

Frannie Reeves, a Second Cycle Student from De Moines, Iowa has many innovative ideas to establish a stronger media influence that will impact the greater School of Metaphysics community.

Frannie has created these changes on the Facebook Site of her school's branch. She has a link, on Des Moines page, that is entitled "Meet the Leaders." On this page, she has short videos displayed. These videos contain testimonials from her school's leaders. The leaders introduce themselves and tell a story about how they came to the school and what they are currently learning.

Frannie also has set up to have a quote or message for the day that will come from the Facebook page. In this manner, these messages will be connected to an individual's Facebook Feed. This gives potential students an introduction to the School and a personal connection every before they ever set foot in a branch.

Frannie also has a vision that each school branch will have a media coordinator who can access Google Drive Images loaded onto this site. Her vision is that each branch would have their own Facebook Calendar Schedule.

These individual pages would support an updated Main Facebook Page for School of Metaphysics Headquarters. This updated page would contain the foundations of what we teach and how it could be beneficial to the potential student.

We are looking forward to the creations that Frannie is envisioning as our school Facebook Page as we create our future together.



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 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.....

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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, your reign begins. Your reign extends the power of Minds Light from Heaven to Earth. Everything changes in the light of eternity.

Lynn Boggio 48 Soaring

A single thought can mobilize the will in adulthood. One thought leads to another within Self and within many. A whole thought extends through eternity. Echoing in space far beyond what you will ever know.

School of Metaphysics Branch Locations

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

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