

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

Vibrations



A Monthly Newsletter

Vol. 50, No.4

New Opportunities During GLOBAL PANDEMIC

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The Month of Stillness...

by Lynn Boggio

This past month has brought many changes to our world as well as our school. With the closing of most businesses, schools and public events, life as we knew it has changed. Many people have transitioned to working from home. Social distancing has become the norm. Zoom meetings and on-line platforms have replaced social gatherings.

All these circumstances have given individuals more time to slow down and reflect on their lives. Families have been spending more time together. The rushing from one activity to the other has ceased.

There is also a lot of fear in the world. News reports are often conflicting and this adds to the confusion and fear. Fortunately, our branch had adapted to the pandemic and continues to move forward.

At the first Virtual National Teacher's Meeting, it was decided to offer short courses on-line as an introduction to what we teach. This will continue the energy, at our branches, as well as attract new students to our school when the branches reopen. My classmate Bonnie has started a short course on Concentration on Wednesday nights. I am planning to teach the same short course on Monday mornings. Mickey Hughes, our director plans to teach a short course on visualization. We are aiding each other in these learning creations. I attended Bonnie's first session and gained a lot from her teaching expertise. She was very engaging with the students as she shared her wisdom on Concentration.



An experience, during this time, has been very uplifting. I have been participating daily in the reading of the Peace Covenant on-line. I have felt the experience of being one with the group during the reading. After the reading, we send love to heal the people of the earth. Next, we sit in quiet meditation until the top of the hour. It has helped me set the intention for the day. I am also grateful to be continuing to participate in uplifting the well being of the planet. I am looking forward to continuing this practice long after the quarantine has ended.

Overall, we are all staying focused and positive during this transition. Beautiful changes are on the horizon for all of us.

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E**Palatine**

Area Teacher's Meeting
By Zach Bush

Palatine again had the honor of holding space for the Bolingbrook, Indianapolis & Chicago Schools at the Area Teacher's Meeting led by Kerry Keller and hosted by Zack Busch. The theme of this meeting was Ten Minute talks, a time honored tradition for SOM students. Our teachers may be used to hearing the talks but might be a little rusty in the giving department. Kerry has been teaching us over the last several Teacher's Meetings to convey important images through the use of stories. So the exercise was a good benchmark to see how far we've come and where we may still grow.

We had done a similar exercise in Bolingbrook at the last meeting, and now the emphasis was on more stories, less information. In this meeting the learning had definitely taken root. Everyone was taken aback by the many approaches to the talks that were presented - some being calm and authoritative, some dramatic, and some filled with emotion. All touched the heart and the power of the technique shined clear as all in the audience saw and felt the powerful connection to the speaker. It was actually rather remarkable to see how far every teacher had come in this area that our Area Director has been instructing us in over the entirety of 2019. Just goes to show that with patience and persistence any student can learn.

We also wanted to shine a light on our very own Rita Rikavec who held the space as directing intelligence of the amazing meal we all shared that evening. Rita would like to pass on the learning that "in order to cultivate Self knowledge, it is important to be motivated to lead a healthy lifestyle". She wanted to prepare a healthy meal but impined that this is only second in Proper Perspective to well-being as it is dedicated to the physical body. For success, we need to create and dedicate effort to a healthy mind, not just our body. She shared the experience of cooking with our new student Maria. The pair worked tirelessly as Rita explored the new experience of being efficient while teaching, which taught her compassion. To her credit, Maria did a stellar job and all the teachers thoroughly enjoyed the food.

For all those reading who have not yet given themselves the experience of teaching, I highly encourage it for the love and soul-bonding that is shared at these sacred meetings. There are innumerable benefits to teaching, but knowing that you are in a community of spiritual guides in training receiving high teachings of technique and wisdom is a blessing too difficult to express in words. It warms the heart and broadens the mind. So from Palatine, we say "Good job everybody! Keep on teachin'!"

Creative Solutions and Applying Metaphysics

By Frannie Reeves

Over the course of a month, Des Moines has been given many opportunities for growth among the sometimes perceived chaos of change. The month started with the Area Teacher's Meeting in Kansas City. As the teachers all came together, the meeting was ran by the new Area Director, Mavis Curry, and she shared there was an observed opening among them. Mavis stated that there was a deep level of vulnerability within each teacher that was asked to prepare a 10 Minute Talk. JoAnn Weaver, the DSM School Director, mentioned that it was a great experience to learn from peers to gain a new perspective and to see the knowledge they all have within them.

This month, the focus was on preparing for a live Intuitive Reports session that occurred on leap day (2-29-2020). Tony was the Directing Intelligence while mentoring Kristi throughout the process. With some creative collaboration, they created an incredible event. The ideal of the event was to apply metaphysics in every aspect of the event. Before we could host, the students in the school had to come together and finish the transcriptions that we had unfinished in our systems. Through the application of clear communication and will power, that was accomplished with everyone's help. As the event drew near, there were still space on the reading schedule left to fill! This required creative solutions and using our abilities in visualization. The students received an email asking to join in a visualization that was created by Tony, Kristi, and JoAnn. It was a powerful way to practice what we know and manifesting our desires!

The event was a success with Dr. Tad and Mari doing the reports. The first session of readings began in the morning and continued throughout the day with the last set beginning at 3:30p. There were both people from the public and past student that came to observe, with 15 observing in the first session alone! There were patterns that were present, open hearts and minds to receive what was being given, and excitement filled the school.

The leaders are looking forward to what the next month will bring. There will be new classes starting in Applied Metaphysics as well as short courses that will be offered. As we continue to grow our community, we are focusing on being present. There is a desire for joy and playfulness as we take our learning and apply it and we are grateful for the opportunity to manifest the lives that fulfill us.

DES
MOINES

by Barbara Condron

the hidden jade



Every effort to manifest the Creator returns manifold.
One must develop the inner senses to recognize the depth.
Yes! Seek a teacher who travels in those places.
One who carries home in the heart is a fount of happiness.

Assessment 89

Where is your heart?

Is your heart in the body?

Did you know that when you are at rest, the blood travels around the body and back to the heart in about one minute. Your heart beats an average of 70 times a minute. In a lifetime, that's 2.9 billion times.

The heart is like a metronome in music. Or a drum. It keeps the beat.

And just like percussion instruments in an orchestra, the heart is what keeps everything moving. Together.

Where is your heart?

Is your Heart in the mind?

Did you know when you were born a vibration was set into motion that continues manifesting who you are every moment? It will continue to do so until you exhale your final breath. Until then, it keeps time.

Your heart marks your highs and your lows. Your ups and your downs. Like an internal stock market, assessing the Self with an internal rhythm connecting you to all that is.

Like the valves and chambers in our physical heart, so the mind's heart opens and closes. It breathes understanding from experience. Every day. Right here and now. At home. Within. •

What is **Enlightenment**?

Is it knowing everything?

Is it disavowing knowing anything at all?

Yes.

Enlightenment is honoring the light within every living being. The Inner Urge is that ray of light streaming from within. It carries the echo of why you are here. Now. Sometimes at the most unexpected moments. In intuitive flashes!

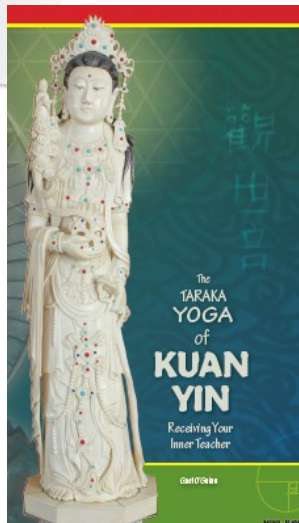
*Emerson said it so perfectly, "A man should learn to detect and watch that **gleam of light** which flashes across his mind from within, more than the luster of the firmament of bards and sages." Or the radiant flickers of Google or emotional sparks of friendly feelings.*

Have you not heard that 'Every Dream is about the Dreamer'?!

To know this is to see by the light of the wisdom eye.

The single EYE is LIGHT.

Be ONE with SELF. The Katha Upanishad says, "Those wise ones who see that the consciousness within them is the same consciousness within all beings attain peace." •



90 Enlightenment

When an Inner Urge appears, unexpectedly, turn inward.
All that your creating summons reveals the vastness of your Being.
Humble yourself in the face of your own wisdom.
Walk with the Teacher who teaches Teachers,
for now you share one path.



*A message
from destiny*

A teacher texted,

by Barbara Condron

"Is there a global thought form behind the CoronaVirus?"

In one word: **Maturity**. And here are a few more words.....

I have a friend who lives in Iowa. Scott is devoted to connecting high school teachers with their students by encouraging the fourth Essential Life Skill. Listening.

I might have found a theme song for Listen 2 ENGAGE. Check out this post and listen to the song. WOW!
<https://www.facebook.com/101885141164949/posts/185294506157345?d=n&sfns=mo>



Demi Lovato
- Anyone
Listen to "A...
youtube.com

When he heard Demi Lovato's debut of her song "ANYONE" on the Grammy's, he had to share it with our multi-state group....

I watched it immediately, and the raw truth of a 'millennial' generation coursed through my nervous system. Indigo children growing up in a very large global world where they feel truly so small and powerless to be noticed. To be loved. To be cared for.



But it's more than generational. The standing ovation said it all. People of all ages, backgrounds, races, came to their feet because they 'get it'.

*"...Tired of empty conversation
Cause no one hears me anymore
A hundred million stories
And a hundred million songs
I feel stupid when I sing
Nobody's listening to me..."*

*"...I used to crave the world's attention
I think I cried too many times
I just need some more affection..."*

We are entering what astrologers call the "Aquarian Age". The essence of Aquarius is to understand. Aquarius asks, "What part do you play in the whole?" The New Maitreya - the Individual in the Group.

Aquarius outwardly says, "I KNOW! Follow me! (sound familiar!?) Yes, it's radical but if you'll just do what I'm telling you...." ;)

Inwardly, Aquarius lives inside the lyrics of Lovato's "Anyone" (who enjoys a Leo sun position, by the way), tearfully delivered in front of a large crowd she is not likely to experience again for a while. Her heart on her sleeve that night, everyone wanted to hold her and help her move back into a heart-centered existence where she KNOWS she matters.

I wonder what will become of Demi in the weeks to come? I hope she finds an inner resolve to use this time to compose and create a new album.

An amazing polar shift in just a handful of days...

The fertile global imagination has conjured all kinds of scenarios worthy of a Spielberg blockbuster about the coming changes. They are usually called '(something) Apocalypse', and our youth, having been raised with horror scenarios on screen and in daily life, have lived with it long enough to make fun of it.



One of the blessings (and there are many I am perceiving daily) of the way the Coronavirus has been used to influence mass attitudes and actions, is to - for a short while of 2 weeks - insist upon self-sequestration. And what is that? Here's the online definition of SEQUESTER:

to remove or withdraw into solitude or retirement; seclude. to remove or separate; banish; exile. to keep apart from others; segregate or isolate: The jury was **sequestered** until a verdict was reached.

www.dictionary.com › browse › sequester ▼

[Sequester | Definition of Sequester at Dictionary.com](http://www.dictionary.com)

SOUND FAMILIAR?

by Barbara Condon

Like anything you *know*?

I find it awe-inspiring that our president has, in effect, called upon the entire country to put PHYSICAL DISTANCE between us and, well, go within. He's asked all of us to.... **meditate**! WOW! Incredible!

It's a dream come true for me. I, and many others, have envisioned for decades, awake and aware government officials who understand the Universal Laws - like karma!

What I did not foresee is FEAR as the stimulus. That's momentarily a bit problematic. But an eternal truth is: "This, too, shall pass".

I see the current **Future Evidence Appearing Real** to be an opportunity we are all facing: TOGETHER! We either stick with the information wave to CONSCIOUSLY glean what facts are available, calmly reason, and make intelligent choices or we indulge our reactions to the unknown because we only heard half a

sentence and we decided (yes, decided) to stay stuck in our reactions to how we heard it. There is true danger in closing your eyes because your mind is likely to follow suit.

Zig Ziglar, a truly generous soul of the last century who taught several generations of people the Law of Abundance in this simple truth: "*You can have everything in life you want, if you will just help other people get what they want.*" Well, Zig also said this:

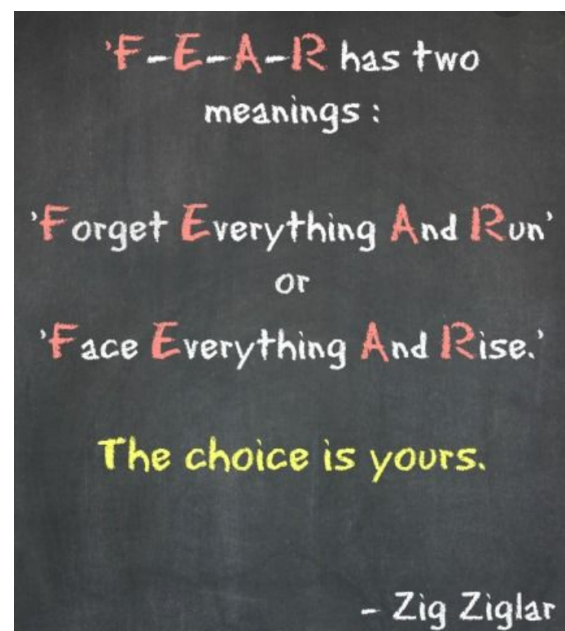


Choose wisely in the weeks to come.

Remember who you are. Practice your disciplines faithfully. Change your DNA. Because you can.

And keep in mind the Coronavirus(es) are DEAD.

YOU ARE ALIVE. (You are not a zombie, nor am I LOL)





New Self-Learning Opportunities when Branches Close Doors, to Public/Students

**Most people don't know the value of learning
where and when to place their attention
to be the most productive.**

Suddenly in mid-March our classes were moved to zoom-online sessions. The global pandemic, (Covid-19), was forcing everyone to react to the fear of being exposed to getting sick and dying. Since people were staying home and public venues were closing down... our close and personal approach to teaching individual experiences was no longer the same.

As a result, teachers are learning to teach differently. Their quiet surroundings where the students normally came together to be attentive and captivated, were now moved to student homes full of distractions; (pets, family members, deliveries, cooking, cleaning, spouses working, parenting and eating.)

Students are being asked, at the beginning of each class, to be more responsible. To contain or control more of their home surroundings, so they could practice focus and attention and receive the most of their experiences on line. Teachers were asked to expand their awareness beyond where their location to everyone's home location. They are asking more questions of students about main points of the lessons. There is a sincere focusing on the objectives in each lesson that students will learn when they apply the learning points of each lesson. Please consult your teacher for best advancement.

Can we learn to teach online with the same intimate values of growth?



FIRST IMPRESSIONS from Director's by Lynn Boggio

Amy Campbell Oklahoma City One of the first things I noticed was how much I missed the energy and the hugs of my students. However, I observed my students realizing, on a deeper level, how we are more than physical beings. My students began to experience more telepathic connections, especially when they participated in healing class. I also, realized, as a teacher, I needed to be more still, more deliberate, and articulate with my students over Zoom. For example, how would teaching meditation look different if my students could not physically see me in position on the floor. My Imagination was developed to greater heights through this experience.

Mavis Curry Area Director I personally love Zoom. It gives a lot of flexibility. Having classes on-line gave students the ability to process their fear. It was good for students to have this space. Staying connected is so important.

Zach Bush New College Student My experience was students seemed more comfortable more willing to participate. However, it was harder keeping students on track. I felt comfortable teaching on-line however I prefer teaching in person. I feel more focused in person as well. Getting the room prepared to receive students and having students in from of me. However, students were grateful we were still meeting. They said it was healing and

YEAR 2020

SOM CALENDAR OF NATIONAL EVENTS

Jun 19,20,21 3rd Weekend All Student 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 recieved. Our Collective

34 Discernment

Make your Truth that which is universal. Will your thought and your actions to align. Purify your heart, freeing it from clutter. Stand at the center in a shaft of Mind Light.

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