

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. 7

Why Your Life Flows So Well When You Hold An **IDEAL**

Walter H. trains Zack B. during the Saturday morning breakfast prep @ ALL STUDENT WEEKEND





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MAPLEWOOD**Divine Friendship Deepens**

by Cindy Donato

For the past several weeks, the Mastery of Consciousness class I have been teaching has been preparing for graduation. We've also been meeting each week on-line in the school's Zoom Room! Paul diZerega and Steve Thomas have successfully completed their Respondere for the second time, while SiriAtma Kaur will graduate in June, receiving her Respondere. While using the virtual classroom format, the class has had the opportunity to collaborate in new ways and as we know, each experience is what helps us to mature! We are moving from believing in divine firendship to knowing it first hand. Paul, Steve, SiriAtma and I have gotten a chance to meet with each other from each of our homes.

We sung songs together, we've played with goofy emoji art on FB Messenger, we've had the chance to meet loved ones whom we've often heard about and we even got to say goodnight to our children together. The Zoom format has offered a level of intimacy with each other that we had not yet experienced. I have found these opportunities deeply enriching my love and divine connection with the class in a way I never knew was possible. I'm grateful for the opportunity and look forward to continuing our journey together!

Pictured below clockwise left to right: Paul diZerega, Cyndy Donato, SiriAtma Kaur and Steve Thomas



SPRINGFIELD

Metaphysics in Times of Quarantine

By Marissa Collins

Life in times of quarantine has been an adjustment for many people in their daily lives, their daily routines, and their overall mentalities. When we look at change and the ways in which change can affect people differently, what is clear for everyone is that it takes some processing. Process in my mind is a space of allowing, a space of being. Without the process people are unable to reach the end result.

As life is filled with a new process, a new state of being, this also includes a shift or adjustment in our School of Metaphysics routines. Collectively we adjust. We find new ways of doing things. From online classes and events, to adjusting our practices and exercises to allow space for them in our new overall routines.

Here at the Springfield School of Metaphysics, my previous routine consisted of attending classes on Tuesday nights with a collective of others. Tuesday nights at the time of the start of quarantine held three different sections of Mastery of Consciousness courses. Our Tuesday nights were filled with many different faces, the parking lot was often packed to capacity, and our break times were filled with positive energy from smiling faces who were excited about the new lessons they were learning and happy for this space to commune with others in like-minded practices. It was uplifting and created a space for many different shared ideas.

As quarantine began this routine moved to an online format. As we logged on to our collective Zoom meeting, things were often comparable. Many people all in one place, as we awaited being moved into our specific classrooms. What was new in this was being able to see different faces for a brief moment, before heading into our classes. In an online class we adjusted to the feeling of virtually connecting. Finding ways of connecting and learning in a space where we could still visually see one another, but weren't taking up the same physical space.

This process of shifting, adjusting, and processing allowed for new growth and learning. This space of process allowed for finding ways to be flexible, to go with the flow and not force things to be in any particular way. We worked through technical difficulties, finding ways to provide lessons to students, maintaining connection and dedication to our exercises as life around us shifted slightly. We trusted in the process, allowing for things to evolve in the ways in which were necessary for us to continue to grow, to learn, and to connect. As we allowed for this space of processing, things began to flow. Metaphysics continued to allow us to see things in a new light and as we trusted in this time of process, we found this time and space of





Tulsa

Preparing to Sell Branch to Move

by Wendy

Tulsa school branch has worked hard to prepare for the sale of the building. We wanted to share pictures of the transformation of the building for those that have known it before including the giant hot tub room that became our Meditation room. It was a huge group effort for many years. We unearthed many layers of years such as 1950s boy room wall board of trains, planes and boats along with some 1970s hot pink carpet. What we learned more was the process of creation. At times we had no idea how a task would get completed or supplies purchased. We held the Ideal and said what can we start doing? As we would start scrapping paint, more help would spontaneously show up. We would go to purchase paint and they would accidentally ring it up wrong. When we told them no this should be more, the managers would say "Well looks like you got a great deal!" The Universe provided what we needed while we held the Ideal and intent.





Tulsa

Now it is bittersweet thinking of leaving this place that has been such a place of love, growth, and comfort. We hold in mind our Ideal: Our school is about love. At the heart of who we are and what we do is love. It is about creating this cozy, comfortable, homey environment that accepts everyone that wants to put forth the effort to take this journey with us. It is the caring, nurturing, and wholeness that we see in each individual and as the group together that creates love. Love that has no bounds, love that permeates structures and therefore that structure is infused and gives off that love.

May love and your heart be the place you always move first from as Love heals all.

The Mighty Tulsans



PEACE



Terrence LaMont Bellows at the Peace Pole on the grounds of the Community College in Florissant, MO (a suburb of St.Louis). Terrence recited the Universal Peace Covenant from there June 11, and suddenly I could see a spark of Light that supports what MLK described better than I ever will....

"This call for a worldwide fellowship that lifts neighborly concern above one's tribe, race, class, and nation is in reality a call for an all embracing and unconditional love for all men. When I speak of love, I do not mean some sentimental and weak response which is little more than emotional bosh.

*I am speaking of that force that all the major religions have seen as the supreme principle unifying all life.
LOVE IS SOMEHOW THE KEY THAT UNLOCKS THE DOOR*

"When I saw Terrence, in such joy and love, radiating Peace at the local Peace Pole, my vision opened in a LIVING HOLOGRAM, and I saw people in countries around the world gathering at their local Peace Poles to continue the life of the Universal Peace Covenant. The Peace Wave is born anew. Thank you, Terrence, for stepping forward to lead at this time and place."
– Dr. Barbara O'Guinn Condon



Terrence brings MLKing to life at Cardinal Ritter College Prep school in St. Louis, November 2013.



What is a Peace Pole

A Peace Pole is an internationally-recognized symbol of the hopes and dreams of the entire human family, standing vigil in silent prayer for peace on earth. Each Peace Pole bears the message *May Peace Prevail on Earth* in different languages on each of its four or six sides. There are estimated over 250,000 Peace Poles in every country in the world dedicated as monuments to peace.

Where is the Creator?

Masahisa Goi (1916-1980) is the late founder of the world peace prayer movement based on the universal prayer [*May Peace Prevail on Earth*](#). This movement began in 1955 as a means of transcending religious, ethnic, and political boundaries to bring about peace through prayer. Mr. Goi, one of nine children born in Japan, wanted to be a teacher and writer. Life shaped his experience through war and the devastation of the atomic bombs dropped on Hiroshima and Nagasaki in the effort to end WWII into an wisdom of healing and service that now lives beyond his life. •

carry on



Daily a vision I carry in my heart sees its way into my hands.
Old ways dissolve
from sacrum to crown in Kundalini's arc of greater Light.
As I bestow value in Truth, new friends become Teachers.
Prosperity, wholeness, equanimity, exalt the Spirit into its destiny.

Receiving
95

My precious temple, you serve me well.

I am radiant in the ten directions.

The Teacher knows ideal, purpose, action as One.

Surrender all you have been, are, will be, and the blessing
is yours.seven-storied
pagoda

Ever known someone who 'talks with their hands?'

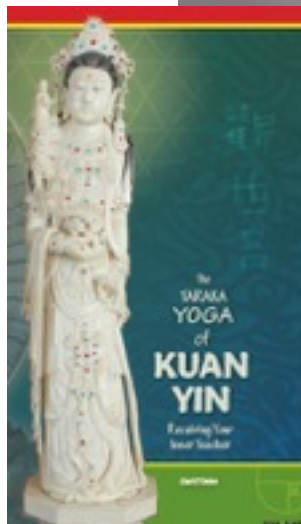
The connection between the heart and hands has long been valued in cultures. Intention is made manifest through what the hand makes.

We see evidence of this connection everywhere in life. Much of what our hands have made over time is now produced through machines. There is a longing to return to basics. To grow food with our own hands. To create utensils, like pottery, with our own hands. To weave and sew with our own hands.

There is a yearning to return life into our own hands. To hold what we treasure and value and love in our own hands.

In the inner teachings in the East, hands are valued for their posing. The intention of how the hand is placed is purposeful. It symbolizes something and has a name – mudra.

Mudra is Sanskrit meaning sign. Perhaps it is a 'sign' of the times, this stirring in the heart that seeks expression through the hands.



The temple is the body. It is where Spirit lives and moves and has it Being for a short while.

To know that our days are numbered, to live in the reality that each moment is transcendent is to understand the nature of Light.

The inner Light is the Source of all giving. Awareness of the consciousness that dreams the dreamer.

Awareness is all.

One in conception. Light goes on its journey of fulfillment. Traveling the roads through eternity.

Always in the now. Never leaving home.

Being the One and only. Now and forever through cycles of creation.

Maya Angelou's words come to mind, "Do the best you can until you know better. Then when you know better, do better."

This is giving.

THE NEW MAITREYA by Barbara O'Guinn Condon

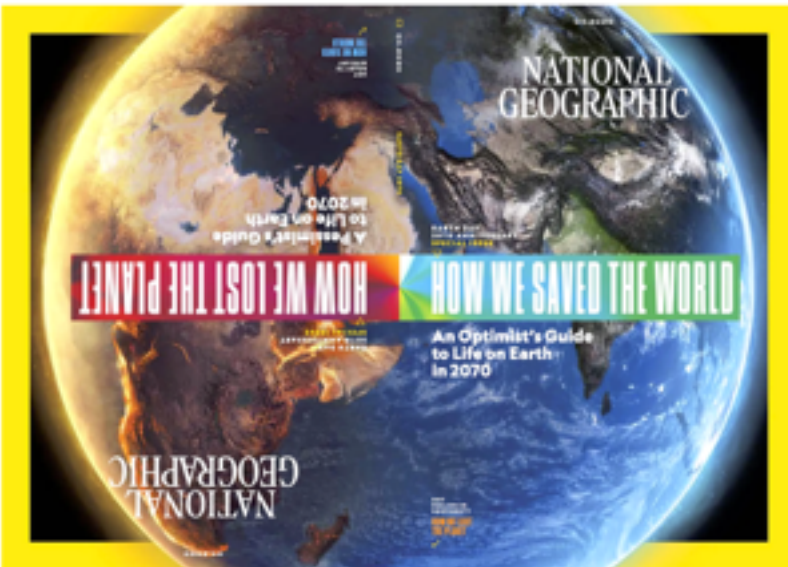
2020 - What You See Is Who You Are

*MASTER STUDENTS make
MASTER TEACHERS*

Since 2020 entered I have been studying what is happening in the world around me. The external environment. It may seem strange to non-metaphysicians, people who are not at all interested in the inner environments, that someone is paying close attention to the news or people wearing masks in public. But for me, life is as a dream, and more worth close scrutiny now than at any earlier time in my life.

There are so many echoes from the 1960s. From 'make love not war' to give peace a chance, from TM to the moon landing, what am I witnessing now? Global gatherings, particularly online (even SOM classes went online this spring!), focused most on a reality that we are all 'in this together' and we will solve whatever problems might arise together. The war focus became an unseen menace named covid, and country leaders gave stay at home orders that made every a meditator, if only for a few moments. May 30th's SpaceX history making launch came at the same time on earth protests ignited all around the world about how we treat each other on the planet.

Yes, the 60s...not all over again, quantum leaped! I have always been curious. Because I am naturally curious, I look to see. There is a connection between my body and my mind. That connection enables me to go deeper, into perception. That is the promise 20/20 has held for me all along. VISION.



So it has been quite surprising for me to witness the onrush of memory in the form of hindsight. Perhaps, like me, you didn't see it coming? Now that it is here, I can appreciate it.

When the Universal Peace Covenant says, "We vow to stand together as citizens of the Earth knowing that every question has an answer, every issue a resolution." I believe those Truths. Hindsight - memory - is a suitable partner for Foresight - imagination. The dance of the two makes life worth examining.

Join me in celebrating the expansive growth in humanity in just 100 years.

Join me in setting our minds to purifying and cleaning and clearing the field for seed planting.

For surely, "As we stand, united in common purpose, we hereby commit ourselves in thought and action so we might know the power of peace in our lifetimes."•

Sunday, June 21st 2020

Graduate Ceremony

Twice a year we honor those who have completed their respective cycles of mastering their attention and consciousness. These people have accomplished what others have not... the steps of

**4th Cycle ... Doug Bannister
Kerry Keller
Walter Hrycaj**

**2nd Cycle Sherwin Rosenfeldt
Randy Ristow
Michael Moffa
Mickey Hughes**

**1st Cycle Leah Daniel Fallon
Marisa Collins
Florence Rainey Hicks
Karen Abel
Alex Jesus Rivera
Yvette Williamson
Brandon Cooper
Holly Hallman
Nancy Anning**

VIBES REPORTERS

Listened to interview and photo students
during 'All Student Weekend.'

Dani Fallon from our Palatine branch and Lynn Boggio from our Indy branch were all smiles and said they were very supercharged and fulfilled in taking photos and talking to so many students during their creative projects



Dani said, in speaking to everyone she was impressed that those students who had selected very meaningful Ideals were also very calm and directed and having fun with their day.



The Universal Laws always work...

Sherwin and Cliff preparing for a presentation
on “purpose”



Brian's says, "sharing who he is, is important because sharing is accepting"... *Then why is he sticking his tongue out?*

Mickey says, "She is here to give and receive love unconditionally"... *including tongue lashings?*



WE ARE SORRY TO REPORT



During All Student Weekend,
three of our favorite students became habitual
attached to their societal behaviors

so we turned them into pigs for a day.

When they were restored to their human forms
on Sunday, their return to freedom inspired them to
stop their habits and give to the world.

INTUITIVE REPORT TRANSCRIBERS SMILING



Jamaica, Paul, Linda...

Moved to the Intuitive Reports Office from the green house because it was too hot...she declared it was a great move as she needed to hear the synchronistic happenings in the reports she was transcribing

‘Jorge’ is curious about how people in society will receive his focus and expression about ‘oneness’ when he returns home.



If he can share and teach his oneness with cars, imagine how he can inspire people!

Mandy is contemplating transitions, change and powerful dreams.



D.J., Mike, & Alex

DJ's purpose is 'exquisiteness' today because... "he enjoys the sparks when connecting and giving to others all day".



Our Fence Cleaning Project has students cutting down our limitations:



Gino

Yippee!

Amber



Hallie Dew



GRADUATION PICS



SECOND CYCLE GRADS

**Sherwin Rosenfeldt
Mickey Hughes
Mike Moffa
Randy Ristow**

Teacher = Kerry Keller

GRADUATION PICS



FIRST CYCLE GRADS

**Brandan Cooper
Alex Jesus Rivera
Yvette Willimason**

Teacher = Wendy Isley

GRADUATION PICS



FORTH CYCLE GRADS

**Kerry P Keller
Walter Hrycaj
Doug Bennister**

Teacher = Dr. Daniel

GRADUATION PICS



FIRST CYCLE GRAD

Holly Hallman

Teacher = Frannie Reeves

New College Student “Zack” is finding space to be with himself and approaching it with a sense of humor.

Our Beloved Director

by Gino Crededio

The month of May marked many strange tidings for the Palatine branch as well as the world at large. We ran a successful online short course, had several students move into the second cycle, a class merge, built a composter and FINALLY cleaned our gutters. However, the biggest change to our small community was the moving on of our beloved director, Zack Busch. For over 2 years, Zack led us teaching everyone humility, love, and to speak their truths. Zack's journey is a success story of our School promising that those who put in the effort can overcome even the most powerful of limitations. He remains a testament to the ideal of our School as a proud college student and is sorely, lovingly missed.

Zack joined the School of Metaphysics in 2013 to seek healing under the guidance of Brian Kraichely. He graduated the First Cycle of lessons in 2014, the Second Cycle of lessons in 2018 and continues his soul learning even today as he progresses through the Third. Zack dedicated himself wholeheartedly to teaching, graduating 4 students across 10 started classes over the years. Zack, here are some of the things your students wanted you to know.



“He opened my mind up to a new perspective and I found out what visualization was about through his opening projections. First time I felt the kundalini energy was through one of those projections. It was truly phenomenal. Thanks for the lessons.” - Dede Thut

Maria Romero felt that your teachings can be encapsulated by this beautiful Neil Gaiman quote "The one thing you have that nobody has is you. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and live as only you can."

"At the close of one of my first few classes at the School of Metaphysics, Zack gave me a warm hug and told me, 'I love you Dani. I feel like I have known you for many lifetimes.' I am so grateful to have connected with Zack once again in this lifetime, and my experiences with him have made a profound impact on me that I will carry into the next life and beyond. Though he is no longer physically present at the Palatine school branch, I still feel the kindness and sincerity that he gave to me and everyone around him." - Leah Danielle Fallon

Just days before his fateful move, Zack was touching base with me on the final steps to transition into my new role. He had prepared me well over the last few months, stressing the importance of foresight, responsibility, orderliness and above all else love for the students. "Just love the students," he told me, "and everything else will be alright." He shared with me his heart expressing his faith in me and the vulnerabilities he had encountered in the role, and I was blessed to see just how intertwined our souls had become, had always been. I could not have asked for a better role model who taught me the value of listening, of love and of humility. I am ready to step into this role, because of his presence as my teacher, my director, my friend. He said he did not want to make a big deal out of the move and how with the shelter-in-place order in effect, it was easier than ever to accomplish that. I, however, had absolutely no intention of letting him get away so easy.

In the days leading up to our Wednesday class night, I reached out to as many friends and family members I could to arrange a going away drive-by. I understand the frustration so many of us feel with what life has been asking of us, to change our ways and often humble ourselves to adjust in fears we don't always believe in, but as we teach early on in our own lessons - there can always be some good. Many people responded to the invitation, some did not and some had prior obligations, but what was so evident was the amount of love that everyone had for Zack. Still though, there was some nervousness as I sat in our pink classroom with Zack trying my best to focus on his words as I nervously felt for my phone to read texts from Dani (Leah) about who was gathering in the parking lot down the street or give last minute instructions to anyone wishing to join in. When I read the words "Lots of people showing up!" I could finally breathe easy. Zack and I had gone deep in our conversation, but I needed to get him outside. So I devised a clever ploy. "Can you help me with something in the sun room?"

"Sure," he replied, totally oblivious.

"Yeah, so -uh- are one of these windows broken?" I asked, leading him innocently like a lamb to the slaughter.

"Oh -uh- I don't think so."

"Oh, well can you just show me how to open them?" With complete innocence, Zack proceeded to kindly show me how windows work then nonchalantly follow me onto the front lawn to answer my inane questions about weeds and flowers. When I heard the first honk, I cut him off and told him to look. Car after car after car decorated and full of smiling waving people drove by to wish him farewell. Family members, students former and current, friends and even his predecessor Sandy Leitner answered the call to prove that the Law of Tenfold Return is active and good in this universe. I won't describe the look of shock and joy I saw on his face, that much is a gift from the Lord just for me for just doing what I could to serve, but take my word that no service freely given goes unrewarded. Later, he asked me how I did it, and I just responded that it was so very easy. When you spend your life earning merit and giving to others, there is never a shortage of love that people are willing to shower you with just because you are.

NEW!

Student “Personals” Messages

Law of Self Expression – Gratitude for Sacred Service

In Promoting new and current relationships between students in all our branches we are introducing “Personals”... Messages you can share in print as a form of giving, gratitude, or compliments...

Just email your message to vibes@som.org under “Personals”... and it will appear in the next published vibes.

<u>Palatine</u> Gino would like to thank those who helped with composting and outdoor projects! Thank you Iza, Rita, Mike and Dani. The composter is getting a lot of use! GINO	<u>Indy</u> Kerry Is proud of Lynn for taking the initiative to learn and grow by teaching 4 week courses in Concentration.		
	<u>Palatine</u> Gino would like to retroactively thank Sue and her daughter Maddie along with Mike for taking charge in repairing our front steps!		<u>Palatine</u> Gino would like to especially thank Sue Adams for this wonderful idea. Keep an eye out in our next issue for her thoughts on it all!!!
		<u>Palatine</u> Gino would like to thank Dede Thut for consistently bringing the good brand of plantain chips to class nights. So... friggin'...good.... =D	

Remaining Educational Events Scheduled in 2020



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.....



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.

Editor: Kerry Keller #83 THE HYPOTHESIS
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.

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