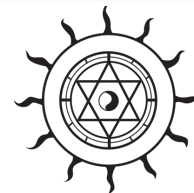


The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort, to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.

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.8



SOM Branches Creating Change

Great Teaching Emphasis
Through Zoom Online Short Classes



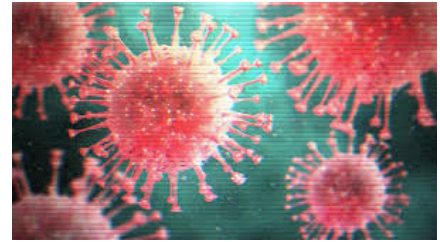
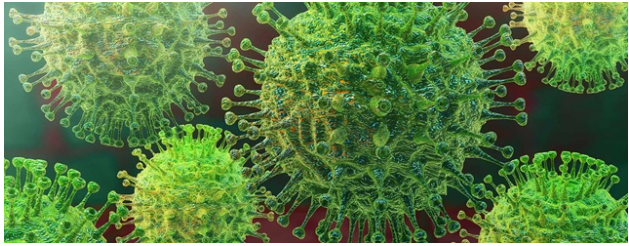
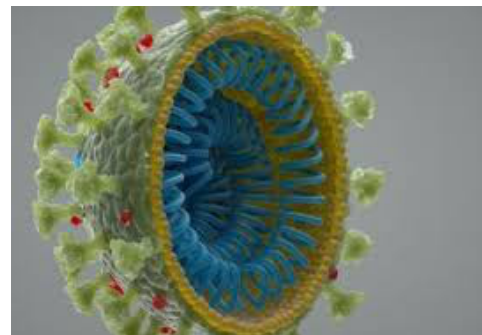
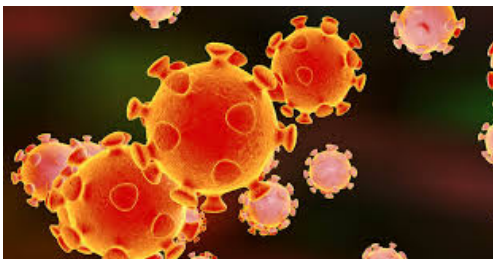


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INDIANAPOLIS

The Only Thing Constant is Change...

by Lynn boggio

Last month, in June, The School of Metaphysics held their All Student Weekend. It was postponed a month because of world events. I was a little apprehensive about the experience. Would people show up? Would we still have the great learning and growth experiences? My questions exceeded my expectations.

On the ride to the college, I had the opportunity to connect more with my classmates. I initially traveling to the Maplewood Branch, to sleep over and travel to the College in the morning. When I arrived, at the College, I had experienced great conversations regarding my latest intuitive report. This prepared me to receive even more from the weekend.

Since I am on the Vibrations staff, my group involved talking with the other groups about their experience over the weekend. Danni, from Chicago, was my companion in this process. I had met Danni previously, but did not know her very well. Our collaboration, during All Student Weekend brought us closer together. Danni shared some of her journey with her experiences with SOM as well as her future goals. I realize we had more in common than I previously realized. That is the beauty of these weekends. We form friendships and have conversations with other students we would not have otherwise. We get to know different aspects of ourselves reflected in the other students. I felt more comfortable knowing that others share my thoughts and desires.

At our local branch, we are still offering on-line classes via zoom. Director Mickey Hughes will be starting a Mastery of Consciousness course on July 6th. I am in the process of drawing students for my short course in Concentration, I will be co-teaching with my classmate Ken Maxfield. Area Director, Kerry Keller, graduated from the Fourth Cycle of lessons. He will still be creating with the school, as well as sharing his knowledge with the world in his business venture to teach parents and children about the benefits of a concentrated mind. Director Mickey Hughes also completed the Second Series of Lessons. She will continue to direct the school, teach as well as create in her personal and business life.

Change is the only constant in the physical. Embracing what we experience will help us develop into more successful individuals both spiritually as well as physically.



THE FUTURE OF MAPLEWOOD SCHOOL

By Terrence LeMont

Why do you give?
What is meant to be received?

The future of the Maplewood School of Metaphysics is balancing on the answers to these two questions. In truth, the whole planet has shifted so that these two questions and their answers are very important.

We are in a spot that has a lot of activity that causes having classes right now to be a challenge. We have been keeping our light on what we want to create while knowing that challenges give us an impetus to succeed, to develop goals. We keep moving forward when we have a goal in mind. The 10 most wanted List for our school has become a great focus during our teacher's meetings. We always recite it together. One teacher at a time. One number at a time. With focus. So, we see them manifesting as a group creation.

Why do you give? What is meant to be received?

#1 Maplewood SOM is a loving, vibrant, magnetic space!

This is very important, right now and forever. We give because we want to support our community. We want to learn our individual lessons. What is meant to be received is Love and Truth.

I love you just because you are



COLUMBIA

Time To Speak (A first time All Student Weekend Experience)

By Jamaica

Upon coming to all student weekend I experienced the usual anxieties that accompany embarking upon a new journey. Would my tent have enough space? What would I eat? Would I feel part of the communal experience? Would I challenge myself to take an even deeper introspective look at the conditions that I've become accustomed to? These questions and more became a flowingly intricate part of my transmutative process.

The first place that I sat down was on a stone in front of the peace pole site that I was assigned to. Inside me brewing...a situation to which my spirit had been entangled. I had got there early to get the best shaded spot. Little peace I had however, coincidentally, sitting in front of those beautiful lilies. The atrocity that had been repressed and buried deep within my emotions had surfaced and was triggered up for healing. The tears welled up in my eyes but I denounced them. How could I let anyone see me like this? Wipe my face...I had no idea that peace would be called forth to such a sacred entrenched experience of mine. That sign let me know that it was time.

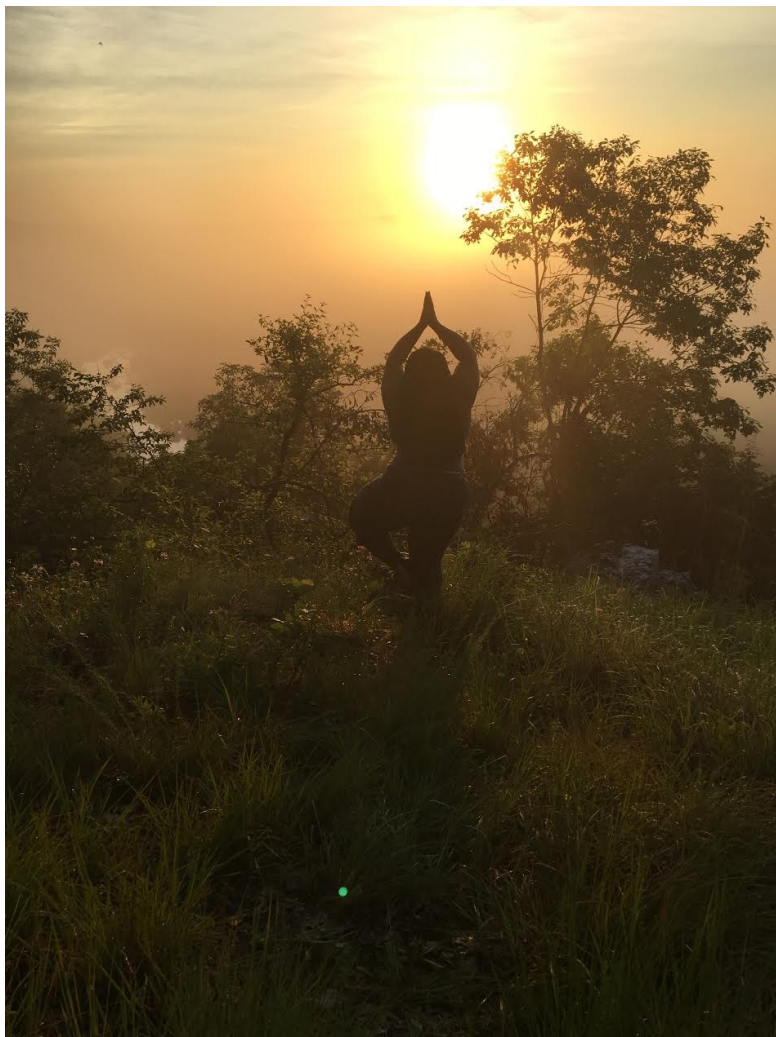
My intention had been set to stir the person that I had been into the expanded version of who I knew I could be. Green houses and watering trees sounded like fun to me. My subconscious mind in need of weeding outdated thoughts and beliefs while planting new serving seeds. But not before I established the Ideal, connection to myself and my purpose of exchanging gifts, surrender, and to express. I started off in the garden but the intuitive reports yielded my greatest effort.

Never had I ever experienced so much fun under the sun; cooking amidst the campfire breeze; hugging underneath the ancient trees; merging into my SOM family; so comfortable that I didn't need a mask to breathe.

As my ideal, purpose, and activity became clear my destiny was no longer in the rear. I worked together; our purpose is sacred service. I surrender instead of sacrifice. I courageously stood up and spoke my truth to the crowd even though my voice shook. I felt such unconditional acceptance, I felt love. I felt connected.

I came to all student weekend with a question burning in my heart. I had recently asked my teacher about how to rid of the patterns that kept me stuck on start. The intuitive reports that weekend delivered my divine and long awaited answer. It is not enough to only have a deep understanding of the recognition of choice, but the guidance is given to be manifest into reality through action. I received two exercises that were to aid me in propelling forward. Forty days of expressing gratitude out loud and a mirror gaze exercise that communicates 'I love you' to truly receive love for the self. I was also reminded to stay present because some past occurrences are connected to anxiety and stress, and that revisiting those moments is not resolution.

Gratitude is key, and when I became grateful for what my habits had been teaching me I began to experience true alchemy. At graduation I watched the lower nature be left unto the dust. I witnessed part of the world coming together at once. The ones that we've been waiting on has always been US.





The Metaphysical Response To Covid-19. What do you think?

Now, some four months into precautions around the world and in your community... the question to be asked is; What is the best way to move through these life changing experiences?

First realize; there are three levels of response to the [COVID-19 outbreak](#): how it affects us physically, mentally and spiritually. The physical response came first, and by now everyone knows about self-isolation, social distancing, masks, and testing. The second effect, on our psyches, is being experienced personally with anxiety, uncertainty, fears, reactionary emotions, and panic. There is very little advice.

The best self-direction you can give yourself is to quiet your mind, listen and observe objectively, relax and discipline your choice to react, don't become distracted by others reactions, expressions of right and wrong, or good and bad. Focus your attention purposefully every day to finding not just relaxation but joy and comfort in your life. Be aware, but in self-control.

The virus makes the need for a positive psychological response more urgent, and the good news is that meditation and our 10 Essential Life Skills are the best for anti-stress, which is connected to a strong immune response.

But it is the third area, the spiritual effect of the outbreak, that is being neglected, even though the presence of death, whether we want it to or not, evokes concern about the state of our souls. Spiritual well-being is alien to many people's daily lives, and millions of people experience a sick soul, however you want to define it — weariness of heart, existential dread, a sinking feeling that nothing really matters — without finding a way out.

Your soul is the most intimate part of you, and it isn't found by running away. Write down how you can perform an act of kindness today, show appreciation to someone, offer help to those in need, or bring comfort to someone feeling lonely and anxious — the simple human gestures we tend to overlook. In a time of crisis, the impulse is to go into emergency mode, fear, concern and panic. Giving in to those impulses will engender an epidemic of soul sickness, panic, and out of control responses.

More June Graduates First Cycle



FIRST CYCLE GRAD

Karen Abel

Teacher=Cindy Donato

More June Graduates First Cycle



FIRST CYCLE GRADUATE

Leah Danielle Fallon

Teacher Zack Busch

More June Graduates First Cycle



FIRST CYCLE GRADUATE

Marisa Collins

Teacher=Danielle Stauch

INDIANAPOLIS

Becoming a College Student

by Lynn Boggio

Vickie Sings Like The Wind E. Barbour has made the decision to become a college student at the College of Metaphysics Headquarters. I had pleasure of sitting down with Vickie to discuss her journey to making this commitment to herself.

Vickie and I sat on the front porch of the main building. I learned many interesting facts about Vickie that I did not know before. I learned growing up, she had gone to fourteen different schools before she finished high school. She never lived in a place longer than a year. This only changed when she entered the military. Vickie also had her own entertainment business and had been married for twenty years.

Over the past few years, Vickie started on a path to find more meaning and spirituality in her life. She tried various courses in self-development before she stumbled upon a meditation course, taught by Wendy Vann at the Tulsa branch of SOM. She heard about the school offering this class by a “random” business card that had director Amy Campbell’s name on it. Amy is actually the director of the Oklahoma City branch, however, one thing always leads to another.

When the Covid-19 surfaced, this was a game changer for Vickie. She could no longer keep her business. Public gatherings were prohibited. This was the spark of events that eventually led her to the college.

Vickie had always wanted to live in a positive environment that encouraged her to develop the best version of herself. She decided to put her house, on the market. There was a cash offer within the week and she was able to close on her house within the month. She created a Ten Most Wanted List and had moving to the college as one of her top desires. Selling her house, at a fair price, was another one of those desires which she manifested quickly.

She also realized that if she was not going to do this, during the end of the world, when would she do this!

When she also realized that change is the norm, change could no longer control her.

Vickie is looking forward to having different teacher’s and learning from fellow college student Zach Busch. We are delighted to have her presence at headquarters and look forward to watching the beautiful changes unfold as she continues to grow into her most authentic self.



candlelight
& snow

A steady Light can afford to bend in the wind.
A hologram casts no shadows.
Choose the world you want to live in.
I AM is the reference beam for consciousness and only water
bends light.

Liquid 97

*How freeing it is to realize the nature of
progress?*

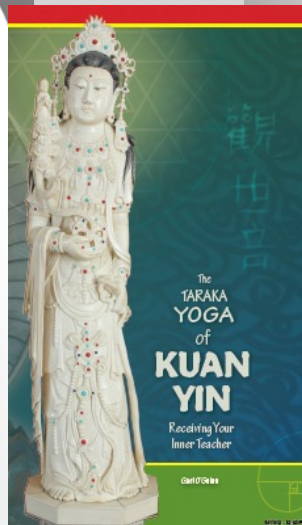
*The rich need of humanity, common to
us all, is the need to know our living
means something. To not live in vain,
rather to live awake and aware, to rise.*

*Our lives are a mere flicker in eternity.
How wise to know the transitory nature of
the present moment while recognizing that
it is all that is, was, or will ever be!*

*How does ascension come to be?
Making a better choice today than
yesterday.*

*Illusions of competition with our
neighbor dissolve the illusion of winning
and losing into the multidimensional reality
of Being. Ideas of separation from are
revealed in a greater Light to be
demarcations for the passing of time.*

*Another moment comes and goes
within a minute that exists within an hour
that lives in one day that passes through a
year which measures one lifetime. It is
consciousness that forms desire. •*



attention can be whole and complete when willfulness commands.

Temper your mind in service to the whole Self.

Train the mind in noble ways and it changes the brain.

ilon, Alpha, beta, delta, theta, gamma, lambda harmonize
in Schumann's wave.



the careless birds

Two points create a wave. WAVELENGTHS tells us the Holographic Self can be the guide for Mind and for Body. Living this verse integrates both into One.

In the subspace of consciousness, an individual expresses Self in vibratory waves. In Sanskrit, this is known as vritti. Vritti are like waves in a pool of water. They both carry and express a creator's thought.

Wavelength describes a person's ideas and way of thinking, particularly as it affects communication. The wavelength Steve Jobs started in 2007 when he introduced the iphone continues to shape our lives today.

A year earlier, Sir Ken Robinson began answering this question: "Do schools kill creativity?" In 14 years, his TED talk has been played by 66 MILLION youtube viewers.

In the physical body, wavelengths express like fire. Brainwaves are produced by synchronised electrical pulses from masses of neurons communicating with each other. When we think of this network as an internal GPS system, we can begin imaging training our brains.

This verse reminds us to honor Mind and Body, keeping them in synchronization. First, have your feet planted firmly on the ground. Second, follow the Eightfold Path taught by Gautama the Buddha. To go with God is to walk the earth in peace. •

The Healing Power is in Your Dreams Your Practice is in Healing Class

In the May issue of *Vibes*, I spoke of a dream I recorded shortly after the stay-at-home orders were issued in reaction to the covid-19 virus. This dream came some weeks later as a continuation of the original dream. I decided to share it here because of all the people I know in the world, students at SOM can understand its relevance.

FIRST as a dream.

SECOND, as an inner level of consciousness experience in lucid dreaming.

THIRD, as an exploration in the relationship between memory and imagination.

FOURTH, as a tantric message for my own and perhaps for other's healing.

In a time when "an invisible" has captured the attention of humanity enough to disrupt our economy and the ways we interact with one another, our night dreams hold what the Iroquois call Orenda.

According to the Iroquois, to ignore dreams is to court illness, madness and disaster by opposing the messages of the god within. Dreams can help to cure disease, as well as disorders of the mind resulting from desires unconscious in the Daydreamer. These resentments and unmet needs can surface when the daytime mind is unaware and the Nightdreamer comes forward. Some stem from the personality, but some are the secret longings of the soul, which might at times be at odds with or unrelated to conscious intentions.

Through dreaming and sharing dreams, the Iroquois believed - and believe to this day - that they contacted the sacred power, OREND. The Orend was a sacred or divine essence that connected all the elements of the world, one to the other, including man. The white man believed this was the Indian's "Great Spirit," but to the Iroquois the Orend was made up of thousands of spirits, as they believed that every object was alive and was possessed of this spirit. It is time to come into our own. At this stage of the thinker's evolution, we can learn to add and multiply. Be a Dream Journalist. Record your dreams. Interpret them so they guide your life. •

Dream Immunity II continues May 15-2020

At the beach. The male and female 'Alex Grey' people are looking out into the ocean.

Between them and the tide coming into shore, I see the Sun directly in front of me, nearing the horizon. There are layers of clouds streaking through the air.

Some cross the sun which seems huge when contrasted with earth's horizon - that optical illusion. Its light is reflecting off the water along the crest of the waves. From my perspective it is like a glass painting I have seen;- the kind in a box, a scene painted on a pane of glass. The light shines through spaces the artist left 'as is' placing no paint.... it's called negative space.

The memory causes me to become lucid. It's as if I have opened a file drawer in my brain and retrieved that bit of knowledge to describe my experience.

I hold my attention steady with my will on the scene before me. The scene BEFORE the memory was accessed. I am aware of the difference between the glass painting and the dream image that is moving before me.

I train my mental attention upon the horizon, toward the sun in the clouds. The water swells below it, coming toward me. It is so far away I can see the light reflecting off the water crests. [The Ripple effect, my brain accesses] I autocorrect the info because this is not quite that.

Each wave, though not equal in shape is made of the same substance with the similar properties. They move from a different force - is it called displacement with the ripple effect? I don't know. I realize my distraction for the brain is getting busy.

I let go by giving my mental attention to one distant wave. I focus on the light reflecting off the crest. The light seems to dance and flicker as the water rolls beneath it. I follow it all the way into shore as it becomes foam. Bubbles. The sea bubbles rise and open to the air. Some 'pop' while others break free and rise into the open air.

Suddenly it is as if I am standing very close to the female. She does not acknowledge me. I see her profile and I am keenly studying her face. All my attention goes to her eyes. In her eyes is a miniature of the sea and sky. What is happening 'outside' her, is being captured through her eye. The effect reverberates in all the orbs moving through her body.... O₂, H₂O. The ocean water swells and contracts, a pumping action, like breathing. The movement that is between the earth and sky is mirrored in the people. It is cleansing.



The perspective changes again and I am at distance from the couple. The foam reaches the couple's feet. My eyes scan the bodies and the reaction is to highlight where my attention is. Similar to movie images of a MRI machine.

My brain sees the scene, the people on the beach, standing in the waves.

My mind's attention moves up the couple's bodies and as it does whatever the attention 'touches' lights up. It's a cross between my attention being radiant, like a flashlight or the sun, and my attention sparking, drawing out the inherent light within their bodies. Lucidity deepens as the connection to the previous dream enters my mind, my thinking again. And I completely, awake. EOD

Hallelujah

Hallelujah

In a quiet ceremony in our Peace Dome,
today on Friday, July 17th, 2020, Dr. Doug and Dr. Diana
took the vows of marriage.

Hallelujah



Remaining Educational Events Scheduled in 2020



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.

Kerry "56"

Journey ... Each experience is willful vibratory creation. Self rejoices when a seed thought is placed in the third level of mind in response to the inner urge. Forgiveness always produces perfect conditions.

Lynn "56"

Journey ... Each experience is willful vibratory creation. Self rejoices when a seed thought is placed in the third level of mind in response to the inner urge. Forgiveness always produces perfect conditions.

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