

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.10

Today Five School of Metaphysics Leaders Have Been Ordained as Interfaith Ministers



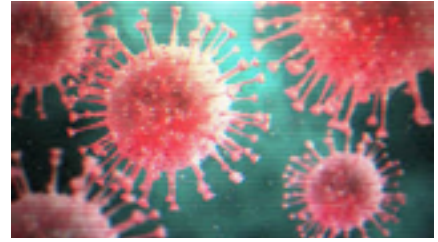
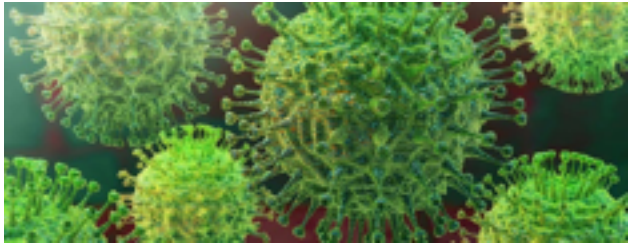


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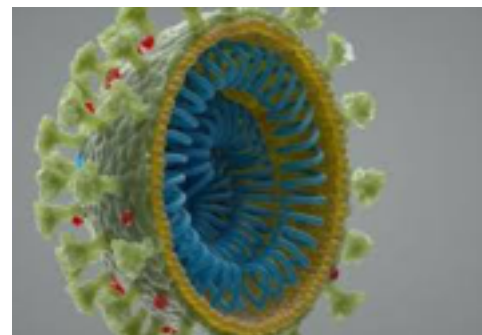
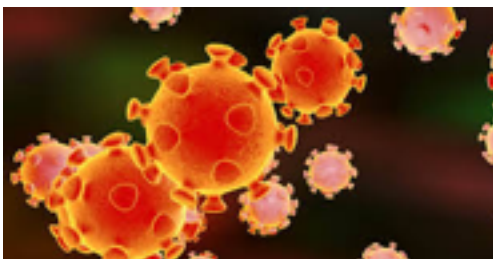
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INDIANAPOLIS

School Creation Continues...

By Lynn Boggio

Our front flowerbed and landscaping area continues to change into a glorious creation. Mickey Hughes, with the assistance of her student Jackie Reeves, have continued to lead us with their innovative ideas for our front area.

Our current Peace Pole had seen many days and was ready to retire. Area Director Kerry Keller purchased a new piece of wood that was ready to become our brand New Peace Pole. It has been a creative collaboration among all our students. I had my first experience using a Wood-Burning tool.



At first, I was nervous. I did not want to “mess up” or make a mistake on our beloved Peace Pole. I was very gentle at first, when outlining the letters. However, I soon realized, if I did not press down more firmly, I was not going to make any clear indentions. I saw an analogy between this activity and how I approach trying new actions. At first, I hold myself back, not sure what to expect. As I continue to make forward progress, I get a little bolder and take a few more steps. When I did this with the Peace Pole, the lines were more solid and clear. I began to see progress and feel proud of my participation in this creation. I could take this lesson to all areas of my life.

I also have learned important lessons this month in setting goals. A suggestion I received, from a Health Analysis, was to set seven goals per day. The reason for this suggestion was that I get stimulated by a variety of things in my environment and tend not to follow through on my goals. I have been setting my goals, using this method for quite awhile now and have had some success. However, I was feeling a lot of resistance to this activity lately. It was starting to feel like work and a struggle. It was even becoming a bit of a burden. I knew something had to change. I was given the suggestion to change the word goals. In previous discussions with my teacher, I had thought I did not have an issue with the word goals. My teacher had said this word brought up resistance in some students. I decided to change the word goal to desires. The results of this seemingly small change were profound. My resistance melted away. Once again I was able to create my “goals” with joy and purpose. Sometimes the smallest changes can make the biggest difference.

I have also been attending the Superconsciousness Healing course on-line. My classmate Bonnie Darby has been teaching this course. My desire is to learn how to teach this course, to many students, desiring to know more about how thoughts influence the health of their bodies. I had the privilege of Substituting for Bonnie last week and learned a lot in the process.

As our world continues to change in how we interact, we are holding our vision for moving forward. Embracing technology, we are able to reach students we may not have previously. Exciting changes will continue to unfold at the Indy Branch.

TULSA

At the beginning of the year 2020, the Tulsa School of Metaphysic set in motion the idea of selling the building we currently reside in and moving on to a place that better fit our current needs. This journey has been full of ups and downs along the way. And every time it seem like we were banging our head against the wall we would stop and turn inward to find out what was the lesson we needed to know. I thought I would share from Mandie Renner's article that she recently published about self-love. The selling of our current property and understanding moving forward had more to do with self-love. Did we think we were worthy of having a beautiful, calm and safe place?

My Journey Inward: The Path to Self-Love

To build something new, you must first tear down the old. This is true with construction of any kind including inner work. Moving from the belief that "I am not enough", "I am unlovable", "I hate myself" to a belief of "I am enough", "I am worthy of love", and "I love myself" is not for the faint of heart. My journey has been, and continues to be, a long, arduous path filled with gains and losses, ups and downs, joys and sorrows. My journey has brought me up front and in the arena with my pain, anger, doubt and sadness. And it has been a journey, deconstructing old beliefs, only to build something far greater than what I could have previously imagined.

Repeat after me, "I love myself." Say it again, "I love myself." Do you believe that statement? Do those words feel like they fit? What does your inner dialogue currently sound like? Are you aware of how you speak to yourself when you're not paying attention? This, and other statements like this, were not something I would have said or believed just a couple of months ago. The first time I began practicing affirmations such as "I love myself," they felt like foreign territory. It felt like a shirt that didn't fit. The statement made me physically uncomfortable. My palms would sweat when I would say the affirmation aloud. If I was practicing in front of a mirror, I couldn't look myself in the eye. My heart would race because these three small words, "I love myself," felt like a lie. It was a statement that was unknown and uncharted by my every day internal dialogue. What I soon realized was that the thoughts that occupied valuable space in my mind were not in alignment with affirmations such as "I love myself." The predominant, repetitive thoughts that I unconsciously allowed to take up residence in my mind were filled with anger, regret, and self-judgement. Thoughts along this energetic line felt comfortable to me, felt cozy and like home. I didn't know any of this at the time. However, what I quickly became aware of, is when your attention is placed on your ego, how strong it can be.

She goes on to describe her journey at the School of Metaphysics and her understanding of love.

I began to make rituals out of acts of Self-love. There are many ways to express Self-love and it is not limited to the following list, however, these are suggestions that worked for me. I have divided the "Self-love actions" into three categories of Physical, Mental and Emotional support. However, I also truly believe that 'thought is cause', which would lead you to believe that all of these affect thought, which in turn, will affect your belief and embodiment of your own lovability.

- I began physically slowing down; honoring presence and stillness. I practiced truly receiving the present moment.



• Not only was I physically slowing down, but I chose to mentally slow down too. Presence has a way of slowing your physical movements and thoughts. I began regularly cleansing, freeing my energy from physical digestion to devote to the spiritual connection between presence and the physical.

• I began using affirmations that I would repeat throughout the day. This changed my thoughts, changed the over used mental pathways that had been created long ago. You could say that I updated my database with new, loving expressions and experiences.

• I began meditating religiously. This practice did not come naturally at first and I often judged myself for “not doing it right.” However, I pressed on, trusting that something was going to come of this practice. I now see this practice as essential. It is a time to acknowledge, honor and accept the love that is. It is a time to listen to my inner most voice, to reconnect with my true Self. It is a time for calmness, balance, receptivity, and peace.

• Through my studies, I had learned about dream interpretation. Dreams are a nightly communication from your Soul to your waking mind. They are essentially a report of learning, growth, and opportunity. I cherish these nightly messages and use them to guide me daily.

• Visualization has become a vital instrument to create! Rather than remaining a victim of circumstance, I visualize daily what opportunities and creations I would like to experience. This can be done through vision boards, affirmations, or through a mental exercise of imaging what you would like to attract. Try it!

• I cannot say enough about professional counseling and therapy. In my experience, the therapy that has been most effective has been a combination of cognitive therapy and neuro-emotional release—with the purpose of getting to a causal point of any trauma or emotion. The blockage can then energetically be released. Space dedicated to healing has opened my mind and heart in ways that I didn't know how to create on my own. This has been a lifeline that I have accessed every single week for many years now. I am grateful every day to have someone that can receive my thoughts and aid me in creating new, healthy structures in thought.

• Setting boundaries was not something that I have had much experience with prior to learning how to properly love my Self. But I am here to shout from the mountaintops, that my ability to be open hearted and experience more love in my life directly related to creating and acting upon healthy boundaries. I encourage you to read work by Brene Brown for more information on boundaries and whole-hearted living.

• Lastly, vulnerability. My experience with vulnerability is this: the more vulnerable I can be with another, the greater opportunity I have to know my true Self. Brene Brown is also a great resource for learning more and leaning more into the juicy center of vulnerability.



Officially We have sold the building we currently reside in. We are now on the great adventure of finding the new home. We're holding our ideal and more importantly we know that we are worthy and valuable just because we are.

The Mighty Tulsans



KANSAS CITY

by Branden Cooper

In Kansas City Kansas we have celebrated a couple of wonderful things. First, our elderberry bush is flourishing. Early this summer we gathered a substantial harvest of berries. Wendy Isley processed the berries into five pint jars giving us a supply of medicinal tonic for the fall and winter. Thinking of the symbology of the bush and fruit, the bush sits in front of the house as a form of advertising. As people drive by the bush is drawing attention that subconscious knowledge can be found here and of course the fruit is broadcasting this is a place full of valuable knowledge.

We have also enjoyed picking up all of the walnuts that have fallen and bounced off of Mavis Currie's camping van from the massive tree out back and look forward to a walnut harvest this fall. It is delightful to think all of this knowledge dropping down out of the sky ready for us to pick it up and utilize for our soul nourishment!

Attention has been brought to making repairs to plastering on the front of the house and replacing guttering on the backside of the house as well. I am certain the house has responded favorably in attracting three new students in August that are very enthusiastic and excited to be here. A large part of this is from the results of Yvette Williams starting her first class. We are looking forward to additional growth in the coming months! Brandon Cooper



HAPPY BIRTHDAY SOM !

JOYOUS

47th

ANNIVERSARY

School of Metaphysics!

Est. Oct. 8, 1973



Beauty is an expectation arising in the finest substance in Mind,
Carried along by the will responding to the inner call.
Leadership arises unbidden in one caught up in rapture.
Being, is the teacher; presence, the lesson.

Landing
47

Just 3 years to another... the 50th is Gold !

*many Kuan Yin Blessings for every SOMA member
Satyagraha!
Dr. B.*

THE FREEDOM to make CONSCIOUS CHOICES

Each class taught at the School of Metaphysics begins with an opening projection.

A call for Wholeness. This mental exercise serves to center the student's consciousness in the present moment for the purpose of creating.

The projection moves in three phases.

First is an individual projection of personal goal and purpose unique to the student.

The second projection focuses on a common vision which teaches how to cooperate through building connection with other thinkers. Typically, this second projection uses the goal and purpose of the School of Metaphysics to teach this level of compassion.

It was while leading this part of class this morning that a startling realization came to me regarding the relationship between the purpose of the School of Metaphysics and technology. For almost four decades* I have been a part of envisioning the "acceleration of evolution" through "ushering in intuitive, Spiritual Man". Over the years these words have gained depth and vibrancy as the thought form has become a powerful positive attractor.

Today, when I directed our minds to focus upon this purpose, in place of an image of individuals - people - acting and interacting in enlightened ways, an image of global technology entered my mind. This was immediately accompanied by the conscious impression that in those same forty years **technology** has accelerated evolution**. Those who have been monitoring the soaring ascent of technology into our lives since 1984*** will immediately recognize the truth of this realization.

From the mapping of the human genome to man's dominance in the land, air, and sea, homo sapiens are wielding godlike powers. We build islands. We heal the sick. We make machines that think. We travel in space and look back upon the beautiful blue planet while on earth we pollute our streams.

"Yet," as Dr. Martin Luther King, Jr. so eloquently noted when he received the Nobel Peace Prize, "in spite of these spectacular strides in science and technology, and still unlimited ones to come, **something basic is missing**. There is a sort of poverty of the spirit which stands in glaring contrast to our scientific and technological abundance."

Teaching class this morning I see how the School of Metaphysics answers the needs prompted by the acceleration of technology into everyone's life. **Each progressive technological advancement takes us either closer to the Source or farther away from it.** Another Nobel winner, Alva Myrdal, states it best. (pg 1 of 3)



"The driving force in the development of our civilization, at least since the Renaissance, has evidently been the progress of technology. But technology is two-edged. It can always be exploited either by good forces or by evil forces. And we human beings do not seem to have succeeded to make a choice quite consciously, nor how to steer the considerable consequences."

Mrs. Myrdal – child welfare advocate, disarmament expert, Swedish ambassador to India, the first female department head at the U.N. – has, gratefully, helped shape my understanding of conscious co-creation. Like her, I am developing a healthy respect for what man creates. In her latter years, she found her life prolonged through modern medicine, just as I am grateful to the same for the presence of my son and my own life. Both Mrs. Myrdal and I are beneficiaries of the progress of humanity. We are both advocates of wise and moderate use of technology.

This is where study at the School of Metaphysics enters.

The SOM teaches anyone how to be conscious of and responsible for the power of the mind.

Through combining knowledge of the laws that govern creation in our universe with daily exercising of the mind, we all think better thoughts, make better choices, and live better lives.

Anyone walking upright possesses sentient consciousness. We recognize a difference between ourselves and our environment, and we make judgements accordingly. We are aware that we are tall or short, fast or slow, old or young, because we can *think* about our relationship with others.

This self-awareness is what sets humanity apart from other animals on the planet.

Self awareness, independent of any single person's desires, wants or hopes or loves in any form, is what guides us through a *Life*. *Worth Examining*.

Life is Creation is motion. That's why we are fascinated with nature. As human beings come to appreciate our part in a much greater plan. Be it macrocosmic - reaching through the galaxies in circles of love meditation - or microcosmic through a healing field in the consciousness of the atom, **we can understand our experience in the moment**

we choose to do so. The responsibility for the freedom to make conscious choices.

As human beings, we find ourselves in the middle of all creation, learning how to love. As reasoners, we develop the emotional maturity aspiring 'to love as God loves'.

His Holiness the Dalai Lama described it well, "The

realisation that we are all

basically the same human beings, who seek happiness and try to avoid suffering, is very helpful in developing a sense of brotherhood and sisterhood; a warm feeling of love and compassion for others.

This, in turn, is essential if we are to survive in this ever-shrinking world we live in. For if we each selfishly pursue only what we believe to be in our own interest, without caring about the needs of others, we not only may end up harming others but also ourselves." That was in 1989 when he accepted the Nobel Peace Prize.**** (pg 2of3)



Few of us forecasted the events of 2020 that have captured the imagination of our entire species. Many seers had predicted the earthquakes and storms and plagues of insects and deaths at 'the end of time'. The entire book of *REVELATION* in the Bible describes it. Until now, it has seemed an individual enterprise, arriving when 'the student is ready'.

Makes sense that that Truth is still standing. We each must do our own consciousness work.

What is fascinating for me this year, is watching (and reacting to) the recurring theme of 'Man vs. Nature' playing out every day. Every where. News. Social media. Masks. Businesses closed. Long lines at others. Empty shelves. We are in a common daydream shared by an estimated 2.6 billion others.

I am astonished to witness how a widely publicized epidemic could ignite a thought contagion resulting in 1/3 of our species choosing to separate from each other in isolated lockdown. A year ago I was reading how these were methods of torture commonly employed in military situations that most Americans, people, do not condone and view as inhumane.

Is it any wonder we are seeing a struggle in our search for 'Truth that applies to us all'? What amazing times we are living.

The tides of 'us' and 'them' are inadvertently fed by a new age teaching that favors one universal law over the others. The result is a growing tribalism;- the lesson of survival that rises in the second chakra.

For centuries, humanity has been reaching for a higher understanding of itself. Often this has taken the cultural form of religion, a desire for communion with that which is greater than the individual expression of self, be it a neighbor, community, or a Heavenly Presence. Yet, as Dr. King bravely spoke out in the 1960s, "the richer we have become materially, the poorer we have become morally and spiritually."

Since technology has accelerated the information, knowledge, and virtual experience we are exposed to, our spiritual, mental and emotional technology must keep pace.

The next logical question is **how?**•

The Footnotes

** This was written after teaching an advanced class at COM in 2004.*

*** This piece was written three years BEFORE the iPhone was released and four years before apps came on the scene.*

**** Steve Jobs introduced the Macintosh personal computer in 1984. The famous Superbowl commercial (directed by Ridley Scott) gave a nod to George Orwell's book, 1984, in pictures and words. View for yourself and you decide:*

<https://www.youtube.com/watch?v=2zfqw8nhUwA>

***** To see HH and hear his thoughts this summer (be sure to listen to the end where he speaks to that essential ingredient of willing to put forth the effort!) go to:*

<https://www.youtube.com/watch?v=qam8dregtsA>

**The story, as we have said for ages, is
"to be continued..."**

***** **ORDINATIONS** *****
at the
Interfaith Church of Metaphysics
 9/20/20

Today, five unique people are gathering at the Peace Dome,
 on the college campus of the School of Metaphysics.
 to become Ordained as InterFaith Ministers

Mari Hamersley (Des Moines)
 Kerry Keller (Indianapolis)
 Diana Kenney (Columbia)
 Doug Bannister (Columbia)
 Mavis Curry (Des Moines)

***** **GRADUATIONS** *****
at the
School of Metaphysics
 9/20/20

Today, thirteen graduates from the first and second cycles !!!

Qui Docet Dicit Certificate

Leslie Jo West (Dallas)
 Jamie Nicole Metzenberg (Dallas)
 Amy Carol Campbell (Oklahoma City)
 Mandie Leigh Renner (Tulsa)
 Wendy Yvonne Vann (Tulsa)
 Devon Westphaling (Springfield)

Respondere Certificate

Keely M. Kientoff (Des Moines)
 Sommer Leigh (Des Moines)
 Anthony J. Soares (Des Moines)
 Kristy Allison (Des Moines)

VIDEO INTERVIEWS

All Student Weekend 9/19/20

Terrance Bellows and Sherwin Rosenfeldt were making short videos this weekend, to share with the public on our Websites and social media. These are a few quotes. Check out our Website and Facebook pages to see the actual videos.



WENDY VANN / Tulsa:
“I know the power to control my mind.”



MICHELLE / Springfield:
What people do is their karma,
and how you react is yours



KERRY KELLER / Indy:
“When I learned I could select my thoughts,



THOMAS CROFT/Maplewood:
“I learned about self-love.” “I also discovered it’s
now my job to make someone happy.”



SILVIA COMPOS / Chicago:
Peace seeks expression from within.



STAN / Springfield:
Being a student at the SOM is the best thing I have ever done for myself, in my whole life.



MARCUS CROFT/Maplewood:
“I have the power to control my mind.”
“And I value myself through self-acceptance now.”



TERRANCE LAMONT/ Maplewood:
What I have learned that has been really beneficial, is my ability to move through something I identify as a limitation. I am recognizing there is a learning opportunity hidden or clearly seen.

VIBES STAFF WRITERS

By Lynn Boggio, & Hazel Hilado,

We had fun making our rounds as, “paparazzi”, stalking our fellow students. Our essential job was to interview them about their ideals. We realized students had a variety of experiences on this all student weekend and we were able to record them and give them to you.

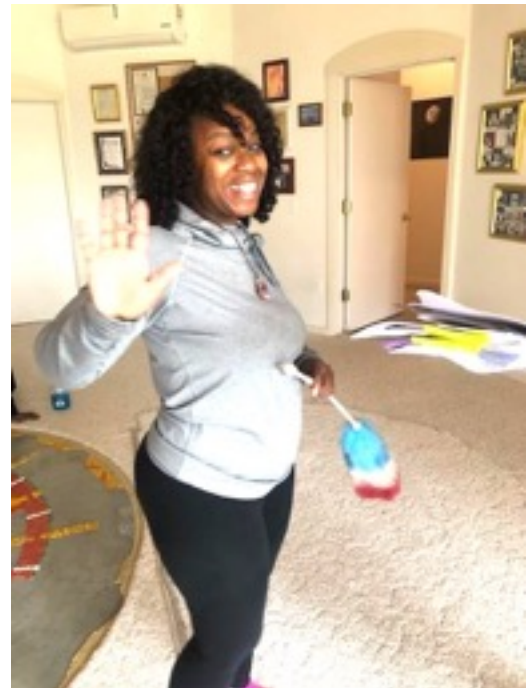
Our interviews turned out to be a learning experience as well. Lynn felt more engaged and intimate with the students. Hazel is learning what is important, is having an enjoyable experience in what we do. Having fun opens up to more receiving!

And both of us were able to make connections with what the students discussed.





CLIFF GRAY/ Springfield:
To be aware of both my strengths and weaknesses to best suit any situation, to its best outcome.



ASHKEY SLOAN / Oklahoma City
To focus my attention on all activities to be consciously aware.



DEDE THUT / Palatine:
Learn to be in the present moment and focus on my creations at hand.



OLGA NINO / Dallas:
I want to be enlightened, to enjoy what I am doing



MARIA ROMERO / Palatine:

Wants to know her self-worth,.. Creating with a group or team draws out her own value.



SHERWIN ROSENFELDT / Bolingbrook:

I have learned one of the most important things in Metaphysics is that really important things are subtle. In order to perceive them you must do your exercises.



RANDY RISTOW / Chicago

I am learning what is important to me and balancing that to what needs to be done in the present.



BRANDON COOPER / Kansas City:

I find a new sense of freedom... in letting go, I found compassion and understanding.

Today Five School of Metaphysics Leaders Have Been Ordained as Interfaith Ministers











Rev. Pam Blosser worked tirelessly, for months to plan and prepare for a momentous event. That event was the ordination of five spiritual beings into the Interfaith Community of Metaphysics, (ICOM)

These five had studied for many years in preparation for their ordination. The ordination was held outside in front of the healing wall of the Peace Dome. The Peace Dome is located on the College of Metaphysics campus in southwest, Missouri, about an hour's drive north of Springfield, Missouri.

Those five who were ordained under Reverend Pam Blosser's direction were Mari Hamersley, Kerry Keller, Diana Kenney, Doug Bannister, and Mavis Curry. Also present were the assembled, ordained ministeres who offered the ceremony to the inductees.

Again, thank you to Reverend Pam Blosser who directed and brought to fruition this fine event.



GRADUATION PICS









NATIONAL TEACHERS MEETING OCT 2,3,4

Still Mind Weekend

October 23rd, 24th, and 25th, 2020



Being in silent stillness in nature with the sacred geometric forms and in the Peace Dome. Meditate in all these places.
Have fun, enjoy and be fulfilled.

A Weekend Devoted to Stillness

in the beautiful autumn at the College of Metaphysics!

This weekend is for you and open to School of Metaphysics students at lesson 10 and above.



If you are wanting to participate in this weekend and experience the stillness of your mind, please write a paper entitled: **Why I Want A Still Mind.**

Be sure to mail it in so that it is at the College on or before the 20th of October. A tithe for the weekend should also be sent along with your paper.

All attendees are asked to arrive on Friday by 5:00 pm and stay until brunch on Sunday.

Participants should have participated in a prior event at the college to be eligible for this event.

This is a weekend like no other at the College of Metaphysics. Some have reported having experienced their deepest and most astounding meditation ever!

In loving light of the Heart,
Dr. Daniel R. Condrón

Remaining Educational Events Scheduled in 2020

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 "32" INTEND

There will always be paths untravelled. The Universe itself is expanding, evolving. Be on earth, craving your destiny of light. Centered in your own apprehension that it has been there all along, calm in your knowing, it is the source, a beginning

Lynn "84"

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

School of Metaphysics Branch Locations

email to (cityname)@som.org

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

ILLINOIS

345 Manor Court • [Bolingbrook, Illinois](#) 60440 • (630) 739-1329

5021 W. Irving Park Road • [Chicago, Illinois](#) 60641 • (773) 427-0155

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

INDIANA

6138 North Hillside • [Indianapolis, Indiana](#) 46220 • (317) 251-5285

IOWA

3715 University • [Des Moines, Iowa](#) 50311 • (515) 255-5570

KANSAS

4323 Rainbow Blvd • [Kansas City, Kansas](#) 66103 • (913) 236-9292



Missouri

103 West Broadway • Columbia, Missouri 65203 • (573) 449-8312

1033 E. Sunshine Street, Springfield, Missouri 65807 • (417) 831-0955

2606 Oakview Terrace • Maplewood, Missouri 63143 • (314) 645-0036

Oklahoma

908 NW 12th St • Oklahoma City, Oklahoma 73106 • (405) 228-0506

429 S. Memorial • Tulsa, Oklahoma 74112 • (918) 582-8836

Texas

5832 Live Oak Street • Dallas, Texas 75214 • (214) 821-5406

