

*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.12

## December Festive 3rd Weekend at the college.

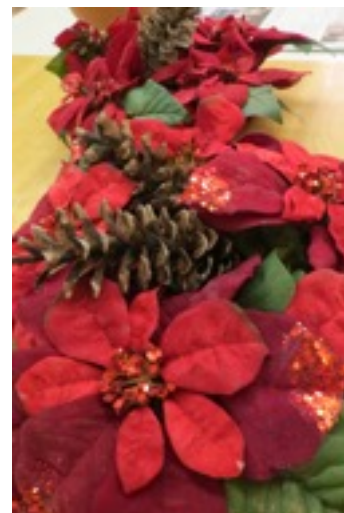
**Join us for our annual bread making on Friday, Dec. 14th.**

**We will be caroling, and delivering hand made bread on Saturday morning.**

**Send your money (\$30), for the students who will be coming in December by November third weekend.**

**Enjoy the giving of a Christmas Exchange this weekend...**

**To receive the thrill of this giving environment bring a gift in the price range of \$10. or something you already own and want to release in life. ...**





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## DALLAS

### Fundraising our Vibrations -

Rashelle Arroyo

Last month, in October, the Dallas school of Metaphysics held a fundraiser to purchase a new sign. The existing sign was damaged by storms and is in need of replacement. Together our class formulated our plan for a fundraiser to raise money for a new sign and also to build permanent understanding within ourselves. The fundraiser was an Art and Dreams exhibit and our purpose was expansion. I was initially anxious about the thought of having a fundraiser, not only organizing it, but also being unsure if I would be able to connect with others at the event the way I deeply wanted to. I have learned through the classes at SOM that putting myself in situations that seem uncomfortable always seem to lead to the most growth. Our ability to come together and create this event was effortless. Everything came together and fell into place with ease. As the event approached, I began to feel a sense of peace. The concern I had previously had vanished. We arrived early to begin Karma Yoga to prepare the school for guests. Our classmate donated art pieces of her own creation. We also had a live painting that our classmate painted during the fundraiser. We had an enlightening discussion on dreams, touching on some of the major symbols and their interpretation. Although we did not reach our cash goal for the sign, I feel the inner more permanent quality of expansion was fulfilled. I felt a love and connection during the event that I had not anticipated. I could feel a change in my vibration as it was raised and my heart expanded as these divine and lasting friendships were created. This is the true expansive nature of friendship and I give thanks for each new opportunity to create and expand for the higher good.

At our local branch, Lesley West is hosting a Superconscious Healing course online that began on Nov 11 @ 7:30PM.



## **DALLAS**

### **My Transition from the Oklahoma City school to the Dallas school**

Katrina Mason

After making sure that my 3 daughters were each settled into their new home and enrolled in college, I packed up my house and headed down I35 south to Dallas, Tx. During the ride I can remember feeling excited yet scared, courageous yet cowardly. At the age of 40 years old I've only lived in 3 cities, one of which was Oklahoma City and it was the largest of the two. I had never lived outside of the state of Oklahoma, so moving to Texas was a big deal and deciding to live near downtown Dallas was an even bigger deal.

Nevertheless, I felt that God was leading me to this city for something great. I remember thinking about my classmates from SOM back in Oklahoma City and how I had enjoyed getting to know each of them and how I would miss being able to learn from their life experiences as well as learn collectively with them as a class from our weekly lessons. We all had such a close bond with one another and a spiritual connection that created an energy field that was conducive to our learning and expanding our consciousness. When I arrived in Dallas it was a smooth transition. I was warmly welcomed by my new classmates and we connected instantly. It was great to see how during this transition there was a particular lesson that I would grow to love that would help me to put unexpected events into proper perspective. The lesson could not have been more strategically placed because with moving to a new city and readjusting to a new life (becoming an empty nester) will always bring about unexpected events.

The lesson taught me that events that appear along your pathway are neutral. They are neither negative nor positive but instead they become the energy that you assign to it. Bearing that in mind, I have now learned to pause when situations appear in my life that I do not consider ideal. During that time when I take a pause, I don't place my attention on the problem or try to weight out any of the negative possibilities but instead I focus my attention on the most optimal positive outcome. After doing so, chances are that the outcome will be exactly what I imagined.





## INDIANAPOLIS

## Creating A New Identity

By Lynn Boggio

I received a Health Analysis two week ago, that had some very helpful insights. The Health Analysis stated the following *"We see that in recent times this one has become more aware and more desirous of an ideal that has been growing within the one. This has become much more clear for this one to imagine for the Self. We see at the same time that there is a core thought that debilitates this one that is rising to the surface as well and both of these coming to the surface cause there to be an intensity within the mental system. Would suggest to this one for this one to cause there to be a more concentrate image of who this one desires to be and the ideal that this one is holding within this one's mind."* The report went on to suggest doing this by writing my ideals and creating pictures of who I want to be.

After listening to my report, I realized how important this was to how I create in my life as well as at my branch. If I am holding onto the past and negativity, my creations are going to reflect my thoughts.

Recently Director Mickey Hughes, Area Director Kerry Keller and myself were at the school co-creating ideas to create more energy at the school. The suggestion was made that I contact teacher's who have created classes lately and asked them about their process. One of the universal themes I heard, from the teachers, were to have my personal reasons for wanting to teach. This is one of teacher's Nicki Koenen's main steps. This would relate to purpose, If I had a goal for creating a class and no purpose, it would not manifest. That helped me see why I have started many classes, but was unable to retain students beyond the first few lessons. I did take one student to lesson seventeen; however, she did not complete the First Cycle of Lessons.

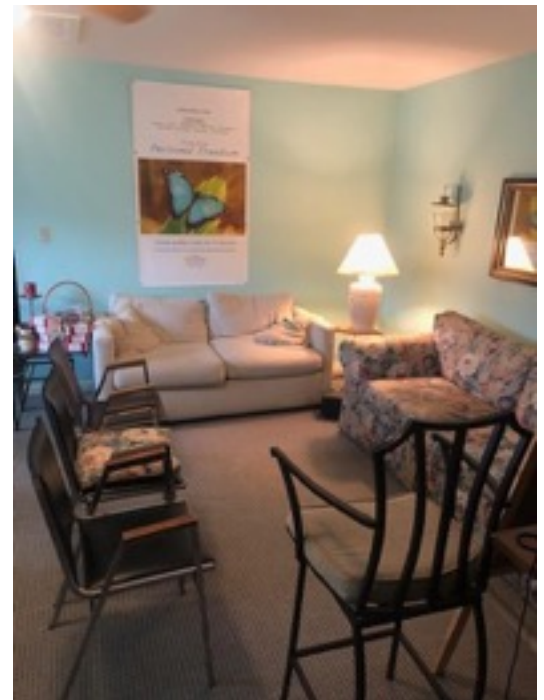
Also, having a vision of my student's completing first cycle, entering second, third and beyond. Dr. Daniel had suggested this vision as well as fellow teacher and Director, Wendy Vann. This encouraged me to hold my student's potential in mind as well as my own. Teacher Terrance Lamont also keeps a "lazer focus" on the classes he is creating with his attention.

Also, personal connections are so important. Director Gino Frank talks to everyone he meets who may be interested in classes. He also makes a big list of everyone he thinks may be interested. He then sets goals for how many of them he wants to contact on that particular day. He also checks on friends who have previously shown interest. He does that at least once a month. These conversations really encouraged me in my teaching endeavors.

My Health Analysis really was encouraging. Lately, I have been having these uncomfortable feelings arise. It is reassuring that this internal turmoil serves a higher purpose which is the process of my soul evolving.

Another aspect of creating a new identity is our office area at our branch. Director Mickey Hughes initiated this creation. Filing cabinets, papers and furniture was moved. The carpet was thoroughly cleaned. It was a completely new space. We also welcomed two new computers for transcribing! The energy shifts are welcoming and inviting.

As I step into this new identity I am filled with excitement and wonder. We are ready for new students at our branch. I am excited for the Christmas Season and the energy that will fill our community.



## TULSA

### Finding Another Location

Wendy Vann

January 2020 I set my intention and ideal to sell the building in Tulsa and find another location with the School Of Metaphysics within a year. At that moment, our students didn't realized what a long and incredible journey this would be. There have been many lessons learned. Mainly holding the ideal and focus of attention on this goal.

When we began this process, we wanted to hold the Ideal all the way through completion. I often would ask myself what can I do to keep my attention on this. I would daily focus on tasks. The entire group of students held the vision of the new building and more importantly what we wanted to create in this space. They actively looked for our next location. They all volunteered to help with the many tasks that were at hand.

Even with our focused attention, we sometimes would get discouraged by the progress. This part I want to make clear. When we are faced with obstacles such as a pandemic, board approvals, realtor changes, and then numerous other things that had to be completed, I knew that I was learning how to not lose the faith. Typically I manifest easily. I knew this was a larger project to take on. Sometimes it felt like herding cats. At points I kept redirecting attention back to the task at hand. Sometimes this was groups of people directing the attention back to the task at hand. We received one offer on the Building that fell through and then one offer that went through completion. Even that journey was sidetracked for over a month. And yet we were able to pull together, get the building in working order and move everything to storage.

Our efforts to find the next building increased and we were able to put an offer on a place within the first day of listing for over 10,000 of the listing price. We came in second. That was a disappointing blow and yet we were learning so much about the type of loans we needed, the type of zoning we needed, etc. At some point in November I hit a wall. I just couldn't look at another house. I only took a couple days off and during those days I did soul-searching as to what I felt like I was creating. The students have been so flexible, helpful, and invested in this process. I kept saying we are small but mighty and this journey has really brought us together. There has been so many people who have stepped up and helped in so many ways. I have no doubt that divine timing will provide the ideal place we've been holding in mind. I have no doubt that each one of us are learning lessons about creation. I have no doubt that soon we will be enjoying such a lovely space to gather, share and learn in. I have no doubt that I will complete this process.

So then I picked up my phone and started looking at houses again. Have I been frustrated-yes. Were there times I wish somebody else would take over- yes. I also know that I am a Taurus and can be very stubborn. Maybe it's my stubbornness that will finish this journey. Maybe sometimes in the chaos and the difficulty we find our true motivations. Mine is completion.



## Having Out-of-Body Experiences at the The College of Metaphysics

by Zack Busch

The past month here at The college of Metaphysics has been a time filled with learning, growth, and expansion. Some of the major happenings have been, completing the siding at the Gatehouse, receiving our milking cow back from our neighbor, and tending to our new baby pigs!

A couple weekends ago Jeremy Regan led students from the Springfield branch in the completion of the siding at the Gatehouse. They came for a couple days over the weekend and worked joyously and diligently in completing the siding. It was great seeing them work together and you can really tell that they have a good bond with one another. A week prior to that, we received our milk cow, Sunny, back from our neighbor. Not only did we get Sunny back, she also had a calf with her that we named Skippy. I have been learning how to milk from Dr. Tad and am really getting to see my influence on the cow. I endeavour to still my mind and really be present with her so that I can receive her fully. Along with new cows, we also got some new little pigs. Our sow gave birth to 3 babies, if you want to see cute, you got to see these little guys running around. It is safe to say that there is alot of new life here at the College of Metaphysics. Vickie Barbour and I have been expanding through these new experiences and it shows in some of the experiences we are having in our daily spiritual exercises.

Vickie is currently studying the lesson on Astral Projection and recently shared with me a cool experience that she had. So here it is... One morning when Vickie was waking up she heard this little voice that said, "Wake up sleeping beauty, you're going to be late." She kind of shot out of bed and instantly thought about how she had to go do her morning root race which include; feeding the pigs, chickens, and cats. However she quickly remembered that she already did that. She was a little disoriented and still kind of out of it, so she went down to the barn to go double-check if she did indeed feed the animals. As she was walking down to the barn she noticed that the door to the chicken house wasn't open which was odd because she could have sworn she already opened it. She also noticed that the pigs weren't as excited as they normally are when she goes down there. This made her think, Did



I already feed them? As she walked into the barn she began to realize that No, she didn't feed the animals yet. However, she had such a vivid memory of doing so. As she started to wake up, reality began to set in. What she experienced was her Astral Body going down to the barn before her physical body. She connected this to the exercise that she has been doing in which she has to walk a daily route. So just as in the exercise, she has also been walking this daily route of feeding the animals ever since we got the cow back a couple weeks ago. It was a really profound experience for her to know herself as more than just a physical body.

Vickie isn't the only college student that is having experiences of knowing the Self as more than just a physical body. I too am having experiences with it. Last week I started doing Intuitive Breathing sessions with Dr. Daniel. Every college student will do 10 sessions. I have done two so far and all I can say is, "Wowzers, this is where it's at!" In alot of ways it makes me think that all of my daily spiritual exercises have been getting me ready for this. I will share a little of what I experienced. So as I layed there and began to breathe I felt alot of heat throughout my body, I had to take my socks off. After I did that I settled more into my body and started to feel the energy moving in my lower chakras. As the energy started to move throughout the rest of my body, my attention was really drawn to my hands. They were pulsing with energy. It truly felt like that old cliché, the power was in my hands. I experienced a great sense of gratitude and asked myself what I was going to do with this new found power. I honestly felt like I could shoot lightning out of my hands, or fly, or something like that. I remembered that I should focus on what I can give. So that is partially why I am writing this. I want people to have these amazing experiences that I am having while being here. Everyone deserves to at least know about them. So if you don't know, now you know. I see so much potential with these Intuitive Breathing exercises and really look forward to my next session so that I can get to know myself as more than just a physical body even more.



## THE NEW MAITREYA

by Barbara O'Guinn Condron

*The Individual in a Group*

## What a Difference a Year Makes

A great advantage of being a metaphysician is the practice of keeping a journal. From recording dreams to intuitive happenings to 10 Most Wanted Lists, recording your awarenesses is maturing for your soul.

Recently, I created a Taraka Yoga session called **S\*T\*O\*P\* Time**. The intent was to provide participants a space to review their experience of 2020 for insight **before** it becomes just a memory.

After the session, I was organizing files on my computer and something I wrote surfaced like a nugget of gold in a vast field.

It was dated: DECEMBER 31, 2019. I knew the concept of stopping had been growing in my consciousness for seven years. I had forgotten I started this year with a specific seed thought. Hindsight is valuable when honored as memory. I share the entry here in the spirit of openness and modeling - practicing what

I teach or what I often call "Doing your own work".

I share as inspiration for researching your own records to better understand your experiences this year (see sidebar dream).

I share as foresight, for you to determine now where you will be December 31, 2020. *(article continues)*

08.08.2020 **GRAND DAUGHTERS**

*"2020 must have been a weird year."*

*It is both a question and a statement. The child's hazel eyes shine up at me with curiosity. She is looking through a book that has pictures of people wearing masks - all kinds, colors, designs. This is something foreign to her, and she is captivated. Then it clicks in her young mind,*

*"Were you there? You were, weren't you!?" She is astonished by the connection. Eager to learn, she says, "What happened?"*

**EOD**

*This time last year, I would not have forecast the events that have unfolded during 2020. Yet, I - we - have lived them. I have become dedicated to awareness in ways previously not possible because I both want to account for this year and be counted.*

*Albert Einstein said, "Not everything that can be counted counts and not everything that counts can be counted."*

*Yet, the road of security is counting each 'mile marker'. In learning to S\*T\*O\*P\* Time, I have observed that years are milemarkers measuring one's relationship with his/her Maker.*

*In these end days of 2020, take inventory of what happened with you during this remarkable year. •*



DECEMBER 31, 2019

I have just come from a zoom gathering where a handful of people STOPPED their busy, full New Years Eve lives to read a document called the *Universal Peace Covenant*.

*Universal Peace Covenant?!? What's that?*

Maybe it is a cleansing of the mind's dust. A clearing of day clutter. A refreshing drink of moonbeams only the soul can drink.

The outer mind, caught in pairs on the outskirts of opposition, cannot easily bear the freedom the middle path brings. The liberation of such union would end the struggle, and then what would we live for? Or who?

Ever fluttering like hummingbird wings, the outer mind is fascinatingly fascinated by every part of creation, forever caught in movement, until its over.

Ah, but no hummingbird are we. Nor butterfly. We are Beings, Spiritual Beings cloaked in animal flesh for such a little while. Perhaps that's why it is so hard for us to STOP.

Ah, yet when we do, everything changes around us. We find SELF in the eye of a perfect storm.

I remember when I first met the BELOVED. I was brimming with great hope and wild expectations, too much heaven on my mind. Too much compensating for my human family in constant distress, suffering.

That was when I first heard his message, delivered with such compassion and love, void of disdain and judgement I had grown so accustomed to in the battlefields. I hear the

music of his voice even now. Stop! Stop!! It was neither demand nor command. It was a prayer.

My soul heard it. Every cell in my body felt it. And my mind, my racing mind, ever childlike dancing in the dark to make light, Stopped.

What relief, to be the Voice that doesn't use words.

Rumi would understand.  
Before Stopping, I was clever. I wanted to change the world. After Stopping, I am wise. I am me, changing. •

Please consider sharing the *Universal Peace Covenant* with others during the remainder of 2020 "to refresh, to heal, to inspire!"  
O Dr. B

bird nest



The need for experience surfaces after understandings are well used.  
The unexpected descends uncreated by conscious awareness.  
Superconscious plan for creation takes subconscious form in solitude, alone, the Tree of Knowledge.

# The Regenerative Agriculture Report from the College

by Doug Bannister

Hello friends,

We are moving forward with regenerative agriculture at the college. Regenerative Agriculture is the broad, gentle and natural approach to growing our own food. While creating our own wholesome food supply is in itself is an important game changing endeavor, there is an overriding and more expansive benefits of creating in harmony with what nature brings us. We experience these benefits each in our way. My personal reward is the opportunity to slow my thoughts so I can receive from nature. I receive a sense of wholeness and fulfillment that permeates my whole being. As I slow my thoughts, I am able to consider the broader implications of Creation. For instance, with improving the long-term productivity of the land, I ask myself what is the soil asking for? This contrasts with the notion of my deciding what the soil needs. I simultaneously ask myself, "How can I nurture myself? What is it I want for myself?" Many masters have found fulfillment in Nature.

I appreciate how observing and cooperating with Nature brings me a sense of peace and even holiness. Within Regenerative Agriculture is the basic thought of consistent improvement; that the practice of harmonizing with nature always productively adds to the energetic field, leading to prosperity and abundance. The School of Metaphysics teaches the Universal Laws of Mind and Creation. Regenerative Agriculture helps integrate these basic principles into our lives, into our consciousness through practical applications.

We are experimenting with our biochar formula and that is by adding mycelium mulch to the equation. If you are tuned in to the buzz about the many health benefits of mushrooms, you might appreciate how by adding mycelium as a soil amendment, we enhance the already impressive ancient soil amendment known as Terra Preta or biochar. To learn about mushrooms is to appreciate one of the oldest life forms on the planet. Neither plant nor animal, the many forms of mushrooms occupy a unique niche in the natural world. They have forever sustained life through the many earth changes. The value of their contribution to the sub-surface biome is phenomenal. The movie, *Fabulous Fungi*, is highly recommended and makes for a wonderful educational experience. The corresponding metaphysical experience is increased awareness of our own inner communication, including awareness of our physical body.



Quotes from some of the people living at the college:

Dr. Daniel Condrón – "The essence of healing is replacing what has been consumed continually."

College Student Vickie Barbour – "I have seen tremendous growth in the garden vegetables with the biochar. I am totally on board with it."

College Student - Zach Bush – "We had tomatoes the size of cantaloupes!"



# INTUITIVE REPORTS

## **Life is Precious: Live it Well.**

By Mari Hamersley

As an intuitive reporter, my mind is often on how our reports can be used in times of challenge for

individuals. And recently I have been thinking about the causes and effects of Covid 19 for humanity today. So it is only natural that I came across a intuitive health analysis that provided a key element as to how we can stay healthy in the midst of the pandemic and beyond. Since it is a virus that attaches itself to the lungs and affects the respiratory system in the body, I saw this report related information about expressing and fulfilling desires. It related that the man requesting it had stopped a type of life that he loved and for a number of years went to another occupation that he thought people expected but that he hated.

At that time, he gave up on his dreams and, therefore, had no real reason to exist resulting in numerous physical difficulties. He very much needed to hear the truth to be true to himself and then give up those things that others expected and create the lifestyle he loved. It would bring him the joy of living life according to his own desires. It would aid him to find a purpose to live, a way to understand the self and to feel worthy of his desires. He would need to take a risk to change and do what was really fulfilling in his life and to live his true identity.

This is a dramatic example of the value and wonder of our intuitive reports. They offer a clarity of what is needed when we may be at a loss to identify it. And they also provide an affirming support for what we may have suspected was needed. In short, that can truly save a life and set us on a new healthier path forward again.

I would encourage you to offer our Intuitive Reports to anyone who needs to know how to add to their lives and live healthier and more fulfilling life.





# December Festive 3rd Weekend at the college.



## From the College Kitchen

It is fall here at the College of Metaphysics in Windyville, Mo. I am in love with the flow of energy I feel here, especially watching the leaves fall and the temperatures change. Just this week, we had our first freeze and brought in the tomatoes from our outside plants. This reminds me the Holiday Season will soon be upon us.

Thanksgiving is coming and we will be celebrating at the College on Friday. Everyone is most welcome to come and join us for this wonderful day of gratitude. We ask you let us know in advance that you are coming and how many will be in your party. We ask that you each bring a dish that you can share with everybody.

December means Christmas BreadMaking. This will occur on Friday of Third Weekend, which is December 18, 2020. We will begin at 7 A.M. and spend a good part of the day creating wonderful rolls. On Saturday, we will go caroling and give out bread to our friends and neighbors in the community.

Please join us for this wonderful event and help us raise the vibration of the College and the World through our joyous creating. Please RSVP as soon as possible. The cost is 30.00 for Third Weekends.

Vickie Songs Like The Wind Barbour



## Educational Events in 2020

Dec 5th... Area Teachers Meeting

Dec... 18,19,20  
3rd Weekend / Bread Baking & Caroling

Dec... 31  
Universal Hour of Peace

## Educational Events in 2021

Feb 6 Area Teachers Meeting

Feb 19,20,21 3rd Weekend

Mar 19,20,21 3rd Weekend

Apr 2,3,4 National Teacher Meeting

Apr 16,17,18 3rd Weekend

Apr 23,24,25 National Dream Hotline

May 14,15,16 3rd Weekend / All Student Weekend

Jun 18,19,20 3rd Weekend

Jul 16,17,18 3rd Weekend

Aug 7 Area Teachers Meeting

Aug 20,21,22 3rd Weekend

Sep 17,18,19 3rd Weekend / All Student Weekend

Oct 1,2,3 National Teachers Meeting

Oct 15,16,17 3rd Weekend

Oct 22,23,24 Still Mind Weekend

Nov 19,20,21 3rd Weekend

Dec 4 Area Teachers Meeting

Dec 17,18,19 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.*

**Lynn Boggio:** 76 Passion Spiritual knowledge arises where cooperation is present. Harmony rises in a consciousness ruled by ideals that descend in Thanksgiving to the light of a new day. Where all appreciates, the question of worthiness is answered.

**Kerry Keller:** 52 Excite All of creation mirrors the Self, each to its own level. We can only be what we accept and allow. Attend to what you speak own the thought and the action. For as you create them, they work their magic in you.

## School of Metaphysics Branch Locations

email to (cityname)@som.org

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### ILLINOIS

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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

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

### KANSAS

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### Missouri

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

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

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

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