

*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. 51. No.02



# Red

## What color is Thrill ?





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## SPRINGFIELD

### A Past Life Gift to the Present Moment.

by Kim Clarkson

The room was filling up as I arrived at the School Of Metaphysics in Springfield, MO. Today was the big day, and the energy of the room was a reflection of this moment. The students of the level one class had finally reached the lesson that allowed them a glimpse into their past lives. Those who had already had a past life reading and didn't want another were given the option to choose a different reading. Today we would be experiencing a spiritual crossing as well as a health report. This was exciting, especially considering many of our group had never seen a reading of any type. Dr. Tad Mingled with the crowd of students at the beginning then was joined later by Dr. Pam, who would be doing the readings that day. They shared a few stories about how readings were a huge part of the schools' beginnings and answered questions from the eager students. Then they began.

The students fell into a hush as Dr. Pam moved deeper and deeper into consciousness. I began feeling the energy in the room rise and expand. The energy became steady as it drifted over the group like a blanket. The first student leaned in to hear about her past-life, clinging to every word; each student reacted in a unique way to the information given. The variety of the groups' experiences were rich as we heard reports from Japan, Germany, Spain, and Africa. Many of the reports had lessons that were universal and many of us could relate to and learn from them.

This experience brought the members of our school together. We recognized the thumbprint each soul had left from their past lives. Deep desires of approval, a longing that has no form, a fog of doubt, a keen eye for observing humans. These expressions our souls desired were laid out on the table gently for each individual to examine. The



Springfield School of Metaphysics Students Wait to Receive Their Intuitive Readings. 1/10/21

readings left the room quiet and contemplative. The level of truth that had been uncovered was known by each heart present in that moment.

While the readings are over, the work now begins. I was overwhelmed by my reading. As the universe seems to do, it replies to my questions in ways that create more questions than answers. In moments like this, I open my heart with gratitude that this school exists to explore those questions. I am eternally grateful for the commitments my teacher, Devon, and our Area Director Brian have made to their students' spiritual growth. Special Thank you to Dr. Tad and Dr. Pam for coming down to the school so we all could enjoy this experience in-house!



## MAPLEWOOD

December to January

by Thomas Croft

It's that time of the month again! The month of December and early January brought so many opportunities. I had the opportunity to attend SiriAtma's Gong Bath on New Years Eve. It was me and nine other attendees. It was a lovely, cleansing experience. I had the opportunity to talk to Pully Wally (Paul DiZerega) he said " SiriAtma's Gong bath and Nicki's vision board sessions were a wonderful way to close out the old year, and look towards the new. I hope this becomes an annual NYE traditions for SOM Maplewood".

Awesome Paul, Thanks! Marcus had the opportunity to audit Sherwin's class this month he says " It was very unique seeing people come together from different parts of the world, I also liked how everyone was staying true to themselves and being honest about what they did and did not do/prioritize over the course of the week. I also enjoyed the interpretation of Isaiah 55.

It gave me new insight on dream interpretations, so overall a cool and wonderful experience to watch Teachers teaching Teachers." Amazing Marcus, keep on learning!

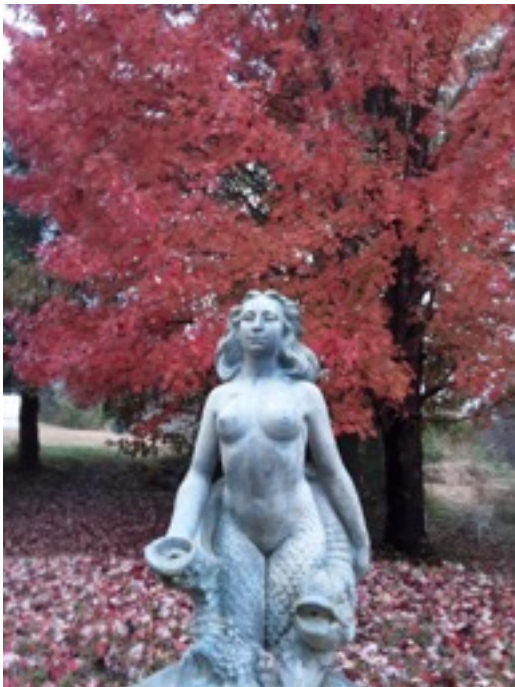


## From The COLLEGE

### Creating with Social Media

By Lynn Boggio

The School of Metaphysics is branching out through Social Media. We have created a Social Media committee to help facilitate this. The Ideal is to spread awareness of the School of Metaphysics and what we have to offer. The purpose is to elevate the consciousness of humanity. The Activity is to apply the Grand Ultimate Principle (give SOM social media attention every day—create content, share posts and events, connect and interact with people, etc. Stay 4connected with our ideal and purpose.



We connect with each other twice monthly. We meet virtually via Zoom the Second Sunday of the month. This occurs at 8:30 P.M. central time. On the Third Weekend of the month, we convene at 1:00 P.M. Saturday afternoon. Our second meeting has been involved in creating and executing ideas for media expansion.

We have reached the point, in our creations, for more group interaction. We would like to create videos spreading what we teach on various social media platforms. Anyone who is interested can join us on Zoom, every second Sunday. To do this, reach out to Nicki Koenen via Messenger. We would also love to have others join us on Third Weekend at The College. Third Weekends, at The College is where we will actually be creating the videos to post on Social Media.

Talk to your teacher or director about coming to Third Weekend. You would need to be on lesson eight or above. If it is your first time, at the College of Metaphysics Headquarters, you will also need to be accompanied by your teacher or director. We would love for you to join us and be part of this creation!

# Tulsa Vibes

Our students Christyn King and Jamie Lisenbee provided an hour long event on New Year's Eve for the SOM Peace Event. They both work together to create a beautiful way of sharing parts of themselves with others. Jaime shared her journey over the last year joining the School Of Metaphysics. She was able to make many shifts in mind and changed her physical life by losing 100 pounds, moving to a better location, and getting a better job.

More importantly this was a journey of self love. She shared about loving herself and learning to set boundaries so that her time was just as important as what she offered to others. She gave a heartfelt presentation and was well received. She was surprised and excited about the responses to her talk. She stated, "I was very nervous in the beginning and was not sure I could do it. Once I got started I was able just to allow things to come out.

Right away other people were contacting me telling me how much that meant to them and how it helped them." Jamie believe it helped her to understand the major changes she had made over the last year just by sharing them. Christyn was excited to share his meditation.

This was a beautiful journey and way to really understand how much we are always loved and cared for throughout all the things we do. He felt creating the event was just as exciting as having the event.

Wendy Vann Student/Director





## INDIANAPOLIS

### Owning our Inner Authority

By Lynn Boggio with Mickey Hughes

As 2021 begins to unfold, I have been reflecting on my spiritual growth. I am grateful for areas that I have improved. I also have been reflecting on areas where I would like to become more solid in my identity. One of these areas is in exerting my Inner Authority.

When I was growing up and especially in my teenage years, I struggled with standing in my own authority. Times that I attempted to speak up for myself or differ in opinion with an adult were met with harsh criticism and retribution. I slowly became quieter and started agreeing with others even when I thought or felt the exact opposite. As this behavior progressed, I became more of a people pleaser and less of a "Whole Functioning Self."

When I began my studies at The School of Metaphysics, I began to develop a new identity. Through my participation in exercises such as concentration and meditation I began to view myself differently. I began to recognize and value my own Inner Authority. When I slowed down my thoughts, I was able to recognize my thoughts from the thoughts of others. This gave me clarity on what thoughts to put my attention on and what thoughts to just let pass. Willpower enabled me to act on my thoughts instead of the thoughts of others. I realized the people that had "shut me down" earlier in my life, had issues of their own. They were not comfortable in their own value. They were uncomfortable with my light so they had to exert their authority by intimidation and bullying.

My teacher and director Mickey Hughes recently demonstrated her Inner Authority. Mickey works in a restaurant. She was recently promoted to a General Manager's position. However, Mickey was having some challenges in her restaurant. The manager that was training Mickey ruled through intimidation and fear-tactics. She only saw the flaws in Mickey's performance and not her strengths. There were communication issues and misunderstandings. Another manager actually threatened physical violence against Mickey.

Mickey was doing her best to communicate from a higher perspective. However, the other managers had strong egos and were not open to answers that would benefit the whole.

Mickey finally had a conversation with the owner. He had been watching Mickey's performance and was pleased with her management skills. The decision was made to give Mickey a raise and move her to a different store. The two managers Mickey was having considerable issues with were let go. The owner was very apologetic to Mickey for the whole situation. He assured her any problems that occur in the future, no matter how minor, she was to call him directly.

Even though the circumstances were painful, Mickey learned some valuable lessons.

These lessons involved Self-Trust. Mickey knew she was a valued employee and a good manager. She treated her co-workers with the upmost respect and kindness. Some challenges she has is when she gets entangled in the

emotions of others during discussions.

This presents a challenge to Mickey to be able to observe the confrontational situation objectively. Since Mickey has documented everything constantly this has brought her more objectively,

Talking to the owner with documented information was asserting her Inner Authority. She has grown through her studies to recognize her self-value. Before she started studying, at The School of Metaphysics, she would have allowed the mistreatment and disrespect. Now, she realizes who she is and what she has to give. I am grateful to have Mickey for my teacher and role-model.

This year will be a time for continual opportunities in asserting our Inner Authority.

We will continue to meet new learning experiences with humility and fortitude.



HELLO !  
FROM THE PRESIDENT:

### Why Study Metaphysics at the School of Metaphysics?

#### Mastery of consciousness:

Mastery of Consciousness is the title given to the four-cycle course of study that has been crafted over the 40 years of existence in the School of Metaphysics (SOM). What is consciousness? This is a big question. For the purpose of this article, we can say that ultimately, our consciousness is reflected in our reality; our consciousness is reflected in our daily experiences. Through their study, students learn that they are manifesting their reality as they learn to understand their experiences, and their part in causing, or co-creating, their experiences.

Students are required to come together to receive information; students are introduced to and required to practice mental exercises. Doing daily exercises for the mind is essential to developing mastery of consciousness. Interacting with others is essential to developing mastery of consciousness. Fulfilling these requirements gives the students the freedom to consciously create in expanded ways that are important to *them*.



Students are given the opportunity to apply what they are learning, to practice conscious creation in many different ways. Through these opportunities, they learn the process of creation, how they are presently creating, and how to expand this process to all of their life.

In short, students learn to receive themselves, to receive their value and their brilliance in a safe environment. This frees the student to give in greater ways and receive in greater ways.

We are here to evolve. We are not here to stay the same. The nature of the physical world is change. At SOM, the student learns about Universal Laws and Truths that apply to everyone, everywhere, at all times. These Truths and Laws help us understand how we use our minds to create. In conjunction with the information and exercises, students at SOM learn how to navigate the physical world we share. Students at SOM experience greater freedom as they practice the tools of conscious creation.

Why study at SOM? There are so many reasons. One reason is to experience freedom. When we understand that we are creating all the time, we learn how to focus our mind to receive the peace, contentment and security existing within ourselves, independently of what is occurring outside of us. This is a beautiful and powerful state of consciousness.

**President:**

**Dr. Diana Kenney**

## Holy Cow! My experience as a Cow Herder

By Zach Bush

Over the past few months here at the College of Metaphysics, I have had the privilege of working with the cows. Twice a day, everyday it is my responsibility to go get our milking cow, Sunny, from the pasture and bring her to the barn so I can milk her. It sounds simple enough, and it is, the wonderful part is just how much learning is involved in the process. In this article, I would like to share some of that learning that I have been experiencing to better help me understand and assimilate. So lets get into it.

One of the first learnings that comes to mind when I think about my experiences with the cows come in the consistency of doing it everyday. Like I wrote earlier in the article, I have to milk the cow twice a day, everyday, rain, sleet, or snow ( I have experienced all three so far.) It reminds me of the old spiritual saying, “Before Enlightenment; Chop Wood, carry water. After Enlightenment, Chop Wood, carry water.” It is through this daily discipline that I am really getting to know myself on a deeper level. The cow is relying on me to be there everyday, and so I am, no matter how I’m feeling. This is allowing me to stick with myself more than I was able to in my “city life.” In my “city life” I was able to call in sick if I wasn’t feeling up to my daily responsibilities. Living, at the college, I don’t have the same luxury. The cool thing is that I am becoming better, stronger and more responsible for it. I can see how these qualities will carry over in any endeavor I choose to do for the rest of my life. How valuable is that!

Although with the deepening of responsibility and discipline, working with the cows is also teaching me to be aware of my thoughts. I have learned that the cows are very receptive to our thoughts so it is very important to be aware of your thoughts and to still your mind when working with them. I have a couple examples that illustrate this. One of the first times I was walking Sunny down to the barn we were getting close to the parked cars and she started to get a little antsy. I could tell she was unsure which way to go. I realized shortly after that, I was unsure which way to navigate through the cars so she was just responding to me. Once I realized this, I decided that we would go a certain way and she responded accordingly. It was a really clear example of thought projection and entrainment. Another example, came on New Year’s Day. We were having a snow storm and so when it came time to go get Sunny for her afternoon milking, I decided I would bring her big one-ton companion, Saws down with us to the barn. I don’t normally bring them both down and thought because of the snowstorm he could use a little company. So I brought them down to the barn and milked Sunny and everything was going to plan, until I tried to bring them back to the pasture. I could tell Saws was kind of ornery, and I took my attention off of him for a split second and he darted into the woods. I cut him off and gave him a good whack with a bamboo walking stick that I had. That made him run away even further. I was chasing him and at a point I realized that the only reason that I wanted to catch him was so I could whack him again with the bamboo stick. Once I realized this, I took a deep breath and began to calm down, remembering how receptive the cows are to our thoughts. I began to speak out loud, “Saws, I’s sorry for whacking you, I don’t want to hurt you. I don’t want to hurt you. I just don’t know what to do. I don’t want you to get lost or wander off onto somebody else’s property. We are in this together.” Soon after he became more trusting and followed me back to the pasture. It was really powerful experience in knowing the power of my thoughts and becoming aware of my intentions and making sure that they are pure.

I think it is safe to say that working with the cows has been a very transformative experience. I believe that what I learned and continue to learn through working with them will have a direct impact on my relationship with the Self and others. Becoming more disciplined, more aware of my thoughts, making sure I have pure intentions, are all priceless on my path of spiritual growth and transformation. I am really grateful that I get to have these experiences and urge whoever is reading this to come and have them also.





## **Contemplations on what it means to be a Whole, Functioning Self**

*In 1975, I was facing an  
unknown life.*

*Time stretched out before me.  
Days. Weeks. Months.  
Years. All unknown to me, for they had yet to be  
created.*

*Emptiness. Was in the space between me, my  
Self, and I.*

*Have you ever been at such a place?*

*What a blessing for the Universe to hear my Voice!  
Even when I did not know that I was speaking.  
And to plant my feet on higher ground with others  
of like mind. In the eternal heart of humanity the  
longing to belong is One.*

*In 2021, I reflect upon the color  
and the value and the shape  
and the form and space and texture  
of all those days. 16,636 of them!  
Discovering, anew, within Self,  
the living majesty of the trinity long upheld  
by generations of students, just like me,  
dreaming a school called SOM  
within the greater dreamschool we call the Earth.*

*What is commitment worth?  
The question returns to me in every beautiful  
expression of SELF I am allowed to see.*

*And the prayer my heart sings carries forward the  
Sioux...*

*"I stand at the center of the Earth.  
In a sacred manner I see the tribe gathered around  
me.*

*Behold me.  
I Am"*

*What song does your heart sing today?•*



Hexagram 11. T'ai

Peace

*The sovereign, by deciding,  
accomplishes Heaven and Earth's  
way.*

*Assisting each other, Heaven and  
Earth harmonize,  
in order to support and assist the  
people. - I Ching*



*"Man is in a constant  
dream-like state until Kabbalah  
wakes him up and opens his eyes....  
When we return to the Creator, we  
will see it was a dream" - The  
Kabbalah*



*"Speak the  
Satya (truth), conduct yourself  
according to the Dharma (morality,  
ethics, law)". - Taittiriya Upanishad*

## The Lesson 9 Past Life Profile

Mari Hamersley

You who come to the School of Metaphysics have a strong desire to learn who you are. Your inner urge prompting this desire comes from within, from the I Am working through the Mind, in all its divisions. It may have been growing within you for a long time or it may have been a recent awareness on your part. Through the many lifetimes you have lived, it has been active and you have responded, gaining valuable understandings so you already have a great deal to bring forth and work with now. However, there are also places where your learning is yet to be completed. This need is identified as your karmic learning, one of the prime areas you have the opportunity to fulfill in this lifetime.

This profile can change your life as it did mine.

It may be your first chance to really KNOW that you have lived before. I had questioned it, and now I knew the Truth of reincarnation because that pioneer guy I was definitely was me! It resonated so much with my character this lifetime and my need for learning.

I found the clarity I needed as the significance of the past to the present was revealed to me. I had a point of focus, specifically what I needed to be about the business of learning.

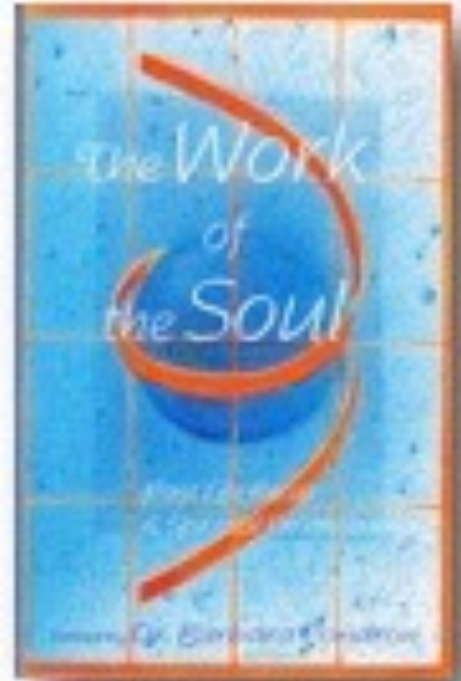
How do you recognize your Karma? It has been with you and continues to give you a charge, a reaction, a challenge, a place in your life where you are not yet in alignment. When I was given my karma, Communication, ( I had been very shy all my life), this pinpointed what I needed to change in me so I could then actively create new thoughts intentionally, to have new experiences, to be more fully conscious of who I Am. It helped me become freer to be my true Self. I became happier, less reactive, and more understanding of Self and others. It was what I owed to myself to learn. 1

### How *Intuitive* Are You?



#### *The Akashic Field of Relativity*

by Dr. Barbara O'Guinn Condrón



If you are in the first cycle of SOM lessons, don't miss this amazing place to grow your consciousness rapidly and permanently. Talk to your classmates, friends, family about it, and you will cause this learning to come alive in your life.



## The Regenerative Agriculture Report from the College

by Doug Bannister

Hello friends,

In the midst of winter, the promise of soil building, green grass and robust livestock has slowed a bit, replaced by reflection and planning for future prosperity and abundance. I am reflecting on successful creations over my lifetime as I celebrate my 75 years on the planet. I am appreciating that these creations have always been the result of visualizing what I wanted and not as a pushing away of what I did not want. The manifestations did not come about because I was focused on anything negative. Negativity does not birth success. Whenever I said no to something because I was negatively charged, the result was a dissatisfaction within myself. This often was accompanied by a “bad” feeling or anxiety in my body. I learned to create success, I must hold what I want and what I want for others to be fore-most in my vision. Negativity and deplete creative energies. Wallace Wattles, an important early 20<sup>th</sup> century author and philosopher put forward the notion that doubt was the work of the devil. Whether we believe the personification of negativity or not, we probably agree that driving with the brake on is not the most efficient way to our destination.

The point of this article is to encourage you that it is quite alright be aware of bumps in the road. Succumbing to them, however, is not why we are here. We have within us the power to create, in fact it seems to me to be among our most important responsibilities. Allow your desires to take shape in your mind, allow them to populate your dreams, the night ones and the day ones. Allow the doubts to dissolve like a wispy cloud against a beautiful winter sunny blue sky. Breathe deeply as you strengthen your resolve to be a creator, know any distracting negative and thoughts serve to show you what asks for your attention. As you strengthen any limitations you are bringing your ideas of heaven closer to earth. The world benefits from your positivity as much as you. You, I and the planet are all one. As I serve myself, I serve myself and the Creator.

Next month we will share information on creating new elderberry starts from your plant at the school and while we here at the college will be potting new starts from our plants for those who want them.

Know that your dreams and aspirations become your reality.

Aho.





## **Expansion and Sacred Service Opportunity**

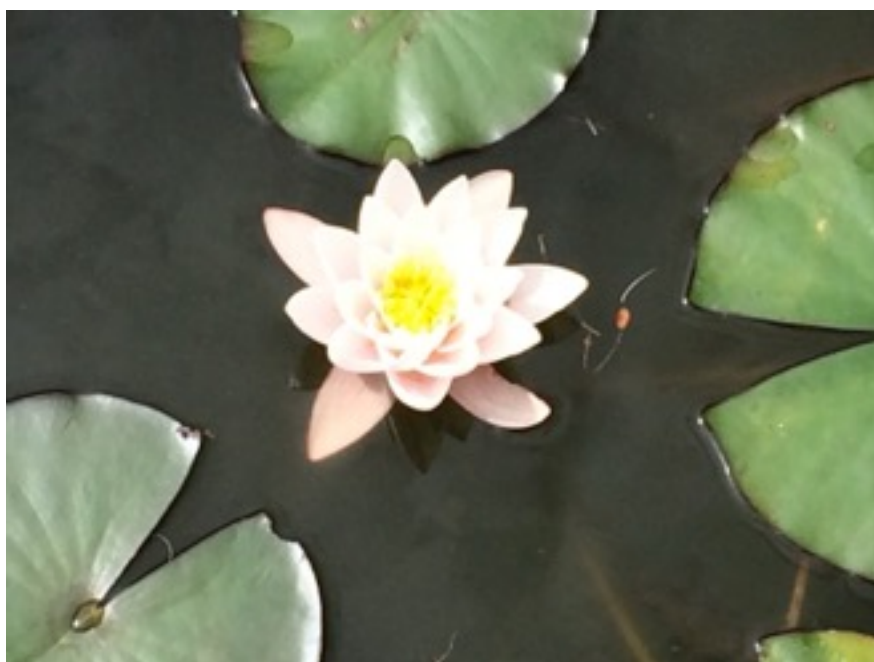
The Board of Directors for the School of Metaphysics has two positions open: a position as a general member of the Board, and an officer position, Secretary.

The secretary ensures open communication both within the School of Metaphysics and between the School of Metaphysics and other organizations. The Secretary's duties include maintaining historical records, keeping and maintaining minutes of all meetings of the Board, and maintaining corporate records. The Secretary works with the Treasurer on preparing the Annual IRS Form 990 Report. The Secretary aligns with the Universal law of Relativity.

**Qualifications:** The Board of Directors is composed of persons interested in the purposes and goals of the School of Metaphysics and who are willing to work to accomplish them. The person will have demonstrated leadership through being or having been, a teacher and director in the School of Metaphysics. The person will also be in the third cycle of lessons or beyond.

The Board members meet monthly, on Sunday morning of third weekend. The members serve four year terms.

To apply for either of these Board positions, contact your Teacher and prepare an Ideal and Purpose letter and submit to your Area Director by Friday, February 19, 2021.



# 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*



**Lynn Boggio: #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.

**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

### 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

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email to (cityname)@som.org

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

