

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.03



Mari Hamersley



Mavis Renee Curry

**GUESS WHO'S BEEN ACCEPTED
INTO THE FORTH CYCLE?**

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SPRINGFIELD

Inviting Order and Love into our Basement of Mind

By Kim Clarkson

The unconscious mind is defined as a reservoir of feelings, thoughts, urges, and memories that exist outside of conscious awareness. The Dreamer's Dictionary states that in a house, the basement is a symbol representing the functions of the unconscious mind. The dream world has been elusive to me as I have progressed through my studies here at the Springfield branch of the School of Metaphysics. For this reason, I have compensated by becoming more attentive to the dream symbols that show up in my waking world and used them for interpretation.

Recently, I was experiencing much suffering as I was trying to sort through the debris of my unpacked, unconscious mental baggage... until an opportunity unfolded for me. I had arrived early to class the Tuesday before our monthly movie night and was told about the school's basement, which had been left neglected and stale for some time. We went to check it out as a group, and I loved what I saw. In front of me were boxes and blankets, old spider webs and dust. Yet under the mess were beautiful, comfortable couches and a space that cried out for human activity. I knew at that moment I was going to use this as a Karma yoga practice for my own unconscious mind.

Later that week I returned; I cleaned the spiderwebs, mopped the floor, and sorted the boxes, completely changing the layout of this room. Through this practice, I came to the understanding that I had put a lot of pressure on my unconscious mind to be beautiful. Yet small things, like sorting and rearranging, had just as much impact on creating order as the decor. At times there were spiders and I was terrified. At those times, I had to reach out and ask for help; as with the mind, sometimes things we find get scary and it's okay to reach out. Just as the basement exists for an honorable purpose, so does the unconscious mind. Often, we throw things in our basements without a negative intention; however, the lack of care creates an environment where we no longer feel comfortable bringing others into those spaces. Over time, we can end up giving up on a space or feeling negative towards it, when it was just serving the purpose that we ourselves gave it.

In the end, Movie-night was a beautiful success. A great group of people showed up and laughed and cried together to Disney's movie Soul. We then had a great conversation afterward. This event gave me the confidence to open myself to thankfulness for my mental basement. I am striving for cleanliness and order before pressuring myself to make all of my unconscious thoughts and motivations beautiful. More and more I am learning to let myself spend time in the basement of my mind so I can see it as something more than a dark room to hold my mess.



MAPLEWOOD

Staying Connected

By Thomas Croft

Back at it again with another Vibes article. The month of December brought so many opportunities and awesome events. SiriAtma, a teacher at the SOM Maplewood branch hosted a gong bath. There were 10 attendees including myself. A gong bath is where a group of people lie or sit on the floor and the gong player plays the gong and participants soak up the healing sounds. It was a lovely and cleansing experience. A fellow attendee Paul DiZerega, an alumni of the SOM gave his experience. He stated, "SiriAtma's gong bath and the annual Vision Board workshop hosted by the new director, Nicki Koenen, were a wonderful way to close out the old year and look towards the new." Paul also stated, "I hope this duo becomes an annual NYE tradition for the SOM Maplewood branch." Awesome Paul, Thanks! I also spoke with Marcus Croft, my brother and also a student of the SOM Maplewood branch. He had the opportunity to observe Sherwin Rosenfeld's class this month. Sherwin is a Teacher at our SOM Palatine branch, which is located in the Chicago area. Marcus stated, "It was very unique, seeing people come together from different backgrounds to be a part of his class. He also stated that, he enjoyed how everyone was staying true to themselves and being honest about what they did and did not prioritize over the course of the week in doing their exercises and assignments. Also, he enjoyed an interpretation of Isaiah 55 from the Bible in the Universal Language of Mind. He stated, "It gave me new insight on dream interpretation, so overall a cool and wonderful experience to watch other teachers teaching teachers." Amazing, Marcus. Thanks for your comments. In the School of Metaphysics, we use the Universal Language of Mind to interpret dreams, as well as Holy Works such as the Bible.

Thanks for reading. We will be back next month to share more of our school's



BOLINGBROOK

By Sherwin Rosenfeldt
Director

I made a shift in my thinking and I started 4 classes in 2020. I started at the school metaphysics in May of 2012 and started teaching the fall of 2013, I have started more classes that I can remember. Most of them no one came. I had a few successes along the way. It was one of the most frustrating things I have done. The thought of starting a new class was frightening to me. So I had to change the thought I was holding about starting classes. First I started visualizing a class with 12 people, I even went into a classroom and sat in the teachers chair and visualized the class full of people. Still none. I put on my ten most wanted list a class of 10 people. I would flyer, post on Facebook, post on meetup, talk to everyone I came in contact with about the class I was about to start. No one came. It started to dawn on me I needed to try something different. The question was, what was it I needed to change? I talk to everyone about what do I need to change in myself. I received lots of suggestions. Some I was willing to do some I was not willing to do. So what was it I needed to change? I thought and thought and one day I had a thought come to me. If Love is connectedness and the true nature of reality is connectedness, then Love is the answer. The next step was how do I incorporate love into starting a class. The intuitive thought came to me to visualize a class filled with Love. The image I held in my mind was a classroom filled with students and a cloud of Love energy filling the room. I did not pick a number because that seemed like a limiting thought. So what happened, I started a new class with this thought and I started a class of 4 students, 2 of which I am still teaching. Then I started a short course and 6 people came to that. I started and 2nd short course and 1 person came to that. And then I started a mastery of consciousness class and 7 people joined that class and they are on lesson 8 and all still in class. The song says love is the answer, and I have come to know that Love is the answer.



HEADS UP !

WE HAVE A SOCIAL MEDIA COMMITTEE
and its mission is to gain exposure in media for all the
branches
through all sorts of social media formats. If you are
interested in contributing, please contact Nicki Koenen
at the Maplewood branch



INDIANAPOLIS

Teaching what I most need to learn...

By Stella "Lynn" Boggio

Recently, I just finished teaching a short course in Concentration. I taught my first short course in concentration earlier this summer.

Concentration is one of the Ten Essential Life Skills. What I have learned, through my studies at The School of Metaphysics, is that Concentration is the foundational skill that all other skills are built upon. This is true also of Undivided Attention.

When I first started my studies, at The School of Metaphysics, I was interested in many subjects, mainly in developing my intuition and my "psychic" abilities. I was also fascinated by past lives and astral projection. Little did I realize, at the time, how the skill of concentration would be vital to my soul's growth and development. If you had told me, early on in my studies this was true, I would not have believed this or saw the value in this learning.

When I reached lesson three, in the First Cycle of the lessons, I was introduced to my first exercise called the Candle Exercise. This involved gazing, at a candle flame for a designated length of time. This mental exercise helps the student become aware of his or her thoughts. In this manner, the student becomes aware of the space between their thoughts. This skill is introduced before teaching meditation.

As I continued to practice the candle exercise, I became aware of how many thoughts I actually had. In addition, I became aware of my productive and not so productive thoughts. I was amazed at how many thoughts I actually had in a day! All thoughts seek to manifest. Not all of my thoughts do manifest in the physical plane. However, being "unconscious" of my negative thoughts was not serving me anymore. As I became more aware of my true Self, the space between my thoughts, I realized most of my thoughts were from others that I was claiming as my own. For example, if I suddenly "felt" depressed and did not feel that a minute before, I realized I was internalizing thoughts outside of myself. Also, I became aware of limiting thoughts I had picked up from family, friends and culture growing up. The skill of concentration helped me discern which thoughts to keep and which thoughts to ignore.

As I started teaching concentration, I realized how one can fall back into old patterns if not mindful. When I get busy or feel "stressed" I have a lot of thoughts going on at once. When I teach others, I realize how the skill of concentration always has its benefits. Even doing a seemingly simple five minute breathing exercise, can calm my thoughts and bring more peace to my whole being. As I continue to teach, I am continuously reminded of this fact.

At the Indianapolis Branch we are focusing on continually teaching our short course in Concentration as well as a short course in Visualization. These courses are the foundation to move students into our main Mastery of Consciousness Course. As I continue to teach, I am experiencing the benefits of this foundational life skill that I can continue to apply to my life for health and well-being. I am looking forward to sharing this profound life skill with many more students in the future.



INDIANAPOLIS

Emotions Flooding-

Mickey Hughes

When you deal with a sudden loss your emotions are out of control. You have so many that you deal with and how to process is different with everyone. I know when I got a message on September 25th from my sister Stephanie saying that I needed to call her ASAP it was in regard to our sister Ginny. I told her I would call her as soon as I could. I was at work and was the only Manager on duty that day. I slowed down and was able to call her. She said I don't like to do this over the phone, but Ginny has passed away. I started to cry. My cook came out and asked if I was ok. I told her no that I needed to leave. She called our GM Melissa. She informed her that I needed to leave that my sister Ginny just passed away. Melissa hung up on her. Meanwhile Melissa texted me and told me that she was not able to get there until 6:30-7:00. Melissa was asking all kinds of questions how did she die? Was she sick? I was so upset that it did not even register to me. Did she think I was lying to her? Melissa texted me and told me that no one really could come cover me. I was lost for words. Did they not care that I just lost my sister? All these emotions were coming up in me. I was sad, hurt, and guilt. Did I not tell my sister that I loved her? I was a complete wreck with my emotions. I was not able to get focused or keep my attention on what I desired at the time.

I then called my husband Dave and let him know that my sister Ginny just passed away. He was like I'm on my way. He wanted to be there with me. I told him that I was not able to leave work that I had to stay because no one could come cover me. I had to and finish my shift out. After I got off work that night, I called Kerry. He was sorry for my loss. I think he then informed Dr. Diana. I could not sleep that night I was still flooded with emotions. I had worked the whole weekend because no one was able to cover me. I was wondering what am I going to do? I wanted to be with my family to aid them in the process of losing their mom and my sisters. I wanted to grieve with the loss also. I continued to work and keep what focus I had to get thru my shifts while my employees were saying I'm so sorry to hear that your sister passed, and you should not be here. I shared with them that there was no one to cover me. I finished the weekend, and I went home to be with my family.

Monday came and I had to get prepared for the travel to go to the school. I know that National Teacher's Meeting was that weekend. I had received a message from Dr. Diana stating that she wanted to connect with me about National Teacher's Meeting and what we were doing for the meals that was being served. She had included Vickie in the message that we all three of us were going to discuss about the meals and what was my thoughts for the meals. I had set up a time with Dr. Diana to do a zoom on Monday morning around 11 am my time which was 10 am there time. I arrived at the school early so I could be prepared to take notes of what we all were sharing. Dr. Diana and Vickie and Dr. Pam was in the meeting. They all sent their condolences for the loss of my sister. I had made plans to be there at the college. Even though I was still on the fence. I had stated that I would be there and after the zoom I received a message from my nephew that they were doing my sisters services on the weekend that I was not in town. I was so emotional that I was not able to make a decision. Was I going to have to choose between my souls' growth or my family? I then went to bed that night.

Tuesday, I woke up still uncertain what I was going to do. Kerry suggested that I reach out. Kerry was this is a thought could you call Dr. Pam and get some advice. It was about a hour later I reached out to Dr. Pam. I went into the back bedroom to have privacy. I listen to Dr Pam's suggestion and her and I discussed doing a meditation and other things. I got off the phone with Dr Pam and was processing what we had just talked about. I was still unsure of what I was going to do. I then did the suggestion of Dr. Pam I did a meditation which aided me in have a more clear image of what I was desiring. This was due to I was able during meditation to connect with my sister. When I connected with my sister I was able to get more grounded.



Wednesday came around I felt the need to talk to Dr Diana again. I had shared with her my thoughts. How I was torn between my soul's growth and my family. Dr Diana stated that its my choice what I wanted to do. I remember my lesson that I was studying which has astral tubing as my exercise. I had shared that with Dr Diana. My only concern was if I went to the college that weekend was I able to have time apart from everyone since I had not had time to grieve for my sister. Dr Diana said I would be able to have the space that I needed. I wanted to still take part in serving the whole.

Thursday came and I had to prepare for work and had to prepare for the travel to the college. I headed into work did my shift. I had everything packed and ready to go. I decided to leave and start my travel. As I was traveling, I know that each weekend that I spend at the college is healing for me. The college is filled with healing and loving people that care for me very dearly. As I am traveling, I was setting my Ideal Purpose and Activity for the weekend. Which my Ideal was Love. Purpose is peace and serenity. Activity to connect with everyone that cared for me and to heal.

I arrived early Friday morning to the college. I was greeted with lots of hugs and loving presence of everyone that was already there. Dr Diana came and gave me a big hug to me and was asking how I was doing. I was ok. I then went into the main house to where Dr Christine Brian Vickie Mavis and many other area directors were there in kitchen. We had stated to prepare things for dinner that night. I could feel the healing and love as we prepared the salads for the dinner. We even prepared the apple carrot salad for the following days meal. We departed from the kitchen and I went to get a room to where I was able to have time to grieve. Every night since my sister passed, I would wake up and cry. I did not want to disrupt others from getting sleep. I had spoken to Dr Diana and let her know how I was sleeping at night and I would like to have a space to where I would not wake others while they rested. Dr Diana has spoken to Amy and asked if I could have the room that she was staying in and Amy agreed. I thanked Amy with love and gave her a hug. Later that afternoon more teachers were making an appearance. Then we all gathered for dinner that night to share our Ideal Purpose for the weekend I shared mine then and then we all headed to bed.



Saturday morning, we had activities scheduled and I had planned on attending all of them. I had discussed with Dr Diana what time my sister's services were on Saturday. She said I was able to leave and connect with my family. So, at 11 am I headed into the main house. I was getting ready to connect with my family. I was doing astral tubing to connect. I came in and Vickie was in the kitchen and I asked her to aid me to be able to go deeper into a calm state of being. She did a breathing guided mediation. I then started to do my astral tubing exercise. I tubed all the way to my family. I even had a friend with me named Sam. Sam is the dog at the college he is connected to the college and connected to the ones that are there. This was the first time that I have someone go with me on my astral tubing. This was the most amazing experience I have had with my exercises. I did not realize how connected Sam was until he went with me. Later I joined in the rest of the activities that were scheduled. I went to the workshop that Dr Diana did outside the peace dome. She had asked us to share. I had stood up and shared how I just lost my sister and that I was very happy to be around such loving and caring and healing people. I had not shared that I had lost my sister with many there that weekend until the workshop with Dr Diana.

What I had gone through with my emotions was scary. When you meditate you can ask questions and you can connect with love ones. This is what happened to me with my meditation. I was able to connect with my sister many times. My sister knew I loved her and what I was doing with my life was bettering myself. My sister aided me in grounding myself. To be able to work thru the emotions and to think more clearly. When we place our attention on things that we don't desire the more they show up in our lives.

National Teachers Meeting this time was a very different experience. I achieved my ideal and purpose for the weekend. I received a lot of love healing peace and serenity that I was wanting to receive.

FROM THE COLLEGE

A Time of Sacred Seclusion and Responding to Needs

By Zack Bush

The past month here at the College of Metaphysics has been one of going within and harmonizing with the elements. As much of you are aware there was a big cold front that moved in the last couple weeks and here at the College of Metaphysics we have experienced some of the coldest weather on record. Dr. Daniel even said that he can't remember the last time we experienced so many cold days in a row and also, he can't remember it ever being this cold in February. With all this winter weather happening so late in the winter, we here at the college had plenty of opportunities to go within along with opportunities to respond to needs as they arose.

During this past month we all were experiencing what some native american tribes describe as, "Sacred Seclusion." It was a great time to go within and reflect on what it is we want to create in this upcoming year. I know for myself, when I would feel myself experiencing depression from feeling cooped up, I would put my attention on what I want to create this upcoming spring, such as a successful garden and I would move from the depression. I know in a lot of ways Vickie Barbour was experiencing this also. Vickie talked to me about an experience she had where she felt herself kind of "crash" after she spent a couple days being really productive preparing for third weekend here at the College of Metaphysics. She was moving and grooving getting things done, and then she kind of ran out of things to do, so she was forced to go inward and assimilate her experiences. She had really good Self-awareness through the whole thing because she learned how a lot of the times she doesn't give herself the time to assimilate and just keeps going. She talked to me about how she is learning to really value these times of assimilating. I think Vickie's story is a common one for most people and I truly believe that her being here at the College of Metaphysics aided her to learn this valuable lesson of just how important it is to assimilate our experiences, or else we just move from activity to activity without ever learning through our experiences.

Along with our Sacred Seclusion time here at the College of Metaphysics, there were also alot of experiences where we got to respond to real needs. Dr. Tad showed me what needs to be done to winterize the different houses on campus, such as making sure to leave water trickling and checking furnaces. The farm animals also needed special care and attention so that they could survive. In Maslow's hierarchy of needs he says the basic needs for humans are: air, water, food, shelter, sleep and clothing. During this harsh weather I really got to get in touch with and developed a deeper appreciation of these needs. I felt myself highly motivated to make sure the people living at the college and the farm animals had these needs met. It was really envigatoring and motivating for me to do this. I learned that when I can sense that the needs are real, it is really easy for me to visualize what needs to happen. It made me think about the School of Metaphysics' teachings on visualization, where the first step is to have a real or imagined need. What I learned about myself was that when the need is real it is easy for me to create, my next step is to learn how to develop imagined needs. It seems that I have to exercise my imagination more. It was a really great realization and I don't know if it would have been possible without having this experience at the College of Metaphysics.

So as we move from the winter season on into the spring season here at the College of Metaphysics, I give thanks for all the experiences of Sacred Seclusion and having the opportunity to respond to real needs. I look forward to creating and growing with my fellow college student, Vickie Barbour. I think that as the weather begins to warm, our souls will too as we continue to learn about that which is permanent and lasting. The College of Metaphysics truly is a sacred place where learning is accelerated and magnified, I am blessed to be here.





You've probably heard of the benefits of **Sun-gazing**. It is a practice of absorbing chi through the eyes. It's historical value is far, wide and deep. In space, it circumnavigates the globe. In time, it bridges distance, the measure of relativity.

No matter where we are on the planet, the sun shines. Even when there are clouds, or we may enter a tunnel or cave, the sun lingers as a memory. The sun is the common source of light for all living things on planet Earth.

Dream about this for a moment. Let it rest in your concentrated mind like a glistening jewel might rest in your opened hand. The sun gives light to all the world, and everyone and everything in it.

As an element, it is fire. As a form it is gas. It moves, expanding. Allow the light to open your Mind. To reveal what can be seen. Ah! A cardinal's red feathers glisten like rubies against the white fallen snow. It matches the red parka of my neighbor who faithfully walks her dog every morning around 7.

What does the sun allow you to see?

It has not been so long ago that the genius in human beings created artificial light. Artificial light is the kind that - like magic - seems to just appear at the flick of a switch!

And what is the source of these inventions that make living easier?

NASA Confirms: Sun Gazing Has Healing Properties

Ever wanted to be in more than one place at a time? That's right, I'm talking about the super-human abilities that can be gained by those who follow the protocol for what's known as sun-gazing, a valid practice recently confirmed by NASA. Many proponents of this ancient technique, used by many cultures such as Mayan, Egyptian, Aztec, Tibetan and Indian yoga, report not only healing benefits to common illnesses, but obtaining superhuman abilities such as advanced telepathy and going completely without the need for food...

Sun-gazing is a practice also called the HRM phenomenon, coined as such after Hira Ratan Manek, the man who submitted himself to NASA for scientific testing....

read more...<https://www.wellnessoneofredding.com/blog/60878-nasa-confirms-sungazing-has-healing-properties>

I recall a past life profile that was given for a student in New Orleans in the mid-1980s. He was present for the reading and as he heard the first words from her lips, his eyes widened. He had been a male in Egypt. He gently shook his head and glanced at me, I nodded in accord, as the reporter said,

“This one invites the dawn into the temple structures through relationship with the sun.”



The line was captivating, and she went on to say he was a master at measuring angles through sungazing. It was the first time I had heard of the practice. What made the student and I smile? At that time in his life, he was a newly retired military officer whose life work had been developing remote viewing surveillance.

Sungazing now has a rich online ‘Google’ accounting. From the 98% of sunlight that enters through the eyes to neuroscience of melatonin and serotonin to the pineal gland and crown chakra stimulation, sungazing is being mapped out in the information age. The alarm has sounded, and we are AWAKE! And OMG! so much to read, do, practice, learn, etc. etc.

Take heart! Do not be overwhelmed. Stay focused.
Be calm. Bring one piece of information into a single practice. Appreciate sunlight. Want to increase your understanding.

Love the Sun. It links you with your core. Connects you with who you are as a radiant Being. Gaze with soft eyes at dawn or dusk. Receive Chi, our life force, directly from

the source in our natural world. It is available to us anywhere.

Just 360 seconds with the Sun is a complete journey that will linger throughout your day, into your night time dreaming. I have learned that Sungazing is both science and art. In the time of dusk we close our day. In the time of dawn we close our night. I call this awareness ‘Twilight Dreaming’, the theta state where all intuitive reporting is accessible. During the day, SOM students call this ‘**Intuitive Happenings**’. During the night, we call it **Dreaming**.

Thank you for reading. I trust the ‘**Light**’ of your attention here fulfills you, and that when *sunshine* appears as a symbol in your dream you will better understand its meaning.”

REFLECTIONS / JORGE CANDELARIA

by Gino, Doug, Gloria, Travis

“The Truth is in the lessons. The teacher merely adds the love.” – Dr. Daniel Condon. The learning, training and guidance offered by the School of Metaphysics are incredibly robust. For me, it was one of the greatest gifts I have yet received. I’m still in awe that something like this exists so accessibly on our planet. Yet the lessons alone do not make our School -- for every class has a teacher, who has attracted their students by divine providence. They add the personal touch, tailoring the teaching to the best needs of each and every student. Today, I want to celebrate my teacher, Jorge, as he goes on to respond to that sacred need of his family. Forgive me if this is a little long. He taught me a lot, and I want to make sure I write it all down.

If you asked Jorge his main focus in spiritual learning, my guess is that he’d say emotions. In his own words, he always taught me that “emotions are the gas that runs your car”. Emotions are the energetic fuel of our lives and creations. Yet, so often do we and our students find emotions to be the roadblock of our progress. This is because we become addicted to our emotions which become habitual and unconscious. If this sounds like you, do as my teacher taught me. Every day, write down your emotions in the morning, at noon and at night. As the weeks go by, see if there is a pattern. The awareness alone that “I get pissed on Mondays” may be enough to set you free. Once your emotions are understood they must be experienced and used. I once asked Jorge if I should only use positive emotions to manifest my desires. He just gave me a puzzled look and responded, “Who told you that?” All emotions can be used to move us forward, and it is naïve to believe that our angers, sadnesses and pains don’t have a place. The wisdom is in knowing how to use them productively, instead of venting our pain and causing harm. We are responsible for our emotions, good and bad is irrelevant.



In fact, we can use some of our worst emotional experiences for some of the greatest healing. Jorge taught me this process. When we have an emotional reaction, more likely than not, we are not responding to the immediate environment but are in fact responding to memory -- memory of trauma, pain, embarrassment, limitation. These memories usually finding root in our childhoods. Every time we experience the reaction we have this opportunity. “Take the emotion and turn up the volume,” he taught me, “Make yourself grrrr” (imagine a small, muscly man gritting his teeth and clenching his arms, it’s a little funny but I swear it works!). Follow this energy, follow it to your feelings then to your thoughts behind them all the way to the memory of what happened to you. Once there, you have direct access to the wound to be healed. Recontextualize it, send it love, reason with it, say “I’m not that scared little kid anymore” as Jorge instructed me. Do whatever works for you, as sometimes awareness is not enough. We must do the work of healing.

In my teacher, I saw a man who strove to live with integrity and who sought to instill this lifestyle in his students. Integrity to Jorge could likely be summed up as “acting the same way when people are watching and when you close the door at night”. He taught that we must always be living our ideal, applying our principles *daily* so that our consciousness will always grow. We must fulfill our responsibilities the best we can, lead by example, live by our highest values at all times and do our exercises every day. This was the image I received of the integrous student from my teacher. Jorge impressed the importance of responsibility and the opportunity in living responsibly.

“Just give Gino,” he said to me once. “Give 100% in whatever you do. You might not get it back where you give it, but eventually you will receive.” We must always live our values as a lifestyle, so that our mind may grow. I remember coming into the Bolingbrook branch more than a few times looking, well, terrible. At least that’s what Jorge said before he asked me what was going on. I complained, partly jokingly, that I felt so overwhelmed. I was discouraged that after having put in so much work to master what had come before; here I was again, feeling like an incapable child. Jorge however encouraged me, said I was even on the right track. He told me that we must always seek to master our present circumstances then move quickly onto even greater heights. In this way, he explained, we remain forever humble. We never have the chance to rest on our laurels until we are so seated in them that we look down on others who cannot do what we can. “Stretch yourself until you feel comfortable then stretch yourself again.

This way your mind will never stop growing.”

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One way to stretch ourselves and live with integrity can be done easily by being on time. I remember a stretch of time where I was habitually late to his class and still remember the look on his face when he asked me, "Gino, what's a good excuse for being late?" It's funny to me now but I had no answer. Punctuality is a sign that we care for others and honor our responsibilities. We spent probably about twenty minutes on that alone one day. It was not a comfortable time for me; and while I cannot speak for my classmates, they didn't say much either. But you know what? I was never late again.

As a student, as a teacher, do not be afraid of the value of a sometimes firm hand. Being direct, being frank and honest about our limitations and the problems they cause in the life does not usually feel good in the moment, but it is always a gift when said with love, even if it comes out as tough love. Don't be afraid of those sacred words my teacher once told me, "If you're coming here every week but not doing your exercises then you're wasting your time."



Everything is a process. Life is a process. Discipline is a process. Creation is a process. Everything is a process. Jorge beat these words into me, and I am grateful he did because week after week I would turn up to his class and share that I felt guilt. Guilt that I was not being as disciplined as I wanted to be, not as far along in my creations, not as close to my ideal as I desired. The distance I felt from my imagined images caused me pain, and that pain infuriatingly enough made it even more difficult to put in the effort that would supposedly end the pain! In ourselves and in our students we will surely find that putting our attention only on the goal, the destination, instead of the *process* will only make our forward motion that much more difficult. "But," I would say, "instead of doing exercises, I just watch YouTube...a lot of YouTube. I hate it but I...I can't stop." Jorge regarded me kindly, calmly. "Gino, whatever you need to do, let yourself do it without guilt and then be done with it." This too, he explained, was just another part of the process. "Life is a struggle, Gino. Honor your struggle. This is just where you're at right now."

I thank the Lord for giving me what time I had with Jorge. Sometimes, I still feel behind or lacking. A less 'metaphysical' part of me sometimes thinks that the Lord took Jorge away from me too soon. That he had more to teach me, which really meant I feel guilty that I couldn't apply what he taught me sooner. But I am wise enough to know that there are no accidents in the Universe, only perfection in Superconsciousness. For anyone who reads this article, I thank and honor you for letting me pass on the wisdom and teachings that my teacher passed to me. Honestly, I did it mostly for myself, to help remind myself that whatever he gave me is still within me and is just in the process of manifesting. Your light, Jorge, was never wasted on me nor any of your students. So here's to the next chapter of your life, as corny as that sounds. Your mother is a lucky woman.

Regenerative Agriculture Article February 2021

Two things to report: first, the Board of Directors considers the NRCS grazing incentive; and, early spring Elderberry propagation.

Remember that regenerative agriculture mean that the farming principles employed always leave the land more nutrient dense. In our case this means that we intend to utilize rotational grazing so that the cattle are moved sooner so as to encourage the forage to recover faster. The NRCS program provides us fencing for interior paddocks and water tanks for greater access to fresh water so our rotational grazing programs enriches both the soil and the cattle through better grass quality.

The elderberry program enters its second year and the exciting thing is that this year's starts come from our own plants grown here at the college. The Third Weekend in March is when we will have three cutting/potting workshops as planned so far. We will cut some starts Friday afternoon at 3:00, Saturday morning at 8:30 and again on Saturday 1:30 in the afternoon. Anyone attending will have at least one or two potted starts to take back to their schools and then may use what they have learned to create starts from your plant(s) from last year. Because elderberries are highly prized immune builders, many stores sold out after Covid last March. Help your school branch be Whole Functioning and set a community example for food independence. Potting starts from your own plants could be a great fundraiser as you help educate your community.



Educational Events in 2021

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: #84 The Proof

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.

Kerry Keller: #32 Intend

There will always be paths untraveled. The Universe Itself is expanding, evolving. Be on earth carving your destiny of Light. Centered in your apprehension that it has been there all along, calm in your knowing, it is the source, a beginning.

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