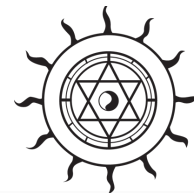


The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort, to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.

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.

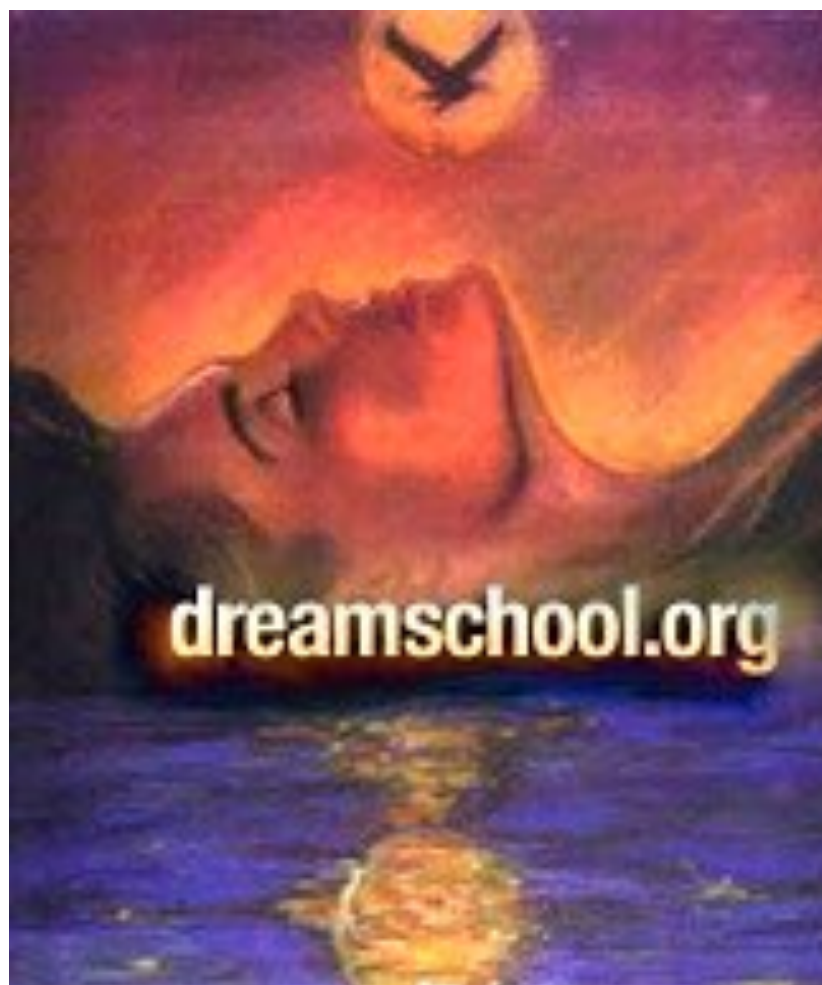
Vibrations



A Monthly Newsletter

NATIONAL DREAM HOTLINE®

Three Free Online Dream Classes on
Friday, April 23rd, 7:30pm EDT
Saturday, April 24th, 4:00pm EDT
Sunday, April 25th 4:00pm EDT



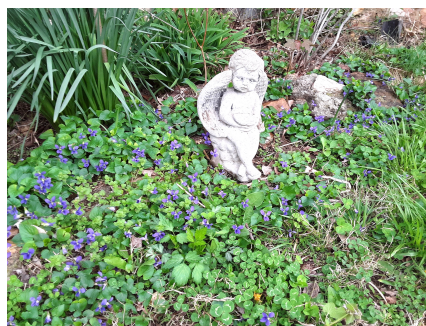
WHAT
IS THE

UNIVERSAL
LANGUAGE
OF
MIND

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DESMOINES

MY Growth Story

Frannie Reeves

Four years of attending the School of Metaphysics (SOM) has changed me. I'm starting this post with no clear direction, and have deleted the first sentence more than I care to admit. This post is important though, I just feel it. SOM has provided me with the stimulus for my personal journey and helped equip me with tools to access continuous growth.

The School of Metaphysics is a non profit organization based around Self awareness and personal growth. Learning is supported through teaching four disciplines for the purpose of ushering in intuitive, spiritual man. Those disciplines are concentration, visualization, meditation, and dream interpretation. The lessons that are given hold perspectives on Holy works, Universal Laws and Truths, the 10 essential life skills, and how the mind works. The school only has two rules, come to class and do your exercises. Being in class is where you are able to discuss the lesson's perspectives and what you are experiencing in your life as well as your exercises. The exercises compliment the lessons you are working on and allows for the application of metaphysical ideas and practices in you daily, waking life.

I am in the second cycle out of four that are offered, not including short courses. There is not a time limit on any of the applied metaphysics courses. The reason for that is, the lessons are meant to draw out and draw to you experiences and opportunities for self awareness and growth. It isn't always pretty or easy and SOM creates the space to experience those ugly things in a place of nonjudgement and honesty. For me, cycle one broke me down and exposed my festering wounds that needed to be healed. What I found in SOM and my class, was a community that loved me unconditionally, which in itself was hard for me to accept in the beginning.

There is no time limit on the classes because personal growth is all about the the day to day experiences and what choices you make, not earning a certificate, which we do get at the completion of each cycle. At the beginning, I felt I finally found what I needed to prove my worth. That if I completed my work and gained a certificate, I would be worthy of something more. Now, I can say my ego has transformed and I can laugh at how I used to be. Hindsight is a hell of a drug.

For me to explain my journey, it is important to know where I started. My first class at SOM was the day before my 24th birthday. At that time, I was incredibly self centered, very cold and guarded within personal relationships, but mostly, I was angry. I was always so fucking angry. I was on top of the world in my own little fucked up universe.

As a child, I experienced sexual trauma that triggered the onset of dissociative disorders among other mental health challenges. I still don't remember anything between the ages of 8 and 11-ish. I will see pictures from those times or hear my mom tell a family story to just feel a deep ache in my heart that it wasn't me there. I was an adult before I understood what really happened to me. Since I had no memories of my trauma, it couldn't impact me in any way, right?!

I also moved around a lot after my parent's divorce. Attending 8 different schools provided a lot of opportunities to play with my own identity and labels while simultaneously experiencing isolation. I "learned" who I was early in my life and built high and heavily guarded walls around myself to keep the world from ever telling me who or what I needed to be.

Most of my middle/high school relationships were extremely toxic to say the least without going into details. I knew I would be leaving an area within six months, so I walked around with a chip on my shoulder and "fuck you" attitude to anyone that tried to tell me I was wrong. I also got into a lot of physical fights because at the time it was a release of all the anger I felt. I was actually proud of the number of broken



I lived on my own senior year of high school and graduated early. I met my partner in April of 2011. For me to be able to say that he is still my biggest fan nearly a decade later says more about his kindness, compassion, ability to forgive and love unconditionally than my words ever could. Although at times I can say he was an absolute idiot for staying, I'll never stop being grateful that he has stuck a round.

The time between high school and SOM, I worked random jobs- I have been an apple buddy, an adult store clerk, manager of a coffee shop, to even selling kid shoes in the mall. I had zero interest in finding a career because I still have no clue what I want to be when I grow up. Thoughts of working a desk job or even working at a "career" job for years still drains my brain of all serotonin. All of the jobs I have worked provided me with an area of play and fun in my life. I love interacting with people and those jobs fulfilled me through small talk and a paycheck. Surface conversations kept me connected while never letting anyone really know me. When I started classes at SOM, I was the door girl of a strip club.

My SOM journey began because the small voice, the little girl dreamer in my head that would whisper to me, "there's gotta be something more," was no longer a whisper. I was broken and feeling trapped in my human experience hearing internal screams of "WHY ARE WE HERE?!" I remember the feeling and the darkness that accompanied it. I blamed other's for my unhappiness because through my trauma, I became a people pleaser and I was spending all my time being a supporting actor in some one else's story while I neglected my soul. I decided to turn to the stars. I attended the Iowa Metaphysical Fair, looking to get tarot readings, past life readings, healing, ANYTHING to give me some sort of purpose. It was a Dreamer's Dictionary book raffle, and the sweetest soul of my future teacher, to place a pamphlet of upcoming classes in my hand, and in that moment I knew I had to at least check it out.

I took the class beginning the day before my birthday as a sign for me. I still remember the feeling in my guts as I pulled up to the SOM building (a gorgeous house on University in the Drake area of DSM). I was captivated from day one and have been going back every single week since.

After the first few weeks of classes, finding my routine in being a newly born metaphysician, I began to actually do the work. What I mean by that is, when I started, the purpose for doing my exercises was purely to be a good student. That's what I should be to get the most out of classes. Then we got the forgiveness lesson. There is an in class exercise where we wrote down what our most unforgivable action is. We were encouraged to really go deep and be honest because we weren't going to share. As I wrote mine down, seeing the words on paper, no longer a secret stuck inside my head, I had the epiphany that this was being honest.



Since no one had a lighter to burn the pages, we were asked to destroy the paper and throw it away while being asked to forgive ourselves. I knew I wasn't going to be the same if I actually forgave myself for what I have done in my past because what I learned through the lesson. In the forgiveness of the Self, you release blame, shame, and even guilt. Before I could forgive myself, I had to be truly be honest with myself about my perceived shortcomings. When I got home from that class, I chose to write down all the things I thought I needed to apologize to others for. I got incredibly specific and by the end of my writing, I was crying deep sobs. It was the first time I cried in years. I saw how I hurt people and began to see me, for who I was, and I was ready to be different. It was the most painful experience I have put myself through because I knew what I was doing wasn't sustainable. My heart, my body, my mind, my Self, was tired of exhausting my energy on defending my walls and who I was because I wasn't making choices out of love, I was making my choices out of fear of being hurt.

I spent the next two weeks crying and asking my partner to forgive me and to keep loving me even though I was the biggest pile of hot garbage shit to ever be a burden on the planet. After those two weeks of deep, deep, deep diving into my dark abyss, I had a meditation experience that created the space I needed to forgive my Self. I felt different. Peaceful, hopeful, renewed, grateful.

As profound as that experience was for forgiveness, the main thing I took away was that I needed to do the work. I can say a thousand times over that I am this or I am that, it is with my actions that solidify what I believe to be true into knowing it is true. When I understood the purpose of doing the work was for me, my whole perspective of why I was brought to SOM changed.

I changed. Since beginning at the school, I have found a community of people that love hugs and love unconditionally. I have felt supported in all of my personal choices and held accountable to be a greater version of my Self. I am so filled with gratitude to continually be a part of this community in new ways. I am blessed to have taught first cycle and short courses. I feel I am finally understanding what it means to be a whole, functioning Self, not dependent on any person, place, or thing or peace, contentment, or security. Be kind to each other and I love you, just because you are.

Indianapolis

Learning Self Love and Self Value

By Stella "Lynn" Boggio

When I think of self-love and self-value, many thoughts come to mind. For many years, I could only see the negative in various situations. In fact, I have been negative most of my life. This was a learned behavior. I learned it from my grandmother and my mom. I learned this pattern very well. Actually, I learned this behavior so well; I did not even realize when I was being negative. I also tended to attract others who were also negative and liked to complain. When I started my studies, at The School of Metaphysics, I began to learn exercises to help quiet my mind and evaluate my thoughts. My negativity started to lessen, however, there were still some challenges I was facing.

My negativity frequently took the form of always looking at what tasks or goals I did not accomplish instead of what I had accomplished. For example, when I would update my 10MWL, which is a list of ten desires or goals I want to create. The number one spot on the list is what I desire to create most, with the following desires in order of importance to what I want to accomplish. It is recommended we revise our list at the end of two weeks.

What I have noticed lately is that I would tend to look at what I did not accomplish instead of what I had accomplished in relation to my goals. I would totally dismiss any efforts I made in creating my life.

My Area Director, Kerry Keller, is teaching the Visualization Course. I wanted to take this course again to have more clarity on the process of visualization. I know this is an important skill in releasing my tendency to be negative. One of the exercises, in the first lesson, is to make a list of one's accomplishments at the end of each day. These can be seemingly "small" accomplishments such as making one's bed or holding the door open for someone. However, when this is practiced day after day a new pattern is developed. This also helps develop new brain pathways. We are where our attention is. When I started putting my attention on what I have accomplished, I notice my negativity subsides. I feel lighter and more positive. I see possibilities where I once saw hopeless situations. As I continue to practice this exercise, I shift my consciousness into higher states of well-being.

I am also realizing the value of play in my life. Part of my negativity was being too serious. That is another pattern I would like to release. Laughter and play make everything lighter and truly puts events and circumstances in Proper Perspective.

I am grateful for the awareness I have received through my studies at The School of Metaphysics. My most recent Health Analysis encouraged me to "not be intimidated by the negativity that is rising. It is becoming stronger because this one is reaching a precipitous where there can be a leaping off so to speak to a new form and therefore there is the movement of the total release of those thoughts that have brought this one down." This report encouraged me to keep on my journey of soul growth and spiritual development. In this manner, I can become my most authentic Self and share my experience and hope with others along this journey we call life.



SPRINGFIELD BRANCH

Life Is But A Dream.

By Kimberly Clarkson

It's Ego Season at the School of Metaphysics! Consciousness is rising and the discussion around stepping back and being the experience of sight or sound, rather than that-which-is-feeling the experience of sight or sound, has become a new topic among our local school-goers and meditators from the community alike. It is good to examine physical experience, rather than label it. Many people in the world are struggling with the illusion their egos have cast before their eyes and ears. The ego pulls us outward, distracting us from what is within: the vastness of Self. It tells a story and dares you to believe it, then gives you the pride to take that dare!

Not only do we humans have to deal with our own stories, but we are also constantly faced with stories in relationship with others. You're too clingy, you're too loud, you're too quiet. Everything we believe about ourselves, every story we tell is on display in our worldly relationships with others. As a child, I was always "too" something, and the "too" became too much recently. The topic of ego kept hounding at me through the coursework and meditation.

I knew there was something in me howling to come out, but another something in me refused to listen. During the circle of love our class does each week, I finally let go. As I expanded over the school, the earth, the stars, my soul howled. The planets moved faster past me as I howled, echoing through the universe as far as my light could expand. I saw the singular light larger than my own and I burned. The howl my ego had always felt as the heat of anger became the flame of passion, transforming in front of me to become the greatest love I have ever felt. I and the Father are one, I and the Father are one, I and the Father are one.



Every moment of intense anger I had ever felt revealed itself to be deep love. My ego told me a story long ago that I was not made for love, that I could not have it. I did not deserve it. My ego would never let me feel that feeling in my body as love because it would have to hold that energy inward, it would have to shift vibrationally. It would have to take responsibility for the boundaries love puts in place to protect our divine dignity and higher purpose here on Earth. Instead, It took that energy, and It lashed outward as It transformed that energy into anger. We all vibrate, we all feel the energy within. The ego simply wants to stay safe, stay comfortable, stay the same. When surges of energy come, it doesn't want to hold it, harness it, vibrate with it, it wants to stay the same. Yet we are fluid, beautiful expansive beings who flow like a river. Heraclitus put it best when he said, "No man steps in the same river twice; for he is not the same man, and it is not the same river."

We can allow ourselves to flow with the experience without the label - Love feels like anger, feels like sadness. Sadness feels like grief. Grief, like love. It is all energy, it is all vibration. We need not reject the experience, we need not live in the ego's narration of experience. Without inhibition, we can cry, dance, howl, express our truth, do what we must do while we accept the vibrational change of our physical body. We need not worry about the fuse burning out, we need not fight the energy surges. We are vibrational, spiritual beings who are loved, and we can learn to love the physical limitations of the human and trust, flow, and become like the river.

Tulsa

The Art of Spiritual Renaissance

Vicky Hensley

The Tulsa branch had a class that was doing their class project this month. What was wonderful to watch was not only each woman defining and expressing what was most important for them and at the same time their development of such beautiful art. They were able to do this through Zoom and Facebook live streaming. Which reached more than 100 people. They met their goals of their class fundraiser and more importantly they grew together individually and as a class. It was an honor to watch these women express themselves and give joy and love. Here are the lessons of growth each one of them would like to share.

Our class project, The Art of Spiritual Renaissance, was a beautifully told story by our three class members. Our project was blessed with detailed upfront planning that then allowed us each to develop our own talk as well as create original art that spoke to our continued spiritual rejuvenation. As an artist of



many years, I was aware of the Universe's influence in my artwork. However, as we turned our creative talents toward developing art that expressed our ideal (mine was present moment – peaceful state of mind), I realized an even greater degree of involvement from the Universe – at times leading me step by step.

The seamless end product was testament to our spiritual journeys. The entire event was planned with joy and expectation – a true bringing together of three souls into a closer relationship. The trust we placed in one another, the calmness when the live video didn't work as planned, the oneness of mind we shared, and the heartfelt sharing was a testament to me that events can be free of personalities and control efforts. We have experienced unity in love and the shared passion of our group relationship.

Tulsa
Class Project Experience
Audrey Brixey

The learning and experiences I gained from this class project have propelled my spirit forward far more than I anticipated. My personal ideal was potency, and I had chose this to gain courage, bravery, and self confidence in the previous events. I had experienced potency of other emotions along the way such as; anxiety, self doubt, and need for perfection.

What I inherited, fortunately, was I have the strength and understandings within my Self to express completely what I feel. I was able to make decisions on my artwork without outside validation. I was able to communicate through honesty, love, and excitement what this school means to me. This has become another amazing example of how the lessons I have learned from The School of Metaphysics have helped me heal from previous negative thoughts about my Self. I have been able to use the tools provided to reprogram my thoughts with my Self, my creative expression, and communication to others. I am so thankful for this enlightened path to radiate more in my life, and I am in high hopes that all of our messages touched other souls to now understand there is a place that can guide us all to wholeness.



TULSA

Class Project Experience

By Mary Adkinson

The class project was something I was very hesitant to do in the beginning. But now, after seeing the finished video, I am so proud to have been part of such a beautiful message. Audrey, the project leader, worked her heart out to make it work. When we had technical difficulties getting the live feed started, Mandie Renner and Audrey Brixey handled things with patience and grace. Well done, ladies. My class mates, Vicky Hensley and Audrey Brixey, are beautiful souls and I am honored to call them friends.

When I wasn't sure what I was going to say (I don't share easily), I trusted my heart and higher Self for the right words. They didn't let me down. What was in my heart just came out, and it couldn't have been much better. Sharing my art work is exciting, too. It's unique, but inspired pieces always are.

Perhaps in the future, I will have the opportunity to share other pieces. I am grateful for the opportunity to learn through this experience and discover that I have value and can bless others with my art. Thank you, Mandie Renner, Wendy Vann, Audrey Brixey, and Vicky Hensley. Together we did it!

Mandie Renner and I were very proud of this extraordinary event and these wonderful women.



Palatine

Teaching – A Taste of Non-Attachment

By Gino Crededio

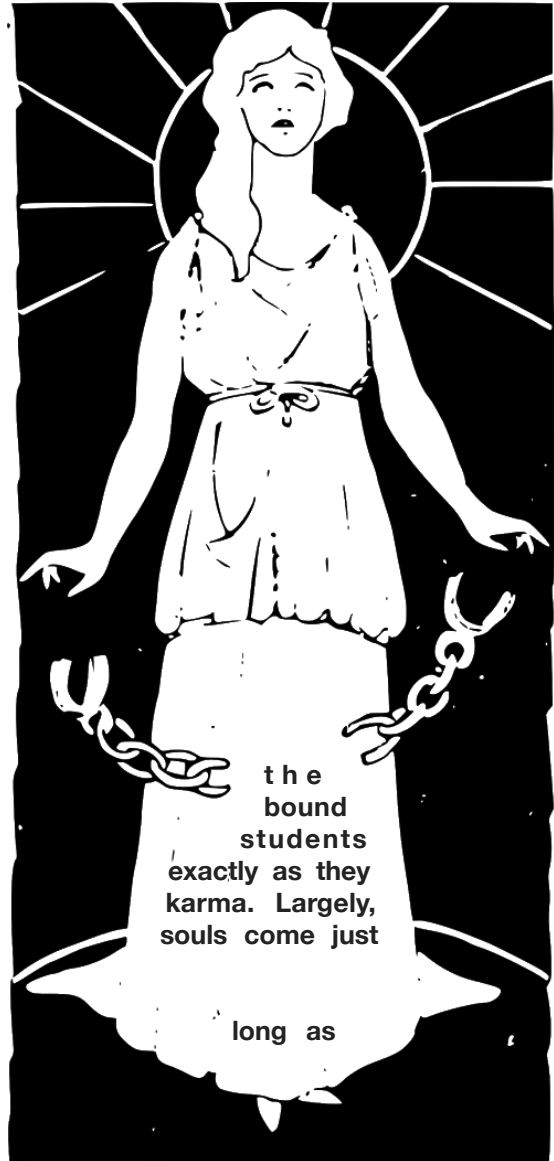
When I set out to be “spiritual”, non-attachment was a virtue I often saw touted and one that easily resonated with me. When I became a teacher, I always set out to be non-attached to my students, and as a director even more so.

So, I put out my intention to attract a “large class”. By Lesson 1, I had 11 students. By Lesson 3, I had 10. By Lesson 6, I had 7. Lesson 8, I had 6. And now at Lesson 12, I have 4. Some were easier to let go of than others in my mind, but each and every time I’d always say “These are the ones who I’ll bring through to the end.” Each and every time. And I would be lying if I said that I am at peace with every student who left. It can hurt when a student puts their name down for lab positions and is attending meetings one week and be gone the next or won’t talk to you when you try reach out to them directly and then it’s all too late and they’ve made up their minds. I felt like I failed them, like I didn’t do enough or I didn’t do it right. And if you’ve been reading closely, you’ll notice the word “I” written 19 times (20 if you count the one in quotes).

It’s easy to become attached to our students, the relationships we make and the promise of future creations and growth that you’ll share, but ultimately what is it other than the ego that becomes attached anyways? Who other than the ego can “have” a student at all? Thus, perhaps it is non-attachment that can save us from ourselves and the suffering that may come when souls merely explore their nature of freedom -- coming and going, intermingling for a time, receiving and giving and then wandering off to explore the Universe for better or worse. Remember non-attachment doesn’t mean you just let people go or that you don’t try and reach out or problem solve, just that we only have the right to the effort we give not the results that come of it (Bhagavad Gita 2:47).

You know, in a way, maybe I even attracted this experience to help me learn my ideal of non-attachment and unconditional love that I can give to those who I am not to and are not bound to me. Never lament those lost or wrongly assume that our lives are any less than perfect are. In our human condition, we really only ever guess at it is beyond our sight. As my teacher once told me, “Some for a taste.”

Well, I may not have gotten to *keep* my students as I had visualized, but I can tell you about what they gained in that short time anyway – better relationships between mothers and daughters, the power to transcend alcohol, a once dedicated spiritual practitioner recently recovered from cancer regaining his sacred practice, the power to overcome overwhelm and teach others the same, the ability to plan a direct a prosperous event, lifelong friendships, some amazing conversations and valuable instruction in the lifelong arts of meditation and concentration. Just a little taste though, right?



Maplewood Collective Collaboration

Thomas Croft

Back at it again with another vibes article. The School of MetaPhysics Maplewood Branch held movie night's and a Manifestation workshop over the last couple of weeks. Jessica, Kelly and I were the leaders of movie nights on Friday. This will be a continuous event held on Friday. The first movie we watched was BeetleJuice, the Avatar. They are amazing movies if you have not seen them, I highly suggest you check them out. Jessica, Kelly, and I came up with an Ideal and Purpose. Our Ideal is "To teach how to be directing intelligence to our emerging leaders for the Purpose of having more monthly events to attract new students. Jessica provided the food and made it interesting by adding all natural color dye to the water to make it glow in the dark as we watched Avatar. It was a unique experience. Thanks Jess! Maria & Trisha held a Manifestation workshop in February. Here's Maria's experience during the workshop. "The Manifestation workshop Trisha & I held proved to be a very rewarding and refreshing experience. The Ideal for the workshop was to provide tools to those who attended to become creators of there destiny. My personal Ideal was to speak freely from the heart and be present during the workshop. The workshop brought a sense of refreshment personally because it enabled me to understand the concept Individually is best fulfilled in Unity. My favorite moment was when one of the attendees asked how can I get rid of self doubt that presents itself so often, especially at times when we are trying to improve ourselves. This in particular was memorable because I have been experiencing this a great deal lately. So it was as if my Soul attracted this guest to the workshop and ask me that question. This workshop was most empowering. I felt sharing the workshop with my classmate Trisha, we were able to balance each other out. I was grateful for her opening herself up and sharing her valuable experiences. I am completely grateful for the opportunity what've conducted this workshop. I can't wait for our next opportunity to connect with others." Now from what I hear that sounds Amazing! I'll make sure I attend the next workshop. We have many more events being held at the School of MetaPhysics Maplewood branch in the coming months! Such as an expansion project lead by Me and my Brother Marcus the expansion project is called "The Joy of Expression". Check out next months Vibes article for more details!



Vibes Interview's the Dean of Intuitive Reports

Mari Hamersley

by Thomas Croft

I had the opportunity to interview Mari Hamersley on March 3rd weekend at the College of MetaPhysics. I asked her a few questions regarding Transcriptions and her role as the Dean of Intuitive Reports.

Do you need any help with transcriptions?“

We at The College & Branch Centers need transcribers. Seven people would be Ideal. Six for transcribing and one for proofing the transcriptions.

We keep track of how many Past Life Profiles, Past Life Crossings, and Health Analysis need to be transcribed at the college, Vicky has made an important backlog for them. Students can come in for proofing and transcribing.

A goal the school has set to achieve is to have our database expanded by completion on what has yet to be transcribed.”

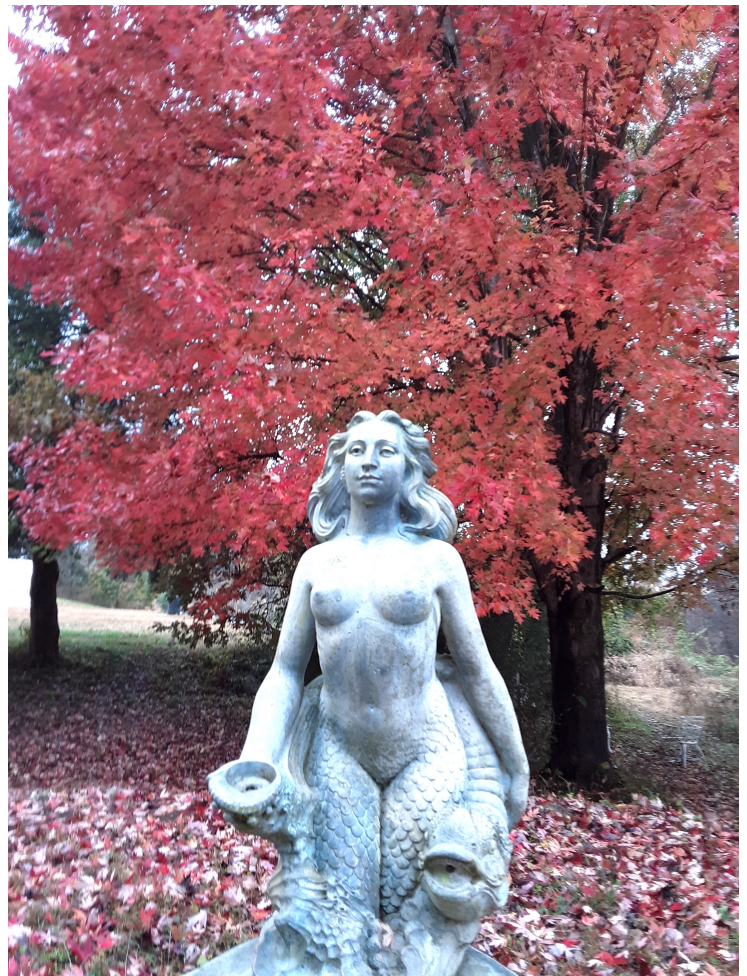
“What are you learning in the process of your transcriptions?“

“I am learning how to think in a larger scale way. I am inclusive of many people with common ideals and goals. I am learning to be receptive to people and there new ideas.”

“Do you have any requests for anything that would help aid you throughout your transcription?“

“Good question. Additional technology would be beneficial for us, to help our systems endure, to protect our old profiles. This is all.”

Thank you for sharing your insight with me Mari!



College of MetaPhysics

Adulthood: Now We're Cookin!

Zack Busch

The past month here at the College has been one filled with a lot of growth and learning for me. Moving from winter and into spring has brought a lot of opportunities to move into new, fresh ways of being. In particular, I have observed within me more of a movement into Adulthood through the act of cooking. About four weeks back, our other college student, Vickie Barbour injured her wrist and because she does a lot of the cooking, there was a need for someone to help in the kitchen, and I responded to the need. Although I don't have a lot of past experience cooking, I thought to myself, "What better place is there to learn?" The College of Metaphysics is a place built on Love and Learning so I feel really safe and comfortable trying new things here. I felt so comfortable and safe that I have even started cooking meals on my own. With Dr. Tad, Dr. Daniel, and Vickie as teachers and kitchen guides I feel as though I am catching on pretty well. I now have a menu of about 5 or 6 brunch meals that I can cook on my own. It feels really good knowing that I have that skill and that I can use it for the rest of my life. It also feels really good being of service and cooking for others. Some of the best parts of my days are when we are all sitting together at the dinner table. It is a great way to share love and communion when we all sit down and eat together, and because I have grown to honor and love that experience, I want to ensure that we keep doing it. I have come to know that that is what Adulthood is all about, producing more than you consume and I feel as though I am quite literally doing that when I cook.



I have also seen how the growth I have been experiencing in the kitchen is reflected in my other experiences here at the College of Metaphysics. I think a lot of the growth stemmed from a healing session that I did with Dr. Daniel. He helped me get to the root cause of deep-rooted anger. After we did the session I got to see how my anger wasn't only just affecting me. I realized that just because I was angry about something didn't give me the right to project it on to others. Other people have enough that they are dealing with and working on, where they don't need my unwarranted anger projected unto them also. I guess in some ways I started to become more responsible for my actions. Overall, I just feel like I am becoming more responsible. This past month I feel like I have been getting things done and responding to needs as they arise. We have been starting our gardens this past month and I have observed within me the desire to want to help and produce stuff for us to enjoy later in the year. When I first arrived and was working on the gardens, I felt as though I was doing it because it was kind of like my job or something. I didn't have strong purpose because I never really saw the fruits of my labor. However, after being here for almost a year, I have gotten to see and taste when we get to harvest things from the garden, and there really is no replacement for homegrown vegetables and fruits.

It is really weird to think about how for the first time in my life I feel really excited about being an adult! I think in a lot of ways I was stuck in Adolescence for most of my first 32 years on this planet. In a lot of ways I feel like I mastered that stage. It really hasn't been until I moved here to the College of Metaphysics that I have felt like I have been in Adulthood. It is really cool to think about how that was one of my ideals for coming here as a college student. Dreams really do come true here at the college and I am grateful to be here.

THE NEW MAITREYA

by Barbara O'Guinn Condrón

MASTER STUDENTS MAKE MASTER TEACHERS

In my first seven years of life, I had many teachers of love. One of them was Peggy. Weekdays she was a nurse, but on weekends, having no children of her own, she often played nanny. One sunny afternoon an outing to the local park introduced a pattern that decades later would reveal itself as the quiescence of Life.

Coming upon a patch of daisies, she had us gather around her as she plucked petals from a daisy, and began the ritual passed down through generations: "He loves me. He loves me not."

The idea was as certain a divination tool as yarrow sticks and tea leaves. But I did not yet know of such things. I was young and impressionable. Hopeful and trusting. Wanting security, my imagination was ignited by the concept that a flower might foretell a destiny.



When did you learn about love? Who fired your imagination?

Since the 1950s life has become more colorful; richer, and more complicated, through a plethora of cultural mores. These seemed to clash in '60's America as a preview of coming attractions. A glimpse of global destiny, if you will, played out on the canvas of a single country, unique in its intent toward Self government.

As a culture, we were moving through the Haight-Asbury variety of the generation 'gap' (sound familiar) and those who wanted to 'make love, not war.' Three assassinations shocked us awake and people were confronted with the uncertainty that is life.

In this atmosphere, a newspaperman walked into Jerry Rothermel's living room at the beginning of the '70s. His name was Frank Farmer. Farmer was an amazing asset to spreading the word about the School of Metaphysics because his interview with Jerry became a full page article in the Springfield NewsLeader and the rest, as we say, is history.

In that first decade of SOM, there was quite a bit of discussion about love. We were working it out. In that 'loves me, loves me not' tradition, there were two camps. The unconditional love people who tended to be mothers, hippies, and public service people. And the conditional love people who tended to be fathers, law enforcement officers, and business owners. Stereotypes? Yes. And archetypes. Sometimes dancing. Sometimes jousting. Always jockeying. (more)

Frank's enlightening and amusing stories of his early experiences of being in class with '20something hippies' are recounted in his book **Autobiography of a Skeptic**, published in 1977 by SOM. (I highly recommend it to students who want to learn about SOM's history as it includes a detailed personal experience account of Farmer's past life regression with Rothermel).

The more things change, the more they remain the same.

Our discussions on love in the early days of SOM reached beyond the boundaries of self love/care, marriage and family. Our minds were looking for ways to bring a universal sense of love into our daily interactions with each other. Ways to extend our concern for our neighbors and growing communities. We often called it 'the family of man'. Nowadays, we hear it as 'we're all in this together'. 'Silent spring' is now expressed as concerns for 'climate change'. 'Civil rights', as 'black lives matter'. The resonant echoes are always present because love is ever present. Eternal.

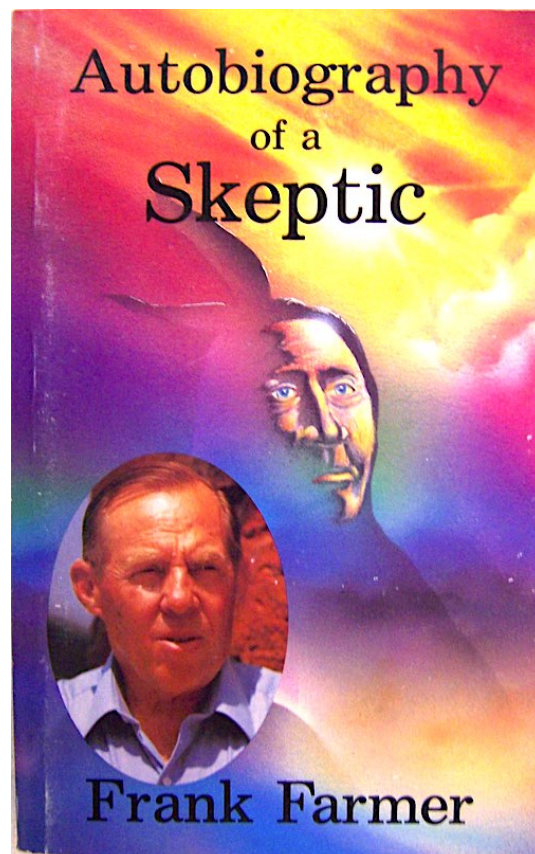
Universal Love 'got real' for many of us in the 70s as students began passing on the teachings at SOM. The internal jockeying of 'loves me, loves me not' surfaced in very real ways when students did not readily share the value of daily spiritual disciplines essential to our ideal. The unconditional love of the feminine feeling heart said even when a student does not practice the material, let them continue with those who do.

Maybe through osmosis they will become inspired! To which the masculine thinking head might say we must love enough to insist upon student integrity lest they fall into the short-term benefits of dependency. What rich dilemmas teaching teachers brings.

As the student-teacher stays the course, eventually, the blending of both principles through the archetypal parental love becomes a true reflection of Superconscious Mind. Wisdom love pervades without question or hesitation. It is constant through all the ups and downs in the human journey.

At some point, when the student-teacher persists in his/her own progression, the bodhisattva is born. This is a unique internal initiation. Though the experience can be shared through a sense of being, it cannot be bequeathed from one's ego-will. Each of us must make the choices to save that which is worthy. That which is permanent. Through Universal Law, we are never restricted through the dictates of others. We each have every available opportunity for a loving, productive existence. We need merely choose it.

The journey of a master student is the journey of a master teacher.



College of Metaphysics

Thoughts from the President

Lynn Boggio

I had the pleasure of interviewing Dr. Diana about her perspectives and visions as she serves as President of The College of Metaphysics.

Dr. Diana and I began by discussing reactions and what we can learn from them. So many times, we forget this lifetime is really a stage and an arena for soul growth and spiritual development. We really are like actors and actresses in a play. Everything that happens to us is really happening for us. It is all for our learning and growth. This helps us evolve our souls.

Dr. Diana says it is important to remember we are eternal beings. That is why remembering our dreams every night connects us to our inner selves. This is important, to our growth and development, in our studies at The College of Metaphysics. What is unique about our education here is that it is not just information. The spiritual disciplines we participate in along with our lessons enable us to observe the space between our thoughts. We began to see we are not just the circumstances in our lives. There is much more to us than what is happening to us.

When Dr. Diana was a college student, she really saw the benefit of living and creating cooperatively. The gardens were in full bloom and the students lived and created together. She has a vision of this College expanding into a self-sustaining community where students and teachers alike can choose to engage in their own health choices and livelihoods. This is the vision she is holding for our future as she serves her term as our current president.



College of MetaPhysics Regenerative Agriculture

Article by Doug Bannister with Kimberly, Dani and Maria

Kim

The earth and all its' beings are blessed with the ability to regenerate. To break off from source and still find space to grow was a lesson I was able to learn co-creating with Doug and my beautiful new friends at the College of Metaphysics. We learned the recipe for a healthy elderberry plant begins with one part bio-char; manure and soil infused soil and some mysterious tea you should not actually drink, high nutrient-dense mycelium mulch and enough sunlight to ground you in the present moment. While I cut the elderberry stems that we would later pot, I found myself contemplating what those little stalks of elderberry must feel being cut off from source. Did they know they were being cared for and loved? In the moments before they hit that healthy soil, did they fight the sudden change, or did they just accept and be? They probably took the change better than I would to be honest. But I appreciated the chance to step back and observe how much care was placed into their new life as a separate growing bush. The sun fell on my face and my heart felt whole. In moments like this I am happy to feel the same love and care directed towards me as I grow where I was planted and learn to trust that the energy that placed me here loves me, and wishes for my happiness, just as much as I did those sweet baby elderberry plants! Good luck little guys, may you flower and grow with joy!

Dani

As the group gathered to begin our assignment for the day, I was upset. The others didn't know it, but I was swallowing tears from the emotional turbulence that was already flooding over me so early in the morning. I tried to steel myself to hold it together until I had a moment alone.

Yet, as we stood together and discussed our ideal for working with the elderberries, it quickly became clear that I would not have to hide myself at all. I had the pleasure of getting to know Kim from Springfield and Maria from Maplewood, and to receive the kind wisdom of our leader, Doug. I felt an immediate connection and warmth with this group of bright souls.

From then on, the day was a delightful surprise. Our task was to use the existing elderberry plants to create "starts" – small pieces of the branches, carefully cut to preserve the buds so that they might take root and blossom on their own. We immersed our hands in the soil and immersed ourselves in conversation, and I soon forgot the sadness I had been feeling before. I am deeply grateful for my experience today. I feel closer to myself and my new friends, and I hope that the elderberries, too, feel the love in what we created.

Maria

Gardening was a delightful opportunity for me this weekend. I was reintroduced to the law of Relativity in a new setting. In that all things; whether random or not, are interconnected, and that the smallest acts can have a major impact. Before we started the activity, we discussed our intentions for the project. Throughout this discussion, one main idea kept recurring and resonating with me: the idea of Oneness. We are all One. Dr. Doug spoke about the Taurus effect; in we are able to move energy through ourselves. To do this, we must first ground our selves, allow and accept the self to be and to receive. We must create a balance within ourselves and be still in knowing. Balance comes from grounding ourselves. This energy we are receiving from the ground up comes from the earth, and if we properly allow it to move within us and through us, we return it back to the earth. In a way, we are working in symbiosis with the earth. This is what I felt as we were gardening. The experience of walking into the green house was beautiful. I was grateful for warmth that gently showered me, the smell of the earth, and the singing of the birds. In that moment, I let peace and love wash over me. My favorite part of the project today had to be playing in the bio-char. Ah! What a wonderful feeling to turn the compost over in the hands and feel the moisture, and understand that our work today is going to achieve a greater good for all concerned. The elderberry starts will benefit from the moisture of the charged bio-char and the manures blend and the recent rains and soil. The elderberry starts will blossom into magnificent, strong bushes and nourish many people. Dr. Doug, Kim, Dani and myself were part of creating for that greater good. This gives me an amazing feeling of love and light in knowing that we have practiced abundance. I am extremely grateful to have experienced and practiced abundance, and to have experienced peace in the stillness.

Doug

It was a fulfilling day indeed to have the opportunity to work with these bright souls and to witness their discovery of Self through applying Universal Laws and receiving the nurturing powers of Nature.



NATIONAL DREAM HOTLINE® WEEKEND

April 23, 24, 25... 2021

FREE PUBLIC LESSONS

Dreamschool #140 series lessons #1, #2, #3 will be taught to the public on line.
One lesson each day, with interpretation sessions.

Friday Night, April, 23rd.

7:30 - 9:00pm EDT

Lesson #1 Interpreting Dream in Universal Language of Mind

- * teach lesson objectives, examples,
- * experiential interpretations / break out rooms on zoom
- * receiving public interpretations
- * questions

Saturday, April, 24th.

4:00pm - 5:30pm EDT

Lesson #2 Interpreting Dreams in Universal Language of Mind

- * teach lesson objectives, examples
- * experiential interpretations / break out rooms on zoom
- * receiving public interpretations
- * questions

Sunday, April, 25th

4:00pm - 5:30pm EDT

Lesson #3 Interpreting Dreams in Universal Language of Mind

- * teach lesson objectives
- * experiential interpretations / break out rooms on zoom
- * receiving public interpretations
- * questions

Educational Events in 2021

Apr 3, National Teacher Meeting at Branches

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.



Thomas Croft: #74 Shadow Desire is a trap for the sleeping soul. Envy and jealousy surface in a Mind that wants. These twins become a black hole, swallowing the light. Compressing Desire until the conscious mind awakes to a new I AM.

Lynn Boggio # 59 Equanimity Fortify your core, it is consciousness that ascends. AS the endless possibilities of what 'could be' stir around you, the inner teacher holds the scales of time. Sowing and reaping are one in the present moment.

Kerry Keller: #93 Event Horizon
Kundalini flows through channels in the field of your consciousness. Opening the crown is simple, a single thought can provide the spark. Be patient, court the time when superconscious awareness goes supernova. Neither-Either, yet both, rules in a multi-dimensional universe.

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

School of Metaphysics Branch Locations

email to (cityname)@som.org

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

