

*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

## “Vision” from the President

### The Road to Mastering Consciousness Ideas versus Experience

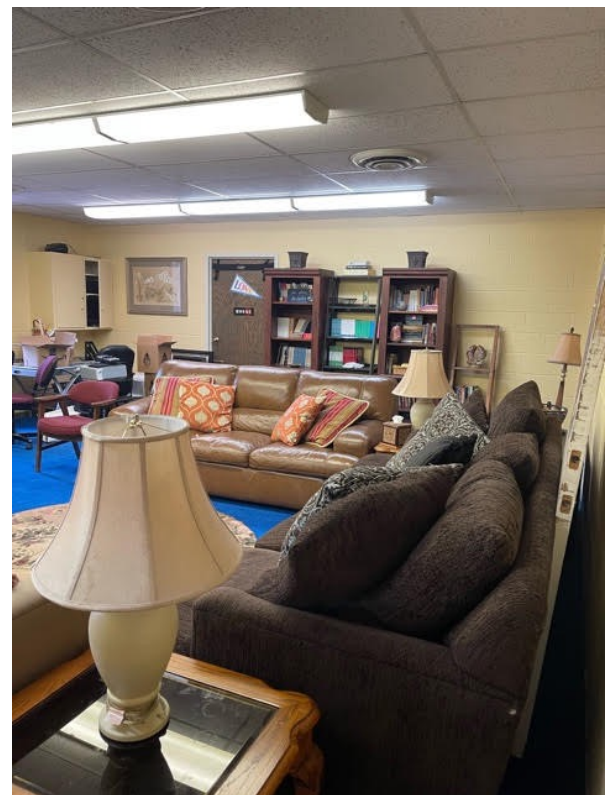
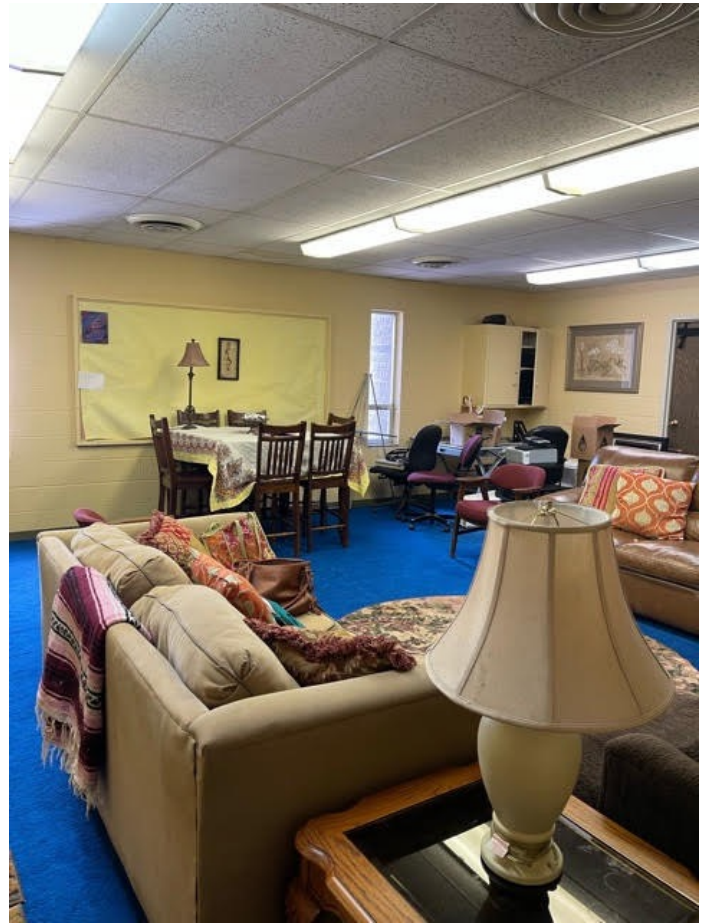
*Vision by Dr. Diana Kenney*



# TABLE OF CONTENTS

September 2021

Contents.....	pg 2
From the Branches.....	pg 3 - 7
TULSA .....	pg 3
MAPLEWOOD.....	pg 4
SPRINGFIELD.....	pg 5
INDIANAPOLIS.....	pg 6
From the College.....	pg 7-9
Regenerative Agriculture.....	pg 10
Social Media.....	pg 11
VISION from the PRESIDENT.....	pg 12
National Peace Ambassador.....	pg 13
The New Maitreya.....	pg 14 -15
Quotes from Teachers Meeting.....	pg 16
Educational Calendar of Events.....	pg 17
Back Cover .....	Branches.....pg 18





**EVERYONE:  
PLEASE SEND YOUR PRAYERS  
AND IMAGE MARCUS' SAFTY AND GOOD HEALTH**

## **MAPLEWOOD**

### **Strong Faith**

Thomas Croft

Back at it again with another vibes article. This past month has been remarkably incredible. Now as you all may know, my brother Marcus Croft, has had brain surgery to remove a tumor that was on the left side of his brain. When we first heard this news my heart dropped. I was shocked at first but then I watched his reaction to the news. I was like wow, he's not reacting and freaking out about this, he's pretty calm. Then I remembered what we have been taught at the School of Metaphysics. We are taught that dis-ease happens first within our thinking and he knew that there was something he had to learn from this experience. So during his six-hour surgery, I held faith that he would be ok. He was meant to overcome this.



Since I'm his brother I need to be able to stand tall for my brother and keep that faith that he will be ok and let me tell you, he surely was. An hour after surgery, he was awake and I went to his room and talked to him. He was the same Marcus we all know and love. He was ready to face this challenge head-on and I was right there with him.

I learned that I am a spiritual warrior to go through this with Mark with strong faith, confidence, and loyalty. Our bond between the two of us will grow stronger through our struggles. I was also granted an opportunity, through this challenging time, to go to Spirit Hollow to embark on a retreat of the soul. Look forward to next month for the juicy details. You won't want to miss this.



## SPRINGFIELD

### Higher Perspectives

Kim Clarkson

### Who took this Picture?

My mother used to say if there was a small black dot on a beautiful white piece of paper I would only see black. I can vividly remember where I was sitting when the image of myself falling into darkness over a small black dot first came into my mind. My mother knew then what I am learning now. The experience of my perspective is not yet expanded to that of my higher self. How many times I have ignored the light, ignored the pureness that encapsulates such a small black dot. My vision tunnels and my perspective zooms from the universe, to the milky way far down into earth where it lands on a small moment of time and space. And there I suffer, there I forget.

I am not this moment in time, I am a wave in the storm of existence. So many times I feel battered by the storm but does the ocean bruise when it is hit by it's own waves? How could something as expansive as Self be hurt by its own making. There must be a lesson to it, there must be a path to peace. This month for me has been a meditation on the need of a higher perspective, a deeper introspection and the peace that lies within. Springfield School of Metaphysics has been aiding me through my resistance to the storm in a variety of ways.

This month was a busy one, full of love and pain and hurt and joy. We have worked together through rain and sun this month to grow in love and respect. We had an amazing and successful yard sale that made leaders out of students and made honest laborers out of all of us! We stayed true to our vision and purpose and didn't let a little bit of rain get in the way. There were dream courses and peace events, garden activities and hard conversations about what it means to be a part of a community. All these events begged us to leave the suffering of that black dot and rejoice in the possibilities of the blank page. Each one of these events cried out for the universal oneness of mankind instead of stubbornly staying alone. In our Peacemakers Meeting, we discussed how important it is that peace be seen in times of good and bad, as the balancing force of the two. I

It brought an image, in my mind of how the sky above the clouds is so calm and at peace even above a storm, how the deep ocean is so calm and at peace even below a storm and how accepting and tolerant the earth is when the storm lands on her shores. We are all the vast sky, the deep ocean and the steadfast earth, it is where they meet that experiences the storm. Just as in nature so must we meet and experience the storm, but in that balance there is peace, and we can rejoice and be glad in it.



## INDIANAPOLIS

### My Command of Attention Strengthens...

By Stella "Lynn" Boggio

In lesson one, in The School of Metaphysics Coursework, we are introduced to the concept of Attention. We are instructed that attention is our most precious commodity. This is a Universal Truth that I have experienced many times.

I have heard we have an average of sixty thousand thoughts per day. All thoughts seek to manifest. Not all thoughts do manifest. I have noticed when I have a lot of creative ideas, I have many thoughts. They seem to "pile" on top of each other, competing for my attention. However, I am at my best when I focus on one thought at a time. I bring my whole attention to a singular point. This allows a thought to be the most powerful and magnetic.

When I was, at my local branch, this past Monday, I organized the cabinet below the sink. I sensed this cabinet needed attention. My director and teacher Mickey Hughes totally agreed. At first, the task seemed overwhelming. This is the cabinet where we store empty containers and their lids. We use these containers for food leftovers and to store cooked meals for later use. There was no order or structure to the contents of this cabinet. The containers were facing several directions, piled on top of one another. It seemed like a monumental task.



I sat all the containers on the counter top. I was not sure where to begin. Then I remembered the power of attention. Mickey made some suggestions on how she organized her cabinets where she lives. I took her suggestion and started creating an organized space. This occurred one step at a time with singular attention. I stacked similar lids in one container. Next, I organized similar six jars and stacked them together. There were some jars in need of cleaning, so I washed them. Before I began, I thoroughly cleaned the cabinet. I prepared a space to receive the new. I learned that organizing the cabinet by sizes used most frequently aligns more consistently with the Universal Law of Proper Perspective. In this manner, my thoughts would have some order and not be so scattered. I would know where to go when I wanted a particular item. This also enabled me to use my reasoning abilities.

Using singular attention, one step at a time, I organized the cabinet. I had a feeling of accomplishment giving attention to a space that had long since been ignored. I shifted energy using singular pointed attention. Now, I can use this skill in all areas of my life. I am truly grateful for this Superpower called attention.

What now??

Vickie Songs Like The Wind Barbour

It has been a year since I walked through the door of the College of Metaphysics to do a year as a college student. People all around me are coming forth to ask me what now? Where will I go? What will I do? What does the future hold for me and mine? Never in my life have I known such an outpouring of love and concern for my own well being. Perhaps it would be more accurate to state that never have I been able to recognize such an outpouring of love and concern for my well being; as opposed to my assumptions that people don't think I am capable of making decisions and they believe I need them to help me.

My Ideal for coming to the college was healing, stepping into my own power, my own authority and speaking my truth. To be able to stop being the push for my manifestations physically and learn to harness the emotions within me and my environment to move them forward easily and effortlessly. My purpose was to walk out of here able to step confidently into the life that I built and to know that I am enough to fill my own shoes.

My ideal has manifested in spades. I have taken my healing to the next level. At first it felt like I was back at the beginning going through the same struggles. When I stopped and looked at it I realized on the surface yes it was the same however, the truth is I was going deeper into those issues to heal on a more core level. The healing modalities in which I have trained in though very seldom used before coming here are now instinctual and natural part of my life, not because I have done anything in particular. Simply integrated that part of me into my self through acceptance and love.

As I have taken on kitchen duties, Intuitive reports for the college and working with 3<sup>rd</sup> weekends and special events. I have learned to lead and co-create with others. I have stepped into my own authority and am learning to speak my truth. At first, I thought speaking my truth was about speaking it to others. It is truly about speaking it to myself for when I recognize within myself my truth I am able to work with others better.

Manifestation that was a big part of the learning I desired when I came. Here, there is no ability to simply go out and make it happen cause it is on your list. I must put my mental and emotional attention on it and wait. I see how things have manifested all around me in ways I could not have dreamed of when I put my physical attention on them. The skills that I have learned in this area are unquantifiable in value.

My purpose was to walk out of here with the ability to step confidently into the life that I built before I came and to know I am enough to fill my own shoes. I have definitely made great strides in this area. I have full confidence and belief in my education, abilities and accomplishments. I have written my resume and filled out applications with confidence that I am fully qualified and have the same rights to the jobs that I apply for, as does anyone else. I am definitely recognizing my own self worth.

This year has gone so beyond the scope of the Ideal and Purpose. I am in the process of manifesting recurring income to allow me to live and work as I choose. I have manifested medical insurance for the rest of my life. I am healing parts of my life that before coming to the College of Metaphysics I refused to even consider pulling out to look at. I have learned to embrace being alone without being lonely. The College of Metaphysics has given me the love, support and structure that I needed to grow and experience my life on levels I barely dreamed possible before coming.

What now? Where will I go? What will I do? What does the future hold? Coming here to the college has been one of the best choices I have ever made for myself. I will be staying at the College of Metaphysics. I cannot imagine a place I would rather be at this moment. At anytime in the future I can choose to make another choice.





## Summertime at the College of Metaphysics

By Zach Bush

We have been having alot of fun and learning this past month ,at the College of Metaphysics. Now that we are in the heat of the summer, alot of our attention has moved towards outdoor activities, along with balancing some indoor stuff,to offset the heat. Some of the major things we have accomplished and are working on are: rounding up our pigs to sell, raising and nurturing 50 baby chicks, the beginning of cutting, raking and bailing hay, harvesting and expanding our garden. We also hosted a Dharma weekend, this past weekend, in which 9 students from different school branches came in to receive their Dharma Intuitive Reports.

This past month, we got to do one of my favorite activities thus far, which was rounding up some pigs so that we could sell them. Our Big Mama pig recently had a litter so we needed to sell some of them, and we also wanted to sell our big boar because he was getting too old. So Dr. Tad and I constructed a shute so that the little pigs could go through it and onto the trailer. That part of the process went really well and the little pigs went right onto the trailer. It reinforced the idea that with proper visualization and preparation things usually turn out well. The next part of the process showed me the contrast. When it came time to load the big boar, our visualization and preparation weren't as good. We knew that we wanted to get the boar on the trailer, however we didn't have a proper shute set up for him, so when we

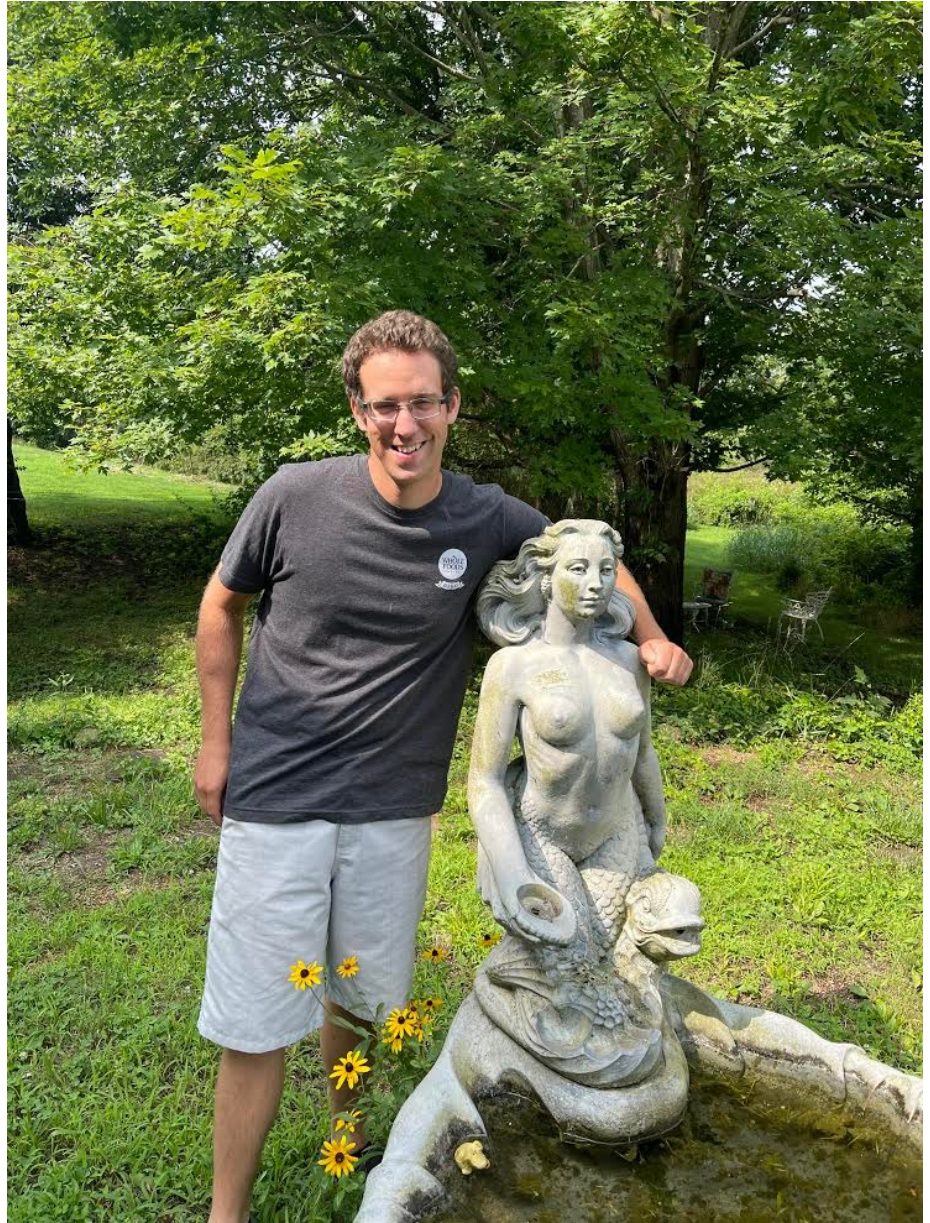


let the boar out, he didn't go towards the trailer. He started going everywhere, besides the trailer. We were trying to herd him onto it but it didn't work. At a point I tried to sneak behind him and I rolled my ankle, so it really forced me to slow down. Finally, the neighbor, who was helping us, called in reinforcements. A couple seasoned farmers came and helped herd the big boar onto the trailer. After it was all settled, I felt relieved and kind of charged. I was kicking myself for not preparing better and visualizing even how I wanted it to go. With The little pigs, I had a solid image and it went to plan, with the big boar, I did not. I learned a valuable lesson about how important the inner work (visualization) mixed with the outer work (preparation) is really the key to success. Going forward I have been practicing this more in my day to day activities and endeavors, I am making this preparation a part of my being.

With the pigs leaving, we have made room to receive 50 new chicks. We actually got them last month, however this month we moved them to their new outdoor home in the earthship. With chicks or any new infant, we get to learn alot about the quality of infancy. The daily action of checking in on the chicks and making sure that they have enough food and water really helps to build discipline within the Self, and also helps to expand your consciousness to think of others. As of today, all 50 chicks are still alive and I think a big part of that is Vickie's care and attention to them. I fill in for her when she's not able to be there, but for the most part it has been all her.

It seems that most of the time spent living out here at the College of Metaphysics, which is a functioning farm, is taking care of animals and the other root races. I bring this up because another big happening that has been taking place this past month is the yearly task of cutting, raking, and bailing hay. Dr. Tad takes care of it, and has been doing this vital activity for a long while. I have been learning a little, here

The animals aren't the only root race that has been getting some attention over this past month. With summer being in full swing we have been putting alot of attention on gardening. This past month, we have harvested potatoes, zucchini, cucumbers, and kale. It is really nice to reap the benefits of what you have sown. I think I remember reading somewhere that, "you reap what you sow." This is something, again, that is becoming more clear to me through my studies here at the College of Metaphysics. Along with



reaping our vegetables, we have also been giving attention to sowing. We are almost complete with mulching our tomato plants which will help them grow mighty and tall. We also have some nice pepper plants growing and some really big okra plants! I look forward to reporting, in the future, about how good the harvesting of those tasty vegetables went.

**WATCH** for the week as a college student in September



## Learning the Process of CREATION

**By Doug Bannister**

Hello friends, I hope you are doing well and exercising your will and the power of choice to create the life you want.

The School of Metaphysics continues to steadfastly move through the bureaucratic systems of government to fund the planet-friendly regenerative methods of improving the soil with ruminant grazing animals. If you would like more details please reference last month's Vibes article. What I want to share with you this month is a subject of a larger nature. It is about how one learns the process of creation while studying metaphysics, the Laws of Success principles and of course, observing nature itself. I began reading and studying about the Laws of Success principles starting in 1984 at the Lotus Center in Oklahoma City.

I continued their study when I began classes with the Oklahoma City School of Metaphysics. I learned that Creation begins with a thought, an idea, a desire and we decide to act upon these thoughts. However, there is more. I also learned the importance of feeling. The vehicle you choose to express yourself to the world is not nearly as important as is the preparatory process before we begin the physical steps. We could be speaking of developing a career or an elderberry patch. In either case there comes a desire, which seems to be an organic bubbling up of something we want. The desire may well be both a thought and feeling, in other words, a creation of the melding of the two. Feelings support the ideas by giving them vitality. In other words, we need enthusiasm about an idea we want to bring to life. Do you know that enthusiasm comes from the Greek "inspired by God"? Some key elements of successful creating are desire and will, backed by the enthusiasm of "feeling" that the manifestation is alive, like we are experiencing it. Can you see it, taste it, hear it, smell it, feel it? The "feel" goes beyond physical touch. When all the wonderful, exciting, fulfilling feelings that were all part of the initial impetus are all happening right now, then we are mastering the visualization process and we are manifesting our dreams. I visualize the school land here in Windyville to be home to a community of souls committed to soul growth and spiritual development. Each is enthusiastic about unifying their own consciousness, willing to support each other on their particular journey even though it may look different from their own. I "see" these individuals understanding and appreciating that we are connected to each other as well as the planet. I "see" love, compassion, kindness and green grass and red cows. I "see" cottage industries. I "see" healing modalities of all kinds. I "see and hear" music of many kinds. My vision includes many people, smiling, joyful people enjoying themselves and each other, sharing and thriving in the prosperity and abundance that has been created over the decades on this land and continued commitment to the ideals of the school. I come to serve, we all come to serve ourselves and the Creator.



This morning Christyn King, student of Wendy Vann in the Tulsa school studying lesson 31 and I, had the pleasure of continuing a vision in its second year of manifestation. I was genuinely impressed by the amount of growth and vigor of the plants and how many berries were ripening and would probably double the production one year ago. Christyn and I talked about the process of getting to this point of such a bountiful harvest: from the initial desire to the sampling of the berries shown in the picture. Interestingly enough Christyn said he began implementing a three year plan just a few weeks earlier himself. We agreed that in two years time we can produce great changes in the life we want. Our conclusion: We are all One. May Peace prevail on Earth.



## Social Media Content, WHO HAS SOME FUN IDEAS TO HELP US DRAW MORE ATTENTION TO OUR EDUCATION? *love to hear from you!*

### Creating New Content

By Stella "Lynn" Boggio

The Social Media crew, which consists of national leader Nicki Koenen, Sherwin Rosenfeldt, Wendy Vann and Terrance Lamont Bellows have been busy generating new ideas for our Social Media Presence. At the College of Metaphysics Headquarters, every third weekend of the month, students put some of these ideas into creation. Director Wendy Vann along with other students have created a video for what she calls "Mindful Minute Mondays." This is a short testimonial of some of the benefits she has received from her studies. One of the main benefits she has received is expanded attention and concentration. She talked about her story in a short video clip that will be displayed on Mondays on our Facebook page. The though form is to create a new video to be placed on Facebook and Instagram each week. There will be a Testimonial Tuesday and a Webinar Wednesday. Ideas are being discussed for Thursday and Friday. One though for Thursday would be to go live with the reading of the Peace



# The Road to Mastering Consciousness

## Ideas versus Experience

The study of metaphysics provides a tried-and-true process of knowing the Self. It is grounded in experience. Learning the nature of Universal Laws and Truths guides us in choosing the thoughts, words and experiences that result in a fulfilling life. Wisdom in Universal Laws and Truths comes through understanding our personal experiences and our personal observations of those around us. At the School of Metaphysics (SOM) we are given many opportunities to learn to masterfully wield Universal Laws and Truths, including:

- the opportunity to receive information;
- exercises or spiritual practices that provide the opportunity to know the Real and Permanent Self as well as the identities we have adopted in this lifetime; and
- a place to have experiences with others who are receiving the same information and practicing the same exercises or spiritual practices;

I made a quantum leap in understanding the Universal Law that Thought is Cause and Effect is its Manifest Likeness and the Universal Truth that thoughts are things through: receiving information about this Universal Law and Truth; doing spiritual exercises; and taking advantage of opportunities for experiences brought to me through interaction with the teachers and students at SOM.

One of my teachers, Jennifer Childers, studied the Still Mind meditation method at the College of Metaphysics with Dr. Daniel Condon. She taught this meditation method in the Chicago branch of the School of Metaphysics, where she was the director.

The Still Mind meditation requires that we sit in the present moment, with a still mind, attempting as best we can in our spiritual development to: be without thought. The goal is, do not to shut out the five senses, but to receive the sensory stimuli without attaching to or thinking about to any particular stimulus. Unlike the meditation where I go within, shutting off the five senses, I stay fully present in the physical world, while remaining connected to the inner levels.

I accepted the invitation to come to these meditations along with other students in our school. We came weekly to sit in this type of meditation and then later shared our experiences. A couple of weeks into the practice, my silence was interrupted with the sudden loud and startling thought: "Oh my God, I am drooling! How am I going to get rid of this drool! I'm not supposed to move!" I felt panic. I focused on what was happening with my body. I felt a pressure on the right corner of my mouth. As I put my attention on that pressure, I realized that it felt more like the type of physical pressure I have felt in a dream. There wasn't actually anything physically there. There was no wetness, no actually drool.

While I realized that I was not actually drooling, the thought was still strong in my mind that I was dripping drool. I mentally imaged myself shaking my head as I intended to rid myself of the thought; the thought left me. Afterwards, as we described our experiences, another student sitting in meditation with me shared that he had fallen asleep and had actually started drooling. He woke with a start and experienced a strong emotional reaction of embarrassment and concern as he wondered what he should do about the drool, when he believed he was supposed to be sitting still.

***The thought in my head originated from that other student, not me!*** I received it and made it my own until I shook it off. This was the first time I realized that this could happen. I had never imagined that the truth that "thoughts are things" meant that they could be transferred from one to another. This was a shattering experience. It shattered what I had previously believed was possible, including my identity. I had never thought of myself as capable of mental telepathy.

A short time later, I received another experience that helped me go deeper with this awareness. I had been asked to be the Director of the SOM in Chicago. One of my classmates was asked to help me learn certain tasks to be the director. While classes end at 10:30 pm and I worked in the morning, we agreed that she would show me how to do a specific task after class ended. It was well after 11 pm before we were both in the office ready to begin. She was sitting at a desk in the office. I was standing next to her waiting for her to be ready to start when I felt myself becoming angry.





I started to grumble to myself, "it's too late to do this. I don't want to do this." I verbalized these thoughts out loud and the other woman said why that we didn't have to do it and why didn't I tell our teacher how I felt. As she spoke I watched her demeanor and was flooded with the strong realization that I was there because I wanted to be. I had been excited earlier at the opportunity and wanted to do it even at that late hour. Just as quickly, the realization came to me that it was the other woman who did not want to be there and was irritated at being asked to train me for the position. With that realization, I was able to connect with her, asking if she wanted to do this and maybe we should do it at a different time. Speaking to the thoughts and feeling that were existing cleared the air; we were able to accomplish the task at that time. ***This was my first experience of separating my thoughts from another's thoughts.***

These two experiences were the beginning of a profound shift in me. They illustrate one of the reasons why study in SOM is so valuable and how it best works. I said "yes" to being asked to learn how to direct a school center. This meant that I was going to have new experiences. The new experiences were based upon my soul's needs and desires, even when my conscious mind was in the dark about what was still needed. ***I was able to move beyond having the idea that thoughts were things, into experiences of this Truth*** – traveling further down the road to the mastery of consciousness

Is he asleep?

## Maplewood

### "Not Being Hard on Myself"

Terrence LaMont Bellows

Today, I practiced not being hard on myself. It is a feeling of the way things should be.

If I go by my belief of how I can operate the best or how I think most humans operate at their highest potential it's in a state of "I am easy" or "Being me is easy."

This is just the way I want to feel I am aware of feeling I am hurting or experiencing an emotion or a feeling I don't want. For me they are sadness, anger, disorganization, forced.

I choose to experience life in such a way that I don't feel like whatever I am engaged in is too much shouldn't be the way it is. That's my desire. So when I am not being hard on myself- it's loving myself the way I am. I am focused on learning and I am feeling purposeful in the present moment. Being in the present moment I am tapping into my wisdom. Life is not a chore or difficult. It's actually a glorious opportunity.

What I have learned from one of my recent intuitive reports is the opportunity to transmute my energy field and to fully release and clear karma is a constant opportunity. Being in a world of chaos can be quite stressful. So even if I experience it as being hard or easy, I allow it so then how I choose to be is my choice and the environment does not dictate.





# THE NEW MAITREYA

by Barbara O'Guinn Condon

Master  
Students  
make Master  
Teachers

In the early 1970s while at university, I took an ethics course. It became one of the many 'dots' in my lifetime that I have sought relativity for deeper Self awareness. One of the assigned books in the course was Plato's [\*Apology\*](#). It is the story of how his teacher, Socrates, concluded his life. You have probably heard the famous quotation that sums up the wisdom born from a lifetime of concentration: *"the unexamined life is not worth living."*

The fragment stuck with me because, even in my 20s, I *wanted* to examine life. I chose journalism as my academic focus because I wanted to be able to meet people and share their stories. To embrace their lives as worthy of examining; beneficial to others and to a greater community. So at 21, I decided I wanted to live a life worth examining, and I have been committed to that ideal ever since.

## **What is your ideal in life?**

### **What is so valuable to you that you are willing to give your life to it?**

#### **To dedicate every waking thought to its development. To devote your action to its reality?**

In my early years at SOM, I began answering these questions for Self. Although I didn't know it in my 20s, staying the course of unfolding the whole functioning Self enables me now to perceive the clear light between Mind and Body. The skills of Concentration, Meditation, and Visualization harmonize conscious and subconscious minds attuning them to superconscious mind and Mind is Whole. One Mind, one Body. Simple.

I remember clearly my struggles in answering, "What is my ideal?" I discovered it was not the content of the ideal that was a problem for me. You know, the images of people working together to build Peace Domes or paint a neighbor's house or plant a community garden in a local park. Those are amazing activities directed by goals. As a new SOM director, I could guide one class toward a successful fundraiser but I saw distinctions in the willingness to grow the Self on the part of individuals. Some people excelled, opening and blossoming, while others seemed to run away, resisting the group effort.

### **Why? Why did some accelerate their growth and some seem to move backwards?**

As I looked for answers, a Truth surfaced. Those who accelerated their growth did so whether alone or with others. They were faithful in their practice of the mental disciplines. They were self initiators. They were inclined to "think for the Self". As I began to identify this, truths from my childhood surfaced. Truths I had allowed to go dormant for years. My desire to learn overrode the old programming in my body-brain and I began turning on the light!

I had been raised on ideals, standards and consideration of others through both the family business and religious faith. I was 'color blind' when it came to people because a model of service to others was constantly around me. I lived in an atmosphere of looking into another's soul. I naturally, intuitively perceived beyond the human being. It took experiences as a student and as a teacher to realize the distinct difference between seeing with my eyes and perceiving with my mind.

And why was that even important?

It taught me the distinction of thinking with the brain and being in Mind.

Thinking with the brain bounces you between memory and imagination. The past and the future. Being in Mind allows you to be fully present, in the Body. Everything collapses into here and now. Nothing else matters because everything is present. That's living an ideal.

The choice of **Matthew 6:22** as an anchor teaching in SOM is like unto a target where Arjuna takes up his bow and directs his arrow. It reads:

**The eye is the lamp of the body; if therefore your eye be clear, your whole body is also lighted.**

So I learned that perceiving in Mind is not the same as seeing with the eyes of the Body. Different parts of Self. Different functions. In this Bibilcal chapter, the master Jesus is teaching his disciples **how** to pray, how to live meditatively. For us, this is teaching mental exercises which activate spiritual disciplines taught around the world, religiously, for millennia. Setting a goal to practice exercising Mind and Body communion is intelligent for it develops light in the brain. Light in the brain lifts us from reactive feeling into the possibility of responsive thinking. When we react, we can survive. When we respond, we can thrive and so may others. The clear eye perceives the vision; the bigger picture, the larger scope. We are all, each one of us, part of Life. The New Maitreya.

What comes before and after Matthew 6:22 deepens our awareness, the enLIGHTenment.

**Before: 6:21 For where your treasure is; there also is your heart.**

Thinking for your Self is the discernment of the whole Self. Knowing your values, your ideals, guides you to continue forward motion for daily practice increases your awareness of Self value.

**After: 6:23 But if your eye is diseased, your whole body will be dark. If therefore the light that is in you is darkness, how much more will be your darkness.**

An unexamined life is a life lived in darkness. Talent unused. Skill discarded. Resistance to initiating something new.

Just this week, Steve Bhaerman (aka Swami Beyondananda) was speaking about a book he co-authored with Dr. Bruce Lipton called SPONTANEOUS EVOLUTION. The premise is that evolution is dual: consciousness and life. "In the present there are two paradigms competing, and they are both incomplete stories. One is patriarchal, dominator religion and the other is dominator science." Both have intercessors: black cloak priests and white labcoat scientists. "Real story is we are here to regrow the garden and have a heaven of a time doing it."

Lipton, an epigenetic biologist, observes that the fear around the pandemic makes us less creative. It puts us into the reactive feelings of fight or flight or freeze, and we are less likely to think. Being pushed out of the mythical garden of Eden, the creative forebrain, we are less likely to come up with solutions.

Thinking for the Self - the Self of All - just took on a greater light.

A life worth is a whole, functioning Self; the 'I AM' expressing in Mind through the Body. "Our Father which art in Heaven" suddenly takes on a deeper significance as our value in Consciousness and Life grow. •

# RANDOM QUOTES

## from August Area Teachers Meeting

1. I became more aware of what I want through talking out my ideal .I came to realize that I want to experience and embrace the evolution of change inwardly and outwardly. And knowing what I want is one thing but to take action on it is another.I came to realize that I need to spend more time on what I want to create, take care of it like its my plant nurture it, water it, cut off some dead leaves if needed, and pay attention to it and love it enough to allow it to flourish. And my goal is to practise speaking in front of a mirror on a regular basises.
2.
  - . My ideal for this meeting was to be still and trust in God, and I was able to experience both of those things in pleasantly surprising ways. I learned how to be still while speaking by holding an image in mind and choosing words to describe it clearly. Through having the chance to practice speaking in front of others, I learned that I do actually have great faith, more than I knew, and that I have a strong desire to share this with others.
3. Overall, I liked the fact that this teachers meeting focused directly on improving everyone's teaching skills and the ability to attract new students.
4. Then we had a 3 min talk to do. This was a very nice experience for me. I liked the fact that we had materials to aid us in giving a lecture with Dr Laurel's outline. I see the value and the benefit to prepare what we want to presenting to people we meet. Take your time and use very clear images so your audience can receive your full picture.
5. During this Area Teacher's meeting I learned how to teach three different Essential Life Skills, while incorporating a personal life story with it. I learned how to handle several different scenarios that could happen in the classroom. From students consistently coming to class late to students not paying the donations to students not receiving feedback from their classmates and the teacher. The main thing that really stuck with me and I feel I like it was the best lesson of the meeting
6. I enjoyed the assignments that went with this lesson. I also enjoyed listening to the other teachers lectures and their personal stories that went along with their lectures. I also learned a new analogy; That when you are willingly, you are in heaven and when you are unwilling you are in hell. As well as, creating your vision to go beyond you. You should make your vision for self, family, friends, community, city state and countries, other countries and eventually all of the world.



**ARE YOU ATTENDING**  
**Ask your teacher**

## **Educational Events in 2021**

**September 12 - 18th Week as a College Student**

**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.*



### Kerry Keller # 49 Real Time

Frozen Consciousness draws heaven near. Temporal Fame pales in the cosmic conscious mind. Arrests the temptation to cling to the now. Past and future strike the match of clairvoyance.

### Lynn Boggio # 12 Choice

The honest know both the authentic and imitation. When challenges arise, embark upon conscious thinking in the outer and inner mind. Such a choice is its own blessing, reveling when you have been. Your wisdom realized, your discerning heart opens the door.

## School of Metaphysics

### 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) 345-8411

There is Magic  
in Focusing

Your Attention with a  
Clear Mind