

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

The purpose of the School of Metaphysics....To accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man.

The activity of the School of Metaphysics is Teaching

Vibrations



A Monthly Newsletter

Time
_____ to
_____ enter
_____ a
_____ still
_____ mind.



Autumn shows us

how beautiful it is

to let things go.

=
Unknown



AUTUMN
is here



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MAPLEWOOD

Expansion

Thomas Croft

Back at it again with another vibes article. During the month of October the Maplewood branch was home to many events. The first event was a game night led by Maria Sylla & Jessica Leathers. Teachers at the Maplewood branch. There were ten attendees, myself included. We played multiple fun games such as fishbowl, color splash, word guess. We started with word guess and led by Jess & Maria. They put a sticker on our backs and it had a word on it and that word revolved around food. So we had to go around to everyone and ask them questions relating to what we thought we might be, so I'd ask do I grow from the ground? The other person would only be able to tell me yes or no. It was a lot of fun, it took me awhile to figure out what I was, but I got it. I was a green apple.

In the universal language of mind we interpret food as knowledge. Universal language of mind is how we interpret dreams at SOM, if you interpret your life as a dream you can gain inner strength, inner authority for yourself and fruit is beneficial for us, so we were gaining some valuable knowledge. What I learned at game night was how to be more intuitive and listen to myself and put together the pieces/signs that are before me. The maplewood branch is hosting more events later this month, so be on the lookout for the next article. Our branch has a goal on our 10-Most Wanted List to attract more students.



Our goal is to have thirty students attending the school.

While we host these awesome events our goal is to attract more like minded individuals to raise the consciousness of humanity. My teacher Terrence-LaMont is starting a new Mastery of Consciousness Course on Oct 19th at the Maplewood branch. This course will teach you how to use your mind and you will learn how to visualize, strengthen your concentration to gain control of your attention and direct your attention where you want it to go. If anyone is interested in joining the new class our school is located on 2606 Oakview Terrace Road. You will not want to miss this wonderful opportunity to expand your mind.

PALATINE

Pure Joy

Gino Crededio

METAPHYSICIANS CAN HAVE FUN!!! It's true. It's not all stillness and discipline and deep conversations about the depths of our soul. No, we go out. We do things. In Chicago, we go dancing. And what was our purpose you might ask? Joy. Pure joy. And perhaps the bonds that it creates between groups of souls.



Born of a seemingly spontaneous idea, the Illinois branches of the SoM celebrated the birthday of Chicago student Melinda Ashford. Starting with Melinda's desire to go dancing, the Chicago school drew on the memory of a similarly successful night celebrating Hazel's birthday and decided to recreate it at will. There was such

attraction and energy around the event that it manifested easily without even the need for a directing intelligence. The night began with a beautiful pot luck dinner at the Chicago Branch. Students from all over the state were in attendance. I personally was working, but I heard good things about both the food and the company! A little later in the evening, the adventurous group walked down the street to Michella Dance Club. It was Latin music night.



Everyone was looking good and feeling connected! Believe it or not, people can get dressed up in our school to do something besides teaching! In attendance were Melinda Ashford, Randy Ristow, Sylvia Campos, Hazel Almores, Dani Fallon, Mike Moffa, Matt Ketchum, Rita Rikavik, myself and more (sorry to anyone not mentioned). I want to give a special shoutout to Dede Thut from Palatine who brought her family -- husband, daughter and daughter's friend. All were dressed to the nines and welcomed amongst the community.

Beyond just purely having fun for fun's sake, the night created memories permanently cemented in Akasha forever more. It strengthened our bonds and is surely a creation to live on. Bringing the learning outside of the classroom, the service events, the fundraisers and even the retreats at our beloved College and into the realm of the mundane, the daily life, allows us to more fully encompass metaphysics as a lifestyle. It makes it real and whole. Such bonds of community make for students and teachers who have a zest for life and want to continue to create together. A little dancing helps let the pressure off too that's for sure!

I wholeheartedly encourage all branches around the nation to cut loose and do something to celebrate each other, free from the trappings of all the metaphysical jargon and zeroing in on the aspect of our existence that is simply the joy of our existence -- free of pretense and open of heart. As for us up north, well, we've decided to make "clubbing" a regular thing and already have our next outing planned for November 13th. If you're in the area, you, your friends and your family are all invited!

INDIANAPOLIS

Creating A New Identity with Confidence

By Victoria "Mickey" Hughes and Stella "Lynn" Boggio

So I would like to share about "how I created a New Identity with confidence". On September 17, 2021, I decided to have Dental Surgery. I did not share this with others because there were a lot of emotions attached to this experience I was about to go through. I also did not have the confidence within me to share with others. I had only shared, with a few people, in which I had build trust. So until I was able to release the emotions that were attached to this surgery I was not able to share. I did not realize this until I had spoken to a classmate about trust prior to having the surgery. So I had to have the trust within myself to be able to share. Most of you did not know how painful this was for me. Not being able to enjoy a meal due to I was in pain every time I was eating. I would put on a smile even though I was in pain. I was not confident with my identity or my appearance when I smiled.

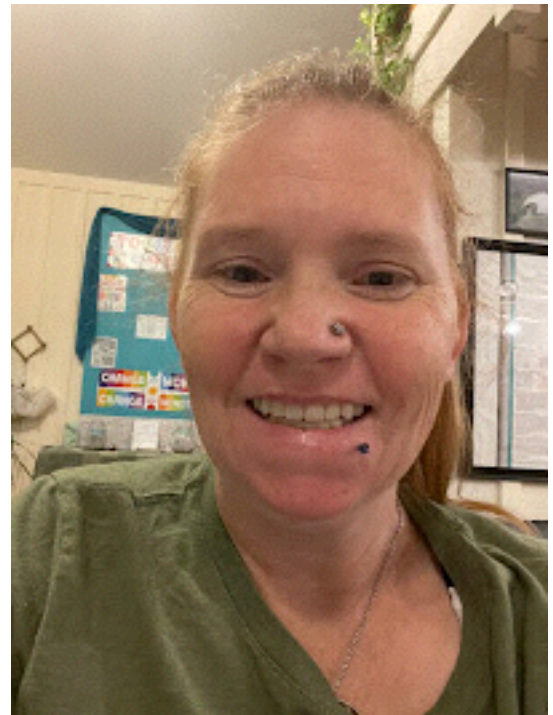
Mickey and I share some commonalities when creating a New Identity. My full name is Stella Lynn Boggio. Until recently, I have just gone by my middle name Lynn. I started going by my middle name in junior high. I was not really fond of the name Stella. I was named after my grandmother and I considered my name old fashioned. I was also bullied in junior high and other students would chant my name with a smirk. My self-confidence in my abilities and my identity plummeted.

When a friend suggested I start going by my middle name, I became excited. I could create a "New Identity" and leave Stella behind.

When I became a student, in the School of Metaphysics, I started to learn more about Self-Love and Self-Value. I learned that my experiences, in my past, were part of my learning. They were neither right nor wrong good or bad. I also learned about how the ego operates. Fellow students, who teased me, were in their own ego and learning about life. I realized it I held onto the bad feelings about myself because of other's behavior, I would remain trapped. I learned to practice forgiveness of others so I could be free.

In granting forgiveness I was also practicing a form of self-love. I started to connect with than younger part of me that was deeply hurt, by other's behavior. I started to speak to Younger Self with loving kindness. It was then I realized the beauty in my given birth name. Fellow student and teacher Terrence LaMont Bellows also inspired me. He prefers to go by Terrence LaMont. I decided to go by my first and middle name, Stella Lynn. I am at peace with this New Identity.

So it took both of us to learn how to have confidence. One can use it in everyday life to tackle any goal or challenge. However, not many people realize that learning how to gain confidence is like building a muscle. That muscle grows in response to the level of performance required of it. Learning new things stretches our abilities; it keeps our minds active, and most definitely improves our confidence in the ability to do new things. We learn how to catch ourselves every time we tell ourselves that we can't have, won't get, or aren't good enough to get what we want or desire.





DID YOU KNOW ?

In the Peace Dome, there is a Herkimer diamond from Tibet. It was contributed by Curtiss Hoffman, a friend of SOM from the International Association for the Study of Dreams.

When you gaze at the Herkimer diamond, it opens your pituitary gland and everything you perceive glistens. When you hold the Herkimer diamond in your hand, it is as if the entire world depends upon your love. Your compassion.

There are around 400 stones collected thus far. Each one tells a story from its native land and the people who touched that stone. When there are a sufficient number of stones received from around the world, the stones will be mindfully placed and a dream will manifest before our eyes!

The Peace Dome is a universal site for Peace.

The 6th Siddhi - PEACE - is the original and future state of humanity. From it stem our myths and memories of paradise and our intuitions and highest hopes for the future.

—Gene Keys by Richard Rudd

The retaining wall on the East is the future site of the manifestation of a dream called THE HEALING WALL.

“When this state dawns inside you, your body begins to mutate. In a sense, it is trying to build a better vehicle to house this intense new frequency, but the raw materials are not fully present yet. Humankind is still evolving the new energetic circuitry that can carry these frequencies.”

—Gene Keys by Richard Rudd



“...I am pleased to send you both a stone and a sample of cloth from Uruguay. As the American Ambassador in Uruguay can say the U.S. Government shares your desire to see a peaceful world. We also share your desire to see more understanding between the peoples of the world. One of my primary objectives as Ambassador is to forge links between the Uruguayan and American people. When you place this stone and fabric in your peace dome I hope you will see it as a symbol of the great respect and friendship the people of our two nations share.”

— Martin Silverstein
U.S. Ambassador, Uruguay

Just the power of thought, generated through thousands of people over 240 months, has magnetized the wall as a space for healing. Each time it is looked upon through the eyes of awareness. Each time it is touched by the hands of healing, This supporting wall is a space for the Transfiguration of the human body into the rainbow body.

When the Buddha was asked what should be on one's mind as one begins the Bodhisattva journey, he replied:

"Thus shall you think of all this fleeting world:
Like a falling star, like a bubble in a stream,
Like a flame in the wind, like frost in the sun,
Like a flash of lightning or a passing dream."

The rainbow body describes the appearance of the body as it is altered through specific meditation practices long passed down in Tibetan Buddhism. These are the elemental expressions of light that are the frequencies in the inner levels of consciousness between the conscious mind and subconscious mind.

For the SOM student this is specific meditation practices in the advanced study and the underlying practicum of dream study (yoga). The Transfiguration practice finds its fulfillment through the creation of the Healing Field on Sundays.

From the beginning, how the energies move within the Peace Dome was palpable. Even when the second floor was put in, the energies continue to circle and rise up and out the 'crown' skylights at the apex. Those who gather, through time and space, with the intention of wholeness generate the Light of Love that moves up and out. The Light radiates out the top of the dome more like a wave than a beacon.

Whenever you are presented with an opportunity to contribute to these efforts - whether in solitary practices at home, group events at your school branch, or activities at the Peace Dome - do so with a clearer and deeper understanding that your frequency is elevated through your positive choice to actively engage through "transcending whatever separates us."

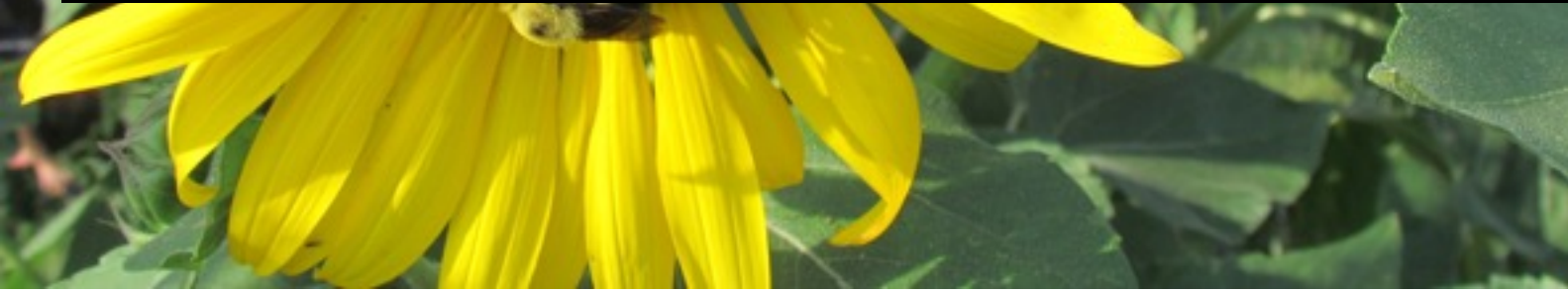
It's very much like the experience of a Herkimer Diamond, radiating from within.

Whenever you visit the COM Campus, consider bringing a native stone from where you live and offering it to the effort.



AUM stone from India

Be sure to tell the story of your stone in writing.
KEEP THE DREAM ALIVE!



INTERVIEW WITH the PRESIDENT

Regarding Peace

Stella Lynn Boggio

I sat down with our president, Dr. Diana Kenney and asked her how she experiences peace in her world.

She shared that peace is our natural state. When we are in that state we experience more joy and contentment. We experience the present moment more fully. She shared the image of a clear pond. When the water is still, one can see to the bottom of the lake. If someone throws a pebble in the lake, there are ripples. There is a disturbance. There is not clear vision.

This is what happens when we have thoughts not in harmony with our true state.

Dr. Diana has found the practices of concentration, meditation and visualization have helped her achieve an optimal state of peace. When Dr. Diana engages in these practices, she is freer to choose her thoughts. She is not perfect, however, she is a “Holy woman perfecting.” Her peaceful state is having freedom to be who she wants to be and to shine her light in this world.

So we ask, How are You shining Your Light In The World?



THE COLLEGE

Zack Busch

This past month has been pretty active here at the College of Metaphysics. Coming off a fun-filled, joyous, educational All-Student Weekend in September, we also hosted the National Teachers Conference and are planning for our third weekend in October followed by Still Mind weekend. October is probably the busiest, best month here at the College of Metaphysics because of this, we have one event after another. With all this activity and interaction it provides rich opportunities for soul growth and spiritual development. I, personally have been learning a lot about myself this past month.

One area that I have been learning a lot about is understanding cause and intention in whatever I do, aka Karma. I have been seeing in my experiences how my intention get sets into motion. In particular, I see it reflected back by the animals. I had an experience where I was rushing our milking cow back to the pasture because I didn't want to be outside because it was a little chilly and I hadn't had my coffee yet. So I was being mean and whacked her a little too hard with the walking stick. She decided she had enough and trotted away to greener pastures. When she did it I didn't chase or anything and it became very clear to me that she was just giving me what I wanted. I turned around, went back inside got warmer clothes, drank some coffee and came back out to get her. In the past, I may have held some resentment or anger towards her about it but this time I was just like,

"Well, that happened exactly how it was suppose to." I am the cause of my life. This has been and continues to be so important for me to understand. It is moving me from the victim mentality that has been so engrained in me and although I feel like I haven't learned everything I need to know in this area, I feel that what I did learn, I need to continue to share with others. I don't know if I would have learned this being back out in the city and for that, I am very grateful for being here at the College of Metaphysics.

In learning more about cause and intention in myself I have been allowing myself to be where I am at in the learning. I would say that I am in the Adolescence stage. Which brings me to my next topic I would like to talk about for this past month. In the beginning of October we had over 50 students and faculty come to the College of Metaphysics from the local Lebanon High School. Their purpose for coming was to tour the campus, in particular the Peace Dome and to find out a little about the School of Metaphysics. They were received very well, and I was amazed with how eloquently Dr. Tad Messenger hosted and talked to the students. He did a great job giving an overview of the campus and the Peace Dome. Dr. Daniel, Vickie, and I all got to talk too and it was good for me to connect with these "Adolescent Aspects" of Self. It was really cool to observe how the students began to open up throughout their tour. In the beginning they were kind of reserved and by the end when they got to just walk around the Peace Dome, they were in high spirits. I had a handful of them ask me for Peace Covenants that they could take home. A couple days after the tour, we had a school reporter from the Buffalo high School, which is another local high school come out and interview Dr. Tad and Dr. Daniel for their school newspaper. Maybe in a future issue of Vibrations we can include it.

With October coming to an end , I am looking forward to our annual Still Mind weekend in where students come from all of the branches and spend a weekend in silence. It is a great change of pace from our normal third weekends, where there seems to be alot of activity. This weekend we just get to be. If our normal third weekends are Yang weekends, than this is more of a Yin weekend. I am really looking forward to this year because there are a lot of people coming. I have attended a couple before and there weren't that many people, I am excited to see the difference when there are more people around and how that may effect me. I enjoy non-verbal communication, and I foresee there will be a lot of opportunities to do that.

After Still Mind weekend, some of our attention will be shifting to getting our cattle pasture set for the winter. We are in the process of setting up tire tanks and paddocks that will make herding the cattle easier and more efficient. It is a whole process that is being led by Dr. Doug Bannister and if anyone is interested in learning more and being involved, please reach out to him. With all that being said I would like to conclude this article by expressing gratitude for my experience as a College student and if you are reading this article and are thinking about becoming a college student, you should!



THE REGENERATIVE LIFESTYLE

by Doug Bannister

Hello friends,

This issue is a bit different, in that we are focused on the values of maintain and improving what is. In this case, it has to do with one of the school centers in the School of Metaphysics network, the school in Columbia, MO. The building is somewhere around 100 years old and is a wood frame structure. Rooms have been added on that now serve as a classrooms and pantry-type space.

The main structure has a full basement and there are three crawlspace areas that bring up the first-floor area to be 1600 SF with an additional 700 square feet on the second floor. In recent years the two gas furnaces have been upgraded to high efficiency types as well as the two air conditioning condensers. The main roof has been replaced and so has the flat roof over the front classroom and reception area. All these represent not only restoration of the original functions, but also improved longevity and energy efficiency.

Dr. Diana and I have committed to additional upgrades in the Columbia school, which include replacement of the aluminum windows with vinyl windows; cladding the exterior walls with insulation board and commercial grade vinyl siding; and foundation repair. We are also involving Jeremy Ragan in the interior remodeling, to include extensive wall, ceiling and floor repair and resurfacing.

The spirit in which we took these major expenses on was due to our commitment to the School of Metaphysics and the values it teaches and the environment in which we create the field for optimal learning and soul evolution. We understand that all of humanity is being asked to participate in this evolutionary step, which is the decentralization of hierarchal power and the individual acceptance of our own divinity and authority. This requires an upgrade of our personal level of responsibility. We each are being asked to step up and provide the personal and group effort necessary for our evolution as intuitive spiritual beings on this bountiful planet.



Yes, there are challenges to be sure and yet there are also endless opportunities for fulfillment, harmony and joy, if we can only use our minds productively. Dr. Diana and I are committed to aiding individuals to receive their divine selves and to realize that we each are divinely hard-wired to become Christs and to fulfill our assignments and potential.

The school's coursework offers the necessary steps to become whole-functioning and independent beings, capable of providing ourselves with peace, contentment and security. Dr. Diana and I are both eternally grateful for our spiritual growth with the school and this appreciation deepens each and every day. Each of you are divinely important and dear.

God bless,
His eminence, the Honorable Right Reverend Dr. Doug Bannister.

Universal Hour of Peace

Stella Lynn Boggio with The National Peace Ambassador

At the end of every year, the headquarters as well as School of Metaphysics Branches participate in an event called the Universal Hour of Peace. This event runs from 11:30 P.M. New Year's Eve to 12:30 A.M. New Year's Day. At this event, a document known as The Universal Peace Covenant is read. Students and teachers, in The School of Metaphysics, created this document in 1997. Each branch has the liberty to celebrate this event in whatever way they choose. Some branches have gone out into the community during this time. Other branches have had open houses and events at their schools. This document is also recited via zoom everyday since last April 2020.

Peace Ambassadors and students in all school centers actively engage in requesting Peace Proclamations. These Proclamations express the intent of Peace for our cities as well as the nation. One of the lines of the Proclamation is as follows: Whereas our only hope of establishing peace among diverse peoples is through recognizing our connectedness as our capacity for peacemaking and peacekeeping at home and abroad. This document is a commitment to unite all individuals in the pursuit of Peace throughout the world.

It is Terrence LaMont's desire is for students and teachers alike to formulate their own concept of peace in their lives. How will they embody peace in their communities? Will they be that living example of Peace? I think about this question quite a bit. During the course of my day, if I am feeling any anxious feelings, I reflect on the words of the Peace Covenant. I participate in the reading, via Zoom, on a daily basis. There are lines from the Peace Covenant that resonate with me at certain times throughout the day. One of these lines is "Living Peaceably begins by thinking peacefully." If I am in worry or fear, I know my thoughts are not in the most elevated place. Anxious thoughts not only affect myself but they affect those around me. I also know I can recite the Peace Covenant any time throughout the day. This helps me get back to my center so I could carry that peaceful presence everywhere I go.

Everyone could use a little more Peace in his or her lives. Look for ways to cultivate Peace in your own life. There are many things that one can do to be peaceful and reading the Universal Peace Covenant, at the stroke of midnight, is an absolutely brilliant way to affect the movement of Peace. Join us December 31 as we usher in a new year by reciting the Universal Peace Covenant. You will be united with others in a common bond that will spread the vibration of peace throughout the world.



SUGGESTED MONTHLY THEMES for BRANCH VIBES REPORTS

To Inspire Vibes Reports from the Branches each Month
the Teachers at the National Teachers Meeting Decided to select
Suggested Themes
to encourage every branches participation each month.

All reports are due to www.vibes@som.org by the first of the month
Please submit pics with your articles.
Share what was learned!

January	New Intentions
February	Love and Kindness
March	Spring-Blossoming
April	Dreams
May	Creating with Others
June	Summer Fun
July	Freedom
August	Class in session
September	Collaboration
October	Stillness
November	Gratitude
December	Sharing/Gifting



Educational Events in 2021

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: #38 Return

Attend to the dreams that come in the night. Each holds a message for the telling. Focus your light on understanding that message so the dream may pass upon the new day.

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.

School

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