

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

Vibrations



A Monthly Newsletter

48
Soaring

A single thought can mobilize the will in adulthood.
One thought leads to another within Self and within many.
A whole thought extends through eternity.
Echoing in space far beyond what you will ever know.

Congrats Everyone!

**48
YEARS**

**In
Serving
Others**



dragon clouds

**HAPPY
ANNIVERSAR**

icebergs



Frozen consciousness draws Heaven near.
Temporal fame pales in the Cosmic Conscious Mind.
Arrest the temptation to cling to the now.
Past and future strike the match of clairvoyance.

Real Time
49

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MAPLEWOOD

I want to be fulfilled

Thomas Croft

Back at it again with another vibes article. I am learning how to create a purpose that is grounded in my growth. My original purpose was to “Do what is physically necessary.” Now that seems universal because I could be doing what is necessary regardless of what I am doing. But that is really universal to the conditions of life.

Conditions could be anything really! Such as me waking up and going to work to make money to pay bills and providing food for me and my brother, complementing someone, etc.

Now I am digging deep within myself and asking myself what is my deepest desire? Work and bills are just the circumstances in my life. What came to me was Fulfillment. I want to be fulfilled with what I have done, to feel accomplished with what I have done to cause my learning and growth.

Learning and growth is about my coming to know how life unfolds and my influence on that.

I know that I CAN and WILL achieve growth. I need to have a clear image in my mind about my ideas and what goals and just



INDIANAPOLIS

New Creations through an Open Heart.

Stella “Lynn” Boggio

For many years, I have been reserved with others. I was in a long-term relationship that I allowed to leave me bitter and disappointed. When I started at The School of Metaphysics, I was very excited to be among a community that shared my interests and values. I quickly formed bonds with the other students and my teacher. However, I still had a covering over my heart. I did not want to face the pain I felt inside. I was determined to stay protected.

As I move forward to my current life, this month will be eight years I have been a student and teacher at the School of Metaphysics. I have been teaching for the last six years. Over the past few years, I realized a lot of students were starting classes, very excited and quickly disappearing after a lesson or two. This confused me since I had a sincere desire to teach and the students I drew seem to have a sincere desire to learn. I was truly baffled. However, upon further reflection, I realized part of my dilemma was my closed off heart. I would tell stories of my past pain to gain others compassion. In my efforts to protect myself in this way from getting hurt, I was not coming from strength or a positive outlook of what's possible. Keeping everyone out, including potential longterm students.



My learning was; I really can't protect myself from getting hurt. If I am focusing on love, peace and gratitude I create a strong Attractor Field. This enables those who are vibrating on the same frequency to attract to this field. As the Law of Attraction states, "Like Attracts Like." I am focusing then on what I desire for them and take my attention off me.

I have been told it takes a lot of energy to hold oneself back. I have found this to be true with a closed heart. I am grateful for these new revelations so I can connect more with others. This will allow for deeper connections in all levels of being. In this manner, I can continue to develop honest relationships with others and draw the students who desire to learn and grow with me. This will allow me to continue to evolve and prosper in all areas of my life.

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dragon clouds

HAPPY ANNIVERSARY SOM!

icebergs



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THE NEW MAITREYA

by
Barbara O'Guinn Condon

How Master Students
makes Master Teachers



While filming a class yesterday, a memory from childhood rose in my thinking. A paint by numbers that I had as a young child came forward to superimpose upon the living 3-D scene before my eyes.

I had only a couple paint by number canvases. They were kind of expensive, and new, in the 1950s. They were few and far between, and I remember prizing them highly. Being able to place an individual color into a space and to fill like spaces that were not obviously connected was fascinating to me.

The process of painting inside the lines taught me a depth and reality. Twenty years later, I'd be all about coloring 'outside the lines' in the cause of bringing forth student's inner teacher. AH! There is indeed a time and place for everything under Heaven!

In the beginning, in MY beginning, painting INSIDE taught me a way of seeing. Not just with my eyes, but more importantly with my mind. It taught me that there was a whole picture existing there before I even began! Wow! For me it was just black lines on white. Shapes.

As I would put out the effort to add the color, shapes became patterns and new life sprang before my eyes. A beautiful painting came alive at my fingertips. An image of life that I was missing, because I was not able to see it with my physical eyes.

The first canvas I received didn't have a cover image to show me what it was supposed to look like at the end. I just had instruction from my grandmother of which numbers corresponded to which colors, and that in itself was a learning for me at that age. It was an adventure of discovering!

Yes, I was following someone else's pattern. I did not create the lines that I was coloring within, and that would be fodder for adolescent angst for me at many life (st)ages.

Until I realized 'the secret'. (And not it's not LOA, LOL!)

This is the secret behind all others. The Truth in the 'man behind the curtain'.

A rich history of a
different kind of
'paint by number'
is manifesting in
the Ozark



Mountains even
now.
Days and months
and years, from 7
generations
passed into 7
generations yet to
be. We are
carrying the story
forward in our
lifetime.



What is this prized secret hidden out in the open like my childhood paint-by-number?

There is always a plan.

A Master plan.

Like architectural drawings. The plan is not the house.

The house requires many minds united with many hands to manifest the beauty of it All.

The world is our schoolroom. The place to practice being the whole, functioning SELF, giving what only each of us can give. Master Students make Master Teachers. The world needs your mastery.

There's a great deal of discovery in mastery.

Mastery doesn't mean that, you 'know it all'.

Mastery means that you have discovered the way to unveil what before was hidden.

You've discovered how creation works, how it functions, how it moves in all of our lives.

One step at a time, one thought at a time, one movement at a time, these are the realities of creation.

There is a living example of a paint by number learning existing on the campus of the College of Metaphysics. It is manifesting on the retaining wall of the Peace Dome. As the School of Metaphysics draws nearer to its half century on planet Earth, the HEALING WALL

***Celebrating 48
years of the
SCHOOL OF
METAPHYSICS
painting sacred
geometry into
manifestation.***

**One
Individual
at a time.**

**Happy Anniversary,
SOM!**



MILE STONE !

Over 500 CONSECUTIVE DAYS of virtually reading the SOM Peace Covenant.

The Universal Peace Covenant has been read consistently for over five hundred consecutive days in the Virtual Peace Dome. I had the privilege of joining in some months ago and have been consistently present since. The reason I keep coming back is because I have found that beginning the day by sharing this energy is allowing me to have a more peaceful experience in my life. By joining the group in the Virtual Peace Dome, I give my energy to the collective cause of Peace in this world. I am also receiving, from others there, the Peaceful energy that allows me to experience peace throughout the day. It is well known that energies are enhanced when they flow freely, and this is what has been happening consistently for over five hundred days. Celebrating this consistency on August 12-13, 2021 was a special privilege. It is such a joy to convene with like-minded individuals every day, sharing the common goal of promoting and practicing peaceful ways in a world where change is constant. Yes, the goal is not to achieve some state of being where conflict never occurs, for change and conflict go hand-in-hand. No, the goal is to keep sharp the tools to deal with change in conflict in a way that leads to the personal growth of all involved. We invite you to join this sacred ritual and give peace to the world and to yourself in a place where all the energy received is transformed into Universal Love to heal the people of the earth.

-TJ Jackson-Bey,
Springfield Peace Ambassador



ALL STUDENT WEEKEND

SEPTEMBER 2021



A collective student weekend of love, laughter and learning.

The weather couldn't have been better as our amazing group of students split into groups to take ownership of their ideals while offering their sacred service toward each other and the college of metaphysics! Each student and leader had an ideal and an experience that was incredibly valuable.



Learning about how each member of our collective was pushing themselves to grow past their limitations and find themselves full of love, courage and community was an honor and I am so blessed to share their stories.

As our team headed out onto our beautiful campus we first encountered our first group hard at work weeding the fence line and beautifying the yard around the peace dome. Brandon, the leader of this group shared how their ideal for the weekend was to share his authentic self gardening for this one is second nature, leading for this one is not. We laughed as he expressed how it feels to have others see the potential in us before we believe it ourselves.

"I think they're torturing me because this is out of my comfort zone."

Maria and John stopped their weeding as we approached them to share their experience. For Maria, it is just as important to express joy in ways that are quiet and grounded as it is to express joy in ways that are excitable and happy. "I love talking so there has to be a balance between stillness and being 'on' " she said reflecting on her time with the school. As with all things we can find symbolism in which to visualize our ideals. John took advantage of his time at the school weeding to visualize himself removing limiting beliefs. For him, there was an ideal of self-acceptance. So many times in our life we are given blessings in which we do not feel worthy. For John there was so much to celebrate, not only a gig creating music for a musical, but 3 of his students will be graduating this weekend and at times of great blessings it is easy to question our worthiness. It was beautiful to see weeds as a way to physically manifest getting rid of limiting beliefs!

These groups are not chosen based on skill or credentials. These groups are assigned based on how these activities can be used to further the soul growth of those individuals who partake in these activities. There should be some level of comfort but also in some ways there should be challenge, as this is where the soul thrives. Sherwin was a beautiful example of this as he sat with the fire crew preparing for lunch. For Sherwin there was a feeling of needing to allow things as they come up to wash over him. Both the negative and the positive, while sitting next to the fire he was given a chance to consider the expansive nature of fire and how he can receive all experiences for learning. Things don't always stay the same, the sadness that one feels yesterday becomes the joy and calm one feels today. For him it is learning to rise higher above the negativity to let go of his shields that at one time protect him, but now is just another tool to let go of.

Zach, the fearless leader of the fire crew was practicing leading with the heart. Catching the breath in the physical and moving to the heart when stressed or disconnected helps this one learn that what was once seen as separate and evil can also be seen from a higher perspective. After breathing from the heart he says, "I am the other, it's not an opposite of me, I stop and focus on the breath through the heart. I always start with the physical breath.

Randy sips his drink while explaining his ideal. As a child he would act out and like many of us would receive a reaction that was punitive. During this time he had moved inward and became more receptive. The divine

For his ideal, using his masculine assertive energy to create turbulence and chance, stillness and explosiveness is how he becomes a healing presence for others. To honor the reaction while holding space for it's healing can help balance those around him while aiding in his own deeper learning.

The cooking crew was hard at work preparing for an amazing nurturing meal for the SOM community! We caught them during their afternoon rush to experience their flow of consciousness. For **Maria** stillness was her ideal, as she chopped vegetables. When asked how this is possible during the creative chaos that was meal prep she smiled brightly and explained that even in this experience she can go inside herself and reflect on the purpose of why they are here.

Next to her stood **Teresa** who began to share her amazing experience learning to accept herself and the lessons she still needs to learn. "When they told me I was on the cooking crew, I thought 'Uh, oh! Why am I in that group!'" She had never cooked before and this was a humbling experience to understand that and ask for help!



Mandie, the group's fearless leader stood in the middle of the group directing the flow of energy. For her she had set an ideal to experience more trust with the self and to create with more ease. Fear and doubt don't feel like ease and for her everything comes down to self love. When faced with challenges creating from the heart moves one from the conscious mind to the subconscious.

Samuel when approached smiled brightly and shared how unconditional love was his ideal for the weekend. Cooking aligned him with ease to this ideal as there had been no challenges for him. While he shared his experiences preparing the food with love he stated "I am working to maintain a loving presence despite ego conflict."

We could definitely feel the love in the food when eating! Sometimes it's just as important to enjoy the process as it is to experience the end result. For **Jamie** observing the human experience during the process of cooking helped align her with her ideal of observation. To see others as aspects of the self. She shared how fluid this crew had interacted, most of the instructions were given without thinking which allowed them to experience more growth and community with each other.

Not only does chopping vegetables lead to a delicious meal, for **Mary** it led to experiencing her ideal of loving, spiritual friendships! Like many others, Mary was bombarded by energy when she first arrived to the All Student Weekend, but after taking a few hours to stay grounded she was able to move through that and become present. This opened her up to the experience of love she had through the conversations had and interconnectedness making food offered.



Mari stopped chopping to share that her ideal was to BE. Capital B capital E. Be calm. Be centered. Be peaceful. She included all of these because each built upon the other. To be calm was to be centered, to be centered was to be peaceful. In her calm and loving interactions with our team while we asked her questions it was evident she had found her place within her ideal. For Mari, it is the awareness of our own state of mind that gives one the capacity to respond from the soul and not the ego. Responding to the soul feels good, feels like truth.



Our team made our way to the peace dome where **Terrence** was sharing the importance of the dome to the expansion of peace as his team took a short break. For Terrence there was an ideal to rest in the emptiness that is life. When asked to expand on what he meant by emptiness he shared that he must recognize that everything is emptiness unless he adds something else to it and from there he always has a choice."There is a lot I don't see. Accepting that I don't know something means more opportunities, you can pretend , you have opportunities for questions and a chance to study to be quiet."

When it was **Deanna's** chance to speak she immediately shared how important self love and stillness are for her. With laughter she shared how hard it is to be still through

all the chores assigned to her but it allowed her to make an effort to be calm and peaceful in the midst of all the activity. Through moving in harmony with her ideal she expressed how she was able to find calm amidst the chores, though she would never let her children find out. We promise your secret is safe with us

Kathleen's ideal's are Openness and Flexibility: She idealizes the old Cartoon Character "GUMBY". Kathleen says, he doesn't break, he can grow and that makes her laugh! This helps her move beyond times when she feels resistance in her stomach and heart. Instead of judging she images "GUMBY" and her being open and flexible.

Leslie's ideals are integrating more aspects of herself to the loss experience... That would look like being more motherly and insightfully giving to others. She sees this in her teaching. She loves to allow others to experience themselves to perceive what could be different, and how they might be growing

In the Peace Dome as we move forward interviewing students during All Student Weekend, **Hazel** shared she began to feel the need to slow down and take in the nature to become grounded and peaceful. This way she can receive the connections to others and herself. Then she finds the space to give and receive. Hazel was attempting to empty out here. Sometimes its hard to transition from calm and slow with acceptance of all the energies.

Audrey is transcribing intuitive reports today. Her ideals extend from her Lucid Dreaming Experiences. She is beginning to experience people in her life as aspects of herself and then connect with those great qualities others are stimulating her to recognize. This helps her know herself. Today she is taking time to understand what its like to take time to be with the Spirit of the College.



Devon's ideal is to have open hearted connections with others. This asks her to be present enough to keep her heart open. She observes "Judgments," as clues to what others want from her... controlled, manufactured, trusting her open heart to be able to reach them with an authentic connection.



Amy's Ideal is to speak from the Heart with purpose and honesty. She had an experience with someone who was hyper vigilant and it scattered her. But then she realized she also had that quality that comes out of her. As she thought about it and discussed it she began to return her attention to herself to internalize some balance. She loves to internalize because she knows that she can go inside and see the beauty in herself. If she stayed in a hyper vigilant mindset she would have missed the beauty of receiving this person and their hearts being open.

Rita's Ideal is courage, to live without the fear and other non-productive aspects of self. She focuses on expressing herself with courage and receive without that fear. She then creates openness, the ability to express truth in the present moment. She says then she perceives the beauty of the present moment which is up lifting.

Stan's focus is on Sacred Service to the overall enlightenment of humanity. He seeks to always feel fulfilled; "If you would have seen his mind before he understood service, you would not have appreciated him. (1973)

Then there were those of us who took time to float in our conscious life experiences. It was refreshing ! Ask them how they created this? You will get some interesting visions.





ASW GRADUATION



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ASW GRADUATION





Laying Peace Tiles



Laying Peace Tiles



Educational Events in 2021

Oct 1,2,3 National Teachers Meeting

Oct 15,16,17 3rd Weekend

Oct 22,23,24 Still Mind Weekend

Nov 19,20,21 3rd Weekend

Dec 4 Area Teachers Meeting

Dec 17,18,19 3rd Weekend / Bread Baking & Caroling

Dec 31 Universal Hour of Peace



Each time we come together to create the School of Metaphysics Vibrations Newsletter, we open our sessions with an opening projection. Afterwards we each align with the laws of creation and open the book, The Taraka Yoga of Kuan Yin by Gael O'Guinn, to receive the verse that is designed for each of us individually. Here are the numbers we received. Our collective vibration is featured below. Love and Light from your Vibrations Staff.



Lynn Boggio: #58 Composure

The teacher leaves a trail worth a remembering. With clear eyes, read the records in akasha suspend judgement so you can make your own choices. Embrace the emptiness enter the breathing space.

Thomas Croft: # 14 Time

When your soul purpose reigns, you know why you are here and you know where you are going. Before you, behind you, to the left, to the right, past, present and future become one when kundalini rises.

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