

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.



"The best christmas

*gift is to realize
how*

*much you already
have."*



Vibrations



A Monthly Newsletter

A Christmas Tradition!

~ On Friday, December 17th we will begin making bread at 7:30 a.m. You are welcome to arrive on Thursday to be part of the breadmaking festivities.

~ On Saturday, December 18th, we go Christmas caroling in Buffalo, Missouri delivering homemade bread to the neighbors. We then go out and have lunch together in Buffalo before returning to the College.

~ Please let your students know about the opportunity to join in the fun.

~ Turn in the names of the students participating and the \$30 for December by third weekend in November.



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Maplewood

Thomas Croft

Inner Urge

Back at it again with another vibes article. During the month of November and late October the Maplewood school branch has been on fire with hosting all of these awesome events such as movie nights, dream workshops, gratitude potluck, forgiveness workshop. Now that sounds like some heat, I know pretty awesome stuff right. Everyone has an inner urge that we are all following. There is a need for us to create. Hosting these events is a the way we bring these desires out into the physical. On October 29th Marcus Croft & I held a spiritual movie night. We watched Dr. Strange. We had 8 lovely attendees, including ourselves. Now you cannot watch a movie without pizza and snacks. We had pizza, fruit, cupcakes, apple cider, etc. We had some good stuff there. Before we started the movie we started with a centering exercise where we took some deep breathes to still our minds to be receptive to the movie. We told everyone that we would have an innermission where we would stop halfway through the movie and interpret what we have seen so far. We interpreted the movie in the Universal Language of Mind. One of the things that stood out to me was when Dr. Steven Strange crashed his car and severely hurt his hands to the point where he could not be surgeon anymore. In the Universal Language of Mind hands represent "Purpose" He served his purpose as a surgeon and he transitioned into the mystic arts. Most of the time it takes a event for us to change our lives, so we can be led to the next phase of our evolution as an individual. Sometimes it is a gentle nudge in a different direction, but everyone's journey is different. Overall we all had a great time there is SO MUCH in Dr. Strange that I have to go back and watch it a few more times. I learned how to communicate my desires and share my image on how I wanted it to go. The next day Maria Sylla hosted a Dream Workshop at Stone Spiral, a Coffee shop a few blocks away from the school. Maria led it with Dr. Diana, Marcus Croft, & Nikki Konen. They all sat at a table making/allowing space for people to come in and sit and talk about there dreams and get them interpreted. Marcus shared with me that this was his first time interpreting someone else's dream. It was an expansive experience for him. He gained confidence to be a dream interpreter. Congratulations, Marcus! That's my brother. Fast forward to the beginning of November our school hosted a Gratitude Potluck. There was 25 people that attended. I showed up pretty late to the potluck. I meet up with Marcus at the train station and we walked up to the school. When we arrived Henry, who is a fellow student attended the potluck was leaving, then he seen us and said "I will walk in with you guys and tell everyone look who I dragged in the twins" He stayed for a little while longer sitting and chatting with Marcus & I. Everyone was just about gone but the people who were still there, I could tell they had a great time from there bright smiles and full bellies. I ate some chicken stir fry that Jessica Leathers made, then I had some brownies that someone made. You could taste the love and attention that was put into those brownies. It was a lovely time. The next day Maria Sylla held a Forgiveness Workshop at the school. She taught me ALOT. She shared some real life experiences and tips that we all could use. There was 12 people who attended the workshop. She taught us that forgiveness starts with you first not the other person. You have to accept that what happened happened. You release the attachment you had to the event or person, you move from victimhood to empowerment. You find the good in the situation and you put your attention on learning. What did you learn from this event? It was a very powerful workshop & experience I had. The last thing we all did together was write about an event that we were holding onto. I released the thought/idea that I was the reason that my father left. Earlier this year my mother told me that when I was younger, I asked her "Was I the reason that my father left us?" I carried that thought into adulthood. Now I am releasing it and realizing that one: that thought is not true, I am not the reason he left he has free will and he can leave whenever he chooses and two: that is not true. It is not my fault. It was definitely a powerful experience for me to release that thought. Thank you, Maria for hosting the workshop. That's it for this months vibes article. I will be back next month with another article. Now later this month Marcus & I are going to be hosting a Silent Auction selling our paintings from our first fundraiser for the highest bid while enjoying finger foods. Here is a first look at our flyer for the silent auction. You will not want to miss next months article.



Maplewood
Intuitive Report Wisdom
Terrence Lamont Bellows

A fairly recent Past Life Profile I received, states:

This one also asks for clarification about diminishing the distance between this one's highest and lowest frequencies of vibration.

"This has to do with releasing belief systems that cause this one pain, grief, hurt, loneliness, frustration, anger, irritation. When this one feels that what this one wants is at a distance then this one can awaken to a belief system that needs to be changed. There is nothing wrong. There is nothing to be...there is nothing punishable about the experience. There is the opportunity to believe in a higher frequency and the belief opens the door for the new."

In the body of the report there was explanation about how I could be my greatest self. And it made a strong do a strong distinction that the way to do that is to understand how I respond and how I vibrate but I vibrate in response to energies received in such a way that I choose between being high or low in my response.

Intuitive Reports are fascinating. Information from the Higher Realms of existence put into English to help Enlighten the individual who requests it. We are living in a time of peace and prosperity and the those who have over active and over achieving senses of imagination will have you believing in all sorts of lies and untruths. Playing games for power plays and ignoring their own inner truth. This is happening even now as you read this. Wonders of deep and satisfying alignment seems elusive yet it vibrates within. Awaiting the turn of the next key that we all have linked together on our collective chain of simplicity and oneness. Fear shades. Fear causes the lies and the belief in separation that has been spoken of. Spoken of presently. Spoken of for centuries. The truth is simple yet it is not simply known. Discovery of the essence of the truth of humanity is the destiny that is already present. We all search for inspiration. Some seek pain and suffering. Others seek to use the energy of the powerful. Subverting and twisting with intelligence from a darker place in mind. Realize your witness is always watching. Nothing is hidden from the view of the Masters. The change makers are present. There is joy to be had in finality. There is always a rebirth.



Chicago

Shanata Smith

Life is a Dance!

As we approach the end of this year, I have had many great opportunities to discuss and reflect on our many experiences as a student body at the Chicago branch. These reflections have led me to relate the ongoing projects, karma yoga, and school events. In particular to our most recent Chicago event topic...Dance.

Our school director Randy gave a detailed presentation and demonstration on dance as it relates to our exercises and lessons we are learning at the School of Metaphysics. I was able to comprehend the dynamic nature of dance and how life itself is a dance. As we have learned, there must be "a giver and receiver" in all relationships. I learned that in order to create harmony in dance, partners must be able to communicate through receptivity, intuition and allowance. Although this may seem like an easy enough task, I learned more about my unconscious mind and ego from the presentation and application. I realized that I am a person who chronically takes on responsibilities, so I struggled with allowing myself to be led by a partner. My habit of taking charge in my unconscious programming dominated the experience. My ego would not allow me to be in the present and stilling my mind enough to not anticipate the next movement of my partner and just be led. This learning experience helped me comprehend the value of our concentration and other exercises taught at the School Of Metaphysics. I realized the need to assimilate the four keys, from first cycle lesson 15, Loving, Forgiving, Allowing and Thanking. I love and embrace this spiritual journey. I forgive myself for not knowing how to break free from the bondage of conditioning and its limitations. I allow myself to see every experience as an opportunity to learn, and I am thankful for the permanent understandings I gain in the process.

With that being said, I am grateful for the many thought provoking discussions with my teacher Rita Rikevik and schoolmates. Rita has expressed that her experience has been a creative journey. She states that she has become more flexible in her thoughts and actions. She also mentioned that she enjoys participating in the coordination of the school events because they are opportunities to explore and observe the different aspects of herself through each individual.

I enjoy watching Sylvia Campos manifest her desires through her position as the Peace Ambassador. She is passionate and has expressed that she is also experiencing a greater expansion of herself in this role of promoting peace.

Along with Sylvia, Melinda Ashford has also assisted Sylvia in introducing the Peace Covenant to local high schools. Melinda is determined to bring in more students to the school and has found herself sharing lessons with random people she meets. She has become a mentor to some and is embracing her natural ability to teach and share the knowledge gained from the School of Metaphysics.

Hazel Almores has expressed that she is "very happy to have completed the first cycle this year". She mentioned that it was a huge accomplishment and that this spiritual journey and lessons learned comes from all the karma yoga, and many other events she has participated in contributing to her spiritual growth.

There is no doubt that the dynamics in the relationships and activities we have experienced thus far are a dance and as the song goes by Lee Ann Wormack. 'I hope you dance'!



Rita Rikevik

Paradise in Chicago

Chicago

This November we, a group of Chicago SOM students, gave and received Love and Light to refresh Chicago school main entrance and it's porch. November's temperature did not deter us, and the sunshine was warmly received. It's light, love, and warmth shined on us. For all who choose to experience change that beautiful day, sunshine worked with us to feel like a Paradise in Chicago, on Irving Park Ave. These are pictures that I received giving my attention and kindness to my present moment working on that project. Suddenly cars carousing and engines hum changed into peaceful rustle. Sound waves that merged with light and love with the outside sunshine. Sealing the porch with a white primer, I saw a dance of small snowflakes that flew and dropped on my hair, jacket and floor. I know I experience purposefulness despite present external factors. When there is no interference to receive love and light from each other, the Universe, and sunshine as well, paradise be experienced due to what I pulled out from my internal factors regardless of external factors in a particular moment might have, like a snow in November

Student Sylvia and Dr. Kerry brought more love and light that were merged with to cause change to Chicago's school front. It's inspired me to fulfill myself with inner joy, gratitude and confidence. Since a good part of the porch was covered with a prime, I smelled cleanliness and sensed radiance of a new life for all of us and for the school building. I received conscious expansion from giving and receiving energies in order to share it with Chicago neighbors.

When it came time to eat, I invited those loved ones, who dedicated their precious time for change, to enjoy soup made by me. Soup I created following the Universe's whisper. When the question "What type of soup should I make having such a short time to accomplish it?" came to my mind, I got an answer. Cook a cute small dumplings and merge them with three liquid ingredients, enriching it with 6 spices: as a salt, my love, peppers, my confidence, oregano, and my happiness. My giving love made a productive results and the soup's taste was improved, as expected. I have gratitude for becoming a receiver, a productive reasoner, an opportunity to create, to satisfy my and others physical and inner needs. I shared my love with those who gathered together to continue their change.



During meal time we discussed recent events at the Chicago branch. An evening of joy energy surrounded all of us and satisfied our thirst for spiritual connection among all of us. Students from Palatine and Bolingbrook came to Chicago to celebrate Sylvia's, Dani's, and Mikes Maffa's daddy's birthdays. We had some new people that came to check us out, that we met at a convention the previous weekend, and even a birthday of one of our guests. Those three loved ones became one year physically older, but their will and love became one year stronger, more expanded, ready to be received. We celebrated the inner Self growth of theirs, ours, and including all concerned. Enjoying homemade meal made at the school we satisfied our spiritual hunger and thirst through sharing our attentive and joyful energies, radiating to each other our love and light. We shared our gifts of peace and received from each other as much as we were ready to get. Chicago branch director Randy and Palatine branch student-teacher Mike presented a lecture about aggressive and receptive energies applied to Salsa dancing. Randy gave us instructions and demonstration to practice Salsa dance steps. I got feedback from Palatine Student Dede. She said, "Great get together yesterday at the Chicago branch school. Soup, salad and hot salad were superb. As well as the November birthday celebrations. We really missed you Dani. We didn't realize we were going to get dance lessons. But Randy and Mike tied it very well together with Metaphysics." Afterwards we went to a Salsa club so we could practice and be childlike, be curious, and try new things. Great experience!!

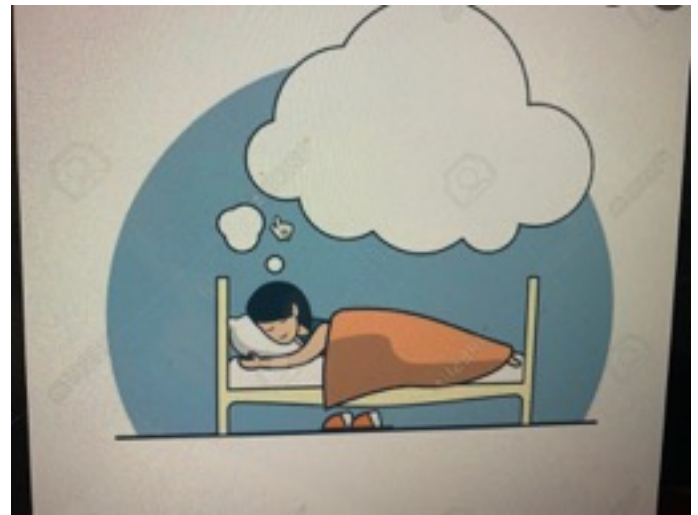
Such a great day filled with loving, giving, accepting and receiving. Becoming more receptive and connected to our inner and outer aspects. Practicing them in small steps those inner attitudes, we can cause togetherness. Our giving and happiness is the cause of connectedness, it's great! Now we may claim a 10 fold return as well!

Chicago

Still Mind Experience

Sylvia Campos

My experience this past weekend at the college was amazing, unique and life changing ...and Like others students I had many enriching experiences to tell .. but the most significant is experiencing silence for a day an a half without phones and only drinking juice and water. Honoring each soul as you pass by, with deep respect. Keeping the wood fire on, all day long under the rain, and focusing the attention entirely was not only healing but energizing.. sharing the fire in total silence surrounded by nature was so profound. Without talking we were so connected. My ideal last weekend was "Calmness and Balance" and in high amounts I received this. But the greatest benefit of all was ... dreaming ... dreaming.. so clearly. I had experienced the previous week a resentment that was bothering me and was not able to understand why again and judged my self hardly as to "you have not grown nothing.. you still feel this emotion.. maybe you're not learning" and shared this with the rest of the students and I was seeking for guidance. Being in the Still Mind Weekend with a disciplined mind, resting, fasting, praying, meditating 5 times throughout the stay gave the space between the thoughts and move from the conscious mind to the subconscious mind for answers. The first night I dreamed that I was sleeping on a bed and saw my self standing at the foot of the bed contemplating my sleep. The second night I dreamed I was in front of a building opened the door went up the stairs to a second floor and as I was standing there I turned and saw a big mirror where I reflected my self.. so clearly. Meaning that I must see my self with objectivity and as I assimilate this, see what's productive and beautiful and also be willing to admit what's destructive, ugly, repulsive and transform these limiting ideas. I must thank all faculty and students at the college for having the opportunity to share with me their beautiful lights and wisdom. Few days have passed and I still feel the warmth of being in oness with my self. Still membering the bright light and lightness of my body after meditation. I'm in second cycle and I have not enjoyed 2 fruit days like this before. During this week I was eager to feel my body lighter and prepared my meals with joy and love.



Palatine

Gino Crededio

Creation Takes Time and Practice

In Palatine, we've been working on creation. We even made a Ten Most Wanted and everything. A few things have been crossed off and replaced, and a few goals for monthly progress have been met too. But at the same time, some have been missed or have not manifested in the way we'd hoped. I myself know I have a lot to learn about creation. Probably why I attracted the School in this incarnation. So today, let's talk about the so called "good and the bad".

We finished our steps! I want to give a shout-out and some gratitude to Dede Thut for being directing intelligence on this project. She's our Custodian of Sacred Space and has been really doing a bang up job. When she first took the lab, her image was to make the school "more welcoming". She's helped bring some vibrancy and cleanliness to our front rooms, helped fix up the bathrooms and done incredible work for the plant life both within and without the School. A project began to renovate and rebuild our front steps last year. Due to some limitations we never finished, but the energy was there. Our goal was September, but we finished in October. With some love, a lot of learning and a couple cans of stain and paint, we now have some incredible front steps and they were worth the wait!



We set a goal of starting a class once a month and we're happy to say that we're 2 months successful in our goal. Doug Smagur has really been doing a great job to build himself as a teacher and manifest the ideals of the Second Cycle. We've been working closely as classmates to build some short courses and have even started a pretty wonderful practice of meeting for the purposes of creating and mutual support about once a week. Like many teachers, Doug has experienced his share of rocky starts with new courses, but he didn't give up. He has had a consistent growth in attendance over the last few weeks. There'll be an applied class in no time.

One thing we wanted to create in Palatine was deeper community bonds. We wanted to recreate an experience we had of a magical group outing at the Bah'á' Temple in Wilmette, IL. The first time we went, we had 20 people in attendance, a special tour, a wonderful group meditation and an amazing outing at the beach nearby. It was swarmed with dragonflies in the most incredible way. This time however, we didn't get exactly that. Only Dani, myself and a friend of mine were in attendance. It was somewhat frustrating because we had had a lot of discussion about it, but blame was not the way to go. I reasoned with why it manifested thusly and had to come back to the Self. The original event had so much visualization work I'd put into it for years honestly. This one...was more of a "I guess we'll throw something together type thing". No wonder it wasn't a strong, attractive image in the physical. We released it from the 10 Most Wanted List.



Like my old teacher Jorge used to say, "Everything is a process." I'm willing to admit that maybe I am still an infant when it comes to creating. Maybe our branch and our budding community is too. "To be the greatest, you must first be the least." I'm not discouraged though. It seems both obvious and logical that we are in a snowballing state of gaining momentum. If we all looked at our beginnings as setting the tone for who we were to be, well we'd all still be in diapers now wouldn't we? Stay tuned for bigger and more wonderful things to come. This Teacher's Meeting is going to be something incredible.

Indianapolis

An Extended Stay in Consciousness

By Stella Lynn Boggio

Any time, at The College of Metaphysics Headquarters, is time well spent. I have been attending Third Weekends regularly for almost two years. It has been my great pleasure to create with the Vibrations Staff. My writing and communication skills have expanded. I have gained deeper friendships with my fellow students and teachers.

In October there is a weekend that occurs once a year. This weekend is called Still Mind Weekend. I had attended once previously and decided to attend this year.

Dr. Daniel Condron, extended the invitation for those attending Third Weekend and Still Mind Weekend to stay the entire week between both weekends. I created space in my schedule to take an extended stay at the college.

I was able to spend time with college student Zach Bush during morning root race. I got to observe the beauty of nature and spend more time observing my thoughts. Time in nature affords one the opportunity to get to know more of the real Self. During my weekly stay, I had the opportunity to observe my thoughts more clearly. Some of my thoughts were positive others not so much. Observing my thoughts allows me to choose the thoughts I want to keep. Many times, in the city environment, I am bombarded with thoughts. I can be confusing to discern which thoughts are from others and which thoughts are my own. Time in nature affords the space for clear discernment.



I also learned the importance of slowing down to receive from my Inner Self. My Inner Self has all the answers I seek if I am open to receive. I was able to engage in deeper meditations when I was at the college.

At the end of my week, was the beginning of Still Mind Weekend. I helped prepare the college to receive the students on Friday evening. When we convened for dinner on Friday, we concluded with the reading of our Ideal and Purpose Papers. My Ideal for Still Mind Weekend was to develop Self-Trust. My purpose was to act on my own Inner Authority. Many times, in my life, I have put the opinions of others over my own inner knowing. Developing Self-trust gives me the clarity to act on my true desires.

During the silent meditation on Saturday, I had a chance to be with myself on a deeper level. I had a lot of thoughts come into my awareness about my past and the future. I kept bringing my attention back to the present moment focusing on my breath. This helped me stay centered in my being.

What I learned. at Still Mind Weekend, was the importance of regular solitude. We are so used to being aggressive in our daily lives; it's a rare opportunity to spend a whole day being receptive. Everyone needs this experience regularly to recharge and rejuvenate.

Overall, my Extended Stay in Consciousness was extremely beneficial. I would encourage everyone to take this opportunity as it arises. It can only produce positive outcomes for one's soul growth and awareness.

Columbia

Nick Kendrick and Diana Kenney

Columbia is in the midst of renewal and renovation. Four new students, Kate Wagoner, Dana Lee Beattie, Nick Kendrick and Lisa Williams joined student Damien Kendrick for a dynamic class of five on Wednesdays.

Nick and Damien responded to Doug Bannister's call for help with the foundation of our building. Here is Nick's summary of his experience:



Spent the day mixing and placing cement to increase the stability of the school building, which is an apt metaphor to provide a foundation for one's life. Through the work I gained much invaluable experience and felt great satisfaction. My ideal was 'to serve' in that I was here to serve something greater than myself, and in doing so would gain far more than if I were to pursue selfish interests. When I got distracted or discouraged, I would center myself and remind myself of my purpose, and that would ground myself enough that I could persist through.

Also, I learned how to be kind to myself, as I tended to beat myself up over the smallest of errors.

Just like we were building the foundation for the building, the process itself was providing me a foundation within myself. A formula where I can apply it to any unknown working project or challenge where I would then call upon this experience to provide me with guidance in persisting through the task. Rather than relying entirely on my own faculties and being "the foolish man who builds his house on sand", the School of Metaphysics acts as a foundation stone to build one's life upon with the infrastructure, wisdom, and community that it provides.

Nick and Damien also helped paint our North classroom, and students Mary Groves and Dana Lee joined them in painting the South classroom, transcription area, and meditation room.

Alumni Jeremy Ragen and Dave Brown are making sure our renovations are done with a sacred consciousness. We should be complete with the downstairs and exterior renovations in time for our Universal Hour of Peace Event.





The NEW MAITREYA ~ the Individual in a Group

Walls are an interesting metaphor in our human way of life and thinking.

Throughout history, men have created many walls.

*Perhaps the most famous wall on Earth is the Great Wall. The Great Wall was built to keep Hun invaders out of newly-unified China. Begun in 770 BC, it took multiple dynasties and leaderships over **2200 years** to construct and connect the wall sections!*

The wall spans 2145 miles. For comparison, the East-West coast span of the USA is 2800-miles. Local promoters say it would take the average person about 18 months to walk it. The Great Wall is physically impressive in size and more so in how it came into people. Millions of people through those years invested their lives in making it happen..

I wrote about this subject almost 20 years ago, during the time of constructing the Peace Dome on the COM campus. Supporting and championing the concept of the dome's retaining wall converting into something more than the supporting and protective wall for access to the upper chambers.

The 'something more' was actually conscious intention. The practical application of metaphysical principles is an ever-renewing fount of joy, the Tree of Life for the individual and for the group.

THOUGHTFULNESS.

*Far from the busy-brain, **Thoughtfulness** is well-crafted dreamwork, fashioned through the inner level elemental force structures which are taught in advanced SOM studies. This wall would be created by, through, and with the ideal and purpose of the School of Metaphysics in mind.... to aid any individual willing to put forth the effort to be a whole, functioning self, not dependent upon any person, place, or thing for peace, contentment, and security.*



From the beginning, in reverence to the Constitution of the United States and the Iroquois Confederacy, the Peace Dome and it's Healing Wall, have been a loving labor of the people, by the people, and for the people in the world.



THE FIRST SEVEN YEAR CYCLE ... The creation of the concept of a Healing Wall came during the General Assembly in 2003. That story is recorded in *Thresholds Magazine* and *Vibrations* during the time.

The original fashioning of the world relief map enlisted the participation of the young people (ages 9-13) attending that year's annual kid's camp. They worked with Drs. Paul Madar and Paul Blosser who designed the wall and manifested the dream in the summer of 2003 for the Dome's Dedication Day.

Through it's first 7 years, the wall remained whitewashed. Open. Receptive. Waiting for the stones to be received from people around the world. You can see this in the picture at the beginning of this article.

THE SECOND SEVEN YEAR CYCLE ... To prepare the dome to host a pre-Parliament event in the fall of 2009, this generation of SOM student-leaders colored our world. Under Dr. Doug Bannister's knowledgeable guidance, professional materials were used to bring the map alive. The young students living on campus - Vivien Madar (at 3 our youngest student volunteer!), Alexandra Madar and Hezekiah Condron - carried forward the original tradition young people contributing to a dream 'in the making'.

THE THIRD SEVEN YEAR CYCLE ... In 2015, we invited attendees at the Salt Lake City Parliament of the World's Religions to place a gemstone into the framework for the Window to the World. This glass window, still in the making, will someday grace the rod-iron handrail's open portal on the dome's East side. Symbolizing the loving touch of people from dozens of countries and US states. Each placed as a prayer for Peace.

THE FOURTH SEVEN YEAR CYCLE ... The next seven years is happening now. If you are reading this, you are among the generation who will further evidence of dreaming a Healing Wall. What might that be? Two years from now, the School of Metaphysics will celebrate 50 years of manifesting a vision of Intuitive, Spiritual Man. That's 20 years after the Dedication of the Dome. Hmmmm.....the mind opens. Transcending. I wonder.....

I invite you to hold the Healing Wall in your consciousness during this year's Universal Hour of Peace.

I love you just because you are

O drB

Barbara Condron

Interview with Dr. Daniel Condon
The Importance of the Holy Works
by Stella Lynn Boggio

Recently, I sat down with Dr. Daniel Condon to ask him about his study of the Holy Works. I was curious about the importance of this work. Dr. Daniel said that the study of the Holy Books supplement each other. Each Holy Book gives a well-rounded image of the truth each portrays. Dr Daniel says, “ My granny read some of the Bible each day. In a year’s time, she had completed the entire Bible. Studying dreams prepares an individual to understand the Holy Books on a deeper level. When one meditates every day, the deeper truths of the Bible Come to life. Dr. Daniel encourages all students to spend time each day studying a Holy Work. In this manner, the earnest student can receive the truths these Works reveal.



Zack Busch

The Journey Inward

Winter at the College of Metaphysics

With winter just about upon us, here at the College of Metaphysics we have began, what I like to refer to as, the journey inward. We are experiencing alot of changes and just as the leaves fall off the trees, we too are doing necessary shedding. Over this past month we have seen some changes around the campus, in particular with animal-life. We recently sold all of our pigs so that we can re-do the fence to contain them. Although, it was fun having the family of pigs wander around the campus, I learned first hand why that isn't a good idea. They like to dig up the ground which can cause some major damage. They are also pretty stinky and you can usually tell where they have been by the smell. Admittedly I had thoughts of, "What's the big deal if they are just free-roaming pigs?" Now, I am a knower on why it is important to keep them contained. Along with the pigs being gone, we also have some changes with our cows.

Our milk cow, Sunny is pregnant and due to give birth in a couple months which means that I do not milk her regularly because she is holding the milk back for the calf. It has been a nice little change of pace from having to milk her twice a day, to just milking her once every other day. We also have sold some of our cattle herd to make it more manageable for our transition into our regenerative, sustainable farming that we are doing. We are making some progress on that front also. Just this past month we got our piping knifed in the ground for our tire tanks that the cows will be drinking out of. It is nice to see progress being made and Dr. Tad has shared with me the whole image of how it will all work and it seems pretty incredible. If you have any questions on regenerative, sustainable farming initiative feel free to ask Dr. Tad or Dr. Doug.

So with these changes it has been a good time to begin the journey inward. I find it interesting that this journey inward usually begins with our Still Mind Weekend, which went really well this past month. For those that do not know, every year we have an event at the end of October that we call the Still Mind Weekend. It is led by Dr. Daniel and it is a weekend in which for a day and a half we are in silence and do a juice fast. This year we had alot of people come and it was really special to be in this field with so many people. At the end of the weekend people shared their experience and many people talked about how it was life-changing for them and how they feel like they will implement the Still Mind regularly in their everyday life. I have been a part of a few Still Mind weekends over the years and I have to say that this was the best one that I experienced. There was a point where mostly everybody was by the fire and I experienced a melding of minds, a oneness that I can only describe as incredible. This event is highly recommended for anyone and everyone.

Looking ahead to the rest of winter, we have some "cool" things planned at the College of Metaphysics. We have our annual Thanksgiving which we do the Friday after Thanksgiving and look forward to seeing some of you there. Again, anybody and everybody is invited just talk with your teacher. We also have our Holiday-bread making next December third weekend. This is where we bake bread and give it out in the community along with singing Christmas carols. It is a jolly time here at the college and will help give you that "Christmas Spirit." I am sure there will be some more information on that in this issue of Vibrations but if you have any questions, again talk with your teacher. Thank you and may your journey inward this winter be a pleasant one.



Mari Hamersley

Intuitive Reports in 2021 – A Recap

It is good to look over what has been accomplished in the past year in all areas of our lives and to build on that. What have our creations been in this area of the School and what are the goals and ideals we have for the coming year?

This has been a year of transformation for me personally as the National Intuitive Reports leader. I have grown in my commitment to causing the School's Intuitive Reports to expand. I see the value of them over and over, and I want to make sure we continue to evolve. One way we do so is by aiding those teams who are training to be reporters and conductors. They grow by fulfilling both in their personal ideals through their willingness to serve humanity in greater ways. And I am delighted to see the progress in the teams currently training-- Amy and Brandon, Mandie and Terrence, and Devon and Brian. Dr. Diana and Dr. Tad and Dr. Christine and Dr. Daniel are now actively offering past life profiles and I hope will soon be able to offer Intuitive Health Analyses. And imagine how the reports will aid others when we can have many sessions live in the School Branches. Throughout the year, Dr. Tad and I were able to present so many Health Analyses, Past Life Profiles, Crossings, Creative Mind Reports and Dharma Profiles. Although I wasn't sure I was ready to do the advanced reports, I trusted my conductor, Dr. Tad, and trusted that inner guidance would flow through me, and it has. What a blessing! In addition, through the Springfield branch's desire and creativity, the workshop they presented was able to provide a combination of past life and transference of energies information in a way I had never known was possible before, which I heard later was deeply moving to the participants. Ask Devon and Brian how they created that!

We also were able to increase the number of transcribers coming to the College on third weekends by simply inviting them and letting them know they are needed. Thank you to all who come and contribute your time and efforts and for those who have learned to lead the transcribing. Mandie Renner and Vickie Barbour and I have together offered our creative and organizational skills so that we have begun to simplify and clarify the Intuitive Reports instruction book given to each of the branches. And Vickie has given each branch a list of all the reports that still need to be transcribed to keep us on the path. As our 2021 desires continue to move toward manifestation, step-by-step, we have given thought energy to 2022 expansion. One such area is that we want to go to the branches or convene at COM to have Intuitive Reports Coordinators and transcribers meet for instruction, motivation, and reigniting of passion for the reports. Please let me know what other ideas you have.

What do we need from you in the coming year? Continue to talk about the reports and how they benefit people, then get the requests to the College correctly and on time. And especially, the greatest need now is for your students to complete the transcriptions that are awaiting your love and attention in your schools. The energy will be cleared to receive more, your





UNIVERSAL HOUR OF PEACE

From 11:30 p.m. on December 31st to 12:30 a.m. on January 1st each year, Universal Hour of Peace hopes to take a step toward a war-free world.

The day encourages the promotion of peaceful activities during the hour of observance.

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: 70 # The Opportunity

Awareness follows a peaceful night in the language of the soul. Patterns of thought are illuminated in its glow. Capture the images reflected off cave walls. Before they become shadows of their former life.

Thomas Croft: 90 # Enlightenment

When an inner urge appears unexpectedly, turn inward. All that you are creating summons reveals the vastness of your being. Humble yourself in the face of your own wisdom. Walk with the Teacher who teaches Teachers, for now you share one path.

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