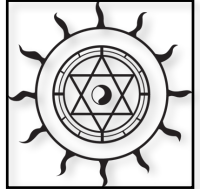


The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort, to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.

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

Leave footprints of love and kindness
wherever you go.



Use your voice
for kindness,
your ears for
compassion,
your hands for
charity, your
mind for truth,
and your Heart

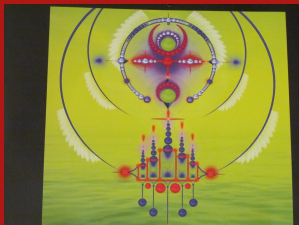




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MAPLEWOOD

Transition

Thomas Croft

Back at it again with another article. The Maplewood branch held a lecture called “Do You Want to Heal”:Mind Over Matter led by Marcus Croft on the week of Christmas. I asked him about his experience and here is what he had to say, “I experienced openness and fluidity. I let go of assuming and rationalizing with the mind. I sat and experienced the present moment, then everything came to me. I knew what to say and do. Once I shared my experiences that opened the floor for everyone else to share their experiences. We all had some similarities. Overall, I enjoyed having to format an event with the help of others. Hosting this lecture is helping me to become a teacher.” Nicely said Marcus. The Maplewood branch is in a transition of becoming lighter. We are witnessing tension being released and transformed into relaxation within the individuals who occupy the school. Everyone is stepping into their power. We are becoming aware of and bringing fourth our gifts to the world. There is a comfortability becoming known within the Self. Coming soon I will be teaching a short course on Concentration. It will be held at the school. I will help people become aware of their distractions and teach them how to direct their minds to fulfill desires. The start date is Monday January 24th from 7-8:30 pm. It is a four week course where we meet every Monday night. You can sign up on Meetup, Facebook, on our Maplewood page and by calling our school. The number is (314) 645-0036. Catch us next month for another article. May peace be with you.



MAPLEWOOD**I AM Value Myself****I AM THE Embodiment of Love****Each of us is a Christ****AS I AM I AM AWAKE**

Terrence-LaMont Bellows

There is no further work for me here except that which I choose.
This is of The Law of Divine Birthright.

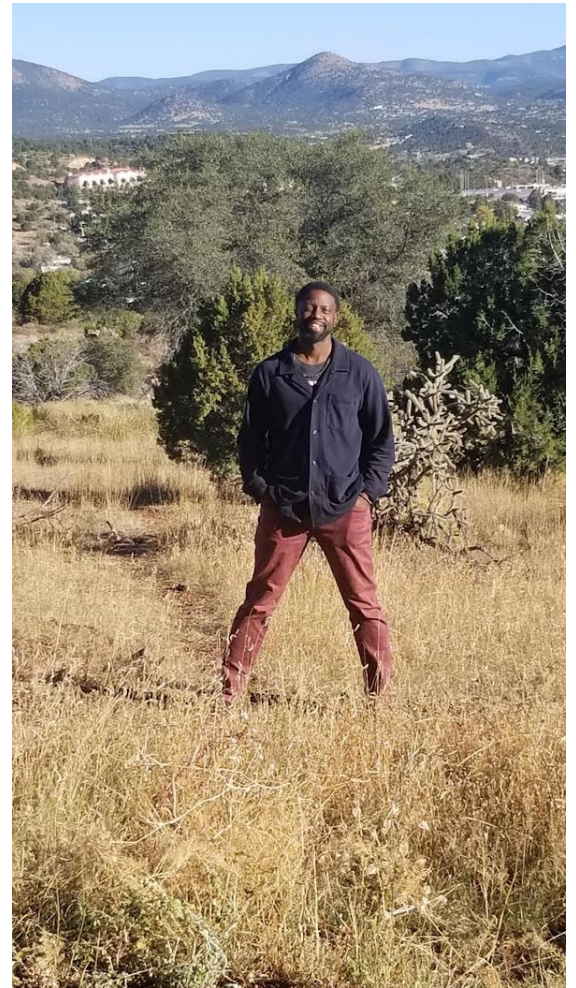
Many people upon the planet are presently feeling that their
specific uniqueness is not honored and valued in such a way that
gives them Peace and Joy and Contentment and Security.

So there is a fear to move toward knowing the Self because the
belief is that as others do not Value me then I shall not Value
myself and thus causing myself to be seen.

Breath.

Whole Breathe is the Ideal form to bring about Christ
Consciousness.

The portal is open. Feel for Inner Awareness and Higher
Consciousness.



INDIANAPOLIS

More on Self Love

Stella Lynn Boggio

Many years ago I watched a u-tube video by the legendary spiritual teacher, Teal Swan. In this video, she gave a simple yet powerful suggestion on how to practice self-love. She said this was the path to enlightenment. Her suggestion was, for a whole year, to ask the simple but powerful question each day, "What would someone who loves themselves do?" In this video, she encouraged listeners not to think of this phrase as some silly self-help suggestion. Asking this question, on a daily basis, and acting on what is initially received strengthens one's capacity to receive from the inner self.

I viewed this video again after several years. The message impacted me as much today as when I first watched it. What came to mind was how I could apply this to some recent events in my life. Recently, I had decided to pursue a possible dating relationship with someone with whom I had an interest. It turns out, there was not enough interest to continue to pursue this relationship. At first I took it really personally. Then I remembered Teal's powerful question. "What would someone who loves themselves do?" What came to mind was my favorite affirmation from the first cycle of lessons in the School of Metaphysics. This affirmation is "I will find the Good in Every Situation. I realized I had learned a lot of valuable lessons from an initially disappointing outcome. First, being open to dating someone again was a huge step for me. I had been in a long-term relationship for many years. I have been out of that relationship for many years. However, I was resisting dating and pursuing anything new. Since I did open my heart and take a step in the dating direction, I am now more willing to actively pursue meeting new potential partners. I needed a push from the Universe to take those steps. This potential dating situation gave me that push.

I also realized how valuable and lovable I am. I deserve the best life has to offer. Holding myself back, trying to protect myself was not working for me anymore. If I never try I will never know. I miss 100 percent of the shots I do not take. What someone who loves herself does is continue to reach out and meet new people. She opens her heart never losing faith or hope. As always she is whole and complete regardless of outcomes.

Being a student and teacher at the School of Metaphysics, has taught me to constantly change and evolve from all situations. Ultimately, the Universe only bring blessings. I am grateful for all my experiences and how I can transmute them. That is what someone who loves themselves does.



INDIANAPOLIS

Self-Love Practices Continued

By Stella Lynn Boggio

“What Would Someone Who loves themselves do?” This is a profound statement by Teal Swan. There are many ways to practice self-love. One of these is to care for my physical body. When i am tired, it's time to rest. Pushing myself when I am physically exhausted is not beneficial. When I am well rested, I am able to be more objective in all my decisions. I am also able to observe my life more objectively. It's a form of self-love and self-care to give myself this gift.

Also, a daily gratitude list is a form of Self-love and Self-Care. I had a mentor once recommend to start with at least three gratitudes a day. I can always add more. This allow me to see all the blessings, in my life and how far I have come.

Connecting with others is also part of how I practice Self-Love and Self-Care. Sometimes I take for granted all the people in my life. I realize that there are many people that enriched my life. Picking up the phone and connecting with old friends is an excellent form of Self-Care. Whenever I start to feel seperate and alone, this action ensures I will always be connected to my larger community.

Talking to myself with kindness and using encouraging words is also a form of self-love. For years, I used to pay more attention to the judgement and self-critical voices in my head. What we give our attention to grows.

Humor is great for self-love practices. Watching a funney movie with friends or a night at a comedy club works wonders fot the whole system.

Also, a form of Self-love is limiting my time on social media. i got a Past Life Profile once that said I have a tendency to compare myslef to others and find myself short or less than. When I am on social media, I see myslef falling into this old pattern. I can be inspired by others lives and stories. However, when I start making comparisions , then it is time to step back. At the end of each day, making a list of my accomplishments and attritutes is a good way to remind myself how far I have come.

These are just a few of the ways I practice, “What would someone who loved themselves do?” There are many more ways. I encourage everyone to have a list of “go to” self-love and self-care techniques.





Dean for Intuitive Reports A New Year-A New Direction Mari Hamersley

In many years of being involved with the SOM Intuitive Reports. I have so often heard people say how their intuitive reports have aided them to greater well-being and health. And almost equally I've heard people benefit from a report that wasn't their own. That is because the wisdom given in reports is unique to the individual yet also universal in it's essence.

As it is a new year and many want to understand how to create a new direction for themselves, this Health Analysis spoke to me offering suggestions of how to move forward.

We see that within the mental system that this one is challenged at this present time with feeling purposeful with this one's life. We see that this does cause there to be some depression that does occur, and we see that it is important for this one at this present time period to take an inventory of what this one has accomplished to this point and also then to take the time to create a list of what this one desires yet to accomplish. Would suggest then for this one to evaluate these lists and to determine the direction which this one desires to move, for we see that it is important for this one to recognize what this one has accomplished and what this one has done and how this one has come to a place of evaluation, and it is important for this one to determine where

this one desires to lead the rest of this one's life and how this one desires to serve. We see that this one has the capabilities and the knowledge and the skills and the tools to be able to do this. It is a matter of this one responding to the calling."

6-26-2017-SMB-DRC-3

These suggestions are both simple and profound, and when acted upon can give any individual the clarity to move forward toward their own calling.

Have a blessed New Year in 2022!

INTERVIEW with DR. DANIEL

Monthly Series on the Book of Mathew

By Stella Lynn Boggio

We are continuing this month on the study of The Book of Mathew. Dr. Daniel Condrón has some further insights on how to receive from this Holy Work

What are some ways new teachers can prepare to teach the book of Mathew?

This first begins by remembering one's dreams everynight. The next step would be practice in interpreting one's dreams as well as interpreting the dreams of others. This is best achieved through teaching. Teaching at least three nights a week is beneficial. In this manner, the teacher gets a lot of practice in interpreting dreams. This also helps develop the teacher's reasoning skill.

Do you suggest the teacher highlights the most important parts in each chapter and covers those parts?

The teacher should definitely do this with my book, "The Universal Language of Mind The Book of Mathew Interpreted." They can also approach me anytime and ask questions.

Why did you devote six opening pages to Universal Language of Mind before you stated interpreting the chapters?

This gives a broad overview of the book so students will know what to expect. It also helps prepare them for the important parts of what to highlight in each chapter.

You wrote several pages on numbers when interpreting Universal Language of Mind. Can you elaborate on why they are most important?

Numbers are throughout the book of Mathew. Students need to be aware of their importance when teaching and interpreting this Holy Work.

Thank you Dr. Daniel Condrón for sharing your wisdom and insight Stay tuned for more insight in next month's Vibrations.





The NEW MAITREYA ~ the Individual in a Group

Compassion is an early manifestation of Holy Spirit expressed well by Confucius around 500 BC. When a student asked him the meaning of ren, Confucius replied, “to love people” (The Analects 12.22). He believed that people are born by nature to be kind and it is only environment that makes people different.

Benevolence begins with “do no harm onto others lest you do not want others to do harm to you.” With ren, we place others in front of the Self, treating their success as our own. This Spirit extended to all people, in all situations, benefits all. This is a picture of the individual who practices the consciousness of Avalokitesvara, compassion.

Love naturally springs from compassion as the Spirit entering into our individual interactions with others. Love is personal.

Echoing Confucius’ wisdom, Jesus taught his disciples to love one another. When a lawyer asked him the greatest principle in the Law, what in Buddhism is the Dharma, Jesus reduced the separate thoughts defined in the ten commandments given to Moses, into two. The first establishes connection with the I Am Consciousness, “You shall love the Lord your

God with all your heart and with all your soul and with all your mind.” The second affirms the attitude toward others that then naturally follows, “You shall love your neighbor as yourself.” This teaching gives order to our expression of love. Love is both personal and interpersonal. Within, and in the Light generated inbetween.

Compassion and Love, together, are the means for understanding a world that often makes no sense at all. Working together, Compassion and Love are capable of building a bridge between experience and understanding. The Saviour who guides us, the Atman who has toiled in the Tomb World again and again in service to the whole Self, now becomes the Inner Teacher.

The interpretations in **The Taraka Yoga of Kuan Yin** are filled with the Spirit of wholeness. Written in the Universal Language of Mind, each verse speaks to the dreaming Mind of the reader. The odd verses express as yang, the dynamic energy in creation. The even verses are yin, the vast field of enlightenment. A Living Hologram, revealing the Light and Love in the creative nature of your own thought.

“We all need love. Without enough love, we may not be able to survive, as individuals and as a planet.— Thich Nhat Hanh

Verse 91 ***Asymmetry*** captures this when it says,

When the inner levels are known, the people are awakened, breathe!

***Reflect upon the work of your experiences,
the love and compassion they bear.***

***The single eye, the middle path, the golden mean
opens the Stargate.***

***Standing at the center of the Universe, be in the
world and not of it.***

At the end of the last century, Vietnamese monk Thich Nhat Hanh also voiced an observation, one that members of the School of Metaphysics have been living since it came into existence in 1973. He said,

“I believe that Maitreya might not take the form of an individual, but as a community showing us the way of love and compassion.”

This has been a possibility in monasteries of all thought traditions throughout the human adventure.

For almost 50 years, it has been a vision made manifest through the School of Metaphysics. A place where - as in colleges and universities particularly in the USA - people of various backgrounds, nationalities, beliefs, sizes, shapes, colors ;) - may come together in the Spirit of learning and maturing the mind and body of all.

What's different about SOM?

SOM was brought into being so the *martial* arts might find its way into the *venusian* science of Mutual Arising. So ALL people who desire Peace may find their place in a world that is constantly changing.

No matter where we live on the Earth. Be it small communities or large. The core of community is as

the language conveys - communion. The Individuated Self drawing and being drawn to others of like kind for outstanding purposes made possible through the union. That com-union appears to be the same wherever we may go and is best described in the simple teaching every student learns in the first weeks of study ...

***“I love you just because
you are”***

well-lit street



In its journey to be whole, Spirit flows through the Mind.
Virtue opens every door to love.
This is the way it has always been.
Love melts the pain of the lower heart,
karma fulfilled in gratitude, forgiveness, tolerance.

Love
35

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!

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 2022

Jan 7,8,9 General Assembly

**Feb 5 Area Teachers Meeting
Feb 18,19,20 3rd Weekend**

Mar 18,19,20 3rd Weekend

**Apr 1,2,3 National Teacher Meeting
Apr 15,16,17 3rd Weekend
Apr 22,23,24 National Dream Hotline**

May 20,21,22 3rd Weekend / All Student Weekend

Jun 17,18,19 3rd Weekend

Jul 15,16,17 3rd Weekend

**Aug 6th Area Teachers Meeting
Aug 19,20,21 3rd Weekend**

Sep 16,17,18 3rd Weekend / All Student Weekend

**Oct,7,8th, 9th National Teachers Meeting & 3rd Weekend
Oct 28,29,30 Still Mind Weekend**

Nov 18,19,20 3rd Weekend

**Dec 3rd Area Teachers Meeting
Dec 16,17,18 3rd Weekend / Bread Baking & Caroling
Dec 31st Universal Hour of Peace**

Jan 6,7,8th, 2023 General Assembly

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: #64

Understandings can get lost in a confused mind. Troubles with cause unknown activate fate's web.
it's easy to believe more thinking is a remedy. More thinking tips the scale; fate holds her hand

Thomas Croft: # 6 Séparation

Live in the unity of conscious and subconscious minds, light reflecting each other. Harmony sheds light on every path for the seed is what is honored and unfolding. Until all is known in the mind of Creator.

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