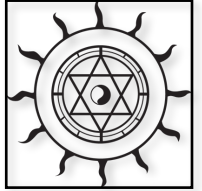


*The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort, to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.*

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

*The activity of the School of Metaphysics is Teaching Teachers.*

# Vibrations



A Monthly Newsletter



**Creating With Others During All Student Weekend**



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# COLLEGE STUDENT EXPERIENCE

FIND OUT WHAT IT'S LIKE TO BE A STUDENT AT THE  
COLLEGE OF METAPHYSICS!

**SUNDAY, MAY 15TH - SUNDAY, MAY 22ND**

ARRIVE BY 5PM FOR DINNER ON SUNDAY, MAY 15TH AND STAY THROUGH THE  
ALL-STUDENT WEEKEND THE FOLLOWING SUNDAY, MAY 22ND.

## 4 REASONS WHY THIS IS FOR YOU:

1. **Experience Divine Love - Students and Teachers have been living here for close to 4 decades and in that time have cultivated an amazing space filled with Love that you can feel!**
2. **Discover Stillness - Connect to your true nature in nature.**
3. **Strengthen your Will - Nothing is impossible to those who can direct their will.**
4. **Heal Yourself - Build your immune system by being in nature and getting to know core attitudes and beliefs.**

PLEASE SEND IN AN IDEAL/PURPOSE PAPER AND A MINIMUM DONATION OF \$80 FOR MEALS  
AND ROOM AND BOARD TO THE COLLEGE OF METAPHYSICS BY SATURDAY, MAY 7TH.

MUST BE ON LESSON 10 OR ABOVE AND HAVE BEEN TO THE COLLEGE OF METAPHYSICS BEFORE







Tulsa

Dream the Journey, Live the Journey

Alexander Mockett

Becoming aware of your dreams is an integral process on the journey toward becoming a wholly functioning being that lives within and fully represents the ideals taught in the School of Metaphysics. As such, intending to remember your dreams and capturing the opportunity to transcribe your dreams becomes imperative. Once this process starts, the Floodgates of Divinity open up to you. Each moment in life becomes an opportunity to learn and grow, not just the ones we experience when we lay our head down at night. Life, itself, is a waking dream and deserves the same metaphorical attention that our dream-state does. Once this truth was emphatically presented to me, I couldn't look back.

I began writing down and investigating each tiny aspect of my day. Whether it was a random bump on the elbow by a wall as I drifted off in thought when I should've been attending to the physical world, or whether I seemed to hit every, single, stinking light on my way to a time sensitive meeting, maintaining this perspective has allowed me a greater ability to see through the annoyance of the mere physical experience and live within a state of peaceful curiosity when these seemingly ridiculous or irritable moments rear their head. Each aspect of life has a purpose - each occurrence a part of the grander plan. I used to struggle with anger and anxiety quite mightily, and while it's still a struggle I live with every day, the very instance I recognized that each thing that seemingly happened to me, whether I deemed it 'Good' or 'Bad' in the moment, happened for a purpose to further my strength in being able to be flexible and adapt to whatever was thrown my way, I was able to turn that anger and anxiety into motivation for any future endeavor that crossed my path on the way to destiny.

No matter how grave the situation might be, we must always know that every step is meant to be and we would never be given a task that we could not handle. *Ataraxia* (a concept of Greek origin, coined by Epicurus) is the process of alleviating all of the things that may cause a fight or flight response - creating a space for peace and progression to coexist. *Eudaimonia* (another concept of Greek origin, attributed to Aristotle) is the sustained existence in a space where the essence of that space is flourishing - a state of balance between that peace and progression. Through *Ataraxia* (specifically the avenue of the alleviation of decision fatigue) is where *Eudaimonia* (the most noble of human flourishings) is found, and *Ataraxia* is inherently impossible without the presence of the struggle to overcome. Fear not, lest we prevent ourselves from allowing our destiny to come in contact with our being.

My goal is to sustain my avatar in this life as a beacon of hope, curiosity, inspiration, motivation, and faith at all times for both myself and others, for the purpose of enacting both intended peace and intended chaos, as peace is the goal of intended chaos and a new, more sustainable and desirable level of peace may only be achieved from the restabilization of chaos en route to a more nuanced version of peace - something that will, presequently, only occur if the previous version of peace incurs a moment of destabilization and can maintain enough foundational integrity to reform with a more nuanced and accurately-reflective-of-truth formation to the rest of its structure - indicative of actual growth within the soul. The actions I plan on moving forth with to live within this purpose involve maintaining and opening a receptive, yet giving channel of connection among all aspects of life with which I have the honor of coming in contact - which involves but is not limited to: refraining from interacting with individuals that drain my energy when I exist in a state of needing to recharge my divine energy and interacting with individuals that need to recharge when I exist in a state of being very willing and prepared to give my divine energy.

Focusing too much on the spiritual journey creates dissonance between the balance of action and inaction - doing and being, but maintaining perspective through struggle allows for and fosters sustained intention - the catalyst for the enactment of purpose through the temperate balance between activity and inactivity (the process of recognition → intention → implementation). Once we, not only, recognize the possibility of this process but become aware of how to determine the reason for each of the steps on our path, a whole world of purpose opens up to us and life becomes an invaluable source of eternal love, able to be tapped into in any moment, anywhere, at any time.



*"Everything negative - pressure, challenges - is all an opportunity for me to rise."*

*- Kobe Bryant*



## Maplewood

### Prosperous Mindset

Thomas Croft

Greetings everyone! Within these past few months I have been learning how to utilize my creative potential. I have been holding in mind what it is that I want such as teaching a class, driving to work, etc. I noticed before that I did not know what I wanted. I noticed that when I would manifest things in the past I was not enthusiastic about it. I was just doing it, just to be doing it. Neutrality is a state that I am in most of the time. Which is good because I have the ability to choose what it is that I want to do/create. I was in class one night and my teacher Terrence-LaMont Bellows told me that "I have the power to choose what I want." I have been thinking about this a great deal and I noticed that I played it small when it came to creating my desires. I was settling for less than what I wanted. I was not believing in the endless possibilities. My Health Analysis also stated that, "There is a combination of both, the words to match the image, the image to match the words and then to act upon those desires for the self." When I heard this I was like WHAT? I can do that. I have a positive influence on the world. I visualize myself teaching short courses at the School of Metaphysics. Teaching helped me build confidence and step into the role of becoming a leader. I would meditate the night before class to ask the Self what do my students need? One of my students needed help with discipline so I suggested a concentration exercise. I have been acting upon what I receive in my thoughts/meditation to be of service to others. I struggled with confidence for a long time. In my Health Analysis it stated, "To act upon this ones thoughts and to tell the self each day that I am capable. I am worthy. I am ready to grow. I will do this in steps. Until this one gains the confidence." Every morning I look at my Self in the mirror and say this affirmation. It is in the talking to the Self that I build the confidence to act upon my thoughts. It is a lot easier for me to spark a conversations with someone. I move from my head to my heart and speak from my heart. This is how I be of service! I am thankful that I have the opportunity to share my story with others.





## Indianapolis

### Distractions and Their Friends

By Stella Lynn Boggio

The first weekend in April is National Teachers' Meeting at The College of Metaphysics Headquarters in Windyville, Missouri. Students come from all the branches to learn how to become better teachers. It is an opportunity to learn new skills as well as refine lessons previously learned.

I had an experience, on the way to teachers' meeting that showed me where my mind can go if left undirected. I was traveling with my fellow teacher and classmate Ken Maxfield from the Indianapolis Branch. We had just passed St. Louis. Ken set his water bottle in the middle console. My phone was in the middle console. Ken secured the water bottle from slipping. However, in this process, a few water drops escaped the bottle. Some of these drops went on the outside of the phone. In addition, a few of these drops got into the port of the phone. A warning came up on the phone not to try to charge the phone because it needed to dry out first.

It was at this point, I allowed my mind to get distracted. I started to give my attention to worry and fear. What if the phone stops working? How would people get in touch with me? How was I going to check my work schedule?

As these thoughts continued to build, I continued to fool with the phone. I did not leave the phone alone. I turned the phone on and off. Initially it still worked. However, after a few of these attempts, the phone locked up. I could not swipe up, down, right or left. I started to panic.

My thoughts started to race and my attention left the present moment. I was shifting from negative experiences of the past to worries of a future without my phone.

When I got to the college, I asked for assistance from fellow students. Sherwin Rosenfeldt, National Media Coordinator, was the logical first choice. He suggested letting the phone run down so I could reboot it. I accepted my fate. A weekend without my phone.

What was interesting was, I was at the College of Metaphysics to give my full attention to the teachers' meeting. They asked us, at the beginning of the weekend, to leave our phones off and in our cars. As much as technology has been beneficial, it can also be a distraction.

When I returned to Indianapolis, I went to the Apple store to have them look at my phone. With a flip of a switch and a quick test on the phone, I was out the door with a full-functioning phone. I breathed a sigh of relief. However, I was fully aware how my attention was on the phone during the teacher's meeting.

What I learned during my phone incident was how attached I can be to physical objects. There was nothing I could do about the phone when I was at the college. I could focus my attention on the present moment. I could employ reasoning when I started to get into the fear thoughts about my future. I have insurance and could easily replace the phone. It was my negative imagination that was taking me to thoughts of separation and fear. When I am powerless to change something in the moment, I can put my full attention on what I can change. All the worry, fear and distraction robbed the peace and joy of the present moment. Although I received a lot of learning at the teachers meeting, I would have enjoyed it more had I been able to focus my attention and relax. Also, when I resist the learning in this situation, I invite Karma in future situations. I am grateful I realized where my attention was and how I can correct this situation if it happens again in the future. We truly are where our attention is at any given moment.





## Indianapolis

### Awareness in my dreams

By Stella Lynn Boggio

In the month of April, The School of Metaphysics hosts what is known as National Dream Hotline. Over the years, this event has taken on many forms. Typically, members of the public call in to have a dream interpreted. Sometimes, we have experts on Dreams known as “Dreamologists share their knowledge of dreams.

Reflecting on Dream Awareness month, I thought about my own experience with dreams in various aspects of my life. This was stimulated by a conversation I had while washing dishes at The School of Metaphysics Headquarters. Another student and teacher, Brian Hoover was sharing his experience with an exercise, in the school’s lessons. This exercise actually allows a student to go into a deeper state of concentration. This also allows the student to enter a different state of mind. Brian Hoover also commented that this is a state of mind entered when an intuitive report is given. The reporter is actually there and is having the actual experience.

I thought about where I am in different experiences in my life. If I look at my waking life as a dream, I realize that I can be fully present in any experience. When I am fully present, the environment comes alive and I am fully engaged in the present moment. This is where I AM exists timeless and eternal. When I am not fully present, in my experiences, I am only partially engaged in the experience. I may remember only parts of the experience or very little. It’s like waking from a dream. When I first wake up, I can remember the dream really clearly. After a few minutes, it starts to fade.

I also realize that in every experience I have I am entering a different state of mind. This can be a chance for growth and learning. I can take this awareness into all my activities. In this manner, I am directing my life in all states of mind.

This is especially important in personal relationships. If I am fully present, while engaging in a conversation, I can fully receive the experience. If my attention is diverted, I am not able to fully receive the individuals in my life. This diminishes my connections with others.

Being present is key. Being in the moment is key. Being in the now is key.





**SOM National Peace Ambassador**  
**Pursuance of Truth**  
 Terrence LaMont Bellows

*In the form of Truth, Light is attractive*

*In moments of Wonder understanding rules*

*No man is confused if he/she chooses*

*With the reasoning mind comes feeling*

*Clarity causes the pursuance of Truth*

When my heart opens, I realize the love that is experienced there. It's always present so it's a choice I make. At times, I'm surprised because I do not expect to have this experience. I gain realizations in my pursuit of knowledge. So care has a purpose beyond what is desired. I have experienced flow states most recently when I have dropped agendas. Form can become Truth. In this day and age it is greatly necessary. If each day I realize something new then I am cooperating with the greater reality that exists beyond my assumptions or my likes and dislikes. Being in the presence of an ideal gives us the ability to put effective energy expression into the form. We practice daily development of ideals in our lives as students and teachers in the School of Metaphysics for the fulfillment of the greater and larger reality.

Within each of us is the Divine Plan for Creation held in Superconscious Mind. I find that slowing down and listening is the best way for me to know who I am. We also teach concentration. Daily mental exercises benefit the expression of the soul.

I asked, "What is ideal?"

One of my teachers, Daniel Condron, stated that ideal is being. Activity is doing.

Ideal is about being what you want to become.

Doing or achieving is a product of a goal. Permanent understandings, divine plan, Enlightenment, these are of ideal.

Goals are physical, like a job, or a healthier body. Ideals are about what you want to become.





## Des Moines

### Intuitive Reports!

By Kathleen O'Donnell

We were honored that Dr. Tad made the 6 hour drive to Des Moines to conduct at our intuitive report event that was open to the public. Mari was the Intuitive Reporter and it's always fascinating to witness her accessing the deeper levels of mind. Even after transcribing many intuitive reports, it's amazing to witness the connection the two of them have while going within.

The day was a successful fundraiser that was both fun and illuminating.

## Dean of Intuitive Reports

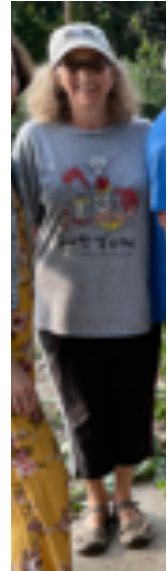
### Creating with Others Leads to Fulfillment

Mari Hamersley

As we explore this month's theme of "Creating with Others", in every Intuitive Report I read or hear, I am amazed at the insights given. Each one offers a unique perspective through a past life related or an example in an Intuitive Health Analysis or a Dharma Profile that benefits mySelf and others as well. Here is a recent one that inspired me. Briefly, a woman in Okinawa in the 1400s took it as her mission in life to provide food for her village and it was her pleasure and joy to do this. She collected many kinds of food and experimented with types of cooking, attempting to join substances that would be both nutritious and pleasing to others. Then, she saw a need to give to the people in the future, so she taught young people, passing on what she knew so they could provide for other villages as she had done. In this process of teaching and creating, each shared their ideas and grew, and she saw these young ones as her own children finding great fulfillment in creating together. The significance in the present lifetime spoke of how she can continue this growth and expand creation now.

"This one does have a desire to give to others ... and this one does have many skills that could be of benefit in passing on what this one does know how to do. Would suggest that this one write the skills on paper and continue to add to as this one does recognize where this one has understanding, where this one has belief, what this one has practiced and developed. And this will aid this one in connecting with others. Also, there is the opening up to a new kind of receptivity that this one will receive from others what they know and will seek to relate the things that are given to this one with what this one does know to cause there to be a greater expansiveness within this one's knowing of creation, for we see that this one does find satisfaction in creation, does desire to expand this one's creation, and does desire others to have the ability to do that within Self as well." 4-14-2022

Both simple yet profound insight for anyone as they create with others.



## From the President

### Dr. Diana

### All Student Weekend Transformation

Once upon a time, in a land far, far away, my teacher convinced me to come to the College of Metaphysics for an event called All Student Weekend. Students came from far and wide to meet on hallowed ground for a long weekend, starting Friday night at dinner through Sunday morning. Going to this event was something I had earlier decided I could never, ever do because of my work. I had a very, very important job for which I was paid handsomely and I was required to work on weekends. It was a day's journey to the College. This meant that, not only would I not be able to work on the weekend, but I would have to take an entire Friday off work to drive to the college in time for dinner. Unthinkable!



At this point in my development, I did not consider my unwillingness to entertain the possibility of attending a new event with strangers as a limitation in thinking: it was just being practical and responsible. And it had absolutely nothing to do with being afraid!

How did it happen that my teacher somehow convinced me to go? I still wonder about that. I am pretty convinced she spent considerable mental energy projecting to my subconscious mind. She would have had to do an end run around the conscious mind because, in its finite wisdom, going to the college was never, ever happening. She also cleverly decided that we would take her car. This was intuitive genius on her part because after we got there, I most likely would have decided to drive away from the college campus. My first impulse upon arriving was to run away. I am not sure what she told me the weekend would be like, but I thought I was going to a spiritual spa. I expected a physically comfortable experience, with good food, meditation, motivational speakers, etc.

The reality was we drove up to what looked to me like a farm. There were what I found to be a disturbing number of flies and an even more disturbing number of people. People everywhere! All of whom wanted to hug me for a really, really, long, long, prolonged, shockingly long, length of time. I did not come from a family of huggers. My hugs with classmates after the Circle of Love were brief and perfunctory.

From the moment I alighted from the car I was supremely uncomfortable and did actually choose to walk as far away from the others as I could and sit behind a bush. Yes, a grown adult, walking rapidly away from the smiling and hugging people, heart pounding, stomach churning, hugged into mental confusion, and hiding behind a bush. If it were not for the alarming number of spiders, I may have stayed behind that bush until it was time for bed.

So what happened? I applied what I was learning in my classes in the school. I slowed my thinking down, and my heart rate, and decided (rather courageously if I do say so myself) to get up from behind the bush and face all those smiling, kind and hugging people.

I relaxed, made new friends and laughed. I transformed in a big way. By the end of the weekend, I had learned to still my mind, relax into the hug and give and receive divine love with another something I continue to practice.

I have been going to All Student Weekends for about fifteen years now. I have been to every single one. Why? Because I transform. Every single time. Now, I plan the weekends with others. I believe our all student weekends transform not only the attendees, but people around the planet. The love we share is remarkable and the soul growth and evolution unparalleled.



**Interview with Dr. Daniel Condrón**  
**Monthly Series on the Book of Matthew**  
 By Stella Lynn Boggio

**Matthew, Chapter Four begins with Jesus being tempted in the wilderness by the devil. The Devil uses holy scripture to tempt Jesus. Jesus responds and says, “You must not test the Lord your God.” When the Devil goes away, angels come and take care of Jesus.**

**The ministry of Jesus begins after John is arrested. He leaves Judea and returns to Galilee. He goes first to Nazareth. Then he leaves there and moves to Capernaum, beside the Sea of Galilee, in the region of Zebulun and Naphtali.**

**The first disciples are, Simon also called Peter, and Andrew. Jesus calls out to them, “come follow me and I will show you how to fish for people.” They leave their nets and follow him. Jesus also sees two other brothers, James and John, sitting in a boat with their father. The brothers immediately follow him. Jesus travels throughout the region of Galilee, teaching in the synagogues and announcing the Good News about the Kingdom. He heals all manners of disease. People come from all over to hear the good news.**

**1. What is the main message of Chapter Four of the Book of Matthew?**

**Jesus overcomes “ego” as the final step prior to beginning his ministry.**

**2. Describe who the Devil really is?**

**Symbolically the devil represents the conscious ego: the innate intelligence of the physical body.**



**3. Why did Jesus speak in Parables?**

**People can more easily understand deeper truths when presented as a story.**

**4. Why did Jesus tell the fisherman to be “fishers of men?”**

**Fish symbolize spiritual awareness. A great spiritual teacher can gather those around him who desire greater spiritual awareness.**

**With the high consciousness, one masters the body, mind and breath, then such a one is prepared to uplift the consciousness of humanity.**



*“Interdependence is a fundamental law of nature.” - Dalai Lama*

## The NEW MAITREYA ~ the Individual in a Group

I learned the AUM chant as a SOM student in the advanced lessons. I was 24. The Beatles had introduced meditation through Maharishi Mahesh Yogi to ‘my generation’ of Americans. Many paid ‘lots of money’ (many of their relatives said) to receive their own private and secret mantra.

I was not one of them, but many I knew were, and they were satisfied in proportion to how they had used that mantra.

The more things change, the more they remain the same. Heard that one?

The effort we put forth is our testimony to the value we are learning to invest. I made a complete investment when I began studying metaphysics, and I have continued to this day. I suspect I will die to this life investing in humanity’s fulfillment of the divine.

Today, I was preparing Day 27 of what I am calling The A~U~M Challenge. As I wrote a kuanyin on GENEROSITY, you came into my mind because as a SOM student-teacher, you are the New Maitreya, and the prosperity that flows through your being is the healing for us all.

I share part of what I wrote. •

*“I roused unflinchingly, determination focused my attention, made my body calm and motionless and my mind concentrated and one-pointed.*

*Standing apart from all selfish urges and all state of mind harmful to spiritual progress, I entered the 1st meditative state, where the mind, though not quite free from divided and diffuse thought, experiences lasting joy.*

*By putting an end to divided and diffuse thought, with my mind stilled in one-pointed absorption, I entered the 2nd meditative state quite free from any wave of thought, and experienced the lasting joy of the unitive state.*

*As that joy became more intense and pure, I entered the 3rd meditative state, becoming consciousness in the very depths of the unconscious. Even my body was flooded with that joy of which the noble ones say, ‘They live in abiding joy who have stilled the mind and are fully awake.’*





***Then going beyond the duality of pleasure and pain and the whole field of memory-making forces in the mind, I dwelt at last in the fourth meditative state, utterly beyond the reach of thought, in that realm of complete purity which can be reached only through detachment and contemplation.***

***This was my first successful breaking forth,  
like a chick breaking out of its shell.”***  
(Vinaya Pitaka)

As human beings, it is natural to look outside ourselves for community. Human interaction is a source of great learning for Self conscious beings. Descriptions of how we can live together in goodwill and harmony have concerned philosophers and leaders throughout mankind's history. The [I Ching](#), the [Eightfold Path](#), The [Beatitudes](#) are examples of how to live in harmony with others through first being in harmony with ourselves. A Truth, which seems nurturing for all human beings wanting to divine their existence while here on Earth, is the simple realization ...

### ***Every Thing Begins and Ends With You***

What all wHoly scriptures hold in common is the recognition that the power for union is always within the individual. Every effort you make toward loving others just because they exist calibrates the whole of humanity.

Satygraha!  
Barbara Condron



## April's National Teachers Meeting

### POINTS OF INTEREST / Lesson 5A

by Kerry Keller

The purpose of our two national teachers meeting's a year, is to insure everyone has the same vision of what and why we educate Expanded Conscious Awareness.

Dr. Terry taught Saturday Morning in regards to an exercise teachers were asked to perform 3 days prior to coming to the college. Everyone had been asked to spend 3 days observing their thoughts; To determine where they were, if they were positive and productive or not. To recognize what thoughts and attitudes are causing your forward progress.

There were plenty of stories from the surprised teachers, recognizing where their attention truly was at any one moment during the three days. Many making adjustments in the moment, realizing their attention had wandered to undesirable places. Everyone was reminded how critical observing your mind is, not being on auto pilot and unconscious of how you chose your thoughts.

Dr. Kerry taught after lunch... about the most important lesson we experience in all four cycles. Lesson 5A. Reminding us this lesson is about human self-learning. How does a human cause themselves to learn, change, grow and excel? This is an outline of the process that lesson 5A provides...

#### FIRST, BE REMINDED:

##### THERE ARE TWO KINDS OF LEARNING...

1. Informational Learning..... **AGE OF INFORMATION**  
The whole world makes choices today by acquiring information...
2. Self-Awareness Learning..... **AGE OF EXPERIENCE**  
Who Are you? Where are You going? Why Are You Here?

Our lessons offer informational learning. Our exercises are scientifically designed to cause Self-Awareness. We observe our experiences and learn about the cause and effects of our thoughts creating our physical and mental/emotional experiences.



#### SECOND, BE REMINDED:

New students arrive to classes having been conditioned to the circumstances of life and learning just information. "People see the world as they are". They don't know, how the thoughts of today create the you of tomorrow!

#### THIRD, BE REMINDED:

**This is how people think who have not prepared their minds...**

They perceive according to their learning, programming, ego identity ...

1. Fear based Thinking
2. Physical Conditioned Based thinking / Stubborn, Victim
3. Attitude/Belief Based Thinking
4. Self-Judgement Based Thinking
5. Identity with Labels of Mental Dysfunctions = Scattered, Stressed, Anxiety, ADHD, PTSD, Suicidal, Trauma, Overwhelmed, etc.

NEW students think.... according to how they perceive themselves, their identity

#### FOURTH, BE REMINDED:

Create Change Through Positive thinking... A choice to recognize every life experiences is a lesson waiting to be learned. Reactions to your experience keep you mediocre. Change your mind or your frame of mind, because it colors your day. This begins with forgiveness of yourself.... then be thankful for the opportunity to learn and grow, and change, and excel.

#### FIFTH, BE REMINDED:

Three Factors of Reasoning...

1. Imagination = the impetus for quantum leaps in awareness and growth.
2. Attention = undivided attention insures the clarity of the information of the experience will be retained.
3. Memory = draw on mental images and wisdom gained in past experiences and correlate them to present experiences. If reactionary... you did not learn the wisdom of the past experience.



## 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](http://www.vibes@som.org) by the first of the month  
Please submit pics with your articles.  
Share what was learned!

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

# 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.*



**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.**

**Stella Lynn Boggio# 68 The Blessing- Be prepared to fulfill the promise of eternal life. Go through the door, approach the gate by creating for a higher purpose. What you saw, now will feed generations. Whole knowledge leads to health and well-being.**

## School Branches

### ILLINOIS

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