

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



Memories From All Student Weekend

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Receiving Their Responderé Degree:

Thomas Erle Croft

Marcus Eugene Croft

Kelly Marie Croy

Kimberly Clarkson

Rodney Dwyer

Adrienne Head (Correspondence)

Kaili Taniguchi (Correspondence)



Receiving Their PSI Counseling Apprenticeship:

**Amy Campbell
Mandie Renner
Devon Hoover
Brian Hoover
Lesley West
Terrence-LaMont Bellows
Michael Moffa
Nicole Koenen
Sherwin Rosenfeldt
Zachary Busch**



All The Graduates





Amy Campbell on the cooking crew: “What I would like to live into is an experience of Self-Love all day, every day, for the rest of my life. That’s what I want more than anything in the world.”

Quanita Reed on the intuitive reporting crew: “I want to be engulfed in Love. I want to receive it openly. I’m taking little steps in being more generous with love toward myself. I’m practicing being open to receiving love unapologetically and unconditionally.”



Maria Romero on the Peace Dome cleaning crew: “By cleaning up and organizing the rooms, I’m doing the same thing with my own thoughts. I used to think I was ‘multitasking,’ but really my mind was distracted before. I know this will help me to still my mind and enjoy meditation more.”

Zach Schutte on the gate cleanup crew: “I am learning to embrace everything. I really like meeting new people and getting their perspectives. I want to connect with people, for there not to be any barriers. I want to sing louder at the campfire and to share my thoughts more freely. I appreciate this beautiful space with other people on the same journey as me. I know I’m going to need a few weeks to really take all of this in.”



Kat Brinkley on the main building crew: “We are all learning to let go of something. There’s definitely a theme of surrender. I’ve been asking myself, ‘What do I need?’ Then I’m choosing to love what I don’t like.”

Cliff Gray on the gate house crew: “My leadership style is usually to just work and get things done. But I’m learning how to lead by working more collectively and appreciating what each person brings to the group.”





Sam Borden on the greenhouse crew:
 “I’m learning to upgrade my level of acceptance. I’m doing that by redirecting my attention to my breath and choosing to enjoy the great conversations. If I had stayed stuck in judgment about having wet socks and being cold, I would have missed out on all of that. But now my vibe is peaceful. It’s great.”

Thomas Croft on the Vibrations crew:
 “I enjoyed interviewing all of the groups and saw a lot of similarities between other people and myself. It brought me refreshment knowing that there are other people who are traversing the same path as me.”



Nikki Collins on the Dream Valley work crew:
 “My ideal is to be fully present so I can receive whatever learning is available in each moment. The more present I am, the more I can learn; the more I can connect.”

Dr. Doug Bannister on the regenerative agriculture project: “What we’re doing actually gives to the Earth. We’re putting in this watering station to help maintain the ideal ratio of the number of animals to the quality of grass. We’re choosing to work with the processes of nature. We’re observing and cooperating with all of life.”



Nick Kendrick, after his week as a college student: “This has been an experience of living in harmony with myself. Being away from the modern world, it’s been easier to focus and use my attention more efficiently, easier to make decisions. When I was drenched in sweat and working outside, I was able to choose not to be miserable. I could surrender to what I was doing and actually enjoy the present moment.”



Springfield
The Sun is Out
By Kim Clarkson

The sun is out and the Springfield School of Metaphysics is blooming!

We recently had a visualization short course for the SOM students and the Springfield community alike! We enjoyed 4 weeks of discussion, laughter and guided visualization. This was something I personally celebrated because it was my very first experience teaching a course at the school. It was such a fun time sharing my visualizations with the community.

We are also celebrating the marriage of our very own Brian and Devon! Jill, a 1st cycle student at the school gathered all the students into a super secret group chat and we were able to enjoy surprising our beloved school directors with a fruit day party and gifts. It was such an amazing celebration full of love and lots of fruit.

We are just getting started with our summer fun and plan on having many activities that bring our school together throughout these next coming months. The world is blossoming and the earth is reminding us of our abundance and the strength of our light, even after times of short dark days!

To celebrate the bounty and gifts of our Earth I would love to share a refreshing fruit day recipe from our amazing School of Metaphysics cookbook!

Minted Melon Compote

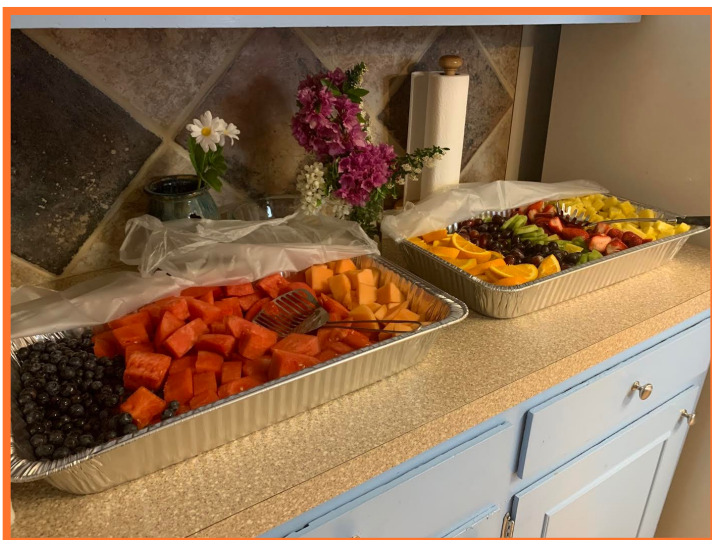
**1 small honeydew melon
1 medium cantaloupe
1/2 small watermelon
1/4 cup chopped fresh mint leaves**

**Cut honeydew and cantaloupe in half and remove seeds.
Remove as many seeds as possible from the watermelon.**

User a baller to cat melons into balls.

Toss melon balls with mint. Cover and refrigerate for at least 3 hours to allow flavors to blend.

Enjoy!



Indianapolis

Freedom through Forgiveness

By Stella Lynn Boggio

In my spiritual growth and healing journey, I have learned many lessons. Some lessons have taken longer to assimilate than others. One of these lessons is forgiveness.

I have heard about the benefits of forgiveness from many sources. I have heard that forgiveness does not mean one condones the act against them. However, it does mean freedom for the individual that was harmed. We can learn from all our past experiences. However, holding onto past grievances keeps us in the past and from moving forward. There is no place this is more apparent than in personal relationships.

I was involved in a romantic partnership for over fifteen years. Although I professed to be over this relationship, I was still “holding on” to many aspects of the interaction. I would still feel an “inner charge” when I reflected on past interactions in the relationship. This was especially true in the area of finances. My ex struggled with addiction issues. There were many times I bailed him out of circumstances financially. I had quite a bit of regret about some of these past decisions. I also still carried some resentment towards him for this behavior.

However, I had an epiphany recently. Holding on to anything about the past keeps me in the past. It also keeps me from creating the life I desire, in all areas of my life. One of my desires is to release excess weight. I had a health analysis a few years ago that said there was a “protectiveness that has formed around the body.” It also stated when I heal these wounds from the past, the body will not feel the need to protect anymore. Holding onto past hurts keeps this protectiveness around the body. It is not hurting or getting revenge for the act committed. At this stage it is only hurting me.

My learning is to practice complete forgiveness for any situation. To practice this, I need to move my attention to something else when I feel that inner charge. I could practice a concentration exercise, such as watching the second hand of a clock for several minutes. This allows my thoughts to slow down so I can keep my attention in the present moment. I have learned this is where my true reality resides. When I release my attention and attachment to the past, I am truly free. I can take the learning in the situation and release my offenders from blame. I am then free to create the life I desire unencumbered by resentment. I have reached the place of freedom through forgiveness.



Maplewood

Divine Union Experience

Thomas Croft

Hey friends. Maplewood is back with another article. The Maplewood branch hosted an event called the Divine Union Experience. Marcus Croft was the leading intelligence of the event. This event consisted of students from the Maplewood and Columbia branches, such as Terrence-LaMont, Marcus, Summer, Dr. Doug, Dr. Diana, Kate, and Nick. Everyone came together to patch the driveway with asphalt. There was a total of seven attendees. It took a total of ninety bags of asphalt to patch the driveway to Maplewood. It only took three hours in total to fully patch all of the holes. Now you would think that would take half a day, but not for these guys. They directed their minds on a single goal, and many hands made light work.

I had the opportunity to interview two attendees - Marcus and Summer. Summer is a fellow student at the Maplewood branch. Here are her takeaways. "I learned a new skill. I got to speak with Dr. Diana about making a fruit and veggie day soup and new ways to make broth by using the leftover veggies that you cut up. It was nice to connect with people. This was a different type of experience for me. I enjoyed it." Thanks for sharing Summer. You will have to teach us that new recipe! Next up is Marcus Croft. Here are his takeaways. "It was really fun to put new energy into the school with the help of others students from both Maplewood and Columbia. We patched the driveway a lot quicker than we thought. Teamwork really does make the dream work. It goes to show you the power of the mind is stronger when we use it collectively to get a project done." Nicely said, Marcus! Thanks for sharing.

Coming up on Monday, May 23rd Marcus will be teaching the "Dream Short Course" from 7-9 pm here at the Maplewood branch. Later in that week on Thursday, May 26th Kelly Mari will be teaching The Visualization Short Course from 6-8 pm. If you are in the Maplewood area and would like to join you can stop by at the Maplewood branch located on 2606 Oak view Terrace Road or sign up through social media. More events to come. May peace be with you.



From The President
Joy in Creation
Diana Kenney

**Where there is joy there is creation. Where there is no joy there is no creation. Know the nature of joy.
Veda Upanishads**

I came to the School of Metaphysics because I wanted to be happy. A wonderful family, good paying job, house, car, fancy vacations, and still it felt like I had a hole in the heart that money and family could not fill. I used to become depressed when reading or listening to the news. The world was unfair and what hope was there really for anything better, my logical mind wondered.

Somehow, I got the idea that I needed to study in a mystery school and found the School of Metaphysics. At SOM I learned that we are here in this physical world to be and to create; to be our divine selves, receive from the whole mind and act (create) guided by what is received from within. I learned the difference between brain thoughts and receiving from the real Self. I learned techniques that, when practiced consistently, allowed me to receive from beyond my conscious mind, on command.

I learned that, ultimately, we are all here to consciously create, and that creating a way to bring my real Self more into the present moment was the ultimate creation, bringing the ultimate joy.

I enjoy greater and greater freedom, as I continue to study, because I know how to create it. Consciously, or unconsciously, we create who we are. This happens because our thoughts are creative. If we are thinking, we are creating, whether we know it or not.

Most of us think daily. Thinking is, perhaps, one of our most consistent activities. Our thoughts create our experiences. Our thoughts create our identities, “who we are” in this lifetime. I learned that I can change my identity as I desire. Now that is fun!!

Learning is fun for me. Understanding my experiences is great fun for me. Expanding my consciousness in even the smallest ways makes me ridiculously happy.

I have observed that learning more about yourself, who you are, what brings you joy, and how you are here to serve the Self through serving others makes most people happy. Consistent spiritual practices bring liberation. Liberation brings joy and happiness all year around.



Interview with Dr. Daniel Condron
 Matthew Chapter Six Monthly Series
 By Stella Lynn Boggio

In Matthew Chapter Six, Jesus teaches about several subjects. He teaches about giving and doing your good deeds in private. This is unlike the hypocrites who do their deeds in public so they will be seen by others. Jesus also talks about prayer and fasting as well as teaching on money and possessions. Chapter Six concludes with several passages regarding worry and teaching on why worry is not beneficial for the individual.

1 Why is it important to practice forgiveness of others as well as receive forgiveness from others?

Forgiveness brings us into the present moment. Forgiveness frees one's attention from the past so it can be brought into the present moment. This is because what one seemed to forgive occurred in the past.

2. What are some of the benefits of praying in secret as compared to the hypocrites who love to pray in public?

Jesus said that the hypocrites who prayed in public already received their rewards. This was praise and accolades from the public. When you go into the closet to pray it is to go in silence within and to find a richer treasure that is permanent and lasting.

3. Did Jesus teach that it was wrong to have money or possessions?

Jesus taught, "Seek ye first the kingdom of heaven and all else will be added unto you."

4. Jesus taught in Chapter Six not to worry about everyday life. Would you expand on this teaching with your experience?

Worry is the process of fantasizing about a future that one does not want to occur. Since thoughts are things, people tend to manifest their thoughts. Therefore practice placing one's attention in the present moment more.

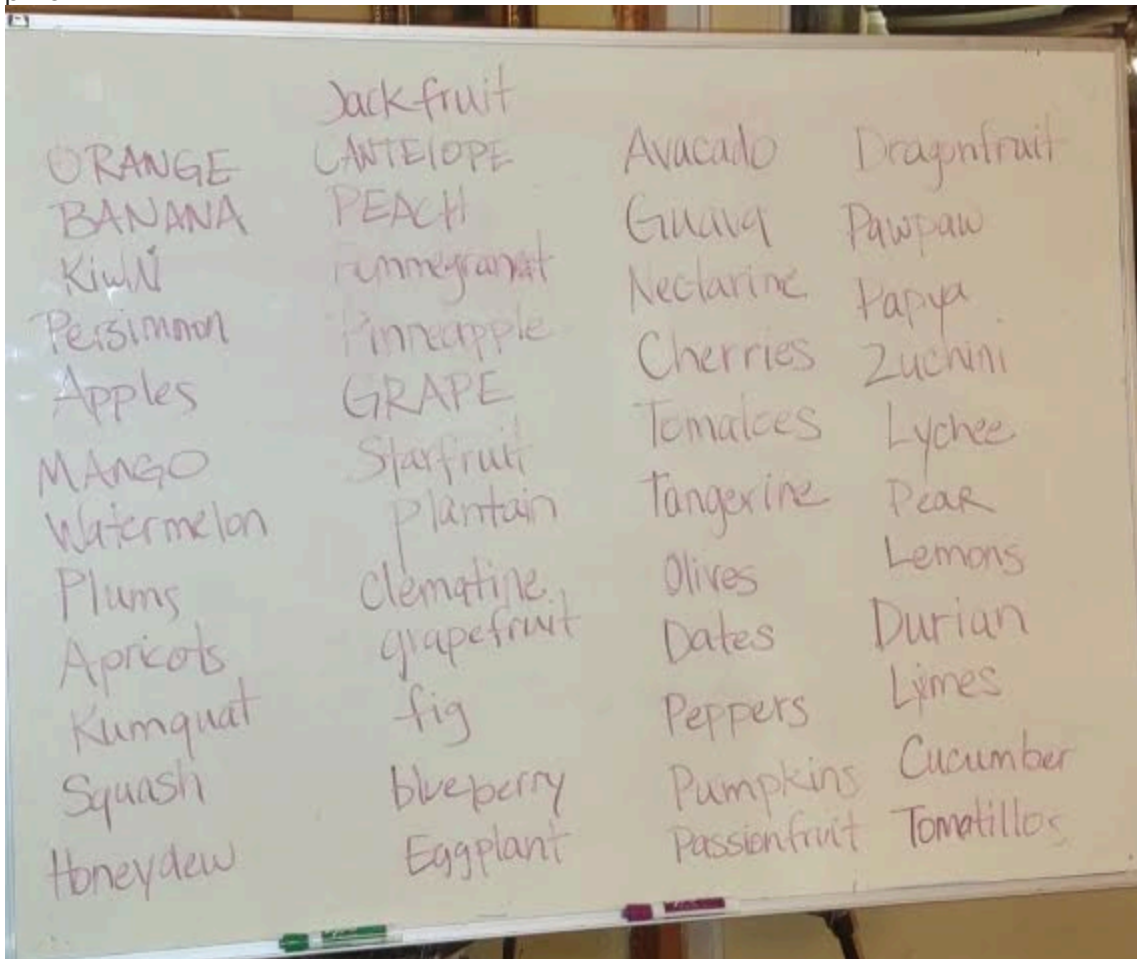


Teaching By Dr. Daniel Condrón
 The Importance of Fruit Day
 By Stella Lynn Boggio

During All Student Weekend, Dr. Daniel Condrón gave a teaching on fruit and vegetable Day. During this teaching, students were asked to name a fruit that was fruit day legal. Some of the answers were surprising. I always thought blueberries were fruit day legal. Since they are berries, they do not qualify. Leila Garcia, a first cycle student from Indianapolis, recorded the list of fruits that qualify for fruit day. This list is as follows:

Orange.	Jackfruit	Avocado	Dragonfruit
Banana	Cantelope	Guava	Pawpaw
Kiwi	Peach	Nectarine	Papaya
Persimmon	Pomegranate	Cherries	Zucchini
Apples	Grape	Tomatoes	Lychee
Mango	Starfruit	Tangerine	Pear
Plums	Plantain	Olives	Lemons
Apricots	Clementine	Dates	Durian
Kumquat	Grapefruit	Peppers	Limes
Squash	Fig	Pumpkins	Cucumber
Honeydew		Passionfruit	Tomatillos
Watermelon		Eggplant	

Eating only fruits and vegetables strengthens one's willpower. Students learn to master the body so students have a day or two a week of eating without habitually eating. This teaching on fruit and vegetable day was a great reminder of the benefits of this sacred discipline.





"Interdependence is a fundamental law of nature." - Dalai Lama

The NEW MAITREYA ~ the Individual in a Group

"Every problem emerges from the false belief we are separate from one another, and every answer emerges from the realization we are not."

– Marianne Williamson

A 'degree of separation' is a measure of social distance between people. You are one degree away from everyone you know, two degrees away from everyone they know, and so on. The concept was popularized by John Guare's 1990 play, ***Six Degrees of Separation***. One of the characters says:



'I read somewhere that everybody on this planet is separated by only six other people. Six degrees of separation between us and everyone else on this planet. The President of the United States, a gondolier in Venice, just fill in the names.'

I find it extremely comforting that we're so close. I also find it like Chinese water torture, that we're so close because you have to find the right six people to make the right connection ... I am bound, you are bound, to everyone on this planet by a trail of six people.'

We can seem bound through the Law of Attraction. Positive and negative poles engage, and, like the character says, "I am bound, you are bound." This thinking rises from the illusion of separation that mends as we fall in love. There is another Universal Law at play here. It is Einstein's scientific koan, the Law of Relativity.

Six degrees of separation becomes our teacher when that which is seen as separate is recognized as ONE in different degrees.



For example, let's look at temperature. Temperature is measured by degrees that slide on scale of extremes: hot to cold.

- Hot is neither good nor bad. It is.
- Cold is neither good nor bad. It is.
- Middle point is neither good nor bad.

It is.

Like Goldilocks in the 19th century British fairy tale by Robert Southey, we are all constantly seeking that which is not too big, not too little, but that which is 'just right'.

The idea of *Six Degrees of Separation* means that through the Law of Attraction our thoughts push and pull us with another person. The resulting vibration moves out from 'us' through the Law of Relativity like a wave, touching others lives. The action is cosmic and quantum at the same time. We move out through giving of ourselves.

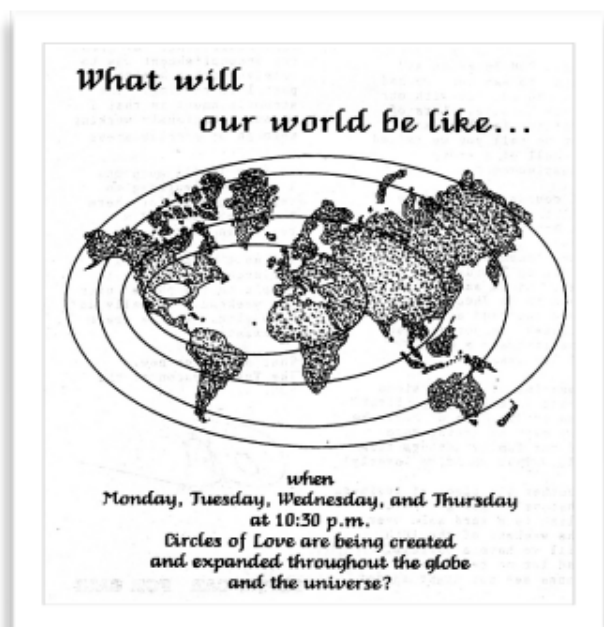
Experiments show that as one person passes on to another, and that one to another, and that one to another, and that one to another..... you see the picture in your mind, yes? As we engage in this awe-inspiring exchange of energy, we will experience the return of that energy by the 7th generation.

In other words, by the 7th generation what we set into motion with one act of kindness or tolerance will return to us through someone and we will realize our Self as the common denominator. The Source of a unique connection that would not have been there except we chose to serve.

***"The source of creation is within you.
You can be just a piece of flesh, or you can be
the Creator himself –
this is the choice and potential you have."***

–Jaggi Vasudev

Satyagraha
Barbara Condron



Dreaming love into existence since 1973

Wedding Vows

Devon Hoover

When Brian and I met at the Springfield School of Metaphysics on September 21st, 2015, there was truly an immediate recognition. It was so strange to be meeting a stranger who I also knew. During our second conversation, I heard the weirdest words come out of my mouth, but I knew they were true. I said, "I've been looking for you for so long." This was not romantic. And it didn't seem like my conscious mind even produced the words, but like they came from an ancient place within me. We were both curious about this obvious remembrance of each other, so we got a past life crossing a few weeks later. We asked a question about the greatest potential that existed between us, and the answer given was that he and I could "aid each other to completely transcend the egos." This sounded wonderful. (Insert much laughter here.)

It is wonderful. And challenging. And freeing. And infuriating. And inspiring. And sometimes terrifying when it feels like a part of you that was needed to keep you safe is being cracked open and all of your scariest fears and deepest vulnerabilities exposed. It's so scary to see what you thought was the core of your identity walking toward the edge of an eternal cliff, not knowing what will be left of you when it takes its last step. When I imagined what a relationship focused on spiritual growth and self-transformation might look like 6 years ago, I saw peaceful-looking images of people holding hands and going on walks through the woods. What I see now is that this is exactly what our souls have done, but the woods we've walked through have been the thick brambles that grew in our hearts and minds from the traumas of this life and maybe those past, the thickets that had become so dense that they had trapped us in beliefs of a separate self. Every dysfunctional pattern in him brought every dysfunctional pattern in me to the surface, and that went both ways. By the nature of the Universe's design, he and I turned out to be the perfect match for shining a light on our ego's best tricks, which meant the trickiest to disprove and release and be free from. It is only and always through our commitment to knowing the Real Self that we are able to pierce the veil that would lead us to assume that we are anything other than the same Love, the same Light, expressing through these forms called Devon and Brian.

I share this because I want to encourage you to be devoted to this one thing - not to another person, not to a relationship, not to a commitment that appears to be external to you. It is the singular devotion to knowing your Self as that for which you seek that will love and lead all parts of you into the peace of God. It would be impossible to condense into words the vast freedom that has become my life, in many ways through my partnership with Brian. I love the parts our Creator that he reveals to me. In the ocean of who we really are, he is the wave I want to draw closer. I appreciate all that we learn through our studies in the school and the experiences of life that point us to our truest identity. Love. Thank you to all of you who are a part of our lives. The School of Metaphysics is our spiritual family and it's a joy to share in our celebration with you. Brian and I exchanged our wedding vows at the Pyramid of Chichen Itza on May 16, 2022.



Maplewood Classes Starting Soon:

Dream Short Course on May 23rd from 7-8:30pm

Visualization Short Course on May 26th from 6-8pm

Mastery of Consciousness Class on June 30th from 7:30-10:30pm

Springfield Classes Starting Soon:

Mastery of Consciousness Class on June 14th from 7:30-10:30pm

Columbia Classes Starting Soon:

Mastery of Consciousness Class on June 7th from 7:30-10:30pm

Oklahoma City Classes Starting Soon:

Mastery of Consciousness Class on June 4th from 7:30-10:30pm

Indianapolis Classes Starting Soon:

Mastery of Consciousness on June 13th from 7:30-10:30 P.M.

Dallas Classes Starting Soon:

Visualization Short Course on Wednesday May 24th at 6 pm.

Mastery of Consciousness Class starting in June.

SUGGESTED MONTHLY THEMES for BRANCH VIBES REPORTS

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

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

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

Educational Events in 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



Devon Hoover - #30; Ambition

Be still when you receive your destiny. Be the witness as the heat of desire takes rise. The inner self supplies, refrain from selfish action, lest conscious desire overpower your senses.

Thomas Croft - #78; Servant

Create your experiences in moderation. Allow the passing of time to work in your favor. In this way, one masters natural laws, through responding to a higher calling that is Heaven's way.

Stella Lynn Boggio - #84; The Proof

Identify with the workings of Universal Law. Harmonize with them, gratefully receiving what they reveal. Allow their truth to sober your aspirations so your creations are made by light, in light worthy of a creator.

School Branches

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