

Volume 53, No 1 - January, 2023



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A MONTHLY NEWSLETTER

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NEW BEGINNINGS

By Mary Sudduth



I have been looking forward to this since mid-August. You probably know what I'm talking about. Curling up on the couch in front of a fireplace. A pot of chili simmering in the kitchen. Holding a themed mug of hot chocolate with both hands, while gazing lovingly at a hefty portion of marshmallows jostling on the top. It is Winter, quiet and cold.

Winter has been considered for centuries the end of a year, but also the fertile bed of a new beginning. Our agrarian ancestors would rejoice together over a good harvest while looking forward to a quiet, reflective time of rest. It was a cycle they were very familiar with.

Take some time now to stretch out on the couch. Relax as the soft blanket caresses your cheek and let your eyes close. Do you feel the present peace, the quiet? Do you feel the unwinding? The letting go, as you take in a deep breath and breathe out slowly, slipping off to a cozy afternoon nap in front of that fireplace?

In Chinese mythology your WILL gets its power from your life force which imbues you with the desire to grow, thrive, and live fully. At the end of a long year the goddess Xi Wang Mu beckons our steadfast old friend, WILL, into a pond where your WILL must perform what seems like its final act which is the most difficult of all. As it floats slowly to the bottom of the water, your Will must remain still, consciously accepting of this final stage. The muck and darkness receive the Will like arms of a mother. The Will, unconscious now, is letting go, releasing potency and nutrients that have fed it, into the earth. This place is a turning point. The pond muck represents a deep silent earth womb, Yin, where nature is reborn from itself. Likewise in the deep and silent parts of ourselves we are reborn. Still powered by life force energy the Yang becomes Yin, the drive becomes peace before rebirth. Within the silence and muck buried among nutrients and the building blocks of life, Xi Wang Mu reveals the flames of her heart as the feminine manifestation of WILL, which brings light into the darkness igniting a spontaneous arising of life. Once again, a vigorous force or Yang is seen as a new beginning in the spring. This is the dual nature of our Will, a manifestation of life force.

Sometimes I need to do this daily. Sometimes I cycle with my seasons, going deep within. Hesitantly at first, but then relaxing into stillness, releasing my cares. Waiting for the understanding of heart to light my way back. Allow Yang to become Yin while resting and waiting for the fire. The love of your heart will guide your new beginning. Yin then becomes Yang once again.

NEW BEGINNINGS



By Kate Wagoner

Running is a time of great reflection for me. Of going Within and experiencing Stillness. Winter is also a time of going Within. So, combine the two and what do you get?

I have been reflecting on the idea of new beginnings for a while now. As I lay upon my mat to experience breath work, as I go deeper into meditation, as I interpret my dreams, consider my future, and just experience the stark beauty of a bare winter sky. My new beginning is Whole Mind Healing. To truly trust in myself, in God, and in applying what I have been learning at the School of Metaphysics.

I had an amazing experience with the candle concentration exercise the other day, or perhaps, because of it. From the moment I received the exercise, I fell in love with it. I have been practicing it diligently for a long time now. After a short period of time trying the exercise out, I began to notice that my mind felt lighter, as if I was mentally dusting cobwebs from my brain.

So, the other day, I noticed a fear thought. And instead of going into a full story with it, I was able to see it for what it was. Just a thought. As we know, thoughts are things. And we can choose our thoughts. When we have the discipline to choose our thoughts, we choose our feelings, and then co-create our experiences. I experienced the fear thought and saw it as if it was one light tumbling around in my head. I saw all sorts of other lights in there (other thoughts). I used my concentration skills to turn my attention to the thought that I wanted to think, and gave compassion to the fear thought. After all, it has an important message for me. It then dissipated. It was power. The freedom to create what I want, when I want. I was free. As I continue my journey forwards, I move into knowing in my ability to heal and create.

NEW INTENTIONS



By Thomas Croft

Hello everyone! I Am back with another article. This is a new year that is upon us. 2023 is almost here. This year took place quickly. One of the first things I plan on doing for the start of the new year is reading "The Universal Peace Covenant". The School of Metaphysics has a daily reading of the UPC every morning on zoom. You can sign up to read the Peace Covenant with us every morning at 7:30 am by clicking this link:

<https://zoom.us/meeting/register/uZ0sde2ggz0sxkcwg2bCFDp463IarSI0dA>

On the last day of the year from 11:30 pm till 12:30 am into the first day of the year, I have the intention of starting off the new year with peace. The School of Metaphysics offers people the ability for 24hrs the day before the new year to set an intention to be in Peace for an hour. One of the highlights that we experience is reading the UPC at midnight. This new year will be a fresh new start for us all. This moment, this year will never happen again. I'm looking back on my journey this year and admiring the growth that has transpired. I manifested a car and a new apartment. I opened myself up to experience a relationship. All of this happened because I set forth the effort to manifest it. It took some time and required patience. The 10-Most wanted List became my best friend. Creating this list of my top 10 desires helped me to become aware of what I really wanted. I'm using this article to express appreciation for The Self. This is also Universal for everyone. Remember to take a moment and give yourself praise for all that you have done this year. Gratitude allows us to appreciate what we have in order for us to experience more. We are all valuable.

CONNECTION AND UNITY THROUGH PEACE

By Stella Lynn Boggio



Every morning, at 7:30 Central and 8:30 Eastern time, a group of individuals gather together on Zoom, for the reading of the Universal Peace Covenant. This group consists of current and former School of Metaphysics Students as well as members of the public. I have been participating, in this reading on Zoom, since its inception, April 2020. This has given me great peace and joy to participate in this sacred experience with these individuals each morning.

After the Peace Covenant Reading, there is space for discussion. I have had the privilege of participating in these discussions.—There has been great learning and growth during these “After meetings.” There has usually been a core group of us who participate. These core Peace Ambassadors are myself, Sherwin Rosenfeldt from Bollingbrook, Illinois, Terrence-Lamont Bellows from Maplewood, Missouri and TJ Jackson-Bey from Springfield, Missouri. However, occasionally we are joined by others. Everyone who attended the Peace Covenant Reading is always welcome.

What I have received, during these after meetings has been priceless. We have discussions about what we are learning in our spiritual studies and how we are applying these lessons in our lives. We discuss current events, metaphysical topics and how we can be better teachers. There is much laughter and light-heartedness. I often journal about these experiences.

What I have learned is the importance of connection in Spiritual Communities. I have been a part of other Spiritual Communities where I knew a lot of the people but did not receive the deeper connections I desired. As a student and teacher, in the School of Metaphysics, I see these connections as vital for drawing and maintaining students. There can be great lessons and material to offer. However, without the sense of belonging and connection individuals quickly lose interest.

CONTINUED

By Stella Lynn Boggio

There are many ways to connect. There is an open invitation to anyone reading these words to attend the Peace Covenant any or every morning on zoom. If that time is not convenient, one can create their own group to read the Peace Covenant. This group can be created to meet virtually or in person. This way connections can be formed and friendships created.

In our Indianapolis branch, we are creating opportunities for connection. We have a free event scheduled around the topic of peace I will be leading. I plan to share the benefits of participating in the Peace Covenant reading. In addition, I will be sharing some ways to connect to the consciousness of Peace. My classmate Ken will also be leading a free event around Prosperity and Abundance. We will be offering several sessions of our four week concentration course to prepare students for our Mastery of Consciousness class.

As the Universal Peace Covenant stars: Peace is achieved by those who fulfill their part of a greater plan. Participating in the Peace Covenant Reading during and after has connected my consciousness to a greater plan. Peace be with us all ways. May Peace Prevail on Earth.



DEAN OF INTUITIVE REPORTS

By Mari Hamersley

Here's to New Beginnings!

Sometimes people don't know how to move forward into new beginnings in their lives. Below are some excerpts from the Creative Mind Reports given at the School of Metaphysics that have aided me and others to go forth and create.

"It is in the state of inspiration that this one will revolutionize the concept that this one experiences as creative mind. This is the newness that this one is seeking; this is the illumination that this one desires. It will bring the freedom that this one longs for. "

6-11-2011-BGC-9

"Understanding the kind of relationship between the inner and outer self is an essential step in creativity. To generate constant forward momentum in life, is to align the mind with the highest ideal possible; to reach for that referred to as Samadhi to receive the inner guidance that comes from the whole Self, rather than the desires of the moment."

6-9-2011-BGC-8

"The importance of finding purpose in life is to sustain the forward motion. "

6-9-2011-BGC-8

"We see this one has flirted with newness, with openness, with receiving without having the devotion needed to make these come to fruition. Therefore, the development of devotion dedication, commitment is important in this one's understanding of creative mind and the utilization of it."

10-30-2009-BGC-2

Best wishes for your newness in the New Year!



Interviewing The National Peace Ambassador By: Thomas Croft

Hello everyone, I had the wonderful opportunity to interview Terrence-LaMont, my previous 1st cycle teacher and current National Peace Ambassador and ask him some questions. Here are a few of the questions that I asked him and his responses.

Thomas Croft: What are the ICOM Services?

Terrence-LaMont: ICOM stands for International Community of Metaphysics. When we started ICOM it was, International Church of Metaphysics. We shifted into a more community-based structure. ICOM services involved holy works and also service. A church service so to speak. A person who is ordained in the church or the School of Metaphysics would be the speaker. All religions have truth in them. The goal of the School of Metaphysics has been to dig into the truth and express it and offer it to understand it deeper.

Thomas Croft: What is The Universal Hour of Peace?

Terrence-LaMont: on October 24, 1987, which is my birthday and the year that I graduated high school. Was the first universal hour of peace. I always have a joyful kind of experience with that. When I first noticed it on a certificate at the college, I said, that's my birthday. I didn't really know what that was. It was just a moment for everyone, for an hour to think about peace. Consider peace in a way that you want to. At that time the universal peace covenant did not exist yet. It came around afterwards. Once it came out we shifted to the beginning of the year making that the universal hour of peace. We would go from 11:30 PM to 12:30 AM into the new year. It evolved into people reading the universal peace covenant at midnight. That rose out of what we call peace vigils, which was something that we had in the Peace Dome. The peace covenant is a powerful document. We give people the opportunity to start a movement of peace into the new year.

Thomas Croft: What is The 24 hour Peace Vigil?

Terrence-LaMont: By the time that I came to the school we had 16 schools. They were encouraged to have a representative come to the College of Metaphysics and spend that universal hour of peace or the whole day of the New Year's Eve with peaceful intentions, peaceful thoughts of a supercharged experience of the universal hour of peace. It would happen in the peace dome. The experiences that I've had where we would spend an entire movement of shifting time zones. There are 33 times zones. So we would read during all 33 times zones.

Thomas Croft: Wow!!

Terrence-LaMont: Continued, The purpose was for us to be of service for all 33 of the time zones during the universal hour of peace. We made sure that someone was reading during each time zone of the universal hour of peace. We would stay up for 24 hours at the college. We would eat and do exercises to assist us in staying awake. If we got all 16 schools represented and had college students here it was often 20 to 30 people or more having that powerful experience. That's what we call a 24 hour piece vigil.



FROM THE C H A N C E L L O R

By Stella Lynn Boggio

Matthew Chapter 12

Interview with Dr. Daniel Condron

In Matthew, Chapter 12, Jesus was walking through the wheat fields on the Sabbath. His disciples ate ears of grain. The Pharisees accused him of being unlawful on the Sabbath. Jesus said the Son of Man is Lord of the Sabbath. Jesus also healed a man's hand on the Sabbath.

Jesus further states, "Every Kingdom which is divided against itself will be destroyed; and every house or city that is divided against itself will not stand. The Pharisees were saying Jesus cast out demons by the hand of Beelzebub, the Prince of Demons. Jesus also describes what happens to those who speak against the word of God. He Says, "whoever speaks a word against the Son of man will be forgiven; but whoever speaks against the Holy Spirit shall not be forgiven, neither in this world nor in the world to come. Jesus spoke about the importance of our words and. how the words we speak identify us.

The Pharisees also wanted to see a sign from Jesus. Jesus said, "An evil and adulterous generation wants a sign; and no sign will be given to it, except the sign of the prophet Jonah. For as Jonah was in the whale's belly three days and three nights, so the Son of man will be in the heart of the earth three days and three nights.

Jesus also went on to describe unclean spirits. He recites a parable to describe an evil generation. "When an unclean spirit goes out of a man, it travels in places where there is no water and seeks rest, and does not find it. Then it says, I will return with it seven other spirits worse than itself, and they enter and live in him; and that end of that man becomes worse than at first. Such will happen to this evil generation. Then Jesus's mother and brothers came to see. him. A man in the crowd brought this to his attention. Jesus answered, "Who is my mother and who are my brothers? And he pointed his hand to his disciples and said, Behold my mother, and behold my brothers. For whoever does the will of my Father in heaven is my brother and my sister and my mother.

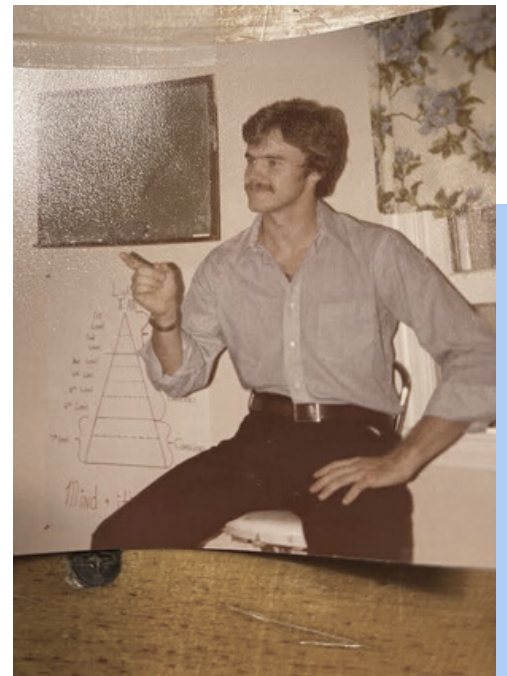
1. Why did the Pharisees accuse Jesus of not keeping the Sabbath? Because they called healing, work.

2. Why did the Pharisees want to see a sign from Jesus? So they could make fun of him or find a flaw in anything he said or did. They were jealous of him.

3. What does Jesus mean when a house divided against itself cannot stand? Each person needs to make the commitment to the whole self.

4. What is the message about unclean spirits?

If you have a bad habit you need to replace it with something better because nature abhors a void.



THE NEW

M A I T R E Y A

By Barbara O'Guinn Condron



Only consciously imaged thoughts reach into the inner levels of the creative mind, those places of intimacy and true revelation. The automatic ones that require little or no conscious thought stay on the periphery in the realm of the brain. Scientists have estimated that the average person thinks 60,000 thoughts in a 24-hour period of time. By far most of these are linked to the five senses of the physical body.

*"My stomach feels empty. I must be hungry.
I see an apple. I'd rather have the orange.
Or better yet, something hot.
I will go to my favorite diner. I'd like company.
Perhaps my neighbor will accompany me. I can call him."*

One thought leads to another as if they have volition all their own.

In the daytime, one thought does seem to lead to another of its own accord. The willfulness in our living remains a mystery. What we want seems guided unconsciously, like a car without a driver.

On and on the train of thoughts continue until the waking mind tires from the effort. Exhausted, the brain and body must rest. The outer mind has drained the inner mind of its resources, and sleep allows them both the space and time to replenish. This is the major

reason we feel the need for rest. It is why, if we are to be clear-headed and heartcentered, we must sleep sometime in any day-night period. For some, life is a "things to do today" list that, at the end of the day, stands as testimony to their productivity, accomplishment and success. Then there are the days that the list is an unfavorable judgement, a condemning record of a series of undisciplined thoughts and actions.

*"To launch your life out of
the cinders,
to reach for the sky,
to burn with love for the new.
This is the 1st Gift of all –
the very ground of human
Genius."*

– Richard Rudd, 64 Ways

Take a moment to reflect upon your own experiences.

*What has transpired in the past 24 hours of your life?
Who shared your time?*

*Did you conduct the barter of business with them or
engage in intimacies?*

*Did you meet someone for the first time?
Where did you eat? Sleep? Work? Study? Play?*

The answers constitute the experiences you chose, allowed to happen, or at times perhaps felt forced to endure. The measure of success is conveyed largely through your body, the

deliverer of your code of conduct in life. How we spend our time reveals the depth of our thinking.

Once we have a sustainable lifestyle, reasonably free from fear, our measure of life evolves accordingly. We come to believe that life is more than a series of physical actions to perform. We begin to measure success through our interactions with others. The questions we now ask are like these.

Did I offer my best effort today - at home, work, school, play?

Were my choices based on the welfare of all concerned?

Was I mindful in my choices, foreseeing the impact my thought and action might have upon the present moment, and in the years to come?

Did I give and receive with the fullest of understanding?

Did I respond to opportunities to aid someone else, to lighten their burden with a smile and a kind word?

Did I miss an opportunity that I might amend tomorrow?

Were my judgements far-reaching?

Did I leave the world a better place because I lived this day?

- from The Taraka Yoga of Kuan Yin

These are the questions that arise from introspection. A contemplative frame of mind. This is the kind of sight the eyes cannot see. This sight arises from an entrained mind and body which whole-heartedly embrace a reality where every moment is precious and every happening divinely orchestrated by the thoughts of the creator of that world. That creator, is you.

This is the attitude to bring to your practice. The insights you will experience become the truths worth writing down in your meditation journal. That world is your life, the people, places, and things that comprise your daily experiencing.

That creator, is you.

This is the attitude to bring to your spiritual practices. **Freshness** reveals the **Beauty** in every *living* thing you see, and hear, and touch, and taste, and smell! Like the lotus rising from the pool of **Entropy**, YOU are both the creator and the creation.

May we live long and prosper in all ways.

Satyagraha! drB



Ever ask yourself,

“Am I in the RIGHT PLACE at the RIGHT TIME?”

THE ATTRACTION FIELD for the SOM resonates with the 1st Hexagram in the **I CHING**. The ancient ‘Book of Changes’ comes to us through the Chinese tradition spanning a period of 5000 years. This contemplation of **how** we change is called



This hexagram appears in SOM’s hologenetic profile in the space between Dharma and Karma, where the laws of Relativity and Attraction meet.

The 1st Gene Key is the primary code for all creative life in the universe. The secret to harnessing creativity lies in the 1st shadow of Entropy – the ever fertile state of awareness where we release the hidden energy from our higher nature into our system. SOM study invites us to create deep relaxation in our physical bodies, so we may act according to our highest goals and dreams. Celebrate the beauty in the **NEW BEGINNINGS** available to you.



HOLIDAY MEMORIES

Stella Lynn Boggio
Kate Wagoner
Thomas Croft

Stella Lynn: I had the experience of spreading Christmas Joy during the holidays. Every year, the School of Metaphysics goes to the local community of Buffalo and distributes fresh baked bread and sings Christmas Carols. This is a time honored tradition. I really was enriched by the shared festivities with my fellow students and teachers.

Kate Wagoner: Music is such a connection for me- to my Self, others, and the Divine. It brought me great happiness and Joy to share my voice with the community of Buffalo by singing Christmas carols. It complimented my Ideal of Receptivity with the Purpose of Connection to Self, God, and others. I love to have fun!

Thomas Croft: This was my first time making the bread and singing Christmas carols. My experience of caroling was very joyful. I had the opportunity to use my voice and sing Christmas carols with everyone. I sang with 15 of my peeps here at the College for 3rd weekend. I set the intention of giving joy to others while also experiencing it in the moment. In writing this article, I reminisce about the event and tears of joy begin to form. I had a lot of fun and I Am grateful to have been able to experience that with everyone.

HOLIDAY MEMORIES



January - New Beginnings

February - Divine Love

March - Concentration

April - Dreams

May - Gathering at the Fire

June - Hope



2023 MONTHLY

T H E M E S F O R V I B E S



July - Wonder

August - Leadership

September - Surrender

October - Community

November - Going Within

December - Joy



UPCOMING EVENTS



December 31	Universal Hour of Peace
January 6 - 8	General Assembly
20 - 22	Third Weekend
February 4	Area Teachers Meeting
17 - 19	Third Weekend
March 17 - 19	Third Weekend
31...	National Teachers Meeting
April ...1 - 2	NTM Continued
14 - 16	Third Weekend
21 - 23	Dream Awareness Weekend
May 19 - 21	All Student Weekend
June 16 - 18	Third Weekend
July 14 - 16	Third Weekend
August 5	Area Teachers Meeting
18 - 20	Third Weekend
September 15 - 17	Third Weekend
October 6 - 8	National Teachers Meeting
7	50th celebration
27 - 29	Still Mind Weekend
November 17 - 19	Third Weekend
December 2	Area Teachers Meeting
15 - 17	Third Weekend
31	Universal Hour of Peace



BRANCHES

A KUAN YIN BLESSING

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. Love and Light from your Vibrations Staff.

Thomas Croft: 22, Surrender. Turning from The Creator's work kills the seed sown. Turn to The Creator for the experience that heals. In gratitude, rejoice as you hear the cosmic seed. The beginning of knowing is a highly prized experience.

Devon Hoover: 22, Surrender. Turning from the Creator's work kills the seeds sown. Turn to the Creator for the experience that heals. In gratitude, rejoice as you bear the cosmic seed. The beginning of knowing is a highly prized experience.

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.

Kate Wagoner: 67, The Center. The Inner Teacher traces the Golden Mean with each thought. Count the hairs on your head truthfully. Honor that which causes one to grow by serving others. The Light will shine through your kindness.

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